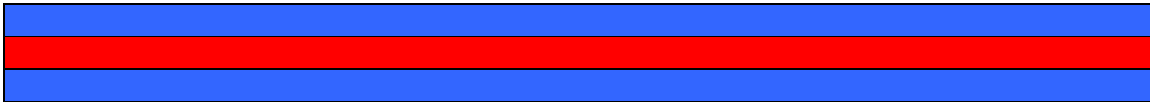


## 4<sup>th</sup> Kup - Blue Belt Study Sheet



Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.



### Misc Technical

Vertical kick	- Sewo chagi
Downward kick	- Naeryo chagi
Flying kick	- Twimyo chagi
W-Shape Block	- San Makgi
Double forearm pushing block	- Doo palmok miro makgi
Twin palm upward block	- Sang sonbadak olloyo makgi
Upset finger tip thrust	- Dwijibun sonkut tulgi
Angle punch	- Giokja jirugi

### 4<sup>th</sup> Kup Pattern: **Joong-Gun** (32 Movements)

Joong-Gun is named after the patriot An 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 Korean-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed at Lui-Shung prison (1910).

Notes on Joong-Gun. Whilst in prison, he suffered five months of torture. Despite this, his spirit remained unbroken.

### Kicks

Kicks to include combinations, double, triple & consecutive combinations, as well as jumping front kick, turning kicks, side kicks etc.

### **Combinations to include...**

Joong-Gun combinations (first 3 moves from the pattern and so on)  
Hand & Foot Combinations (Sparring fashion) – Back-fist, reverse punch, reverse knife-hand;  
Jab, Cross, turning kick; and so on...

### **Semi Free Sparring (Ban jayoo Matsoki)**

Any three Hand or Foot techniques to attack. Ready position as per basic.  
Any hand or foot counter attack.

### **One Step Sparring (ILbo Matsoki)**

ATTACK Starting position - Parallel ready Stance  
First right leg forward (then left). Middle section obverse punch (Walking stance).  
DEFENCE Any combination of stances, blocks and counter attacks to the knowledge of the student based on counter attacks from previous step sparring.

### **Free Sparring (Jayoo Matsoki)**

Free sparring could be said to be a combination of all different types of sparring the student has previously experienced, e.g. 3-step, 2-step, semi-free, 1-step etc. Speed, timing, stamina, balance and flexibility are all important factors. This is the sport side of TaeKwon-Do and should not be confused with self-defence. It is approached and studied in a totally different manner.

### **Self-defence Techniques (Hosin Sul) No 7. Defence against a downwards strike + previous attacks.**

### **Pad Work (Byogae) or Power Destruction Test depending upon whether student over 18 years of age. Power test will be both hands and feet.**

Measure and Kick using Side Kick, Turning kick, Reverse side kick, Reverse turning kick and possibly other kicks too.