

1st Kup Pattern: **Choong-Moo** **(30 Movements)**

Was the given name 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.

Notes on Choong-Moo. He was born in 1545. Kobukson means “turtle ship”, so named because the curvature of the iron plates covering the tops decks resembled a turtle’s shell. Admiral Yi, Soon Sin was posthumously (after his death) awarded the honorary title of Choong-Moo, which means “Loyalty-Chivalry” in 1643.

One Step Sparring (ILbo Matsoki)

Same as previous but now slightly more technical with combinations. Jumping techniques may also be included.

Note: Recap on all previous syllabus 3,2,1 step sparring and all patterns & theory.

Basically, everything (and more) that you have ever learnt so far in your Taekwon-Do career!

Congratulations on passing your 1st Kup Black Stripe. You now have a minimum of 6 months of very intense training to prepare for your Black Belt Grading in Derby. You will need to look at increasing your training sessions by adding an extra session per week minimum to enable you to comfortably prepare for the Black Belt Grading.

YOUR BLACK BELT GRADING

To grade for Black Belt you must attend at least 2 Pre-Black Belt grading sessions at a coloured belt grading or acceptable equivalent.