

Name of Student

Black Belt 1st Dan Grading Syllabus



Competencies	E	P	CP	Comments	Mark
Line Work, all from patterns					
All Previous Coloured Belt Patterns					
Choong Moo Tul	-				
Kicks— Back leg, Front leg, Step Through, Double					
Jumping Kicks—Turning, Flying Side, Front					
One Step Sparring (Ilbo Matsoki) Basic including take-down & Advanced One Step Sparring					
Self Defence – previous techniques including single wrist grab, double wrist grab, lapel grabs, strangle, headlock , rear arm strangle, hair grab, arms behind back, bear hug					
Free Sparring					
2 v. 1 Free sparring					
Power—Breaking , side kick, turning kick, palm heel or knifehand strike					

Date of Belt Graduation

Grading Fee Received

EXAMINERS

Name of Student

Black Belt 1st Dan Grading Syllabus



Competencies (page 2)	E	P	CP	Comments	Mark
2 Step Sparring 1-4 (Ibo matsoki)					
3 step Semi Free Sparring Basic					
Line Work specific to Choong-Moo Tul					
Self Defence—Knife attack straight thrust to body					
	-				
Power —hand techniques, pad work					
Power— Kicks, Pad work including reverse turning kick and jumping kicks					
Theory					

Chief Examiner

Result

Examiners Signature

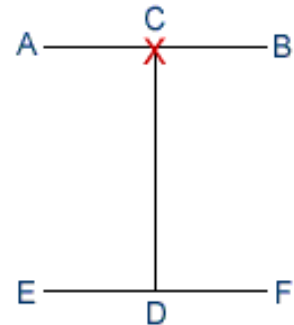


CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

Movements - 30

Ready Posture Start Position - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing an inwards moving high front strike to B with the right knife-hand whilst bringing the left knife hand to the front of the head.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle knife hand guarding block to A.
4. Move the left foot to A forming a left walking stance toward A while executing a high flat fingertip thrust to A



CHOONG-MOO Pattern 충무

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5. Move the left foot to D forming a right L-stance toward D while executing a middle knife hand guarding block to D.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle knife hand guarding block to D.
9. Execute a flying side piercing kick to D using the 'cycling' motion with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle knife hand guarding block to D.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low outer forearm block to E with the left arm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front reverse knife hand strike to F with the right hand, bringing the left back hand under the right elbow joint.



14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle forearm guarding block to E.
17. Execute a middle turning kick (45°) to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle knife hand guarding block to C.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low upset fingertip thrust to C with the right fingertips.
21. Execute a back fist strike to D with the right back fist and a low block to C with the left outer forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle straight fingertip thrust to C with the right fingertips.



23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high double forearm block to B with the left arm leading.
24. Move the right foot to B forming a sitting stance toward C while executing a middle inwards moving block to C with the right outer forearm and then a high back fist side strike to B with the right back fist. (Perform in a continuous motion)
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B.
28. Move the left foot to B forming a left walking stance toward B while executing a twin upward palm block to B.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle reverse punch to A with the left fist while maintaining a right walking stance towards A. (Perform 29 & 30 in a continuous motion) **END:** Bring the left foot back to a ready posture.

Module Choong –Moo (Black Belt 1st Dan)

Questions & Answers



	Questions	Answers (All Students)
1	How many moves are there in the pattern CHOONG-MOO?	30
2	How many different kicks are there in the pattern CHOONG-MOO and what are they?	MIDDLE SECTION SIDE PIERCING KICK. FLYING SIDE PIERCING KICK KNEE KICK MIDDLE & HIGH SECTION TURNING KICK MIDDLE SECTION BACK KICK, 5 different kicks in total
3	What is X-KNIFEHAND CHECKING BLOCK and what is it used to defend against?	Both hands are in knifehand and cross at the wrist. The block pushes up from the hips, then forward to finish middle section and 45 degrees from the body. It is primarily used for blocking a punch, followed by a grab and arm lock. It is also used to stop an attacker charging in by forming a strong defence
4	What is TWIN UPWARDS PALM BLOCK and what is it used to defend against?	Both palms make an outwards to inwards circular action to finish middle section and in front. Both palms face upwards to receive the twin upset punch attack.
5	Why do we perform FLYING SIDE KICK?	Flying side kick is the same as side kick but performed whilst jumping forward. The kicking leg is straight on impact and then quickly bends to prepare for a safe landing. The non-kicking leg is tucked upwards for safety and a faster motion forward.

