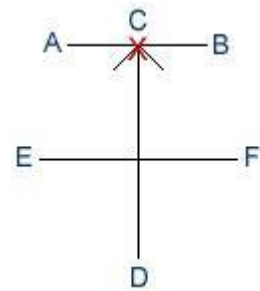


GRADING INFORMATION FOR 5TH KUP BLUE TAG

PRACTICAL

COMBINATIONS FROM PATTERNS
STUDENT CHOICE PATTERN – EXCLUDING YUL-GOK
EXAMINERS CHOICE PATTERN
PATTERN - YUL-GOK
2 STEP SPARRING 1-4
SEMI FREE SPARRING {INTERMEDIATE}
FREE SPARRING



THEROY

BLUE BELT - SIGNIFIES THE HEAVEN TOWARDS WHICH A PLANT MATURES INTO A TOWERING TREE AS THE TRAINING IN TAE KWON-DO PROGRESSES

YUL-GOK - IS THE PSEUDONYM OF THE GREAT PHILOSEPHER AND SCHOLER YI-I (1536 – 1584 AD). NICKNAMED THE CONFUCIOUS OF KOREA. THE 38 MOVESMENTS OF THE PATTERN REFER TO HIS BIRTHPLACE ON A 38^o LATITUDE AND THE DIAGRAM REPRESENTS THE SCHOLER.

STANCES IN YUL-GOK

PARALLEL READY STANCE
SITTING STANCE
WALKING STANCE
BENDING READY STANCE
L STANCE
X STANCE

NARANI JUNBI SOGI
ANNUN SOGI
GUNNAN SOGI
GUBRYO JUNBI SOGI
NUINJA SOGI
KYOCHA SOGI

BLOCKS IN YUL GOK

HIGH INNER FOREARM BLOCK
HOOKING BLOCK
FOREARM GUARDING BLOCK
TWIN KNIFEHAND BLOCK
HIGH OUTER FOREARM BLOCK
HIGH DOUBLE FOREARM BLOCK

NOPUNDE AN PALMOK MAKGI
GOLCHA MAKGI
PALMOK DAEBI MAKGI
SANG SONKAL MAKGI
NOPUNDE BAKAT PALMOK MAKGI
NOPUNDE DOO PALMOK MAKGI

ATTACKS IN YUL-GOK

MIDDLE FOREFIST PUNCH
LOW FRONT SNAP KICK
MIDDLE SIDE PIERCING KICK
FRONT ELBOW STRIKE
MIDDLE STRAIGHT FINGERTIP THRUST
HIGH SIDE BACKFIST STRIKE

KAUNDE AP JOOMUK MAKGI
NAJUNDE APCHA BUSIGI
KAUNDE YOPCHA JURIGI
AP PALKUP TAERIGI
KAUNDE SON SUNKUP TULIGI
NOP YOP DUNG JOOMUK TAERIGI