

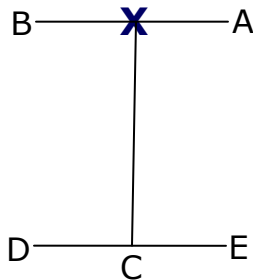
Meaning of Belt Color

Dark Blue Belt, 3rd gup

Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Form(s):

- Joong-Gun



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).

Movements: 32

Ready Posture: Closed Ready Stance B

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a left-handed reverse knife-hand block.
2. Execute a high-section front-kick with the left leg.
3. Stepping down into a right back-stance (toward A) execute an upward crescent palm-block with the right palm.
4. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a right-handed reverse knife-hand block.
5. Execute a high-section front-kick with the right leg.
6. Stepping down into a left back-stance (toward B) execute an upward crescent palm-block with the left palm.
7. Turn 90 degrees to the left (toward C) forming a left back-stance while executing a left-handed knife-hand block.
8. Shift into a left front-stance and execute an upward elbow strike with the right arm.
9. Step forward with the right foot (toward C) forming a right back-stance while executing a right double knife-hand block.
10. Shift into a right front-stance and execute an upward elbow strike with the left arm.

11. Step forward with the left foot (toward C) forming a left front-stance while executing a high-section twin punch.
12. Step forward with the right foot (toward C) forming a right front-stance while executing a belt-level twin upset punch. Ki-hop once the twin upset punch has been performed.
13. Turn 180 degrees to the left with a step change (toward X) forming a left front-stance while executing a high-section cross block (palms down).
14. Turn 90 degrees to the left (toward D) forming a left back-stance while executing a left-hand back-fist block (wrist bent).
15. Twist your left hand to the right side of your waist.
16. Shift into a left front-stance while executing a middle-section punch with the right fist. Perform 15 and 16 in a fast motion.
17. Turn 180 degrees to the right (toward E) forming a right back-stance while executing a right-handed back-fist block (wrist bent).
18. Twist your right hand to the left side of your waist.
19. Shift into a right front-stance (toward E) while executing a middle-section punch with the left fist.
20. Bring the right foot to the left foot then turn 90 degrees to the left (toward X) forming a left front-stance while executing a double forearm block.
21. Shift back into a left back-stance and execute a middle-section punch with the left fist.
22. Execute a middle-section side-kick with the right leg landing in a right front-stance (toward X) while executing a double forearm block.
23. Shift back into a right back-stance and execute a middle-section punch with the right fist.
24. Execute a middle-section side-kick (toward X) with the left leg landing in a left fighting-stance.
25. Shift into a left front-stance.
26. Slowly execute a double crescent pressing block.
27. Step forward with the right foot (toward X) forming a right fighting-stance.
28. Shift into a right front-stance.
29. Staying in the same stance, slowly execute a double-crescent pressing block.
30. Bring the right foot to the left foot creating a closed stance. Execute a u-block (right arm neck high, left arm at belt level) Face 90 degrees to the left.
31. Step forward with the right foot (toward B) forming a right back-stance while executing a double-staff block.
32. Turn 180 degrees to the left (toward A) forming a left back-stance while executing a double staff-block.

END: Bring the left foot back to a ready posture.

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Il Bo Teryon-3rd gup

자 단계 치고 받기

33. Jump 45 degrees to the side (away the punch) forming a back-stance at the same time blocking the opponent's punch with the same-side knife-hand. Grab the opponent's hand and pull towards you while striking the opponent's opposite-side grab carotid artery target with a reverse knife-hand strike
34. Jump round kick (bicycle style) with the opposite side leg as the punch
35. Jump to the side of the opponent (away from the punch), axe kick with the opposite side leg as the punch to the side of the shoulder opposite that of the punch
36. Jump to the side of the opponent (away from the punch), axe kick with the same side leg as the punch to the opponent's punch, round kick with the same leg without stepping down
37. Side kick to the solar plexus with the opposite side leg as the punch, jump spin side kick to the solar plexus with the other leg

Sam Bo Teryon-3rd gup

5. Block 3 times with double knife-hand block (stepping back with a back-stance), round kick to the ribs with the back leg
6. Block 3 times with double knife-hand block, spin crescent kick (with the back leg) to the head with the back leg
7. Block 3 times with double knife-hand block, side-kick (with the back leg) to the solar plexus with the back leg
8. Block 3 times with double knife-hand block, grab the opponent's hand pulling them forward and perform a ridge-hand to the carotid artery.

Ho-Shin-Sul

1. Have the opponent grab your wrist with the same side. Open up your hand and make a circular motion towards the outside of the target area. Trap their hand with your other hand while making the circular motion. The circular motion should make a 180 degrees arc where you should make a wrist-lock. Release the hand closest to their elbow and apply pressure to the opponent's elbow, making an arm-bar. Make a circular motion to the outside of the target area while taking the opponent down to the ground.
2. Have the opponent grab your wrist with the same side. Open up your hand while grabbing the opponent's elbow with your free hand. The thumb should apply pressure on the elbow joint. Walk underneath the arm of the opponent and step behind them so that you're facing in the same direction. The opponent's arm should be in a chicken-wing like shape. Apply pressure on the elbow joint while stepping forward to bring the opponent down.
3. Have the opponent grab your wrist with the opposite side. Open up your hand and take your other hand to apply pressure on the opponent's elbow. Make a circular motion so that the opponent's palm is facing upwards. Make a sweeping motion so that the opponent lands face forward on the ground.

Free Sparring