

PROMOTION REQUIREMENTS

2nd Gup Senior Brown Belt Testing for 1st Gup Red Belt

Forms	<i>Pyung Ahn O Dan HwaRang</i>
One Steps	<i>#1 - #6</i>
Terminology	<i>#1 - #10</i>
Breaking Technique	<i>Jump Back Pivot Kick</i>
Sparring	
General Knowledge	

TERMINOLOGY

1. Front Block	<i>Ap Makki</i>
2. Spin Side Kick,	<i>Banndae Yup Chagi</i>
3. Stretching Front Kick	<i>Boeddo Ap Chagi</i>
4. Stretching Side Kick	<i>Boeddo Yup Chagi</i>
5. High Part	<i>Sang Dann</i>
6. Middle Part	<i>Jung Dann</i>
7. Low Part	<i>Ha Dann</i>
8. Front	<i>Ap</i>
9. Side	<i>Yup</i>
10. Back	<i>Dui</i>

ONE STEPS

(Attack begins from kneeling position and must do both sides right and left alternating)

ATTACK	COUNTER
1. Right Hand Reverse Punch	Roll over onto left elbow and right foot short roundhouse to stomach.
2. Right Hand Reverse Punch	Roll over onto left elbow and right foot sidekick to the ribs.
3. Right Hand Reverse Punch	Move left foot to the outside and right hand knife hand block to outside of arm. Grab the arm with right hand and punch ribs with left. Grab uniform with left hand and twist to the left pulling opponent to the ground. Finish with a punch to the face.
4. Right Hand Reverse Punch	Move left foot to outside and right hand knife hand block to the outside of arm. Grab wrist with right hand and the uniform at the shoulder with the left hand. Twist to the right, changing to right knee and pull opponent's arm down and across your knee. Bottom fist arm at elbow.
5. Right Hand Reverse Punch	Move right foot to outside and left hand knife hand block to inside of arm. Right hand knife hand strike to the next, then grab head and strike head with knee.

6. Right Hand Reverse Punch	Move right foot to outside and left hand knife hand block to inside of arm. Tiger mouth strike to the throat with right hand.
7. Make One Up Yourself.	

GENERAL KNOWLEDGE

What does Hwa Rang mean and who were the Hwa Rang?

Hwa Rang means "flower of youth". The Hwa Rang were the sons of noblemen who lived by a strict code of honor.