**4th Kup Blue Belt Grading Work**

**Pattern: JOONG-GUN**

**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 (1910)

**Semi Free Sparring**

**Free Sparring**

**Padwork:**

Measure and kick (technical kicks showing the correct kicking tool), from the following:

1. Side Kick.

2. Turning Kick.

3. Side Kick.

4. Reverse Side Kick.

5. Reverse Turning Kick.

**2 Step Sparring:**

1. Attack = High punch, front kick.

Defence = Left leg back, walking stance, rising block. Right leg back, walking stance X fist pressing block.

Counter = Twin vertical punch.

2. Attack = Side punch, fixed stance, turning kick.

Defence = Right leg back, L stance, upward palm block. Left leg back, L stance, waist block.

Counter = Slide forward into right L stance, right side elbow.

3. Attack = Front kick, twin vertical punch.

Defence = Right leg back, walking stance, X fist pressing block. Left leg back, walking stance, outer forearm wedging block.

Counter = Knee kick, at the same time pull opponents shoulders.

4. Attack = Flat fingertip thrust, side kick.

Defence = Right leg back, walking stance, knifehand rising block. Left leg back, L stance, inward palm block.

Counter = Front kick to coccyx, twin upset punch to kidneys.

5. Attack = Right back kick, left walking stance, high palm strike.

Defence = Right L stance, palm waist block, left L stance, inward outer forearm block.

Counter = Right walking stance, left reverse knifehand, middle inward strike (slipping right foot).

6. Attack = Right high turning kick, left walking stance arc-hand strike.

Defence = Sitting stance twin straight forearm block (moving left foot diagonally), right L stance palm hooking block (grabbing the arm).

Counter = Left side kick (still holding grabbed arm).

7. Attack = Right fixed stance, side fist side strike, left middle reverse turning kick.

Defence = Left L stance, twin forearm block, right L stance knifehand guarding block (sliding away using block as guard only).

Counter = Right high reverse turning kick.

8. Attack = Right middle side kick, right L stance, knifehand high strike (turning clockwise).

Defence = Right L stance, inward inner forearm waist block, right L stance knifehand guarding block (double stepping).

Counter = Left X stance, high backfist side strike.