

## GRADING INFORMATION – 4<sup>th</sup> KUP / 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)

**AVAILABLE ONLINE AT : [www.TAGB.net](http://www.TAGB.net) / [www.TAGB.info](http://www.TAGB.info)**