



Tanny Academy of Martial Arts

www.tannymartialarts.com

4th Gup Blue Belt (Red Stripe Requirements)



Testing Requirements for the Red Stripe:

- Must have a minimum of 6 months of consistent training and a minimum of 42 classes.
- Juniors must have all 8 Stripes prior to being eligible to test
- Must have approval from the head instructor (Mrs. Tanny)
- Must have submitted the test application w/ payment at least 7-days before the test
- Students should keep a notebook of all the curriculum, notes, etc from your training, which must be presented at the 1st Gup High Red Belt level in order to test for your 1st Dan Black Belt.

COST OF TESTING: \$40 (Family discount \$5 off each member for 2+ members testing at the same time)

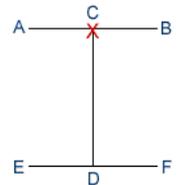
Make Checks Payable to: Tanny Academy of Martial Arts (or TAMA), Cash or Credit/Debit Cards also accepted

Pattern / Tul – Joong-Gun (Black Stripe – Juniors)

Number of Movements: 32

Diagram/Path: Capital Letter I

Meaning: 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 in 1910.



The illustrations for this pattern assume that the student is standing on line AB and facing D.

START: Close Ready Stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

END: Bring the left foot back to Close Ready Stance B

Kicks / Chagi (*Blue Stripe – Juniors*)

To earn the Blue stripe, students must be able to proficiently demonstrate all belt level and below kicks (single techniques and combination kicking)

1. Twist Kick – *Bituro Chagi*
2. Vertical Kick— *Sewo Chagi (Anuro/Bakuro – Inward/Outward)*
3. Jump 180 Back Kick -
4. Multiple Kicking - 3 Kick Combination and Consecutive Kicks

Fundamental Techniques/Movements (*Yellow Stripe – Juniors*)

1. L-Stance, Middle Reverse Knife hand block, Step through to form a Rear foot stance, upward palm block
2. L-Stance, Knife hand guarding block, Slip the lead foot to form a walking stance, upper elbow strike
3. L-Stance, high side strike w/ back fist, slip the lead foot to walking stance and twist the hand downward and then execute a high reverse punch (fast motion for the release and punch movements).
4. Walking stance, double forearm high block, pull lead foot into an L-stance, reverse punch (lead hand), side piercing kick (rear leg) and repeat
5. Pressing block while slipping the foot to form a low stance – perform in a slow motion
6. Fixed stance, U-shaped block

Self Defense / Ho sin-sul (*Silver Stripe – Juniors*)

1. Ground Defense from mount position – attacker may punch or choke
2. Ground Defense from pinned position laying on your back
3. Ground Defense from pinned position laying on your stomach

Student should be able to demonstrate more proficiency and a better understanding of how to escape from basic grabs, chokes and holds as well as how to execute throws and sweeps and demonstrate correct break falling positions.

Step Sparring / Matsogi (*Green Stripe – Juniors*)

Beginner 1 Step Sparring (Ilbo Matsogi) – There is no measuring. Students should have a good understanding of distancing and angles.

1 Step sparring begins at attention with the bow. Attacker steps out to Parallel ready stance and kiyaps (yells) to signify readiness to attack and the defender kiyaps to signify their readiness to defend. Attacker will attack from ready position and execute either a hand technique or leg technique moving forward. Defender blocks and counters with 1 effective counter movement and kiyaps. They then return to guarding stance position and then both attacker and defender return to ready position, attention stance and bow.

Students are encouraged to use blocks and techniques from Joong-gun if possible.

Free Sparring (*Red Stripe – Juniors*)

Students should be able to demonstrate improved boxing and Taekwon-do footwork, simple combinations, clean execution of techniques and evading kicks. – Sparring Test – 4 rounds 1 vs 1 (1 minute), 2 round 2 vs 1 (1 minute)

Breaking (*Brown Stripe – Juniors*)

1. Hook Kick
 2. Flying Side Kick
 3. Reverse Punch (Teens/Adults 13+)
 4. Inward Knife hand Strike (Juniors)
- Type of board will depend on the size/age of the student

Fitness (*Purple Stripe – Juniors*)

50 push ups, 50 sit ups, 50 squats, 10 x Wind sprints, 3 minutes of jump roping

Stances / Sogi

1. Rear Foot Stance - *Dwitbal Sogi*
2. Close Ready Stance “B” - *Moa Junbi Sogi “B”*
3. Low Stance - *Nachuo Sogi*

Blocks / Makgi

1. U-Shape Block - *Digutja Makgi*
2. Upward Block - *Ollyo Makgi*
3. Reverse Knife hand Middle Block - *Sonkal Dung Kaunde Makgi*
4. X-Fist Rising Block - *Kyocho Joomuk Chookyo Makgi*

Strikes / Taerigi

1. Upper Elbow Strike - *Wi Palkup Taerigi*
2. Twin Fist Upset Punch - *Sang Joomuk Dwijibo Jirugi*
3. Angle Punch - *Giokja Jirugi*

Theory

1. What is the meaning, pattern diagram and number of movements of Joong-Gun tul?
2. What is the meaning of the Blue Belt?
3. What are the 4th-6th training secrets of Taekwon-do?
 - a. To choose the appropriate attacking tool for each vital spot
 - b. To become familiar with the correct angle and distance for attack and defence
 - c. Keep both the arms and legs bent slightly while movement is in motion
4. Who was General Choi’s calligraphy instructor? Han il Dong—He was also a reputed master of the ancient Korean art of Taek kyon (foot fighting), one of the arts from which Taekwon-Do originates
5. Who was General Choi’s Shotokan Karate instructor and what rank did he attain? - He first studied karate under a fellow Korean with the surname Kim, then went on to learn Shotokan karate under Funakoshi Gichin. He earned his 1st dan in karate in 1939 and his 2nd soon after.
6. Where is the headquarter of our current ITF organization – Benidorm Spain, under GM Pablo Trajtenberg

Korean Terminology

Twist Kick – *Bituro Chagi*
Vertical Kick— *Sewo Chagi*
U-Shape Block - *Digutja Makgi*
Upward Block - *Ollyo Makgi*
Reverse Knife hand Middle Block - *Sonkal Dung Kaunde Makgi*
X-Fist Rising Block - *Kyocho Joomuk Chookyo Makgi*
Rear Foot Stance - *Dwitbal Sogi*
Low Stance - *Nachuo Sogi*