**1st Kup Black Strip Revision Sheet**

**Red Belt means:**

Black is the opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearers imperviousness to darkness and fear.

**Practical:**

Always attend at least one 2 nd/1 st Kup pre-grading every 6 months after you become a 1 st Kup.

Pattern Choong-Moo Combinations from Patterns

Previous Patterns – Choice & Compulsory Hand / Foot Combinations

All types of Step sparring Sparring Combination

Jumping Kicks Free Sparring

**Choong-Moo:**

Choong-Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have built the precursor of the modern day submarine, an armoured battleship (Kobukson) in 1592. The pattern ends with a left handed attack to symbolise his regrettable death having no chance to show his true potential, restricted by the forced reservation of his loyalty to the King. 30 Moves



**Terminology:**

High Inward Knife Hand Strike Nopunde Anuro Sonkal Taerigi

Flying Side Piercing Kick Twimyo Yop Cha Jirugi

High Reverse Knife Hand Inward Strike Nopunde Sonkal Dung Anuro Taerigi

Middle Side Piercing Kick Kaunde Yop Cha Jirugi

High Turning Kick Nopunde Dollyo Chagi

Middle Front Outer Forearm Block Kaunde Ap Bakat Palmok Makgi

High Side Back Fist Strike Nopunde Yop Dung Joomuk Taerigi

Middle X-Knife Hand Checking Block Kaunde Kyocha Sonkal Momchau Makgi

Double Upward Palm Block Doo Ollyo Sonbadak Makgi

Checking Block Momchau Makgi

Breaking Gyokpa

Flying Twimyo