



## **Brownhills Tae Kwon Do Tigers**

### **5<sup>th</sup> KUP Blue Tag Grading Sheet**

#### **Practical**

Line up come to attention & bow to Master.

Say your name and 5th Kup sir holding up your right hand.

Pattern Chon Ji and Yul Gok

Free sparring

Line work

Forwards Hooking block combo from Yul Gok

Backwards Twin knifehand block

Forwards double sidekick knifehand guarding block L stance

Backwards High vertical twin fist

#### **Theory**

##### **Questions**

What is the meaning of Yul Gok?

How many moves are in Yul Gok?

Hooking Block

Knee

Twin Knifehand Block

Front Elbow Strike

##### **Answers**

Yul Gok is names after a great philosopher and scholar Yi I who's name was the Confucius of Korea

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Golcha Makgi

Moorup

Sang Sonkal Makgi

Ap Palkup Taerigi

#### **REMEMBER!!!**

**No talking in line or at the back of the Dojang while the grading is taking place.**

**No running around before the grading, just practice.**

**Call your Instructor, Master or any other black belts Sir for males and Mamm for females.**

**When leaving the Dojang make sure to bow at the door and leave quietly.**