



Black Tag Cheat Sheet

Everything you need for your 1st Kup grading · Pattern: Choong-Moo



The Pattern — Choong-Moo

30 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Parallel Ready Stance

MEANING

Choong-Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship, the Kobukson, which was the precursor of the present-day submarine in 1592AD. The reason why this pattern ends in 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.



Pattern Movements

30 MOVES

1. Twin Knife Hand Block (High / Mid · L · Left 90°)
2. Guard / Inward Knife Hand Strike (High · W · Forward)
3. Knife Hand Guarding Block (Middle · L · Right 180°)
4. Flat Fingertip Thrust (High · W · Forward)
5. Knife Hand Guarding Block (Middle · L · Left 90°)
6. Forearm Guarding Block (BRS · Right 180°)
7. Side Piercing Kick (to rear) (Middle · Forward)
8. Knife Hand Guarding Block (Middle · L · Left 180°)
9. Flying Side Piercing Kick (High · Forward)
- 9→. Knife Hand Guarding Block (Middle · L · on landing)
10. Outer Forearm Block (Low · L · Left 270°)
11. Grab (opponent's head) (High · W · Forward)
12. Knee Kick (Middle)
13. Reverse Knife Hand Strike (High · W · Left 180°)
14. Turning Kick (High · Forward)
15. Reverse Side Kick (Middle · Backward)
16. Forearm Guarding Block (Middle · L · Right 180°)
17. Turning Kick (Middle · To 45° Diagonal)
18. U-shape Block (High / Mid · F · Right 135°)
19. Jump turn 360° (Left 360°)
- 19→. Knife Hand Guarding Block (Middle · L)
20. Upset Fingertip Thrust (Low · W · Forward)
21. Back Fist Strike (High · L · Backward)
- 21→. Outer Forearm Low Block (Low · L)
22. Straight Fingertip Thrust (Middle · W · Forward)
23. Double Forearm Block (High · W · Left 270°)
24. Front Outer Forearm Block (Middle · S · Left 90°)
- 24→. Back Fist Side Strike (High · S)
25. Side Piercing Kick (Middle · Left 90°)
26. Side Piercing Kick (Middle · Forward)
27. X Knife Hand Checking Block (Middle · L · Right 135°)
28. Twin Upward Palm Block (Middle · W · Forward)
29. Forearm Rising Block (High · W · Right 180°)
30. Reverse Punch (Middle · W)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

The opposite of white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

9 TERMS

KOREAN	ENGLISH
Kaunde Ap Anuro Bakat Palmok Makgi	Middle Front Inward Outer Forearm Block
Kyocha Sonkal Yop Makgi	X-Knifehand Side Block
Ollyo Doo Sonbadak Makgi	Upward Double Palmheel Block
Nopunde Ap Sonkal Taerigi	High Front Knifehand Strike
Twimyo Yopcha Jirugi	Flying Side Piercing Kick
Ollyo Moorup Chagi	Upward Knee Kick
Nopunde Ap Sonkal Dung Taerigi	High Front Reverse Knifehand Strike
Dwitcha Jirugi	Back Piercing Kick
Kaunde Ap Joomuk Bandae Jirugi	Middle Reverse Forefist Punch



Line-Work For This

16

DRILLS

Grading

1. (F) Low block, rising block, reverse punch
2. (B) Knife hand guarding block / upper elbow strike
3. (F) Rear leg front kick, turning combo, double punch
4. (B) Double forearm block middle walking stance, then low L stance
5. (F) Side kick, back kick, reverse punch
6. (B) First 3 moves of Won-Hyo
7. (F) Turning kick, reverse turning kick, lead ridgehand, reverse punch
8. (B) First 2 moves of Toi-Gye
9. (F) Front leg hook kick / side kick combo, rear leg axe kick
10. (B) Double hooking block, punch — twin knife hand block L stance
11. (F) Knife hand guarding block, front leg front kick, walking stance flat fingertip thrust
12. (B) U-shaped block walking stance
13. (F) Jumping side kick from Choong-Moo
14. (B) Wedging block walking stance, knife hand strike L stance
15. (F) Jumping front kick on spot x4, pressing block low stance
16. (B) X-fist pressing block, X-fist rising block walking stance



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Choong-Moo, all 30 movements | ☐ Meaning of Choong-Moo |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 16 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.

Drill this on the way to class



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