

Kentucky Taekwon-Do Club



2024 4th Gup

Requirements

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4th Gup Test Requirements

- **Patterns:**

- Saju Jirugi
- Saju Makgi
- Chon-Ji
- Dan Gun
- Do San
- Jee-Sang
- Won-Hyo
- Dahn-Goon
- Yul-Guk

- **Kicks:**

- Front
- Turning
- Side
- Back
- Reverse Turning

- Hook
- Inside Crescent
- Outside Crescent
- Inside Downward
- Outside Downward
- Pick Shape

Instructor's prerogative in choosing mid air and high flying kicks. Students should be able to perform all standing kicks in the air.

- **Hand Techniques':**

- Jab
- Reverse
- Back Fist
- Lead Hook
- Rear Hook
- Pop Ears
- Front Palm
- Groin Grab

- Front Elbow Strike
- High Rear Elbow Strike
- Middle Rear Elbow Thrust
- Downward Elbow Strike
- Spinning Elbow
- Spinning Back Fist

There may be other hand techniques and or combination of hand techniques which the Instructor will call out. Students at this level should be ready.

- **Stances:**
- Walking Stance: Gun-nun Sogi
- Attention Stance: Char-yot Sogi
- Parallel Ready Stance: Na-ra-ni Junbi Sogi
- L – Stance: Ni-un-ja Sogi
- Sitting Stance: An-nun Sogi
- Fixed Stance: Go-jung Sogi
- X – Stance:
- Bending Ready Stance

- **Rolls:**

- Shoulder roll
- Dive Roll
- Roll Smack the matt
- Backwards roll

- **Pattern Interpretations:**

- **Saju Jarugi** – four directional punches. 14, movements.
- **Saju Magki** – four directional blocks. 16 movements.
- **Chon-Ji** - Means literally "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. *19 Movements.*
- **Dan-Gun** - Is named after Dan-Gun, the legendary founder of Korea in the year 2333 B.C. *21 movements.*
- **Do-San** - Is the pseudonym of the patriot Ahn Chang-Ho (1878-1938). The 24 movements represent his entire life which he devoted to furthering education of Korea and its independence movement. *24 movements.*

- **JEE - SANG** “JEE” – means earth; “SANG” – means sky; representing the spirit of the GTF.
The 24 movements signify the 24 hours of every day that we learn. *24 movements*
- **Won-Hyo** - Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. *28-movements.*
- **DHAN-GOON** – named after the founder of Korea. The year 2333 B.C. is when, according to legend, Korea was born. *23+ movements*
- **Yul-Gok** - Is the pseudonym of a great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th degree of latitude and the diagram represents "scholar".
38 movements.
- **Belt Interpretations:**
 - White belt signifies innocence, as that of a beginning student who has no previous knowledge Taekwon-Do
 - Yellow belt signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
 - Green belt signifies the plant's growth as the Taekwon-Do skill begins to develop.

- Blue belt signifies the heaven, toward which the plant matures into a towering tree as training in Taekwondo progresses.

- **Six student instructor relationship rules:**

- 1) Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- 2) A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
- 3) Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
- 4) Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
- 5) If an instructor teaches a technique, practice it and attempt to utilize it.
- 6) Remember that a student's conduct outside the do-jang reflects on the art and instructor.

- **Six training secrets of Taekwon-Do:**

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and meaning of each movement clearly.
- 3) To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both arms and legs bent slightly while the movement is in motion.

- **Knowledge:**

1. Uniform in Korean – Do-bak
2. Gym – Do-jang
3. President for GTF – Honoree GM Linda Park

4. Technical Director of the G.T.F.

GM Chris Gantner

5. President for U.S.GTF – Senior Master Tony Skinner

6. Count to fifty in Korean

7. Say “thank you” in Korean – Kum-Sum-MeDah

8. Pronounce Instructor in Korean

Sa-bum-Nim

9. Assistant Instructor – Bo-Sabum-Nim

10. Founding father of Global TKD:

GM Park Jung Tae

11. Pronounce Block - - - - Mag-ki

12. Pronounce Punch - - - - Jarugi

13. Kick - - - - Cha-gi

14. Pattern - - Tul or Hyung

15. Founder of the I.T.F. General Choi Hung Hi

- **A students character:**
- **Gratitude** – It's being thankful regardless of how you feel, for the good things in your life. Too often do we take for granted, having a place to live, food to eat, clean water to bathe or drink, friends, and family. Gratitude is taking a moment to reflect on how blessed we are.
- **Humility** - is an appreciation of oneself, one's talents, skills, and virtues. It is not meekness or to think lowly of oneself, but to appreciate you and other people as important. Not to elevate yourself above.
- **Respect** - a formal expression or gesture of greeting, esteem, or friendship. To show regard or consideration for someone or something that is good, valuable, important, etc. It is earned, gained or won.
- **Discipline** – The ability to keep working at something that is difficult, that is done regularly as a way of training yourself to do something or to improve your behavior.
- **Name six theories of power:**
 - Reactionary force
 - Concentration
 - Equilibrium
 - Breath control
 - Mass
 - Speed

- **Board Breaking**

- 1) Downward Side fist
- 2) Front Elbow Strike
- 3) Front Palm
- 4) Front Punch (optional)
- 5) Front ball Kick
- 6) Turning Kick
- 7) Side Kick
- 8) High Flying Front
- 9) Flying Side

\$ 55.00 4th Gup test fee

