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**1st Kup**

**Grade from Black ends to 1st Degree Black Belt**

**Belt Colour – Black Belt**

Black Belt is the opposite of White. Therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.

 **Pattern:** - Choong Moo

**Meaning:**

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 up with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.

**Pattern Information:**

The pattern consists of 30 movements.

**The new movements introduced in this pattern are:**

High Section, Inward Knifehand Strike - Nopunde, Anaero Sonkal Taerigi

Flying Side Kick - Twimyo Yop Chagi

High Section, Inward Reverse - Nopunde, Anaero Sonkal Dung Knifehand Strike Taerigi

Middle Section, Back Piercing Kick - Kaunde, Dwit Chagi

Jump and turn 360 degrees, landing in a left L Stance, Knifehand Guarding Block.

Sitting Stance, Inward Outer - Annun Sogi, Anaero Bakat Palmok Forearm Block Makgi

Sitting Stance, High Backfist Strike - Annun Sogi, Nopunde Dung Joomuk Taerigi

L Stance, Middle Section Knifehand - Niunja Sogi, Kaunde Sonkal Kyotcha X Block Makgi

Walking Stance, Twin Palm Heel - Gunnun Sogi, Sang Sonbadal Ollyo Upward Block Makgi

This ends the theory section of the requirements up to black belt. It is sufficient to say that your knowledge should be comprehensive at this stage. Your method of answering the theory questions should be sharp as your practical Taekwon-Do.

The practical format of the black belt grading is unpredictable, as no two gradings are alike. The grading may be simple or complicated accordingly, with emphasis placed on either patterns or combinations. The most important factor to remember is that your Grading Examiners will be looking for the five tenets of Taekwon-Do in every person.

Make sure you express the proper etiquette to:

 Your fellow students

 Your grading partner

 Your seniors

 The Grading Examiner and Committee Members

 Breaker Board and Breaker Stand

Remember:

 Courtesy

 Integrity

 Perseverance

 Self Control

 Indomitable Spirit

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