

# JUNIOR DEVELOPMENT PROGRAMME

4<sup>th</sup> Gup

4<sup>th</sup> Gup (A)

## TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: Rear Foot Stance, Upward Palm Block
3. 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
5. Step Forward / Backward 4 Times: Walking Stance Rising X-Fist Block
6. Step Forward / Backward 4 Times: Fixed Stance U-Shaped Block

## PATTERNS:

1. 4 Direction Jumping Turning Kick (Both Legs)
2. Joong-Gun Tul ( See Website for full info: <http://itkdc.com/patterns/joong-gun-tul/> )

## 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)

1. 4 Direction Reverse Turning Kick

## PAD WORK:

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

## BEST STANCE:

1. Low Stance

## BEST ATTACKING TOOL:

1. Footsword - Double Section Side Kick

## THEORY:

What is :

1. "Palm Pressing Block" ?
2. "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  
32  
See Website for Pattern Definition

4<sup>th</sup> Gup (A)

3<sup>rd</sup> Gup

## AS ABOVE SYLLABUS - PLUS PATTERNS:

1. 4 Direction Reverse Side Kick (Both Legs)