



Theory for your seventh grading

(Current belt: Blue Belt 4th Kup
Grading for: Red Tag 3rd Kup)

Joong Gun is named after **Ahn Joong-Gun** who assassinated Hiro Bumi Ito (the Japanese governor-general of Korea) who played a leading part in the Korea-Japan merger. This incident was where Japan invaded Korea and took control. **Joong Gun** has **32 movements** which represent **Mr Ahn's age** when he was executed at Lui-Shung prison in 1910.

The colour **red** signifies **danger**, cautioning both the student to exercise control and warning the opponent to stay away.

Learn the following Korean terminology: (e.g. sogi = stance, chagi = kick, jirugi = punch, makgi = block, tul = pattern, sabum = instructor, tulgi = thrust.)

Target areas: make sure you can name all 3 sections towards which attacking techniques are directed, and 2 areas in those sections. These are listed in your **blue handbook**.

New techniques in Joong Gun:

Rearfoot stance: performed with feet close together and the front foot on tiptoes.

Low stance: a longer, deeper walking stance.

Pressing block: blocks a front kick.

U-shaped block: blocks a pole or can be used as a grab.