

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 grades and require a lot more practice and refinement to perfect. You should try and remember everything you've learnt for previous gradings. This will make life a lot easier for you when you approach Black Belt.

PARTS OF THE BODY

SONKAL DUNG
YOP BALBADAK

Reverse knifehand
Side Sole

STANCES

MOA CHUNBI SOGI B
DWIT BAL SOGI
NACHUO SOGI

Closed Ready Stance A
Rear Foot Stance
Low Stance

DEFENSIVE MOVES

Digutcha Makgi
Sonkal Dung Makgi
Kyocha Joomuk Chookyo Makgi

U-Shaped Block
Reverse Knifehand Block
X-Fist Rising Block (Rising X-Fist Block)

OFFENSIVE MOVES

KIOKJA JIRUGI
WI PALKUP TAERIGI
NAERYO CHAGI
NOOLYO CHAGI
YOP CHA TULGI
BANDAE DOLLYO GOLCHO CHAGI
YONSOK CHAGI

Angle Punch
Upper Elbow Strike
Downward Kick
Pressing Kick
Side Thrust Kick (Side Kick Thrust)
Reverse Turning Hooking Kick
Consecutive Kick

PATTERN

JOONG-GUN

32 Moves

SPARRING

JAYO MATSOKI
ILBO MATSOKI

Free Sparring
One Step Sparring
(using 3 step attacks and counter attacks)

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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, simply because the defender cannot foresee the attack coming, especially if the opponent can use any hand or weapon attack. The main benefit of one step sparring is developing ultra fast reflexes. 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.

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.