



## Grading Requirements

4<sup>th</sup> Kup (Blue Belt) to 3<sup>rd</sup> Kup (Brown Tip)

### Theory

Blue represents the heavens towards which the plant matures into a towering tree.  
Brown represents the tree taking solid root in the earth as technique becomes proficient.

### Hyung

- Chung-Gun Hyung (32 movements)

**Chung-Gun** is named after the patriot Ahn Joong- Gun who assassinated Hiro- Burmi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea- Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

### New Techniques

#### Blocks

- Inner Forearm Ridge Hand
- Palm Upward pressing Block
- X-Block (Upper Section)
- Pole Block
- Pressing Block

#### Strikes

- Upwards elbow strike
- Twin Upper Punch
- Twin Upper Section Punch
- Hooking Punch

#### Kicks

- Jumping Turning Kick                      Dee Myo Dollyo Chagi

### Sparring

- Sam-Bo Daeryon (3 step)
- E-Bo Daeryon (2 step)
- Il-Bo Daeryon (1 step)
- Jayel Daeryon (Free)