

Red Belt Patterns

Hwa Rang:

(29 moves, right foot returns)

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 Taekwon-Do developed into maturity.

Choong Moo:

(30 moves, left foot returns)

Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.

Hyun Sil:

(50 moves, left foot returns)

Hyun Sil means "Actualization." Actualization is to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.