




# THE PANTHERS DEN

Red Belt Requirements  
Grade – 2<sup>nd</sup> Gup

Name: \_\_\_\_\_

Form Name	Movements	Definition
HWA-RANG 	29	Is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. 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 Tae-kwon-Do developed into maturity.

**Minimum Time In Grade:** 36 classes



**Meaning of Red belt:** The Sun – the central body of the solar system.

**Free Sparring:** Will test skill, attitude and self control against opponent.

**Breaking:** 3 breaks - 2 boards each; all kicking techniques.

**Korean terminology:**

Master instructor - *sah bum nim*

Senior belt - *sun bae nim*

Back turn side kick - *dwi chagi*

Flying kick - *nalla chagi*



**Explain and give a history of the 3 kingdoms of Korea**

**Meaning of “Hwa-Rang”**

(<http://www.hwarangdo.com/hrd1.htm>)

**Brief history of Korea**

**Explain Tan Jun Do and the legend of Dan Gun (Founder of Korea)**



**Self-Defense:** Techniques against grabs and holds.

**Responsible for knowledge of all previous belts**