

# Blue Stripe / 5th Kup - Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

## Practical

Combinations in line from Patterns  
 Pattern – of the students choice excluding Yul Gok  
 Pattern – set by the grading examiner  
 Pattern – Yul Gok  
 2 Step Sparring – Numbers 1,2,3 & 4  
 Free Sparring

### TWO STEP SPARRING (IBO MATSOKI)

Attacker starts right leg back, forearm guarding block.

Defence starts in parallel ready stance.

1. Attack = High punch, front kick.

Defence = *Left leg back, walking stance, rising block. Right leg back, walking stance X fist pressing block.*

Counter = *Twin vertical punch.*

2. Attack = Side punch, fixed stance, turning kick.

Defence = *Right leg back, L stance, upward palm block. Left leg back, L stance, waist block.*

Counter = *Slide forward into right L stance, right side elbow.*

3. Attack = Front kick, twin vertical punch.

Defence = *Right leg back, walking stance, X fist pressing block. Left leg back, walking stance, outer forearm wedging block.*

Counter = *Knee kick, at the same time pull opponents shoulders.*

4. Attack = Flat fingertip thrust, side kick.

Defence = *Right leg back, walking stance, knifehand rising block. Left leg back, L stance, inward palm block.*

Counter = *Front kick to coccyx, twin upset punch to kidneys.*

## Theory

### Meaning Of Blue Belt

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

### Two Step Sparring

Designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in the three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations

## Korean Terms

<b>'X' Stance</b>	Kyocho Sogi
<b>Double Forearm Block</b>	Doo Palmok Makgi
<b>Elbow</b>	Palkup
<b>Hooking kick</b>	Golcho chagi
<b>Jumping</b>	Twiggi
<b>Reverse knifehand guarding block</b>	Sonkal dung daebi makgi
<b>Upset punch</b>	Dwijibo jirugi

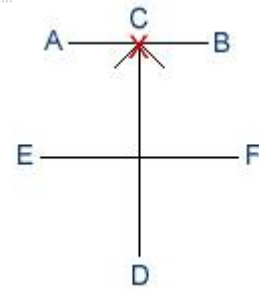
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## Pattern - Yul-Gok

Number of Movements: 38

### Meaning of Yul-Gok:

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar"



**Starting Position:** Parallel ready stance

- 1. Focus punch (sitting stance)**  
Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally
- 2. Double punch (sitting stance)**  
Execute a middle punch to D with the right fist while maintaining a sitting stance toward D
- 3. Double punch (continued)**  
Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion
- 4. Focus punch (sitting stance)**  
Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally
- 5. Double punch (sitting stance)**  
Execute a middle punch to D with the left fist while maintaining a sitting stance toward D
- 6. Double punch (continued)**  
Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion
- 7. Middle inner forearm block (walking stance)**  
Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm
- 8. Low front snap kick**  
Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7
- 9. Double punch (walking stance)**  
Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist
- 10. Double punch (continued)**  
Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion
- 11. Middle inner forearm block (walking stance)**  
Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm
- 12. Low front snap kick**  
Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11
- 13. Double punch (walking stance)**  
Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist
- 14. Double punch (continued)**  
Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion
- 15. Hooking block combination (walking stance)**  
Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot
- 16. Hooking block combination (continued)**  
Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D
- 17. Hooking block combination (continued)**  
Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion
- 18. Hooking block combination (walking stance)**  
Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm
- 19. Hooking block combination (continued)**  
Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D

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20. **Hooking block combination (continued)**  
Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion
21. **Middle punch (walking stance)**  
Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist
22. **Bending stance**  
Turn the face toward D forming a right bending ready stance A toward D
23. **Side kick**  
Execute a middle side piercing kick to D with the left foot
24. **Land front elbow strike (walking stance)**  
Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow
25. **Bending stance**  
Turn the face toward C forming a left bending ready stance A toward C
26. **Side kick**  
Execute a middle side piercing kick to C with the right foot
27. **Land front elbow strike (walking stance)**  
Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow
28. **Twin knife-hand block (L-stance)**  
Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block
29. **Sun Sonkut Tulgi (walking stance)**  
Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip
30. **Twin knife-hand block (L-stance)**  
Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block
31. **Sun Sonkut Tulgi (walking stance)**  
Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip
32. **High outer forearm block (walking stance)**  
Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm
33. **Middle punch (maintain walking stance)**  
Execute a middle punch to C with the right fist while maintaining a left walking stance toward C
34. **High outer forearm block (walking stance)**  
Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm
35. **Middle punch (maintain walking stance)**  
Execute a middle punch to C with the left fist while maintaining a right walking stance toward C
36. **Jump into high back fist strike (X-stance)**  
Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist
37. **High section double forearm block (walking stance)**  
Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm
38. **High section double forearm block (walking stance)**  
Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm

**END:** Bring the left foot back to a ready posture