



Grading information for: 4 KUP

Red belt – Signifies Danger cautioning the student the student to exercise control and the warning the opponent to stay away.

Pattern:

JOONG GUN

is named after the patriot An 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 An's age when he was executed at Lui-Shung prison (1910).

STANCES

Closed Stance 'B'	MOA SOGI 'B'
Sitting Stance	ANNUN SOGI
Walking Stance	GUNNAN SOGI
Bending Ready Stance	GUBURYO SOGI
'L' Stance	NIUNJA SOGI
'X' Stance	KYOCHA SOGI

BLOCKS

High Forearm Block	NOPUNDE AN PALMOK MAKGI
High Hooking Block	NOPUNDE GOLCHO MAKGI
Twin Knife hand Block	SANG SONKAL MAKGI
High Outer Forearm Block	NOPUNDE BAKAT PALMOK MAKGI
Double Forearm Block	DOO PALMOK MAKGI

ATTACKS

Middle Fore fist Punch	KAUNDE AP JOOMAK JIRUGI
Low Front Snap Kick	NAJUNDE AP CHA BUSIGI
Middle Side Piercing Kick	KAUNDE YOP CHA BUSIGI
Front Elbow Strike	AP PALKUP TAERIGI
Middle Straight Fingertip Thrust	KAUNDE SUN SONKUT TULGI
High Side Backlist Strike	NOPUNDE DUNG JOOMAK YOP TAERIGI

OTHER THERORY

TWO STEP SPARRING FREE SPARRING

IBO MATSOKI
JAYOO MATSOKI

BLOCKS

Waist Block
X Fist Pressing Block
Upward Palm Block

HORI MAKGI
KYOCHA JOOMUK NOOLLO MAKGI
SONBADAK OLLYO MAKGI

ATTACKS

Palm Strike
Reverse Knife hand Strike
Arc hand Strike
Side Fist Strike
Knife hand Strike
Back fist Strike

SONBADAK TAERIGI
SONKAL DUNG TAERIGI
BANDALSON TAERIGI
YOP JOOMUK TAERIGI
SONKAL TAERIGI
DUNG JOOMUK TAERIGI

KICKS

Axe Kick
Reverse Side Kick
Reverse Turning Kick

NAERYO CHAGI
BANDEA YOP CHAGI
BANDEA DOLLYO CHAGI