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Murrays Taekwondo

4th Kup to 2nd Kup Grading Revision Sheet:

Double Grading, Blue Belt promotion to Red Belt

The Grading...

- Fitness test
- Line work and drills
- Joong-Gun Tul
- Toi-Gye Tul
- 1 other pattern (examiner's choice)
- 1 step sparring (Basic)
- Free sparring (1v1)
- Self defence
- Breaking (E.g. elbow strike, palm strike, back kick, turning kick)
- Theory test

One Step Sparring (ilbo matsoki)

This is a semi-free form of sparring which is a very useful training tool. Techniques from self defence and patterns can be practised here on a partner and close quarter timing, distancing, and movement can be honed. These techniques can be directly transferred to Self-Defence.

NOTE: it is lot easier to defend against a swinging punch than a straight punch.

Each partner stands at arms' length apart facing each other. The participants take it in turn to attack each other with both the right hand-side and then the left hand-side. The defender must mirror their first defence on the off-side.

One-Step Sparring (Basic)

One partner attacks using an obverse punch in walking stance. The defender simultaneously defends and counters. Techniques should be appropriate for the grade with lower grades perfecting their distance, focus and timing. The use of strikes, thrusts, blocks and kicks are to be employed (not necessarily all at the same time!). The defender may not use take-downs.

Self-Defence (Intermediate)

Defender is to employ appropriate and effective defensive techniques to a variety of attacks. The Examiner will specify the attacks that are to be defended against.

Applications of techniques against an opponent ***that will let you apply the technique*** in order to escape. This is to demonstrate that the student has a practical knowledge of self defence techniques but might not necessarily be able to apply them to an aggressive opponent.

As opposed to advanced self-defence where the opponent will not give up unless the student makes them – the student would be allowed to hurt the attacker but not injure them.

Theory

Interpretation to 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 in a Lui-Shung prison (1910).

Interpretation to Toi-Gye:

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37th latitude, the diagram represents "scholar".

What does the colour Red signify?

Red signifies danger cautioning the student to exercise control and the opponent to stay away.

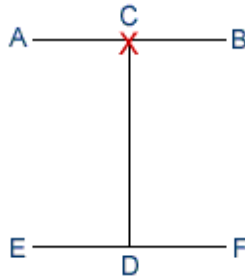
Other general questions on taekwondo...

JOONG-GUN

Movements - 32

Ready Posture - CLOSED READY STANCE B

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 in a Lui-Shung prison (1910).



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.

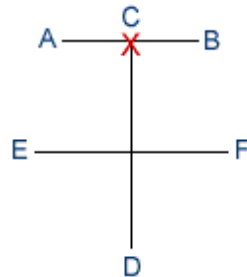
- 18.** Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
 - 19.** Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
 - 20.** Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
 - 21.** Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
 - 22.** Execute a middle side piercing kick to C with the right foot.
 - 23.** Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
 - 24.** Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
 - 25.** Execute a middle side piercing kick to C with the left foot.
 - 26.** Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
 - 27.** Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
 - 28.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
 - 29.** Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
 - 30.** Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
 - 31.** Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
 - 32.** Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.
- END:** Bring the left foot back to a ready posture.

TOI-GYE

Movements - 37

Ready Posture - CLOSED READY STANCE B

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37th latitude, the diagram represents "scholar".



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D

while executing a W-shape block to D with the left outer forearm.

19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.

21. Execute an upward kick with the right knee while pulling both hands downward.

22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.

23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.

25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.

27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.

28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.

29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.

30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.

31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.

32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.

33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.

34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.

35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.

36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.

37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

END: Bring the right foot back to a ready posture.