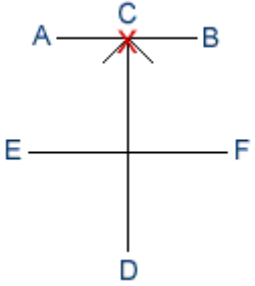


# 4<sup>th</sup> Kup Grading Syllabus

## Blue Belt

<b>Training time</b>	Minimum 5 months
<b>Stances</b>	Close Ready Stance Type "B" <i>Moa Junbi Sogi B</i> Low Stance <i>Nachuo Sogi</i> Rear Foot Stance <i>Dwitbal Sogi</i>
<b>Techniques</b>	Middle Outward Reverse Knifehand Block <i>Kaunde Bakuro So Bandae Sonkal Makgi</i>  High Backfist Side Strike <i>Napunde Dung Jamook Yop Taerigi</i>  Middle Reverse Punch from L-Stance <i>Kaunde Bandae Jirugi</i>  Upward Palm Block <i>Ollyo Sonbadak Makgi</i>  Upper Elbow Strike <i>Wi Palkup Taerigi</i>  High Twin Vertical Punch <i>Sang Sewo Jirugi</i>  Twin Upset Punch <i>Sang Dwijibo Jirugi</i>  X-Fist Rising Block <i>Kyocho Jamook Nareyo Makgi</i>  Palm Pressing Block <i>Sonbadak Noolo Makgi</i>  Angle Punch <i>Giogka Jirugi</i>
<b>Patterns</b>	Joong-Gun

<b>Sparring</b>	Two Step Sparring – <i>Ibo Matsogi</i> Free Sparring Against 1 Opponent - <i>Jayu Matsogi</i>
<b>Breaking</b>	Choice of Hand Technique Reverse Turning Kick - Both Legs
<b>Knowledge</b>	<p>Q: What does the pattern Joong-Gun mean?  A: 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 in a Lui-Shung prison (1910).</p> <p>Q: How many movements are in the pattern Joong-Gun?  A: 32</p>
<b>Joong-Gun</b>	
<p>Ready Posture - CLOSED READY STANCE B</p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>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 a left palm.</li> <li>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.</li> <li>8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.</li> <li>9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.</li> <li>10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.</li> <li>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.</li> <li>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.</li> <li>13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward</li> </ol>	

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 and 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, at the same time 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 and 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 C, slipping the left foot to C. Perform in 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 to C. Perform in a slow motion.

30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in 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.