



# Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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## Grading Requirements

### 4<sup>th</sup> Kup (Blue Belt) to 3<sup>rd</sup> Kup (Red Tag)

#### Theory

Blue represents the heavens towards which the plant matures into a towering tree.

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

**Joon-Gun (32 movements)** is named after the patriot Ahn Joon-Gun who assassinated Hiro Bumo Ito, the first Japanese Governor of Korea. The 32 movements represent Mr. Ahn's age when he was executed at Liu-Shung Prison in 1910.

Arc hand	Bandalson	Hooking kick	Golcha chagi
Back heel	Dwit chook	Knee kick	Moorup chagi
Elbow	Palkup		
Knee	Moorup		
		Turning punch	Dollyo jirugi
Low stance	Nachuo sogi		
		Arc hand strike	Bandalson taerigi
Double arc-hand block	Doo bandalson maki	Back elbow strike	Dwit palkup
Pressing block	Noolo maki	Upwards elbow strike	Wi palkup taerigi
U-shaped block	Digutja/Mongdungji maki	Front elbow strike	Yop palkup tulgi
		Side elbow thrust	Ap palkup taerigi

#### Practice

Line work – combinations

Stepping forward – circular block

Stepping backwards – wedging block

Stepping forwards – twin vertical punch

Stepping backwards – turning kick, back kick, forearm guarding block

2-step sparring (5-8)

3-step semi-free sparring (advanced)

Pattern (choice)

Pattern (set)

Free sparring

**Joong Gun**