



CANNOCK TAE KWON DO TIGERS

4th KUP BLUE BELT GRADING SHEET

PRACTICAL

Line up come to attention & bow to Master.

Say your name and 4th Kup sir holding up your right hand.

Pattern DAN GUN and JOONG GUN

1 Step Sparring

Free sparring

Level 1 pad work

THEORY

QUESTION

ANSWER

What is the meaning of Joong Gun - Joong Gun is named after the patriot who assassinated Hiro Bumi Ito the first Japanese governor- general of Korea. There are 32 movements in this pattern which represents Mr Ans age when he was executed.

How many moves in Joong Gun	32
How many moves in Dan Gun	21
U shape block	Mongdungi Makgi
Fixed stance	Gojung sogi
High upper elbow strike	Nopundi wi palkup taerigi
Low front snap kick	Najundi apcha busigi
Why do we do 1 step sparring?	Self defence

REMEMBER!!!!

No talking in line or at the back of the Dojang

No running around before the grading, just practice.

Call your instructor, the master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.