



GRADING SYLLABUS

1ST KUP BLACK TAG

TO

1ST DAN BLACK BELT

Choong-Moo Tul

Interpretation: 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.

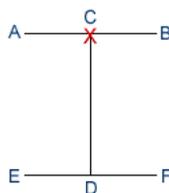
The reason why this pattern ends with a left-hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Ready stance: Parallel ready stance

No of moves: 30

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

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 a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
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 guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D 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 guarding block to D with a knife-hand.
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 block to E with the left forearm.
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 strike to F with the right reverse knife-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.



Choong-Moo Tul (cont'd)

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 guarding block to E with the forearm.
17. Execute a middle turning kick 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 guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left 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 thrust to C with the right straight fingertip at the same time move the left palm in a downward circular movement finishing at the solar plexus.
23. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
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 pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
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 punch to A with the left fist while maintaining a right walking stance toward A.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form parallel ready stance facing D.



High spear-hand
Walk stance
4

Mid knife-hand
guarding block
L-stance
3

High inward knife-hand
saber and knife hand
rising block
Walk stance
2

Twin knife-hand
block
L-stance
1

Mid knife-hand
guarding block
L-stance
5

Bending
ready
stance
L-stance
6

Mid knife-hand
guarding block
L-stance
8

Mid side
kick
L-stance
7

High back fist
with outer
forearm block
Walk stance
21

Mid spear
hand
block
Walk
stance
22

High double
forearm block
Walk stance
23

Mid side
kick
Walk
stance
25

Mid side
kick
Walk
stance
26

Twin upward
palm block
Walk
stance
28

Mid side
knife-hand
X-block
L-stance
27

Rising
block
Walk
stance
29

Mid
punch
Walk
stance
30

Upward knee
kick
Walk stance
12

(grab)
Walk stance
11

low outer
forearm block
L-stance
10

double-action jump
side kick
L-stance
9

Mid knife-hand
guarding block
L-stance
8

U-shape
block
L-stance
18

Jump &
turn 360°
L-stance
19

Mid
bumping
kick
L-stance
17

Mid guarding
block
L-stance
16

Reverse mid
back kick
L-stance
15

High reverse knife
hand strike
Walk
stance
13

High
bumping
kick
L-stance
14

Low
spear-hand
Walk
stance
20

Mid
knife-hand
guarding
block
L-stance
19

Mid
bumping
kick
L-stance
17

Reverse mid
back kick
L-stance
15

High reverse knife
hand strike
Walk
stance
13



One Step Advanced Sparring – Levels 5 - 8

TECHNIQUE 5 – BEAR HUGS (ARMS PINNED)

PART 1 – FROM THE FRONT

ATTACK: From close range grab the defender in a bear hug pinning their arms to their side. Lift the defender off the ground if strong enough

DEFENCE ONE: The best defence is NOT to allow them to get hold of you. If they do, avoid your ribs being crushed. Grab squeeze twist pull groin, stomp hard on foot, push hands forwards on hips and thrust backward with hips simultaneously, strike eyes, then escape, run.

DEFENCE TWO: The best defence is NOT to allow them to get hold of you. If they do, avoid your ribs being crushed. Strike eyes with fingers, stomp hard on foot, push hand under chin and thrust backward, place forearm on the back of opponent's neck, lever backwards and down. Then escape, run.

PART 2 – FROM BEHIND

ATTACK: From close range grab the defender in a bear hug pinning their arms to their side from behind. Lift the defender off the ground if strong enough

DEFENCE: The best defence is NOT to allow them to get hold of you. If they do, avoid your ribs being crushed. Grab squeeze twist pull groin or stomp hard on foot, head butt backwards whilst pushing the hips forwards to create space and thrust backward with hips to the opponent's groin area. Upon release execute a back kick to the same area or elbow, back-fist, groin combination. Then escape, run.

