

4th Kup Grading Requirements

Syllabus – For promotion to 3rd Kup (Red Stripe)

1. Pattern – Joong-Gun
2. Sparring
3. Destruction – Reverse Turning Kick (both legs)
Measuring and breaking, utilising relevant part of foot
4. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology

1	<p>Joong-Gun – 32 Movements (Ready Posture = <i>MOA JUNBI SOGI B</i>)</p> <p>Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea – known as the man to play a leading part in the Korea-Japan merger. The 32 movements of this pattern represent Mr An's age when he was executed in Lui-Shung prison 1910.</p>																								
2	<p>STANCES – Sogi</p> <p>REAR FOOT STANCE – <i>DWIT BAL SOGI</i> Width = Width of your foot (heel of front foot in line with heel of rear foot) Length = Feet 1 times shoulder width Weight distribution = 60% back leg; 40% front leg Toes of front foot resting lightly on ball of foot & angled in at 25 degrees Rear leg indicates whether it is a right or left stance</p> <p>LOW STANCE – <i>NACHUO SOGI</i> Width = Feet shoulder width apart Length = Feet 1 & a half times shoulder width plus the width of your foot Weight distribution = 50:50 Rear leg should be locked & forward leg slightly bent Forward leg indicates whether it is a right or left stance</p>																								
3	<p>GENERAL TERMINOLOGY</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">REVERSE KNIFE-HAND</td> <td><i>SONKAL DUNG</i></td> </tr> <tr> <td>UPWARD</td> <td><i>OLLYO</i></td> </tr> <tr> <td>PRESSING</td> <td><i>NOOLLO</i></td> </tr> <tr> <td>PUSHING</td> <td><i>MIRO</i></td> </tr> <tr> <td>WAIST BLOCK</td> <td><i>HORI MAKGI</i></td> </tr> <tr> <td>ARC HAND</td> <td><i>BANDALSON</i></td> </tr> <tr> <td>U-SHAPE</td> <td><i>DIGUTJA</i></td> </tr> <tr> <td>UPWARD ELBOW</td> <td><i>WI PALKUP</i></td> </tr> <tr> <td>VERTICLE</td> <td><i>SEWO</i></td> </tr> <tr> <td>UPSET</td> <td><i>DWIJIBO</i></td> </tr> <tr> <td>X-FIST</td> <td><i>KYOCHA JOOMUK</i></td> </tr> <tr> <td>ANGLE</td> <td><i>KYOCHA</i></td> </tr> </table>	REVERSE KNIFE-HAND	<i>SONKAL DUNG</i>	UPWARD	<i>OLLYO</i>	PRESSING	<i>NOOLLO</i>	PUSHING	<i>MIRO</i>	WAIST BLOCK	<i>HORI MAKGI</i>	ARC HAND	<i>BANDALSON</i>	U-SHAPE	<i>DIGUTJA</i>	UPWARD ELBOW	<i>WI PALKUP</i>	VERTICLE	<i>SEWO</i>	UPSET	<i>DWIJIBO</i>	X-FIST	<i>KYOCHA JOOMUK</i>	ANGLE	<i>KYOCHA</i>
REVERSE KNIFE-HAND	<i>SONKAL DUNG</i>																								
UPWARD	<i>OLLYO</i>																								
PRESSING	<i>NOOLLO</i>																								
PUSHING	<i>MIRO</i>																								
WAIST BLOCK	<i>HORI MAKGI</i>																								
ARC HAND	<i>BANDALSON</i>																								
U-SHAPE	<i>DIGUTJA</i>																								
UPWARD ELBOW	<i>WI PALKUP</i>																								
VERTICLE	<i>SEWO</i>																								
UPSET	<i>DWIJIBO</i>																								
X-FIST	<i>KYOCHA JOOMUK</i>																								
ANGLE	<i>KYOCHA</i>																								

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

4	NEW MOVEMENTS IN JOONG-GUN	
	REVERSE KNIFE-HAND MIDDLE SIDE BLOCK	<i>SONKAL DUNG KAUNDE YOP MAKGI</i>
	PALM UPWARD BLOCK	<i>SOMBADAK OLLYO MAKGI</i>
	UPWARD ELBOW STRIKE	<i>WI PALKUP TAERIGI</i>
	TWIN VERTICAL PUNCH	<i>SANG SEWO JIRUGI</i>
	TWIN UPSET PUNCH	<i>SANG DWIJIBO JIRUGI</i>
	X-FIST RISING BLOCK	<i>KYOCHA JOOMOK CHOOKYO MAKGI</i>
	OUTER FOREARM INWARD WAIST BLOCK	<i>BAKAT PALMOK ANURO HORI MAKGI</i>
	PALM PRESSING BLOCK	<i>SOMBADAK NOOLO MAKGI</i>
	ANGLE PUNCH (90 degrees)	<i>KYOCKJA JIRUGI</i>
	TWIN ARC HAND U-SHAPE BLOCK	<i>SANG BANDALSON DIGTJA MAKGI</i>
4	DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN JOONG-GUN...	
	e.g. 2 nd movement	<i>WEN DWIT BAL SO, SOMBADAK OLLYO MAKGI</i>
	29 th movement	<i>ORUN NACHO SO, SOMBADAK NOOLO MAKGI</i>
	32 nd movement	<i>WEN GOJANG SO, SANG BANDALSON DIGITJA MAKGI</i>
5	REVERSE TURNING KICK – BANDAE DOLLYO CHAGI	
	Part of use...	
	BACKHEEL	<i>DWICHOOK</i>

NOTE: TYPES OF PUNCHES

PUNCHES USING FOREFIST	AP JOOMOK JIRUGI
Front Punch	Ap Jirugi
Side Punch	Yop Jirugi
Upward Punch	Ollyo Jirugi
Vertical Punch	Sewo Jirugi
Twin Vertical Punch	Sang Sewo Jirugi
Upset Punch	Dwijibo Jirugi
Twin Upset Punch	Sang Dwijibo Jirugi
Angle Punch	Kyokja Jirugi