

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 1st Kup – Red Belt Black Stripe

Practical

Three Step Sparring

Two Step Sparring

One Step Sparring

Free Sparring

2 on 1 Free Sparring

Self Defence:

- Standard Release
- Attack Release
- Break Release

Destruction:

- Students Choice of Hand Technique & Material
- Students Choice of Foot Technique & Material

Grading Examiners choice of colour belt patterns

Hwa-Rang

Choong-Moo

Theory

What is the meaning of Choong-Moo?

30 movement pattern – Was the name given to the great Admiral Yi Soon-Sin of the Yi 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.

What is the meaning of Black Belt?

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

Terminology

General

Jumping

Twigi

Attacks

Knife-hand high front strike

Sonkal nopunde ap taerigi

Reverse knife-hand high front strike

Sonkal dung nopunde ap taerigi

Back-fist high side strike

Dung joomuk nopunde yop taerigi

Flying side piercing kick

Twimyo yopcha jirugi

Middle back piercing kick

Kaunde dwitcha jirigi

Defences

Inner-forearm middle front block

An palmok kaunde ap makgi

X-knife-hand middle side block

Kyocha sonkal kaunde yop makgi

Double palm upwards block

Doo sonbadak ollyo makgi

Your journey to 1st Degree Black Belt is within your reach. It has been a great pleasure to teach you over the years and I look forward you seeing you achieve this goal and continue your journey through the Degree ranks. Always remember that your 1st Degree Black Belt is not the end of the journey. You now know the basics; this is where your real journey starts!

Good luck!