

## 4th Kup Blue Belt



Scan the QR code in the top right for more grading information.

A licence/renewal costs £40 for 12 months.

The cost per grading is £35. TAGB White Dobok suits must be worn for grading

### Pattern - Joong Gun

Blue Belts and above minimum time between gradings is now 6 Months. You will need your sparring kit and gum shield with you in case the examiner wants to see sparring.

**PRACTICAL:** Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Pattern Joong Gun, Free Sparring

Student's Choice Pattern, 3 Step Semi Free Sparring (Advanced)

Examiner's Choice Pattern, 2-Step Sparring (5 6 7 8)

Pad Work – Basic Kicks, Side, Turning, Back and Reverse Turning

**THEORY:** You will be asked questions on the grading day by the grading Grand Master.

You may be asked any theory questions from white to your belt.

Think about obtaining a copy of the TAGB book available, £14 which prepares to take you to black belt.

The TAGB quiz page which is great for practice: <https://blackbeltschools.com/syllabus/koreanquiz.asp>

### Interpretation of pattern

Joon Gun- 32 movement pattern - is named after the patriot Ahn Joon 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. The 32 movements in this pattern represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

### Meaning of Red Belt

Red signifies danger, cautioning the student to exercise control and warning the opponent to Stay away.

### Korean Terminology required: (and also any previous grading theory)

Close ready stance 'B' **Moa junbi sogi** 'B' Close stance **Moa sogi** Rear foot stance **Dwit bal sogi**

Angle punch **Giokja jirugi** Low stance **Nachuo sogi** Hooking kick **Golcha chagi**

X-fist rising block **Kyocha joomuk chookyo makgi** Upper elbow strike - **Wi palkup taerigi**

Palm pressing block **Noollo sonbadak makgi** Palm heel strike **Sonbadak taerigi**

U-shape block **Digutcha makgi** Backfist side strike **Dung joomuk yop taerigi**

Twin straight forearm,checking block **Sang sun palmok momchau makgi**

Palm waist block **Sonbadak hori makgi** Arc hand strike **Bandal son taerigi**

Inner forearm waist block **An palmok hori makgi**

Side fist side strike **Yop joomuk yop taerigi**

