**4th Kup Blue Belt Revision Sheet**

**Red Belt means:**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**Practical:**

Pattern (choice) 3 Step Semi-free Sparring (Advanced)

Pattern Joong Gun Combinations from Patterns

Pattern (Examiners choice) Sparring Combinations

2 Step sparing (5 to 8) Pad work

**Joong Gun:**

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 who played a leading part in the Korea-Japan merger. The 32 movements of the pattern refer to Mr. An’s age when he was executed at Lui-Shung prison in 1910. 32 moves.



**Terminology:**

Close Ready Stance B Moa Chunbi Sogi B

Middle Outward Reverse Knife Hand Block Kaunde Bakero Sonkal Dung Makgi

Rear Foot Stance Dwit Bal Sogi

Upward Palm Block Ollyo Sonbadak Makgi

Upper Elbow Strike Wi Palkup Taerigi

X-Fist Rising Block Kyocha Joomuk Chookyo Makgi

Low Stance Nachuo Sogi

Palm Pressing Block Sonbadak Noollo Makgi

Close Stance Moa Sogi

Angle Punch Giokja Jirugi

Double Arc Hand U-Shaped Block Doo Bandalson Mong Dung-i Makgi

Upward Ollyo

Fingertips Sonkut

Downward Naeryo

Arc Hand Bandalson

Vertical Sewo

Back of the Heel Dwitchhook

Inward Anuro

Knee Moorup

Palm Sonbadak

Angle Giokja

High Palm Heel Strike Nopunde Pyon Joomuk Taerigi

Middle Palm Waist Block Kaunde Sonbadak Hori Makgi

Middle Reverse Knife Hand Inward Strike Kaunde Sonkal Dung Anuro Taerigi

High Twin Straight Outer Forearm Block Nopunde Sang Sun Bakat Palmok Makgi

High Arc Hand Strike Nopunde Bandalson Taerigi

High Side Fist Strike Nopunde Yop Joomuk Taerigi

Reverse Turning Kick Bandae Dollyo Chagi

Middle Inner Forearm Inward Waist Block Kaunde An Palmok Anuro Hori Makgi

Double Stepping Ibo Omgyo Didigi