

# Testing Information

## 4<sup>th</sup> – 3<sup>rd</sup>

### Testing from Blue Belt (4th Gup) to Red Stripes (3rd Gup)

#### Pattern (tul) & interpretation:

Joong-Gun

**Ready Stance:** Closed Ready Stance Type B

**Movements:** 32

**Diagram:** I

Joong-Gun is named after the patriot Ahn Joong-Gun, who assassinated Hire-Bumi Ito, the First Japanese Governor-General of Korea. Ito was 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 at Lui-Shung Prison (1910).

#### **Step Sparring**

Sambo 3 step sparring Hand attacks/ foot blocks

Ilbo 1 step sparring Intermediate (2 counters)

**Free Sparring:** no contact

#### **Self-defense:**

Defend against a full nelson from the rear

Defend against a bear hug (over the arms) from the rear

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Defend against a single hair grab from the front

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Scissor Kick takedown (attack) against an L-Stance

Foot sweeps against an L-Stance

#### **Kicks:**

Naeryo-Chagi

180° Suroh-Chagi

Bituro-Chagi

360° Twimyo-Bandae-Goro-Chagi

Downward Kick

180° Floor Sweep

Twist Kick - Middle Section

360° Jump Reverse Hook Kick

#### **Break:**

Punch or Knife-hand 2 Boards (Junior) - no hand break

And one of the following:

Bituro-Chagi Twist Kick 1 Board

Sewo-Chagi Vertical Kick 1 Board

#### **Stance:**

1. Closed Ready Stance Type B hand position is in line with naval and 15 cm away
2. Rear Foot Stance length is shoulder width from the foot sword of rear foot to the toes of front foot. No width.
3. Low stance same as walking except one foot longer in length.

#### **Techniques:**

1. L-Stance Reverse Knife-hand Middle Outward Block
2. Side Front Snap Kick
3. Rear Foot Stance Palm Upward Block
4. Walking Stance Upper Elbow Strike
5. Walking Stance Twin Fist High Vertical Punch
6. Walking Stance Twin Fist Upset Punch
7. Walking Stance X-Fist Rising Block
8. L-Stance Back Fist High Side Strike
9. L-Stance Reverse Punch

The five (5) parts of the "Physical Composition" of Taekwon-Do:

1. Fundamental Movements
2. Dallyon (equipment maintenance - "forging")
3. Patterns
4. Sparring
5. Self-defense