

4TH KUP Grade SHEET – Blue Belt

To pass you grading you will have to demonstrate:

- Moves and patterns from your previous gradings + Joong Gun
- Kicking Power against a Bag (Under sixteen) or Board (Over Sixteen)
- Combinations up and down the floor. (Freestyle)
- Demonstrate and name as many Blocking techniques as possible
- Free Sparring – Ability to attack and defend
- One Step Sparring (Basic, No Take Downs)
- Grabs and Releases (Advanced with Counter attack)

Interpretation of Joong Gun – 32 moves

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).

Blue belt signifies: The heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses

BLOCKS

Kaunde sonkal dung makgi – middle section, reverse knifehand block
Sonkal daebi makgi – knifehand guarding block
Nopunde kyocha joomuk makgi – high section X fist block
Mongdunggi makgi – U shaped block

STANCES

Moa junbi sogi B – Close ready stance B
Nachua sogi – Low stance
Dwit bal sogi – Rear foot

STRIKES

Wi palkup taerigi – Upper elbow strike
Nopunde dung joomuk yop taerigi – high back fist side strike

PUNCHES

Sang Joomuk Sewo jirugi – Twin fist vertical punch
Sang joomuk dwijibun jirugi – Twin fist upset punch
Nopunde ap joomuk jirugi – High section fore fist punch

Remember, you can always be asked the questions that you got wrong last time.

Kaunde ap joomuk yop jirugi – Mid section fore fist side punch

KICKS

Ap cha busigi – Front snap kick

Dollyo chagi – Turning kick

Bandae dollyo chagi – Reverse turning kick

Yop chagi – Side kick

Bandal chagi – Crescent kick

Twigi – Jumping

Dwit cha jurigi – Back piercing kick

Twimyo – Flying

Najunde ap chagi – Low front kick

Bandae dollyo golcho chagi – Reverse hooking kick

One step sparring – Ilbo Matsoki