REQUEST BLACK BELT PACKAGE FROM INSTRUCTOR

*See Instructor
Increase Physical Conditioning:
40 Push Ups 1 minute
40 Full Sit ups 1 minute
1 Mile Run

Commit to class attendance 3-5 days per week

☐ PRELIMINARY BLACK BELT "3" TEST REVIEW

10-12 Weeks - Minimum 24 Training Hours

Advanced Grades Review: Techniques & Patterns

Grade 4	Blue Belt	Joong Gun	32 moves
Grade 3	Red Stripe	Toi Gye	37 moves
Grade 2	Red Belt	Hwa Rang	29 moves

Advanced Self Defense

Advanced One Step Sparring #7-12

Required Breaks at EACH preliminary test:

ADULT (8 boards)	**JUNIOR (8-11) (8 boards)**
Supply Your Own Boards	Supply Your Own Boards
1" X 12" #2 Pine	1" X 12" #2 Pine
Cut every 10"	Cut every 8"
1. Front Kick	1. Side Kick
2. Back Kick	2. Spin Side Kick
3. Turning Kick	3. 360 Spin Side Kick
4. Spin Side Kick	4. Flying Side Kick
5. Hand Technique	5. Downward Hammerfist

PATTERN: CHOONG MOO MOVES: 30 Parallel Ready Stance

MEANING- was the name given to the great Admiral Yi Soon-Sin of the Lee 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 why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Count	Technique	Stance	Facing	Comment
1.	Twin Outer Knifehand Block	L	B	
2.	High Front Knifehand Strike	Walking	B	
3.	Middle Knifehand Guard	L	A	
4.	High Flat Fingertip Thrust	Walking	A	
5.	Middle Knifehand Guard	L	D	
6.	L Bending Ready Stance A		C	
7.	R Middle Side Piercing Kick		C	
8.	Middle Knifehand Guard	L	D	
9.	R Flying Side Piercing Kick		D	*Land Middle Knifehand Guard to D*
10.	Outer Forearm Low Block	L	A	
11.	Grab Opponent's head	Walking		
12.	R Upward Knee		A	*Pull Both Hands Downward*
13.	High Reverse Knifehand Strike	Walking	B	
14.	R High Turning Kick		BD	
15	L Middle Back Piercing Kick		B	
16.	Middle Forearm Guard	L	A	
17.	L Middle Turning Kick			
18.	U-Shaped Block	Fixed	C	
19.	Middle Knifehand Guard	L	C	*Jump and Spin Counter-Clockwise*
20.	R Upset Fingertip Thrust	Walking		
21.	R Side-Back Backfist Strike/	L		
22.	L Low Block			
	R Middle Straight Fingertip Thrust	Walking	C	
23.	L Double Forearm High Block	Walking	B	
24.	R Middle Front Outer Forearm Block/			
	R High Side Strike	Sitting	C	
25.	R Middle Side Piercing Kick		A	
26.	L Middle Side Piercing Kick			
27.	Knifehand X-Checking Block	L	B	
28.	Twin Palm Upward Block	Walking	B	
29.	R Outer Forearm Rising Block	Walking	A	
30.	L Middle Reverse Punch	Walking	A	*No Step*

** Note: The pattern **CHOONG MOO** is NOT required until **BLACK BELT TEST**

Step Left Foot To Ready Posture

Choong Moo