



Yordan's Black Belt Academy Training Sheet

1st Gup to 1st Dan– High Red to Black Belt

Always maintain knowledge from previous training sheets.

Your black belt exam began when you walked into the dojang and started training. If you have been listening in class, there will be nothing asked of you that you cannot answer. You must be ready to perform any random techniques from all previous goal sheets. The following is a general guideline of what may be asked of you.

NEW PATTERN RESPONSIBLE FOR: CHUNG-MOO

Chung-moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored 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.

Verbal Exam

Essay:

As part of the preparation for your black belt exam, you will be asked to write an essay. Your essay should be based on a chronological growth chart of what you have learned thus far in your training. Be sure to include how you have grown mentally and physically, and what areas you have had to overcome. This essay should be about your journey through the art of Tae Kwon Do and express all of your feelings, desires and goals – long term and short.

TECHNIQUES:

Patterns and Kibons:

- New pattern responsible for – Chung moo
- All lower patterns: patterns will be chosen at random, so expect to do all nine.
- At this point, you will not be allowed to miss any movements in your patterns. All forms should be practiced and performed without hesitation.

Stances:

- Low stance
- Diagonal stance
- Close ready stance D
- Parallel ready stance with twin side elbows.
- Bending Ready Stance B

Techniques:

- Aerial techniques. These techniques separate the Korean arts from all others. Techniques will be chosen at random.

Sparring:

- One steps: kneeling and standing against kicks and punches
- Free sparring: be mentally and spiritually prepared for anything, including multiple opponents.

Self Defense:

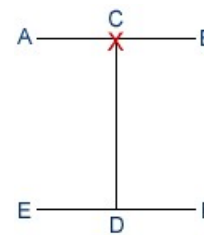
- Reaction time is of the utmost importance. Be prepared for techniques chosen at random, including various hand to hand, knife or gun techniques. They will be performed from all directions.

Breaking:

- You should have 3-5 techniques prepared and ready to go. Make sure to include aerial, power and suspended breaks. *Choose techniques that will require extra effort on your behalf, not the holders!*

CHUNG-MOO**30 MOVES**

Chung-moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored 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.



Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: 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 L-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.

CHUNG-MOO		CONTINUED
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.		