



5th Kup Blue Belt

GRADING INFORMATION: A licence/renewal costs £42 for 12 months.

The cost per grading is £32.

TAGB White Dobok suits must be worn for grading - these can be purchased at £38 for sizes 2 and below, and £40 for sizes 3 and above.

Pattern - Yul Gok

You will need your sparring kit and gum shield with you in case the examiner wants to see sparring.

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Student's Choice Pattern, 2-Step Sparring (1 2 3 4)

Examiner's Choice Pattern, 3 Step Free Semi Sparring (Intermediate)

THEORY: You will be asked 3 questions from any of the below...

Plus any previous grading theory could also be asked:

At this stage, you could get a copy of the available TAGB book.

It costs £14 and prepares to take you to black belt level.

Interpretation of pattern Yul Gok

Interpretation of Yul Gok Yul Gok, 38 movement pattern - is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the Confucius of Korea.

The 38 movements refer to his birthplace on 38 degrees latitude and the diagram (±) represents the scholar.

Meaning of Blue Belt

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

Korean Terminology required:

X-stance **Kyocho sogi** Palm upward block **Sonbadak ollyo makgi**

Outer forearm waist block **Bakat palmok hori makgi**

Palm hooking block **Sonbadak golcho makgi**

Twin knife-hand block **Sang sonkal makgi** Double forearm block **Doo palmok makgi**

X-fist pressing block **Kyocho joomuk noollo makgi**

Knife-hand rising block **Sonkal chookyo makgi**

Twin fist vertical punch **Sang joomuk sewo jirugi**

Twin fist upset punch **Sang joomuk dwijibo jirugi** Front elbow strike **Ap palkup taerigi**

Side elbow thrust **Yop palkup tulgi** Downward kick **Naeryo chagi**

Knee upwards kick **Moorup ollyo chagi** Jumping **Twigi** 2 Step sparring **Ibo matsoki**

✉ sarah.ginger@gmail.com

☎ 07772 961086

🌐 sarahgingertaekwondo.com

Find us on  @SGTKD

