

PROMOTION TO RED STRIPE

1. **Why do you perform an arc hand block?**
To use to grab the opponents arm.
2. **In Joong-Gun, what is the last technique?**
U shape block.
3. **Why do we perform a U shape block?**
To defend against a stick attack.
4. **What is the angle on the arm for a middle inner forearm block?**
90°.
5. **What is the angle on the arm for a rising block?**
45°.
6. **What is the meaning of red belt?**
Please see below.
7. **What is the date mentioned in pattern Joong-Gun?**
1910
8. **How many movements are there in pattern Joong-Gun and what is its meaning?**
Please see below
9. **Why do we learn one step sparring?**
One step sparring helps us with timings, speed, focus but the main importance is to allow us to use our Tae Kwon Do techniques more realistic in a real situation.
10. *** What are the main neck/torso muscles called?**
Sternocleidomastid - front of head. Runs from behind the ear to the centre of the collarbone.
Platysma - spreads from the chin to cover the whole collarbone.
Trapezius (traps) - supports the head and neck from behind. Located on either side of the neck and attaches to the base of the skull, and are very large, extending half way down the back on either side of the body. Main muscles used in lifting the shoulders.

MEANING OF BELT COLOURS

RED Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Joong -Gun Tul (32 movements)

Joong-Gun is 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 represent Mr Ahn's age when he was executed at Lui-Shung prison in 1910.

To be learnt when you are a blue belt, 4th Kup.