



THE PANTHERS DEN

Blue Belt Requirements
Grade – 4th Gup

Name: _____

Form Name	Movements	Definition
JOONG-GUN 	32	Is named after the patriot An Joon-Gun who assassinated HiroBumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed at Lui-Shung prison (1910).

Minimum Time In Grade: 25 classes



Meaning of Blue belt: Sky – The arch of the heaven.

Free Sparring

Breaking: 2 breaks

Korean terminology:

Opposite side - *Bondyroh*

Palm - *Sonbadak*

Elbow strike - *Palkup Taerigi*

Spinning hook kick - *Dui Dull Ryo Cha Gi*



Explain front and back stance

Basic explanation of American flag

The fifty stars in the upper left corner represent the fifty states of the union. The horizontal strips, seven red alternating with six white symbolize the 13 original colonies of the United States. White signifies purity and innocence, red symbolizes hardness and valor and blue signifies vigilance, perseverance and justice.

Basic explanation of Korean flag

“T’aegukki”. The circle is divided equally and in perfect balance, upper red-yang and lower um. These two opposites compliment each other while expressing the dualism of the cosmic forces, like fire and water, hot and cold, etc. They oppose each other but achieve perfect harmony and balance - the eternal principle that everything in the universe is created and develops through the interaction between um and yang. Three unbroken lines stand for heaven, three broken lines stand for earth, two lines with a broken line between stand for fire and two broken lines with solid line between stand for water – the process of um and yang going through a spiral of change and growth. White background symbolizes the purity of the Korean people and their peace-loving spirit.

Self-Defense: 3 hand and 3 foot one step techniques

Responsible for knowledge of all previous belts