

GRADING REQUIREMENTS FOR 4TH KUP BLUE BELT

JOONG-GUN

32 MOVEMENTS

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 IN 1910.

AS PREVIOUS GRADING PLUS:-

PRACTICAL/FLOORWORK

U-SHAPE BLOCK/ PALM UP BLOCK/ FRONT ELBOW STRIKE/ REVERSE RIDGEHAND
TWIN UPSET PUNCH/ X-FIST RISING BLOCK/ SIDE KICK
BODY COMPOSURE/ SWITCHING STANCES/ MEASURED KICKS

LINEWORK

ADVANCED FIGHTING COMBINATIONS/ BLITZING/ SPINNING KICKS/ JUMPING KICKS
BOXING COMBINATIONS/ EXCHANGE FOOTWORK

PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL, WON HYO TUL, YUL GOK TUL, JOONG GUN TUL

SET SPARRING

3 STEP SPARRING 1-10

2 STEP SPARRING 1-4

1 STEP SPARRING

SEMI FREE SPARRING

3 STEP SEMI FREE SPARRING

FREE SPARRING

ONE-ON-ONE

HANDS ONLY

HANDS AND LEGS

SELF DEFENCE

SHOULDER GRAB FROM THE SIDE

DESTRUCTION

PUNCH OR ELBOW STRIKE

THEORY

PATTERN MEANINGS, ADVANCED KOREAN TERMINOLOGY AND THEORY