



# 4TH KUP



YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.  
DO NOT FORGET WHAT YOU'VE ALREADY LEARNT!

**PATTERN:** Joong Gun

Number of moves: 32

Interpretation: Joong Gun is named after the Patriot An Joong-Gun who assassinated Hiro Bumi Ito (the Japanese governor General Of Korea) known as the man who played the leading part in the Japan/Korea merger. There are 32 moves to represent Mr An's Age when he was executed in Lui Shung Prison in 1910.

Diagram:



Ready Position: Moa Chunbi Sogi B

**2 STEP SPARRING:** NUMBERS 5-8

**SEMI FREE SPARRING:** ADVANCED LEVEL

**FREE SPARRING:** SEVERAL ROUNDS, SHOWING GOOD ATTACK/  
DEFENCE SKILLS/ MOVEMENT/ COMBINATIONS ETC.

Interpretation of the colour red: Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

## **KOREAN:**

Palm Pressing Block.....	Sonbadak Noollyo Makgi
Low Stance.....	Nachuo Sogi
Twin Straight Forearm Block.....	Sang Sun Palmok Makgi
Reverse Knifehand Block.....	Sonkal Dung Makgi
Side Fist Strike.....	Yop Joomuk Taerigi
X Fist Pressing Block.....	Kyocha Joomuk Noollyo Makgi
Upwards Palm Block.....	Ollyo Sonbadak Makgi
U shape Block.....	Digutja Makgi
Turning Punch.....	Dollyo Jirugi
Upper Elbow Strike.....	Wi Palkup Taerigi
Rising X Fist Block.....	Chookyo Kyocha Makgi
Rear Foot Stance.....	Dwit Bal Sogi
Reverse Side Kick.....	Bandae Yop Chagi