



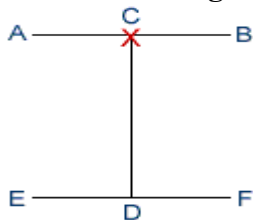
## Taekwon-Do Theory for Blue Belts (4<sup>th</sup> Kup)

Please take the time to learn the following information for your grading.

**1. What is the meaning of pattern Joong-Gun?**

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 in a Lui-Shung prison (1910).

**2. What is the diagram of pattern Joong-Gun?**



**3. How many movements are in the pattern Joong-Gun?**

32

**4. What is the starting position of the pattern Joong-Gun?**

Close ready stance (B)

**5. What does blue belt signify?**

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

**6. Korean words:**

Reverse knife hand middle block

Palm upward block

Rear foot stance

Upper elbow strike

Twin upset punch

Twin vertical punch

X-fist rising block

Low stance

Angle punch

U-shape block

Sonkal dung kaunde Makgi

Sonbadak Ollyo Makgi

Dwitbal Sogi

Wi Palkup Taerigi

Sang Dwijibo Jirugi

Sang Sewo Jirugi

Kyocho Joomuk Chookyo Makgi

Nachuo Sogi

Giokja Jirugi

Digutcha Makgi