



TESTING FROM 1st GUP TO 1st DAN

1G

(Testing to 1st Degree Black Belt)

Student name: _____

Patterns

- Saju Jirugi or Saju Makgi
- Chon-Ji
- Dan-Gun
- Do-San
- Won-Hyo
- Yul-Gok
- Joong-Gun
- Toi-Gye
- Hwa-Rang
- Choong-Moo
- Classes required to test = 40

Kicking

- Consecutive Kicking - Front to D, Back to C, Side Piercing to A, Turning to AD, Hook to AC
- Consecutive Kicking - Reverse Turning to BD, Hooking to D, Side Piercing to D
- Flying Consecutive Kicking - Double Side to D

Basic Techniques / Fitness

- Push-ups - 50 reps
- Squats - 50 reps
- Stand-ups - 50 reps

Sparring

- 3 Step Sparring - all sets
- 2 Step Sparring - all sets
- 1 Step Sparring
- Free Sparring 3 opponents

Ho Shin Sool

- Random attacks 1 opponent 1 minute

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Power

- Power foot breaking 2 boards
- Technique foot breaking 1 board
- Hand breaking wood 1 board
- Hand breaking 1 wood/concrete

Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
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Theory

Meaning of Black Belt: Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

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Theory of Power: Describe in detail - Speed (acceleration), Concentration of Power, Accuracy, Reaction force (Taekwon-Do), Equilibrium, and Breath Control

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Definition of Choong-Moo: Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which was said to be the precursor of the present day submarine. The reason for this pattern ending in a left hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the King, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

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Choong-Moo has 30 movements and its diagram is a capital "I".