BURNTWOOD AND CANNOCK TAEKWONDO TIGERS

4th Kup Blue Belt Grading Sheet

PRACTICAL

Line up in front of the Master in attention stance
Come to attention and bow
Say your name and then 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.
How many moves in Joong Gun?	32
How many moves in Dan Gun?	21
What is U shape block?	Mongdungi makgi
What is fixed stance?	Gojung sogi
What is high upper elbow strike?	Nopundi wi palkup taerigi
What is low front snap kick?	Najundi apcha busigi
What is 1 step sparring?	Ilbo matsoki
Why do we do 1 step sparring?	To practise self-defence

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.