

1st Dan Grade SHEET – Black tag

To pass you grading you will have to demonstrate:

Moves and patterns from your previous gradings + Choong Moo

Hand and Kicking Power against a Bag (Under sixteen) or Board (Over Sixteen).

Combinations up and down the floor. (Advanced Freestyle)

Ability to put together and communicate combinations to other students..

Free Sparring – Ability to attack and defend 2 against 1

One Step Sparring (At least ten with four different take downs)

Grabs and Releases (Advanced ie.with counter attack)

A high level of fitness able to work out continuously at a reasonable pace for a prolonged session. (up to three hours).

Under twelve's will need to know the following theory:

1. How many moves in Choong Moo ?
30
2. Can you tell me anything about Choong Moo?
3. What does Black Belt signify?
Opposite of White.
4. Demonstrate how many new moves they know?

OVER TWELVE'S will need to know all of the above plus:

Demonstrate and explain new moves from pattern.

CHOONG MOO

Was the given name of the great Admiral Yi Sun Sin of the Yi dynasty. He was reputed to have invented the worlds first armoured battleship (Kobukson) which was the precursor to the modern day submarine, in 1592AD. The reason this pattern ends with a left handed attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by his forced reservation of his loyalty to the king.

Black Belt signifies: Black is opposite from white, therefore signifying the maturity and proficiency in Tae Kwon Do, and also indicates the wearers imperviousness to darkness and fear..

Over Sixteen's will be expected to explain the moves they are doing in Korean terminology.

Remember, you can always be asked the questions that you got wrong last time.