Module Choong –Moo (Black Belt 1st Dan)

Questions & Answers



	Questions	Answers (All Students)
6	What is the purpose of a HEAD GRASP <i>(move 11 in Choong-Moo)?</i>	The purpose of a head grasp is to get a firm grip of the opponent's head and force it on to an upwards moving knee kick. This form of attack is very destructive and should only be used in a life threatening situation.
7	Describe REVERSE KNIFEHAND STRIKE?	The hand position is the same as knifehand except the thumb is tucked underneath the palm. This attack utilises the tense part of the hand directly below the index finger joint. Reverse knifehand strikes from an inner-moving direction with shoulders moving on the same axis as the attacking arm.
8	What significance do all the COLOURED BELTS have?	Use the guide in your manual and explain all belt colours, white, yellow, green, blue, red and black
9	What meaning is there behind each pattern?	The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern <i>(the shape that we make on the floor when performing the pattern)</i> symbolises either heroic figures in Korean history or instances relating to historical events.
10	What is the meaning of pattern Choong-Moo?	<u>CHOONG-MOO</u> was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

Module Choong –Moo (Black Belt 1st Dan) Questions & Answers



	Questions	Answers (All Students aged over 12)
11	What is DEFENCE?	As Tae Kwon-Do is an Art of self-defence, students should maintain a strong and effective guard. Incoming attacks should be defended against and students should be wary of feints (<i>fake attacks</i>) used to open-up their guard.
12	When is it best to COUNTER-ATTACK?	Use an opponent's "dead-time" (<i>non-attacking time</i>) after they have just attacked to launch a decisive counterattack before they can regain their composure and defence
13	Describe DECEPTION in relation to sparring?	Use feints (<i>fake attacks</i>), stance switches and dodging movements to open an opponent's guard
14	Why should we EXPERIMENT during sparring practice?	Experimentation allows us the use of a wide variety of techniques, both new and learnt, as part of a new combination or sequence. Even if techniques, such as jumping kicks are difficult, practise them
15	Why should you adapt SPARRING TACTICS?	To develop an effective sparring strategy which keeps the opponent off-balance, confused or intimidated; giving you tactical advantage. Try to alter your sparring techniques in view of your opponent's style. For example: A 'leggy' person will find it hard to fight close-range with their hands.

Module Choong –Moo (Black Belt 1st Dan) Questions & Answers



	Questions	Answers (All Students aged over 12)
16	Why do we need REST and RELAXATION after physical training?	Without rest the body can not improve and recover. Rest and relaxation techniques range from your normal sleeping patterns, snoozing and napping to rest periods between repetition exercises. Rest periods also allow the body to replenish with water (<i>or high energy drinks</i>) and food, particularly carbohydrates for lasting energy. The length of rest is dependent on the exercise, fitness level and age.
17	Describe FLEXIBILITY?	Stretching increases the flexibility of the muscles. The greater the capacity for movement, the greater the power and speed that can be applied. A lack of flexibility can cause poor performance, inefficient techniques, muscle strains and tears, and a hindrance to speed and endurance
18	What is the THEORY OF POWER?	Power comes from the utilisation of a persons full potential through the mathematical application of Tae Kwon-Do techniques. The average person only uses 10 to 20% of their potential. Anyone, regardless of size, age or sex, can condition themselves to use 100% of their potential to perform excellent destructive techniques
19	What are the TWO governing bodies for Tae Kwon-Do and when were they first formed?	There are two distinct governing bodies or 'styles' of Tae Kwon-Do- the International Tae Kwon-Do Federation or I.T.F., which began on March 22 nd 1966; and the World Tae Kwon-Do Federation or W.T.F., which was formed in 1977