

4th Kup - Grading to Red Stripe

Line Work:

- *L-stance Forearm guard shifting to low stance palm pressing block [forwards]*
- *Walking stance Double forearm block, shifting rearwards into L-stance side punch [forwards]*
- *L-stance Knifehand guard, shifting to walking stance upward elbow strike [forwards & backwards]*

Pad Work 7: (see full technique explanation - Page 28)

- Reverse Turning Kick (on paddle pad) and
- Combo: Side shift>jab/cross > rear leg turning kick

Patterns:

- *Joong-Gun*
- Examiners Choice pattern

Partner work:

- *Free Sparring*

Pre-arranged Sparring: 1-Step No.1 (see full technique explanation - Page 35)

- Outer forearm block with Reverse Punch counter

Self Defence No 7: (see full technique explanation - Page 32)

- **Attack:** Knee Strike or Front kick
- **Defence:** Palm heel Pressing block with appropriate counter

Breaking (Speed Test): Reverse Turning Kick (as a speed break rotating full 360 degrees using padded break boards)

Theory: You will be asked a range of questions from those listed below. Young children may learn just key words.

History/Culture:

- What is the meaning of Joong-Gun? *Joong-Gun is named after Ahn Joong-Gun who assassinated Hiro- Bumi Ito, the first Japanese Governor-General of Korea who played a leading part in the Korean-Japan merger. The 32 movements represent Mr Ahn's age when he was executed in Lui-Shung prison.*

Korean Terminology

- Palm Pressing Block: *Sonbadak Noollo Maki*
- Reverse Knifehand block: *Bandae Sonkal Maki*
- Upward Elbow Strike: *Ollyo Palkup Terigi*
- X-fist rising block: *Kyocho-joomuk chookyo maki*
- U-shape Block: *Digutja Maki*
- Low Stance: *Nachuo Sogi*
- Reverse Turning Kick: *Bandae Dollyo Chagi*

Technical Knowledge:

- What is u-shape block used for? *To block an attack with a pole or a stick.*
- In 1 step sparring why do we attack to vital spots? *Our aim is victory with a single blow, attacking a vital spot causes maximum damage with minimum effort.*
- Starting from the head, working downwards, name as many vital spots as you can?
Examples: Temple, Eyes, Jaw, Filtrum, Nose, Throat, Solar plexus, Kidneys, Groin, Knee, Shins, Achilles tendon.

What is slow motion? 1 technique, 1 sine wave, 1 breath (all performed in slow motion); *Slow motion techniques require an incredible amount of equilibrium, breath control, timing and execution. The pressing blocks and angle punch in **JOONG-GUN** are executed in slow motion. The simultaneous culmination of the hands, feet, breath and focus is the key to performing this motion correctly because timing and balance are critical.*