

1st Kup - Grading to 1st Degree Black Belt

Patterns:

- *Choong-Moo*
- *Two Choice patterns*
- *Examiner's Choice pattern*

Partner work:

- *Free Sparring x 10 rounds*

Pre-arranged Sparring: *One step sparring:*

- *Fixed: Nos 1 to 4 (and own choices)*

Breaking (Power Test):

- *Any Hand technique*
- *Any Foot Technique*

Theory: You will complete a full theory paper in between the mock grading and the principal grading. You will also be asked a range of questions from the examples set out below on the day of the grading.

History/Culture:

- What is the meaning of Choong Moo? *Choong Moo is named after the great admiral Yi Sun Sin of the Lee dynasty. He is reputed to have invented the 1st armoured battleship (Kobutson) which is said to be the precursor to the modern-day submarine. The pattern ends with a left-handed attack to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.*

- How many movements are in Choong-moo? *30*
- Starting at Chon-ji, tell me the number of movements for all patterns: *19-21-24-28-38-32-27-29-30*
- What does the colour black signify? *Opposite to white, therefore signifying the maturity and proficiency in Taekwondo. It also indicates the wearers imperviousness to darkness and fear.*
- Name 5 upper body tools or 5 lower body tools (in English + Korean)
- Name 5 kicks with their respective Korean names.
- Name 5 stances with their respective Korean names.

Philosophical questions:

- *Why did you start TKD?*
- *What do you like best about TKD?*
- *What are your goals in TKD?*