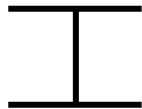


2nd kup Theory Summary

Hwa-Rang –화랑– 29 movements	Belt Meaning
<p>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.</p>	<p>Black – is the opposite to white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.</p> <p>Red – signifies danger cautioning the student to exercise control and warning the opponent to stay away.</p>
Hwa-Rang Diagrammatic Symbol	Stances
	<ul style="list-style-type: none"> • Close ready stance C – Moa junbi sogi C • Vertical stance – Soojik sogi • One-legged stance – Waebal sogi
Technique Terminology	
<p>Tools</p> <ul style="list-style-type: none"> • Palm – Sonbadak • Waist – Hori • Open fist – Pyun joomuk • Side fist – Yop joomuk <p>Movements & Motions</p> <ul style="list-style-type: none"> • Continuous motion – Yongsok donjak • Connecting motion – Yongyol dongjak • Fast motion – Barun dongjak • Slow motion – Neurin dongjak • Pushing – Milgi • Sliding – Mikulgi • Foot shifting – lajun bal • Shift stepping – Jajunbal didigi • Step turning – Omgyo didimyo dolgi • Double stepping – lbo omgyo didigi • Flying – Twimyo • Jumping – Twiggi • Mid-air - Twiyo 	<p>Attacking movements</p> <ul style="list-style-type: none"> • Knife-hand downward strike – Sonkal naeryo taerigi • Twin side elbow thrust – Sang yop palkup tulgi • Upward punch – Ollyo jirugi • Twin upset punch – Sang dwijibo jirugi • Downward kick – Naeryo chagi • Stamping kick – Cha bapgi • Twisting kick – Bituro chagi • Reverse hooking kick – Bandoe goro chagi • Flying reverse side kick – Twimyo bandoe yop chagi • Flying reverse turning kick – Twimyo bandoe dollyo chagi <p>Defending movements</p> <ul style="list-style-type: none"> • Palm pushing block – Sonbadak miro makgi • Grasping block – Butjaba makgi • Pressing kick – Noollo chagi • Checking kick – Cha momchugi • Crescent kick – Bandal chagi
Sparring	
<ul style="list-style-type: none"> • Jayoo matsogi – Free sparring • llobo matsogi – One-step sparring • Idil (jayoo) matsogi – Two-versus-one (free) sparring 	<p>When performing idil matsogi, an emphasis must be placed on safety. This will involve keeping both opponents in a straight line for as long as possible and not exposing yourself to danger. Try to defend by blocking one opponent into the path of the other.</p>