
















## Blue Belt – Red Stripe



### Tip work for Warriors and juniors is as follows:

-  Name new pattern? Joong Gun. How Many moves in Joon Gun? – 32. Low stance pressing block
-   L Stance knife hand guarding block to Walking stance upward elbow. What is the Pattern ready position
-    Reverse turning kick. Name a block in Korean from Joong Gun Pattern. Chon Ji
-     Breaking Reverse turning kick. 1 Step sparring No. 7 Over 7's
-      Joong Gun. Meaning of Joong Gun. Chon Ji

### The grading will be as follows:

1. Presentation and etiquette
2. L Stance knife hand guarding block – walking stance upward elbow strike
3. Low stance pressing block
4. Reverse turning kick
5. Chon Ji
6. Joong Gun
7. Free Sparring
8. 1 step sparring No.7 Hooking block, turning kick reverse punch
9. Reverse turning kick break
10. Questions

### The following questions will need to be learned before progressing.

- **What does the red belt signify?** The colour red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- **How many movements are in Joong-Gun?** 32
- **What is the meaning of Joong-Gun?** Joong-Gun is named after An Joong-Gun, he assassinated Hiro- Bumi Ito. He was known as the man who played the leading part in the Korean Japan merger. The 32 movements represent Mr Ahns age when he was executed in prison.
- **What is the ready position for Joong-Gun?** Moa Junbi sogi B
- **Name 3 blocks used in pattern Joong-Gun.** Knifehand guarding block- sonkal daebi magki x-fist rising block- Koycha joomuk chookyo magki u-shape block- degutja makgi
- **What is u-shape block used for?** To block an attack with a pole or a stick.