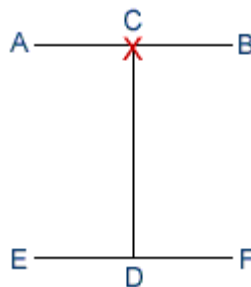


1st Kup Black Stripe Belt

Choong Moo

Meaning of Choong Moo.

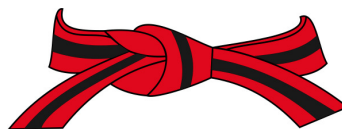
Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize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



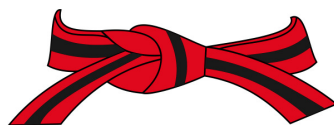
Number of Moves: 30

Ready Posture: Parallel Ready Stance

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.



8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.



24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

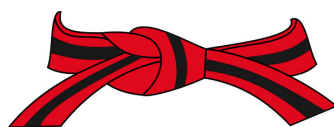
End: Bring the left foot back to a ready position.

The black belt grading is regarded by many as the end of a long journey, however it really is only the beginning of the next chapter. By this stage in your training you have probably heard many 'horror' stories about other black belt gradings and may be viewing the next step with a little concern? Well it definitely won't be easy otherwise everyone would have a black belt – but it is definitely not impossible! This is the time to reflect on your first lesson as a white belt, how many of those students are still training? How many of those students quit a long time ago? How many faces have you seen come and go? It's a lot, right? Truth is you made it this far through your determination, dedication and skill, when many others failed. So don't be concerned about your black belt grading you have already got what it takes, you just need to learn a little bit more and refine what you already know. And as for those horror stories that everyone else went through to get their black belt, yes it was tough but pretty sure people like to expand on the truth a bit to make themselves feel a bit better!

So stay positive, train harder and perfect each move and look forward to the next chapter!

Definition of a Black belt

Opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.



As with all syllabus sections there are new moves to learn and perfect, so here are the new movements introduced in your pattern

Defensive Techniques

Inner Forearm middle section front block



Shown in the pattern from a sitting stance, this block can be performed in other stances. Bring the blocking arm up to the side (similar to W-shaped block) so that the fist is about eye level with the knuckles facing behind you. Rotate the arm using the shoulder joint so that the fist remains at eye height throughout the movement until the arm ends in front of the face, rotate the wrist joint at the same time until the knuckles end up facing away from the body. This block is also used in HJMA 3 step sparring number 3.

X-Knife hand checking block



With arms bent at the elbow and hands held at abdomen height, cross the arms at the wrist joint to form an “x” shape. Keep hands open and flat with palms facing away from each other, fingertips uppermost.

Twin Palm upwards block



Starting with the arms by your side, elbows loosely bent with fists clenched, knuckles uppermost. Rotate the wrists outwards so that the knuckles end up facing the floor. Open the fists to create an open palm and raise both hands simultaneously keeping the palm heel uppermost until both hands are level with the abdomen.

Offensive Techniques

Flying side piercing kick

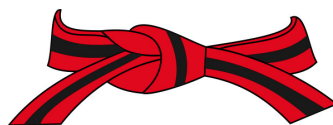


In the pattern it is shown from an L-Stance starting position with the kicking leg (Right leg) behind. Step forward with the right leg and jump in the air tucking the left leg up and the right leg raised until you reach maximum height in the jump. At the maximum height of the jump deliver a side piercing kick with the right leg. Land in a left L-Stance (left leg back)

Reverse knife hand high section front strike



Using the thumb side of the hand as the striking tool. Ensure that the thumb is tucked under the palm throughout the strike and that the elbow remains slightly bent. Starting with the striking hand held away from the body at waist height, rotate the shoulder joint whilst raising the arm to finish the striking arm at eye level, directly in front of the body. The non-striking hand end with the palm open and facing straight downwards with the knuckles touching the elbow of the striking arm



Middle section back piercing kick



Turn the body completely away from the opponent until your toes are pointing away and back is facing the target. Bend the kicking leg at the knee and thrust directly behind you, keeping the knees close together as they pass each other. Ensure the toes of the kicking leg are facing downwards with the heel uppermost.

Additional Techniques.

