JUNIOR DEVELOPMENT PROGRAMME

4th Gup 4th Gup (A)

TECHNIQUES:

Everything from Previous Test(s)

2. Step Forward / Backward 4 Times: Rear Foot Stance, Upward Palm Block

Step Forward / Backward 4 Times: L-Stance, Middle Reverse Knife-hand Block, Low Side Front Snap Kick

4. Step Forward 4 Times: Low Stance Palm Pressing Block Step Forward / Backward 4 Times: Walking Stance Rising X-Fist Block 5. Step Forward / Backward 4 Times: **Fixed Stance U-Shaped Block**

PATTERNS:

1. 4 Direction Jumping Turning Kick (Both Legs)

Joong-Gun Tul (See Website for full info: http://itkdc.com/patterns/joong-gun-tul/) 2.

SPARRING:

- 1. Sparring - Light Contact (Safety Equipment Required)
- 2. 2 on 1 Sparring - Light Contact (Safety Equipment Required)

LEG PLACEMENT: (Hold out leg for a count of THREE)

4 Direction Reverse Turning Kick

PAD WORK:

- 1. Reverse Turning Kick, Turning Kick (Both Legs)
- High Side Kick, High Hook Kick (Both Legs) 2.
- **Jumping Side Kick (Both Legs)**

BEST STANCE:

1. **Low Stance**

BEST ATTACKING TOOL:

Footsword - Double Section Side Kick

THEORY:

What is:

- 1. "Palm Pressing Block"?
- "Low Side Front Snap Kick"?
- 3. "High Double Forearm Block"?4. "Angle Punch"?
- 5. "U-Shape Block"?
- 6. How Many moves are in Joong-Gun Tul?
- 7. Definition of Joong-Gun Tul?

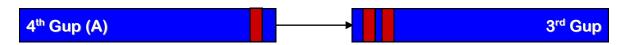
ANSWERS:

Sonbadak Noollo Makgi Najunde Yobap Cha Busigi Nopunde Doo Palmok Makgi Giokja Jurigi

Digutja Makgi

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See Website for Pattern Definition



AS ABOVE SYLLABUS - PLUS PATTERNS:

4 Direction Reverse Side Kick (Both Legs) 1.