











Black Stripe – Black Belt






Tip work for Warriors and juniors is as follows:

 Name new pattern - Choong Moo. How many moves in choong moo? 30. Chon Ji. Dan Gun

  Choice pattern - Not choong moo, chon ji or dan gun. 1 step No. 1- 4. Name 5 kicks in Korean

   Choice pattern 2 - not any done previously. 360 degree spin. Name 5 stance in Korean

    Examiners choice pattern. Power test hand and foot. 1 step NO. 1-8. Name 5 blocks in Korean

     Theory Paper & Mock grading

The grading will be as follows:

1. Presentation and etiquette
2. Free Sparring – 10 rounds 1 minute in length – minimum
3. 1 Step sparring numbers 1-8
4. Choong Moo
5. Choice pattern 1
6. Choice pattern 2
7. Examiners choice patter
8. Breaking hand
9. Breaking foot
10. Theory

The following questions will need to be learned before progressing.

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 moves are there in pattern Choong-moo? 30

What does the black belt signify? The colour Black is the opposite to white therefore signifying the maturity and proficiency in Tae kwon Do. It also indicates the wearers imperviousness to darkness and fear.

Who is the founder of TKD? General Choi Hong Hi. (pronounced Chay hong high)

Who is head of the Unified ITF? Grand Master Hwang

When was TKD invented in South Korea? April 11th 1955

What is a consecutive kick? 2 kicks from the same leg attacking 1 or more opponent.

What is the difference between a thrust and a strike? A thrust is performed in a forwards motion and goes straight, a strike goes round.

Starting with Chon Ji, work up to Choong Moo state how many moves in each pattern? 21, 24, 28, 38, 32, 37, 29, 30

How many patterns are there in Tae Kwon-Do, and why is there this amount? . “The 24 patterns represent 24 hours, one day, or all my life”. General Choi Hong Hi

In 1 step sparring why do we attack to vital spots? Our aim is victory with a single blow, attacking a vital spot cause’s maximum damage with minimum effort.

What does TSTUK stand for? Traditional style taekwondo United Kingdom.

Count to 10 in Korean? Hana, dool, set, net, dasot, yasot, ilgok, yadol, ahop, yol.

What are the tenants of tkd? Courtesy, integrity, perseverance, self-control, indomitable spirit.

Korean Terminology all grades

Name 5 upper body tools • Forefist Ap Joomok • Knife hand Sonkal • Reverse knife hand dung sonkal
• Back fist Dung Joomok • Finger tips sonkut • Open fist Pyun Joomok • Palm Sonbadak • Mid knuckle fist Joongji joomok • Elbow Palkup • Fore knuckle fist Inji joomok • Outer forearm Bakkat palmok • Inner forearm An Palmok • Bear hand Gomson • Head Mori

Name 3 lower body tools • Ball of foot Ap kumchi • Toes Balkut • Foot sword Balkal • Instep Baltong • Heel Dwitchook • Back heel Dwitcumchi • Knee Murrup • Instep Yop Baldung

Name 5 stances in English and korean • Parallel ready stance Narini jumbi sogi • Attention stance Chariot sogi • Bending ready stance Guburio sogi • Waking stance gunnan sogi • L Stance Niunja sogi • Sitting stance Annan sogi • Fixed stance Gojang sogi • Rear foot stance Dwitbal sogi • Vertical stance Soojik sogi • One leg stance whebal sogi • X stance Kyocha sogi • Low stance Nachuo sogi • Horizontal stance Soopyong sogi • Closed ready stance Moa jumbi sogi • Diagonal stance Sasun sogi

Name 5 kicks in English and korean . Front Ap Chagi . Side Yop Chagi . Turning Dollyo Chagi . Reverse turning Bandae Dollyo Chagi . Back Dwit Chagi . Downward Neryo Chagi .Twist Bituro Chagi .Hook Golcho Chagi .Jumping side Twimyo Yop Chagi .Front rising Ap Cha Ollygi

What is the weight distribution for walking stance? 50/50

What is the weight distribution for L stance? 70/30

What is the weight distribution for sitting stance? 50/50

Which part of the foot do you use for front kick? Ap kumchi or ball of the foot

Which part of the foot do you use for side kick? Balkal or side of the foot

What is the use of a circular block? It has 2 uses, 1 is to block a low technique then a high,(front kick then turning) 2 is to block and scoop the leg.

Name the 5 elements which make up the theory of power? Mass, Speed, Balance, Concentration of mass, Reaction force

