

HIGH BLUE BELT TESTING REQUIREMENTS

**Note to parents of young students: Please help your child study and practice the required knowledge*

Pattern

Joong-Gun

Kicks

Vertical kick with the footsword
Vertical kick with the reverse footsword
Reverse turning kick – toward front or side front
Skip twisting kick
Sweeping kick
Mid-air 180 degree back piercing kick
Flying crescent kick
Triple kicks
Three consecutive kicks – same direction

Hand Techniques

Side block with the reverse knife-hand
Upward block with the palm
Upward strike with the elbow
Vertical punch with the twin forefists
Upset punch with the twin forefists
Rising block with the x-fist
Pressing block with the palm
Angle punch with the forefist
U-shape block with the arc-hands

New Stances

Rear foot stance
Low stance
Closed ready stance type "B"

Step Sparring: Beginning 1-step sparring

**Print out the Step Sparring Worksheet at end of this document and memorize the 3 routines. Preferably, come up with two more also.*

Ho Sin Sul (self defense)

Defend against a full nelson from the rear
Defend against a bear-hug (over the arms) from the rear
Defend against a bear-hug (over the arms) from the front
Defend against a single hair grab from the front
Defend against a single hair grab from the rear
Scissor kick takedown (attack) against an L-stance
Foot sweeps against an L-Stance

Tournament Competition

Tournament competition is required for this rank. A minimum of one USTF tournament is required.

Breaking

Men

2 boards with downward knife-hand strike, outward knife-hand strike, or inward knife-hand strike

2 boards with twisting kick, stepping hook kick, or reverse hook kick

Women/Juniors

1 board with downward strike with knife-hand, outward knife-hand strike or inward knife-hand strike

1 board with twisting kick, stepping hook kick or reverse hook kick

Peewee

1 board with front snap kick or side piercing kick

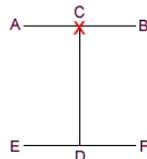
Required Knowledge

1. Joong-Gun pattern information:

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

Diagram: Capital "I"

Number of moves: 32



2. The Ten Parts of the Student's Responsibility to the Student-Instructor Relationship
 - a. Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
 - b. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
 - c. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
 - d. Always be loyal and never criticize the instructor, the art of Taekwon-Do or the teaching methods.
 - e. If an instructor teaches a technique, practice it and attempt to utilize it.
 - f. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
 - g. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
 - h. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
 - i. A student must always be eager to learn and ask questions.
 - j. Never betray a trust.

3. Characteristics of a Rear Foot Stance:

length: 1.0 shoulder widths

measured from: **front foot** – tip of the big toe
rear foot – footsword

width: 0 shoulder widths

measured from: **front foot** – n/a
rear foot – n/a

weight distribution: most of the weight on the rear foot

available facings: half

additional notes: The rear knee is bent so that the kneecap is over the toes of the rear foot. The front knee is bent proportionately with the ball of the foot lightly touching the floor. The heel of the front foot is above the ground and is slightly inside the heel of the rear foot. The front foot points 25 degrees in from the front, and the back foot points 15 degrees in from the side. This stance is named after the rear foot.

4. Characteristics of a Low Stance:

length: 1.5 shoulder widths

measured from: **front foot** – backheel
rear foot – tip of the big toe

width: 1.0 shoulder widths

measured from: front foot – center of instep

rear foot – center of instep

weight distribution: 50% (front foot), 50% (rear foot)

available facings: full or half

additional notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25 degrees outward from the front. The foot muscles are tensed as if to pull the feet together. This stance is named after the front foot.

5. Characteristics of a Closed Ready Stance "B"

length: 0 shoulder widths

measured from: front foot – n/a

rear foot – n/a

width: 0 shoulder widths

measured from: front foot – n/a

rear foot – n/a

weight distribution: 50% (front foot), 50% (rear foot)

available facings: full

additional notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 15 cm (6.1 inches) in front of the umbilicus.

BEGINNING ONE STEP SPARRING (to test to High Blue)

1 Attack (Hand or Foot)

1 Counter Attack

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. A and D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
3. D tells A which attacks and stances to use
4. A remains in Parallel Ready Stance (if doing hand attack) or steps back into L-Stance (if doing foot attack), executing Guarding Block
5. Depending on D's preference, D will remain in Parallel Ready Stance or (simultaneously to A stepping back into L-Stance) will step back into L-Stance, executing Guarding Block
6. A kihaps to signal readiness to attack
7. D kihaps to signal readiness to block and to signal A to begin
8. A performs designated attack, D blocks designated attack, then D performs 1 counter attack.
9. After counter attack, D steps back into L-Stance/Guarding Block and kihaps (if counter attack is a foot technique, D sets foot down forward into L-Stance/Guarding Block after the kick, *then* steps back into L-Stance/Guarding Block and kihaps.)
10. At end of routine, **A and D** simultaneously step **forward** into Parallel Ready Stance
11. A and D switch roles and the new D and new A repeat the sequence of events above.

*Attacker should alternate between hand and foot attacks in each routine

*No double or consecutive foot techniques are allowed. However D may block with a defensive foot technique then counter attack with an offensive foot technique consecutively).

***Memorize stepping rules in yellow book on page 54**

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as to not hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Routine #1

Stance D begins from	Parallel Ready Stance
Attack	middle Side Turning Kick (right) <i>(from right L-Stance, rear leg kicks then steps down into left L-Stance)</i>
Defense	middle obverse Double Block with left Inner Forearm <i>(stepping back from Parallel Ready Stance into left Walking Stance)</i>
Counter Attack	Upward Strike with the left Elbow <i>(stepping forward into right Walking Stance)</i> <i>*step backward into L-Stance/Guarding Block and kihap</i>

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Routine #5

Stance D begins from	
Attack	
Defense	
Counter Attack	<i>*step backward into L-Stance/Guarding Block and kihap</i>

Suggested Beginning Step Sparring Routines (for High Blue Belt)

A: PRS. (L) WS + (L) low punch
D: (R) LS. (L) *lead* upward palm block
(R) reverse turning kick

A: (L) LS. (L) front kick
D: (L) LS. (R) palm pressing block
(L) 180 back kick

A: PRS. (R) WS + (R) punch
D: (R) LS. (R) flying crescent kick
(R) upward elbow strike

A: PRS. (L) WS + downward knife hand strike
D: PRS. (L) WS + rising block with X-fist + (R) sweeping kick
(R) punch to armpit

A: PRS: (L) WS + double low guarding block
D: start far away! (L) LS + (R) skip twist kick to inner knee cap

(L): left (R): right LS: L-Stance WS: walking stance PRS: parallel ready stance
