**BLUE BELT GRADING RED TAG GRADING**

Please note that students will be tested to perform the following set of exercises:

**Requirements:**

Juniors under 12

Blue = 20 press ups, Sit ups, Star Jumps, Plank, Standing Squats.

Teenagers + Adults

Blue = 30 press ups, Sit ups, Star Jumps, Plank, Standing Squats.

**JOONG-GUN (32 movements):**

JOONG- GUN is named after the patriot An Joong Gun who assassinated Hiro Bumo-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 in Lui Shung Prison in 1910.

**TOI-GYE (37 movements):**

TOI-GYE is 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 on the 37 degree latitude.

**TERMINOLOGY**

1. **Name all focus levels and if possible in Korean.**
2. **Identify all motions**
3. **Translate into Korean 5 stances of your choice**
4. **Define the term pattern**
5. **Explain why there are 24 patterns**