

## **Applicable to Black Stripes**

**In Addition to ALL Theory from previous belt levels**



### Defensive Techniques

Forearm Middle Front Block : Palmok Kaunde Ap Makgi  
X-Knife-Hand Checking Block : Kyocha Sonkal Momchau Makgi  
Twin Palm Upward Block : Sang Sonbadak Ollyo Makgi  
Jumping : Twigi

### Offensive Techniques

Knife-Hand High Front Strike : Sonkal Nopunde Ap Makgi  
Flying Side-Piercing Kick : Twimyo Yopcha Jirugi  
Reverse Knife-Hand high Front Strike : Dung Joomuk Nopunde Ap Taerigi  
Middle Back Piercing Kick : Kaunde Dwitcha Jirugi

### Interpretation of Choong-Moo (30 movements):

Choong-Moo is named after the great Admiral Yi Soon-Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship, the 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.

### Pattern Choong-Moo:

The following points should be remembered:

1. Walking Stance Knife-Hand High Front Strike (Gunnun So Sonkal Nopunde Ap Taerigi): The fingertip reaches the eye-level of the attacker. The body becomes full facing the opponent.
2. Flying Side Piercing Kick (Twimyo Yopcha Jirugi): The foot should be slightly lower than the attacker's hip
3. Walking Stance Reverse Knife Hand High Front Strke (Gunnun So Sonkal Dung Nopunde Ap Taerigi): The reverse knife-hand reaches the same height as the philtrum of the attacker. The body becomes full facing the opponent. The reverse knife-hand must stay at the centre of the attacker's body.
4. Middle Back Piercing Kick (Kaunde Dwitcha Jirugi): The foot reaches the same level as the shoulder of the attacker. Keep the toes of the stationery foot pointed to the front. Footsword is the attacking tool.
5. Sitting Stance Forearm Middle Front Block (Annun So Palmok Kaunde Ap Makgi): The forearm comes along the centre line.
6. Sitting Stance Back Fist High Side Strike (Annun So Dung Joomuk Nopunde Yop Tarerigi): The back fist should be half-facing the opponent.
7. L-Stance X-Knife-Hand Checking Block (Niunja So Kyocha Sonkal Momchau Makgi): The fingertip reaches the same level as the shoulder of the attacker.
8. Walking Stance Twin Palm Upward Block (Gunnun So Sang Sonbadak Ollyo Makgi): The attacking tool reaches the target in a circular motion. The palms reach the same level as the elbows of the defender.

### Meaning of Black Belt:

Black is opposite to white, signifying the maturity and proficiency in Taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

### Breaking Requirements for 2nd/1st Gups:

Turning Kick, Jumping Back-Piercing Kick, Forefist Punch