



HF MARTIAL ARTS

GRADING SYLLABUS

1ST KUP BLACK TAG

TO

1ST DAN BLACK BELT

Choong-Moo Tul

Interpretation: Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine.

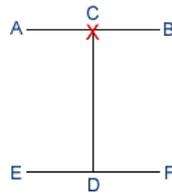
The reason why this pattern ends with a left-hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Ready stance: Parallel ready stance

No of moves: 30

No of stances: 5

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.

Choong-Moo Tul (cont'd)

15. Execute a middle back piercing kick to F with the left foot.
Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip at the same time move the left palm in a downward circular movement finishing at the solar plexus.
23. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter-clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form parallel ready stance facing D.



High inward knife-hand strike and knife hand rising block 2
Walk stance

Twin knife-hand block 1
L-stance

Mid knife-hand guarding block 3
L-stance

High spear-hand 4
Walk stance

Mid knife-hand guarding block 5
L-stance

Mid knife-hand guarding block 6
L-stance

Mid knife-hand guarding block 7
L-stance

Mid knife-hand guarding block 8
L-stance

Mid side knife-hand X-block 27
L-stance

Rising block 29
Walk stance (from side-slep-bum)

Mid punch 30
Walk stance

High double forearm block 23
Walk stance

Mid inward block 24
Walk stance

High side back fist 24
Walk stance

Mid side kick 25
Walk stance

Mid spear hand 22
Walk stance

High back fist with low outer forearm block 21
L-stance

Low spear-hand 20
Walk stance

U-shape block 18
L-stance

Mid knife-hand guarding block 19
L-stance

Mid guarding block 16
L-stance

Mid turning kick 17
L-stance

Reverse mid back kick 15
L-stance

High reverse knife hand strike 13
Walk stance

High burning kick 14
Walk stance

Reverse mid back kick 15
L-stance

Mid turning kick 17
L-stance

Mid guarding block 16
L-stance

Upward knee kick 12
Walk stance

(grab) 11
Walk stance

low outer forearm block 10
L-stance

double-action jump side kick 9
L-stance

Mid knife-hand guarding block 8
L-stance

Mid side kick 7
L-stance

Mid side kick 8
L-stance

Double-action jump side kick 9
L-stance

Mid knife-hand guarding block 10
L-stance

Low outer forearm block 11
Walk stance

Upward knee kick 12
Walk stance

High inward knife-hand strike and knife hand rising block 2
Walk stance

Twin knife-hand block 1
L-stance

Mid knife-hand guarding block 3
L-stance

High spear-hand 4
Walk stance

Mid knife-hand guarding block 5
L-stance

Mid knife-hand guarding block 6
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Mid knife-hand guarding block 7
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Mid knife-hand guarding block 8
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Mid side knife-hand X-block 27
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Rising block 29
Walk stance (from side-slep-bum)

Mid punch 30
Walk stance

High double forearm block 23
Walk stance

Mid inward block 24
Walk stance

High side back fist 24
Walk stance

Mid side kick 25
Walk stance

Mid spear hand 22
Walk stance

High back fist with low outer forearm block 21
L-stance

Low spear-hand 20
Walk stance

U-shape block 18
L-stance

Mid knife-hand guarding block 19
L-stance

Mid guarding block 16
L-stance

Mid turning kick 17
L-stance

Reverse mid back kick 15
L-stance

High reverse knife hand strike 13
Walk stance

High burning kick 14
Walk stance

Reverse mid back kick 15
L-stance

Mid turning kick 17
L-stance

Mid guarding block 16
L-stance

Black Tag Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Red Belt Colour Meaning: Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt Colour Meaning: Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Pattern: Choong-Moo Tul.

Moves in Korean

X-knife hand checking block	Kyocha sonkal momchau makgi
Twin palm upward block	Sang sonbadak ollyo makgi
Flying side kick	Twimyo yopcha busigi

For your black belt theory, you will be required to complete a 50 question multiple choice examination, which will have a variety of questions from white belt through to your current grade. At the end of the black belt examination, you will also be asked at the top table by the examiner to demonstrate further reading and knowledge of Taekwon-do. This can include anything from the origins of Taekwon-do or Korea, to further detail on the pattern interpretations.

One Step Advanced Sparring – Levels 1-10

Measure	The attacker measures the distance between themselves and their opponent by making walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker and defender – parallel ready stance. The attacker should kihap to show that they are ready to begin, the defender kihaps to show they are ready to defend.

Level 1-10

Attack	Step forward into right walking stance, perform an obverse mid-section punch.
Defence	The defences are a repeat of three step sparring but shown in a more advanced situation. Each number will perform just the block and counter attack, and repeat on each side. For example, number 1 will be middle block and reverse punch. Both return to parallel ready stance Repeat for the opposite side

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Breaking

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang. Students will be required to break a single board (juniors will work on a different level of board) using any hand or arm technique and any kick.

Grading Check List 1st Kup Black Tag to 1st Dan Black Belt

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

All of the information relevant to this grading can be found in the grading syllabuses for 10th – 1st Kup and on the website.

I know everything from all of the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, single punch	
Sitting stance, double punch	
Sitting stance, triple punch	
Sitting stance, palm strike, double punch	
Walking stance, rising kick, double block	
Walking stance, front snapping kick, turning kick, double block	
Walking stance, hooking kick, side kick, double block	
Walking stance, twisting kick low section, double block	
Walking stance, front punch	
Walking stance, low block, rising block, reverse punch	
Walking stance, middle block, reverse punch	
Walking stance, front snapping kick, double punch	
L-stance, knife hand side strike	
Turning kick, L-stance, forearm guarding block	
L-stance, twin forearm block	
Walking stance, straight fingertip thrust	
Walking stance, wedging block	
Bending ready stance, side kick, L-stance, forearm guarding block	
Walking stance, reverse punch, circular block	
Walking stance, hooking block, hooking block & punch	
Walking stance, double forearm block	
Back kick, L-stance, forearm guarding block	
Walking stance, back fist side strike, release from grab & reverse punch high section	
L-stance, forearm guarding block into low stance, palm pressing block	
Fixed stance, U-shaped block	
Walking stance, X-fist pressing block, twin vertical punch	
L-stance, knife hand guarding block, low section front snapping kick, flat fingertip thrust in walking stance	
L stance, twin forearm block, upward punch, slide both feet into fixed stance, side punch, pull front leg back to vertical stance, downward knife hand strike	
Walking stance low block, L-stance obverse punch	
Reverse turning kick, L-stance, forearm guarding block	
L-stance, X-fist checking block	
360 turning kick and 360 back kick	

Perform all of the coloured belt patterns	
Perform Choong-Moo Tul	
Three step sparring 1-10	
Two step sparring 1-8	
One step advanced sparring	
Free sparring (full sparring kit required)	
Breaking	
Theory test (examiner's table)	