



ITF 4th Kup Blue Belt Grading Syllabus

Theory

- 1. What is the meaning of pattern Joong-Gun?** – Joong-Gun is named after the patriot Ahn 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. The 32 moves in this pattern represent Mr Ahn's age when he was executed in Lui Shun Prison 1910.
- 2. What is one step sparring in Korean?** – Ilbo matsoki.
- 3. How do you form closed ready stance B (Demonstrate) and what is it called in Korean?** – Moa Junbi sogi B.
- 4. What is the reverse Knife hand in Korean?** – Sonkal dung makgi.
- 5. What is an upward palm block in Korean?** – Ollyo sonbadak makgi.
- 6. Describe and demonstrate rear foot stance and what is it called in Korean?** – Dwit bal sogi.
- 7. Describe and demonstrate low stance and what its called in Korean?** – Nachuo sogi.
- 8. Describe and demonstrate side front snap kick.**
- 9. What is grasp and release in Korean?** – Japkgi & Jappyolsol tae.
- 10. Why are there two names for U shaped blocks and what are they in English & Korean?** – (U shaped block) Digutja makgi and (pole block) Montong makgi.
- 11. What is the upper elbow strike in Korean?** – Wi Palkup Taerigi.
- 12. What is destruction, power test in Korean?** – Gyokpa.
- 13. Name six foot parts in English and Korean.** – (Instep) Baldung, (Toes) Balkut, (Ball of the foot) Ap Kumchi, (Footsword) Balkal, (Side Sole) Yop Bal Badak (Side instep) Yop Baldung.
- 14. Why do we do 1 step sparring?** To practise and learn distance, timing and target areas.
- 15. What is X rising block in Korean? And demonstrate.** – Kyocha chookyo makgi.

16. What is back fist strike in Korean and what is the attacking tool used? – Dung joomuk taerigi and Dung joomuk.

Korean Terms

Defensive Moves		Offensive Moves		Parts of the Body	
English	Korean	English	Korean	English	Korean
Reverse Knifehand Block	Sonkal Dung Makgi	Angle Punch	Kiokja Jirugi	Reverse KnifeHand	Sonkal Dung
U-Shaped Block	Digutcha Makgi	Upper Elbow Strike	Wi Palkup Taerigi	Arc Hand	Bandalsan
Pressing Block	Noolyo Makgi	Downward Kick	Naeryo Chagi	Side Sole	Yop Balbadak
Rising X-Block	Kyocho Chookyo Makgi	Pressing Kick	Noolyo Chagi		
		Side Thrust Kick	Yop Cha Tulgi		
		Reverse Turning Hooking Kick	Bandae Dollyo Golcho Chagi		
		Consecutive Kick	Yonsok Chagi		

Sparring		Stances	
English	Korean	English	Korean
One Step Sparring	Ilbo Matsoki	Rear Foot Stance	Dwit Bal Sogi
Free Sparring	Jayo Matsoki	Low Stance	Nachuo Sogi
		Closed Ready Stance B	Moa Chumbi Sogi B

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

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