

PEEWEE DEVELOPMENT PROGRAMME

4th Gup



4th Gup (A)

TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. Low Stance Palm Pressing Block
2. Walking Stance Upper Elbow Strike
3. L-Stance Middle Reverse Knife-hand Block

PATTERN

(See website: <http://itkdc.com/patterns/joong-gun-tul/> for full pattern info)

1. Joong-Gun Tul
2. 4 Direction Flying High Turning Kick

LEG PLACEMENT

4 Direction

1. Front Snap Kick, Low and Middle (Holding for a count of 3 - Hana, Dool, Set)

PAD WORK

1. Back Piercing Kick, both feet
2. Flying High Kick, both feet

SPARRING

1. Free Sparring, light contact

QUESTIONS

1. What is “Palm Pressing Block” in Korean ?
2. What is “Upper Elbow Strike” in Korean ?
3. What is “Low Stance” in Korean ?
4. What does “Perseverance” mean ?
5. What is “Perseverance” in Korean ?
6. How many moves are in Joong-Gun ?
7. What does Joong-Gun Mean ?

Joong-Gun : Joong-Gun Tul is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumo 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).

ANSWERS

Sonbadak Noollo Makgi
Wi Palkup Taerigi
Nachau Sogi
Ask your parents
In Nae
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