



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION

1ST KUP – BLACK TAG

PRACTICAL

Always attend at least one 2nd /1st Kup pre-grading every 6 months after you become a 1st Kup.

Pattern Choong-Moo

Combinations from Patterns

Previous Patterns – Choice & Compulsory

Hand / Foot Combinations

All types of Step sparring

Sparring Combination

Jumping Kicks

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

Nopunde Anuro Sonkal Taerigi

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

Flying Side Piercing Kick

Twimyo Yop Cha Jirugi

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

Nopunde Sonkal Dung Anuro Taerigi

Middle Side Piercing Kick

Kaunde Yop Cha Jirugi

High Turning Kick

Nopunde Dollyo Chagi

Middle Front Outer Forearm Block

Kaunde Ap Bakat Palmok Makgi

High Side Back Fist Strike

Nopunde Yop Dung Joomuk Taerigi

Middle X-Knife Hand Checking Block

Kaunde Kyocha Sonkal Momchau Makgi

Double Upward Palm Block

Doo Ollyo Sonbadak Makgi

NEW TERMINOLOGY

Checking Block

Momchau Makgi

Breaking

Gyokpa

Flying

Twimyo