



Grading Pack
Pattern: Joon-Gun
4th Kup - Blue Belt



Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

PATTERN **JOONG GUN**

No. OF MOVEMENTS **32**

No. OF STANCES **5**

INTERPRETATION

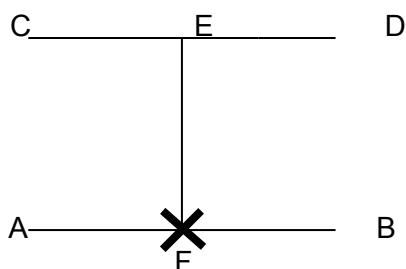
Joong Gun is named after the patriot An Joong Gun who assassinated HiroBumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part on the Korea-Japan merger. There are 32 movements in this "pattern" to represent Mr.An's age when he was executed in Lui Shung prison in 1910.

READY POSITION

CLOSED READY STANCE 'B'

MOA JUNBI SOGI 'B'

DIAGRAM



1. 90° FACE A, RIGHT L STANCE, LEFT REVERSE KNIFEHAND MIDDLE BLOCK
2. EXECUTE A LOW FRONT SNAP KICK WITH THE LEFT FOOT WHILE KEEPING ARM IN SAME POSITION
3. LOWER FOOT TO A, STEP FORWARD, REAR FOOT STANCE, UPWARD PALM BLOCK WITH RIGHT PALM
4. 180° FACE B, LEFT L STANCE, RIGHT REVERSE KNIFEHAND MIDDLE BLOCK
5. EXECUTE A LOW FRONT SNAP KICK WITH THE RIGHT FOOT WHILE KEEPING ARM IN SAME POSITION
6. LOWER FOOT TO B, STEP FORWARD, REAR FOOT STANCE, UPWARD PALM BLOCK WITH LEFT PALM
7. 90° FACE E, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
8. SLIP FRONT FOOT FORWARD INTO LEFT WALKING STANCE, HIGH REVERSE UPPER ELBOW STRIKE
9. STEP FORWARD, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
10. SLIP FRONT FOOT FORWARD INTO RIGHT WALKING STANCE, HIGH REVERSE UPPER ELBOW STRIKE
11. STEP FORWARD, LEFT WALKING STANCE, HIGH TWIN VERTICAL PUNCH
12. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE TWIN UPSET PUNCH
13. STEP TURN 180°, FACE F, LEFT WALKING STANCE, X-FIST RISING BLOCK TOWARDS F
14. TAKE LEFT LEG TO D, RIGHT L STANCE, HIGH BACKFIST STRIKE.

15. TWIST LEFT ARM BACK, RELEASE AND SLIP INTO A LEFT WALKING STANCE
 16. EXECUTE A HIGH REVERSE PUNCH WITH THE RIGHT FIST
 17. LEFT FOOT TO RIGHT FOOT, 180° TURN, LEFT L STANCE, HIGH BACKFIST STRIKE
 18. TWIST RIGHT ARM BACK, RELEASE AND SLIP INTO A RIGHT WALKING STANCE
 19. EXECUTE A HIGH REVERSE PUNCH WITH THE LEFT FIST
 20. RIGHT FOOT TO LEFT FOOT, 90° FACE F, LEFT WALKING STANCE, HIGH DOUBLE FOREARM BLOCK
 21. PULL FRONT FOOT BACK TO FORM A RIGHT L STANCE, LEFT SIDE PUNCH
 22. EXECUTE A MIDDLE SIDE KICK WITH RIGHT FOOT TOWARDS F
 23. LAND IN A RIGHT WALKING STANCE, HIGH DOUBLE FOREARM BLOCK
 24. PULL FRONT FOOT BACK TO FORM A LEFT L STANCE, RIGHT SIDE PUNCH
 25. EXECUTE A MIDDLE SIDE KICK WITH LEFT FOOT TOWARDS F
 26. LOWER FOOT INTO A RIGHT L STANCE, FOREARM GUARDING BLOCK
 27. SLIP FRONT FOOT FORWARD, LEFT LOW STANCE, TWIN PALM PRESSING BLOCK (SLOW MOTION)
 28. STEP FORWARD INTO A LEFT L STANCE, FOREARM GUARDING BLOCK
 29. SLIP FRONT FOOT FORWARD, RIGHT LOW STANCE, TWIN PALM PRESSING BLOCK (SLOW MOTION)
 30. BRING LEFT FOOT TO RIGHT FOOT MAKING CLOSED STANCE, RIGHT HAND TURNING PUNCH POSITION FACING B
 31. 90° STEP TO B, LEFT FIXED STANCE, U SHAPED BLOCK
 32. BRING RIGHT FOOT TO LEFT FOOT, RIGHT FIXED STANCE, TOWARDS B, U SHAPED BLOCK
- END BRING LEFT LEG BACK TO CLOSED READY STANCE B

RED Signifies “danger” cautioning the student to exercise control and the opponent to stay away.

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

JOONG GUN TUL

**REVERSE KNIFEHAND BLOCK
SONKAL DUNG MAKI**

**REAR FOOT STANCE
DWIT BAL SOGI**

**UPWARD PALM BLOCK
SONBADAK OLLYO MAKI**

**UPPER ELBOW STRIKE
WI PALKUP TAERIGI**

**TWIN VERTICAL PUNCH
SANG SEWO JURIGI**

**TWIN UPSET PUNCH
SANG DWIJIBO JURIGI**

**X FIST RISING BLOCK
KYOCHA JOOMUK CHOOKYO MAKI**

**TWIN PALM PRESSING BLOCK
SANG SONBADAK NOOLO MAKI**

**CLOSED STANCE TURNING PUNCH
MOA SOGI DOLLYO JURIGI**

**U SHAPED BLOCK
DIGUTCHA MAKI**

**ONE STEP SPARRING
ILBO MATSOKI**

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

Requirements for

4th Kup Grading

Tick box when learnt

Student

Instructor

Attention Stance

Raise right hand name and grade (Loud and Clear)

Parallel ready stance

Combinations set by the examiner (forwards and backwards)
(including kicking techniques)
The combinations will be moves from previous & current
patterns and also gradings

Pattern set by the examiner (any of your previous patterns)

Pattern of your choice (excluding your highest pattern)

2 step sparring number 5 (see pre-arranged sparring pack)

2 step sparring number 6 (see pre-arranged sparring pack)

2 step sparring number 7 (see pre-arranged sparring pack)

2 step sparring number 8 (see pre-arranged sparring pack)

3 step semi free sparring (Advanced)
(See pre-arranged sparring pack)

Free sparring

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

Possible Grading Questions

4th Kup Grading

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with "SIR"

Tick box when learnt

Student

Instructor

What is the interpretation for pattern Joon Gun?

What is the Korean for:

Twin palm pressing block?

Reverse knife hand block?

Twin knife hand block?

Rear foot stance?

Upward palm block?

Upward elbow strike?

Twin vertical punch?

Twin upset punch?

X fist rising block?

Closed stance turning punch?

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

Possible Grading Questions

4th Kup Grading Continued

U shaped block?



One step sparring?



This pack is intended as a training aid and does not replace regularly training with your instructor



**For further information contact
Mr Mathew Friar on 07919 894 675**

www.fitnessandmartialarts.co.uk

www.facebook.com/fmatkd

www.twitter.com/fma-tkd