



MightyFist Taekwon-Do

1G

(TESTING FOR 1ST DEGREE BLACK BELT)

Student name: _____

Patterns

Saju Jirugi or Saju Makgi

Chon-Ji

Dan-Gun

Do-San

Won-Hyo

Yul-Gok

Joong-Gun

Toi-Gye

Hwa-Rang

Choong-Moo

Classes required to test = 40

Kicking

Consecutive Kicking - Front to D, Back to C, Side Piercing to A, Turning to AD, Hook to AC

Consecutive Kicking - Reverse Turning to BD, Hooking to D, Side Piercing to D

Flying Consecutive Kicking - Double Side to D

Basic Techniques / Fitness

3 mile run in 30 minutes

Push-ups - 50 reps (On Knuckles)

Squats - 50 reps

Stand-ups - 50 reps

Sparring

3 Step Sparring - all sets

2 Step Sparring - all sets

1 Step Sparring

Free Sparring 3 opponents

Ho Shin Sool

Random attacks 1 opponent 1 minute

Power

Power foot breaking 2 boards

Technique foot breaking 1 board

Hand breaking wood 1 board

Hand breaking 1 tile/concrete

Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>

Tournament Requirement

At least 1 tournament in the last 12 months

Leadership Requirement

Assist with teaching at least 20 classes

Theory

Completion of Thesis

Meaning of Black Belt: Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Theory of Power: Describe in detail - Speed (acceleration), Concentration of Power, Accuracy, Reaction force (Taekwon-Do), Equilibrium, and Breath Control

Definition of Choong-Moo: Choong-Moo 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) in 1592, which was said to be the precursor of the present day submarine. The reason for this pattern ending in a left hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the King, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality. Choong-Moo has 30 movements and its diagram is a capital "I".