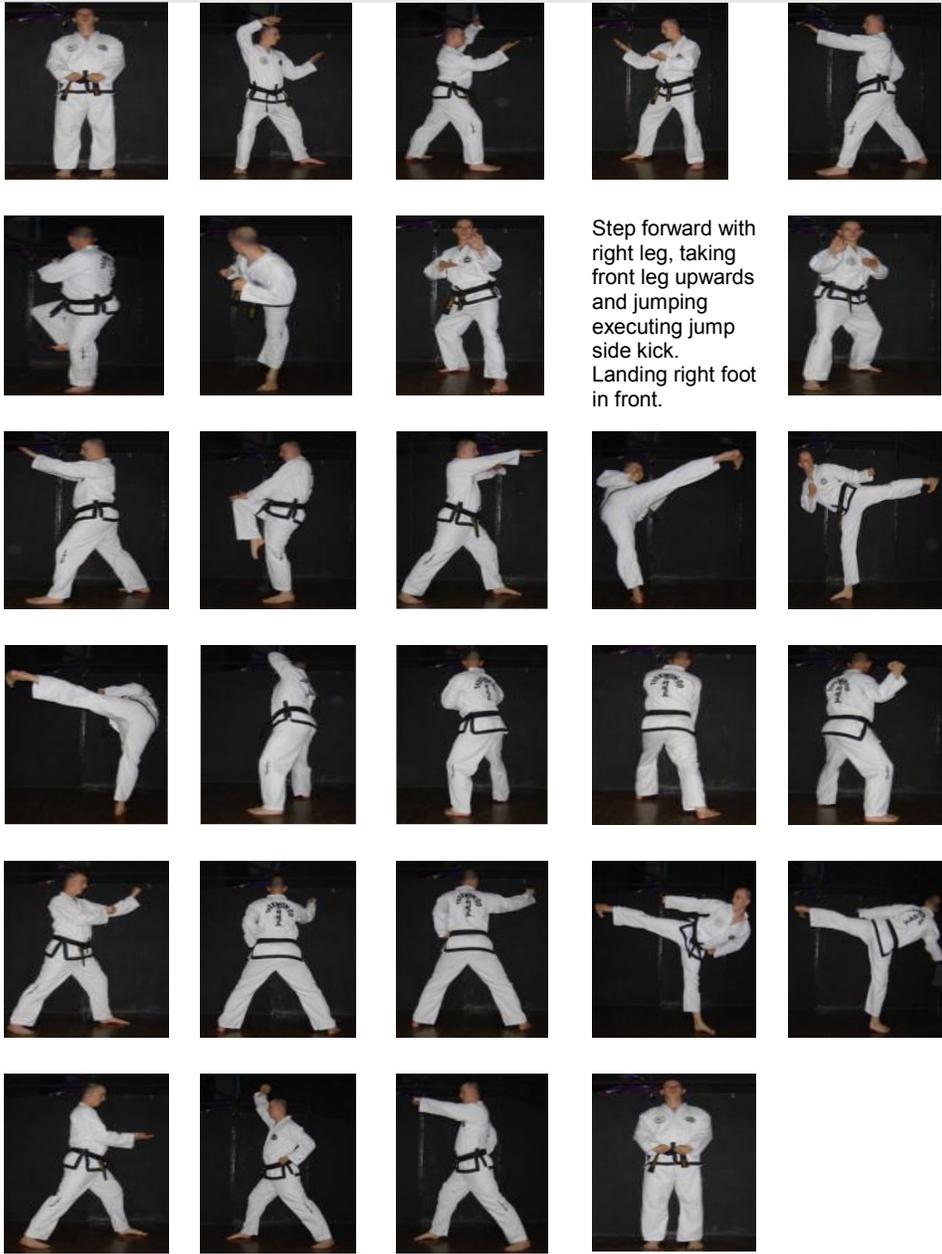
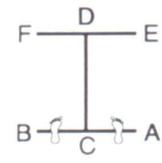


L.T.S.I. 1ST KUP SYLLABUS



Step forward with right leg, taking front leg upwards and jumping executing jump side kick. Landing right foot in front.

PICTURES ARE LAID OUT THIS DIRECTION ON EACH ROW >>>

CHOONG-MOO

Movements - 30

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.
 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.

Physical		
Patterns	All patterns MUST be shown to promote to 1 st Degree	
Sparring	3 X 1 minute Sparring pads on and off / 1 X 2 V 1 Sparring	
5 X Self Defence	5 combinations of self defence MUST be seen	
Set Sparring	One, Two & Three-Step Sparring.	
Destruction	Foot	Adult males – one new red board (jumping side kick, twin footed take off L & R). Females – one worn red board (as above). Juniors – one white board (as above). Two air breaks (one hand, one foot) required on a 1 inch piece of pine wood.
	Hand	Choice of punch, knife-hand or ridge-hand.

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: Sonkal Nopunde Anuro Taerigi.
5	Flying right side kick: Twimyo Orun Yopcha Jirugi.
6	Reverse knife-hand high front strike: Sonkal Dung nopunde ap Taerigi.
7	360 Spinning knife hand guarding block: Twio Dolmyo Sonkal Daebi Makgi.
8	Twin palm upward block: Sang Sonbadak OIlyo Makgi.
9	Meaning of the colour black and the black piping on the uniform: Signifies that the wearer is impervious to darkness and fear. Black piping was worn by the aristocracy in ancient Korea.
10	X Knife Hand Checking Block: -Kyocho Sonkal Momchau Makgi

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.

Tae Kwon 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 Tae Kwon 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, than 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.

Confucius 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 offensive and defensive move set in a logical sequence against one or more opponents. However, this does not explain why a pattern should be learned and practised to perfection.

The practise to perfection of patterns enhances Tae Kwon 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.

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