Required Knowledge For 1st Degree Black Belt, White Dot

Hyung: Se-Jong **Movements: 24** **Diagram:** 

Se-Jong: name of the Korean King who instituted the Korean alphabet in 1443. The diagram represents the king, while the movements refer to the 24 letters of the Korean alphabet. Performance of this pattern exemplifies General Choi's "*The Reason for 24 Patterns".*

Beginning Position: Close ready stance B

End Position: Left foot moves to the right foot.

Significance: Beginner. Basics have been learned. Black Belt White Dot

Written Test: A written test is given to express the knowledge learned by the Black Belt.

Written Philosophy: is developed and submitted as a test requirement

Soft Technique: Both left and right hand attack So Bom Nim Poduron Kot

A good resource for philosophical ideas can be found by reading the Tao Te Ching, written by Lao Tzu.

Your written Philosophy is solely yours. There is no correct or incorrect submission. Do not take this assignment lightly. You may learn more than you anticipated, when you take close examination of yourself.

All Requirements For 1st Degree

Free Spar: Possible inclusion of use with Red Man Suit (Full applied techniques)

Stances:

Bending ready, Close ready A,B, and C, Diagonal, Fighting, Fixed, L-Stance, One-legged, Parallel, Rear-foot, Spinning turn, Stepping turn, Straddle, Vertical, Walking, X-stance.

Hand Techniques:

Arc Hand strike, Arc Hand block (redirection block), Back Fist, Circle block, Crescent punch, Double forearm block, Double Knife hand block, Double Palm Heel block, Double Palm Heel strike, Elbow strikes, Finger Tip Strikes, Guarding block, Hammer fist, High Rising block, Hook punch, Hooking block, Inner Forearm block, Long fist, Low Defense, Outer Forearm block, Reverse punch, Ridge Hand block, Scooping block, Single Knife Hand block, Single Knife Hand strike, Straight punch, Thumb Ridge strike, Twin Forearm block, Twin Knife Hand block, U-block, U-grab, Uppercut, Upset punch, U-punch, Vertical punch, Vertical twin fist, W-Block Wedging block, X-block.

Feet Techniques:

Ax kick, Back side piercing kick, Back Snap kick, Boot-to Boot Sweep, Crescent kick, Front snap kick, Hook kick, Jump back side piercing kick, Jump back snap kick, Jump Hook kick, Jump knee (vertical, horizontal), Jump Reverse turning kick, Jump Side piercing kick, Jump turning kick, Jump twisting kick, Jump Wheel kick, Knee kick (vertical, horizontal), Leg blocks, Pressing kick, Reverse turning kick, Round House kick, Side Piercing kick, Turning kick, Twisting kick, Wheel kick.

Required Knowledge For 1st Degree Black Belt, White Dot (continued)

Hyungs, Concepts and Vocabulary

Hyungs:

Chin – Ji	Yul-Gok	Choong-Moo
Dan-Gun	Joong-Gun	Po-Eun
Do-San	Toi-Gye	Se-Jong
Won-Hyo	Hwa-Rang	

Concepts:

Hard – Soft	Inner – Outer
Inward – Outward	Ki
Sparring	Target Area
Impact point – Focus Point	Weighting

All Previous Vocabulary

Basic Defenses

Basic Defense:

1. Two hand front choke (hard)
2. Two hand front choke (soft)
3. Side arm grab
4. One hand collar grab
5. One hand neck choke
6. Front bear hug, hands unpinned
7. Side head lock
8. Rear leg front snap kick
9. Reverse punch
10. Front bear hug, arms pinned
11. Rear forearm chock
12. Two hand collar grab
13. Full Nelson
14. Double leg takedown
15. Hair pull
16. Two hand front choke
17. Rear bear hug, arms pinned
18. Clinch



(Microsoft Clip Art, May 31, 2016)