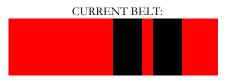


## Promotion Requirements for Double Black Stripes (1st Gup)



	Basic Techniques	111
Kicking Techniques		
360 degree Reverse turning kick	(	
Other Requirements		
Mandatory Waiting Period		
Assistant Instructor Duties		
Black belt application and essay		
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## **CHOONG MOO**

## **MOVEMENTS**: 32

**DEFINITION:** Named after the famous Korean admiral Yi Sun-Sin, who was in charge of the Korean navy during the late 1500's when the Japanese, led by Hideyoshi, invaded Korea. With help from his invention of the "turtle boat" or Kobukson, Admiral Yi Sun-Sin led an outnumbered Korean navy into many victories against Japanese forces.

- 1) Turn 90 degrees to the left with left leg into left back stance with left knifehand outside middle block and right knifehand high block simultaneously.
- 2) Move forward with right leg into **right front stance** with **left knifehand high block**, and **right outer knifehand strike** to the neck area simultaneously.
- 3) Turn 180 degrees to the right with front( right ) leg into right back stance with right knifehand guarding block.
- 4) Move forward with left leg into left front stance with left high fingertip.
- 5) Turn 90 degrees to the left with front( left ) leg into left back stance with left knifehand guarding block.
- 6) Turn 180 degrees to the right into right shin-block stance with right forearm guarding block.
- 7) Throw front( right ) leg side kick.
- 8) Turn 180 degrees to the left and land into left back stance with left knifehand guarding block.
- 9) Move half step forward with right leg, then jump off with right leg, and execute right jumping side kick landing with right back stance.
- 10) Execute right knifehand guarding block. (9-10 one count)
- 11) Turn 270 degrees to the left with back( left ) leg into left back stance with knifehand down block.
- 12) Adjust to left front stance and execute two handed head grab.
- 13) Throw back( right ) knee strike to the face, land right foot next to left, and turn 180 degrees to the left with left leg into left front stance.
- 14) Execute **right ridge hand strike** to the temple. (13-14 one count)
- 15) Throw back( right ) leg side kick.
- 16) Throw back( left ) leg back kick landing to right back stance.
- 17) Excute **right forearm guarding block**.( 15-16-17 one count)
- 18) Throw back( left ) high turning kick, land left foot next to right, and turn 90 degrees to the right into right back stance.
- 19) Execute **right pole block**.( 18-19 one count)
- 20) Jump 360 degrees to the left and land in right back stance with right low knifehand guarding block.
- 21) Move forward with back( left ) leg into left front stance with right low fingertip (left hand pulling in).
- 22) Move backward a half step with both feet into left back stance with right back fist and left down block simultaneously.
- 23) Move forward with right leg into right front stance with right fingertip.
- 24) Turn 270 degrees to the left with back( left ) leg into left front stance with left inside reinforced block.
- 25) Turn 90 degrees to the right with back( right ) leg into sitting stance with right out-to-in middle block.
- 26) Execute **right backfist** to the temple. (25-26 one count)
- 27) Pivot body 180 degrees to the left and throw back( right ) leg side kick.
- 28) Throw back( left ) leg side kick, land and pivot 180 degrees to the right into right back stance.
- 29) Execute knifehand middle X-block. (27-28-29 one count)
- 30) Move forward with left leg into left front stance with double open hand uppercut.
- 31) Turn 180 degrees to the right using ITF turnaround into right front stance with right high block.
- 32) Execute left high punch. (31-32 one count) Ki-Up.