



4th KUP (Blue Belt) Theory

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 1 grading per 6 months. This is so that you can 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 grades and require a lot more practice and refinement to perfect. You should try and remember everything you've learnt for previous gradings.

PARTS OF THE BODY - ENGLISH	PARTS OF THE BODY - KOREAN
Reverse Knifehand	SONKAL DUNG
Side Sole	YOP BALBADAK

STANCES - ENGLISH	STANCES - KOREAN
Closed Ready Stance B	MOA CHUNBI SOGI B
Rear Foot Stance	DWIT BAL SOGI
Low Stance	NACHUO SOGI

DEFENSIVE MOVES - ENGLISH	DEFENSIVE MOVES- KOREAN
U-Shaped Block	DIGUTCHA MAKGI
Reverse Knifehand Block	SONKAL DUNG MAKGI
X-Fist Rising Block (Rising X-Fist Block)	KYOGCHA JOOMUK CHOOKYO MAKGI

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

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PATTERN 32 MOVES	PATTERN JOONG GUN
SPARRING Free Sparring One Step Sparring	SPARRING JAYO MATSOKI ILBO MATSOKI

What is the 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 Taekwondo 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).

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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 Taekwondo 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 Taekwondo.

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