



Brent Ellison Taekwondo USA

June Gup 1

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6th Grade Camo Belt

- A. First Stripe - Life Skill
- B. Second Stripe - Completed Material
- C. Prepared for Testing – Fourth Stripe

1. Step to the left and land in left front stance - twin outer forearm block.
2. Right front kick – land in a right front stance.
3. Left reverse ridge hand strike to head level.
4. Step back with left foot on to the same line as left foot and do a right #1 round kick.
5. Land in a left back stance – double outer knife hand block. **Kihap**

6. Step with left foot to the left land in a sparring stance hands comes up to advance arm base position.
7. Pick up left foot and do a #1 left hook kick.
8. Left foot steps back down into sparring stance right reverse punch left hand comes up to base position.
9. Right foot steps forward – turn and do a left reverse hook kick.
10. Land in sparring stance – right reverse punch with left hand coming up to base position. **Kihap**

- 11/12. Right foot steps to the right and lands in a middle stance right inner forearm block/right single arm low block combination.
13. Do a left #2 round kick.
14. Moving forward do a right #2 round kick.
15. Left reverse side kick.
16. Land in sparring stance hands to advanced arm base position.

17. Step forward and land in right front stance - twin outer forearm block.
18. Left front kick land in a left front stance.
19. Right reverse ridge hand strike to head level.
20. Step back with right foot on to the same line as right foot and do a left #1 round kick.
21. Land in a right back stance – double outer knife hand block. **Kihap**

22. Step with right foot to the right land in a sparring stance hands comes up to advance arm base position.
23. Pick up right foot and do a #1 right hook kick.
24. Right foot steps back down into sparring stance left reverse punch right hand comes up to base position.
25. Left foot steps forward turn and do a right reverse hook kick.
26. Land in sparring stance left reverse punch with right hand coming up to base position. **Kihap**

- 27/28. Left foot steps to the left and lands in a middle stance left inner forearm block/left single arm low block combination.
29. Do a right #2 round kick.
30. Moving forward do a left #2 round kick.
31. Right reverse side kick.
32. Land in sparring stance – hands to advanced arm base position.



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• Important Information on June Gup 1 (Camo Belt Pattern)

“June” is the Korean word for “Intermediate”. “Gup” is the Korean word for “Level”. June Gup 1 is the first intermediate level form and has **32 movements** in the pattern and is broken down in groups of “combinations”. After you learn the 32 basic movements of the pattern, it's important that you then begin to practice the pattern in the combinations found in the pattern. You'll also see that the direction of the pattern flows to the left and is the mirror image of the Green Belt pattern which flows to the right. The pattern is laid out in a rectangle which allows you to develop your techniques and skills while simulating fighting multiple opponents.

When performing June Gup 1 keep these thoughts in mind:

Balance is an important part of your training, so please pay attention to your body positioning on all techniques.

Solid sole - keep the heel of your supporting foot down on the floor when kicking.

Body position - keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance.

Hand position - keep your hands in advanced arm base position while the kick is being performed.

Eye contact - keep your eyes on the target before, during, and after execution of each technique.

• Color Belt Philosophy

The philosophical interpretation of the Camo Belt is:

“As the day lengthens, shadows cast by other trees seem to camouflage the growth of the tree. However, the young pine tree is starting to develop and grow stronger.”

With this fourth pattern, the student begins to grow beyond the basics of Taekwondo.

Sparring

At Camo Belt level, you will begin sparring with other students. This activity will help you make the transition of taking techniques that you learned in a more static environment at the lower rank levels and begin to apply them in a more dynamic way at this level. There are several things that you must keep in mind as you begin this exciting and fun activity:

1. You will be required to wear full safety sparring gear each time you spar in class. This gear is for your safety and the safety of those you will be sparring with. You will not be allowed to participate in sparring class without having and wearing all required gear items including mouth piece and groin cups for male students. (***no exceptions!***)

2. The safety sparring gear ***is not designed so that you can go full contact***. It is only designed to help prevent injuries in the event that accidental excessive contact is made between students while sparring.

Taekwondo USA does not teach or allow full contact sparring. One of the purposes of sparring is to teach the concept of controlling your techniques. At the Camo Belt level you have not yet developed the “depth perception” to control your techniques the way you need to. It requires little to no skill to hit hard. It does require a great deal of skill to spar at full speed and still be able to control how you use your techniques. Always use good judgment when sparring with other students.