



Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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Grading Requirements

1st Kup (Black Tag) to 1st Dan (Black Belt)

Theory

Red represents danger, cautioning the student to exercise control and the opponent to stay away.

Black is the opposite of white: signifying maturity and proficiency, also symbolising the wearers imperviousness to darkness and fear.

The black strip on the black belt suit represents royalty or aristocracy.

Choong Moo (30 movements) was the name given to the Yi dynasty admiral Yi Sun-Sin. In 1592, he is reputed to have invented the world's first armoured ship, The Kibutsin; the precursor to the modern submarine. The reason that this pattern ends with a left hand attack is to symbolise his regrettable death, having had no opportunity to show his full potential through the constraints of his loyalty to the king.

X-knife-hand checking block	Kyocho sonkal momchau maki	Twisting kick	Bituro chagi
		Vertical kick	Sewo chagi
Inward knife-hand strike	Anaero sonkal taerigi	Flying side piercing kick	Twimyo yopcha jirugi

TAGB Commitee/Area Coordinators

Mr. Oliver	Chairman, England Team Manager & Area Coordinator for England South-East
Mr. Dew	Vice Chairman & Area Coordinator for England South-West
Mr. Sergiew	Treasurer & Area Coordinator for Central England North
Mr. Walton	National Team Coach & Area Coordinator for England North
Mr. Donnelley	Liaison Officer & Area Coordinator for Central England South
Mr. Peros	Welsh Coach & Area Coordinator for Wales
Mr. Atkins	National Secretary & Area Coordinator for England South Midlands
Mr. Towndrow	Commitee Member & Area Coordinator for England North Midlands
Mr. Love	Scottish national Coach & Area Coordinator for Scotland
Mr. Farrell	Irish National Coach & Area Coordinator for Northern Ireland

Practice

Line work – combinations
 Set sparring (advanced)
 Pattern (choice)
 Pattern (set)
 Free sparring
Choong Moo

Note : All questions asked at gradings are at the examiner's discretion. This is a guide for the requirements for grading.