

# KICKS

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## TAEKWON-DO ACADEMY

### ITF Grading Information 4<sup>th</sup> Kup – Blue Belt

#### Practical

Yul Gok  
Joong Gun  
One Step Sparring  
Free Sparring

#### **Destruction:**

**Turning Kick** (Right & Left Measure, Attempt Students Choice)  
**Back Kick** (Right & Left Measure, Attempt Students Choice)  
**Reverse Turning Kick** (Right & Left Measure, Attempt Students Choice)  
**Elbow Strike** (Right & Left Measure, Attempt Students Choice)

#### Theory

##### **What is the meaning of Joong Gun?**

32 movement pattern - 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. The 32 movements represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

##### **Describe Rear Foot Stance?**

The heel of the rear foot is slightly beyond the heel of the front foot, and therefore has no width. It is one shoulder width long, measured from the small toes of the rear foot to the small toes of the front foot. The weight ratio is 90/10. The rear foot is turned in 15 degrees. The front leg is bent with the ball of the front foot slightly touching the floor with the heel slightly off the ground; the foot is turned in 25 degrees. The back of the heel of the rear foot extends just past the outside edge of the heel of the front foot.

##### **What are the Six Factors to the Theory of Power?**

Reaction Force, Concentration, Equilibrium, Breath Control, Mass & Speed.

##### **Why do we do One Step Sparring?**

One step sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring. i.e. take down techniques, arm locks, joint breaking techniques etc, are practised. Both students normally begin in parallel stance, but this may be varied at the Instructors' discretion.

##### **What is the meaning of Red Belt?**

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

## Terminology

### **General**

1 step sparring  
Pressing  
Side front

Ilbo matsoki  
Noollo  
Yobap

### **Parts of the body**

Reverse knifehand

Sonkal dung

### **Stances**

Closed ready stance 'B'  
Rear foot stance  
Low stance  
Vertical Stance

Moa junbi sogi 'B'  
Dwit bal sogi  
Nachuo sogi  
Soojik Sogi

### **Attacks**

Side front snap kick  
Upper elbow strike  
High twin fist vertical punch  
Twin fist upset punch  
High Back-fist side strike  
Angle punch

Yobap cha busigi  
Wi palkup taerigi  
Nopunde sang joomuk sewo jirugi  
Sang joomuk dwijibo jirugi  
Nopunde dung joomuk yop taerigi  
Giokja jirugi

### **Defences**

Outwards reverse knife-hand block  
Palm upward block  
X-fist rising block  
Palm pressing block  
U-shape block

Bakuro sonkal dung makgi  
Sonbadak ollyo makgi  
Kyocha joomuk chookyo makgi  
Sonbadak noollo makgi  
Digutcha makgi/Mongdungi makgi

