

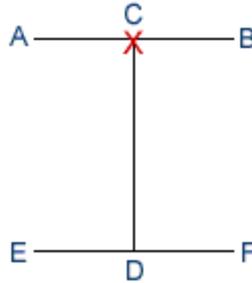
McKnight Taekwon-Do 1st Kup

RED BELT / BLACK TAG STUDY SHEET

1st KUP - RED BELT / BLACK STUDY SHEET Training period 5 months.

1st KUP pattern: Choong-Moo 30 Movements.

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (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 symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



Ready Posture - PARALLEL READY STANCE

Colour Black: Opposite of white, therefore, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

Stance

L-Stance stance
Walking stance
Sitting stance
Bending ready stance A

Sogi

Nuinja sogi
Gunnun sogi
Annun sogi
Goburyo sogi A

Blocks

Low outer forearm block
Twin knife hand block
U-Shaped block
Middle outer forearm front block
Double palm upward block
Outer forearm rising block
Middle X-Knife hand block
High double forearm block
Middle knife hand guarding block
Middle outer forearm guarding block

Makgi

Najunde bakat palmok makgi
Sang sonkal makgi
Digutcha makgi
Kuande bakat palmok ap makgi
Doo sonbadak ollyo makgi
Bakat palmok chookyo makgi
Kuande kyocha sonkal makgi
Napunde doo palmok makgi
Kaunde sonkal daebi makgi
Kaunde bakat palmok daebi makgi

Punches

Middle punch

Jirugi

Kaunde jurigi

Strike

Back fist side / back strike
High reverse knife hand front strike
High back fist side strike
High knife hand front strike

Taerigi

Dung joomuk yopdwi taerigi
Napunde sonkal dung ap taerigi
Napunde dung joomuk yop taerigi
Napunde sonkal ap taerigi

Thrust

Low upset fingertip thrust
High flat fingertip thrust
Middle flat fingertip thrust

Tulgi

Najunde dwijibo sonkut tulgi
Napunde opun sonkut tulgi
Kaunde opun sonkut tulgi

McKnight Taekwon-Do 1st Kup

RED BELT / BLACK TAG STUDY SHEET

Kick

Middle side piercing kick
High turning kick
Flying side piercing kick
Knee upward kick
Middle back piercing kick

Chagi

Kuande yop cha jirugi
Napunde dollyo chagi
Twimyo yop cha jirugi
Moorup ollyo chagi
Kuande dwitcha jirugi

Black belt grading kicking combinations

Practiced and performed in the following order:

1. High turning kick / middle back kick.
2. Side checking kick, side kick. (Same leg.)
3. Side kick / reverse turning kick, side kick. (Last 2 same leg.)
4. Front leg: Side kick / flying turning kick.
5. Front kick, turning kick (Same leg.)
6. Turning kick / flying reverse turning kick.
7. Side kick / 180 spinning side kick. (Jumping back kick.)

Meanings of the belt colours

WHITE	signifies innocence - the beginner who has no knowledge of Taekwon-Do.
YELLOW	signifies the earth from which a plant sprouts and takes root as Taekwon-Do foundations are laid.
GREEN	signifies the plant's growth as Taekwon-Do skills begin to develop.
BLUE	signifies the heaven towards which a plant grows into a towering tree as training progresses.
RED	signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
BLACK	is the opposite to white and signifies maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Stances

CHARYIOT SOGI - attention stance
NARANI SOGI - parallel stance
ANNUM SOGI - sitting stance
GUNNUN SOGI - walking stance
GOJUNG SOGI - fixed stance
KYOCHA SOGI - 'X' stance
MAO SOGI - closed stance
SASUN SOGI - diagonal stance
NIUNJA SOGI - 'L' stance
NARANI JUMBI SOGI - parallel ready stance
ANNUM JUMBI SOGI - sitting ready stance
GUNNUN JUMBI SOGI - walking ready stance
DWITBAL SOGI - rear foot stance
NAUCHYO SOGI - low stance
SOOJIK SOGI - vertical stance
WAEBAL SOGI - one legged stance

Differences in blocks

AN PALMOK MAKGI - INNER FOREARM BLOCK Is any block that uses the inner part of the forearm
BAKAT PALMOK MAKGI - OUTER FOREARM BLOCK Is any block that uses the outer part of the forearm
ANURO MAKGI - INWARD BLOCK

Is any block that reaches from an outward to an inward movement BACURO MAKGI - OUTWARD BLOCK
Is any block that reaches from an inward to an outward movement AN MAKGI - INSIDE BLOCK
Is any block directed at the inner part of the opponents attacking tool BAKAT MAKGI - OUTSIDE BLOCK
Is any block directed at the outer part of the opponents attacking tool