

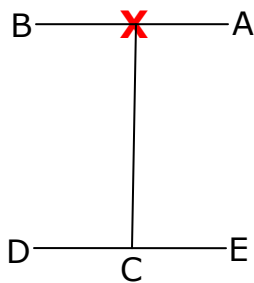
## Meaning of Belt Color

### Red Belt, 1st gup (3-4 stripes)

Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.

Form(s):

- Taeguk 8 (In previous rank)
- Simmudo Hyung (In previous rank)
- Choong-Moo (3-4 Stripes)



Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Movements: 30

Ready Posture: Parallel Ready Stance C

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a twin knife-hand block.
2. Step forward with the right foot (toward A) forming a right front-stance while executing a left open-hand high block and a right inward knife-hand block.
3. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a twin knife-hand block.
4. Step forward with the left foot (toward B) forming a left front-stance while executing a face-level, palm-down, spear-hand thrust with the left hand.
5. Turn 90 degrees to the left (toward C) forming a left back-stance while executing a double knife-hand block.
6. Chamber a side kick with the right leg (toward X).
7. Execute a middle-section side-kick with the right leg.
8. Lower the right foot stepping into a left back-stance (toward C) while executing a double knife-hand block.

9. Execute a two-step running jump side-kick with the right leg. Ki-hop once the side-kick has been performed. Land in a right back-stance while executing a double knife-hand block.
10. Turn 270 degrees to the left (toward D) forming a left back-stance while executing a left-hand down-block, right hand at the waist.
11. Shift into a left front-stance while grabbing the imaginary opponent's neck. (in preparation for a knee strike)
12. Execute a right upward knee-strike, closing hands upon impact with the knee. Return the right foot next to the left.
13. Turn 180 degrees to the left (toward E) forming a left front-stance while executing a high-section, ridge-hand strike with the right hand. (left palm down under right elbow)
14. Execute a high-section round kick with the right leg and then lower it to the left foot.
15. Execute a middle-section spin side-kick while stepping down.
16. Form a right fighting-stance turning 180 degrees to the right (toward D).
17. Execute a high-section round-kick with the left leg, returning your feet together.
18. Turn 90 degrees to the right (toward X) forming a right back-stance while executing a u-block with hands open. (left hand face level, right hand waist level)
19. Jump and spin around counter clockwise, landing on the same spot to form a right back-stance while executing a double knife-hand block.
20. Step forward with the left foot (toward X) forming a left front-stance while executing a groin level spear-hand strike with the right hand.
21. Shift back into a left back-stance (toward X) while executing right-hand back-fist with a left low-block.
22. Step forward with the right foot (toward X) forming a right front-stance while executing a middle-section spear-hand with the right hand.
23. Turn 270 degrees to the left (toward A) forming a left front-stance while executing a double forearm block.
24. Step forward with the right foot (toward A) forming a horse-riding stance (facing X) while executing a right inward forearm block. Then, execute a right side-block shifting 90 degrees to the right.
25. Turn 180 degrees to the left (toward B) executing a middle-section side-kick with the right leg.
26. Execute a middle-section side-kick with the left leg once the first kick has been performed. (These kicks should be done in rapid succession)
27. Turn 180 degrees to the right (toward A) forming a right back-stance while executing a 45 degree knife-hand x-block.
28. Step forward with the left foot (toward A) forming a left front-stance while slowly executing a double crescent upward palm-block.
29. Turn 180 degrees to the right with a step change (toward B) forming a right front-stance while executing a high-rising block with the right forearm.
30. Staying in the same stance, execute a high-section punch with the left fist. Ki-hop once the punch has been performed.

END: Bring the left foot back to a ready posture.

Il Bo Teryon-1st Gup (opponent and defender should be in a closed fighting stance while attacking with a back leg front-kick instead of a punch)

48. Back up for space, perform running jump side-kick to the face of the opponent with the opposite side leg as the kick
49. Step backwards from the while staying in a fighting stance. Then, perform a hopping back leg round-kick to the solar plexus of the opponent. Then, run past the opponent in order to escape in a real-life situation
50. Use a crescent kick (inside to outside) with the front leg to block the opponent's front-kick. Without stepping down, perform a front kick to the opponent's groin with the same leg (step back for room if necessary)
51. Use a crescent kick (inside to outside) with the front leg to block the opponent's front-kick. Step down and perform a middle then high round-kick with the opposite side leg (step back for room if necessary)
52. Use a crescent kick (inside to outside) with the front leg to block the opponent's front-kick. Step down and perform a low-section bicycle jump round kick with the back leg, targeting the opponent's knee. (not hitting your opponent) Once you've stepped down into a back-stance, strike the opponent's face with a back-fist from the opposite side as the opponent's kick (step back for room if necessary)

Sam Bo Teryon 1st Gup

17. Block 2 times with double knife-hand block, on the last time, step forward into a horse-riding stance while blocking with a forearm block with the other hand. Perform an elbow strike to the solar plexus and then a back-fist to the face.
18. Block 2 times with double knife-hand block, on the last time, step back while blocking with a reverse ridge-hand block. With the other arm, perform an elbow strike.
19. Block 2 times with a palm-block. On the last time, step forward while blocking with another palm-block to the opponent's wrist. Perform 2 middle-section punches followed by a high-section punch.
20. Block 2 times with a palm-block. One the last time, step forward while blocking with another palm-block to the opponent's wrist. Grab the wrist of the opponent and perform a knee-strike with the back leg.

Sun Sohn Mohk (Wrist Escapes w/ Strikes)

1. Perform Sohn Bae Ki number 1. Instead of releasing past the opponent's head, perform an upward elbow strike with the same arm as the release.
2. Perform Sohn Bae Ki number 2. Instead of releasing past the opponent's head, perform an elbow strike to the side of the opponent's head with the same arm as the release.
3. Perform Sohn Bae Ki number 3. Once you've protect your groin, strike the opponent in the groin with the closest palm. Then, perform and upward elbow strike to the opponent's face.
4. Perform Sohn Bae Ki number 4. Once you've released the grab, take your other hand and shoot it past the other side of the opponent's head. Grab the neck of the opponent and pull them forward while executing a knee strike to the head of the opponent.

5. Perform Sohn Bae Ki number 5. Once the opponent is bending forward, execute a knee strike to the head of the opponent.

#### Breaking Techniques

- Pick 2-3 Techniques (At least one hand technique and one foot technique)
- 1. Knife-Hand Strike (Sudo)
- 2. Side Kick (Yop Cha Ki)
- 3. Round Kick (Doo Rae Cha Ki)

#### Free Sparring