

Grading Requirements

4th Kup (Blue Belt) to 3rd Kup (Red Tag)

Theory

Blue represents the heavens towards which the plant matures into a towering tree.

Red represents danger, cautioning the student to exercise control and the opponent to stay away.

Joon-Gun (32 movements) is named after the patriot Ahn Joon-Gun who assassinated Hiro Bumo Ito, the first Japanese Governor of Korea. The 32 movements represent Mr. Ahn's age when he was executed at Liu-Shung Prison in 1910.

Arc hand	Bandalson	Hooking kick	Golcha chagi
Back heel	Dwit chook	Knee kick	Moorup chagi
Elbow	Palkup		
Knee	Moorup		
Low stance	Nachuo sogi	Turning punch	Dollyo jirugi
Double arc-hand block	Doo bandalson maki	Arc hand strike	Bandalson taerigi
Pressing block	Noolo maki	Back elbow strike	Dwit palkup
U-shaped block	Digutja/Mongdungji maki	Upwards elbow strike	Wi palkup taerigi
		Front elbow strike	Yop palkup tulgi
		Side elbow thrust	Ap palkup taerigi

Practice

Line work – combinations

Stepping forward – circular block
Stepping backwards – wedging block
Stepping forwards – twin vertical punch
Stepping backwards – turning kick, back kick, forearm guarding block

2-step sparring (5-8)
3-step semi-free sparring (advanced)
Pattern (choice)
Pattern (set)
Free sparring
Joong Gun