

High Blue Belt (4th Grade)

Techniques

1. All lower belt techniques
2. Rear Foot Stance
3. Low Stance
4. Closed Ready Stance B
5. Walking Stance Shift to L Stance
6. L Stance Shift to Walking Stance
7. L Stance Shift to Low Stance
8. Slow Motion
9. Inner Forearm w/Reverse Knife hand
10. Single Palm Upward Block
11. U Shaped Block
12. Palm Pressing Block
13. Upward Front Elbow Strike
14. Twin Vertical Punch
15. Twin Upset Punch
16. Rising Block with the X Fists
17. Angle Punch
18. Reverse Knife Hand Strike
19. Crescent Kick/Side Kick
20. Spin Hooking Kick
21. Side Kick/Hook Kick

Board Breaking

1. Hand technique (Punch, Knife-hand, Hammer fist, Palm strike)
2. Step behind side kick

Three Step Sparring

Review all lower belt combinations.

16. Knife-hand guarding block with an upward elbow defense. (L = forward/back)
17. High-section pressing block with the X-fists with a front kick defense. (walking = forward/back)

One Step Self Defense

Review all lower belt combinations.

18. Stationary right foot crescent block; high-section right foot side kick.
19. Stationary left foot reverse crescent block; right foot mid/high-section double front turning kick.
20. Step right; high-section left foot side kick; high-section right foot back kick.
21. Step left into left walking stance with right knife-hand block; right mid-section side kick.

High Blue Belt (4th Grade)

Sparring Combinations

Review all lower belt combinations.

21. Front Foot Front Turning Kick - Spin Hooking Kick
22. Double Punch - Rear Leg Crescent Kick - Spin Hook Kick
23. Double Punch - Rear Leg Side Kick - Same Leg Hook Kick
24. Front Foot Hook Kick – Back Fist - Reverse Knife-hand

Pattern

1. All lower belt patterns
2. Joong Gun

Vocabulary

1. 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. The 32 movements in the pattern represent Mr. Ahn's age when he was executed in Lui-Shung prison in 1910.
2. Theory of power part three and part four.

What to expect from this belt:

This level is probably the most difficult colored belt to get through for all students, regardless of age. There are many challenges that students face as they enter into the “Advanced” belt levels and most of these challenges seem to manifest during the blue belt ranks. Techniques get significantly more difficult, with the first spinning techniques being introduced, new preparations, and more difficult combinations of techniques within patterns and self defense/sparring drills. Equally, if not more so, difficult are the feelings of stagnation that hit primarily at low blue for children and High Blue/Low Red for adults. Specifically, by this level students have close to three years of training and have worked hard but see Black Belt as a step that is still far away. For children, the most common thing that parents hear is “I don't feel like going” and then parents say “he/she loves it when he/she gets here but...”. The best course of action for children is making sure that Mr. B and the other instructors know so that efforts can be made in class to help. Another idea is having the student come in for lower belt classes to help lower belt students; this helps children develop a sense of pride in their ability because they begin leading others. Additionally, one or two private lessons with Mr. B are pretty certain to help them over the hump. It is really the first test of Indomitable Spirit and Perseverance within Taekwon-Do training for children. *Adults tend to feel similar frustration, although it tends to hit 3-6 months later than children, and unfortunately adults don't tend to communicate it to Mr. B, or instructors, as well as parents do. So make sure you bring these struggles to your instructors.*

This level is also where students can begin to learn how to assist with team leading other classes. As stated, this is an exceptional method for improving technique and countering feelings of frustration.

High Blue Belt (4th Grade)

Third part of the Theory of Power: Reaction Force (Bandong Ryok)

According to Newton's Third Law, every force has an equal and opposite reaction force. When an automobile crashes into a wall with the force of 2,000 Newtons, the wall will return a force of 2,000 Newtons; or forcing the end of the seesaw down with a ton of force, it will provide an upward force of the same force; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow. The two forces combined; his, which is large and your, which is small become quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Fourth Part: Mass (Zilyang):

Mathematically, the maximum kinetic energy or force is obtained from maximum body mass and speed. It is all important that the force be increased during the execution of a blow by using more applied body weight through momentum. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of attacking or blocking tool. Another way of increasing the applied body weight is the utilization of springing action of the knee. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago. I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power which comes out of a small human body cannot fail to impress you.

Mr. B's
TaeKwon Do

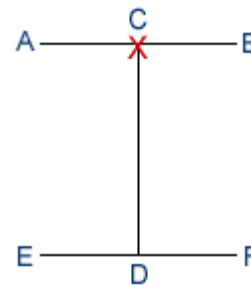
High Blue Belt (4th Grade)

Joong Gun

High Blue/4th Grade

Movements: 32

Ready Posture: Closed Ready Stance A



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.

High Blue Belt (4th Grade)

12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.

13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.

15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.

16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.

17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.

18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.

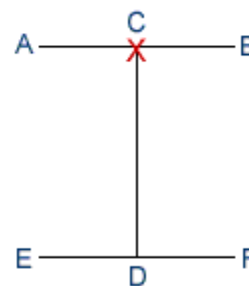
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.

20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.

21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.

22. Execute a middle side piercing kick to C with the right foot.

23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.



High Blue Belt (4th Grade)

24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.

25. Execute a middle side piercing kick to C with the left foot.

26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.

27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.

28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

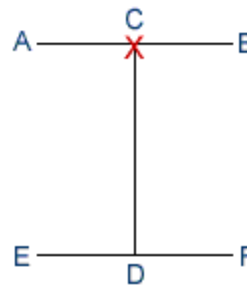
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.

30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.

31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.

32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

END: Bring the left foot back to a ready posture.



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