
BLUE BELT

Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

PATTERN

Joong-Gun

Joong-Gun is named after the patriot An 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. An's age when he was executed at Lui Shung prison in 1910.

TECHNIQUES

Flying Far Side Piercing Kick (distance)

Upward elbow strike

Twin fist vertical punch

Twin fist upset punch

Reverse knife hand block

Upward palm block

Combination Kicks

SELF DEFENSE

Make friends

Yell for help

Chocking

Nose

SPARRING

Counter the counter

Changing rhythm

1 Step-Sparring for Joong-Gun – with partner

-See Step Sparring Appendix

THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

BREAKING

Turning kick (minimum 1 yellow board)

TEST REQUIREMENTS

48 credits minimum

Online theory certificate

1 Seminar, Tournament, Special Training or Special Function

Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards