

## Applicable to Blue Belts

In Addition to **ALL** Theory from previous belt levels



### New Stances:

- Close Ready Stance B : Moa Junbi sogi B
- Rear Foot stance : Dwitbal Sogi
- Low Stance : Nachuo Sogi
- Close Stance : Moa Sogi

### Defensive Techniques

- Reverse Knife-Hand Outward Block : Sonkal Dung Bakuro Makgi
- Palm Upward Block : Sonbadak Ollyo Makgi
- X-Fist Rising Block : Kyocha Joomuk Chookyo Makgi
- Palm Pressing Block : Sonbadak Noolloo Makgi
- U-shape Block : Digutja Makgi

### Offensive Techniques

- Side Front Snap Kick : Yobap Cha Busigi
- Upper Elbow Strike : Wipalgup Taerigi
- Twin Fist High Vertical Punch : Sang Joomuk Nopunde Sewo Jirugi
- Twin fist Upset Punch : Sanj Joomuk Dwijibo Jirugi
- Angle Punch : Kiokja Jirugi

### Miscellaneous:

- Bandae Dollyo Chagi : Reverse Turning Kick
- Dwichook : Back Heel
- Arc-Hand : Bandal Son

### Interpretation of Joong-Gun (32 movements):

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 the pattern to represent Mr. Ahn's age when he was executed in Lui-Shung prison in 1910.

### Pattern Joong-Gun:

The following points should be remembered:

- 1.Low Side Front Snap Kick (Najunde Yobap Cha Busigi): The hip turns into the kick.
- 2.Rear Foot Stance Palm Upward Block (Dwitbal So Sonbadak Ollyo Makgi): The palm reaches the solar plexus height of the defender.
- 3.Walking Stance Upper Elbow Strike (Gunnun So Wipalgup Taerigi): The body is front facing. The point of the chin is the target.
- 4.Walking Stance Twinfist Vertical Punch (Gunnun So Sang Joomuk Sewo Jirugi): The fists reach the same level as the phitrum of the defender.
- 5.Walking Stance Twinfist Upset Punch (Gunnun So Sang Joomuk Dwijibo Jirugi): The back fist comes to the same height as the elbow joint.
- 6.Close Stance Angle Punch (Moa So Kiokja Jiurugi): The fist reaches the shoulder line.

### Rear Foot Stance:

This stance is one shoulder width from footsword of back foot to big toe of front foot. Most of the weight is on the rear foot; front toes point in by 25 degrees; toes of the rear foot point in by 15 degrees. Front knee is bent; front sole is slightly on the ground with heel about 2.5 centimetres off ground; bend the rear leg until the knee comes over the toes; rear leg is the primary leg.

### Low Stance:

This stance is the same as walking stance except it is longer by one foot.

### Breaking Requirements For 4th/3rd Gups:

- Reverse Turning Kick/Knife-hand Strike