



# Brent Ellison Taekwondo USA

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June Gup 2



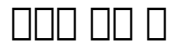
## 5th Grade Green Belt

1. Step with right foot to the right & land in left back stance. Do a knife hand square block.
2. Do a right upset knife hand strike.
3. Step with your right foot into a right front stance - left upset knife hand strike.
4. Do a right jump front kick
5. Land in a right front stance - left spear hand strike to eye level. **Kihap**
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6. Step to the left into a right back stance and do a double outer knife hand block.
7. Do a right axe kick and step down close to your left foot.
- 8/9. Do a reverse left hook/round kick combination and land in a middle stance.
10. Left knife hand strike to head level. **Kihap**
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- 11/12. Step to the right and land in a left rear stance -do a right inner ridge hand block/right knife hand low block combination.
13. Pick up your right foot and do a right front kick
14. Put right foot down and do a left round kick
15. Set left foot down and do a 360° right spin hook kick
16. Land in middle stance - do a left knife hand low block to the left side of your body. **Kihap**
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17. Step with left foot to the left & land in right back stance. Do a knife hand square block.
18. Do a left upset knife hand strike.
19. Step with your left foot into a left front stance - right upset knife hand strike.
20. Do a left jump front kick.
21. Land in a left front stance - right spear hand strike to eye level. **Kihap**
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22. Turn to the right and land in a left back stance - do a double outer knife hand block.
23. Do a left axe kick and step down close to your right foot.
- 24/25. Do a reverse right hook/round kick combination and land in a middle stance.
26. Right knife hand strike to head level. **Kihap**
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- 27/28. Step to the left and land in a right rear stance -do a left inner ridge hand block/left knife hand low block combination.
29. Pick up your left foot and do a left front kick.
30. Put left foot down and do a right round kick.
31. Set right foot down and do a 360° left spin hook kick.
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32. Land in middle stance - do a right knife hand low block to the right side of your body. **Kihap**



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### • Important Information on June Gup 2 (Green Belt Pattern)

“June” is the Korean word for “Intermediate”. “Gup” is the Korean word for “Level”. June Gup 2 is the second intermediate level form. The pattern has **32 movements** 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 each day in the combinations found in the pattern. You’ll also see that the direction of the pattern flows to the right and is the mirror image of the Camo Belt pattern which flows to the left. The pattern is laid out in a rectangle which allows you to develop your techniques and skills while simulating fighting multiple opponents.

### Thoughts on free sparring

**Sparring stance** - Your feet should be a little wider than shoulder width between front to back. The back foot's heel should be in line with the front foot's big toe. For your mobility, put your weight centered and on the balls of your feet.

### A great definition for Free Sparring is “relative action”

This means that your reactions in sparring (both offensively and defensively) are in relationship to what your opponent is doing. There are different kinds of “sparring” activity:

**Classroom sparring** is designed to help increase our skills in a fun and safe environment.

**Free sparring for testing** should be done to exhibit proper and safe technique for your appropriate rank level. We are looking for how you are able to demonstrate the techniques you know in combination form. (as opposed to just doing individual techniques)

**Tournament sparring** is for the purpose of scoring the most points and winning the match.

**Personal responsibility** is something every student needs to understand. With increasing Taekwondo fighting skills a student has increased personal responsibility. Students should never “show off” their skills outside the classroom and should always do their best to avoid conflict with others. Taekwondo fighting skills should **NEVER** be used except in the most extreme self-defense circumstances when one’s personal safety or the safety of someone else is in danger. In most cases, the student should be able to avoid or walk away from a conflict.

### • Color Belt Philosophy

The philosophical interpretation of the Green Belt is:

***“The young tree is now beginning to develop its shape and character while growing in strength.”***

*With this fifth pattern, the student begins to understand how to take the basic techniques and make them work together in unison.*