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## RED BELT - BLACK STRIPE

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

### PATTERN

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 armoured battleship (Kobukson), which was the precursor of the present day submarine, in 1592 AD. This pattern ends with a left hand attack to symbolize his regrettable death, having had no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King. There are 30 movements in this pattern.

### TECHNIQUES

Twisting kick

Knife hand front strike

Double palm pushing block

X-knife hand middle side block

### SELF DEFENSE

From white belt up

### SPARRING

3x2 min rounds – free sparring

360° techniques

1 Step-Sparring for Choong-Moo – with partner

-See Step Sparring Appendix

### BREAKING

Flying double side and punch or reverse turning (minimum 1 blue board)

### THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt
- Theory of Power, ideal instructor, training secrets
- History of Taekwon-Do

### TEST REQUIREMENTS

Pre-Test

Official Exam (includes physical, written and technical tests)

Taekwon-Do essay

Online theory certificates

72 credits minimum

Leadership Team Contribution

2 Seminar, Special Training or Special Functions

### Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards