

1st Kup

Black Stripe Syllabus

Congratulations! You're almost a Black Belt. To get this far takes a lot of commitment and dedication, well done!!

Your next grading will be held in one of the OMA Academies in either April or October, you must have at least 6 months training between gaining your Black Stripe and taking the Black Belt Grading to be able to grade.

This section is help you prepare for the OMA Black Belt Grading. Students are required to be proficient in all the coloured belt syllabus, including patterns, sparring, line work and theory.

IMPORTANT NOTE: Use the previous pages from this booklet to help you revise. You need to know as much as you can!

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

Choong-Moo (30 moves) Was the given mane to the great Admiral Yi 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 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.

MEANING OF BLACK BELT

Black is opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.



Next, go and research the answers to these questions. If you don't know, ask! But remember, you could be asked anything from ANY of your coloured belt theory. Be prepared, and start revising!

Name 5 patterns containing Backfist.

- 1
- 2
- 3
- 4
- 5

Name 3 types of fingertip thrust.

- 1
- 2
- 3

Name 3 patterns containing releases.

- 1
- 2
- 3

Why do we do 3-step sparring?

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Why do we learn pattern meanings?

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Name 3 patterns with bending stance in.

- 1
- 2
- 3

What is the purpose of the jump in TOI GYE / YUL GOK?

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What do 38 / 29 moves signify?

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Why do we do slow motion moves?

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How does the release in DO SAN work?

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What is the difference between one-step and three-step sparring?

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A beginner asks you why a blue belt is beating a black belt at sparring. What do you say?

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What attributes would you look for in a student?

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What are the differences between WTF and ITF styles?

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How have you developed as a person since starting Tae Kwon Do?

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What do you like best about Tae Kwon Do?

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There are 5 tenets. If you had to come up with a sixth, what would it be?

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If you were to become a black belt, what could you contribute to OMA?

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Give an example of how you could show the five tenets through your training.

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Who is your instructor and what do you think are their best qualities?

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BE YOUR BEST & GOOD LUCK!