

Llangollen Tae Kwon-Do

4th Kup Grading Revision Sheet

1. Free Sparring
2. (Fwd) L Stance reverse knife hand block x 4
3. (Back) L Stance knife hand guard, walking stance upper elbow strike x 4
4. (Fwd) Rear leg double turning kick x 4
5. (Back) Fixed Stance, U-Shape Block x 4
6. (Fwd) Reverse turning kick x4
7. (Back) Low Walking Stance Palm Pressing Block x 4 (Normal Speed)
8. (Fwd) rear leg snap kick, turning kick combination x 4
9. (Back) L-Stance Backfist Strike, Release, Walking Stance High Reverse Punch
10. Choice Pattern
11. Set Pattern
12. Joong Gun
13. 2 Step Sparring 5 – 8

TWO STEP SPARRING (IBO MATSOKI)

Attacker starts right leg back, forearm guarding block.

Defence starts in parallel ready stance.

5. Attack = Right back kick, left walking stance, high palm strike.

Defence = Right L stance, palm waist block, left L stance, inward outer forearm block.

Counter = Right walking stance, left reverse knifehand, middle inward strike (slipping right foot).

6. Attack = Right high turning kick, left walking stance arc-hand strike.

Defence = Sitting stance twin straight forearm block (moving left foot diagonally), right L stance palm hooking block (grabbing the arm).

Counter = Left side kick (still holding grabbed arm).

7. Attack = Right fixed stance, side fist side strike, left middle reverse turning kick.

Defence = Left L stance, twin forearm block, right L stance knifehand guarding block (sliding away using block as guard only).

Counter = Right high reverse turning kick.

8. Attack = Right middle side kick, right L stance, knifehand high strike (turning clockwise).

Defence = Right L stance, inward inner forearm waist block, right L stance knifehand guarding block (double stepping).

Counter = Left X stance, high backfist side strike.

Theory

Arc Hand	Bandal Son		Rear foot stance	Dwit bal sogi
Back kick	Dwit Chagi		Reverse turning hooking kick	Bandae dollyo goro chagi
Closed Ready Stance 'B'	Moa Junbi Sogi 'B'		Scooping block	Duro makgi
Consecutive Kick	Yonsok Chagi		Side elbow strike	Yop palkup taerigi
Downward Block	Naeryo makgi		Side fist side strike	Yop joomuk yop taerigi
Downward Kick	Naeryo chagi		Side sole	Yop bal badak
Front Elbow Strike	Ap palkup taerigi		Side thrust kick	Yop cha tulgi
Inward knifehand strike	Anearo sonkal taerigi		Turning punch	Dollyo jirugi
Low Stance	Nachuo Sogi		Twin knifehand block	Sang sonkal makgi
One step sparring	Ilbo matsoki		Twin upset punch	Sang dwijibo jirugi
Pressing kick	Noollo chagi		Upper elbow strike	Wi palkup taerigi
Pressing Block	Noollo Makgi		X Block	Kyochoa Makgi

Meaning Of Blue Belt

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

What is Free Sparring

Free sparring is basically putting what has been learnt so far into practice, with no pre-warning of attack. Therefore, not as many defending techniques can be practiced as in the other forms of sparring. Free sparring can be practiced with no pads and should be strictly non-contact. Semi contact sparring is allowed only when adequate supervision (i.e. safety boots and gloves are worn). This type of sparring must only be carried out under strict supervision of a qualified instructor.

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Joong-Gun



Number of Movements: 32

Meaning of 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).

Starting Position: Closed ready stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot
22. Execute a middle side piercing kick to C with the right foot
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot
25. Execute a middle side piercing kick to C with the left foot
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B

END: Bring the left foot back to a ready posture