


REQUIREMENTS FOR 3rd KUP GRADING



Blue Belt Red Stripe





Tip work for juniors is as follows:






Note: Adults can use this as a guide towards preparation for their grading.

 Name of new pattern and how many moves are in the pattern? – Joong -Gun 32 moves.

  Perform half of the pattern Joong Gun, first 13 moves.

   1 Step Sparring, Self Defence.

    Reverse Turning Kick, Hand Technique

     Meaning of Joong Gun, 1 Step Sparring, Free Sparring.

The grading will be as follows:

1. Presentation and etiquette.
2. Selection of moves, of the examiners choice.
3. Patterns - Joong-Gun and any other two patterns of the examiners choice.
4. Self Defence Moves.
5. 1 step sparring.
6. Free sparring.
7. Breaking - Side kick and Reverse Turning Kick (best leg)
8. Questions.

The following questions will need to be learned before progressing.

- ❖ How many moves are in Joong-Gun?
 - 32 moves
- ❖ What is the Meaning of Joong-Gun?
 - Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumo Ito, the first Japanese governor/general 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. Ahns age when he was executed at Lui-Shung prison (1910).
- ❖ Ready stance for Joong-Gun
 - Closed Ready Stance B - *Moa Junbi Sogi B*
- ❖ Korean for the following moves
 - Upper Elbow Strike - *Wi Palkup Taerigi*
 - Twin Upset Punch - *Sang Sewo Jirugi*
 - X-Fist Rising Block – *Kyockja Joomok Chookya Makgi*
 - Palm Pressing Block – *Sonbadak Noollo Makji*
 - Arc Hand – *Bandal Son*
 - U Shaped Block - *Digutja Makgi*
 - Low Stance - *Nachuo Sogi*
 - Angle Punch - *Kyockja Jirugi*