



2

RED BELT

TO

1

BLACK STRIPE



ADVANCED EDUCATIONAL REQUIREMENTS

Pattern: HWA-RANG

29 Moves

HWA-RANG READY POSITION

Closed Ready Stance “C”

MEANING

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Recite the “Hwa-Rang Warriors Code”

Be loyal to your king.
Be obedient to your parents.
Be honorable to your friends.
Never retreat in battle.
Make a just kill.

Explain the 9 rules to “pattern” practice.

1. Patterns begin & end in the same spot.
2. Maintain correct posture & facing at all times.
3. Tense or relax muscles at proper moments in exercise.
4. Perform with rhythmic movement, an absence of stiffness.
5. Accelerate or decelerate according to instructor.
6. Perfect each pattern before moving on to the next.
7. Know the purpose of each movement.
8. Perform each movement with realism.
9. Attacks & defense should be performed equally among the right & left hands & feet.

Explain the “6 elements to the “theory of power.”

Reaction Force	Concentration	Speed
Equilibrium	Breath Control	Mass

Detail a “Vertical” Stance

60 / 40 Shoulder Long, Legs Straight (Short L-Stance)