

## 4<sup>TH</sup> KUP GRADING REQUIREMENTS

Physical Performance:	
<b>Pattern</b>	<b>Joong-Gun Tul</b> <b>Yul-Gok Tul</b> <b>Won-Hyo Tul</b>
<b>Destruction</b>	Reverse Turning Kick (Choice of Leg) Back Piercing Kick (Choice of Leg)
<b>Sparring</b>	<p><b>Free sparring 1-v-1, One-step (Ilbo Matsogi).</b></p> <p><u>One Step Format:</u></p> <p>A. Attacker &amp; Defender come to attention and bow to each other</p> <p>B. Attacker forms a parallel ready stance. The attackers warning shout is simultaneous to the commencement of attack using ONLY a right middle section forefist obverse punch in a walking stance.</p> <p>C. Defender adopts an appropriate safe distance prior to forming a parallel ready stance. The defender uses one defensive block prior to one counter attacking with kicking techniques</p> <p><b>Attacker &amp; Defender to alternate roles.</b></p> <p><b>NOTE: A Shout (Kihup) <u>MUST</u> coincide with the delivery of the final counter attacking movements by the defender.</b></p>

Theory:	
<b>1</b>	Joong-Gun has <b>32</b> movements. <b>Joong-Gun is named after the patriot An Joong – Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the “Korea-Japan” merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed at Lui-Shung prison (1910).</b>
<b>2</b>	Ready posture for Joong-Gun: Close Ready Stance B: <b>Moa Junbi Sogi B</b>
<b>3</b>	Reverse knife hand middle block: <b>Sonkal Dung Kaunde Makgi.</b>
<b>4</b>	Palm upward block: <b>Sonbadak Ollyo Makgi.</b>
<b>5</b>	Upper elbow strike: <b>Wi Palkup Taerigi.</b>
<b>6</b>	Consecutive movement/stance: <b>Yonsok Sogi</b> ( <i>Converting from one stance to another shifting one leg</i> )
<b>7</b>	Twin vertical punch: <b>Sang Sewo Jirugi.</b>

**Theory: (Continued)**

8	<p>Twin upset punch: <b>Sang Dwijibo Jirugi.</b> <i>Arms are shoulder width apart attacking two opponents side by side.</i></p>
9	<p>X-first rising block: <b>Kyocho Joomok Chookyo Makgi.</b></p>
10	<p>Release Movement: <b>Baegi</b></p>
11	<p>Palm pressing block: <b>Sonbadak Noollo Makgi.</b></p>
12	<p>Angle punch: <b>Kyockja Jirugi.</b></p>
13	<p>Twin arc hand U shape block: <b>Sang Bandalson Digutja Makgi</b></p>
14	<p><b>New Stance: Nachuo Sogi (Low Stance)</b></p> <p><b>Length:</b> 1½ Shoulders Wide <i>plus</i> the length of your foot. (Measurement is taken as in Walking Stance)</p> <p><b>Width:</b> 1 Shoulders Wide (Measurement is taken as in Walking Stance)</p> <p><b>Weight:</b> 50% WEIGHT is distributed on the front leg. 50% WEIGHT is distributed on the front leg.</p> <p><b>Toes</b> of the front foot are as in Walking Stance. <b>Toes</b> of the rear foot are as in Walking Stance. <b>Knee</b> of the front leg is bent, as in Walking Stance. <b>Knee</b> of the rear leg is locked. <b>Soles</b> of both feet are flat on the ground. <b>Front</b> leg indicates as to whether it is a right or left Low Stance.</p> 