4th Kup
Blue Belt Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

☑ **Use the tick the boxes** to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

☐ **Joong Gun** (32 moves) Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor general of Korea, who played a leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.

At this grading students will be required to perform 3 patterns as follows:

1) Joong Gun
2) Instructor's choice pattern
3) Your choice of previous pattern (this must not be Joong Gun)

ATTACK MOVES

☐ Twin Vertical Fist Punch (Sang Sewo Jirugi)
☐ Twin Upset Punch (Sang Dwijibun Jirugi)
☐ Turning Punch (Dollyeo Jirugi)

DEFENCE MOVES

☐ Upward Palm Block (Dwijibun Sang Sonbadak Makgi)
☐ Reverse Knifehand Strike (Bandae Sonkal Taerigi)
☐ X Fist Rising Block (Kyocha Joomuk Chookyo Makgi)
☐ Pressing Block (Noolyo Makgi)
☐ U-Shaped Block (Ditgutja Makgi)
☐ Release Move (Jappyosul Tae)
☐ Upper Elbow Strike (Wi Palkup Taerigi)

STANCES

☐ Rear Foot Stance (Dwit Bal Sogi)
☐ Low Stance (Nachuo Sogi)

KICKS

☐ Reverse Turning Kick (Bandae Dollyeo Chagi)
☐ Consecutive kick (Yonsok Chagi)
☐ Hook kick (Golcho Chagi)

SPARRING & FITNESS

Combination moves from the list of kicks, blocks and attacks above
☐ Free Sparring (Jayu Matsoki) with 3 different partners (safety equipment needed)
☐ Jab Cross – Axe Kick
☐ 3 Step sparring – (Sambo Matsoki) Number 1 – 4

THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

☐ Meaning of **Joong Gun** (as on page 22)
☐ Number of moves in **Joong Gun** (32)
☐ Twin Vertical Fist Punch **Sang Sewo Jirugi**
☐ Twin Upset Punch **Sang Dwijibun Jirugi**
☐ Upward Palm Block **Dwijibun Sang Sonbadak Makgi**
☐ Reverse Knifehand Strike **Bandae Sonkal Taerigi**
☐ X Fist Rising Block **Kyocha Joomok Chookyo Makgi**
☐ Pressing Block **Noolyo Makgi**
☐ U-Shaped Block **Ditgutja Makgi**
☐ Rear Foot Stance **Dwit Bal Sogi**
☐ Low Stance **Nachuo Sogi**
☐ Reverse Turning Kick **Bandae Dollyeo Chagi**
☐ Consecutive kick **Yonsok Chagi**

MEANING OF BLUE BELT

☐ A Blue Belt signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.

Use this box to write notes on your progress.