

Black Stripe- 1st Kup

Pattern: Choong Moo Tul (tul means pattern)

No of Movements: 30 **No of Stances:** 6

Meaning of Choong Moo

Choong-Moo 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.

The meaning of Black:

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

Parts of the body

Instep	Baldung
Reverse Footsword	Balkal Dung

Sparring terms

1 step sparring Ilbo Matsoki

1 Step has no set routines so it is the most realistic form of set sparring and the closest to a self defence situation.

Students choose their own defence against the attack showing application of technique and skill. Greater focus, distance, timing, and reaction is required for effectiveness.

All **Attacks** begin from parallel ready stance.

Step forward right leg, right middle punch.

Wait for the opponent to execute the defence.

Step forward left leg, left middle punch.

Again wait for the opponent to execute the defence.

Defence techniques include blocks and counters. The same techniques are demonstrated to both sides.

Techniques from 3 step can be performed in 1 step

Choong Moo

BLOCKS

Checking Block

Momchau Makgi

Downward Block

Naeryo Makgi

KICKS

Sweeping Kick

Goro Chagi

Flying Kick

Twimyo Chagi

THRUSTS

Side Elbow Thrust

Yop Palkup Tulgi

STANCES

One Leg Stance

Wae Bal Sogi

STRIKES

Knife hand Downward Strike

Sonkal Naeryo Taerigi

RELEASE

Pull Release

Dangimyo Pulgi