TECHNIQUE 6 – HEAD LOCKS

PART 1 - DOUBLE HANDED HEAD LOCK

ATTACK: From the right of the defender, grab them in a left-hand head lock forcing their head down and reinforce the head lock with your right hand

DEFENCE: Avoid your throat being crushed by moving chin inward slightly and grab the wrist with your left hand to relieve the pressure. To escape - strike the groin with the right hand. Then slide your right hand up the back of your opponent whilst maneuvering into a sitting stance with your right knee behind your opponent's left knee. Grab back of neck, collar, hair, ear or face. Then strike behind the knee pulling back with the hand simultaneously whilst standing up and pulling the wrist away. Strike to the opponent's eyes and escape.

REPEAT FOR OPPOSITE SIDE



One Step Advanced Sparring – Levels 5 - 8 Cont...

PART 2 – HEAD LOCK AND PUNCH

ATTACK: From the right of the defender, grab them in a left-hand head lock forcing their head down and start punching to the defender's face with your right hand

DEFENCE: Avoid your throat being crushed by moving your chin inward slightly and put your hands up in front of your face to stop you being hit. Look for the right opportunity to grab the punching wrist to stop it. Once you have the wrist, grab it with your left hand and strike the groin from behind with your right hand. Place your right leg in front of the opponents left leg whilst sliding your right arm up the opponents back. Simultaneously, stand up whilst pulling the punching arm around you and pushing the aggressor off balance with your right (push/pull technique). Escape, run.

REPEAT FOR OPPOSITE SIDE

TECHNIQUE 7 – WILD KICKS

PART ONE – SNAP KICK

ATTACK: From right L-stance execute a right front snap kick landing in front into a right walking stance

DEFENCE: From a right L-stance side step left (front foot-back foot) to the outside of the opponent whilst performing an inward moving inner-forearm waist block to deflect the kicking leg. Strike the eyes with free hand and slip forwards to grab the opponent's shoulders from behind. Adopt a push pull technique by pulling on the shoulders and pushing with your foot against the back of the opponent's knee to take them to the floor. Escape – run. Alternatively, if the opponent is off balance, then grab the shoulder and sweep instead.

REPEAT FOR OPPOSITE SIDE

PART 2 – WILD ROUND KICK

ATTACK: From right L-stance execute a right wild round kick

DEFENCE 1: Move away by arching your body or stepping a leg back - depending on where the kick is aimed? Move away just enough to avoid the kick but not too far so that you can't launch a counter defence. Strike the eyes with a free hand, grab the back of the collar, neck or hair and stomp thrust kick the aggressors back knee. Take to the floor and escape.

DEFENCE 2: From a right L-stance side step to the right 45-degree angle whilst simultaneously grabbing the opponents kicking leg with your left arm (under or over) and taking it with you within the opponent's range of movement. This takes the power out of their technique and puts the opponent off balance. Put your right hand on the opponent's shoulder to stop any counter defence whilst stepping your right leg to the left and behind of your opponent's standing leg. Sweep the opponents leg and take to the floor. Escape, run.

REPEAT FOR OPPOSITE SIDE



One Step Advanced Sparring – Levels 5 - 8 Cont...

TECHNIQUE 8 – LYING DEFENCE

PART 1 – BOTH ARMS PINNED

ATTACK: With the defender lying down face up, straddle their chest and pin both hands to the floor above their head with both of your hands

DEFENCE: Wait for the right moment and lift hips and move arms downward simultaneously displacing opponent's weight. Try and twist slightly to help displace the opponents weight more to one side. Push them away and as soon as you've got them off you, strike the eyes before they have time to realize what's happened? Escape.

PART 2 – BOTH ARMS PINNED WITH ONE ARM

ATTACK: With the defender lying down face up, straddle their chest and pin both hands to the floor above their head with one of your hand leaving the other hand free.

