



BO CHO DAN - DEPUTY BLACK BELT

The meaning and significance of black belt:
A black belt contains all colors signifying the deepest and most dense knowledge accumulated from every preceding level; a new beginning.

Form: KORYO POOMSAE

HISTORY OF TAE KWON DO

All animals, as well as being, have strong instincts to protect themselves. So the origin of Tae Kwon Do goes back to the early days of human existence on the earth. We do not have any historical evidence of the early human days; however, the oldest records of the Tae Kwon Do we can find are in the royal tombs of the Koguryo Dynasty in 37 B.C. There are paintings which show some of the Tae Kwon Do postures. So Tae Kwon Do is called the 2000 year old ancient Korean martial art. Here is some historical evidence of Tae Kwon Do:

KOGOORYO DYNASTY (37 B.C. 668)

Mural paintings show Tae Kwon DO postures in this period.

SILLA DYNASTY (57 B.C. 935)

Hwarang Do "youth organization" was organized during this time by King Jin Heung (540-576.) Tae Kwon Do was their main subject. Keumkang yeok sa "stone engravings" show Tae Kwon Do postures.

BAEJAE DYNASTY (18 B.C. 660)

Written Tae Kwon Do song was found in the kingdom. (They are still handed down today.)

KORYO DYNASTY (918-1392)

Special military generals were chosen from the Tae Kwon Do practitioners. Kings used to like to watch Tae Kwon Do contests in the palace.

CHOSUN DYNASTY (YI; LEE DYNASTY) (1392-1910)

Muye Dobo Tongji - the first martial arts text book (1790.) Tae Kwon Do handed down through Koguryo, Silla, Baekjae, and Koryo dynasty was deeply rooted in the Chosun (Yi) dynasty era and scientifically systematized.

Tae Kwon Do has now become the most respected national martial art in Korea. It is practiced in over 130 countries. In 1980, it was accepted in the summer Olympic games and today is the universal art of self defense and a modern world sport.

BO CHO DAN - DEPUTY BLACK BELT CURRICULUM

1. All techniques from the preceding levels.
2. Koryo Poom Sae
3. Slab block and same foot side kick
4. 180 degree reverse turn forward with roundhouse kick
5. Jump turning hook kick
6. Jump roundhouse kick
7. One step Bo Cho Dan self defense (both sides)
8. Free sparring - against one, two, or three
9. Breaking technique: one speed, one jump, one power
10. Leadership training
11. Deputy black belt study guide

BO CHO DAN - KORYO POOM SAE

The name Koryo derived from the kingdom called “Koryo” about 1,000 years ago in the Korean peninsula. World’s most famous celadon called “Shang Gam Cheong Jha” and world’s first movable metal type was invented in Koryo kingdom in 1234. This invention was more than two centuries before its appearance in Europe. Poom sae Koryo symbolizes the high-spirited Koryo people. The Koryo people emphasized moderation in actions.

Total Composition: 30 poom (counts), 45 movements

A thing to remember when you perform the poom sae; relax while assuming the stance and executing the technique until the instant the technique would impact the opponent. Then focus sharply on the end of the technique, bringing all of the body’s strength, momentarily, into the technique. One must not be tense through the movement as this inhibits speed and both aesthetic quality and effectiveness of the techniques.

ONE STEP BO CHO DAN SELF DEFENSE

(Attack with the right hand punch from sparring stance)

1. Right foot outside to inside kick, blocking fist. Without putting foot down, right foot side kick to the face. Then left elbow strike to jaw, then right elbow strike to jaw.
2. Right foot outside to inside kick, blocking punch. Then left foot turning hook kick. Then grab groin with right hand, pull groin out and grab opponent’s shoulder with left hand . Then do right hand palm strike to the face.
3. Left foot inside to outside kick, blocking the fist. Then turning hook kick and double roundhouse kick. Grab shoulder and sweep with left foot knocking opponent down, twist wrist, and down front kick to the face.
4. Cross knife hand block with left foot in front. Grab, controlling the flat of the hand with the right foot stepping in. Cross over left foot, and opponent will do a front rolling flip with 180 degree turn inside. Then kick to the head.
5. Hop back with left foot front, then step forward and same foot jump hook kick.
6. Hop back with left foot front, then jump turning hook kick.