



TESTING FROM 4th GUP TO 3rd GUP

4G

(Testing to Blue Belt with Red Tip/Stripe)

Student name: _____

Patterns

Joong-Gun

Yul-Gok

Classes required to test = 32

Kicking

10 Side Piercing Kick - Rear leg stepping motion

Reverse Turning Kick Hold for 3 seconds - Rear leg stepping motion

Flying 180° Back Piercing Kick - Lead leg kicks single step

Fitness Requirement

Push-ups - 40 (Individually tested)

Sparring

One Step Sparring (3 routines)

Free Sparring - Counter Attacks

Ho Shin Sool

Defend against single hair grab from the front - distract and finishing technique

Defend against a full nelson from the rear - distract and finishing technique

Defend against a bear hug from the rear - distract and finishing technique

Power Test

Offensive Hooking kick - Single board

Theory

Joong-Gun pattern Interpretation:

Joong-Gun is named after the patriot An Joong-Gun who assassinated Hirobumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this "pattern" to represent Mr. An's age when he was executed at Lui-Shung prison (1910).

The 10 parts of the student's responsibility with regard to the Student-Instructor Relationship:

1. Never tire of learning. A good student can learn any time, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice and attempt to utilize it.
6. Remember that a student's conduct outside the Dojang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

Show:

Close Ready Stance Type B (Moa Junbi Sogi): The Close Ready Stance is performed with both feet together and parallel. The weight is distributed evenly on both feet with legs straight. This stance is performed full facing with the fists held 14 centimeters (6.1 inches) in front of the navel.