



# 4<sup>th</sup> Kup Theory



**Red:** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**Joong-Gun** (32 Movements): Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this patten to represent Mr. An's age when he was executed at Lui-Shung Prison in 1910.

## TRAINING SECRETS OF TAEKWONDO

1. To study the theory of power thoroughly.
2. To clearly understand the purpose and meaning of each movement.
3. To bring the movement of eyes, hands, feet, and breath into one coordinated action.
4. To choose the appropriate tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. To keep both arms and legs bent slightly while a movement is in motion.
7. All movements must begin with a backwards motion with very few exceptions.
8. To create a sine wave during motion by utilising knee spring.

## OFFENSIVE KICKS

**Front snap kick:** *Ap cha busigi*

**Side piercing kick:** *Yop cha jirugi*

**Back piercing kick:** *Dwit cha jirugi*

**Stamping kick:** *Cha bapgi*

**Side thrusting kick:** *Yop cha tulgi*

**Side pushing kick:** *Yop cha milgi*

**Turning kick:** *Dollyo chagi*

**Reverse turning kick:** *Bandae Dollyo chagi*

**Reverse turning hooking kick:** *Bandae dollyo goro chagi*

**Downward kick:** *Naeryo chagi*

**Twisting kick:** *Bituro chagi*

**Vertical kick:** *Sewo chagi*

**Pressing kick:** *Noollo chagi*

**W shaped block:** *San makgi*

**Low Double forearm pushing block:** *Najunde doo palmok miro makgi*

**Upset fingertip thrust:** *Dwijibun sonkut tulgi*

**Waist block:** *Hori makgi*

**Pushing:** *Milgi*

**Sliding:** *Mikulgi*

**Rear foot stance:** *Dwit bal sogi*

## SUITABLE TOOLS

Ball of the foot / instep / toes

Footsword

Footsword

Back sole

Ball of the foot

Footsword

Ball of the foot / instep / toes

Back heel / ball of the foot

Back heel

Back heel

Ball of the foot / instep / toes

Foot sword / reverse foot sword

Foot sword