

# PHIL THOMAS SCHOOLS OF TAEKWONDO

## GRADING INFORMATION – 4<sup>th</sup> KUP / BLUE BELT

### Practical Grading Required

Pattern – **Joong-Gun**  
2 further patterns of examiners choice

Basics (examiners choice)

2 Step Sparring 5/6/7/8 (details on separate sheet)

3 Step Semi Free Sparring (Advanced)  
Free Sparring (Full safety equipment required)

Routine Pad Work

### Theory Study Required

#### Interpretation of Joong-Gun

Joong-gun, 32 movement pattern – is named after the patriot Ahn Joong-Gun who assassinated Hiro-Burni 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 are to represent Mr Ahn's age when he was executed at Lui-Shang prison (1910)

### Korean Terminology Study Required

<b>Closed ready stance 'B'</b>	Moa junbi sogi 'B'
<b>Rear foot stance</b>	Dwit bal sogi
<b>Low stance</b>	Nachuo sogi
<b>Closed stance</b>	Moa sogi
<b>Fixed stance</b>	Gojung sogi
<b>Low front snap kick</b>	Najunde apcha busigi
<b>High upper elbow strike</b>	Nopunde wi plakup
<b>High vertical twin fist punch</b>	Nopunde sang joomuk yop taerigi
<b>Twin fist upset punch</b>	Sang joomuk dwijibo jirugi
<b>High back-fist side strike</b>	Nopunde sung joomuk yop taerigi
<b>Middle side piercing kick</b>	Kaunde yop chagi
<b>Middle side reserve knife – hand block</b>	Kaunde yop sonkal dung makgi
<b>Upward palm-heel block</b>	Ollyo son badak makgi
<b>Knife – hand guarding block</b>	Sonkal daebi makgi
<b>'X' fist block</b>	Kyochoa joomuk makgi
<b>High double forearm block</b>	Nopunde doo palmok makgi
<b>Middle forearm guarding block</b>	Kaunde palmuk daebi makgi
<b>Palm pressing block</b>	Noollo son badak makgi
<b>U shape block</b>	Di-gutcha makgi