


Blue Belt ▶ Red Tag

A **Blue Belt** signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Joong-Gun: is named after the patriot Ahn 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 Ahn's age when he was executed at Lui-Shung prison (1910)

Number of movements = 32

Diagram = 

Fundamentals - stepping forward

Palm Upward Block - Rear Foot Stance x4
(turn to L Stance Guarding Block)

Backfist - L Stance, Forward Release - High Reverse Punch
- Walking Stance x4 (turn to LSGB)

Upper Elbow Strike - Walking Stance x4 (turn to LSGB)

Palm Pressing Block - Low Stance x4 (turn to LSGB)

Hooking Kick (front leg) then Turning Kick (back leg) x4
(turn to LSGB)

Crescent Kick (back leg) then Side Kick (same leg) x4

Theory Questions

Pattern name and meaning

Meaning of belt colour

Rear Foot Stance	Dwitbal Sogi
Palm Upward Block	Sonbadak Ollyo Makgi
Side Front Snap Kick	Yobap Cha Basigi
U Shape Block	Digutja Makgi
Angle Punch	Giokja Jirugi
Upper Elbow Strike	Wi Palkup Taerigi
Low Stance	Nachuo Sogi
Palm Pressing Block	Sonbadak Miro Makgi
Reverse Knifehand Block	Sonkal Dung Makgi
Hooking Kick	Golcho Chagi
Twin Fist Upset Punch	Sang Joomuk Dwijibo Jirugi

Grading Test - 4th Kup

• Patterns

Chon-Ji to Joong-Gun

• Fundamentals

• Self Defence

Release from waist grab

• Padwork

360° Turning Kick x3

Jumping Back Kick x3 left and right

• Sparring

2 Step Sparring

1 Step Sparring - hands only

Free Sparring

• Power Test

Turning Kick (other leg)

• Theory Questions

