

South Midlands Tae Kwon-Do

GRADING INFORMATION – 5th KUP / BLUE TAG

Practical Grading Required

Pattern - Yul Gok

Student's Choice Pattern

Examiner's Choice Pattern

2 Step Sparring (1 2 3 4)

3 Step Free Semi Sparring (Intermediate)

Free Sparring

Theory Study Required

Meaning of Blue Belt

Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

Interpretation of Yul Gok

Yul Gok, 38 movement pattern - is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on 38 degrees latitude and the diagram () represents scholar.

Korean Terminology Study Required

X-stance Kyocha sogi

Palm upward block Sonbadak ollyo makgi

Outer forearm waist block Bakat palmok hori makgi

Palm hooking block Sonbadak golcho makgi

Twin knife-hand block Sang sonkal makgi

Double forearm block Doo palmok makgi

X-fist pressing block Kyocha joomuk noollo makgi

Knife-hand rising block Sonkal chookyo makgi

Twin fist vertical punch Sang joomuk sewo jirugi

Twin fist upset punch Sang joomuk dwijibo jirugi

Front elbow strike Ap palkup taerigi

Side elbow thrust Yop palkup tulgi

Downward kick Naeryo chagi

Knee upwards kick Moorup ollyo chagi

Jumping Twigi

2 Step sparring lbo matsoki

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

