

# KICKS

## TAEKWON-DO ACADEMY

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

#### Practical

Turning Kick/Back Piercing Kick (Line Work)

One Step Sparring

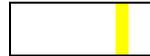
Free Sparring

Destruction:

- Reverse Turning Kick
- Elbow Strike

Yul-Gok

Joong-Gun



L-Stance Turning Kick / Back Kick



One Step Sparring  
Free Sparring



Destruction: Reverse Turning Kick, Elbow Strike



Joong-Gun  
Know the meaning of Joong-Gun

#### 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. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (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 matsogi  
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  
Twin fist High vertical punch  
Twin fist upset punch  
Back-fist high side strike  
Angle punch

Yobap cha busigi  
Wi palkup taerigi  
Sang joomuk nopunde sewo jirugi  
Sang joomuk dwijibo jirugi  
Dung joomuk nopunde yop taerigi  
Giokja jirugi

### Defences

Reverse knife-hand outwards block  
Palm upward block  
X-fist rising block  
Palm pressing block  
U-shape block

Sonkal dung bakuro makgi  
Sonbadak ollyo makgi  
Kyochoa joomuk chookyo makgi  
Sonbadak noollo makgi  
Digutcha makgi/Mongdungi makgi

