**GRADING INFORMATION 5th Kup Blue Belt**

You will need your sparring kit and gum shield with you in case the examiner wants to see sparring.

**Practical**

Pattern - Yul Gok Free Sparring

Student's Choice Pattern 2 Step Sparring (1 2 3 4)

Examiner's Choice Pattern 3 Step Free Semi Sparring (Intermediate)

**Theory Required**

Questions from the theory below and also any previous grading theory will be asked by the Black Belts on the night as usual. I would suggest obtaining a copy of the TAGB book available from me for £14 which prepares to take you to black belt.

The TAGB quiz page which is great for practice: <https://blackbeltschools.com/syllabus/koreanquiz.asp>

**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.

**Meaning of Blue Belt** Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

**Korean Terminology 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,                                        Twigi

2 Step sparring,                              lbo matsoki