



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 4TH KUP – BLUE BELT

PRACTICAL

Pattern (choice)
Pattern Joong Gun
Pattern (Examiners choice)
2 Step sparring (5 to 8)

3 Step Semi-free Sparring (Advanced)
Combinations from Patterns
Sparring Combinations
Pad work

MEANING OF COLOUR RED

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

INTERPRETATION OF THE PATTERN

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 a leading part in the Korea-Japan merger. The 32 movements of the pattern refer to Mr. An's age when he was executed at Lui-Shung prison in 1910. 32 moves.

NEW MOVEMENTS IN THE PATTERN

Close Ready Stance B
Middle Outward Reverse Knife Hand Block
Rear Foot Stance

Upward Palm Block
Upper Elbow Strike
X-Fist Rising Block (Uses Back forearm)

Low Stance

Palm Pressing Block
Close Stance
Angle Punch

Double Arc Hand U-Shaped Block

Moa Chunbi Sogi B
Kaunde Bakero Sonkal Dung Makgi
Dwit Bal Sogi (Wgt 90% Back leg, 10% front leg (ball of foot). L shaped, ½ shoulder width long.

Ollyo Sonbadak Makgi
Wi Palkup Taerigi
Kyocha Joomuk Chookyo Makgi (Dung Palmok)

Nachuo Sogi
(wgt 50/50. Front knee bent over ankle, back leg straight, 2 shoulder widths long. 1 shoulder width wide.

Sonbadak Noollo Makgi
Moa Sogi (Feet together, Standing upright)
Giokja Jirugi

Doo Bandalson Mong Dung-i Makgi

NEW TERMINOLOGY

Upward
Downward
Vertical
Inward
Palm

Ollyo
Naeryo
Sewo
Anuro
Sonbadak

Fingertips
Arc Hand
Back of the Heel
Knee
Angle

Sonkut
Bandalson
Dwitchhook
Moorup
Giokja

NEW MOVEMENTS IN 2 STEP SPARRING

High Palm Heel Strike
Middle Palm Waist Block
Middle Reverse Knife Hand Inward Strike
High Twin Straight Outer Forearm Block
High Arc Hand Strike
High Side Fist Strike (Hammer fist)
Reverse Turning Kick
(Using: back of the Heel)
Middle Inner Forearm Inward Waist Block
Double Stepping (backwards)

Nopunde Pyon Joomuk Taerigi
Kaunde Sonbadak Hori Makgi
Kaunde Sonkal Dung Anuro Taerigi
Nopunde Sang Sun Bakat Palmok Makgi
Nopunde Bandalson Taerigi (*to throat*)
Nopunde Yop Joomuk Taerigi (*to jaw*)
Bandaedollyo Chagi
Dwitchhook
Kaunde An Palmok Anuro Hori Makgi
Ibo Omggyo Didigi