


RED BELT BLACK TAG –1st KUP

THEORY

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.

No. of movements = 30

Diagram = 

A Black Belt signifies the maturity and proficiency in Taekwon-Do, and also indicates the wearer's imperviousness to darkness and fear.

TERMINOLOGY

- | | | |
|-------------------------------------|---|--------------------------------|
| Knifehand High Front Strike | ▪ | Sonkal Nopunde Ap Taerigi |
| Reverse Knifehand High Front Strike | ▪ | Sonkal Dung Nopunde Ap Taerigi |
| Outer Forearm Middle Front Block | ▪ | Bakat Palmok Kaunde Ap Makgi |
| X-Knifehand Checking Block | ▪ | Kyochoa Sonkal Momchau Makgi |
| Twin Palm Upward Block | ▪ | Sang Sonbadak OIlyo Makgi |
| Twio Dolmyo Chagi | ▪ | Mid Air Kick |