**2nd Kup Red Belt Grading Work**

**Pattern: HWA-RANG**

**Meaning:** 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

**Combinations in Line from Patterns:**

DO-SAN, WON-HYO, HWA-RANG, TOI-GYE

**3 Step Sparring**

**2 Step Sparring**

**1 Step Sparring**

**Free Sparring**