



BLUE BELT & RED TAG THEORY

Joong-Gun (32 movements) is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito the first Japanese governor-general of Korea, who played a leading part in the Korea - Japan merger. The 32 movements represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.

Toi-Gye (37 movements) is the pseudonym of the noted scholar Yi-Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th degree latitude and the diagram represents scholar.

Korean Terminology

ATTACKING TECHNIQUES

Front Snap Kick	Apcha Busigi
Turning Kick	Dollyo Chagi
Side Kick	Yop Chagi
Reverse Turning Kick	Bandae Dollyo Chagi
Reverse Hook Kick	Bandae Goro Chagi
Punch	Jirugi
Upset Punch	Dwijibo Jirugi
Strike	Taerigi
Thrust	Tulgi

Blue Belt signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.