

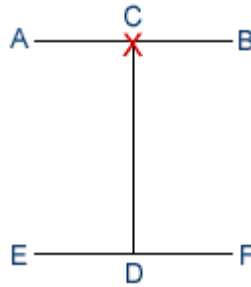
# VELLA-TAEKWONDO 1<sup>st</sup> KUP

## RED BELT / BLACK TAG STUDY SHEET

1<sup>st</sup> KUP - RED BELT / BLACK STUDY SHEET Training period 6 months.

1<sup>st</sup> KUP pattern: Choong-Moo 30 Movements.

*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 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.*



Ready Posture - PARALLEL READY STANCE

**Colour Black:** Opposite of white, therefore, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

### Stance

L-Stance stance  
Walking stance  
Sitting stance  
Bending ready stance A

### Sogi

Nuinja sogi  
Gunnun sogi  
Annun sogi  
Goburyo sogi A

### Blocks

Low outer forearm block  
Twin knife hand block  
U-Shaped block  
Middle outer forearm front block  
Double palm upward block  
Outer forearm rising block  
Middle X-Knife hand block  
High double forearm block  
Middle knife hand guarding block  
Middle outer forearm guarding block

### Makgi

Najunde bakat palmok makgi  
Sang sonkal makgi  
Digutcha makgi  
Kuande bakat palmok ap makgi  
Doo sonbadak ollyo makgi  
Bakat palmok chookyo makgi  
Kuande kyocha sonkal makgi  
Napunde doo palmok makgi  
Kaunde sonkal daebi makgi  
Kaunde bakat palmok daebi makgi

### Punches

Middle punch

### Jirugi

Kaunde jurigi

### Strike

Back fist side / back strike  
High reverse knife hand front strike  
High back fist side strike  
High knife hand front strike

### Taerigi

Dung joomuk yopdwi taerigi  
Napunde sonkal dung ap taerigi  
Napunde dung joomuk yop taerigi  
Napunde sonkal ap taerigi

### Thrust

Low upset fingertip thrust  
High flat fingertip thrust  
Middle flat fingertip thrust

### Tulgi

Najunde dwijibo sonkut tulgi  
Napunde opun sonkut tulgi  
Kaunde opun sonkut tulgi

# VELLA-TAEKWONDO 1<sup>st</sup> KUP

## RED BELT / BLACK TAG STUDY SHEET

### **Kick**

Middle side piercing kick  
High turning kick  
Flying side piercing kick  
Knee upward kick  
Middle back piercing kick

### **Chagi**

Kuande yop cha jirugi  
Napunde dollyo chagi  
Twimyo yop cha jirugi  
Moorup ollyo chagi  
Kuande dwitcha jirugi

### **Black Belt Grading Requirements:**

1. All patterns from Chon ji-Choong Moo.
2. Fundamental movements. These will be the examiners' discretion.
3. All set sparring 3step , 2 step semi free, 1step
4. Self defence techniques. Release from various grabs.
5. Free sparring. 2 against 1 sparring
6. Breaking. Candidates must perform side kick, turning kick, reverse turning kick and jump side kick from parallel stance. Hand techniques will be only performed by members over 18 at the examiners' discretion.
7. Theory Test. This will include names and meaning of all patterns, meaning of belt colours and all relevant terminology from white –black belt.

### **Meanings of the belt colours**

WHITE	signifies innocence - the beginner who has no knowledge of Taekwon-Do.
YELLOW	signifies the earth from which a plant sprouts and takes root as Taekwon-Do foundations are laid.
GREEN	signifies the plant's growth as Taekwon-Do skills begin to develop.
BLUE	signifies the heaven towards which a plant grows into a towering tree as training progresses.
RED	signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
BLACK	is the opposite to white and signifies maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

### **Differences in blocks**

AN PALMOK MAKGI - INNER FOREARM BLOCK Is any block that uses the inner part of the forearm

BAKAT PALMOK MAKGI - OUTER FOREARM BLOCK Is any block that uses the outer part of the forearm

ANURO MAKGI - INWARD BLOCK is any block that reaches from an outward to an inward movement

BAKURO MAKGI - OUTWARD BLOCK Is any block that reaches from an inward to an outward movement

AN MAKGI - INSIDE BLOCK Is any block directed at the inner part of the opponents attacking tool

BAKAT MAKGI - OUTSIDE BLOCK Is any block directed at the outer part of the opponents attacking tool