**4TH KUP BLUE BELT THEORY**

MEANING OF PATTERN JOONG GUN

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

MEANING OF BELT COLOUR BLUE

Blue signifies the heaven towards which a plant matures into a towering tree as training in Tae Kwon-Do progresses.

MEANING OF BELT COLOUR RED

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

KOREAN TERMINOLOGY

ARC HAND - BANDAL SON
REAR FOOT STANCE - DWIT BAL SOGI
LOW STANCE - NACHUO SOGI
X BLOCK - KYOCHA MAKGI
PRESSING BLOCK - NOOLLO MAKGI
DOWNWARD BLOCK - NAERYO MAKGI
SCOOPING BLOCK - DURO MAKGI
REVERSE KNIFEHAND BLOCK - BANDAE SONKAL MAKGI
TURNING PUNCH - DOLLYO JIRUGI
TWIN UPSET PUNCH - SANG DWIJIBO JIRUGI
UPPER ELBOW STRIKE - WI PALKUP TAERIGI
DOWNWARD KICK (AXE KICK) - NAERYO CHAGI
BACK KICK - DWIT CHAGI
REVERSE TURNING HOOKING KICK - BANDAE DOLLYO GORO CHAGI
HOOKING KICK - GOLCHO CHAGI
ONE STEP SPARRING - ILBO