

GREEN BELT > BLUE STRIPE
THEORY REQUIREMENT

Training Secret:

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense

Purpose of:

1. Twin Forearm Block

- To block two attacks, from two different directions, at the same time
- One is to block a middle punch/a middle section attack and the other a high punch/a high section attack

2. Knife-hand High Inward Strike

- To strike someone on the neck

Difference between an L-STANCE and a FIXED STANCE:

1. Weight distribution.

- L-Stance is 70/30. (70% on the back leg and 30% on the front leg.)
- Fixed Stance is 50/50.

2. The measurement. (Fixed Stance is longer by a foot than L-Stance) · L-Stance is one and a half shoulder in length from **the footsword of the rear foot to the toes of front foot.**

- Fixed Stance is one and a half shoulder in length **between the big toes.**

FUNDAMENTAL MOVEMENTS:

SAJU-JIRUGI	four directional punch
SAJU-MAKGI	four directional block

MEANING OF CHON – JI

- Literally the Heaven and the Earth.
- It is in the Orient interpreted as the creation of the world and the beginning of human history.
- Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar part one to represent the Heaven and the other the Earth.

MEANING OF DAN – GUN

- Named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

MEANING OF DO SAN

- The pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

MEANING OF WON-HYO

- Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D