



1st Kup



Pattern: Choong-Moo 30 Moves (outlined in full on the last page)

Choong-Moo was the name given to the great Admiral Yi Sun Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (kobukson), believed to be the precursor to the present day submarine, in 1592 AD. The reason this pattern ends in a left attack is to symbolise his regrettable death having no chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the King.

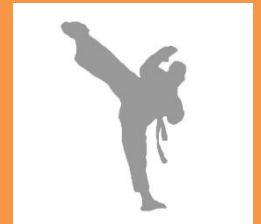
Top Tips for performing Choong-Moo

- Move 8a is a 'Flying Side Piercing Kick' bringing the right leg through and jumping to land in knife-hand guarding block. Concentrate on foot shape over height when learning this.
- Moves 14 and 15 (high turning kick and middle back kick) are performed together in fast motion.
- Moves 18-19 is the 360 jump from U shaped block to Knife-Hand Guarding Block. Jump high with a small amount of rotation, so that you stop rotating on landing and don't over-balance.
- Move 27 is a Knife-Hand Checking Block. Keep the elbows just below the wrists. Checking blocks are shields awaiting the impact of an attack, so you can form them before the attack arrives.

Aim to get to Black Belt

Tick when competent

For more details please ask your instructor



Technique to work on	Goal	
All Kicks	Should be at the proper height with correct foot shape	<input type="checkbox"/>
Hand techniques	Correct hand placement for punches, elbow strikes, knife-hands	<input type="checkbox"/>
Patterns	Deliver strikes and blocks with correct timing for rest of body	<input type="checkbox"/>
Physical		
Strength and Aerobics	You will be pushed on your grading, so keep up your fitness levels	<input type="checkbox"/>
Destruction	Be able to foot break a 2cm board with a high section turning kick	<input type="checkbox"/>
Sparring	As before. 2 versus 1 sparring. Hold off opponents for 2 minutes	<input type="checkbox"/>



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Self Defence

As previous levels, but increase the accuracy and intensity as you progress. You may be given scenarios on your grading that you have to react to.

1 Step Sparring (Ilbo Matsoki)

Please see our separate section on 1 step sparring for more information

Examples. **You may be asked to do different attacks in a black belt grading**

	Attack (Parallel Ready Stance) right foot to the right	Defence (Parallel Ready Stance) left foot to the left
Block Counters		
1	Walking Stance, Middle Punch	Walking Stance, Middle Inward Block Walking Stance, Upset Punch
2	Walking Stance, Middle Punch	Walking Stance, Hooking Block Walking Stance, Middle Reverse Punch
Dodge Counters		
3	Walking Stance, Middle Punch	Dodge to side Jumping Front Snap Kick
4	Walking Stance, Middle Punch	Dodge backwards Step Through Side Kick
Simultaneous Counters		
5	Walking Stance, Middle Punch	Jumping Backwards Front Snap Kick
6	Walking Stance, Middle Punch	Jumping Sideways Jumping Turning Kick

Grading Theory to Revise

Be proficient with the 5 Tenets of Taekwon-Do and be able to give everyday examples of these	<input type="checkbox"/>
Find out more about Korea including Dan-Gun day in South Korea	<input type="checkbox"/>
Revise all of the motions of Taekwon-Do. Normal, Fast, Slow Continuous, Connecting	<input type="checkbox"/>
Find out the meaning of black belt and what it means to you and whether it may change you	<input type="checkbox"/>

General Revision

Look at all of the theory that you have learnt in the last 4 years. Brush up on Korean terminology. Remember: “Train Hard Grade Easy”	<input type="checkbox"/>
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1st Kup



Pattern: CHOONG-MOO Moves: 30 Ready Position: Narani Chunbi Sogi			충무	
			Technique	
Step	Move	Stance	English	Korean
1	to left	right Niunja	Twin knife hand block	Sang Sonkal Makgi
2	forward	right Gunnun	High front knife hand strike	Nopunde Ap Sonkal Taerigi
Simultaneously – left hand in front of forehead				
3	180 CW	right Gunnun	Mid knife hand guarding block	Kaunde Sonkal Daebi Makgi
4	forward	left Gunnun	High fingertip thrust	Nopunde Sonkut Tulgi
5	left 90	right Niunja	Mid knife hand guarding block	Kaunde Sonkal Daebi Makgi
6	face 180 CW	left Goburyo		
7	use rt foot		Mid side piercing kick	Kaunde Yop Cha Jirugi
8	lower rt ft	right Niunja	Mid knife hand guarding block	Kaunde Sonkal Daebi Makgi
9	leap fwd from rt foot		Flying side piercing kick	Dwimyo Yop Cha Jirugi
10	270 CCW	right Niunja	Low outer forearm block	Najunde Bakat Palmok Makgi
11	slip front ft	left Gunnun	Head grab	Mori Jupke
12	use rt knee pull down + hands		Upwards knee kick	Ollyo Moorup Chagi
13	spot turn 180 CW	left Gunnun	High front reverse knifehand strike	Nopunde Ap Sonkal Dung Taerigi
14	use rt foot		High turning kick	Nopunde Dollyo Chagi
15			Mid back piercing kick	Kaunde Dwit Cha Jirugi
16	face 180 CW	left Niunja	Mid forearm guarding block	Kaunde Palmok Daebi Makgi
17	use lt foot		Mid turning kick	Kaunde Dollyo Chagi
18		right Gojung	U shaped block	Digutja Makgi
19	jump 360 CCW	left Niunja	Mid knife hand guarding block	Kaunde Sonkal Daebi Makgi
20	forward	left Gunnun	Reverse upset fingertip thrust	Bandae Dwijibo Sonkut Tulgi
21	pull front ft	right Niunja	High side backfist strike	Nopunde Dung Joomuk Taerigi
22	forward	right Gunnun	Mid straight fingertip thrust	Kaunde Son Sonkut Tulgi
23	270 CCW	left Gunnun	High double forearm block	Nopunde Doo Palmok Makgi
24	rt ft forward	Annun	Mid front outer forearm block	Kaunde Anuro Bakat Palmok Makgi
25	180 CCW	use rt foot	Mid side piercing kick	Kaunde Yop Cha Jirugi
26	left foot		Mid side piercing kick	Kaunde Yop Cha Jirugi
27	180 CW	left Niunja	Mid X knifehand	Kaunde Kyocha Sonkal Yop Momchau
28	forward	left Gunnun	Twin upwards palm pushing block	Ollyo Sang Sonbadak Makgi
29	Dwiyo Torro	right Gunnun	Rising block	Chookyo Makgi
30			Mid reverse punch	Kaunde Bandae Jirugi
End	Bring left leg back to Narani Chunbi Sogi			