



## **Brownhills Tae Kwon Do Tigers**

### **4<sup>th</sup> KUP Blue Belt Grading Sheet**

#### **Practical**

Line up come to attention & bow to Master.

Say your name and 4th KUP Sir holding up your right hand.

Pattern DAN GUN and JOONG GUN

1 Step Sparring

Free sparring

Level 1 pad work

#### **Theory**

What is the meaning of Joong Gun?

Joong Gun is named after the patriot who assassinated Hirobumi Ito the first Japanese Governor-General of Korea. There are 32 movements in this pattern which represents Mr An's age when he was executed.

#### **Questions**

#### **Answers**

How many moves are in the pattern Joong Gun

32

How many moves are in the pattern Dan Gun

21

U Shape Block

Mongdungi Makgi

Fixed Stance

Gojung Sogi

High Upper Elbow Strike

Nopunde Wi Palkup Taerigi

Low front Snap Kick

Najunde Apcha Busigi

Why do we do 1 step sparring?

Self Defence

#### **REMEMBER!!!**

**No talking in line or at the back of the Dojang while the grading is taking place.**

**No running around before the grading, just practice.**

**Call your Instructor, Master or any other black belts Sir for males and Mamm for females.**

**When leaving the Dojang make sure to bow at the door and leave quietly.**