



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

5th KUP BLUE STRIPE BELT GRADING SHEET

PRACTICAL

Line up come to attention & bow to Master

Say your name then 5th Kup sir holding up your right hand

Pattern CHON JI and YUL GOK

Free sparring

LINE WORK

Hooking block combination from Yul Gok

Twin knifehand block

Forward double sidekick knifehand guarding block L stance

High vertical twin fist

THEORY

Question:

What is the meaning of Yul Gok

How many moves in Yul Gok

Hooking block

Knee

Twin knifehand block

Front elbow strike

Answer:

Yul Gok is named after a great philosopher and scholar Yi I who's nick name was the confucius of Korea

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Golcha makgi

Moorup

Sang sonkal makgi

Ap palkup taerigi

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.