



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 5TH KUP – BLUE TAG

PRACTICAL

Choice Pattern
Pattern Yul Gok
2 step Sparring 1 to 4
3 Step Semi-Free Sparring (Intermediate)

Examiner's Set pattern
Combinations from Patterns
Sparring Combinations

MEANING OF COLOUR BLUE

Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

INTERPRETATION OF THE PATTERN

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the "Confucius of Korea". The 38 movements of the pattern refer to his birthplace on 38° latitude and the diagram ± represents "scholar". 38 moves.

NEW MOVEMENTS IN PATTERN

Slow Measuring Punch	-
Hooking Block (uses palm)	Golcha Makgi (<i>"soft" block performed at ½ speed</i>) Sonbadak
Middle Front Elbow Strike	Kaunde Ap Palkup Taerigi
Twin Knife Hand Block	Sang Sonkal Makgi
Jumping	Twiggi
X Stance	Kyocha Sogi
	Wt 90% on flat foot, 10% on the other. Bend both knees. Flat foot designates left / right
High Double Forearm Block	Nopunde Doo Palmok Makgi

NEW MOVEMENTS IN 2 STEP SPARRING

2 Step Sparring	Ibo Matsoki
X-Fist Pressing Block (uses back of the forearm)	Kyocha Joomuk Noollo Makgi
Twin Vertical Punch	Dung Palmok
Upward Palm Block	Sang Sewo Jirugi (<i>to jaw bone</i>)
Outer Forearm Outward Waist Block	Ollyo Sonbadak Makgi
Side Elbow Strike	Bakat Palmok Bakero Hori Makgi
Flat Fingertip Thrust	Yop Palkup Taerigi (<i>to solar plexus</i>)
Middle Palm Pushing Block	Opun Sonkut Tulgi (<i>to philtrum</i>)
Twin Upset Punch	Kaunde Sonbadak Miro Makgi
	Sang Dwijibo Jirugi (<i>to kidneys</i>)