

1st Kup Black Stripe - Theory Revision

Pattern Name, Moves and Meaning

Name: Choong Moo

Moves: 30 Movements

Meaning: Choong Moo was given the 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 to the present day submarine in 1592 AD. 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 checked by the forced reservation of his loyalty to the king.

The Meaning of Black Belt

Opposite to white, therefore signifying the maturity and proficiency in Taekwondo. Also indicates the wearers imperviousness to darkness and fear.

Definition of the Different Sparring Types

Free Sparring (Jayoo Matsoki)

The aim in free sparring is to score points. You are using Taekwondo as a sport. The scoring system awards **1** point for a hand technique to middle or high section, **2** points for a middle kick and **3** points for a high kick. The objective is only to touch your partner without causing any pain or injury. **No** techniques are allowed below the belt.

3 Step Semi-Free Basic (Ban Jayoo Matsoki)

This is basic free sparring. It includes very light contact and gets you used to movement and a combination of techniques. You are learning the theory of sparring rather than practical.

3 Step Semi-Free Intermediate (Ban Jayoo Matsoki)

For intermediate free sparring, you can add some light contact into the techniques and you should be using good positioning and combinations of more advanced moves including jumping techniques.

3 Step Semi-Free Advanced (Ban Jayoo Matsoki)

Advanced free sparring uses all the techniques in your arsenal and should be against a partner who's happy to train with full contact sparring. You should now be confident against a wide range of opponents with various skill sets.

3 Step Sparring (Sambo Matsoki)

Three step sparring aims to develop focus, distance and timing.

2 Step Sparring (Ibo Matsoki)

Two step sparring perfects focus, distance and timing against co-ordinated hand and foot attacks.

1 Step Sparring (Ilbo Matsoki)

One step sparring perfects efficient defence and accurate, decisive counter attacks.

The Theory of Power

There are **6** elements to the Theory of Power.

These are:

Reaction Force. Use their force and strike when your opponent moves in.

Concentration. Direct power to a small point and add tension to a split second.

Equilibrium. Use your reaction arm for dynamic stability. Keep your body in balance.

Breath Control. Tense your abdomen to breath out on impact.

Mass. Use a hip twist and knee spring to increase your body weight.

Speed. The most essential factor for power, however all the other factors contribute.

Difference Between Jumping and Flying

Flying techniques are executed in the air.

Jumping techniques are executed upon the impact of landing.

Different Types of Turning

Step Turning (Omgyo Didimyo Dolgi) - This allows any change in direction from 0 to 360 degrees. This can be executed with either foot moving forwards, backwards, clockwise or anti-clockwise and can be combined with double stepping, shifting and sliding.

Spot Turn (Gujari Dolgi) - This is a 180 degree turn to face the opponent behind. With this method, both feet move to complete the turn. Generally the front foot will move first but on occasion the back foot can be moved first. This turn is executed after moving one foot on to the centerline of the stance and can be taken clockwise or anticlockwise depending on which leg is forward. On completion the front leg will be the opposite one to before the turn.

Pivot Turn (Pibeos Dolgi) - This is mostly used for walking, sitting or diagonal stances and is executed when pivoting on both feet at the same time.

The TAGB North Midlands Development Committee

This committee has been formed by instructors within the north midlands area who wish to promote and develop Taekwondo in the area.

Officers of the TAGB Committee (8 Members)

Chairman - Mr David Oliver

Vice Chairman - Mr Michael Dew

Treasurer - Mr Ron Sergiew

National Secretary - Mr Don Atkins

Liaison Officer - Mr Paul Donnelly

National Team Coach - Mr Kenny Walton

Area Representatives - Mr Brian Towndrow and Mr Gianni Peros

Important Dates

- 2333 BC** - First Korean kingdom found by Dan Gun
- 57 BC** - Beginning of the Silla dynasty
- 37 BC** - Beginning of the Koguryo dynasty
- 18 BC** - Beginning of the Baekje dynasty
- 600 AD (Approx)** - Hwa Rang formed
- 668 AD** - The three kingdoms of Korea were unified by Silla dynasty
- 686 AD** - Buddhism was introduced to Korea (by Won Hyo)
- 936 AD** - End of the Silla dynasty & beginning of the Koryo dynasty
- 1392 AD** - Beginning of the Yi dynasty
- 1443 AD** - Yi Se-Jong invents the Korean alphabet (Hangul)
- 1536 - 1584** - Yul Gok (nicknamed the confucius of Korea)
- 1592 AD** - Choong-Moo invents Kobukson, the first armoured battleship
- 1876 - 1938** - Do-San (Pseudonym of Ahn Chang-Ho)
- 1905 AD** - End of the Yi dynasty
- 1905 AD** - 15th November, beginning of Japanese occupation
- 1910 AD** - An Chung-Gun was executed in Lui-Shung prison
- 1918 AD** - 9th November, Choi Hong Hi was born (founder of Taekwon-Do)
- 1919 AD** - 1st March, Declaration of independence,
Led by Son Byong Hi of the 33 patriots
- 1933 AD** - Choi begins learning Taekkyon
- 1946 AD** - End of the Japanese occupation
- 1946 AD** - Choi begins work on a Korean martial art
- 1950 - 1953** - The Korean war
- 1955 AD** - 11th April, Taekwondo was proclaimed to the world
- 1967 AD** - Taekwondo was introduced to the UK
- 1983 AD** - The TAGB was formed
- 1988 AD** - The BTC was formed
- 1988 & 1992** - Taekwondo as a demonstration sport in Olympics
- 1993 AD** - The TI was formed
- 2000 AD** - Taekwondo became a full Olympic sport

