BURNTWOOD AND CANNOCK TAEKWONDO

4th Kup Blue Belt Grading Sheet

PRACTICAL

Pattern – Student's choice
Pattern – Examiner's choice
Pattern – JOONG GUN
Semi free sparring (advanced)
2 step sparring (5-8)
Level 1 pad work
Free sparring – 2/3 rounds (no contact)

THEORY

Interpretation of Pattern, JOONG GUN (32 Movements)

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

Stances

Close ready stance	Moa junbi sogi
L stance	Niunja sogi
Rear foot stance	Dwit bal sogi
Walking stance	Gunnun sogi
Low stance	Nachuo sogi
Close stance	Moa sogi
Fixed stance	Gojung sogi

Blocks

Middle reverse kinfehand block	Kaunde sonkal dung makgi
Upward palmheel block	Ollyo sonbadek makgi
Knifehand guarding block	Sonkal daebi makgi
X-fist block	Kyocha joomak makgi
High double forearm block	Nopunde doo palmok makgi
Pressing block with palm	Noollo sonbadek makgi
U-shape block	Mongdungi makgi

Attacks

Low front snap kick	Najunde apcha busigi
High upper elbow strike	Nopundi wi palkup taerigi
High vertical twin fist punch	Nopundi sang joomak sewo jirugi
Twin fist upset punch	Sang joomak dwijibo jirugi
High side backfist strike	Nopundi yop dung joomak taerigi
High forefist punch	Nopundi ap joomak jirugi
Middle side piercing kick	Kaunde yop cha chagi

IMPORTANT – REVISE PREVIOUS SHEET