



1st KUP



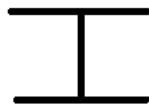
YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

PATTERN: CHOONG MOO

Number of moves: 30

Interpretation: Choong-Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592 AD, which was the precursor of the modern day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potential because of his forced loyalty to the King.

Diagram:



Ready Position: Narani Chunbi Sogi

OTHER SET SPARRING... Can be 3 step, 3 step semi- free (any level), or 2 step.

1 STEP SPARRING:....Must be more advanced than previous grading

FREE SPARRING: SEVERAL ROUNDS, SHOWING GOOD ATTACK/ DEFENCE SKILLS/ MOVEMENT/ COMBINATIONS ETC.

GENERAL QUESTIONS:

What are the differences between a black stripe and a black belt student?

Why do you deserve a black belt?

Which tenet(s) would you say has influenced you the most?

Name 8 parts of the hand....

Name 8 parts of the foot....

Give a history of Tae Kwon-Do...

KOREAN:

Knifehand Checking Block.....	Sonkal Momchau Makgi
High Section Front Knifehand Strike.....	Nopunde Ap Sonkal Taerigi
Flying Side Piercing kick.....	Twimyo Yop Chajirugi
Upwards knee kick.....	Ollyo Moorup Chagi
Front Reverse Knifehand Strike.....	Ap Sonkal Dung Taerigi
Reverse Low Upset Fingertip Thrust.....	Bandae Najunde Dwijibun Sonkut Tulgi
Twin Palm Upwards Block.....	Sang Sonbadak Ollyo Makgi
Crescent kick.....	Bandal Chagi
Side Sole.....	Yop Bal Badak
Reverse footsword.....	Balkal Dung
Toes.....	Balkut