**GRADING INFORMATION – 4th 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, a 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 represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

**Meaning of Blue Belt**

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

**Korean Terminology Study Required**

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

Rear foot stance                                         Dwit bal sogi

Close stance                                               Moa sogi

Reverse knife hand outward block Sonkal dung bakaero Makgi

Low stance                                                 Nachuo sogi

X-fist rising block                                         Kyocha joomuk chookyo makgi

Palm pressing block                                    Noollo sonbadak makgi

Twin upset punch Sang dwijibo jirugi

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

Twin vertical punch Sang sewo jirugi

Upper elbow strike                                       Wi palkup taerigi

Side fist side strike                                       Yop joomuk yop taerigi

Back fist side strike                                      Dung joomuk yop taerigi

Palm heel strike                                          Sonbadak taerigi

Arc hand strike                                            Bandal son taerigi

Hooking kick                                               Golcha chagi