



HF MARTIAL ARTS

GRADING SYLLABUS

4TH KUP BLUE BELT

TO

3RD KUP RED TAG

Joong-Gun Tul

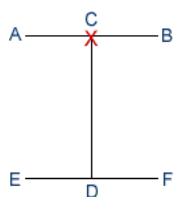
Interpretation: Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

Ready stance: Moa Junbi Sogi B

No of moves: 32

No of stances: 6

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

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 the 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, at the same time executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike, at the same time 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.

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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 & 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 while 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 & 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 D, slipping the left foot to C.
****Perform in a 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 toward C.
Perform in a slow motion.
30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.
Perform in a 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.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form closed ready stance B facing D.

***Slow Motion (Neurin Donjak)**

The speed of a technique is a subjective measurement and is dependant on many factors. However, a student correctly performing a technique with speed and power appropriate to the technique may consider performing the technique his or her ‘normal’ motion.

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Joong Gul Tul (cont'd)

Therefore, anything performed slower than what can be considered as normal motion is termed 'Slow Motion'.

Although a technique may be performed in a 'Slow' motion the student must maintain the power, sine wave, balance, breath control etc. throughout the technique.



Upward palm block 6
Rear foot stance

Low front kick 5

Mid reverse knife-hand block 4
L stance

Mid reverse knife-hand block 1
L stance

Low front kick 2

Upward palm block 3
Rear foot stance

High elbow strike 8
Walk stance

High elbow strike 10
Walk stance

Knife-hand guarding block 7
L stance

Knife-hand guarding block 9
L stance

High punch (release) 16
Walk stances 14

High rising X-block 13
Walk stance

High twin vertical punch 11
Walk stance

Mid twin punch 12
Walk stance

Mid side back-fist 15
L stance

U-shaped block 31
Fixed stance

Turning punch (slow) 30
Close stance

Mid guarding block 28
L stance

Mid guarding block 26
L stance

Twin palm pressing block 29
Walk stance

Twin palm pressing block 27
Walk stance

U-shaped block 32
Fixed stance

Mid side kick 25

High double forearm block 23
Walk stance

Mid punch 24
L stance

High double forearm block 20
Walk stance

Mid punch 21
L stance

Mid side kick 22

High punch (release) 19
Walk stances

Mid side back-fist 18
L stance

High punch 17

Two Step Sparring No's 3 & 4

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin. Defender - parallel ready stance, kihap to show they are ready to defend.
3. Attack	Execute a right leg front snap kick landing in a right walking stance, step forward into left walking stance, perform a twin vertical punch to the opponent's jaw.
Defence	Step back with right leg into left walking stance, perform an X-fist pressing block. Step left leg back into a right walking stance, perform an outer forearm wedging block.
Counter	Pretend to grab opponent and execute an upward kick with the left knee to the opponent's solar plexus while pulling both hands down.
4. Attack	Step right leg forward into a right walking stance, perform a high section flat fingertip thrust. Execute a side piercing kick with the left leg, land with left leg forward.
Defence	Step right leg back into left walking stance, perform a rising block with the left knife-hand. Step back into left L-stance, perform an inward palm pushing block with the right hand making contact with the opponent's foot, pushing the kick away. This will turn the opponent slightly.
Counter	Execute a left leg front snap kick with the ball of the foot to the opponent's coccyx, landing in left walking stance, perform twin upset punch to the opponent's kidneys.

Free Sparring

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

Blue Belt Theory & Terminology

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Blue Belt Colour Meaning: Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

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

Pattern: Joong-Gun Tul.

Moves in Korean

Reverse knife hand outward block	Sonkal dung bakaero makgi
Rear foot stance	Dwit bal sogi
Upper elbow strike	Wi palkup taerigi
X-fist rising block	Kyocha joomuk chookyo makgi
Palm pressing block	Sonbadak noollo makgi
U shape block	Digutja makgi
Slow motion	Neurin dongjak
Twin upset punch	Sang dwijibo jirugi
Angle punch	Giokja jirugi
Low stance	Nachuo sogi
Knee kick	Moorup chagi
Flat fingertip thrust	Opun sonkut tulgi
Reverse turning kick	Bandae dollyo chagi

Sixty Yesun

Grading Check List
4th Kup Blue Belt to 3rd Kup Red Tag

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
40 Press ups	
Sitting stance, double punch	
Sitting stance, hooking block, hooking block & punch	
Walking stance, front snapping kick, turning kick, double block	
First 2 moves of the pattern Joong-Gun Tul	
Rear foot stance, upward palm block	
L-stance, knife hand guarding block, slip front foot into walking stance, upper elbow strike	
Walking stance, twin vertical punch, twin upset punch	
L-stance, back fist strike, release, slip front foot into walking stance, high reverse punch	
Walking stance, double forearm block, pull front leg back into L-stance, side punch	
L-stance, forearm guarding block, slip into low stance, palm pressing block	
Fixed stance, U-shape block	
Reverse turning kick, L-stance, forearm guarding block	
Hooking kick, turning kick, L-stance, forearm guarding block	
Students choice pattern	
Yul-Gok Tul	
Joong-Gun Tul	
Two step sparring 3 & 4	
Free sparring (full sparring kit required)	