

PRACTICAL

LINWORK

Forward - 2 hooking block obverse punch combination from Yul Gok

Backward - Outward block reverse punch combination from Do San

Forward - Double side kick (from back leg) landing knife hand guarding block L stance

Backward - Waist block L stance

Pattern - Student's choice

Pattern - Examiner's choice

Grade pattern

Semi free sparring (intermediate)

2 step sparring (1-4)

Free sparring 2 rounds (no pads)

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.

INTERPRETATION OF PATTERN YUL GOK (38 MOVEMENTS)

Yul Gok is the pseudonym of the great scholar, Yi I (1536-1584 AD) nicknamed the confucius of Korea. The 38 movements in this pattern refer to his birthplace on 38 degrees latitude and the diagram of moves represents scholar.

ENGLISH INTO KOREAN

STANCES

Parallel ready stance

Narani junbi sogi

Sitting stance

Annun sogi

Walking stance

Gunnan sogi

L Stance

Niunja sogi

Bending ready stance

Guburyo junbi sogi

X Stance

Kyocho sogi

BLOCKS

High inner forearm block

Nopunde an palmok makgi

Hooking block

Golcha makgi

Twin knifehand block

Sang sonkal makgi

High outer forearm block

Nopunde bakat palmok makgi

High double forearm block

Nopunde doo palmok makgi

ATTACKS

Middle forefist punch

Kaunde ap joomak jirugi

Low front snap kick

Najunde apcha busigi

Middle side piercing kick

Kaunde yop cha chagi

Front elbow strike

Ap palkup taerigi

Middle straight fingertip strike

Kaunde sun sonkut tulgi

High side backfist strike

Nopunde yop dung joomak taerigi

MISCELLANEOUS

Free sparring

Jayoo matsoki

Semi free sparring

Ban jayoo matsoki

2 step sparring

Ibo matsoki