



4th gup Blue –3rd gup High Blue Belt Training Sheet —Know all previous techniques!

Definitions

Joong-Gun:

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 of the Korea-Japan merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed at Lui-Shung prison (1910). (32 movements)

Definition of Focus

The act of using the smallest tool to strike the most vulnerable target. One must concentrate all of one’s physical and mental energy on one target and one purpose.

Kicks and Foot Techniques

- Jump spinning hook kick
- Jumping spinning vertical (crescent) kick—inside to outside
- Twisting kick
- Jumping turning kick, jump spinning hook kick combination
- Scissor action turning kick, jumping hook kick (front leg) combination
- Wheel kick

Hand Techniques

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|----------------------------|--------------------|-----------------------|
| • Palm upward block | • Twin punch | • Low “X” block |
| • Reverse knife hand block | • Twin upset punch | • Palm pressing block |
| • Vertical elbow strike | • High “X” block | |

Stances

Rear leg, or “cat” stance. Feet approximately a shoulder width apart in an “L” formation. Rear foot is turned 90 degrees to the side while front foot is pointed straight ahead. Front foot is touching the floor with the ball of the foot only. Weight-bearing leg (rear leg) determines right or left stance.

Patterns

Joong-Gun

All previous patterns and kibons

Technical Knowledge

Definition of Joong-Gun

Definition of focus

All previous knowledge and definitions

Self Defense

Against being pinned

Against rear strangle hold

Sparring

One steps (minimum of 6). Two must have realistic take down and finishing techniques. Two must have aerial kicks. Two are up to your discretion. At this rank, power and fluid movement are required.

Breaking

Techniques and number of boards will be determined by the testing board

Plan on being asked to break with any of your required foot techniques