

PEEWEE DEVELOPMENT PROGRAMME

2nd Gup (A)



1st Gup

TECHNIQUES

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

1. Sitting Stance Palm Pushing Block
2. Walking Stance Low Block, L-Stance Middle Obverse Punch

PATTERN

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

1. Hwa-Rang Tul
2. 4 Direction 360° Mid Air Kick

LEG PLACEMENT

4 Direction

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

PAD WORK

1. Jumping 360° Turning Kick, both feet

Self Defence

1. Advanced Self Defence - release from grabs

SPARRING

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

QUESTIONS

1. What is “**Palm Pushing Block**” used for ?
2. What is “**Downward Knifehand Strike**” used for ?
3. What are the dimensions of **Walking Stance** ?
4. How many moves are in **Hwa-Rang** ?
5. 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

Ask your Instructor(s)
Ask your Instructor(s)
See theory sheets / Ask your Instructor(s)
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