



4th Kup Joong-Gun 4 months 32 movements

### Technical

Understand and correctly perform all 10th to 5th Kup techniques

Identify the following parts of the body:

Reverse knifehand, Upper elbow and Arc hand

Name and demonstrate the following stances:

Close ready stance 'B', Rearfoot stance and Low stance

Understand and correctly perform the following defensive techniques:

Reverse knifehand outward block, X-fist rising block, U-shape block

Understand and correctly perform the following offensive techniques:

Side-front snap kick, Upper elbow strike and Angle punch

### Theory

Understand all 10th to 5th Kup requirements

Know the meaning of the pattern Joong Gun

Understand the purpose of each technique in pattern Joong gun

### Grading Requirements

Perform pattern Joong Gun

One step sparring

Free sparring

Power test using standard focus board:

Minimum 4 breaks - choice techniques - identifying the techniques and attacking tools used (left and right count as 2 techniques)

General theory appropriate to a 4th Kup student

### Theory Questions

1) Name and identify three elbow parts

2) Name and identify the four hand parts (exclude arm parts) used in the pattern Joong Gun

3) Using Forefist (ap joomuk), name and

### Grading Material for 4th Kup

Requirements:

- **Joong-Gun Tul** (*click for description*)
- One Step Sparring (ILBO MATSOGI)
- Free Sparring (JAYU MATSOGI)

Power:

- Reverse Turning Kick

English - Korean	
Hand Parts	
Reverse Knifehand	Sonkaldung
Attacking Techniques	
Side Front Smashing Kick	Yop Apcha Busigi
Upper Elbow Strike	Wi Palkup Taerigi
Angle Punch	Giokja Jirugi
Defending Techniques	
Reverse Knifehand Middle Block	Sonkaldung Kaunde Makgi
Palm Upward Block	Sonbadak Ollyo Makgi
X-Fist Rising Block	Kyocha Joomuk Chookyo Makgi
Palm Pressing Block	Sonbadak Noollo Makgi
Stances	
Close Ready Stance 'B'	Moa Junbi Sogi 'B'
Rear Foot Stance	Dwit Bal Sogi
Low Stance	Nachuo Sogi

### Joong-Gun Tul (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 this pattern to represent

demonstrate four punching (jirugi) techniques

4) What is the significance of 32 movements in pattern Joong gun?

5) To break a focus board you need to have several important factors correct, what are they?

6) Give an example of a stance and an offensive or defensive technique for the following body facing positions:

a) Full facing

b) Half facing

c) Side facing