

Heart of England ITF Taekwon-do



Student Theory Sheets for 2nd Kup

Remember at this grade you are only one grading away from Black Belt. You are now expected to show a high degree of competence in both practical and Theoretical TKD

KOREAN TERMS APPLICABLE TO A RED BELT (2nd kup)

PARTS OF THE BODY

Palm
Instep
Reverse Footsword

STANCES

Vertical Stance
Closed Ready Stance C

DEFENSIVE MOVES

Palm Pushing Block

OFFENSIVE MOVES

Downward Knifehand Strike
Upward Punch

PATTERN

29 Moves

SPARRING

Free Sparring
One Step Sparring

PARTS OF THE BODY

SONBADAK
BALDUNG
BALKAL DUNG

STANCES

SOOJIK SOGI
MOA CHUNBI SOGI C

DEFENSIVE MOVES

SONBADAK MIRO MAKGI

OFFENSIVE MOVES

NAERYO SONKAL TAERIGI
OLLYO JIRUGI

PATTERN

HWA-RANG

SPARRING

JAYO MATSOKI
ILBO MATSOKI

Speed of defence and counter is extremely important. At this level your one step sparring is supposed to show that you can respond with consecutive blocks and counters. Attackers will use a middle section front punch in walking stance with the defender utilising any blocking defence & single counter attack.

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2nd Kup (Red Belt) Questions

What is the meaning of Black Belt?

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

Who the Current ITF President?

Grand Master Choi Jung Hwa 9th Degree

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 Taekwon-Do developed into maturity.

Who was in charge of 29th Infantry Division?

Major General Choi Hong Hi 9th Degree
Grand Master

Name three patterns with release moves?

Do-San, Joong-Gun, Hwa Rang

Your philosophy on Taekwon-Do?

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

Meanings of all patterns?

See previous worksheets

Any white belt question?

See 10th Kup work Sheets