

Promotion Requirements

for Blue Belts (5th Gup)

CURRENT BELT:



Basic Techniques

Hand Techniques:

Elbow strikes (middle and high section), Reinforced double block, Push block

Kicking Techniques

Flying Side kick

Breaking Techniques: Flying side kick, Reverse Turing Kick, Elbow strike

Sparring Step Drills

From Left Sparring Stance (Right leg back)

16) 180 Degree Turning Kick (Pancake Kick)

- Step forward with ilbo chunjin step
- Execute left 180 Degree Turning Kick -- The 180 Degree Turning Kick starts out with 45 degree turning kick position. Turn the hip to bring the kicking foot to high section level while maintaining the position of the knee. Kick downward only after the hip has turned. Lean with supporting leg for extra reach.

One Step Sparring Drills

13) Crescent Kick, Reverse Turning Kick

- Execute left outside to inside crescent kick, and step around the right foot.
 - Execute right reverse turning kick.
- Note: For "lefties", switch around the order to end with left reverse turning kick.

14) Knifehand block, Turning Kick, Grab, and Hook Turning Kick

- Move left foot forward to left front stance and body twisted to face 10:30 direction. Execute right knifehand outside middle block.
- Grab the partner's wrist with right hand, and execute right middle turning kick. Plant right foot back to form left walking stance.
- Still holding the wrist, execute right hook kick-turning kick combination over partner's arm.

15) Knifehand Block, Knifehand Strike, Reverse Knifehand Strike, Twist Kick, Turning Kick, Takedown, and Punch

- Move right foot forward to form right back stance, and execute right knifehand outside middle block.
- Lunge forward to another right back stance, and execute right knifehand strike.
- Execute reverse knifehand strike.
- Execute left twist kick and land aside.
- Execute right turning to midsection.
- Execute takedown (see #9 for takedown details), and left punch.

TAE GUEK OH CHANG

MOVEMENTS: 20

DEFINITION: Represents actions of the Seon principle of Palgwe symbolizing the wind. Wind can be deadly and unpredictable or gentle and repetitious; such should be the threat of the taekwondoist's mind.

1. Turn **90 degrees** to the **left** with left leg into **left front stance** with **left down block**.
2. **Pull** the **left foot in**, and execute **left hammer fist**.
3. Turn **180 degrees** to the **right** with right leg into **right front stance** with **right down block**.
4. **Pull** the **right foot in**, and execute **right hammer fist**.
5. Turn **90 degrees** to the **left** with left leg into **left front stance** with **left out-to-in middle block**. Immediately follow with **right out-to-in middle block**.
6. Throw **back(right) leg front kick**, and land forward into **right front stance** with **right backfist** to the sternum area. Immediately follow with **left out-to-in middle block**.
7. Throw **back(left) leg front kick**, and land forward into **left front stance** with **left backfist** to the sternum area. Immediately follow with **right out-to-in middle block**.
8. Move forward with right leg into **right front stance** with **right back fist** to the sternum area.
9. Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left knifehand outside middle block**.
10. Move forward with right leg into **right front stance** with **right elbow strike** to the rib area (left hand supporting the right fist).
11. Turn **180 degrees** to the **right** with front(right) leg into **right back stance** with **right knifehand outside middle block**.
12. Move forward with left leg into **left front stance** with **left elbow strike** to the rib area (right hand supporting the left fist).
13. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left down block**. Immediately follow with **right out-to-in middle block**.
14. Throw **back(right) leg front kick**, and land forward into **right front stance** with **right down block**. Immediately follow with **left out-to-in middle block**.
15. Turn **90 degrees** to the **left** with back(left) leg into **left front stance** with **left high block**.
16. Throw **back(right) leg middle sidekick**, and land forward into **right front stance** with **left elbow strike** (right hand pulling the imaginary opponent's head towards the left elbow).
17. Turn **180 degrees** to the **right** with front(right) leg into **right front stance** with **right high block**.
18. Throw **back(left) leg middle sidekick**, and land forward into **left front stance** with **right elbow strike** (left hand pulling the imaginary opponent's head towards the right elbow).
19. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left down block**. Immediately follow with **right out-to-in middle block**.
20. Throw **back(right) leg front kick**, and **jump forward** (spring off with the left leg) to **right X-stance** with **right back fist** to the face. Ki-Up.

YOOL GUK

MOVEMENTS: 38

DEFINITION: Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1538-1584 A.D), commonly known as the "Confucius of Korea". The 38 movements refer to his birthplace on the 38th latitude and the diagram of the pattern represents "scholar".

1. Execute **slow left middle punch** while forming **sitting stance**.
2. Execute **right middle punch**.
3. Execute **left middle punch**. (2-3 one count)
4. Move to right side by pulling the left leg in and slowly sending right leg out to a **sitting stance** with **slow right middle punch**.
5. Execute **left middle punch**.
6. Execute **right middle punch**. (5-6 one count)
7. Turn **45 degrees** to the left with right leg into **right front stance** with **right inside middle block**.
8. Throw **back(left) front kick**, land forward to **left front stance**.
9. Execute **left middle punch**.
10. Execute **right middle punch**. (8-9-10 all one count)
11. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left inside middle block**.
12. Throw **back(right) front kick** land forward to **right front stance**.
13. Execute **right middle punch**.
14. Execute **left middle punch**. (12-13-14 all one count)
15. Turn **45 degrees** to the right with front(right) leg into **right front stance** with **slow right open hand outside middle block** (thumb out).
16. Execute **slow left open hand outside middle block**.
17. Execute **right middle punch**.
18. Move forward with left leg into **left front stance** with **slow left open hand outside middle block**.
19. Execute **slow right open hand outside middle block**.
20. Execute **left middle punch**.
21. Move forward with right leg into **right front stance** with **right middle punch**.
22. Move forward with back(left) leg, and execute **left forearm guarding block** with **left shin guard stance**.
23. Throw **front(left) side kick** landing forward to **left front stance**.
24. Execute **right high elbow strike** (left hand pulls the imaginary opponent's head into the performer's right elbow). (23-24 one count)
25. Turn **180 degrees** to the **right** using ITF turnaround and execute **right forearm guarding block** with **right shin guard stance**.
26. Throw **front(right) side kick**, land forward to **right front stance**.
27. Execute **left high elbow strike** (right hand pulls the imaginary opponent's head into the performer's left elbow). (26-27 one count)
28. Turn **90 degrees** to the **left** with back(left) leg into **left back stance** with **left double knifehand forearm block** (right high, left outside middle).
29. Move forward with right leg into **right front stance** with **right middle guarding fingertip**.
30. Turn **180 degrees** to the **right** with front(right) leg into **right back stance** with **right double knifehand forearm block** (left high, right outside middle).
31. Move forward with left leg into **left front stance** with **left middle guarding fingertip**.
32. Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left outside middle block**.
33. Immediately, follow with **right middle punch**. (32-33 one count)
34. Move forward with right leg into **right front stance** with **right outside middle block**.
35. Immediately, follow with **left middle punch**. (34-35 one count)
36. **Jump forward** with **back(left) leg** into **left X-stance** with **left backfist** to the temple area.
37. Turn **270 degrees** to the **right** with back(right) leg into **right front stance** with **right middle reinforced block**.
38. Turn **180 degrees** to **left** with ITF turnaround into **left front stance** with **left middle reinforced block**. Ki-Up.