

Grading Syllabus

Black Stripe to Black Belt

- 1** Presentation and Etiquette
- 2** Pattern choice 1
- 3** Pattern choice 2
- 4** Choong-Moo
- 5** Instructor's choice pattern
- 6** 1 Step sparring
- 7** Power test - any Hand Technique
- 8** Power test - any Foot Technique
- 9** Free Sparring
- 10** Questions

1. Pattern meaning of Choong-Moo? - Choong Moo was the name given to the great admiral Yi Soon-Sin of the Yi dynasty. He was reported to have invented the first armoured battleship, the kobukson, in 1592, which is said to be the precursor to the modern day submarine. The pattern ends with a left-handed attack symbolising his regrettable death.

2. How many moves in Choong-Moo? - 30

3. Go back through all other coloured belts theory papers.

4. Name 5 upper and lower body tools, 5 Kicks, 5 Blocks, and 5 Stances?

5. Name the 6 elements that make up the theory of power? Speed, Mass, Equilibrium (balance), Reaction force, Breath control, Concentration of mass onto a small area.

6. How many patterns are there and what do those patterns represent? - 24 to represent the 24 hours of the day.

7. What is the Korean for thrust and strike? - Thrust - Tulgi. Strike - Taerigi

8. Who is head of the ITF Union? - Grand Master Don Dalton