BURNTWOOD AND CANNOCK TAEKWONDO TIGERS

5th Kup Blue Stripe Belt Grading Sheet

PRACTICAL

Line up in front of the Master in attention stance
Come to attention and bow
Say your name and then 5th Kup Sir, holding up your right hand
Pattern CHON JI and YUL GOK
Free sparring

LINE WORK

Forwards in L stance middle knifehand block
Backwards in L stance twin knifehand block
Forwards in L stance double sidekick knifehand guarding block
Backwards in walking stance twin vertical twin fist

THEORY

Question:	**Answer:**
What is the meaning of Yul Gok?	Yuk Gok is named after a great philosopher and scholar Yi I who's nickname was the Confucius of Korea
How many moves in Yul Gok?	38
How many moves in Chon Ji?	21
What does blue signify?	The heaven toward which the plant matures into a towering tree
What is hooking block?	Golcha makgi
What is turning kick?	Dollyo chagi
What is twin knifehand block?	Sang sonkal makgi
What is front elbow strike?	Ap palkup taerigi

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.