

1ST KUP GRADING REQUIREMENTS

Physical Performance:		
Pattern	Choong Moo Tul <i>plus any 2 designated patterns & 1 optional (not already performed)</i>	
Sparring	Jayu Matsoki, Idale Matsoki, Ilbo Matsoki.	
Destruction	Foot	Twio Yop Cha Jirugi From parallel ready stance position, both legs. (Twin footed take off) Both legs. (Examiner may also ask you to demonstrate any other foot technique)
	Hand	Sonkal Taerigi or Ap Joomok Jirugi Both Hands
Self Defence	Hor Sin Sul	

NOTE: Candidates will be required to complete a written examination.

Theory:	
1	Meaning of colour black: Opposite of white therefore, signifying the maturity and proficiency in Tae Kwon Do. It also indicates the wearer's imperviousness to darkness and fear.
2	Choong Moo: (30 movements) Choong Moo, was the given name to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. 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, which was checked by the forced reservation of his loyalty to the King.
3	Ready posture for Choong Moo: Narani Junbi Sogi.
4	High section knife hand inward strike: Nopunde Sonkal Anuro Taerigi.
5	Flying right side kick: Twimyo Orun Yopcha Jirugi.
6	High section reverse knife-hand inward strike: Nopunde Sonkal Dung Anuro Taerigi.
7	360 Spinning knife hand guarding block: Twio Dolmyo Sonkal Daebi Makgi.
8	X-knife hand middle block: Kyocho Sonkal Kaunde Makgi.
9	Twin palm upward block: Sang Sonbadak Ollyo Makgi.
10	Significance of black piping on the uniform: Black piping was traditionally worn by the aristocracy in ancient Korea. The 3cm piping also represents the 3 ancient kingdoms of Korea: Scilla, Baek-Ge and Koguryo.

ADDENDUM TO 1ST KUP SYLLABUS

THE TENETS OF TAEKWON-DO • TAEKWON-DO JUNGSHIN

Courtesy (Ye Ui)

Courtesy can philosophically be described as a means to enlighten human being while maintaining a harmonious society. It can also be described as an ultimate criterion required as a mortal.

Taekwon-do students should practise the following elements to build character and conduct their training in an orderly manner:

1. To promote the spirit of mutual concessions
2. To be ashamed of your vices, contempting those of others
3. To be polite to one another
4. To encourage the sense of justice and humanity
5. To distinguish instructor from student, senior from junior, and elder from younger
6. To behave yourself according to etiquette
7. To respect other possessions
8. To handle matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

Integrity (Yom Chi)

In Taekwon-do the word integrity has a looser meaning than the dictionary definition. One must be able to define right and wrong and have the conscience, if wrong to feel guilt. These are some examples where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge or apathy.
2. The student who misrepresents himself by 'fixing' breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery.
4. The student who requests rank from an instructor or attempts to buy it.
5. The student who gains rank for ego purposes or a feeling of power.
6. The instructor who teaches and promotes his art for materialistic gain.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors

Perseverance (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit", "One can make a peaceful home by being patient for a hundred times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, you must first set your goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was his perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-do is to overcome every difficulty by perseverance.

Confucious said : "One who is impatient in trivial matters can seldom achieve success in matters of great importance !"

Self Control (Guk Gi)

This tenet is extremely important inside and outside the do-jang, whether conducting yourself in free sparring, or in one's personal affairs. A loss of self control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self control.

According to Lao-Tzu : "The term of stronger is the person who wins over himself rather than someone else.!"

Indomitable Spirit (Baekjul Boolgool)

"Here lie 300 who did their duty", a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and how many the number will be.

The reason why a pattern should be practised to perfection:

A pattern (Tul) can be described as a series of blocks and counter-attacks against one or more imaginary opponents. But this does not explain why a pattern should be learned and practised to perfection.

The practise to perfection of patterns enhances Taekwon-do skills, and as training progresses the increasingly more complex and difficult patterns introduce all the fundamental and advanced movements in various combinations. This perfection shows how stances and shifts in body weight relate to each other as techniques are performed. This not only teaches timing, balance, and breath-control but also promotes muscle refinement, and flexibility in the process. These patterns should be performed to display their gracious and artistic qualities; a rhythmic flow with harmony of body and mind.

The reason for 24 patterns:

A mans life of perhaps 100 years may be considered but a day when compared to eternity. The 24 patterns in Taekwon-do represent the hours of one such day - The lifetime of Gen. Choi Hong Hi who leaves Taekwon-do for mankind as a trace of a man in the late 20th Century.