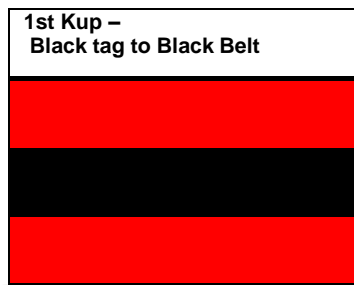


1st Kup Theory



All previous theory and techniques plus:

Choong-Moo Tul 30 moves

Choong-Moo was the name given to the great Admiral Yi Sun Sin (1545-1598 A.D.) of the Yi Dynasty. He was reputed to have invented the first armoured battleship, the Kobukson, in 1592 A.D., which is said to be the precursor to the present day submarine. The reason why this pattern ends with the left hand attack is to symbolize his regrettable death, having no chance in his lifetime to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

Meaning of Colour Black

Black is the opposite of white, it therefore signifies maturity and proficiency in Taekwon-Do, it also indicates the wearer's imperviousness to darkness and fear.

New Terms

High Front Knifehand Strike = Nopunde Ap Sonkal Tirigi

Flying Side Piercing Kick = Twimyo Yop Cha Jirugi

High Front Reverse Knifehand Strike = Nopunde Ap Sonkal Dung Tirigi

Middle Front Outer Forearm Block = Kaunde Ap Bakkat Palmok Makgi

X Knifehand Checking Block = Kyocha Sonkal Mum Chau Makgi

Twin Palm Upward Block = Sang Sonbadak Ollyo Makgi

Flying = Twimyo

360 ° spinning = Twio Dolmyo

360 ° spinning knife-hand guarding block = Twio Dolmyo Sonkal Daebi Makgi

The basis of this pattern is loyalty, Admiral Yi remained loyal to his king and the student must remain loyal too. The student needs to be humble and to realise that a black belt is a progression from one level to the beginning of the next. It is the second phase of a journey, many students believe that once they have their black belt they are now an expert and set up their own schools or stop training altogether. If this happens they miss out on the real richness of the Martial Arts.

The left hand punch indicates 'righteousness'. When Admiral Yi fell out of favour from political opponents, he was wrongly accused of treason and imprisoned. He was later released to face the Japanese forces, and showed his full loyalty to King and country by defending Korea with his naval forces.

In Asia left represents the 'correct/ right/ or righteous way' in an Asian martial arts movie the hero will be positioned on the left of the screen. The death of Admiral Yi is

described as regrettable because he died serving his King having never received an official pardon to clear his name from the false accusations of treason.

TENETS & MEANINGS

EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do, which should serve as a guide for all serious students of the art.

COURTESY (Ye Ui)

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further be as an ultimate criterion required of a mortal.

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, and to contempt those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt

INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:

- 1) The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
- 2) The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- 3) The instructor who camouflages bad technique with luxurious training halls and false flattery to his students.
- 4) The student who requests ranks from an instructor, or attempts to purchase it.
- 5) The student who gains rank for ego purposes or the feeling of power.
- 6) The instructor who teaches and promotes his art for materialistic gains.
- 7) The students whose actions do not live up to his words.
- 8) The student who feels ashamed to seek opinions from his juniors.

PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection or a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this

perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

INDOMITABLE SPIRIT (Baekjool Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice."

As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

WHY A PATTERN SHOULD BE LEARNED & PRACTICED TO PERFECTION

A pattern (TUL) is a series of blocks and counter attacks, set in a logical sequence, against one or more imaginary opponents...But this does not explain why a pattern should be learnt and practiced to perfection.

The practice to perfection of all the patterns enhances Taekwon-Do skills, and as training progresses the increasingly more difficult patterns introduce all the fundamental and advanced movements in various combinations.

This perfection shows how stances and shifts in the body weight relate to each other as techniques are performed. This not only teaches timing, balance and breath control, but also promoted muscle refinement and flexibility in the process. These patterns should be performed to display their gracious and artistic qualities. A rhythmic flow with harmony of body and mind.

A man's life of perhaps 100 years may be considered but a day when compared to eternity. The 24 patterns in Taekwon-Do represent the hours of one such day and the lifetime of General Choi Hong Hi, who leaves Taekwon-Do for mankind as a trace of a man from the late 20th Century.

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