

BLUE STRIPE > BLUE BELT

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
6. Keep both arms and legs bent slightly while the movement is in motion
7. All movement must begin with a backwards motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target

Purpose of:

1. Palm Hooking Block

- To deflect a middle punch

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

MEANING OF YUL-GOK

- The pseudonym of the great philosopher and scholar Yi I (1536 – 1584) nicknamed the “Confucius of Korea”.
- The 38 movements of this pattern refer to his birthplace at 38 degrees latitude and the diagram represents ‘scholar’.