


BLUE BELT – 4th KUP

THEORY

Joong-Gun – is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

Diagram = 

A Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

TERMINOLOGY

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|--------------------------------|---|-------------------------------|
| Close Ready Stance Type B | ▪ | Moa Junbi Sogi B |
| Rear Foot Stance | ▪ | Dwit Bal Sogi |
| Reverse Knifehand Middle Block | ▪ | Sonkal Dung Kaunde Makgi |
| Low Side Front Snap Kick | ▪ | Najunde Yobap Cha Busigi |
| Twin Fist Upset Punch | ▪ | Sang Joomuk Dwijibo Jirugi |
| X-Fist Rising Block | ▪ | Kyocha Joomuk Chookyo Makgi |
| Angle Punch | ▪ | Giokja Makgi |
| U-Shape Block | ▪ | Digutja Makgi |
| Upset Fingertip Low Thrust | ▪ | Dwijibun Sonkut Najunde Tulgi |
| Outer Forearm W-Shape Block | ▪ | Bakat Palmok San Makgi |
| Side Checking Kick | ▪ | Yop Cha Momchugi |
| Flying Turning Kick | ▪ | Twimyo Dollyo Chagi |
| Foot Shifting | ▪ | Jajun Bal |
| Double Stepping | ▪ | Ibo Omgyo Didigi |
| 3 Step Semi Free Sparring | ▪ | Ban Jayoo Matsogi |
| 1 Step Sparring | ▪ | Ilbo Matsogi |
| Slow Motion | ▪ | Chonchonhi |

GRADING SYLLABUS

BASIC TECHNIQUES

- | | |
|---|-------------|
| 1) L-Stance Middle Block, Walking Stance Upset Fingertip Thrust. | Forward x 4 |
| 2) Sitting Stance W-Shape Block | Forward x 4 |
| 3) (Rear Leg) Side Checking Kick, Side Kick (Shifting) | Forward x 4 |
| 4) (Rear Leg) Turning Kick, Side Kick (Double Stepping) | Forward x 4 |

PATTERNS

Any 3 patterns from Chon Ji to Yul Gok Tul
Joong Gun Tul

SPARRING

- 1 Step Sparring (Attack - Punches only)
- 3 Step Semi Free Sparring
- Free Sparring

SELF DEFENCE

- 2 Prearranged Releases:
 - One Handed Lapel Grasp – Inward wrist lock
 - Two Handed Lapel Grasp – Outward wrist lock

POWER TEST

- Left Reverse Turning Kick (1 Board, or Kick shield for under 16's)
- Right Reverse Turning Kick (1 Board, or Kick shield for under 16's)
- Left & Right Flying Turning Kick (Kick Shield)

THEORY