



## Student Theory Sheets for 4th Kup

### KOREAN TERMS APPLICABLE TO A BLUE BELT (4TH KUP)

As a Blue Belt you are now classed as a senior grade and are expected to start showing very good technique when applying basics. You will now move on to 6 monthly gradings. This is so that you are able to develop and improve what you already know. Do not become complacent thinking you have ages to get ready for your next grading. Patterns become progressively harder as you climb the the grades and require a lot more practice and refinement to perfect. You should try and remember everything you've learn't for previous gradings. This will make life a

### PARTS OF THE BODY

SONKAL DUNG	Reverse knifehand
YOP BALBADAK	Side Sole

### STANCES

MOA CHUNBI SOGI B	Closed Ready Stance B
DWIT BAL SOGI	Rear Foot Stance
NACHUO SOGI	Low Stance

### DEFENSIVE MOVES

Digutcha Makgi	U-Shaped Block
Sonkal Dung Makgi	Reverse Knifehand Block
Kyocho Joomuk Chookyo Makgi	X-Fist Rising Block (Rising X-Fist Block)

### OFFENSIVE MOVES

KIOKJA JIRUGI	Angle Punch
WI PALKUP TAERIGI	Upper Elbow Strike
NAERYO CHAGI	Downward Kick
NOOLYO CHAGI	Pressing Kick
YOP CHA TULGI	Side Thrust Kick (Side Kick Thrust)
BANDAE DOLLYO GOLCHO CHAGI	Reverse Turning Hooking Kick
YONSOK CHAGI	Consecutive Kick

### PATTERN

JOONG-GUN	32 Moves
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### SPARRING

JAYO MATSOKI	Free Sparring
ILBO MATSOKI	One Step Sparring

Both students start in parallel stance. The attack is a front punch in walking stance and the defence and counter any block and counter you are familiar with. At this level you are expected to perform one step with full sine wave.

# Heart of England ITF Taekwon-do



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### Meaning of Red Belt?

Red signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

### Why one step sparring?

One step is the most useful form of sparring there is. One step is practiced to develop the fast reflexes necessary for self defence situations. This form of sparring is completely different to any other form of Taekwon-do sparring, involving take downs, joint locks, strangles and restraints. Both students start in parallel stance. The attack is a front punch in walking stance and the defence and counter any block and counter you are familiar with. At this level you are expected to perform one step with full sine wave. This enables the defender to start developing predictive skills by observing shoulder twist, sine wave and weight transfer in their opponent. Body language is the most important indicator of an attackers intent and should be observed carefully.

### Meaning of Joong-Gun?

**JOONG-GUN** is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi 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. Ahn's age when he was executed in a Lui-Shung prison (1910).

### What is the purpose of U-shape block?

U Shaped block is a defence against a Bow Staff attack enabling the defender to stop the attack and disarm the opponent

### Why perform patterns?

Patterns are practised to improve Taekwon-Do techniques, to develop sparring techniques, improve flexibility of movement, master body shifting, build and tone muscles and improve balance and breath control. They also enable the student to learn techniques which cannot be found in other forms of training.

### Why learn the meanings of patterns?

The name, the number of movements and the diagrammatic symbol of each pattern symbolize either a historical event, a heroic figure in Korean history or instances relating to historical events. These events are to be respected. Although the history is Korean, all people and cultures can relate to the struggle and triumphs. The messages and morals are universal and the purpose of memorising the meanings is to honour and uphold the people, actions and events, therefore representing the tenets of Taekwon-Do.