

## 1st Kup - Red Belt/Black tag Study Sheet

### Misc Technical

Pressing kick	-	Noolo chagi	Diagonal	-	Sasun
'U' shape grasp	-	Digutja jappgi	One leg	-	Waebal
Nine shape block	-	Gutja makgi			
Horizontal elbow	-	Sang soopyong palkup			
Back fist front strike	-	Dung joomuk ap taeragi			
Low outer forearm front block	-	Najunde bakat palmok ap makgi			
'U' shape punch	-	Digutja jirugi			

### Stance - Sogi

### Parts of body

Middle knuckle fist	-	Joongji joomuk	Long fist	-	Ghin joomuk
Fore knuckle fist	-	Inji joomuk	Open fist	-	Pyun joomuk
Forefinger	-	Han songarat	Bear hand	-	Gomson
Double finger	-	Doo songerat			

### 1<sup>st</sup> Kup Pattern: Choong Moo ( 30 Movements )

Was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. 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 reservations of his loyalty to the king.

### One Step Sparring ( ILbo Matsoki )

Same as previous but now slightly more technical with combinations. Jumping techniques may also be included.

**Note:** Recap on all previous syllabus 3,2,1 step sparring and all patterns & theory.

Congratulations on passing your 1<sup>st</sup> Kup Black Stripe. You now have a minimum of 6 months of very intense training to prepare for your Black Belt Grading at Bristol. You will need to look at increasing your training sessions by adding an extra session per week minimum to enable you to comfortably prepare for the Black Belt Grading.

### YOUR BLACK BELT GRADING

To grade for Black Belt you must attend a Pre-Black Belt training session at Kings Lynn every 6 months regardless if you are grading at that time. If you are grading at that time a further 2 Area Pre-Black Belt training sessions have to be attended, you will receive details of these from your Instructor.

All below requirements have to be with your Instructor at least 2 weeks before your 1<sup>st</sup> Pre-Black Belt training session.

	Tick
6 Passport Photographs	<input type="checkbox"/>
Complete Black Belt Grading Form	<input type="checkbox"/>
Grading Fee	<input type="checkbox"/>