

## 1<sup>st</sup> Requirements

1st

### Patterns

- Choong-Moo Tul (Including all previous patterns)

### Kicking

- Flying side kick (Twimyo Yop Chagi)
- Triple side kick - consecutive (Samjung Yop Chagi)
- Triple turning kick - consecutive (Samjung Dollyo Chagi)
- Flying U-shape punching kick (Twio Digtja Jirumyo Chagi)

### Blocking

- Forearm middle front block (Palmok Kaunde Ap Makgi)
- Twin palm upward block (Doo Sonbadak Ollyo Makgi)
- X-Knifehand middle side block (Kyocha Sonkal Kaunde Yop Makgi)

### Sparring

- 3 step sparring (1 - 6) – two ways (Sambo Matsogi 1 - 6)
- 2 step sparring (1-10) (Ibo Matsogi 1-10)
- 1 step sparring (1 - 20) (Ilbo Matsogi 1 - 20)
- Free sparring vs black belts (Jayo Matsogi)
- 2 vs 1 Free sparring

### Self-Defence

- Stick attack - 3 defences / counter-attacks each for
  - Downward strike, Horizontal strike, and Straight thrust
- All self-defence requirements from previous gup levels
- Demonstrate the application of 1 movement from each pattern

### Breaking techniques

- Specialty flying sidekick (over obstacle)
- Overhead front snap kick
- Power knifehand strike
- Front elbow strike
- Turning kick

### Terminology/Theory

- Meaning and number of movements in Choong-Moo
- Training principals for fundamental movements
- Names and application of fundamental movements (as above)

### Additional requirements

- Active assistance to instructor, and regular teaching of gup students
- Regular assistance in tournaments in an official capacity

### Attendance

Recommended minimum 250 classes

### Choong-Moo (30 movements)

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

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