

PROMOTION TO RED STRIPE (3RD KUP)

Warm Up

- Spot sprints
- 30 press ups
- 30 sit ups
- 30 jumping jacks
- 20 squat thrusts

Traditional Line Work

- L stance – middle punch
- Walking stance – twin upset punch
- Rear foot stance – obverse upwards palm heel block
- Walking stance – back leg side kick, double forearm block
- Walking stance – x-fist pressing block to twin vertical punch
- Walking stance – reverse upset fingertip thrust
- Sitting stance – w-shape block

Patterns

- Up to and including Joong-Gun

Freestyle Line Work

- Back fist – ridgehand
- Lead leg turning kick-side kick – back kick combination
- Switch stance axe kick – double punch
- Outward to inward crescent kick – spin crescent kick
- Jump back kick

Set Sparring

- One step sparring
- Two step sparring (1)
- Three step sparring (1 – 6)
- Three step semi-free sparring

Self Defence

- Single hand grab to lapel with hook punch
- Mid-section lunge with knife (thrust attack)
- All previous self-defence

Pad Drills

- 1, 2, 3, 4 (right & left side)

Kicking Technique

- Jump front, side, turning, back kicks

Sparring

- Free sparring

Theory

- All theory to be learnt on the reverse of this document

PROMOTION TO RED STRIPE (3RD KUP)

1. **What is the purpose of a high section x-fist pressing block?**
To defend against a blow from above.
2. **Why do we learn two step sparring?**
Two step sparring is designed for the intermediate student to learn more advanced techniques, practicing distance and timing with more varied attacks.
3. **Why should we practice Self Control?**
It is important to control your actions and emotions particularly under stress, when we become more impulsive and vulnerable to poor decision-making. For example, getting hit whilst sparring can provoke stress or anger, and it is important to continue sparring with good technique instead of losing control and intentionally trying to brawl your partner.
4. **What is the meaning of red belt?**
Please see below.
5. **How many movements are there in pattern Joong-Gun and what is its meaning?**
Please see below

MEANING OF BELT COLOURS

RED	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
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Joong-Gun Tul (32 movements)

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 at Lui-Shung prison in 1910.

KOREAN NUMBERS:

Sixteen – “Yeolyosaul” 열여섯

Seventeen – “Yeolilgop” 열일곱

Eighteen – “Yeolyodoll” 열여덟

Nineteen – “Yeolahop” 열아홉

Twenty – “Seumul” 스물

To be learnt when you are a blue belt, 4th Kup.