Leyland Chorley Taekwondo

Grading Practice Sheet

4th Kup Blue

Practical:

Joong-Gun Pattern

1 Step Sparring (Ilbo Matsoki)

Advanced 3 Step Sparring (Sambo Matsoki)

Semi Free Sparring (Ban Jayoo Matsoki)

Free Sparring (Jayoo Matsoki)

Combination Techniques Destruction using Hands and Feet (eg Side Kick, Turning Kick, Spinning Side Kick, Reverse Turning Kick, Elbow Strike, Knifehand Strike, Palm Heel Strike)

Theory:

Term	Meaning
Meaning of Joong Gun	Joong-Gun is named after the patriot An JoongGun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part of the Korean-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed at Lui-Shung prison (1910).
Reverse Knifehand Block in Korean	Sonkal Dung Maki
Front Snap Kick in Korean	Ap Chabusigi
Reverse Turning Kick in Korean	Bandae Dollyo Chagi
Rear Foot Stance in Korean	Dwit Bal Sogi
Equilibrium (Theory of Power)	Equilibrium is classified into both dynamic and static balance. They are so closely interrelated that the maximum power can only be produced when the static stability is maintained through dynamic (mobile) stability. To maintain good

	equilibrium, the centre of gravity must fall on a straight line midway between both legs (assuming both feet remain on the floor).