

## Grading Requirements

1<sup>st</sup> Kup (Black Tag) to 1<sup>st</sup> Dan (Black Belt)

### Theory

Red represents danger, cautioning the student to exercise control and the opponent to stay away.

Black is the opposite of white: signifying maturity and proficiency, also symbolising the wearers imperviousness to darkness and fear.

The black strip on the black belt suit represents royalty or aristocracy.

Choong Moo (30 movements) was the name given to the Yi dynasty admiral Yi Sun-Sin. In 1592, he is reputed to have invented the world's first armoured ship, The Kibutsin; the precursor to the modern submarine. The reason that this pattern ends with a left hand attack is to symbolise his regrettable death, having had no opportunity to show his full potential through the constraints of his loyalty to the king.

|                             |                            |                           |                      |
|-----------------------------|----------------------------|---------------------------|----------------------|
| X-knife-hand checking block | Kyocha sonkal momchau maki | Twisting kick             | Bituro chagi         |
|                             |                            | Vertical kick             | Sewo chagi           |
| Inward knife-hand strike    | Anaero sonkal taerigi      | Flying side piercing kick | Twimyo yopcha jirugi |

### TAGB Commitee/Area Coordinators

|                       |  |
|-----------------------|--|
| Mr. Oliver Mr. Dew    | Chairman, England Team Manager & Area Coordinator for England South-East   |
| Mr. Sergiew           | Vice Chairman & Area Coordinator for England South-West                    |
| Mr. Walton            | Treasurer & Area Coordinator for Central England North                     |
| Mr. Donnelley         | National Team Coach & Area Coordinator for England North                   |
| Mr. Peros Mr. Atkins  | Liaison Officer & Area Coordinator for Central England South               |
| Mr. Towndrow Mr. Love | Welsh Coach & Area Coordinator for Wales                                   |
| Mr. Farrell           | National Secretary & Area Coordinator for England South Midlands Committee |
|                       | Member & Area Coordinator for England North Midlands                       |
|                       | Scottish national Coach & Area Coordinator for Scotland                    |
|                       | Irish National Coach & Area Coordinator for Northern Ireland               |

### Practice

Line work – combinations  
Set sparring (advanced)  
Pattern (choice)  
Pattern (set)  
Free sparring  
**Choong Moo**