



4th Kup Blue Belt

GRADING INFORMATION: A licence/renewal costs £40 for 12 months.
The cost per grading is £30. TAGB White Dobok suits must be worn for grading.

Pattern - Joong Gun

Blue Belts and above minimum time between gradings is now 6 Months.
You will need your sparring kit and gum shield with you in case the examiner wants to see sparring.

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Pattern Joong Gun, Free Sparring
Student's Choice Pattern, 3 Step Semi Free Sparring (Advanced)
Examiner's Choice Pattern, 2-Step Sparring (5 6 7 8)
Pad Work – Basic Kicks, Side, Turning, Back and Reverse Turning

THEORY: You will be asked questions on the grading day by the grading Grand Master.
You may be asked any theory questions from white to your belt.
Think about obtaining a copy of the TAGB book available, £14
which prepares to take you to black belt.

The TAGB quiz page which is great for practice:
<https://blackbeltschools.com/syllabus/koreanquiz.asp>

Interpretation of pattern

Joon Gun- 32 movement pattern - is named after the patriot
Ahn Joon 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.
The 32 movements in this pattern represent Mr Ahn's age when he was executed
at Lui-Shung prison (1910).

Meaning of Red Belt

Red signifies danger, cautioning the student to exercise control
and warning the opponent to
Stay away.

Korean Terminology required: (and also any previous grading theory)

Close ready stance 'B' **Moa junbi sogi** 'B' Close stance **Moa sogi** Rear foot stance **Dwit bal sogi**
Angle punch **Giokja jirugi** Low stance **Nachuo sogi** Hooking kick **Golcha chagi**
X-fist rising block **Kyocha joomuk chookyo makgi** Upper elbow strike - **Wi palkup taerigi**
Palm pressing block **Noollo sonbadak makgi** Palm heel strike **Sonbadak taerigi**
U-shape block **Digutcha makgi** Backfist side strike **Dung joomuk yop taerigi**
Twin straight forearm,checking block **Sang sun palmok momchau makgi**
Palm waist block **Sonbadak hori makgi** Arc hand strike **Bandal son taerigi**
Inner forearm waist block **An palmok hori makgi**
Side fist side strike **Yop joomuk yop taerigi**

✉ sarah.ginger@gmail.com

☎ 07772 961086

🌐 sarahgingertaekwondo.com

Find us on  @SGTKD

