

Level 3 Curriculum Checklist

Form / Kata

Martial Arts Technique

_____ **Chung-Mu**

_____ **L3 Self Defense**

30 movements

The name given to the great Admiral Yi Soon-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. This pattern ends with a left hand attack to symbolize his regrettable death, having no chance to show his potentiality checked by the forced reservation of his loyalty to the King.

_____ **Gye-Bek**

_____ **Falls & Rolls**

44 movements

Named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.)

_____ **Exodus**

Might for Right. This Tul represents a battle of "Good" VS. "Evil." Yin and Yang.

_____ **Po-Eun**

_____ **Escrima Sticks**

36 movements

The pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem, "I would not serve a second master though I might be crucified a hundred times", is known to every Korean. He was also a pioneer in the field of physics.