

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	Twiggi
2 Step sparring	Ibo matsoki

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

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