



STUDENT	GRADE	AGE	DATE
Miss Aurora Jenkins	Blue Belt — 4th Kup	7 Years	19 March 2026

INSTRUCTOR	SESSION FOCUS	ORGANISATION
Gavin Cook — 4th Dan Black Belt	Line Work & Grading Preparation (3rd Kup Red Stripe)	TAGB



Watch back the full 28-minute session to review your technique alongside this report.

SESSION OVERVIEW

Aurora performed exceptionally well during this virtual 1-2-1 session, showing great focus and dedication to improving her technique ahead of her upcoming **3rd Kup Red Stripe grading**. The session covered a full review of line work and key combinations from the pattern **Joong-Gun (Chung-Gun)**, including stances, blocks, punches, and kicking techniques. Aurora was attentive and responsive to every correction given throughout the 28-minute session.

Aurora's attitude was excellent throughout — she listened carefully, applied corrections immediately, and even showed great humility when admitting she found one side of the side kick more challenging than the other. This self-awareness is a hallmark of a dedicated martial artist.

1. STANCES & POSITIONING

L-Stance

(Niunja Sogi)

The L-Stance was reviewed multiple times during the session. The key correction was ensuring the stance is exactly **1.5 times (one and a half) shoulder width** in length — measured from toe to heel. Aurora's stance was appearing too short and narrow at times, resembling a T-stance. The front foot must slide out clearly so the stance is wide enough. The rear foot should point outward at 15°, with 70% of weight on the rear leg.

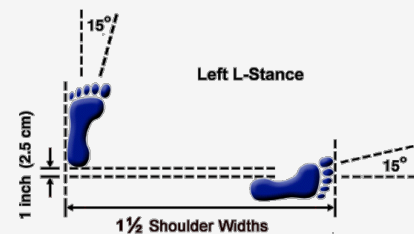


Fig 1: L-Stance — 1.5x shoulder width, 70/30 weight distribution.

Rear Foot Stance

(Dwitbal Sogi)

When transitioning to the rear foot stance, Aurora was reminded to keep the **rear leg flat on the ground** with the toes pointing forward (towards "King Crab" — her crab tank!). The palm of the raised hand must be flat and in line with the shoulder. The front leg needs to be pulled closer — it was appearing too far away at times.

Walking Stance & Ready Position

Aurora was reminded to keep the feet at **shoulder width** in the ready position — not too wide. When stepping into a walking stance for the twin vertical punch, she was also reminded to keep the arms dropped down to jaw level rather than punching over the head.

2. BLOCKS & DEFENCES

X-Fist Pressing Block

(Kyocha Joomuk Noollo Makgi)

Aurora practiced the X-fist pressing block. The key correction was to ensure the **wrists are not stacked directly on top of each other**. They should be angled so blocking is done with the **outer or inner forearm** — never the fleshy parts. Aurora also needed to **bend her knees a bit more** to get lower into the block, and ensure there is a **sufficient gap between the fists** before pulling back to the belt.

Knife Hand Guarding Block

(Sonkal Daebi Makgi)

The knife hand guarding block was reviewed as part of the Joong-Gun pattern sequence. The arms must travel **from back to front**, twisting behind before sweeping through. The front arm should be closer to the ear in the starting position, then come down to block. Aurora was reminded to **drop the front arm down by the ear more** in the starting position.

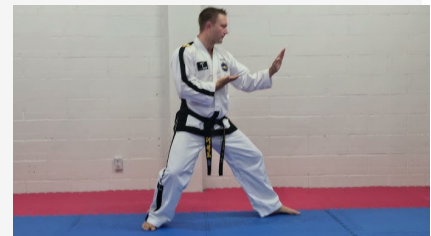


Fig 3: Knife Hand Guarding Block — arms sweep from back to front.

Reverse Knife Hand Block

(Sonkal Dung Makgi)

The first move of Joong-Gun begins with a reverse knife hand block in L-stance. Aurora was reminded that the **non-blocking hand must pull back to the belt as a fist** — not left open. A common mistake is to leave both hands open; only the blocking hand is a knife hand, the other returns to the belt as a closed fist.

High X-Block

(Nopunde Kyocha Makgi)

Following the step turn, Aurora practiced the high X-block. The hands travel up **over the head** from the belt, forming an X shape above the head to defend against a downward strike. Aurora was reminded not to pull the block over the head — it should sit just above, with the X formation clearly visible.

Double Forearm Block

(Doo Palmok Makgi)

The double forearm block (Doo Palmok Makgi) was practiced in a walking stance as part of the later pattern sequence. Both forearms are used simultaneously to form a strong double block. Aurora was reminded to ensure she is in a **walking stance** for this technique before transitioning to an L-stance for the side punch.



Fig 4: Double Forearm Block (Doo Palmok Makgi) — both forearms blocking simultaneously.

3. HAND STRIKES & PUNCHES

Twin Vertical Punch

(Sang Sewo Joomuk Jirugi)

For the twin vertical punch, Aurora was instructed to bring her fists **closer together** to form a small V-shape, with the two inner knuckles almost touching. The fists must align with the **jawbone or cheekbones** — not punching over the head. Aurora was also reminded to **turn her wrists correctly** so the fists are vertical, not horizontal.



Fig 4: Twin Vertical Punch — V-shape, aligned with the jaw.

