



예의    염치    인내    극기    백절불굴  
 Courtesy    Integrity    Perseverance    Self Control    Indomitable Spirit



## 4<sup>th</sup> Kup Theory

### **Joong-Gun Tul 32 Moves**

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito the 1<sup>st</sup> Japanese Governor General of Korea. The 32 movements refer to Mr Ahn's age when he was executed in Lui-Shung prison in 1910.

**Red Belt**      Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

### **Block's**

X-Fist Rising Block	Kyocho Joomuk Chookyo Makgi
U-Shaped Block	Digutja Makgi
Palm Pressing Block	Sonbadak Noollo Makgi
Reverse Knife Hand Block	Sonkal Dung Makgi

### **Hand Techniques**

Front Fore Fist Angle Punch	Ap Joomuk Giokja Jirugi
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### **Stances**

Rear Foot Stance	Dwit Bal Sogi
Low Stance	Nacho Sogi

### **Additional Techniques**

Upper Elbow Strike	Wi Palkup Taerigi
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### **One Step Sparring**

**Ilbo Matsoki**