

South Midlands Tae Kwon –Do

GRADING INFORMATION – 4th K UP / BLUE BELT

Practical Grading Required

Pattern – **Joong Gun**

Student's Choice Pattern

Examiner's Choice Pattern

2 Step Sparring (5 6 7 8)

3 Step Semi Free Sparring (Advanced)

Pad Work – Basic Kicks, Side, Turning, Back and Reverse Turning

Free Sparring

Theory Study Required

Interpretation of Joong Gun

Joong Gun, 32 movement pattern - 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. The 32 movements in this pattern represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

Korean Terminology Study Required

Close ready stance 'B' Moa junbi sogi 'B'

Rear foot stance Dwit bal sogi

Close stance Moa sogi

Low stance Nachuo sogi

X-fist rising block Kyocha joomuk chookyo makgi

Palm pressing block Noollo sonbadak makgi

U-shape block Digutcha makgi

Twin straight forearm - checking
block

Sang sun palmok momchau -
makgi

Palm waist block Sonbadak hori makgi

Inner forearm waist block An palmok hori makgi

Angle punch Giokja jirugi

Upper elbow strike Wi palkup taerigi

Side fist side strike Yop joomuk yop taerigi

Backfist side strike Dung joomuk yop taerigi

Palm heel strike Sonbadak taerigi

Arc hand strike Bandal son taerigi

Hooking kick Golcha chagi

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