Twin Upset Punch

(Sang Dwijibo Joomuk Jirugi)

The twin upset punch was introduced during this session — Aurora had not practiced this before. The wrists **start on the belt**, turn inward, and twist upwards targeting the opponent's ribs. The elbows must be kept **almost touching the body** throughout. Aurora's wrists were bending during the technique — they must remain **straight and firm** throughout the punch.

Upward Elbow Strike

(Wi Palkup Taerigi)

Following the knife hand guarding block, Aurora practiced the upward elbow strike. The elbow must be directed towards the opponent's **chin** — not off to the side. Aurora was corrected to bring the elbow **more to the front** rather than angling it sideways. The power comes from the hip rotation as you step the front leg into the walking stance.

Back Fist Strike & Reverse Punch Sequence

(Dung Joomuk Taerigi)

Aurora practiced the back fist strike in L-stance. From the strike, the arm **twists so the little finger touches the belt**. The opposite leg then slides forward into a walking stance to execute a **high section reverse punch**. The punch must not go over the head — it should align with the eyes. This sequence is performed on both sides in the pattern.

Side Punch in L-Stance

(Yop Jirugi)

Aurora practiced the side punch in L-stance as part of the later pattern sequence. The key correction was to **turn the body sideways** into the L-stance before punching — Aurora was initially punching straight forward in a walking stance. The body must rotate to face sideways for this technique to be correct.

4. KICKING TECHNIQUES

Front Snapping Kick

(Ap Chagi)

Aurora practiced the front snapping kick to the knee as the second move of Joong-Gun. The **ball of the foot** must be used — not a football-style keepy-uppy motion. The knee comes up and the ball of the foot pushes **forward and down** towards the knee. The non-kicking hand must **pull back to the belt as a fist**, and weight must remain on the back leg throughout.



Fig 8: Front Snap Kick — ball of the foot, weight on the back leg.

Side Kick — Chamber & Balance Practice

(Yop Chagi)

The session concluded with focused side kick practice. Aurora must **hold the chamber position** — knee raised, toes pulled back, heel pointing at the target — before extending the kick. She was asked to hold the extended kick position to develop balance. Aurora honestly admitted she finds the **right leg more challenging** than the left, which is great self-awareness. Gavin recommended daily chamber holds of 3–5 seconds on each leg.



Fig 9: Side Kick Chamber — knee high, toes back, heel to target. Hold and balance.

STRENGTHS — WHAT AURORA IS DOING WELL

- ✓ **Focus & Attitude:** Aurora showed outstanding concentration throughout the full 28-minute session, listening carefully to every instruction and maintaining a positive, enthusiastic attitude throughout.
- ✓ **Immediate Correction:** She demonstrated a remarkable ability to apply corrections instantly — when told to adjust her wrist angle, stance width, or punch height, she responded straight away. This is a key quality.
- ✓ **Pattern Knowledge:** Aurora has a solid foundational understanding of the Joong-Gun sequence, having already learned the majority of the pattern. She clearly puts in practice time between sessions.
- ✓ **Self-Awareness:** Aurora honestly identified that her right leg side kick is weaker than her left — this level of self-awareness is excellent and shows real maturity as a martial artist.



- ✓ **Reverse Knife Hand Block:** Aurora's reverse knife hand block was noted as coming correctly from the inside — "just like the middle section block". This is good technique that she should maintain.

AREAS FOR IMPROVEMENT — HOMEWORK TASKS

To ensure Aurora is fully prepared for her Red Stripe grading, she should focus on the following areas during home practice. These are the key points that will make the biggest difference:

1	L-Stance Length PRIORITY: HIGH	Practice stepping into an L-Stance, ensuring it is consistently 1.5x shoulder width long. Use a piece of tape on the floor to mark the correct distance. Check your feet every time — the stance should never look like a T-stance.
2	Side Kick Chamber & Balance PRIORITY: HIGH	Practice holding the chamber position (knee high, toes pulled back, heel pointing at the target) for 3–5 seconds before kicking. Do this 10 times on each leg every day. Pay special attention to the right leg, which Aurora identified as her weaker side.
3	Twin Upset Punch — Wrists & Elbows PRIORITY: HIGH	This technique was new in this session. Practice the twin upset punch daily: wrists start on the belt, turn inward, and punch to the ribs. Keep the wrists straight (no bending) and elbows tucked close to the body throughout.
4	Twin Vertical Punch Height & Alignment PRIORITY: MEDIUM	Drop the twin vertical punch down so it aligns with the jawbone or cheekbones — not over the head. Bring the knuckles closer together in a V-shape. Practice in front of a mirror to check alignment.
5	Elbow Strike Direction PRIORITY: MEDIUM	When performing the upward elbow strike, ensure the elbow drives forward and upward towards the chin — not off to the side. Step through into the walking stance as you strike.
6	Pattern Breakdown — Joong-Gun PRIORITY: MEDIUM	Break the pattern into sections of 10 moves at a time. Get each section absolutely perfect before adding the next. Quality over quantity — as Gavin does with his own 5th Dan patterns. You have plenty of time before the grading in June.
7	Side Punch Body Position PRIORITY: MEDIUM	When performing the side punch in L-stance, remember to turn the body sideways into the L-stance before punching. Do not punch straight forward — the body must rotate to face sideways.



Keep up the fantastic work, Aurora! Your dedication to your training is clear, and with continued practice on these specific points, you will be **well-prepared and confident for your Red Stripe grading**. Remember — watch this session video back as many times as you like to see exactly what you're doing. You should be very proud of the progress you are making.
See you on the mat! ■

Gavin Cook

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