



BLUE BELT - 4 th KUP GRADE (FOR RED TAG BELT)

PRACTICAL TEST

PATTERNS

- **Joong-Gun Tul** (32 Movements)
- **Yul-Gok Tul** (38 Movements)
- **Won-Hyo Tul** (28 Movements)
- **Do-san Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

Joon-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea. Ito was the man who played a leading part in the Korea merger. The 32 movements represent Mr Ahn's age when he was executed at Luishing prison (1910).

BASIC HAND TECHNIQUES

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|---|---|
| L stance reverse knife hand outward block | - Niunja so sonkal dung bakuro makgi |
| Rear foot stance palm upward block | - Dwitbal so sonbadak ollyo makgi |
| Walking stance upper elbow strike | - Gunnun so wipalgup |
| Walking stance twin fist high vertical punch | - Gunnun so sang joomuk nopunde dwitjibo jirugi |
| Walking stance x fist rising block | - Gunnun so kyocha joomuk chukyo makgi |
| L stance back fist high side strike | - Niunja Dung joomuk napunde yop taerigi |
| L stance reverse punch | - Niunja bandae jirugi |
| Fixed stance u shape block | - Gojung so digutja makgi |
| Close stance angle punch | - Moa so kiokja jirugi |

SYLLABUS 4th KUP



SYLLABUS 4th KUP

BASIC KICKING TECHNIQUES

- Front snap kick-turning kick
- Turning kick-side kick
- Turning kick -side kick
- Turning kick-turning kick
- Turning kick-hooking kick

SKIPPING KICK : Pushing kick, Side kick, Turning kick, Back kick, Hook kick (using mini target)

ONE STEP SPARRING : USING HAND ONLY

FREE SPARRING : (one for one 2 minutes round)
Light contact only !

POWER TEST : 1 INCH BOARD (turning kick, reverse turning kick)

THEORY TEST :

The meaning of Joong ---Gun Tul - See the above meaning.
and how many moves

Demonstrate the application of the blocking techniques in the pattern - Study the pattern

Rear foot stance	- Dwitbal Sogi
Low stance	- Nachuo Sgi
U shape block	- Digutja makgi
Angle punch	- Kyokja Jirugi
Palm pressing block	- Sonbadak noolo makgi
X fist rising block	- Kyocha joomuk chookyo makgi
Twin fist upset punch	- Sang joomuk dwijibo jirugi
Twin vertical punch	- Sang sewo jitugi
Upper elbow strike	- Wi palpkup taerigi
Palm upward block	- Sonbadak ollyo makgi
Reverse knife hand block	- Sonkal dung makgi
Downward Kick	- Naerio chagi

The meaning of blue belt - Blue belt signifies the heaven towards which the plant matures into a towering tree as training in Taekwo-Do progresses.