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## Murrays Taekwondo

### 4<sup>th</sup> Kup Grading Revision Sheet: Blue Belt promotion to Red Stripe

#### The Grading...

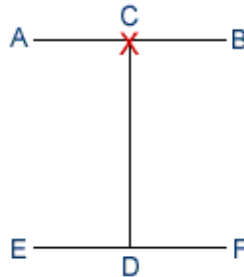
- Fitness test
- Line work and drills
- Joong-Gun
- 2 Other Patters
- 1 Step Sparring
- Self defence
- Free Sparring
- Breaking (e.g. elbow strike, palm strike, side kick, turning kick)
- Theory test

# 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.

## One Step Sparring (ilbo matsoki)

This is a semi-free form of sparring which is a very useful training tool and is learned from blue belt upwards forming an important part of training. Techniques from the 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. NB. 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

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.

## 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).

### What does the colour Red signify?

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

General questions on taekwondo...