

TERMINOLOGY APPLICABLE TO 1<sup>st</sup> KUPPatterns:

**Choong-Moo (30 movements):** Was the name given to the great Admiral Yi-Soon-Sin of the Yi 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 symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Attacking movements:

<i>Dwitcha Jirugi</i>	Back piercing kick
<i>Nopunde Sonkal Ap Taerigi</i>	High knifehand front strike
<i>Twimyo Yopcha Jirugi</i>	Flying side piercing kick
<i>Soopyung Jirugi</i>	Horizontal Punch

Defensive Movements:

<i>Doo Son Badak Ollyo Makgi</i>	Twin palm upward block
<i>Kyocha Sonkal Momchau Makgi</i>	X-knifehand checking block

General Information:

There are 24 patterns in Taekwon-Do. The reason for this is as follows:

*“Here I leave Taekwon-Do for mankind as a trace of man of the late 20<sup>th</sup> century. The 24 patterns represent 24 hours, one day, or all my life.”* - General Choi Hong Hi (IX)

**Black belt - is the opposite of white, therefore signifying the wearer’s maturity & proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness & fear.**