

GRADING INFORMATION FOR 1ST KUP BLACK TAG

STUDENTS WILL BE ASSESSED ON THEIR STANCES, FOCUS, POWER, TECHNIQUE AND ATTITUDE

ALL STUDENTS WHO WISH TO GRADE MUST ATTEND AT LEAST 1 PRE BLACK BELT GRADING SESSION 6 MONTHS PRIOR TO THE BLACK BELT GRADING AND MUST ATTEND ALL 3 PRE BLACK BELT GRADING SESSIONS BEFORE THE GRADING THEY WISH TO TAKE. FAILURE TO ADHERE TO THIS RULE WILL MAKE STUDENTS UNELIGIBLE TO GRADE.

PATTERNS – 27%

1 EXAMINERS CHOICE
1 STUDENTS CHOICE
PATTERN CHOONG MOO

FREE SPARRING -22%

USUALLY 3 BOUTS OF 1 AND A HALF MINUTES DURATION
STUDENTS ARE EXPECTED TO DEMONSTRATE A RANGE OF EFFECTIVE ATTACK AND DEFENCE TECHNIQUES.

SET SPARRING – 17%

3 STEP SPARRING 1 – 10

2 STEP SPARRING 1 – 8

1 STEP SPARRING (NO TAKE-DOWNS)

STUDENTS ARE EXPECTED TO DEMONSTRATE A RANGE OF EFFECTIVE FOOT AND HAND COUNTERS

LINE WORK – 17%

LINE WORK IS HIGHLY VARIABLE, BUT USUALLY INCLUDES JUMPING TECHNIQUES, FOOT AND HAND COMBINATIONS, AND SEQUENCES TAKEN FROM PATTERNS.

THEORY – 17%

SEE HAND BOOK ALL PAGES.

PATTERNS – STUDENTS ARE EXPECTED TO UNDERSTAND THE INTERPRETAION NOT MERELY REPEAT DEFINITION. A TYPICAL QUESTION MIGHT BE:

WHICH PATTERNS HAVE A RELEASE MOVE?
WHY DO WE JUMP IN PATTERN TOI-GYE?
WHAT IS THE SIGNIFICANCE OF THE NUMBER 29 IN HWA RANG?

TECHNIQUES – TERMINOLIGY, APPLICATION AND LIMITATIONS:

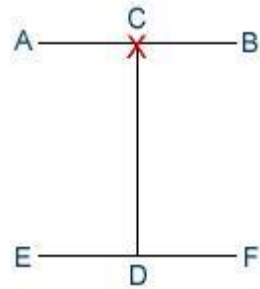
WHAT IS THE DIFERENCE BETWEEN A DOUBLE BLOCK AND A TWIN BLOCK ?
NAME SIX DIFFERENT PARTS OF THE HAND
WHAT IS DORI CHAGI ?

HISTORY AND SOCIAL - KEY DATES, AND EVENTS, PEOPLE IN
TAE KWON DO, ASPIRATIONS AND MOTIVATIONS IN TAE KWON DO.

WHEN WAS THE TAGB FORMED ?
WHO IS THE VICE CHAIRMAN OF THE TAGB ?
WHAT DOES GAINING A BLACK BELT MEAN TO YOU?
IF YOU COULD CHOOSE A SIXTH TENENT OF TAE KWON DO WHAT WOULD IT BE AND WHY ?

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CHOONG-MOO - WAS THE GIVEN NAME TO THE GREAT ADMIRAL YI SUN-SIN OF THE YI DYNASTY. HE WAS REPUTED TO HAVE INVENTED THE FIRST ARMOURED BATTLESHIP 'KOBUKSON' WHICH WAS THE PRECURSOR OF THE PRESENT-DAY SUBMARINE IN 1592 AD. THE REASON WHY THIS PATTERN ENDS IN A LEFT HAND ATTACK IS TO SYMBOLIZE HIS REGRETTABLE DEATH HAVING NO CHANCE TO SHOW HIS UNRESTRAINED POTENTIALITY CHECK BY THE FORCED RESERVATION OF THE LOYALTY TO THE KING. 30 MOVEMENTS.



STANCES IN CHOONG-MOO

PARALLEL READY STANCE
L STANCE
WALKING STANCE
BENDING REDAY STANCE
FIXED STANCE
SITTING STANCE

NARANI JUNBI SOGI
NIUNJA SOGI
GUNNAN SOGI
GUBRYO JUNBI SOGI
GOJUNG SOGI
ANNUN SOGI

BLOCKS IN CHOONG-MOO

TWIN KNIFEHAND BLOCK
MIDDLE KNIFEHAND GUARDING BLOCK
FOREARM GUARDING BLOCK
U-SHAPED BLOCK
HIGH DOUBLE FOREARM BLOCK
MIDDLE FR/T INWARD OUTER FOREARM BLOCK
X-KNIFEHAND SIDE BLOCK
UPWARD DOUBLE PALMHEEL BLOCK
RISING BLOCK

SAN SONKUL MAKGI
KAUNDE SONKAL DAEBI MAKGI
PALMOK DAEBI MAKGI
DIGUTCHA MAKGI
NOPUNDE DOO PALMOK MAKGI
KAUNDE AP ANURO BAKAT PALMOK MAKGI
KYOCHA SONKAL YOP MAKGI
OLLYO DOO SONBADAK MAKGI
CHOOKYO MAKGI

ATTACKS IN CHOONG-MOO

HIGH FRONT KNIFEHAND STRIKE
HIGH FLAT FINGERTIP THRUST
MIDDLE SIDE PIERCING KICK
FLYING SIDE PIERCING KICK
UPWARD KNEE KICK
HIGH FRONT REV/KNIFEHAND STRIKE
HIGH TURNING KICK
BACK PIERCING KICK
LOW UPSET FINGERTIP THRUST
MIDDLE STRAIGHT FINGERTIP THRUST
HIGH SIDE BACKFIST STRIKE
MIDDLE REVERSE FOREFIST PUNCH

NOPUNDE AP SONKAL TAERIGI
NOPUNDE OPUN SONKUP TULGI
KAUNDE YOP CHA JIRUGI
TWIMYO YOP CHA JIRUGI
OLLYO MOORUP CHAGI
NOPUNDE AP SONKAL DUNG TAERIGI
NOPUNDE DOLLYO CHAGI
DWITCHA JIRUGI
NAJUNDE DWIJIBUN SONKUP TULIGI
KAUNDE SUN SONKUP TULIGI
NOPUNDE YOP DUNG JOOMUK TAERIGI
KAUNDE AP JOOMUK BANDAE JIRUGI