



4th Kup Blue Belt Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading

Orange Tag



- Yul Gok
- Joong Gun (1st Half)
- 1 Step Sparring (Block Counters)
- Back Piercing Kick Line Work
- Turning Kick Line Work

Blue Tag



- Yul Gok
- Joong Gun
- 1 Step Sparring (Block Counters and Dodge Counters)
- Turning Kick Line Work
- Back Piercing Kick Line Work
- Reverse Turning Kick Line Work

Black Tag



- Yul Gok
- Joong-Gun
- 1 Step Sparring Basic (Block Counters, Dodge Counters & Simultaneous Counters)
- Turning Kick – Back Piercing Kick Combination Line Work
- Reverse Turning Kick Board Measure
- Front Elbow Strike Board Measure
- Turning Kick Board Measure
- Back Kick Piercing Board Measure

Pregrading

- Yul Gok
- Joong Gun
- 1 Step Sparring Basic (Block, Dodge and Simultaneous Counters)
- Turning Kick – Back Piercing Kick Combination Line Work
- Reverse Turning Kick Board Measure
- Front Elbow Strike Board Measure
- Turning Kick Board Measure
- Back Kick Board Measure
- Theory

Grading Practical

- Yul Gok
- Joong Gun
- Free Sparring
- 1 Step Sparring Basic (Block, Dodge and Simultaneous Counters)
- Turning Kick – Back Piercing Kick Combination Line Work
- Reverse Turning Kick Board Measure
- Front Elbow Strike Board Measure
- Turning Kick Board Measure
- Back Piercing Kick Board Measure
- Theory

Theory Examples

1. What is the meaning of Joong Gun?

Joong Gun is 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 at Lui-Shung prison (1910)

2. What are the 6 factors to the theory of power?

Speed, Mass, Reaction Force, Concentration, Equilibrium & Breath Control

3. What is the most important factor to the theory of power?

Speed

4. Demonstrate and describe a Low Stance?

Nachuo Sogi in Korean

Two shoulder widths in length. 1 Shoulder width wide. Back leg straight. Front knee bent. Back foot faces 25 degrees. Weight distribution 50/50

5. What is the last movement in pattern Joong Gun?

U-Shape Block – Digutja Makgi

Terminology

General Terminology

1 Step Sparring --- Ilbo matsogi
Pressing --- Noollo
Side Front --- Yobap
Reverse Knife Hand --- Sonkal Dung

Stances

Close Ready Stance B --- Moe junbi sogi B
Rear Foot Stance --- Dwitbal sogi
Low Stance --- Nachuo sogi
Vertical Stance --- Soojik sogi

Attacking Techniques

Side Front Snap Kick --- Yobap cha busigi
Upper Elbow Strike --- Wi palkup taerigi
High Twin Fist Vertical Punch --- Nopunde sang joomuk sewo jirugi
Twin Fist Upset Punch --- San joomuk dwijibo jirugi
Angle Punch --- Goikja jirigu

Defending Techniques

Middle Outward Reverse Knife Hand Block --- Kaunde bakuro sonkal dung makgi
Palm Upward Block --- Sonbadak ollyo makgi
X-Fist Rising Block --- Kyocha joomuk chookyo makgi
Palm Pressing Block --- Sonbadak noollo makgi
U-Shape Block --- Digutja makgi