

What does red belt signify? “A red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away”.



Pattern **JOONG-GUN** (32 movements) meaning

‘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 Korea-Japan merger, there are 32 movements in this pattern to represent Mr An’s age when he was executed in Lui-Shung prison in 1910.’

General terms

- Mid section upset – **DWIJIBO**
- Low section upset - **DWIJIBUN**

Parts of the body

- Side sole – **YOP BAL BADAQ**
- Arc hand – **BANDAL SON**
- Side fist – **YOP JOOMUK**

Stances

- Rear foot stance – **DWIT BAL SOGI**
- Low stance – **NACHUO SOGI**

Basic Movements (Defensive)

- X block – **KYOCHA MAKGI**
- Pressing block – **NOOLLO MAKGI**
- Downward block – **NAERYO MAKGI**
- U shaped block – **DIGUTJA MAKGI**

Basic Movements (Offensive)

- Turning punch – **DOLLYO JIRUGI**
- Twin upset punch – **SANG DWIJIBO JIRUGI**
- Upper elbow strike – **WI PALKUP TAERIGI**
- Back kick – **DWIT CHAGI**
- Pressing kick – **NOOLLO CHAGI**
- Side thrust kick – **YOP CHA TULGI**
- Twin straight forearm block – **SANG SUN PALMOK MAKGI**
- Reverse turning hooking kick – **BANDAE DOLLYO GORO CHAGI**

YOUR 4th KUP GRADING

- IDENTIFY YOURSELF
- COMBINATIONS IN LINE FROM PATTERNS
- PATTERNS SET BY GRADE EXAMINER
- TWO STEP SPARRING – NUMBERS 5, 6, 7 & 8
- 3 STEP SEMI-FREE SPARRING (ADVANCED)
- ALL THEORY UP TO AND INCLUDING THIS PAGE
- PATTERN JOONG-GUN
- PAD WORK
- FREE SPARRING