

# Llangollen Tae Kwon-Do

## 1st Kup Grading Revision Sheet

### Practical

Combinations in line from Patterns:

Walking Stance – Low Block – Rising Block – Reverse Punch  
L Stance – Knife Hand Guarding Block – Walking Stance – Upper Elbow Strike  
Walking Stance – Front Kick – Turning Kick – Double Punch  
Walking Stance – Middle Double Forearm Block – L Stance – Low Double Forearm Block  
L Stance – Side Kick – Back Kick – Reverse Punch  
First 3 Movements of Won-Hyo  
L Stance – Turning Kick – Reverse Turning Kick – Front Hand Reverse Knife Hand – Reverse Punch  
First 2 Movements of Toi-Gye  
L Stance – Front Leg Hook Kick Side Kick Combination – Rear Leg Axe Kick  
Walking Stance – Double Hooking Block – Obverse Punch – L Stance – Twin Knife Hand Block  
L Stance – Knife Hand Guarding Block – Front Leg Front Kick – Flat Spear Finger Thrust  
Fixed Stance – U Shaped Block  
L Stance – Jumping Side Kick (Choong-Moo)  
Walking Stance – Wedging Block – L Stance – Knife Hand Strike  
L Stance – Jumping Front Kick  
Low Stance – Pressing Block  
Walking Stance – X Fist Pressing Block – X Fist Rising Block

Please note: This information is for guidance only.  
The exact format is set at the Black Belt Grading Panel's discretion.

Colour belt pattern of your choice, excluding Choong Moo  
Pattern - of grading examiners choice  
Pattern – Choong Moo  
3 Step Sparring  
2 Step Sparring  
1 Step Sparring Advanced (No takedowns or restraints)  
Free Sparring – 3 Rounds

### Theory

#### Meaning of Black Belt

Opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear

You must answer 3 random questions to test your knowledge of Korean, the history and your understanding of Tae Kwon-Do that you have gained throughout your training.

#### Korean Terms

Checking block	Momchau makgi
Double arc hand block	Doo bandalson makgi
Flat fingertip thrust	Opun sonkut tulgi
One leg stance	Wae bal sogi
Overhead kick	Twio nomo chagi
Reverse knifehand	Sonkal dung
Side fist	Yop joomuk
Stamping kick	Cha baggi
Sweeping kick	Goro chagi

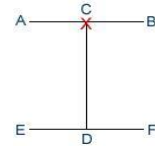
# Llangollen Tae Kwon-Do

## Choong-Moo

### Meaning of Choong-Moo:

Number of Movements: 30

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Yi 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



**Starting Position:** Parallel ready stance

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block
  2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead
  3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand
  4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip
  5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
  6. Turn the face to C forming a left bending ready stance A toward C
  7. Execute a middle side piercing kick to C with the right foot
  8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
  9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left walking stance toward D while executing a middle guarding block to D with a knife-hand
  10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm
  11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot
  12. Execute an upward kick to E with the right knee pulling both hands downward
  13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint
  14. Execute a high turning kick to DF with the right foot and then lower it to the left foot
  15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion
  16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm
  17. Execute a middle turning kick to DE with the left foot
  18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C
  19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand
  20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip
  21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot
  22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip
  23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm
  24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist
  25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A
  26. Execute a middle side piercing kick to A with the left foot turning clockwise
  27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot
  28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm
  29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A
  30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
- END:** Bring the left foot back to a ready posture