



BLUE TAG BELT - 5 th KUP GRADE (FOR BLUE BELT)

PRACTICAL TEST

PATTERNS

- **Yul-Gok Tul** (38 Movements)
- **Won-Hyo Tul** (28 Movements)
- **Do-san Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

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

BASIC HAND TECHNIQUES

- Sitting stance middle punch** - Annun so kaunde jirugi
- L stance twin knife hand block** - Niunja sang sonkal makgi
- Walking stance palm middle hooking block** - Gunnun so sonbadak kaunde golcho makgi
- Walking stance obverse hooking block** - Gunnun so baro golcho makgi
- Walking stance reverse hooking block** - Gunnun so bandae gocho makgi
- Walking stance front elbow strike** - Gunnun so ap palkup taerigi
- X-stance back fist high side strike** - Kyocha so dung joomuk nopunde yop taerigi
- Walking stance double forearm high block** - Gunnun so doo palmok napunde makgi

BASIC KICKING TECHNIQUES

- Spinning hooking kick** - Bandae golcho chagi
- Spinning outer crescent kick** - Bandae bakero bandal chagi
- Spinning inward crescent kick** - Bandae anuro bandal chagi

SYLLABUS 5th KUP



COMBINATION : as from previous gradings

SLIDING KICK : Front snap kick, Side kick, Turning kick, Hooking kick, Spinning back kick

JUMPING KICK : Side kick, Turning kick, Hooking kick, Front snap kick, Jumping back kick.

TWO STEP SPARRING : (1-8)

FREE SPARRING : Light contact only

POWER TEST : 1 INCH BOARD (Spinning back kick)

THEORY TEST :

The meaning of Yul-Gok and how many moves - See the above meaning.

The blocks in the pattern in the pattern - Refer to the pattern

The attacking techniques in the pattern - Refer to the pattern

Palm heel hooking block - Sonbadak golchyo makgi

High outer forearm block - Nopunde bakat palmok makgi

High double forearm block - Nopunde doo palmok makgi

Front elbow strike - Ap palkup taerigi

X stance - Kyocha sogi

Ball of the foot - Upkumchi

Reverse turning kick - Badae dollyo chagi

Two step sparring - Ilbo masoki

Twin knife hand block - Sang sonkal daebie makgi

Middle inner forearm block - Kaunde anpalmok makgi

High outer forearm block - Nopunde bakat makgi

Sitting stance middle punch - Annun so kaunde jirugi

SYLLABUS 5th KUP