

Red Belt black tag grading syllabus

Monday to Wednesday (Minimum of 3 hours):

- Observation of teaching techniques.
- Observation of training & fitness.
- Observation of pad work & balance.
- Observation of understanding knowledge of TKD.
- General overall standard of student.

Sunday:

PART 1: PATTERNS.

Patterns Various Patterns will be performed

PART 2: KICKING COMBINATIONS.

Kicking combinations Standing and flying kick combinations

PART 3: SPARRING/SELF DEFENCE.

Pre-set sparring Three step sparring, Two step sparring, One step sparring, One step grabs
Free sparring 1 v 1 sparring, 2 v 1 sparring
Self defence Various releases from holds 1 v 1, 2 v 1
Weapons self defence Defend against knife attacks

PART 4: POWERTEST.

Side kick X2
Jump Reverse turning kick X2
Jump back kick X2

PART 5: TERMINOLOGY.

Theory Theory paper containing no less than 60 questions mostly multiple choice.
(Students will be supervised & helped with writing if necessary).

Click here for sample questions -----> [Question 1-31](#)

Click here for sample questions -----> [Foot Hand Parts](#)

Click here for sample questions -----> [Stances](#)

***This is a guide and the order and content can change on the day*.**

What is the pattern name? = **Choong Moo**

How many movements? = **30**

Ready Position? = **Parallel Ready Stance**

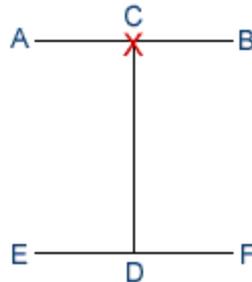
What does Choong Moo? **It was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty**

What is the diagram? = **Scholar**

What does black belt mean? = **Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do, also indicates the wearer's imperviousness to darkness and fear**

Choong Moo **was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty.** He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which was the precursor of the present day submarine. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by his forced reservation of his loyalty to the King.

Diagram:



The illustrations for this pattern assume that the student is standing on line AB 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 finger tip.
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.
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 finger tip.

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.

End. Bring the left foot back to a ready posture.