



1st Kup Choong-Moo 6 months 30 movements

**Technical**

Understand and correctly perform all 10th to 2nd Kup techniques

Understand and correctly perform the following defensive techniques: Forearm middle front block, Twin palm upward block and X-knifehand checking block

Understand and correctly perform the following offensive techniques: Knifehand front strike, flying side piercing kick, Reverse knifehand front strike, Back piercing kick and Backfist side strike

**Theory**

Understand all 10th to 2nd Kup requirements

Know the meaning of the pattern Choong Moo

Understand the purpose of each technique in pattern Choong Moo

Know the meaning of the Black belt colour

**Grading Requirements**

Perform pattern Choong Moo

One step sparring

Free Sparring

Power test using standard focus boards:

Minimum 6 breaks - choice techniques - identifying the techniques and attacking tools used (left and right count as 2 techniques) 2 focus boards - choice techniques - identifying the technique and attacking tool used. House brick

General theory appropriate to a 1st Kup student

**Theory Questions**

You should know and have an understanding of the following:

- 1) **Hand parts** - forefist, backfist, knifehand, reverse knifehand, fingertips, palm, arc-hand, elbow, forearm
- 2) **Foot parts** - front sole, footsword, back heel, knee
- 3) **Stances** - attention, parallel, sitting, walking, L-stance, close, fixed, bending, X-stance, rear-foot, low, vertical
- 4) **Types of block:**
  - a) general - obverse, reverse, inward, outward, inside, outside, front, side, side-front

**Grading Material for 1st Kup (\*Preliminary & Black Belt Grading)**

Requirements:

- **Choong-Moo Tul** (click for description)
- Colour Belt Pattern
- One Step Sparring (ILBO MATSOGI)
- Free Sparring (JAYU MATSOGI)
- 2-1 Free Sparring

Power:

- Reverse Turning Kick
- Spot Jumping Side Piercing Kick
- Hand Techniques

English - Korean	
Attacking Techniques	
Reverse Knifehand Front Strike	Sonkaldung Ap Taerigi
Flying Side Piercing Kick	Twimyo Yopcha Jirugi
Defending Techniques	
X-Knifehand Checking Block	Kyocha Sonkal Momchau Makgi
Twin Palm Upward Block	Sang Sonbadak Ollyo Makgi

**Choong-Moo Tul (30 Movements):**

Choong-Moo is the pseudonym given to the great Admiral Yi Soon-Sin (Lee Dynasty). He is reputed to have invented the first armoured battleship (Kobukson) in 1592, 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 potential, checked by the forced reservation of his loyalty to the King.

**Meaning of Black Belt:**

Black is the opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also signifies the

b) single handed - *rising, upward, circular, hooking*

c) two handed - *guarding, twin, wedging, pressing, W-shape, U-shape, double forearm*

5) **Types of forefist punch** - *front, side, side-front, upward, vertical, downward, crescent, turning, angle*

6) **Type of kick** - *smashing, piercing, turning, pushing, thrusting*

7) **The theory of power**