

GREEN BELT BLUE TAG – 5th KUP

THEORY

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'.

Ap Makgi - Front Block; a block to the centreline of the body with body full facing. (The same applies to punches, strikes and thrusts)

Yop Makgi - Side Block; a block with the body half facing or side facing the target. (The same applies to strikes)

Yop Jirugi - Side Punch; a punch with body side facing the target. (The same applies to thrusts)

TERMINOLOGY

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|----------------------|-------------------------|
| Twin Knifehand Block | ▪ Sang Sonkal Makgi |
| X Stance | ▪ Kyocha Sogi |
| Front Elbow Strike | ▪ Ap Palkup Taerigi |
| Low Stance | ▪ Nachuo Sogi |
| Palm Pressing Block | ▪ Sonbadak Noollo Makgi |
| Palm Upward Block | ▪ Sonbadak Ollyo Makgi |
| Reverse Turning Kick | ▪ Bandae Dollyo Chagi |
| Backheel | ▪ Dwitchook |
| Connecting Motion | ▪ Yon Gyor Tongjak |

GRADING SYLLABUS

BASIC TECHNIQUES

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|-----------------------------------------------------------------------|--------------|
| 1) L-Stance Forearm Guarding Block, Low Stance Palm Pressing Block | Forward x 4 |
| 2) L-Stance Palm Upward Block | Backward x 4 |
| 3) (Front Leg) Side Kick, (Rear Leg) Back Kick | Forward x 4 |
| 4) (Front Leg) Turning Kick, (Rear Leg) Reverse Turning kick | Forward x 4 |

PATTERNS

Any 2 patterns from Chon Ji to Won Hyo Tul
Yul Gok Tul

SPARRING

2 Step Sparring
Free Sparring

SELF DEFENCE

2 prearranged wrist hold releases:
1) 2 handed hold – Forward release
2) 2 handed hold – Inward release, arm bar lock

POWER TEST

Left Turning Kick (1 Board, or Kick shield for under 16's)
Right Turning Kick (1 Board, or Kick shield for under 16's)

THEORY