



## Theory for your ninth grading

(Current belt: Red Belt 2<sup>nd</sup> Kup  
Grading for: Black Tag 1<sup>st</sup> Kup)

**Hwa Rang** is named after the **Hwa Rang youth group** which originated in the **Silla Dynasty** in the early 7<sup>th</sup> century. The group eventually became the actual **driving force** behind the unification of the three kingdoms of Korea. **Hwa Rang** has **twenty-nine** movements, referring to the 29<sup>th</sup> Infantry division where Tae Kwon-Do developed into maturity. (Note by: The Hwa Rang youth group and 29<sup>th</sup> Infantry division were separate entities which existed centuries apart.)

The colour **black** signifies the opposite to white, therefore signifying **maturity** and **proficiency** in Tae Kwon-Do and the student's imperviousness to darkness and fear.

### What is the difference between the different styles of Tae Kwon-Do?

There are two types of Tae Kwon-Do: **ITF** and **WTF**. At Bytomic we practise **ITF** which is **North Korean**, whilst **WTF** is **South Korean**. **ITF** focuses more on **self-defence**, whilst **WTF** is more focused on **sport sparring** and is the style used in the Olympics.)

### What is the difference between obverse and reverse punches?

Obverse punches are punches which come from the **front hand** as opposed to reverse which come from the back.

### What is the 12<sup>th</sup> movement in Hwa Rang?

The movement before the side kick is a **release movement**. We grab our out-stretched punch and pull it back to our hips in order to release an imaginary opponent's hold.

**Learn the following Korean terminology:** (e.g. *sogi* = stance, *chagi* = kick, *jirugi* = punch, *makgi* = block, *tul* = pattern, *sabum* = instructor, *tulgi* = thrust, *strike* = *taerigi*, *ap* = front, *yop* = side, *dollyo* = turning, *chookyo* = rising, *najunde* = low, *kaunde* = middle, *gunnun* = walking, *niunji* = L (stance), *annun* = sitting, *sonkal* = knifehand, *palkup* = elbow, *dung joomuk* = backfist, *sonkut* = fingertip.)

**THERE WILL BE A MULTIPLE-CHOICE WRITTEN THEORY PAPER AT YOUR GRADING. PLEASE ENSURE YOU HAVE REVISED THEORY UP TO AND INCLUDING THIS GRADE.**