

4th kup Theory Summary

Joong-Gun – 중근 – 32 movements	Belt Meaning
<p>Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, who was known as the man who played the leading part in the Korea-Japan merger. The 32 movements in this pattern represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).</p>	<p>Red – signifies danger cautioning the student to exercise control and warning the opponent to stay away.</p> <p>Blue – signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses.</p>
Joong-Gun Diagrammatic Symbol	Stances
	<ul style="list-style-type: none"> • Close ready stance B – Moa junbi sogi B • Low stance – Nachuo sogi • Rear-foot stance – Dwitbal sogi
Technique Terminology	
<p>Blocks</p> <ul style="list-style-type: none"> • W-shaped block – San makgi • Low double forearm pushing block – Najunde doo palmok miro makgi • Waist block – Hori makgi <p>Movements & Motions</p> <ul style="list-style-type: none"> • Pushing – Milgi • Sliding – Mikulgi • Flying – Twimyo • Jumping – Twiggi • Slow motion – Neurin dongjak <p>Strikes & Thrusts</p> <ul style="list-style-type: none"> • Upset fingertip thrust – Dwijibun sonkut tulgi • Side backfist strike – Yop dung joomuk taerigi • Downward kick – Naeryo chagi • Walking stance high reverse knife-hand reverse strike – Gunnun so nopunde sonkal dung bandae taerigi 	<p>Tools</p> <ul style="list-style-type: none"> • Front elbow – Ap Palkup • Arc hand – Bandal son • Palm – Sonbadak • Reverse knife-hand – Sonkal dung • Upset fingertip – Dwijibun sonkut <p>Blocks</p> <ul style="list-style-type: none"> • U-shape block – Degutja makgi • X-fist rising block – Kyocha joomuk chookyo makgi • Palm pressing block – Sonbadak noollo makgi • Palm upward block – Sonbadak ollyo makgi • Middle reverse knifehand block – Kaunde sonkal dung makgi <p>Attacking movements</p> <ul style="list-style-type: none"> • Turning punch – Dollyo jirugi • Angle punch – Giokja jirugi • Twin upset punch – Sang dwijibo jirugi • Twin vertical punch – Sang sewo jirugi • Upper elbow strike – Wi palkup taerigi • Side front snap kick – Yobap cha busigi
Training secrets of Taekwondo	
<ul style="list-style-type: none"> ※ To study the theory of power thoroughly. ※ To clearly understand the purpose and meaning of each movement. ※ To bring the movement of eyes, hands, feet, and breath into one coordinated action. ※ To choose the appropriate tool for each vital spot. 	<ul style="list-style-type: none"> ※ To become familiar with the correct angle and distance for attack and defence. ※ To keep both arms and legs bent slightly while a movement is in motion. ※ All movements must begin with a backwards motion with very few exceptions. ※ To create a sine wave during motion by utilising knee spring.