



# Grading Syllabus

**4<sup>th</sup> Kup Blue Belt**

**To**

**3<sup>rd</sup> Kup Red Tag**



## Blue Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Blue Belt Colour Meaning:	Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
Red Belt Colour Meaning:	Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Pattern:	Joong-Gun Tul.
Pattern Interpretation:	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).

### Moves in Korean

Reverse knife-hand outward block	Sonkal dung bakaero makgi
Rear foot stance	Dwit bal sogi
Upper elbow strike	Wi palkup taerigi
X-fist rising block	Kyocha joomuk chookyo makgi
Palm pressing block	Sonbadak noollo makgi
U-shape block	Digutja makgi
Slow motion	Neurin dongjak
Twin upset punch	Sang dwijibun jirugi
Angle punch	Giokja jirugi
Low stance	Nachuo sogi
Knee kick	Moorup chagi
Flat fingertip thrust	Opun sonkut tulgi
Reverse turning kick	Bandae dollyo chagi
Sixty	Yesun

## Joong-Gun Tul

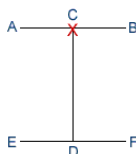
**Interpretation:** Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

**Ready stance:** Moa Junbi Sogi B

**No of moves:** 32

**No of stances:** 6

**Pattern diagram:**



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm.
7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike, at the same time forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.

Cont/...

### Joong Gul Tul (cont'd)

12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E.  
***Perform 15 & 16 in a fast motion.***
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward while forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F.  
***Perform 18 & 19 in a fast motion.***
20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward D, slipping the left foot to C.  
***\*Perform in a slow motion.***
28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot toward C.  
***Perform in a slow motion.***

Cont/...

### Joong Gul Tul (cont'd)

30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.  
***Perform in a slow motion.***
31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the left leg is moved to form closed ready stance B facing D.

#### **\*Slow Motion (Neurin Donjak)**

The speed of a technique is a subjective measurement and is dependent on many factors. However, a student correctly performing a technique with speed and power appropriate to the technique may consider performing the technique his or her 'normal' motion.

Therefore, anything performed slower than what can be considered as normal motion is termed 'Slow Motion'.

Although a technique may be performed in a 'Slow' motion the student must maintain the power, sine wave, balance, breath control etc. throughout the technique.

### Joong-Gun – In Pictures

The following table lists the techniques shown in the 'Joong-Gun – In Pictures' diagram:

Technique Number	Technique Name	Stance
1	Mid reverse knife-hand block	L stance
2	Low front kick	L stance
3	Upward palm block	Rear foot stance
4	Mid reverse knife-hand block	L stance
5	Low front kick	L stance
6	Upward palm block	Rear foot stance
7	Knife-hand guarding block	L stance
8	High elbow strike	Walk stance
9	Knife-hand guarding block	L stance
10	High elbow strike	Walk stance
11	High twin vertical punch	Walk stance
12	Mid twin punch	Walk stance
13	High rising X-block	Walk stance
14	Mid side back-fist	L stance
15	Mid side back-fist (release)	Walk stances
16	High punch	Walk stances
17	Mid side back-fist	L stance
18	Mid side back-fist (release)	Walk stances
19	High punch	Walk stances
20	High double forearm block	Walk stance
21	Mid punch	L stance
22	Mid side kick	L stance
23	High double forearm block	Walk stance
24	Mid punch	L stance
25	Mid side kick	L stance
26	Mid guarding block	L stance
27	Twin palm pressing block	Walk stance
28	Mid guarding block	L stance
29	Twin palm pressing block	Walk stance
30	Turning punch (slow)	Close stance
31	U-shaped block	Fixed stance
32	U-shaped block	Fixed stance

## Two Step Sparring – Ibo Matsoki

- Start:** Both students in attention stance.
- Measure:** The attacker measures a left L-stance with their right foot to the centre of the opponent's attention stance and then returns to attention stance.
- Start Positions:** When the command “Junbi” is given the students move into the following stances:
- Attacker (A)** Step the right leg back to form a right L-stance, outer forearm guarding block. The attacker then kihaps to show they are ready (juniors may say “ready to attack”)
- Defender (D)** Parallel ready stance. The defender then kihaps to show they are ready (juniors may say “ready to defend”)

### Two Step Sparring – Attacks & Defences

Number	A or D	Step 1	Step 2	Counter	Grade
3	A	Rear leg front snap kick into right walking stance	Step forward into left walking stance Twin vertical punch to the jaw		4 <sup>th</sup> Kup Blue Belt
	D	Right leg back into left walking stance X-fist pressing block (RH on top)	Left leg back into right walking stance Outer forearm wedging block	Grab head (juniors pretend to do this to avoid injuries), pull forward and knee kick (Left) to the solar plexus	
4	A	Right leg forward into right walking stance High section flat fingertip thrust	Rear leg side piercing kick into left walking stance		4 <sup>th</sup> Kup Blue Belt
	D	Right leg back into left walking stance Knife hand rising block (LH)	Left leg back into left L-stance Inward palm pushing block (push kick away which will turn the opponent)	Rear leg front snap kick to coccyx into left walking stance Twin upset punch to the kidneys	



### Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

**All the information relevant to this grading can be found in the grading syllabuses for 10<sup>th</sup> - 4<sup>th</sup> Kup.**

Know everything from all the previous grading syllabuses/checklists	
Know the meaning of the belt colours detailed in this syllabus	
Know the Korean theory detailed in this syllabus	
There will be a multiple-choice theory test with 10 questions which will be held before the practical grading.	
Sitting stance, 10 double punches (counting in Korean)	
Walking stance, low front kick, turning kick, double block	
40 Press ups	
First 3 moves of the pattern Joong-Gun Tul	
L-stance, knife-hand guarding block, slip front foot into walking stance, upper elbow strike	
L-stance, back fist strike, release, slip front foot into walking stance, high reverse punch	
Walking stance, double forearm block, pull front leg back into L-stance, side punch	
Turning kick, reverse turning kick	
Fixed stance, U-shape block	
4 Directional Punching (Saju Jirugi) – low block, middle punch	
4 Directional Block (Saju Makgi) – low knife-hand block, middle block	
Chon-Ji Tul	
Dan-Gun Tul	
Do-San Tul	
Won-Hyo Tul	
Yul-Gok Tul	
Joong-Gun Tul	
Three step sparring no's 1-10	
Two step sparring no's 1-4	
Free sparring (full sparring equipment, including groin guards for males and gum shields must be worn)	

**To be eligible to grade, you must able to tell one of the instructors or senior Black Belts the meaning of the belt colours shown in the theory section of this syllabus and your pattern interpretation. When you can do this, you will be given a grading slip to complete and return with your grading fees.**