

Red Belt Requirements

All White, Yellow, Green, Blue, and Brown belt requirements.

2. Form

Name.....**Toi-Gye(2R&2D).**

Number of movements.....**37**

Definition.....**Toi-Gye is the penname of the noted Scholar Yi Hwang (16th Century A.D.) an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 Degree latitude. The diagram represents "scholar".**

Name.....**Hwa-Rang (1R&1D).**

Number of movements.....**29**

Definition.....**Hwa-Rang 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. (This pattern has 29 movements).**

3. Terminology

Attack **Gong-Kyuk**

Thank You Very Much.....**Ko Mop Same Da**

Turn Around.....**Dio Ro-Drat**

Opposite Side.....**Ban Dae-Ro**

Martial Art Student.....**Kwon-Won**

National Flag.....**Gook-Ki**

Escape Technique.....**Ho Sin-Sool**

Jumping Side Kick.....**E-Dan Yuhp Cha-Ghee**

4. Meaning of the belt:

red belt stands for "**sun, center of the solar system**"

5. Description of 4 basic stances:

Joon-Bee Suh Ghee Jhoon-Bee Stance (Practice Ready Stance)

Feet placed shoulder distance apart, legs straight with toes pointing forward. Hands made into fists held belt high about 7 inches from the belt.

Ki-Ma Suh-Ghee Horse Back Wide Stance

Feet placed shoulder distance and a half apart, toes pointing forward. Both knees bent, keep the back straight.

Jung-Gool Suh-Ghee Front Stance

Front leg has a 90 degree bend at the knee, toes pointing forward, back leg is straight, toes pointing at a 45 degree angle from the direction being faced. The width of the foot placement is shoulder width.

Hoo-Gol Suh-Ghee Back Stance

Front legs lightly bent, toes pointing the direction being faced. Back leg slightly bent, toes pointing 90 degrees away from the direction being faced. 30 percent of weight is on the front leg and 70 percent is on the back leg.

6. Performance:

Forms

Knowledge

One-Steps

Sparring

Breaking