



Grading Pack
Pattern: Choong-Moo
1st Kup to 1st Dan - Black Belt





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Academies of Tae Kwon Do

Black Stripe

Grading Pack

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

PATTERN **CHOONG MOO**

No. OF MOVEMENTS **30**

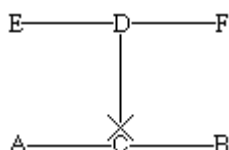
No. OF STANCES **6**

INTERPRETATION CHOONG MOO was the given name to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left hand attack is to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

READY POSITION Parallel Ready Stance

NARANI JUNBI SOGI

DIAGRAM



1. LEFT FOOT TO A, RIGHT L STANCE, TWIN KNIFE HAND BLOCK
 2. MOVE RIGHT FOOT TO A, RIGHT WALKING STANCE, EXECUTE HIGH INWARD KNIFE HAND STRIKE WITH RIGHT HAND, BRING LEFT HAND, PALM OUTWARDS, IN FRONT OF FOREHEAD
 3. RIGHT FOOT TO B, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 4. LEFT FOOT TO B, LEFT WALKING STANCE, FLAT FINGERTIP THRUST
 5. LEFT FOOT TO D, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 6. TURN TO FACE C, FORMING LEFT BENDING READY STANCE
 7. EXECUTE MIDDLE SIDE KICK TO C WITH THE RIGHT FOOT
 8. LOWER FOOT TO C, RIGHT L STANCE TOWARDS D, MIDDLE KNIFE HAND GUARDING BLOCK
 9. EXECUTE RIGHT JUMPING SIDE KICK (WITH SCISSOR MOTION) TO D, LAND TO D FORMING LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 10. MOVE LEFT FOOT TO F, RIGHT L STANCE, LOW BLOCK WITH LEFT OUTER FOREARM
 11. STEP INTO LEFT WALKING STANCE, EXTEND HANDS AS IF TO GRAB OPPONENTS HEAD
 12. RIGHT KNEE KICK WHILE PULLING HANDS DOWNWARDS
 13. LOWER RIGHT FOOT TO LEFT, THEN MOVE LEFT FOOT TO E FORMING LEFT WALKING STANCE AT THE SAME TIME EXECUTING A HIGH FRONT STRIKE WITH RIGHT REVERSE KNIFE HAND (LEFT HAND UNDER ELBOW JOINT)
 14. EXECUTE HIGH SECTION TURNING KICK WITH RIGHT FOOT TO E, LOWER IT TO LEFT FOOT
 15. EXECUTE MIDDLE BACK KICK TO E WITH LEFT FOOT
 16. LOWER LEFT FOOT TO E, LEFT L STANCE, MIDDLE FOREARM GUARDING BLOCK TOWARDS F
 17. EXECUTE MIDDLE TURNING KICK WITH LEFT FOOT
 18. LOWER LEFT FOOT TO RIGHT FOOT, THEN MOVE RIGHT FOOT TO C FORMING LEFT L STANCE, TOWARDS C EXECUTE U-SHAPE BLOCK WITH REVERSE KNIFE HAND
 19. JUMP COUNTER CLOCKWISE 360°, LANDING IN LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 20. LEFT FOOT TO C, LEFT WALKING STANCE, EXECUTE UPSET FINGER TIP THRUST
 21. SLIP BACK INTO RIGHT L STANCE, RIGHT BACKFIST / LEFT LOW BLOCK
 22. RIGHT FOOT TO C, RIGHT WALKING STANCE, STRAIGHT FINGER TIP THRUST
 23. LEFT FOOT TO A, 270°, LEFT WALKING STANCE, DOUBLE FOREARM BLOCK
 24. RIGHT FOOT TO A, SITTING STANCE TOWARDS C, EXECUTE INWARD MOVING MIDDLE BLOCK, SAME STANCE, HIGH BACKFIST STRIKE TO A.
 25. EXECUTE MIDDLE SIDE KICK TO B WITH RIGHT FOOT
 26. EXECUTE MIDDLE SIDE KICK TO B WITH LEFT FOOT
 27. LOWER LEFT FOOT TO B, LEFT L STANCE, KNIFE HAND CHECKING BLOCK TOWARDS A.
 28. LEFT FOOT TO A, LEFT WALKING STANCE, TWIN PALM UPWARD BLOCK
 29. STEP TURN, RIGHT WALKING STANCE, RIGHT FOREARM RISING BLOCK, TOWARDS B
 30. SAME STANCE, REVERSE PUNCH
- END – BRING LEFT FOOT BACK TO READY STANCE.

CHOONG MOO TUL

JUMPING SIDE KICK

TWIMYO YOP CHAGI

REVERSE KNIFE HAND STRIKE

SONKAL DUNG TAERIGI

INWARD BLOCK

ANERO MAKI

X KNIFE HAND CHECKING BLOCK
KYOCHA SONKAL MOMCHAU MAKI

TWIN PALM UPWARD BLOCK
SANG SONBADAK OLLYO MAKI

Requirements for

1st Kup to 1st Dan Grading

Grading Criteria:

All students must be regularly training i.e. twice a week minimum. Students must also be at the required standard to take the grading this is determined by the instructor.

Students must attend all three black belt squad sessions which usually take place the three weekends prior to the grading.

Theory:

Students should be able to answer any question the instructor asks from white belt to their current grade and should ensure that they are regularly studying their terminology, as this is a vital part of your grading.

Grading Location:

Bristol Academy
163A Church Road
Redfield
Bristol
BS5 9LA

******Students should arrive about 1 hour prior to the start of their grading, Specific grading times will be given to the student by their instructor as the grading time slots are sent to instructors about 2 weeks prior to the grading.******

Grading Theory:

Students will be asked up to four questions by the examiners, the questions will be asked prior to the line work taking place and are asked in a room just off the main Dojang.

Line Work:

Walking Stance – Low Block – Rising Block – Reverse Punch
L Stance – Knife Hand Guarding Block – Walking Stance – Upper Elbow Strike
Walking Stance – Front Kick – Turning Kick – Double Punch
Walking Stance – Middle Double Forearm Block – L Stance – Low Double Forearm Block
L Stance – Side Kick – Back Kick – Reverse Punch
First 3 Movements of Won-Hyo
L Stance – Turning Kick – Reverse Turning Kick – Front Hand Reverse Knife Hand – Reverse Punch
First 2 Movements of Toi-Gye
L Stance – Front Leg Hook Kick Side Kick Combination – Rear Leg Axe Kick
Walking Stance – Double Hooking Block – Obverse Punch – L Stance – Twin Knife Hand Block
L Stance – Knife Hand Guarding Block – Front Leg Front Kick – Flat Spear Finger Thrust
Fixed Stance – U Shaped Block
L Stance – Jumping Side Kick (Choong-Moo)
Walking Stance – Wedging Block – L Stance – Knife Hand Strike
L Stance – Jumping Front Kick
Low Stance – Pressing Block
Walking Stance – X Fist Pressing Block – X Fist Rising Block

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Patterns:

Pattern of Your Choice (Excluding Choong-Moo)
Pattern Set by the Black Belt Grading Panel

Pattern Choong-Moo

Set Sparring:

3 Step Sparring and or 2 Step Sparring
1 Step Sparring (No Takedowns or Restraints)

Free Sparring – 3 Rounds

Please note: This information is for guidance only. The exact format is set at the Grading Examiners discretion.

This pack is intended as a training aid and does not replace regularly training with your instructor