

# PROMOTION TO BLACK STRIPE

- 1. What is the ready position on Hwa - Rang called?**  
*Closed ready stance C.*
- 2. In Hwa - Rang, what is the last stance?**  
*L stance.*
- 3. Name all the kicks in Hwa - Rang?**  
*Middle section side kick – High section turning kick.*
- 4. In the pattern Hwa - Rang where is the downward knifehand strike aimed?**  
*The shoulder.*
- 5. Where did the Hwa – Rang youth group originate from?**  
*Silla Dynasty.*
- 6. What is the meaning of black belt?**  
*Please see below.*
- 7. What does a black belt mean to you?**  
*Examiner looking for a personnel answer.*
- 8. How many movements are there in pattern Hwa - Rang and what is its meaning?**  
*Please see below.*
- 9. What does indomitable spirit mean?**  
*Courage to believe in what is right and just, against any odds, i.e. going to the aid of an innocent person being attacked, no matter how many assailants there are.*
- 10. Name all the stances in Hwa - Rang?**  
*Closed ready stance C  
Sitting stance  
L stance  
Vertical stance  
Walking stance  
Closed stance*
- 11. Review all muscle groups in the body**  
*Your personal research.*
- 12. Philosophy - what has Tae Kwon Do done for you, why do you want your black belt?**  
*Please give an answer that is applicable to you.*

## MEANING OF BELT COLOURS

**BLACK**                      Opposite of white, therefore signifying the maturity and proficiency in TAE KWON-DO. Also indicates the wearer's imperviousness to darkness and fear.

*Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.*

## Hwa-Rang Tul (29 movements)

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty in the early 7th century. The 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 Tae Kwon Do developed into maturity.

To be learnt when you are a red belt, 2<sup>nd</sup> Kup.