Required Knowledge For 3rd Grade – Blue Belt / Red Stripe

Hyung: Hwa-Rang **Movements-29** **Diagram:** 

Hwa-Rang:

Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. This group eventually became the actual driving force for the unification of Korea.

Beginning Position: Close ready stance C **End Position**: Right foot moves to left foot

Basic Defenses: Defense #12: Two Hand Collar grab, Defense #13: Full Nelson

Sa Bom Nim Poduron Kot Hyung

1. Begin in a soft ready position, Right leg retreat back 180 degrees and apply Ikkyo. Maintain position, transition to Nikyo.
2. Left leg retreat 180 degrees, Right leg retreat 180 apply Nikyo. Maintain position, transition to Sonkyo.
3. Right leg forward 180 degrees, left leg back 180 degrees and apply Sankyo. Maintain position, transition to Yonkyo.
4. Right leg back 180 degrees, Right leg forward 180 degrees down to left knee and apply Yonkyo. Maintain position, transition to Shiho Nage.
5. Left leg comes up from the knee and steps forward, turning the body clockwise step back with the right leg apply Shiho Nage. Maintaining position, transition to Kote Gaeshi.
6. Right leg back 180 degrees, Left leg back 180 degrees apply Kote Gaeshi. Maintaining position transition to Kaiten Nage (Rotary Throw).
7. Right leg 90 degrees, execute Kaiten Nage pivoting on your feet maintain position and transition to Kokyu Nage (20 Year technique).
8. Right leg retreat 180 degrees, Right leg forward 180 degrees apply Kokyu Nage.

Right leg withdrawals to the front Soft Ready position

Techniques, Vocabulary, Questions

Techniques:

Hand Techniques: Ridge Hand Strike

Feet Techniques: Jump Turning kick, Jump knee kick {vertical – horizontal}

Soft Techniques: Continue to develop all prior soft techniques introduced

Free Sparring:

Students should focus on combinations, executing 3 to 5 count [controlled techniques].

Vocabulary:

Ikkyo – One, Nikkyo – Two, Sankyo – Three, Yonkyo – Four, Kote Gaeshi – Wrist throw, Irimi Nage – Entering Throw, Kokyo Nage – 20 year technique, Kaiten Nage – Rotary throw, Uke – attacker, Tori – Defender,

Questions:

1. What does Hwa-Rang mean?
2. What does discipline mean to you?
3. What is the difference between hard and soft style martial arts?
4. What is the significance of a Red Stripe on a Blue Belt?

