

# WEST COAST

## TAEKWONDO

### 2<sup>nd</sup> Kyp Grading Syllabus

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#### Line Work

1. Static: 10 Jumping snap kicks.
2. Forwards: Walking stance, low block, rising block, reverse punch
3. Backwards: L Stance, knife hand guarding block, slip front foot, walking stance, upper elbow strike (Joong Gun)
4. Forwards: Flying side piercing kick, knife hand guarding block (Chong Moo)
5. Backwards: First 3 moves of Won Hyo
6. Forwards: Rear leg, side kick, reverse side kick, land I stance, forearm guarding block (change legs half way through)
7. Backwards: Walking stance, double hooking block, obverse punch (Yul Gok)
8. Forwards: L Stance, knife hand guarding block, front leg front kick, land in walking stance, high obverse flat fingertip thrust (Toi Gye)
9. Backwards: First 2 moves Toi Gye
10. Forwards: Rear leg, turning kick, reverse turning kick, (180), land I stance, forearm guarding block (change legs half way through)
11. Backwards: Walking stance, X Fist pressing block, twin vertical punch (Toi Gye)

#### Patterns

- Dan Gun: <https://youtu.be/TGR4z5eHawY?si=s5HIP5SAmXc-BzX4>
- Toi Gye: <https://youtu.be/zyflv2jSNqg?si=GXhjAu2GnlkynMH3>
- Hwa Rang : [https://youtu.be/vKLKXvhDxZk?si=Am8nC\\_QZaKq1HxU-](https://youtu.be/vKLKXvhDxZk?si=Am8nC_QZaKq1HxU-)

## Knowledge

What is the meaning of Red belt?	Red signifies danger, cautioning and student to exercise control and warning the opponent to stay away.
What is the meaning of Hwa Rang?	HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 600 AD. 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.
What is the weight distribution of a low stance?	50/50
What three colour belt patterns have a release move?	Do San, Joong Gun and Hwa Rang.
Show the examiner your side fist.	Point to it.