BURNTWOOD AND CANNOCK TAEKWONDO

5th Kup Blue Stripe Belt Grading Sheet

PRACTICAL

Pattern – Student's choice
Pattern – Examiner's choice
Pattern – YUL GOK
Semi free sparring (intermediate)
2 step sparring (1-4)
Free sparring – 2 rounds (no contact)

LINE WORK

Forward – 2 hooking block obverse punch combination from Yul Gok
Backward – Outward block reverse punch combination from Do San
Forward – Double side kick (back leg) landing knifehand guarding block L stance
Backward – Waist block L stance

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.

Stances	
Parallel ready stance	Narani junbi sogi
Sitting stance	Annun sogi
Walking stance	Gunnun sogi
L stance	Niunja sogi
Bending ready stance	Guburyo junbi sogi
X stance	Kyocha 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

IMPORTANT – REVISE PREVIOUS SHEET