

Grading Information 5th KUP Blue Tag

Practical

LINWORK

Forward 2 hooking block obverse punch combination from Yul Gok
Backward outward block reverse punch combination from Do San
Forward double side kick (from back leg) landing Knife hand guarding block L stance
Backward waist block L stance
Student's choice pattern
Examiners choice pattern
Grade pattern
Semi free sparring (intermediate)
2 step sparring (1-4)
Free sparring 2 rounds (no pads)

Theory

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 Pattern Yul Gok (38 Movements)

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

English to Korean Translation

STANCES

Parallel ready stance	Narani junbi sogi
Sitting stance	Annun sogi
Walking stance	Gunnan sogi
L Stance	Niunja sogi
Bending ready stance	Guburyo junbi sogi
X Stance	Kyocho sogi

BLOCKS

High inner forearm block	Nopunde an palmok makgi
High hooking block	Nopunde golcha makgi
Twin knifehand block	Sang sonkal makgi
High outer forearm block	Nopunde bakat palmok makgi
High double forearm block	Nopunde doo palmok makgi

ATTACK

Middle forefist punch	Kaunde ap joomak jirugi
Low front snap kick	Najunde apcha busigi
Middle side piercing kick	Kaunde yop cha chagi
Front elbow strike	Ap palkup taerigi
Middle straight fingertip strike	Kaunde sun sonkut tulgi
High side backfist strike	Nopunde yop dung joomak taerigi

MISCELLANEOUS

Free sparring	Jayoo matsoki
Semi free sparring	Ban jayoo matsoki
2 step sparring	Ibo matsoki

Important

Revise Previous Sheets