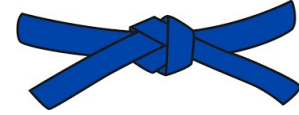


Blue Belt / 4th Kup - Theory



Blue Belt - Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-do progresses

Joong-Gun – 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)

32 movements

Ready stance B – Moa Chunbi Sogi B

Stance (Sogi)

Low stance - Nachuo sogi
Rear foot stance – Dwit Bal Sogi

Block (Makgi)

Pressing block – Noolo makgi
X block – Kyocha Makgi
Upward Palm block – Ollyo Sonbadak Makgi
U-Shaped block – Digutja Makgi

Punch (Jirugi)

Turning punch – Dollyo jirugi
Twin upset punch – Sang Dwijibo Jirugi

Kick (Chagi)

Reverse turning kick – Banae dollyo chagi

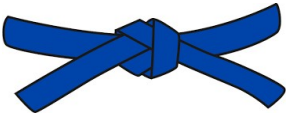
Strike (Taerigi)

Upper elbow strike – Wi Palkup taerigi
Side fist side strike – Yop Joomuk yop Taerigi

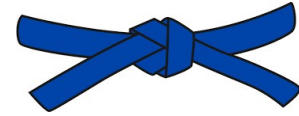
Arc hand – bandal son
Two step sparring – illbo matsoki
Instep – balding
Finger belly - Songarak Badak.
Reverse Knifehand – Sonkal Dung
Release move – Jappyosol Tae
Palm - Sonbadak

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





Blue Belt / 4th Kup - Theory



2 Step Sparring 1 - 3

Attacker - always starts right leg back, L stance, forearm guarding block.

Defence as below:

Step back with **right** leg and perform the following

	Attack	Defence
1	Walking stance punch	Right leg back L stance hooking block
	Back leg low section front snap kick	Walking Stance X-fist Pressing Block
	Counter - Back hand (left) flat fingertip thrust to the philtrum (below nose)	

	Attack	Defence
2	Rear leg mid section side kick	Right leg back L stance palm downward block
	L Stance punch	Left leg back L Stance, reverse inner knifehand block (outward) (with right hand palm facing towards you)
	Counter - right leg snap, step left leg forward into rear foot stance (grab wrist with right hand) palm upward block with left hand to break the elbow. As in Joong Gun	

	Attack	Defence
3	L Stance inward knifehand strike (right hand - outer)	Right leg back L stance knifehand block
	Rear leg back kick	Left leg slide back (out of the way) L stance knifehand guard
	Counter - Jumps into X-stance (left in front of right - to right of attacker's front foot) backfist strike with left hand	

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts

