

5th Kup Grading Requirements

Syllabus – For promotion to 4th Kup (Blue Belt)

1. Pattern – Yul-Gok
2. Sparring & 2-Step Sparring
3. Destruction – Turning kick (both legs)
Measuring and breaking, utilising relevant part of foot
4. Terminology

NOTE: Revise all previous (physical & terminology)

Terminology

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|-----------------------------------|--|--|----------------------------------|--------------------------------|--------------------|------------------------------|-----------------------------------|---------------------------------|----------------------|--------------------------|---------------------|--------------------------|
| 1 | Yul-Gok – 38 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>) Yul-Gok is the pseudonym (penname) of a great philosopher and scholar Yi I (1536 – 1584 A.D.) – nicknamed the Confucius of Korea. The 38 movements of this pattern refer to his birthplace on the 38 th degree latitude and the diagram represents the scholar. | | | | | | | | | | | |
| 2 | STANCES – Sogi X STANCE – <i>KYOCHA SOGI</i> Cross one leg in front or behind the other Weight distribution = 90% on stationary or landing leg following a jump (sole of foot flat on the ground) & 10% on the moving leg (tucked behind the stationary leg) & rest ball of the foot lightly on the ground Knees of both legs bent to form an X shape Leg with 90% weight indicates whether it is a right or left stance | | | | | | | | | | | |
| 3 | MEANING OF THE COLOUR BLUE Blue signifies the heaven towards which the plant matures on to a towering tree, as training continues. | | | | | | | | | | | |
| 4 | GENERAL TERMINOLOGY <table><tr><td>PALM</td><td><i>SOMBADAK</i></td></tr><tr><td>ELBOW</td><td><i>PALKUP</i></td></tr><tr><td>DOUBLE FOREARM</td><td><i>DOO PALMOK</i></td></tr><tr><td>2-STEP SPARRING</td><td><i>EBO MATSOKI</i></td></tr></table> | | PALM | <i>SOMBADAK</i> | ELBOW | <i>PALKUP</i> | DOUBLE FOREARM | <i>DOO PALMOK</i> | 2-STEP SPARRING | <i>EBO MATSOKI</i> | | |
| PALM | <i>SOMBADAK</i> | | | | | | | | | | | |
| ELBOW | <i>PALKUP</i> | | | | | | | | | | | |
| DOUBLE FOREARM | <i>DOO PALMOK</i> | | | | | | | | | | | |
| 2-STEP SPARRING | <i>EBO MATSOKI</i> | | | | | | | | | | | |
| 5 | NEW MOVEMENTS IN YUL-GOK <table><tr><td>HIGH SECTION INNER FOREARM BLOCK</td><td><i>NOPUNDE AN PALMOK MAKGI</i></td></tr><tr><td>PALM HOOKING BLOCK</td><td><i>SOMBADAK GOLCHA MAKGI</i></td></tr><tr><td>HIGH SECTION DOUBLE FOREARM BLOCK</td><td><i>NOPUNDE DOO PALMOK MAKGI</i></td></tr><tr><td>TWIN KNIFEHAND BLOCK</td><td><i>SANG SONKAL MAKGI</i></td></tr><tr><td>FRONTE ELBOW STRIKE</td><td><i>AP PALKUP TAERIGI</i></td></tr></table> | | HIGH SECTION INNER FOREARM BLOCK | <i>NOPUNDE AN PALMOK MAKGI</i> | PALM HOOKING BLOCK | <i>SOMBADAK GOLCHA MAKGI</i> | HIGH SECTION DOUBLE FOREARM BLOCK | <i>NOPUNDE DOO PALMOK MAKGI</i> | TWIN KNIFEHAND BLOCK | <i>SANG SONKAL MAKGI</i> | FRONTE ELBOW STRIKE | <i>AP PALKUP TAERIGI</i> |
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| 6 | DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN WON-HYO... e.g. 1 st movement <i>SHIFTING LEFT LEG INTO SITTING STANCE, EXTENDING THE LEFT HAND INTO A MEASURING POSITION FOR A MIDDLE SECTION PUNCH</i> 38 th movement <i>WEN GUNNUN SO, NOPUNDE DOO PALMOK MAKGI</i> | | | | | | | | | | | |

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

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| 7 | TURNING KICK – DOLLYO CHAGI |
| | Part of use... |
| | BALL OF THE FOOT <i>APKUMCHI</i> |