

FIRST DAN TESTING REQUIREMENTS

Pattern

Choong-Moo

Kicks

Quadruple kicks
Four consecutive kicks – same direction
Flying side pushing kick
Flying side thrusting kick
Flying 360 ° reverse hook kick (offensive)
Flying twin foot front snap kick (1 or 2 targets)
Flying twin foot side piercing kick (1 target)
Mid-air 360 ° back piercing kick

Hand Techniques

Inward strike with the knife-hand
Inward front strike with the reverse knife-hand
Inward block with the outer forearm
Checking block with the x-knife-hand
Upward block with the twin palms

New Stances

(none)

Step Sparring

Advanced semi-free sparring
No-contact free sparring versus one opponent

**Print out the Step Sparring Worksheet at end of this document and memorize the format.*

Ho Sin Sul (self defense)

Time Limit: 2 minutes

Opponents: 1

Specified attacks:

1. punch with forefist
2. inward strike with the reverse knife-hand
3. side strike with the back fist
4. twin lapel grab
5. single grab from behind (not a choke)
6. straight or cross grab to the arm or wrist
7. front snap kick
8. turning kick
9. back piercing kick
10. choke with the hands from behind

Tournament Competition

Tournament competition is required for this rank. A minimum of one USTF tournament is required.

Breaking

Men

2 tiles with front punch with the forefist, side strike with the back fist, or inward strike with the reverse knife-hand
or 3 tiles with downward knife-hand strike

2 boards with flying twisting kick, or
3 boards with flying front snap kick, flying turning kick or flying 360 ° back piercing kick, or
4 boards with flying side piercing kick or mid-air 180 ° back piercing kick

1 suspended board with any standing kick, or
2 boards with flying twin foot front snap kick (1 target) or flying twin foot side piercing kick (1 target)

Women/Juniors

2 boards with front punch with forefist, outward strike with knife-hand or inward strike with reverse knife-hand, or
1 tile with downward knife-hand strike

1 board with flying twisting kick, or
2 boards with flying front snap kick, flying turning kick or flying 360° back kick, or
3 boards with flying side piercing kick or mid-air 180° back piercing kick

1 suspended board with any standing kick, or
1 board (one target) with flying twin foot front snap kick or flying twin foot side piercing kick

Peewee

1 board with downward knife-hand strike

1 board with flying front snap kick or flying turning kick, or
2 boards with flying side piercing kick

1 board with flying twisting kick or flying 360° back piercing kick, or
2 boards with mid-air 180° back piercing kick

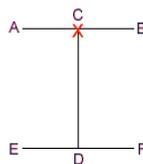
Required Knowledge

1. Choong-Moo pattern information:

Choong-Moo was the name given to the great Admiral Yi Sun-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 to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

Diagram: Capital "I"

Number of moves: 30



2. The Meaning of Black Belt

Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

3. Eight Parts of the Training Secrets of Taekwon-Do:

- a. To study the theory of power thoroughly.
- b. To understand the purpose and meaning of each movement clearly
- c. To bring the movement of eyes, hands, feet and breath into a single coordinated action.

- d. To choose the appropriate attacking tool for each vital spot.
- e. To become familiar with the correct angle and distance for attack and defense.
- f. Keep both the arms and legs bent slightly while the movement is in motion.
- g. All movements must be with a backward motion with very few exceptions.
- h. To create a sine wave during the movement by utilizing the knee spring properly.

Certification

Students conducting classes within the USTF as either an instructor or assistant instructor must become USTF certified class "C" instructors.

All students must become USTF certified class "C" referees.

Training Requirements

Students must complete a minimum of six months active training at the 1st gup level before testing for 1st Dan black belt. Active training is considered participating in an average of seven formal classes per month.

Students must complete a total of 20 hours of community service. Written certification of community service completion must be turned in with the testing packet.

ADVANCED SEMI FREE SPARRING (to test to 1st Dan Black Belt)

3 Attacks (any tools, hand or foot done spontaneously)

3 Counter Attacks (any tools, hand or foot done spontaneously)

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. A and D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
3. Simultaneously, A and D step back into L-Stance, executing Guarding Block
4. A kihaps to signal readiness to attack
5. D does not kihap in response, but must be ready to defend as soon as A kihaps
6. A does spontaneous Attack 1 and D blocks this simultaneously
7. D does spontaneous Counter Attack 1 and A blocks this simultaneously
8. A does spontaneous Attack 2 and D blocks this simultaneously
9. D does spontaneous Counter Attack 2 and A blocks this simultaneously
10. A does spontaneous Attack 3 and D blocks this simultaneously
11. D does spontaneous Counter Attack 3
12. A & D simultaneously step backward into L-stance, Guarding Block, and D kihaps.
13. At end of routine, **A and D** simultaneously step **forward** into Parallel Ready Stance
14. A and D switch roles and the new D and new A repeat the sequence of events above.

*This is not a pre-arranged exercise. Be able to perform Semi-Free Sparring with anyone at any time, spontaneously and without pre-arranged routines.

*Attacks/Counter Attacks should include variety, and since Taekwon-do is a kicking art, foot techniques are encouraged

*Routines should be realistic and should incorporate General Choi's concept of using "one kick, one punch" to end a conflict

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Format:

A and D go simultaneously to Parallel Ready Stance then backward to L-Stance, w/

A kihaping

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A defends (simultaneous to D's counter-attack)

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A defends (simultaneous to D's counter-attack)

A attacks

D defends (simultaneous to A's attack)

D counter-attacks

A and D simultaneously step backward to L-Stance/Guarding Block. D kihaps.

A and D simultaneously step forward into Parallel Ready Stance.