Required Knowledge For 1st Grade – Red Belt Black Stripe (Candidate for Black Belt)

Hyung: Po-Eun **Movements: 36** **Diagram: ——**

Po-Eun: The pseudonym o a loyal subject, Chong Mong Chu (1400 A. D.) 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 enduring loyalty to King and Country towards the end of the Koryo Dynasty.

Beginning Position: Parallel stance with Heaven Hand

End Position: Left foot moves to the right foot

Significance: Candidate for Black Belt

Basic Defenses:

Defense #16: Two hand front choke

Defense #17: Read bear hug arms pinned

Defense #18: Clinch

Soft Technique: Applying So Bom Nim Puduron Kot Hyung

Philosophy Development: Candidate for Black Belts should begin to develop a personal, individualized philosophy as it applies to Martial Arts and specifically Se Jong Tae Kwon Do.

Techniques, Vocabulary, Questions

Hand Techniques: Horizontal punch

Free Sparring: Candidate should begin to develop instructional or teaching skills; The candidate should begin to instruct lower belts on Free sparring skills and safety percussions.

Vocabulary:

Tsuki Irimi Nage – Redirection #1 far hand, Kokyu-Ho Nage – Redirection #2 near hand, Tenchi Nage – Heaven & Earth throw

Teaching and Assisting in the class setting:

As noted by Father Connolly *"Instructors are the backbone of the Se-Jong system",* therefore it is very important the elements of classroom instruction be given to the candidate to develop teaching strategies under the supervision of a Se-Jong Instructor. This should occur frequently.

Questions:

1. What does Po-Eun mean?
2. What is the difference between Martial Arts and Martial Sports?
3. What have the Martial Arts contributed to your life?