

Black Stripe to First Degree Black Belt:

Pattern & Interpretation:

Choong-Moo

Ready Stance: Open Parallel Ready Stance

Movements: 30

Diagram: I (capital "I")

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 armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason for the pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potential.

Step Sparring:

Advanced pre-arranged--3 techniques of hand or feet

Ilbo--Advanced

Free Sparring:

Versus one opponent

Ho-sin-sul:

Self-defense routine against one opponent. 1 ½ - 2 minutes in length. Your routine must have at least 10 or more self-defense techniques. Use the list below as a guide as to what to defend against.

1. Punch with the fore fist
2. Inward strike with reverse knife-hand
3. Side strike with the back fist
4. Twin lapel grab
5. Single grab from behind, not a choke
6. Single grab on the arm or wrist
7. Front snap kick
8. Turning kick
9. Back piercing kick
10. Choke from behind

Kicks:

Quadruple Kicking

Four Consecutive Kicks – multiple targets, more difficult kicks

Flying Side Pushing Kick

Flying Side Thrusting Kick

Flying 360° Jump Reverse Hook Kick (offensive)

Flying Twin Foot Front Kick – 1 or 2 targets

Flying Twin Foot Side Piercing Kick – 1 target

360° Jump Reverse Back Piercing Kick

Break:

Hand Break

Power Foot Break

Technique Break

New Techniques:

1. Walking Stance Knife-hand Inward High Front Strike
2. Walking Stance Reverse Knife-hand Inward High Front Strike
3. Sitting Stance Outer Forearm Inward Middle Front Block
4. L-Stance X-Knife-hand Checking Block
5. Walking Stance Twin palm Upward Block

Belt:

Black is opposite of white. Therefore, signifying the student's maturity and proficiency in TaeKwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

The eight parts of "Training Secrets of TaeKwon-Do":

1. To study the theory of power
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense
6. Keep both the arms and legs bent slightly while the movement is in motion
7. All movements must begin with the backward motion with very few exceptions
8. To create a sine wave during the movement by utilizing the knee spring properly

Miscellaneous:

6 months at 1st gup, 20 hours of community service or TaeKwon-Do project, compete/participate in 3 tournaments.