


BLUE BELT – 4th KUP

THEORY

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 in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

Diagram = 

A Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

TERMINOLOGY

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| Close Ready Stance Type B | ▪ | Moa Junbi Sogi B |
| Rear Foot Stance | ▪ | Dwit Bal Sogi |
| Reverse Knifehand Middle Block | ▪ | Sonkal Dung Kaunde Makgi |
| Low Side Front Snap Kick | ▪ | Najunde Yobap Cha Busigi |
| Twin Fist Upset Punch | ▪ | Sang Joomuk Dwijibo Jirugi |
| X-Fist Rising Block | ▪ | Kyocha Joomuk Chookyo Makgi |
| Angle Punch | ▪ | Giokja Makgi |
| U-Shape Block | ▪ | Digutja Makgi |
| Upset Fingertip Low Thrust | ▪ | Dwijibun Sonkut Najunde Tulgi |
| Outer Forearm W-Shape Block | ▪ | Bakat Palmok San Makgi |
| Side Checking Kick | ▪ | Yop Cha Momchugi |
| Flying Turning Kick | ▪ | Twimyo Dollyo Chagi |
| Foot Shifting | ▪ | Jajun Bal |
| Double Stepping | ▪ | Ibo Omgyo Didigi |
| 3 Step Semi Free Sparring | ▪ | Ban Jayoo Matsogi |
| 1 Step Sparring | ▪ | Ilbo Matsogi |
| Slow Motion | ▪ | Chonchonhi |