

## 1<sup>ST</sup> Kup Grading Requirements

### Syllabus – For promotion to 1<sup>st</sup> DAN (Black)

1. Pattern – Choong Moo
2. Sparring – Free Sparring, 2v1 Sparring & 1-Step Sparring & Self Defence
3. Destruction – Free Choice Of Foot & Hand Technique  
Measuring and breaking, utilising relevant part of foot  
Practice & prepare for all previously performed foot & hand techniques
4. Terminology

NOTE: Revise all previous (physical & terminology)

### Terminology

|   |   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
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| 1   | <p><b>Choong Moo</b> – 30 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</p> <p>Choong Moo was the given name to the great Admiral Yi Sun of the Yi Dynasty. He was reputed to have invented the first armoured battleship – Kobukson, which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to display his unrestrained potentiality, which was checked by the forced reservation of his loyalty to the King.</p>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 2   | <p><b>MENAIING OF THE COLOUR BLACK</b></p> <p>Black – opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.</p>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 3   | <p><b>GENERAL TERMINOLOGY</b></p> <p>FLYING                      <i>TWIMYO</i><br/>360 SPINNING            <i>TWIO DOLMYO</i></p>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 4   | <p><b>NEW MOVEMENTS IN CHOONG MOO</b></p> <table border="0"> <tr> <td>HIGH SECTION KNIFE-HAND INWARD STRIKE</td><td><i>NOPUNDE SONKAL ANURO TAERIGI</i></td></tr> <tr> <td>FLYING RIGHT SIDE KICK</td><td><i>TWIMYO ORUN YOP CHA JIRUGI</i></td></tr> <tr> <td>HIGH SECTION REVERSE KNIFE-HAND INWARD STRIKE</td><td><i>NOPUNDE SONKAL DUNG ANURO TAERIGI</i></td></tr> <tr> <td>360 SPINNING KNIFE-HAND GAUDING BLOCK</td><td><i>TWIO DOLMYO SONKAL DAEBI MAKGI</i></td></tr> <tr> <td>X-KNIFE-HAND MIDDLE BLOCK</td><td><i>KYOCHA SONKAL KAUNDE MAKGI</i></td></tr> <tr> <td>TWIN PALM UPWARD BLOCK</td><td><i>SANG SOMBADAK OLLYO MAKGI</i></td></tr> </table> | HIGH SECTION KNIFE-HAND INWARD STRIKE | <i>NOPUNDE SONKAL ANURO TAERIGI</i> | FLYING RIGHT SIDE KICK | <i>TWIMYO ORUN YOP CHA JIRUGI</i> | HIGH SECTION REVERSE KNIFE-HAND INWARD STRIKE | <i>NOPUNDE SONKAL DUNG ANURO TAERIGI</i> | 360 SPINNING KNIFE-HAND GAUDING BLOCK | <i>TWIO DOLMYO SONKAL DAEBI MAKGI</i> | X-KNIFE-HAND MIDDLE BLOCK | <i>KYOCHA SONKAL KAUNDE MAKGI</i> | TWIN PALM UPWARD BLOCK | <i>SANG SOMBADAK OLLYO MAKGI</i> |
| HIGH SECTION KNIFE-HAND INWARD STRIKE         | <i>NOPUNDE SONKAL ANURO TAERIGI</i>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| FLYING RIGHT SIDE KICK                        | <i>TWIMYO ORUN YOP CHA JIRUGI</i>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| HIGH SECTION REVERSE KNIFE-HAND INWARD STRIKE | <i>NOPUNDE SONKAL DUNG ANURO TAERIGI</i>  |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 360 SPINNING KNIFE-HAND GAUDING BLOCK         | <i>TWIO DOLMYO SONKAL DAEBI MAKGI</i>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| X-KNIFE-HAND MIDDLE BLOCK                     | <i>KYOCHA SONKAL KAUNDE MAKGI</i>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| TWIN PALM UPWARD BLOCK                        | <i>SANG SOMBADAK OLLYO MAKGI</i>  |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 5   | <p><b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN CHOONG MOO</b></p>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |
| 6   | <p><b>REVISE ALL PREVIOUS TERMINOLOGY FOR DESTUCTION AND PARTS OF USE</b></p>   |                                       |                                     |                        |                                   |   |  |                                       |                                       |                           |                                   |                        |                                  |

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| 7 | <p><b>WHY A PATTERN SHOULD BE LEARNT &amp; PRACTICED TO PERFECTION</b></p> <p>A pattern (TUL) is a series of blocks and counter attacks, set in a logical sequence, against one or more imaginary opponents...But this does not explain why a pattern should be learnt and practiced to perfection.</p> <p>The practice to perfection of all the patterns enhances Taekwon-Do skills, and as training progresses the increasingly more difficult patterns introduce all the fundamental and advanced movements in various combinations.</p> <p>This perfection shows how stances and shifts in the body weight relate to each other as techniques are performed. This not only teaches timing, balance and breath control, but also promoted muscle refinement and flexibility in the process. These patterns should be performed to display their gracious and artistic qualities. A rhythmic flow with harmony of body and mind.</p> <p>A mans life of perhaps 100 years may be considered but a day when compared to eternity. The 24 patterns in Taekwon-Do represent the hours of one such day and the lifetime of General Choi Hong Hi, who leaves Taekwon-Do for mankind as a trace of a man from the late 20th Century.</p>  |
| 8 | <p><b>TENETS &amp; MEANINGS</b></p> <p><b>EXPLANATION OF TENETS</b></p> <p>Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do, which should serve as a guide for all serious students of the art.</p> <p><b>COURTESY (Ye Ui)</b></p> <p>It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further be as an ultimate criterion required of a mortal.</p> <p>Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.</p> <ol style="list-style-type: none"> <li>1) To promote the spirit of mutual concessions</li> <li>2) To be ashamed of one's vices, contempting those of others</li> <li>3) To be polite to one another</li> <li>4) To encourage the sense of justice and humanity</li> <li>5) To distinguish instructor from student, senior from junior, and elder from younger</li> <li>6) To behave oneself according to etiquette</li> <li>7) To respect others' possessions</li> <li>8) To handle matters with fairness and sincerity</li> <li>9) To refrain from giving or accepting a gift when in doubt</li> </ol> <p><b>INTEGRITY (Yom Chi)</b></p> <p>In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:</p> <ol style="list-style-type: none"> <li>1) The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.</li> <li>2) The student who misrepresents himself by "fixing" breaking materials before demonstrations.</li> <li>3) The instructor who camouflages bad technique with luxurious training halls and false flattery to his students.</li> <li>4) The student who requests ranks from an instructor, or attempts to purchase it.</li> <li>5) The student who gains rank for ego purposes or the feeling of power.</li> <li>6) The instructor who teaches and promotes his art for materialistic gains.</li> <li>7) The students whose actions do not live up to his words.</li> <li>8) The student who feels ashamed to seek opinions from his juniors.</li> </ol> <p><b>PERSISTENCE (In Nae)</b></p> <p>There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection or a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."</p> <p><b>SELF CONTROL (Guk Gi)</b></p> |

## COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

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|   | <p>This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.</p> <p>According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."</p> <p><b>INDOMITABLE SPIRIT (Baekjool Boolgool)</b><br/>         "Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.</p> <p>A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.</p> <p><b>Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.</b></p> |
| 9 | <p><b>YOU MAY BE ASKED</b></p> <ul style="list-style-type: none"> <li>▪ Experiences in Taekwon-Do so far</li> <li>▪ If successful in black belt grading what are your aims / aspirations for the future</li> </ul>   |