

# Blue Belt Patterns

As a blue belt, you will learn the following three patterns:

1. Yong Gom (the second Choong Sil discipline pattern)
2. Joong Gun
3. Toi Gye

## **Yong Gom:**

(40 moves, left foot returns)

Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

## **Joong Gun:**

(32 moves, left foot returns)

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. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

## **Toi Gye:**

(37 moves, right foot returns)

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 37th degree latitude, the diagram represents "scholar."