



5th Kup Yul-Gok 3 months 38 movements

Technical

Understand and correctly perform all 10th to 6th Kup techniques

Identify the following parts of the body:

Front elbow

Name and demonstrate the following stances:

X-stance

Understand and correctly perform the following defensive techniques:

Twin knifehand block, Palm hooking block and double forearm high block

Understand and correctly perform the following offensive techniques:

Front elbow strike

Theory

Understand all 10th to 6th Kup requirements

Know the meaning of the pattern Yul Gok

Understand the purpose of each technique in pattern Yul Gok

Know the meaning of the Blue belt colour

Grading Requirements

Perform pattern Yul Gok

Two step sparring

Free sparring

Power test using standard focus board:

Minimum 3 breaks - choice techniques - identifying the techniques and attacking tools used (left and right count as 2 techniques)

General theory appropriate to a 5th Kup student

Theory Questions

1) Name and identify six parts of the hand and arm you have learnt so far

2) Who was Yul Gok?

3) How many movements does this pattern have?

4) What is the purpose of movements 1 and 4?

Grading Material for 5th Kup

Requirements:

- **Yul-Gok Tul** (*click for description*)
- One Step Sparring (ILBO MATSOGI)
- Free Sparring (JAYU MATSOGI)

Power:

- Side Piercing Kick
- Reverse Turning Kick

English - Korean	
Attacking Techniques	
Front Elbow Strike	Ap Palkup Taerigi
Defending Techniques	
Palm Hooking Block	Son Badak Golcho Makgi
Twin Knifehand Block	Sang Sonkal Makgi
Double Inner Forearm Block	Doo An Palmok Makgi
Stances	
X-Stance	Kyocho Sogi

Yul-Gok Tul (38 Movements):

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the 'Confucius of Korea'. The 38 movements of this pattern represent his birthplace on 38 degrees latitude and the diagram represents the word 'scholar'.

Meaning of Blue Belt:

Blue signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-

- 5) Where is the 38° latitude?
- 6) Name four 'sang' (twin) techniques you know. (Two defensive and two offensive)
- 7) What does the colour 'Blue' signify in Taekwon-Do?
- 8) What techniques could you use the following tools for:
- a) bakkal
 - b) ap kumchi
 - c) dwitchook