

# PROMOTION TO BLACK BELT

- 1. What is the ready position on Choong-Moo called?**  
*Parallel ready stance.*
- 2. In Choong-Moo, what is the last stance?**  
*Walking stance.*
- 3. Name all the kicks in Choong-Moo?**  
*Middle section side kick – Flying side kick – High section turning kick – Middle section back kick.*
- 4. In the pattern Choong-Moo why do we perform a twin palm upward block?**  
*To defend against a middle section side kick.*
- 5. What is the date mentioned in pattern Choong-Moo?**  
*1592.*
- 6. What is the meaning of black belt?**  
*Please see below.*
- 7. What does a black belt mean to you?**  
*Please give an answer that is applicable to you.*
- 8. How many movements are there in pattern Choong-Moo and what is its meaning?**  
*Please see below.*
- 9. What does indomitable spirit mean?**  
*Courage to believe in what is right and just, against any odds, i.e. going to the aid of an innocent person being attacked, no matter how many assailants there are.*
- 10. What are you going to do with your Tae Kwon Do training if you get your black belt and how are going to tell other people about Tae Kwon Do?**  
*Please give an answer that is applicable to you.*

## MEANING OF BELT COLOURS

**BLACK**                      Opposite of white, therefore signifying the maturity and proficiency in TAE KWON-DO. Also indicates the wearer's imperviousness to darkness and fear.

*Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.*

## KOREAN:

Count from one to ten in Korean.

## Choong-Moo Tul (30 movements)

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. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.

To be learnt when you are a black stripe, 1<sup>st</sup> Kup.