

Testing Requirements: BLACK STRIPE to 1st DAN BLACK BELT

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PATTERN:

CHON-JI through CHOONG-MOO TULS

SELF-DEFENSE:

Pre-arranged self-defense techniques against 1 attacker (10 attacks). Must utilize takedowns, wrist locks, joint locks, etc

ONE STEP SPARRING:

Attacking with any hand or foot techniques

KICKING COMBINATIONS:

Flying 360° Back Piercing Kick, Flying 360° Reverse Hooking Kick, Turning Kick / Flying 360° Turning Kick

Flying Twin Front Kick, Flying Twin Turning Kick, Flying Twin Side Kick

Flying Double Kicks (2 Kicks with the Same Leg)

Consecutive Kicking (2 Different Kicks with the Same Leg without Jumping)

FREE SPARRING:

Against 1 Partner

BREAKING:

Men:

Power (one of the following):

4 Boards: Any Standing Kick

3 Boards: Any Flying or Mid-Air Kick

2 Boards: Flying 360° Back Piercing Kick

Hands (one of the following):

3 Boards: Power Break - Reverse Punch or Knife Hand Strike

2 Boards: Speed Break - Reverse Punch or Knife Hand Strike

Technique (one of the following):

2 Boards: Flying High Kick (Height is Outstretched Arm Overhead)

1 Board: Flying Twin Front Kick or Flying Twin Turning Kick or Flying Twin Side Kick

1 Board: Flying 360° Reverse Turning Kick or Flying 360° Reverse Hooking Kick

Women and Juniors:

Power (one of the following):

3 Boards: Any Standing, Stepping or Sliding Kick

2 Boards: Any Flying or Mid-Air Kick (or 3 Boards Back Kick)

1 Board: (1/2" wood for Juniors) – Flying 360° Back Piercing Kick

Hands (one of the following):

2 Boards: Power Break - Reverse Punch or Knife Hand Strike

1 Board: Speed Break - Reverse Punch or Knife Hand Strike

Technique (one of the following):

2 Boards: Flying High Kick (Height is Head Level)

1 Board (1/2" wood): Flying Twin Front Kick or Flying Twin Turning Kick or Flying Twin Side Kick

1 Board (1/2" wood): Flying 360° Reverse Turning Kick or Flying 360° Reverse Hooking Kick

Pee Wees (Ages 8 – 11):

1 Board – Flying 360° Back Piercing Kick

1 Board – Flying High Kick (Height is Head Level)

1 Board – Flying Side Kick Over an Obstacle

QUESTIONS:

You will be required to answer the following:

1. Meaning and number of movements of each pattern
2. Knowledge of the basic stances, hand techniques and kicking techniques in the patterns up to CHOONG-MOO
3. Student / Instructor relationship (student version)
4. Training Secrets of Taekwon-Do
5. Theory of Power

REQUIREMENTS:

Written material should be organized in a 3-ring binder and submitted prior to testing. Refer to your Instructor for details.

1. Minimum of 6 months as a Black Stripe (1st Gup).
2. Minimum of 2 years of CONTINUOUS training.
3. Attendance in 80% of Black Belt classes (must submit attendance sheet).
4. Participation in at least 2 USTC recommended tournaments per year.
5. 10 hours of community service (documented on the organization's official letterhead).
6. Two-page personal history (typed). Include why you began training, where and how it has affected your personal life (positively/negatively).
7. Attendance in one USTC seminar per year.

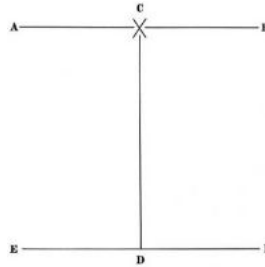
ALL REQUIREMENTS MUST BE SATISFIED.

CHOONG MOO

Movements – 30

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.



1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.



2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.



3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.



5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



6. Turn the face to C forming a left bending ready stance A toward C.



7. Execute a middle side piercing kick to C with the right foot.



8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.



11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.



12. Execute an upward kick to E with the right knee pulling both hands downward.



13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.



14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.



15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.



16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.



17. Execute a middle turning kick to DE with the left foot.



18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.



19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.



21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.



22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.



23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.



24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.



25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.



26. Execute a middle side piercing kick to A with the left foot turning clockwise.



27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.



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28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.



29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.



30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



END: Bring the left foot back to a ready posture.

