4th Gup Blue to 3rd Gup High Blue

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| Pattern: |
| Joong-Gun |
| Line Techniques/Motions:  Techniques will be listed by stance, technique, height, then tool, in English, then Korean  \* = requires jump change |
| 1. L-stance middle block with the reverse knife-hand 2. Niunja so kaunde sonkal dung makgi 3. Rear foot stance upward block with the palm 4. Dwitbal so sonbadak ollyo makgi 5. Fixed stance U-shape block 6. Gojung so digutja makgi 7. (L-stance) Reverse (outward) crescent kick 8. (Niunja so) Bandae (bakuro) bandal chagi 9. (L-stance) Tornado style turning kick 10. (Niunja so) Dolgae dollyo chagi 11. (L-stance) Flying twisting kick 12. (Niunja so) Twigi bituro chagi 13. (L-stance) Flying vertical kick 14. (Niunja so) Twigi sewo chagi 15. L-stance low guarding block with the knife-hand; shifting into a walking stance, upset punch with the twin fist 16. Niunja so najunde sonkal daebi makgi; jajunbal omgyo didigi gunnun sogi, sang joomuk dwijibo jiurgi 17. (L-stance) Front kick, outward crescent kick, inward crescent kick (consecutive) 18. (Niunja so) Apcha busigi, bakuro bandal chagi, anuro bandal chagi (yonsok) 19. (L-stance) Triple side kick; triple back (piercing) kick (middle/low/high) (combination)\* 20. (Niunja so) Samjung yopcha jirugi; samjung dwitcha jirugi (kaunde/najunde/nopunde) (honap)\* 21. (L-stance) Reverse hook kick, turning kick (consecutive) 22. (Niunja so) Bandae huryeo chagi, dollyo chagi (yonsok) 23. Walking stance flat upset fingertip thrust, walking stance strike with the upper elbow 24. Gunnun so opun dwijibun sonkut tulgi, gunnun sogi wi palkup taerigi 25. Walking stance rising block with the X-fist, low stance pressing block with the palm 26. Gunnun so kyocha joomuk chookyo makgi, nachuo sogi sonbadak noollo makgi |
| Balance Techniques: |
| 1. Turning kick, side kick (consecutively in slow motion) 2. Side kick, turning kick (consecutively in slow motion) |

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| Clapper Technique: |
| 1. Reverse hook kick 2. High inward knife-hand strike |
| Target Techniques: |
| 1. Vertical kick 2. Downward punch 3. Arcing kick 4. 360° back (piercing) kick |
| Force Shield Techniques: |
| 1. Turning kick with the ball of the foot 2. Turning kick with the instep of the foot 3. 180° back (piercing) kick |
| Sparring: |
| Step-Sparring:  Create 7 advanced 2 step sparring routines: 3 attacks in 2 steps, 2+ counter attacks  Free Sparring:  Continuous free sparring with pads |
| Self Defense (Hosin Sul) |
| Release/throw:   1. Judo-style hip throw from a single lapel grab   Break Falls:   1. Fall from a rear leg sweep |
| Breaking: |
| Power Hand   1. Inward strike with the knife-hand   Power Foot:   1. Front kick   Specialty Foot:   1. Jump side kick (high gold belt line motion) 2. Double side kick or side/turning kick (This is a Phoenix Group Standard.) |

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| New Terms: |
| |  |  | | --- | --- | | **English** | **Korean** | | High block with the double forearm | Nopunde doo palmok makgi | | Twin knife-hand block | Sang sonkal makgi | | Jump X-stance | Twigi kyocha sogi | | Hooking block with the palm | Sonbadak golcho makgi | | Reverse strike with the reverse knife-hand | Sonkal dung bandae taerigi | | Arcing kick | Bit chagi (pronounced Peet - soft t) | | Vertical kick | Sewo chagi | | Reverse hook kick | Bandae huryeo chagi | | 180° back (piercing) kick (jumping back kick) | Twimyo dwitcha jirugi | | Bending ready stance | Guburyo junbi sogi | | Sparring style (return to fighting stance) | Paro motsogi | | Four-part punching | Net yung seuk jirugi | | Back elbow thrust | Dwit palkup tulgi | |
| History: |
| * Oral test given by judge on technique, all previous history, new pattern history and details about the form * Know the following Korean terms:   + Foot parts   + Ball of the foot   + Heel/back sole of the foot   + Back of the heel   + Instep of the foot   + Toes   + Any “New terms” listed above * Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch) * Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar username; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab. |

\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.