**4th kup Theory Summary**

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| **Joong-Gun – 중근 – 32 movements** | **Belt Meaning** |
| Joong-Gun is named after the patriot **Ahn Joong-Gun** who assassinated **Hiro-Bumi Ito**, the **first Japanese governor-general of Korea**, who was known as the man who played the leading part in the **Korea-Japan merger**. The **32 movements** in this pattern represent Mr. Ahn's **age when he was executed** at **Lui-Shung prison (1910)**. | **Red** – signifies **danger** cautioning the student to exercise **control** and warning the opponent to stay away.  **Blue** – signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses. |
| **Joong-Gun Diagrammatic Symbol** | **Stances** |
|  | * Close ready stance B – Moa junbi sogi B * Low stance – Nachuo sogi * Rear-foot stance – Dwitbal sogi |
| **Technique Terminology** | |
| **Blocks**   * W-shaped block – San makgi * Low double forearm pushing block – Najunde doo palmok miro makgi * Waist block – Hori makgi   **Movements & Motions**   * Pushing – Milgi * Sliding – Mikulgi * Flying – Twimyo * Jumping – Twiggi * Slow motion – Neurin dongjak   **Strikes & Thrusts**   * Upset fingertip thrust – Dwijibun sonkut tulgi * Side backfist strike – Yop dung joomuk taerigi * Downward kick – Naeryo chagi * Walking stance high reverse knife-hand reverse strike – Gunnun so nopunde sonkal dung bandae taerigi | **Tools**   * Front elbow – Ap Palkup * Arc hand – Bandal son * Palm – Sonbadak * Reverse knife-hand – Sonkal dung * Upset fingertip – Dwijibun sonkut   **Blocks**   * U-shape block – Degutja makgi * X-fist rising block – Kyocha joomuk chookyo makgi * Palm pressing block – Sonbadak noollo makgi * Palm upward block – Sonbadak ollyo makgi * Middle reverse knifehand block – Kaunde sonkal dung makgi   **Attacking movements**   * Turning punch – Dollyo jirugi * Angle punch – Giokja jirugi * Twin upset punch – Sang dwijibo jirugi * Twin vertical punch – Sang sewo jirugi * Upper elbow strike – Wi palkup taerigi * Side front snap kick – Yobap cha busigi |
| **Training secrets of Taekwondo** | |
| * To study the theory of power thoroughly. * To clearly understand the purpose and meaning of each movement. * To bring the movement of eyes, hands, feet, and breath into one coordinated action. * To choose the appropriate tool for each vital spot. | * To become familiar with the correct angle and distance for attack and defence. * To keep both arms and legs bent slightly while a movement is in motion. * All movements must begin with a backwards motion with very few exceptions. * To create a sine wave during motion by utilising knee spring. |