

BRIDGNORTH TAE KWON-DO



Required Theory: 4th Kup: Blue Belt to Red Stripe

(Korean terms are in brackets and italics).

Significance of Colours on Belts

BLUE signifies the heaven towards which the plant matures into a towering tree as Tae Kwon-Do training progresses.

RED signifies danger, warning the student to exercise self-control and the opponent to stay away.

Movements

- Closed ready stance B: (*Moa Junbi Sogi B*)
- Rear foot stance: (*Dwitbal sogi*)
- Low stance: (*Nachuo sogi*)
- Fixed stance: (*Gojung sogi*)
- Middle section reverse knife hand: (*Kaunde sonkal dung makgi*)
- Middle section upward palm block: (*Kaunde ollyo sonbadak makgi*)
- Rising X fist block: (*Chookyo kyocha makgi*)
- U shape (stick) block: (*Digutja (mungdunggi) makgi*)
- Twin palm pressing block: (*Sang sonbadak noollo makgi*)
- Upper elbow strike: (*Wi palkup taerigi*)
- Twin vertical punch: (*Sang sewo jirugi*)
- Twin upset punch: (*Sang dwijibo jirugi*)
- Turning punch: (*Dollyo jirugi*)
- Scooping block: (*Duro makgi*)
- Downward kick / axe kick: (*Naeryo chagi*)

Pattern Meaning

Joong-Gun is named after the patriot An Joong Gun who assassinated Hiro-Bimo-Ito, the first Japanese Governor-General of Korea and the man responsible for the Japan-Korea merger. There are 32 movements in the pattern which represent Mr An's age when he was executed at Lui-Shung prison in 1910.

**** The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts.****