

# 5<sup>th</sup> Kup

## Blue Stripe Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

**IMPORTANT NOTE: At this grade students will be required to spar for the first time. All students taking part in this grading will need to have their own sparring equipment.**

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

### PATTERN

**Yul Gok** (38 moves) 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 latitude and the diagram represents 'scholar'.

At this grading students will be required to perform 3 patterns as follows:

- 1) Yul Gok
- 2) Instructor's choice pattern
- 3) Your choice of previous pattern (this must not be Yul Gok)

### ATTACK MOVES

Elbow Strike – Palkup Taerigi

### DEFENCE MOVES

- Hooking Block (Golcho Makgi)
- Double Forearm Block (Doo Palmok Makgi)
- Twin Knifehand Block (Sang Sonkal Makgi)

### STANCES

X Stance (Kyocho Sogi)

### KICKS

- Reverse Side Kick (Bandaeyop Chagi)
- Double Side Kick – Known as a consecutive kick (Yung Seuk Chagi)

### SPARRING & FITNESS

Combination moves from the list of kicks, blocks and attacks above

- Turing kick – Jab Cross
- Free Sparring (Jayu Matsoki) with 3 different partners (safety equipment needed)
- 3 Step sparring – (Sambo Matsoki) Number 1 – 4

### THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned.

Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

Meaning of **Yul Gok** (as on page 20)

Number of moves in **Yul Gok** (38)

Free Sparring **Jayu Matsoki**

Elbow Strike **Palkup Taerigi**

Hooking Block **Golcho Makgi**

Double Forearm Block **Doo Palmok Makgi**

Twin Knifehand Block **Sang Sonkal Makgi**

X Stance **Kyocho Sogi**

The purpose of the jump move in **Yul Gok** – this is for creating distance

### MEANING OF BLUE BELT

A Blue Belt signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.



Use this box to write notes on your progress.

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