

**RED STRIPE > RED 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
8. To create a sine wave during the movement by utilizing the knee spring properly
9. To exhale at the moment of each blow except a connecting motion

**Purpose and Method: (Saju Jirugi – Yul Gok)**

<b>Forearm low block</b>	To block a front snap kick
<b>Knife-hand low block</b>	To deflect a punch
<b>Inner forearm middle outward block</b>	To block a middle punch
<b>Twin forearm block</b>	To block two attacks, from two diff. directions, at the same time. One is to block a middle section attack and the other is to block a high section attack
<b>Forearm rising block</b>	To block a high punch
<b>Knife-hand middle outward strike</b>	To strike the clavicle
<b>Outer forearm high side block</b>	To block a high punch on the side
<b>Straight fingertip thrust</b>	To strike the solar plexus or the abdomen
<b>Back fist high side strike</b>	To strike the temple
<b>Outer forearm high wedging block</b>	To block a twin first high vertical punch
<b>Knife-hand high inward strike</b>	To strike the neck artery

<b>Inner forearm circular block</b>	To deflect a low front snap kick
<b>Twin knife-hand block</b>	To block two attacks, from two diff. directions, at the same time with the knife-hand. One is to block a middle section attack and the other is to block a high section attack
<b>Palm middle hooking block</b>	To deflect a middle punch
<b>Front elbow strike</b>	To strike the chest
<b>Double forearm high block</b>	To block a high section attack with the inner forearm. This technique has the ability to quickly shift one forearm into another block while still blocking with the other.

### ENGLISH AND KOREAN STANCE AND TECHNIQUE

ENGLISH	KOREAN
White Belt – <b>SAJU JIRUGI</b>	
Walking stance middle front punch	Gunnun so kaunde ap jirugi
Walking stance forearm low block	Gunnun so palmok najunde makgi
White Belt – <b>SAJU MAKGI</b>	
Walking stance knife hand low block	Gunnun so sonkal najunde makgi
Walking stance inner forearm middle outward block	Gunnun so an palmok kaunde bakuro makgi
Yellow Stripe – <b>CHON JI</b>	
L-stance inner forearm middle outward block	Niunja so an palmok kaunde bakuro makgi
Yellow Belt – <b>DAN GUN</b>	
Walking stance high front punch	Gunnun so nopunde ap jirugi
L-stance knife-hand guarding block	Niunja so sonkal daebi makgi
L-stance twin forearm block	Niunja so sang palmok makgi
Walking stance forearm rising block	Gunnun so palmok chukyo makgi
L-stance knife-hand middle outward block	Niunja so sonkal kaunde bakuro makgi

**Green Stripe – DO SAN**

Sitting stance	Annun sogi
Walking stance outer forearm high side block	Gunnun so bakat palmok nopunde yop makgi
Walking stance straight fingertip thrust	Gunnun so sun sonkut tulgi
Walking stance back fist high side strike	Gunnun so dung joomuk nopunde yop taerigi
Walking stance outer forearm high wedging block	Gunnun so bakat palmok napunde hechy makgi
Middle front snap kick	Kaunde apcha busigi
Sitting stance knife-hand side strike	Annun so sonkal yop taerigi

**Green Belt – WON HYO**

Close ready stance A	Mao junbi sogi
Fixed Stance	Gojung sogi
Bending Ready Stance	Goobooryo junbi sogi A
L-stance knife-hand high inward strike	Niunja so sonkal nopunde anuro taerigi
Fixed stance middle punch	Gojung so kaunde jirugi
Walking stance reverse front punch	Gunnun so bandae ap jirugi
Walking stance inner forearm circular block	Gunnun so an palmok dollimyo makgi
L-stance forearm middle guarding block	Niunja so palmok kaunde daebi makgi
Middle side piercing kick	Kaunde yopcha jirugi
Low front snap kick	Najunde apcha busigi

**Blue Stripe – YUL GOK**

Sitting stance middle front punch	Annun so kaunde ap kirugi
L-stance twin knife-hand block	Niunja so sang sonkal makgi
Walking stance palm middle hooking block	Gunnun so sonbadak kaunde golcho makgi
Reverse hooking block	Bamdae golcho makgi
Walking stance front elbow strike	Gunnun so ap palkup taerigi

X-stance back fist high side strike	Kyocha so dung joomuk nopunde yop taerigi
Walking stance double forearm high block	Gunnun so doo palmok nopunde makgi

### **FUNDAMENTAL MOVEMENTS:**

<b>SAJU-JIRUGI</b>	<b>four directional punch</b>
<b>SAJU-MAKGI</b>	<b>four directional block</b>

### **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’.

### **MEANING OF JOONG-GUN**

- Named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi 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 symbolize Mr. Ahn’s age when he was executed at Lui-Shung prison (1910).

### **MEANING OF TOI-GYE**

- The pen name of the noted scholar Yi Hwang (16th century), an authority on Neo-Confucianism.
- The 37 movements of the pattern refer to his birthplace at 37-degree latitude and the diagram represents ‘scholar’.