



# 5<sup>th</sup> Kup Green Belt Blue Stripe Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading

## Orange Tag



- Won Hyo
- Yul Gok (1<sup>st</sup> Half)
- 3 Step Sparring Basic
- Reverse Turning Kick Line Work

## Blue Tag



- Won Hyo
- Yul Gok
- 2 Step Sparring
- Reverse Turning Kick Line Work
- Back Piercing Kick Line Work

## Black Tag



- Won Hyo
- Yul Gok
- 2 Step Sparring
- Reverse Turning Kick Board Measure
- Back Kick Board Measure
- Inward Knife Hand Strike Board Measure

## Pregrading

- Won Hyo
- Yul Gok
- 2 Step Sparring
- Free Sparring
- Reverse Turning Kick Board Measure
- Back Kick Board Measure
- Inward Knife Hand Strike Board Measure
- Theory

# Grading Practical

- Won Hyo
- Yul Gok
- 2 Step Sparring
- Free Sparring
- Reverse Turning Kick Board Measure
- Back Kick Board Measure
- Inward Knife Hand Strike Board Measure
- Theory

## Theory Examples

### 1. What is the meaning of Yul Gok?

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

### 2. What is the diagram of a pattern?

The shape created by the directions of the pattern looking from a birds eye view.

### 3. What is the meaning of blue belt?

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

### 4. What is a connecting motion?

2 movements with 1 breath and 1 sine wave motion

take an inward breath. At execution of movement 1 breathe out softly, Keep a soft outward breath as you continue to movement 2 then exhale sharply at the execution of movement 2

### 5. What is the last movement in Yul Gok?

High Double Forearm Block

Nopunde Doo Palmok Magki

# Terminology

## General Terminology

2 Step Sparring --- Ibo Matsogi  
Jumping --- Twigi

## Stances

X-Stance --- Kyocha sogi

## Attacking Techniques

Front Elbow Strike --- Ap palkup taerigi  
Reverse Turning Kick --- Banae dollyo chagi

## Defending Techniques

Hooking Block --- Golcho Makgi  
Twin Knife Hand Block --- Sang sonkal makgi  
High Double Forearm Block --- Nopundae Doo Palmok Makgi