

# 01

EXAM THEORY FROM

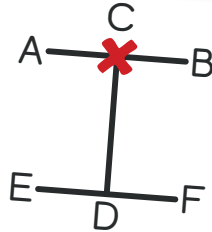
# BLACK STRIPE

TO BLACK BLACK BELT

## KNOWLEDGE WARNING

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

### Pattern (Tul)

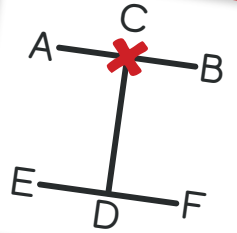


**Choong-Moo**  
30 Movements

### 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

1



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

2



L-Stance Forearm Low Block  
*Niunja So Palmok Najunde Makgi*

3



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

### All the Kicks



Side Turning Kick  
*Yop Dollyo Chagi*