



# Grading Syllabus

## Blue Belt to Red Stripe

- 1** L-Stance Forearm Guarding Block/Low Stance Pressing Block forwards only
- 2** L-Stance Knife Hand Guarding Block - Walking Stance Upward Elbow Strike forward and backwards
- 3** Walking Stance Double Forearm Block/L-Stance Side punch forwards only
- 4** Joong-Gun and Chon-Ji
- 5** On pads - Reverse Turning Kick
- 6** 1 Step Sparring Number 1
- 7** On pads - Lift Shift Side, Jab Cross, Back Leg kick (Turn/Axe)
- 8** Power test - Reverse Turning Kick
- 9** Free Sparring
- 10** Questions

**1. What is the 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, 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

**2. How many moves in Pattern Joong-Gun** - 32

**3. What does red belt signify?** - The red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**4. What is the ready position for Joong-Gun?** - Moa Jumbi Sogi B (Closed ready stance B)

**5. Name 3 blocks in Joong-Gun?** - Knife hand guarding block - Sonkal Daebi Magki. X fist rising block - Koycha Joomok Chookyo Magki. U-Shape block - Degutja Magki.

**6. What is U-Shape block used for?** - To block an attack with a pole or a stick.