



Module Hwa-Rang

Questions & Answers

	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	How does “knee Spring” create power in a technique?	When moving from one stance position to another the body should rise and then fall by slightly straitening and then bending the knee of the supporting leg. This is called “Knee spring” and adds more MASS/Body weight behind a technique. “Sine wave” is used when making a punch in walking stance stepping from a walking stance. “Saw wave” is in evidence when moving from a L stance to an L stance making knifehand guarding block.... Sir (Ma’am)
2	Give 2 examples of how kicks can be used as blocks?	1.Front rising kick , used as a stretching exercise, can also be used as a block to a punch by raising the leg and using the ball of the foot to raise up an attacking punch. 2. Crescent kicks can be used to block punches o(Ma’am)r kicks. Sir/ Ma’am
3	How many moves are there in Hwa -Rang pattern and what does the number of moves represent?	29 moves. The 29 movements refer to the 29th Infantry Division, whwere Tae Kwon-Do developed. Sir/ Ma’am
4	What is the meaning behind Hwa-Rang pattern?	Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla dynasty during the early 7th century AD. This group eventually became the driving force behind the unification of the three kingdoms of Korea.. Sir / Ma’am
5	Why do you want to be a Black Belt?	Your personal answer. Have a think about the question and your answer.

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6	What does the colour black in the belt system mean?	<p>Black is the opposite to white and signifies maturity(more experience and wiser) and proficiency(skilfully advance) in Taekwondo Sir/ Ma'am</p> <p>It also signifies "imperviousness to darkness and fear"(shielding oneself against being affected, disturbed or influenced by negative thoughts or fear either from others or from within ourselves Sir/ ma'am</p>
7	Describe how to make a vertical stance?	<p>1. Both legs straight 2. Feet making an L Shape 3. the distance from the back instep to the tip of front leg toes to be approx 1 shoulder width 4. 60 % weight on the back leg, 40% weight on the front leg..Sir/ Ma'am</p>
8	What were the nine virtues of the Hwa – Rang?	<p>Humanity, Trust, Courtesy, Kindness Courage, Honour, Loyalty, Knowledge, Wisdom,Sir/ Ma'am Seniors...describe each virtue</p>
9	How have you changed since training in Taekwondo?	<p>Your own personal answer . Have a think about your answer before the grading.</p>
10-	How is meditation the "Yin" to the "Yang" of Taekwondo moves?	<p>Taekwondo is very dynamic, it works the whole body, stretches, strengthens, and makes us faster and fitter. The awesome energy generated by a taekwondo practitioner is very "Yang" and Meditation is about stillness, calm and the gathering in of energy, it is the opposite to Yang movement and extremely beneficial.</p>