Required Knowledge For 5th Grade – Green Belt / Blue Stripe

Hyung: Joong-Gun **Movement: 32** **Diagram:** 

Joong-Gun: Named after the patriot An Joong-Gun, who assassinated Hiro-Bumo Ito, the first Japanese Governor General of Korea, who was known as the leading force of the Korea-Japan merger. The 32 movements in the pattern represent Mr. An's age when he was executed in Lui Shung prison in 1910.

Beginning Position: Close ready stance B

End Position: Left foot moves to right foot

Stance

X-stance: The lower legs are crossed and both fee face straight ahead, the heel of the front foot is even with the toes of the rear foot. Both knew are bent with the rear heel off of the floor. The front foot determines the stance.

Basic Defense:

Defense #8: Rear leg front snap kick

Defense #9: Reverse punch



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Techniques, Vocabulary, Questions

Hand Techniques:

X-block, Ridge hand block, Scooping block, Vertical Twin fist, Double Palm Heel Block

Feet Techniques:

Wheel kick, Pressing kick, Ax kick

Soft Technique: Begin developing projection Shiho Nage

Free Sparring: designed to be a teaching tool, Instructors should emphasize (Free will movement, with controlled precision)

Vocabulary:

Six – Yosut, Seven – Illgop, Eight – Yodul, Nine – Ah hop, Ten – Yul

Questions:

1. What does Joong-Gun mean?
2. Explain the emblem?
3. Explain the difference between a reverse turning kick and a wheel kick!
4. What is the significance of a Blue Stripe on a Green Belt?