

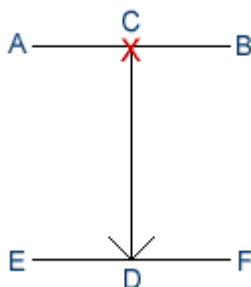
VELLA-TAEKWONDO 4th KUP

BLUE BELT STUDY SHEET

4TH KUP - BLUE BELT STUDY SHEET Training period 4 months.

4th Kup Pattern: Joong-Gun - 32 movements. Diagram'I'. Ready Moa Jumbi Sogi 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 at Lui-Shung prison in 1910.



Colour Red: Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Stance

Fixed Stance
Closed Stance
Low stance
Rear foot stance

Sogi

Gojung Sogi
Moa Sogi
Nachuo sogi
Dwit bal sogi

Blocks

Palm pressing block
Middle reverse knife hand side block
U-Shaped block
Palm upward block
X-Fist rising block
Middle forearm guarding block
Middle knife hand guarding block

Makgi

Sonbadak noollo makgi
Kaunde dung sonkal yop makgi
Digutcha makgi
Sonbadak Ollyo makgi
Kyocha joomuk chookyo makgi
Kaunde palmok daebi makgi
Kaunde sonkal daebi makgi

Punches

Angle punch
High punch
Twin fist upset punch
High twin fist vertical punch

Jirugi

Glokja jirugi
Napunde jirugi
Sang joomuk dwijibo jirugi
Napunde sang joomuk sewo jirugi

Strike

High back fist side strike
Upper elbow strike

Taerigi

Napunde dung joomuk yop taerigi
Wi palkup taerigi

Kick

Low front snap kick
Middle side piercing kick

Chagi

Najunde ap cha busigi
Kaunde yop cha jirugi

Technical

In pattern Joong-Gun various movements requires changing from "L" stance to walking stance. In "L" stance the width is about 2" and the length is 1.5 shoulder widths measured from the back leg heel to front leg big toe, in walking stance the width is 1 shoulder width and length 1.5 shoulder width measured from the horizontal line of the back heel to front heel. Therefore walking stance is both wider and longer than "L" stance, in this move the front foot must move back to centre point (up part of sine wave) and then 40 degrees forward and out sideways (down part of sine wave) to accommodate for both increase in width and length. The reverse is for the move from walking stance to "L" stance.

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You are now performing both elbow strikes (Palkop Terrigis) and elbow thrusts (Palkop Tolgis). The elbow strike is performed with front of the elbow in a circular motion and the elbow thrust is performed with the back of the elbow in a linear motion.

General Information:

- When performing angle punch (Giokja Jirugi) the fist finishes on the chest line. Do not confuse with Turning Punch (Dollyo Jirugi) which finishes on the centre line.
- Arc hand (Bandal Son) is used for U-shape block.

Grading for 3rd kup blue belt / red tag

1. YuI-Gok TuI.
2. Joong-Gun TuI.
3. Another patten of examiner's choice.
4. 1 step sparring, and 2 step sparring (not preset).
5. Kick combinations of examiner's choice.
6. Free sparring.
7. Student must measure and break with reverse turning kick, both legs.

Questions

This is just an indication of the type of questions asked at the 3rd Kup Grading and can also relate to previous study sheets and information taught in class.

1. Name all the patterns you know, number of movements and diagram of each one.
2. Who was Joong-Gun?
3. Name and perform the 1st and 3rd movement of Joong-Gun and describe the difference between the two movements.
4. Name and perform - upper elbow strike, high elbow strike, back elbow thrust and side elbow thrust.
5. What is the difference between an elbow strike and an elbow thrust.
6. What is the purpose of the 14th movement in Joong-Gun.
7. What is the meaning of the colour red.