DEFENCE 1: Wait for the right moment and wiggle one hand free, strike the eyes, then place the free arm under the opponent's armpit then lift hips and move trapped arm downward simultaneously displacing opponent's weight. Make sure you twist slightly and push with your free arm so that the opponent's weight is displaced to the side giving you an opportunity to escape. As soon as you have got them off you, strike the eyes again before they have time to realize what's happened? Escape.



Black Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning:	Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Black Belt Colour Meaning:	Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
Pattern:	Choong-Moo Tul.

Moves in Korean

X-knife hand checking block	Kyocha sonkal momchau makgi
Twin palm upward block	Sang sonbadak ollyo makgi
Flying side kick	Twimyo yopcha busigi

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang. Students will be required to break a single board (juniors will work on a different level of board) using any hand or arm technique (left and right) and any kick (left and right).



Korean Theory Sheet
1st Kup Black Tag to 1st Dan Black Belt

YOU MUST BE ABLE TO GIVE YOUR BELT COLOUR MEANINGS AND PATTERN INTERPRETATION TO START THE PRE-GRADING ASSESSMENT. FOR THIS PRE-GRADING YOU ARE NOT GIVEN A SCORE. THIS PRE-GRADING ASSESSMENT IN ADDITION TO THE 2 BLACK BELT SESSIONS YOU MUST ATTEND ARE TO MAKE SURE YOU ARE READY TO GRADE.

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

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

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.

For the Korean theory part of your grading you must be able to tell the Instructor or senior Black Belt 5 of the moves from the set sparring or pattern AND 5 additional pieces of information relevant to the grade. Students will also be asked to provide information at the grading.

English	Korean	Tick if correct
Palm pushing block	Sonbadak miro makgi	
Upward punch	Ollyo jirugi	
Sliding	Milkulgi	
Downward knife hand strike	Naereo sonkal taerigi	
Student must give 5 additional pieces of information		

Student name: _____

Assessed by: _____

Date: _____



Grading Check List
1st Kup Black Tag to 1st Dan Black Belt

To be eligible to grade you must be able to perform the entire following checklist completely without instruction.

All of the information relevant to this grading can be found in the grading syllabuses for 10th – 1st Kup

I know everything from all of the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, high, mid, low punch	
Walking ready stance front kick, side kick, double block	
Walking stance, low block, rising block, reverse punch	
L-stance knife hand guarding block, step out into walking stance upper elbow strike	
Rear leg front kick, turning kick, double punch	
Walking stance, double forearm block (middle), then low double pushing block in L stance	
Side kick, back kick, reverse punch	
First 3 moves of Won-Hyo Tul	
Turning kick, reverse turning kick, lead hand ridge hand, reverse punch	
First 2 moves of Toi-Gye Tul	
Front leg hook kick, side kick combo, rear leg axe kick	
Walking stance, double hooking block, obverse punch, twin knife hand block	
Knife hand guarding block, front leg front kick, flat fingertip thrust	
Fixed stance, U-shape block	
Jumping side kick, rear leg with step	
Walking stance, wedging block, knife hand strike	
Jumping front kick without step, low stance, x-fist pressing block	
Walking stance, X-fist pressing block, X-fist rising block	
Double side kick	
Side kick, jump back kick	
Turning kick, 360° turning kick	
Step scissor side kick	
Perform all of the coloured belt patterns	
Perform Choong-Moo Tul	
Perform the students choice pattern	
Three step sparring 1-10	
Two step sparring 1-8	
One step advance sparring levels 1-8	
Three step semi-free sparring 1-5	
Free sparring (full sparring kit required)	

Cont.../



Grading Check List
1st Kup Black Tag to 1st Dan Black Belt (cont'd)

Student's name: _____

Date of grading: _____

Email address to receive next syllabus: _____

Pre-grading Assessment

By signing below, both the student (or their parent) and senior Black Belt are confirming that the student is able to demonstrate all of the above to a good standard.

Name of pre-grading assessor: _____

Signed by pre-grading assessor: _____

Signed by student (or parent): _____

Date: _____