




THE PANTHERS DEN

Red Belt – Black Tip Requirement
Grade – 1st Gup

Name: _____

Form Name	Movements	Definition
CHOONG-MOO 	30	Was 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), which was the precursor of the present day submarine in 1592 A.D. 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.

Minimum Time In Grade: 36 classes

Key parts of this form: Flying sidekick, bridge hand strike, combination kicks, 360 degree turns, last two side kicks, and hand movements.



Meaning of Red belt: The Sun- the central body of the solar system.
Explain the responsibility of being a black belt
Explain Focus, Concentration and Awareness



Give history of Tae Kwon Do
Explain Um-Yang
Who was General Chae and what did he do?



Free Sparring: Will test skill, attitude and self control against one or more opponents.

Self defense: Techniques against grabs, holds, and weapons.

Breaking: 2 breaks of 2 boards each and 1 concrete block or 1 speed break

Responsible for knowledge and forms of all previous belts

Written: Every student testing for a black belt is required to write one or more pages explaining each of the following questions: “What is a Black Belt?”, “What loyalty do you owe to your instructor?” and “How should you treat your juniors?”. It may also include the subject of martial arts such as what the individual has learned from the experience, how it has changed him/her as a person, what he/she has found to be the most challenging part of the training, what his/her short term and long term goals are, etc.