


REQUIREMENTS FOR 4th KUP GRADING



Blue Belt



Tip work for juniors is as follows:






Note: Adults can use this as a guide towards preparation for their grading.

 Name of new pattern and how many moves are in the pattern? – Yul-Gok 38 moves.

  Perform half of the pattern Yul-Gok, first 24 moves.

   Reverse Turning Kick and Side Kick

    Pattern Yul-Gok

     Meaning of Yul-Gok, 2 Step Sparring, Free Sparring.

The grading will be as follows:

1. Presentation and etiquette.
2. Selection of moves, of the examiners choice.
3. Patterns – Yul-Gok and any other two patterns of the examiners choice.
4. 2 step sparring.
5. Release from a grab.
6. Free sparring.
7. Breaking - Side kick, Turing kick and Reverse Turning Kick (best leg)
8. Questions.

The following questions will need to be learned before progressing.

- ❖ How many moves are in Yul-Gok?
 - 38 moves
- ❖ What is the Meaning of Yul-Gok?
 - Yul Gok is the pseudonym of the 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”.
- ❖ What does the Blue Belt signify?
 - The Blue Belt signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
- ❖ Korean for the following moves
 - Palm Hooking Block – *Sonbadak Golcha Makgi*
 - Double Forearm High Block – *Doo Palmok Nopunde Makgi*
 - Front Elbow Strike – *Ap Palkup Taerigi*
 - X-Stance – *Kyocho Sogi*
 - Bending Stance – *Guburyo Sogi*
 - Connecting Motion - *Connecting motion is a pair of techniques performed as one – a single sinewave and a single breath.*