



# Black Belt 1<sup>st</sup> Dan Grading

## PATTERN : TUL

- Kwang-Gye** (39) is named after the famous Kwang-Gye Toh Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391AD, the year he came to the throne.
- Po-Eun** (36) is the pseudonym of the loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to the king and country towards the end of the Koryo dynasty.
- Gae-Baek** is named after Gae-Baek, a great general of the Baek-Je Dynasty (660 AD). The diagram (I) represents his severe and strict military discipline.

## FUNDAMENTAL MOVEMENTS

<b>Walking stance upset punch</b>	- Gunnun si dwijibo jirugi
<b>Walking stance palm upward block</b>	- Gunnun so sonbadak ollyo makgi
<b>Close stance side fist downward strike</b>	- Moa so yop joomuk Naeryo taerigi
<b>Close stance knife hand low front block</b>	- Moa so sonkal najunde ap makgi
<b>Walking stance forearm low reverse block</b>	- Gunnun so palmok najunde bandae makgi
<b>One leg stance</b>	- Waebal sogi
<b>Sitting stance angle punch</b>	- Annun so kiokja jirugi
<b>Sitting stance fore fist pressing block</b>	- Annun so ap joomuk noollo makgi
<b>Sitting stance inner forearm wedging block</b>	- Annun so anpalmok hechyo makgi
<b>Sitting stance back elbow thrust</b>	- Annun so dwit palkup tulgi
<b>Sitting stance horizontal punch</b>	- Annun so soopyong jirugi

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<b>X stance forearm low front block</b>	- Kyocha so palmok najunde ap makgi
<b>L stance U –shape grasp</b>	- Niunja so digutja japgi
<b>Sitting stance back fist side back strike</b>	- Annun so dung joomuk najunde yop dwi taerigi
<b>Sitting stance reverse knife hand low guarding block</b>	- Annun so sonkaldung najunde daebie makgi
<b>Outward pressing kick</b>	- Bakuro noollo chagi
<b>Low twisting kick</b>	- Najunde bituro chagi
<b>Double arc hand high block</b>	- Doo bandalson nopunde makgi
<b>Sitting stance scooping block</b>	- Annun so duro makgi
<b>Sitting stance back fist front strike</b>	- Annun so dung joomuk ap taerigi
<b>Sitting stance 9 shape block</b>	- Annun so gutja makgi
<b>L stance middle knuckle fist middle punch</b>	- Niunja so joongi joomuk kaunde jirugi
<b>X stance double forearm high block</b>	- Hechyo so doo palmok najunde makgi
<b>Low stance flat fingertip high obverse thrust</b>	- Nachuo so opun sonkat nopunde baro tulgi
<b>Low stance flat fingertip high reverse thrust</b>	- Nachuo so opun sonkat nopunde bandae tulgi
<b>Sitting stance knife hand low guarding block</b>	- Annun so sonkal najunde daebie makgi

## KICKING TECHNIQUES

<b>Flying double side kick</b>	- Twimyo I-jung yop chagi
<b>Flying turning kick</b>	- Twimyo dollyo chagi
<b>Flying hook kick</b>	- Twimyo golcho chagi
<b>Flying double front kick</b>	- Twimyo I-jung ap chagi
<b>Flying twin front kick</b>	- Twimyo sangbal ap chagi
<b>Flying scissor kick</b>	-
<b>Flying consecutive kick</b>	- Twimyo yonsok chagi



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## **CONSECUTIVE KICK : ( using front leg )**

- Side pressing kick-side kick
- Side kick-turning kick
- Side kick-side kick
- Turning kick mid-turning kick high
- Turning kick-side kick
- Hook kick-turning kick
- Front snap kick-turning kick
- Spinning back kick-side kick

## **JUMPING KICK : ( Against a mini target )**

- Jumping Turning kick
- Jumping back kick
- Jumping spinning turning kick
- Jumping hook kick
- Jumping reverse turning kick
- Jumping reverse hook kick
- Jumping spinning outer crescent kick
- Jumping spinning inward crescent kick

## **SPARRING**

- Free sparring
- 2 on 1 sparring
- Foot sparring
- Hand sparring

## **SELF DEFENCE**

- Defence against knife/weapon attacks
- Defence against grabs

## **POWER TEST : ( 2 inches board )**

### **Breaking ( Hand )**

- Breaking (Foot)
- Side Kick
- Spinning back kick ( step over)
- Jumping back kick
- Flying side kick over a kneeling person



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## THEORY TEST

<b>The meaning of all 3 black belt patterns</b>	- See the patterns above
<b>Parallel stance heaven hand</b>	- Narani so hanulson
<b>Middle double forearm block</b>	- Kaunde doo palmok makgi
<b>Upset punch</b>	- Dwijibo jirugi
<b>Palm upward block</b>	- Sonbadak ollyo makgi
<b>Close stance side fist downward strike</b>	- Moa so yop joomuk naeryo taerigi
<b>Out ward pressing kick</b>	- Bakuro noolo chagi
<b>Knife hand low block</b>	- Sonkal najunde ap makgi
<b>Backward foot shifting</b>	- Durogayo jajunbal
<b>Forearm low reverse block</b>	- Palmok doo najunde bandae makgi
<b>Forward double step turning</b>	- Apuro ilbo omgyo didimyo dolgi
<b>One leg stance</b>	- Waebal sogi
<b>Angle punch</b>	- Kiokja jirugi
<b>Pressing block</b>	- Noollo makgi
<b>Wedging block</b>	- Hechyo makgi
<b>Back elbow thrust</b>	- Dwit palkup tulgi
<b>Horizontal punch</b>	- Soopyong jirugi
<b>X stance low front block</b>	- Kyocha so najunde ap makgi
<b>L stance U shape grasp</b>	- Niunja so digutja japggi
<b>Twin elbow horizontal thrust</b>	- Sang psoopyong tulgi
<b>Back fist side back strike</b>	- Dung joomuk yop dwi taerigi
<b>Reverse knife hand low guarding block</b>	- Sonkal dung najunde daebi makgi
<b>Double arc-hand high block</b>	- Doo bandalson nopunde makgi
<b>Scooping block</b>	- Duro makgi
<b>9-shape block</b>	- Gutja makgi

### Student Note :

- The grading is on invitation only , after two years training and helping out with the club.
- Participation in senior training session .
- Assisting the chief instructor in the club
- Participation within the clubs event and tournament.
- A minimum of 2 years active training as a 1 st Dan BLACK BELT prior to grading.