



2nd KUP (Red Belt) Theory

PARTS OF THE BODY - ENGLISH	PARTS OF THE BODY - KOREAN
Palm	SONBADAK
Instep	BALDUNG
Reverse Footsword	BALKAL DUNG

STANCES - ENGLISH	STANCES - KOREAN
Vertical Stance	SOOJIK SOGI
Closed Ready Stance C	MOA CHUNBI SOGI C

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES- KOREAN
Palm Pushing Block	SONBADAK MIRO MAKGI

OFFENSIVE MOVES - ENGLISH	OFFENSIVE MOVES - KOREAN
Downward Knifehand Strike	NAERYO SONKAL TAERIGI
Upward Punch	OLLYO JIRUGI

PATTERN	PATTERN
29 MOVES	HWA RANG

SPARRING - ENGLISH	SPARRING - KOREAN
Free Sparring	JAYO MATSOKI
One Step Sparring	ILBO MATSOKI

What is the meaning of **Black** belt?

- . Black signifies maturity and proficiency in Taekwondo. Also indicates the wearer's imperviousness to darkness and fear.

Who is the **current** UITF President?

- . Grand Master, KS Hwang, 9th Degree

****TURN OVER* *PAGE 1 of 2****



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What is the meaning of **HWA-RANG**?

- HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty around 600 A.D. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

Who was in charge of the **29th Infantry Division**?

- Major General, Choi Hong Hi, 9th Degree (Grand Master)

Name **three** patterns with release moves?

- DO-SAN, JOONG-GUN and HWA-RANG

Your **Philosophy** on Taekwondo:

- You should think about why you do Taekwondo and how you practice it. There are no wrong answers to this question. The grading examiner wants to know what motivates you.

Meaning of **all** patterns:

- See previous worksheets

Any White Belt question:

- Refer to the 10th KUP (White Belt) worksheets

****PAGE 2 of 2****