



Blue Belt Cheat Sheet

Everything you need for your 4th Kup grading · Pattern: Joong-Gun



The Pattern — Joong-Gun

32 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Closed Ready Stance 'B'

MEANING

Joong-Gun is named after the patriot An Joong-Gun who assassinated the first Governor General of Korea, Hiro Bumi Ito, who played a leading part in the Korea-Japan merger. The 32 movements of the pattern refer to Mr An's age when he was executed at Lui-Shung prison in 1910.



Pattern Movements

32 MOVES

1. Reverse Knife Hand Block (Middle · L · Left 90°)
2. Front Snap Kick (Low)
3. Palm Upward Block (Middle · RFS · Forward)
4. Reverse Knife Hand Block (Middle · L · Right 180°)
5. Front Snap Kick (Low)
6. Palm Upward Block (Middle · RFS · Forward)
7. Knife Hand Guarding Block (Middle · L · Left 90°)
8. Upper Elbow Strike (High · W)
9. Knife Hand Guarding Block (Middle · L · Forward)
10. Upper Elbow Strike (High · W)
11. Twin Vertical Punch (High · W · Forward)
12. Twin Upset Punch (Middle · W · Forward)
13. X Fist Rising Block (High · W · Left 180°)
14. Back Fist Side Strike (FAST) (High · L · Left 90°)
15. Release From Grab (FAST) (Middle · W)
16. Reverse Punch (High · W)
17. Back Fist Side Strike (FAST) (High · L · Right 180°)
18. Release From Grab (FAST) (Middle · W)
19. Reverse Punch (High · W)
20. Double Forearm Block (High · W)
21. Side Punch (Middle · L · Left 90° / Fwd)
22. Side Piercing Kick (Middle)
23. Double Forearm Block (High · Forward)
24. Side Punch (Middle · W)
25. Side Piercing Kick (Middle · L)
26. Forearm Guarding Block (Middle · Forward)
27. Palm Pressing Block (SLOW) (Middle · L)
28. Forearm Guarding Block (Mid / Low · LOW · Forward)
29. Palm Pressing Block (SLOW) (Middle · L · Forward)
30. Turning Punch (SLOW) (Mid / Low · LOW · Forward)
31. U-shape Block (SLOW) (Middle · C · Left 90°)
32. U-shape Block (Mid / High · F · Foot to Foot Left 180°)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

The Heaven towards which a plant matures into a towering tree as the training in Tae Kwon-Do progresses

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

13 TERMS

KOREAN	ENGLISH	KOREAN	ENGLISH
Moa Junbi Sogi B	Close Ready Stance B	Digutja Makgi	U-Shape Block
Dwitbal Sogi	Rear Foot Stance	Wi Palkup Taerigi	Upper Elbow Strike
Nachuo Sogi	Low Stance	Sang Sewo Jirugi	Twin Vertical Punch
Kaunde Sonkal Dung Makgi	Middle Reverse Knifehand Block	Sang Dwijibo Jirugi	Twin Upset Punch
Ollyo Sonbadak Makgi	Upward Palmheel Block	Yop Joomuk Jirugi	Side Punch
Kyocha Joomuk Chookyo Makgi	X-Fist Rising Block	Dollyo Jirugi	Turning Punch
Sonbadak Noollo Makgi	Pressing Palm Block		



Line-Work For This

Grading

10

DRILLS

1. Knife hand guarding block, walking stance upper elbow strike
2. Rear foot stance upward palm block
3. Walking stance twin punch
4. Walking stance twin upset punch
5. Side kick, land walking stance double forearm block
6. L stance forearm guarding block — low stance pressing block
7. L stance reverse knife hand block
8. L stance high backfist strike
9. High section turning kick, land forearm guarding block
10. Side kick, back kick, land knife hand guarding block



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Joong-Gun, all 32 movements | ☐ Meaning of Joong-Gun |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 10 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



Drill this on the way to class

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