



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION

1ST KUP – BLACK TAG

PRACTICAL

Pattern Choong-Moo

Previous Patterns – Choice & Compulsory

All types of Step sparring

Jumping Kicks

Combinations from Patterns

Hand / Foot Combinations

Sparring Combination

Free Sparring

MEANING OF COLOUR BLACK

Black is the opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearers imperviousness to darkness and fear.

INTERPRETATION OF THE PATTERN

Choong-Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have built the precursor of the modern day submarine, an armoured battleship (Kobukson) in 1592. The pattern ends with a left handed attack to symbolise his regrettable death having no chance to show his true potential, restricted by the forced reservation of his loyalty to the King. 30 Moves

NEW MOVEMENTS IN THE PATTERN

High Inward Knife Hand Strike

Flying Side Piercing Kick

High Reverse Knife Hand Inward Strike whilst bringing left hand underneath right elbow joint

Middle Side Piercing Kick

High Turning Kick

Middle Front Outer Forearm Block

High Side Back Fist Strike

Middle X-Knife Hand Checking Block

Double Upward Palm Block

Nopunde Anuro Sonkal Taerigi

Whilst bringing the back of the left hand in front of forehead.

Twimyo Yop Cha Jirugi

Nopunde Sonkal Dung Anuro Taerigi

Kaunde Yop Cha Jirugi

Nopunde Dollyo Chagi

Kaunde Ap Bakat Palmok Makgi

Nopunde Yop Dung Joomuk Taerigi

Kaunde Kyocha Sonkal Momchau Makgi

Doo Ollyo Sonbadak Makgi

NEW TERMINOLOGY

Checking Block

Breaking

Flying

Momchau Makgi

Gyopka

Twimyo