

## 4<sup>th</sup> Kup Theory

4th Kup – Blue Belt to Red Tag

All previous theory and techniques plus:

### Joong-Gun Tul 32 moves

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito the first Japanese Governor 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 in Lui Shung prison in 1910.

### The meaning of Red

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

### New Terms

Upper = Wi

Pressing = Noollo

Rear Foot Stance = Dwit Bal Sogi

Low Stance = Nachuo Sogi

Closed Ready Stance B = Moa Junbi Sogi B

One Step Sparring = Ilbo Matsoki

Waist Block = Hori Makgi

Reverse Knife-hand = Sonkal Dung

Upward = Ollyo

Pushing = Miro

Arc Hand = Bandalson

U-shape = Digutja

Vertical = Sewo

Upset = Dwijibo

X-fist = Kyocha Joomuk

Angle = Giokja

### Reverse Turning Kick

Reverse Turning Kick = Banae Dollyo Chagi

Part of use (kicking tool) Back heel = Dwitchook

## Joong-Gun Includes:

Reverse Knife-hand Middle Side Block = Sonkal Dung Kaunde Yop Makgi  
Palm Upward Block = Sonbadak Ollyo Makgi  
Upper/Upward Elbow Strike = Wi Palkup Taerigi  
Twin Vertical Punch = Sang Sewo Jirugi  
Twin Upset Punch = Sang Dwijibo Jirugi  
X-Fist Rising Block = Kyocha Joomuk Chookyo Makgi  
Palm Pressing Block = Sonbadak Noollo Makgi  
Angle Punch = Giokja Jirugi  
U Shape Block = Digutja Makgi  
Arc Hand = Bandalson  
Twin Arc-hand U-shape Block = Sang Bandalson Digutja Makgi  
Rear Foot Stance, Upward Palm Block = Dwitbal So, Ollyo Sonbadak Makgi

## Stances – Sogi

### Rear foot stance = Dwitbal Sogi

Width = Width of your foot (heel of front foot in line with heel of rear foot)  
Length = Feet 1 times shoulder width  
Weight distribution = 60% back leg; 40% front leg  
Toes of front foot resting lightly on ball of foot & angled in at 25 degrees  
Rear leg indicates whether it is a right or left stance

### Low stance = Nachuo Sogi

Width = Feet shoulder width apart  
Length = Feet 1 & a half times shoulder width plus the width of your foot  
Weight distribution = 50:50  
Rear leg should be locked & forward leg slightly bent  
Forward leg indicates whether it is a right or left stance

## Note: types of punches

<b>PUNCHES USING FOREFIST</b>	<b>AP JOOMOK JIRUGI</b>
Front Punch	Ap Jirugi
Side Punch	Yop Jirugi
Upward Punch	Ollyo Jirugi
Vertical Punch	Sewo Jirugi
Twin Vertical Punch	Sang Sewo Jirugi
Upset Punch	Dwijibo Jirugi
Twin Upset Punch	Sang Dwijibo Jirugi
Angle Punch	Gyokja Jirugi