



RED BELT & BLACK TAG THEORY

Hwa-Rang (29 movements) is named after the Hwa-Rang youth group that originated in the Silla Dynasty in the early 7th Century. The 29 movements refer to the 29th Infantry Division commanded by General Choi in 1953 where Taekwon-Do was developed into maturity.

Choong-Moo (30 movements) was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reported to have invented the first armoured battleship (Kobukson) in 1592, which is said to be a precursor of the modern day submarine. This pattern ends with a left hand strike symbolising his regrettable death. He was never allowed to reach his full potential as he was forced to be loyal to the King.

THEORY OF POWER

For any student to perform a technique correctly and efficiently then they must understand the following key principles of the Theory of Power:

- REACTION FORCE
- CONCENTRATION
- EQUILIBRIUM / BALANCE
- BREATH CONTROL
- MASS
- SPEED

Red Belt signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Black Belt is the opposite of white, therefore signifying a maturity and proficiency in Taekwon-Do. It also indicates the holder's imperviousness to darkness and fear.