

Testing Information

4th – 3rd

Testing from Blue Belt (4th Gup) to Red Stripes (3rd Gup)

Pattern (tul) & Interpretation

Pattern Name: Joong-Gun

Ready Stance: Closed Ready Stance Type B

Movements: 32

Diagram: I

Interpretation

Joong-Gung is named after the patriot Ahn Joong-Gun, who assassinated Hire-Bumi Ito, the First Japanese Governor-General of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung Prison (1910).

Kicking Requirements

Naeryo-Chagi

180° Suroh-Chagi

Bituro-Chagi

360° Twimyo-Bandae-Goro-Chagi

Downward Kick

180° Floor Sweep

Twist Kick - Middle Section

360° Jump Reverse Hook Kick

Step Sparring

Free Sparring no contact

Ilbo 1 step sparring Intermediate (2 counters)

1 step sparring intermediate

Attacker: hand attacks – open ready stance or foot attacks – guarding block L-stance

Defender: intermediate (2 counters) or advance (3 counters)

Note: defender finishes in guarding block

Sambo 3 step sparring Hand attacks/ foot blocks Intermediate (2 counters)

3 step (2 way) hand attack – vs – foot blocks

Attacker: low block – walking stance (3 hand attacks)

Defender: open ready stance – kicks (utilize defensive kicks)

Intermediate - (2 counters)

Front or side rising kick

Front or side checking kick

Waving kick

Crescent kick

Hooking kick

Self-defense

Defend against a full nelson from the rear

Defend against a bear hug (over the arms) from the rear

Defend against a bear hug (over the arms) from the front

Defend against a single hair grab from the front

Defend against a single hair grab from the rear

Scissor Kick takedown against a side grab

Foot sweeps against an L-Stance

Break (1 of 3 breaks are required)

Punch or Knife-hand

Bituro-Chagi

Sewo-Chagi

Twist Kick

Vertical Kick

2 Boards (Junior- no hand break)

1 Board

1 Board

Required Knowledge

Explanation of Tenets

A) Courtesy – elements of courtesy are:

1. To promote spirit of mutual concessions
2. To be ashamed of one's vices, contemplating those of others

3. To be polite to one another
4. To encourage the sense of justice and humanity
5. To distinguish instructor from student, senior from junior and elder from younger
6. To behave oneself according to etiquette
7. To respect other's possessions
8. To handle matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

B) Integrity – one must be able to define right and wrong and have the conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking.

1. Instructor misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge or apathy
2. The student who fixes breaking materials before demos
3. The instructor who camouflages bad technique with luxurious training halls and false flattery to his students
4. Students who request rank from an instructor or attempts to purchase it
5. The student who gains rank for ego purposes or feeling of power
6. The instructor who teaches and promotes his art for materialistic gains
7. The student whose action don't live up to his words
8. The student who feels ashamed to seek opinions from his juniors.

C) Perseverance – patience to achieve a higher degree of perfection one must persevere. One who is impatient in trivial matters can seldom achieve success in matters of great importance.

D) Self-control – an inability to live and work within one's capability or sphere is also lacking self-control. Stronger is the person who wins over oneself rather than someone else.

E) Indomitable Spirit – a student of Taekwon-do will, at all times, be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with an indomitable spirit, regardless of whosoever and however many the number may be.

New Stance

1. Closed Ready Stance Type B: hand position is in line with naval and 15 cm away (about 5" or 6")
2. Rear Foot Stance: length is shoulder width from the foot sword (rear foot) to the toes of front foot. No width.
3. Low stance: same as walking except one foot longer in length.

New Techniques

1. L-Stance Reverse Knife-hand Middle Outward Block
2. Side Front Snap Kick
3. Rear Foot Stance Palm Upward Block
4. Walking Stance Upper Elbow Strike
5. Walking Stance Twin Fist High Vertical Punch
6. Walking Stance Twin Fist Upset Punch
7. Walking Stance X-Fist Rising Block
8. L-Stance Back Fist High Side Strike
9. L-Stance Reverse Punch
10. Low stance palm pressing block
11. Closed stance angle punch
12. Fixed stance U-shape block
13. Slow motion timing

Belt

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