

# Black Stripe to First Degree Black Belt:

## Pattern & Interpretation

**Pattern:** Choong-Moo

**Ready Stance:** Open Parallel Ready Stance

**Movements:** 30

**Diagram:** I

## Interpretation:

Choong-Moo was the name given to the great Admiral Yi Sun-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 for the pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potential.

## Step Sparring:

**Advanced pre-arranged** (3 techniques of hand or feet)

**Ilbo** Advanced

**Free Sparring:** Versus one opponent

**Ho-sin-sul:** Self-defense routine against one opponent. Your routine must be at least 1 ½ - 2 minutes in length and have at least 10 or more self-defense techniques. Use the list below as a guide as what to defend against.

1. Punch with the fore fist
2. Inward strike with reverse knife-hand
3. Side strike with the back fist
4. Twin lapel grab
5. Single grab from behind, not a choke
6. Single grab on the arm or wrist
7. Front snap kick
8. Turning kick
9. Back piercing kick
10. Choke from behind

## New Kicks

1. Quadruple Kicking
2. Four (4) Consecutive Kicks – multiple targets, more difficult kicks
3. Flying Side Pushing Kick
4. Flying Side Thrusting Kick
5. Flying 360° Jump Reverse Hook Kick (offensive)
6. Flying Twin Foot Front Kick – 1 or 2 targets
7. Flying Twin Foot Side Piercing Kick – 1 target
8. 360° Jump Reverse Back Piercing Kick

## New Techniques:

1. Walking Stance Knife-hand Inward High Front Strike
2. Walking Stance Reverse Knife-hand Inward High Front Strike
3. Sitting Stance Outer Forearm Inward Middle Front Block
4. L-Stance X-Knife-hand Checking Block
5. Walking Stance Twin palm Upward Block

## **Break**

<b>Hand Break:</b>	Men	Downward punch or downward back fist or Downward reverse knifehand	2 tiles
		Downward knifehand strike	3 tiles
	Women/Junior 14–17 yrs.	Front forefist punch or outward knifehand or Inward reverse knifehand	2 boards
		Downward knifehand	1 tile
	PeeWee	Downward knifehand	
<b>Power Foot Break:</b>	Men	Flying twisting kick	2 boards
		Flying front snap kick or flying turning kick or 360 back piercing kick	3 boards
		Flying side piercing or mid-air 180 back piercing	4 boards
	Women/Junior 14–17 yrs	Flying twisting kick	1 board
		Flying front snap kick or Flying turning kick or Flying 360 back piercing kick	2 boards
		Flying side piercing kick or Mid-air back piercing	3 boards
PeeWee	Flying front snap or flying turning kick	1 board	
	Flying side piercing kick	2 boards	
<b>Technique Break:</b>	Men	Any standing kick	1 suspended board
		Flying twin foot front snap kick or Flying twin foot side piercing kick	2 boards – 1 target
	Women/Junior 14-17 yrs	Any standing kick	1 suspended board
		Flying twin foot front snap kick or Flying twin foot side piercing kick	1 board – 1 target

## **Required Knowledge**

### **The eight parts of “Training Secrets of TaeKwon-Do”:**

1. To study the theory of power
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense
6. Keep both the arms and legs bent slightly while the movement is in motion
7. All movements must begin with the backward motion with very few exceptions
8. To create a sine wave during the movement by utilizing the knee spring properly

## **Training Requirements**

6 months at 1st Gup,  
20 hours of community service or TaeKwon-Do project,  
Compete/participate in 3 tournaments  
Written GUP tests 10<sup>th</sup> Gup – 1<sup>st</sup> Gup

## **Belt:**

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