



# HED TKD

TAE KWON-DO SCHOOLS

## GRADING INFORMATION 5<sup>TH</sup> KUP – BLUE TAG

### PRACTICAL

Choice Pattern  
Pattern Yul Gok  
2 step Sparring 1 to 4  
3 Step Semi-Free Sparring (Intermediate)

Examiner's Set pattern  
Combinations from Patterns  
Sparring Combinations  
Free Sparring

### MEANING OF COLOUR BLUE

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

### INTERPRETATION OF THE PATTERN

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the "Confucius of Korea". The 38 movements of the pattern refer to his birthplace on 38° latitude and the diagram ± represents "scholar". 38 moves.

### NEW MOVEMENTS IN PATTERN

Slow Measuring Punch	-
Hooking Block (uses palm)	Golcha Makgi ( <i>"soft" block performed at ½ speed</i> ) Sonbadak
Middle Front Elbow Strike	Kaunde Ap Palkup Taerigi
Twin Knife Hand Block	Sang Sonkal Makgi
Jumping	Twiggi
X Stance	Kyocho Sogi Wt 90% on flat foot, 10% on the other. Bend both knees. Flat foot designates left / right
High Double Forearm Block	Nopunde Doo Palmok Makgi

### NEW MOVEMENTS IN 2 STEP SPARRING

2 Step Sparring	Ibo Matsoki
X-Fist Pressing Block (uses back of the forearm)	Kyocho Joomuk Noollo Makgi Dung Palmok
Twin Vertical Punch	Sang Sewo Jirugi ( <i>to jaw bone</i> )
Upward Palm Block	Ollyo Sonbadak Makgi
Outer Forearm Outward Waist Block	Bakat Palmok Bakero Hori Makgi
Side Elbow Strike	Yop Palkup Taerigi ( <i>to solar plexus</i> )
Flat Fingertip Thrust	Opun Sonkut Tulgi ( <i>to philtrum</i> )
Middle Palm Pushing Block	Kaunde Sonbadak Miro Makgi
Twin Upset Punch	Sang Dwijibo Jirugi ( <i>to kidneys</i> )