Required Knowledge For 2nd Grade – Red Belt

Hyung: Choong-Moo Movements: 30 Diagram: ⌶

Choong-Moo:

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 A. D.) It was the first Iron Clad ship. Some say the Kobukson is the precursor of the present day Submarine. The pattern ends with left hand attack to symbolize the regrettable mistreatment he experienced at the hands of the King.

Beginning position: Parallel ready stance

End position: Left foot moves to right foot

Significance of Belt: Awareness of danger to self

Basic Defense:

Defense #14: Double leg Takedown

Defense #15: Hair pull



Miskech, L. (2008)

Techniques, Vocabulary, Questions

Hand Techniques:

Thumb Ridge Hand, Long Fist (four knuckle fist or extended fist)

Feet Techniques:

Jump Hook kick, Jump Back Side Piercing kick, Jump Wheel kick, Jump Reverse Turning kick, Boot to Boot Sweep with takedowns and finishing techniques

Free Sparring: working on control with jumping techniques

Soft Technique: So Bom Nim Poduron Kot Hyung (left side attack)

Vocabulary: Omote – To move in & in front of, Tanken – To move back, Ura – to move around, Marui – Circular motion

Questions:

1. What does Choong-Moo mean?
2. What is the history of Se Jong?
3. If someone asked you the reasons to study the martial arts, what would you say?
4. What is the significance of a Red Belt?