Crescent Kick

This technique is similar in motion to the axe, in regards to having to method, Inside to outside kicking motion or outside to inside kicking motion.

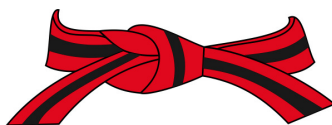
Inwards to outwards crescent kick:- Starting from a default guarding position, lift up the knee of the rear leg across the front of the body. In a circular motion, extend the leg out in a whipping motion, continuing the rotation of the leg in outwards arc until the leg returns to the rear guard position. The outwards to inwards version uses the same techniques but starts with the knee facing outward and whipped inwards. The attacking tool is either the footsword or the front sole of the foot depending which direction you kick.

Jumping Back Kick

Same as the standard back kick in mentioned above, however rather than pivoting on the foot to turn away from the opponent, this is done in a jumping motion with the kick being executed at the highest point of the jump.

Self defence

Using different variations from the lessons you will need to demonstrate an effective defence from a rear choke hold. This may include throws. It should be effective for YOU given the size weight of your opponent. Therefore you will need to know and perfect several different options.



Students own one step sparing

Students are required to invent their own one step sparing combinations. This is your opportunity to show how to defend yourself in a simple self defence scenario against a single attacker throwing an obverse punch in walking stance. This is to be repeated from both a right handed attack and mirrored for a left hand attack. You will need to think of six techniques. The grading requirement will be looking at for the following:-

- 2x Correct technique and stances using both legs and hands
- 2x Take down using self defence techniques from class work
- 2x Practical using hands only.
- 2x Practical using Legs only

Korean/Questions

Scooping block	Duro Makgi
Upset Fingertips	Dwijibun Sunkut
Handparts	Sangbansin
Checking block	Momchau Makgi
Flying high kick	Twimyo Yop Chagi
Waving Kick	Duro Chagi
Waist Block	Hori Makgi
Twin foot kick	Sang Bal Chagi
Chest	Gassam
Sweeping kick	Hullyo Makgi
Leg	Dari
Eye	Angoo
Grabbing	Butjaba

Definition of Choong Moo
Definition of a black belt

Pre - Grading Requirement for Black Stripe 1st Kup

Exercises

20 Jumping jacks	30 press ups
25 Sit ups	10 Burpees
10 Front leg raises facing angle	15 Squat thrusts

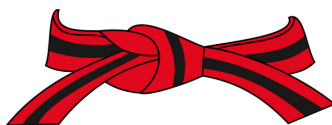
The pre grading assessment will cover all of your coloured belt patterns, your belt line work. Demonstration and application from various grades within the syllabus and your understanding of all Korean terminology to date. This will be conducted as part of the black belt training sessions.

In addition to the above you are also required to answer the following personal considerations:-

What effect will gaining your black belt have on you?

What effect has Tae Kwon Do had to your life?

What are your goals after achieving your black belt?



Grading Requirement for Black Stripe 1st Kup

Pattern

Hwa Rang
Choong Moo

Examiners Choice x 1
Students Choice x 2

Line Work (Can include any line work from previous grades)

B) Step back (LS) execute a Knife hand guarding block. Execute bending ready stance to the rear, Side kick, land in L-stance knife hand guarding block to the front.

F) L-Stance knife hand guarding block, kicking with the back leg, flying side kick, land kicking leg forward, knife hand guarding block.

B) X-knife hand guarding block (L-Stance)

F) Sitting stance, high section inner forearm block, back fist.

B) L-Stance forearm guarding block. Front leg Axe kick and front kick combination. Place kicking leg behind.

F) Back leg crescent kick, side kick combination land kicking leg forward in L-stance with knife hand strike.

Demonstration & Application

Crescent Kick
Jumping Back kick
Self defence – Defence against a rear choke hold

Breaking

Black board – 1 x hand technique
1 x Foot technique

Sparring

Point stop sparring
Free sparring
Umpire point stop matches

1 Step Sparring

Students own x 8

- 2 Correct technique, stances using both legs and hands
- 2 Take down using self defence from class work
- 2 Practical hands only
- 2 Practical Legs only

Korean/Questions (Can include any questions from previous grades)

