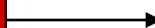


PEEWEE DEVELOPMENT PROGRAMME

2nd Gup



2nd Gup (A)

TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. Walking Stance Middle Punch, Grasp, Middle Side Piercing Kick, L-Stance Middle Knifehand Strike
2. Vertical Stance Downward Knife-hand Strike
3. L-Stance Middle Back Elbow Thrust

PATTERN

(See website: <http://itkdc.com/patterns/hwa-rang-tul/> for full pattern info)

1. Hwa-Rang Tul
2. 4 Direction Front Snap Kick, Turning Kick, Side Piercing Kick, Hook Kick

LEG PLACEMENT

4 Direction

1. Side Piercing Kick, Low, Middle and High (Holding for a count of 3 - Hana, Dool, Set)

PAD WORK

1. Flying Side Piercing Kick, both feet
2. Jumping 360° Turning Kick, both feet

Self Defence

1. Basic Self Defence - release from grabs

SPARRING

1. Free Sparring, light contact
2. 2 on 1 Sparring

QUESTIONS

1. What is “**Palm Pushing Block**” in Korean ?
2. What is “**Back Elbow Thrust**” in Korean ?
3. What is “**Downward Knifehand Strike**” in Korean ?
4. What is “**Vertical Stance**” in Korean ?
5. What is “**Slide**” in Korean ?
6. How many moves are in **Hwa-Rang** ?
7. What does **Hwa-Rang** Mean ?

Hwa-Rang : **Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.**

ANSWERS

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