

## 4<sup>TH</sup> KUP Grade SHEET – Blue Belt to Red Tag

### To pass you grading you will have to demonstrate:

- Moves and patterns from your previous gradings + Joong Gun
- Kicking Power against a Bag or Board
- 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).

**Red Belt** signifies: Danger, cautioning the student to exercise control and warning the opponent to stay away.

<b>Blocks</b>	
middle section, reverse knifehand block	Kaunde sonkal dung makgi
knifehand guarding block	Sonkal daebi makgi
high section X fist block	Nopunde kyocha joomuk makgi
U shaped block	Mongdungi makgi
<b>Stances</b>	
Close ready stance B	Moa junbi sogi B
Low stance	Nachua sogi
Rear foot stance	Dwit bal sogi
<b>Strikes</b>	
Upper elbow strike	Wi palkup taerigi
high back fist side strike	Nopunde dung joomuk yop taerigi
<b>Punches</b>	
Twin fist vertical punch	Sang Joomuk Sewo jurigi
Twin fist upset punch	Sang joomuk dwijibun jurigi
High section fore fist punch	Nopunde ap joomuk jurigi
Mid section fore fist side punch	Kaunde ap joomuk yop jurigi
<b>Kicks</b>	
Reverse turning kick	Bandae dollyo chagi
Crescent kick	Bandal chagi
Jumping	Twiggi
Flying	Twimyo
Back piercing kick	Dwit cha jurigi
Low front kick	Najunde ap chagi
Reverse hooking kick	Bandae dollyo golcho chagi
<b>One step sparring</b>	
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