

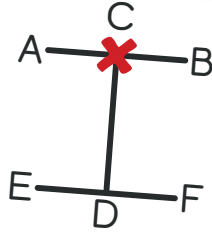
01

EXAM THEORY FROM BLACK STRIPE TO BLACK BLACK BELT

KNOWLEDGE WARNING

FOR BLACK BELT EXAM
THE STUDENT SHOULD KNOW:
THEORY, KICKS AND MOVEMENTS
FROM ALL COLOR BELTS

Pattern (Tul)

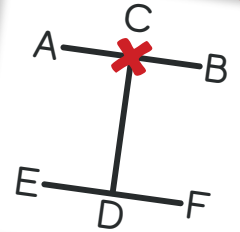


Choong-Moo
30 Movements

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 armored 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 symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

All Patterns



Hwa-Rang
29 Movements

Fundamental

Movements



Walking Stance Knife-hand High Front Strike
Gunnun So Sonkal Nopunde Ap Taerigi



L-Stance Forearm Low Block
Niunja So Palmok Najunde Makgi



Walking Stance Reverse Knife-hand High Strike
Gunnun So Sonkal Dung Nopunde Ap Taerigi

All the Kicks



Side Turning Kick
Yop Dollyo Chagi