

What does black belt signify? “A black belt is opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearer’s imperviousness to darkness and fear”.



Pattern **CHOONG-MOO** (30 movements) *meaning*

‘CHOONG-MOO was the name give to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine, in 1592 A.D.

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.’

Parts of the body

- Reverse knifehand – **SONKAL DUNG**

Stances

- One leg stance – **WAE BAL SOGI**

Basic Movements (Defensive)

- Checking block – **MOMCHAU MAKGI**
- Downward block – **NAERYO MAKGI**

Basic Movements (Offensive)

- Sweeping kick – **GORO CHAGI**
- Flying kick – **TWIMYO CHAGI**

YOUR 1st KUP GRADING

- IDENTIFY YOURSELF
- COMBINATION LINEWORK, INCLUDING TECHNIQUES FROM PATTERNS AND JUMPING KICKS
- PATTERNS SET BY GRADE EXAMINER
- PATTERN – CHOONG-MOO
- ONE STEP SPARRING – (ADVANCED)
- TWO STEP SPARRING
- THREE STEP SEMI-FREE SPARRING
- FREE SPARRING
(either one or more set sparring exercise)
- ALL THEORY UP TO AND INCLUDING THIS PAGE