

5th Kup - Grading to Blue Belt

Line Work: All techniques done moving either forwards or backwards

- Hooking Block followed by reverse hooking block with obverse punch (using connecting motion) in walking stance
- Double Forearm block in Walking Stance
- Front Elbow Strike in Walking Stance

Pad Work 6: *(see full technique explanation - Page 28)*

- Combination: Lead leg Side kick > Back Kick (attacking & Defending)

Pattern:

- *Yul-Gok*
- *1 x Examiners Choice*

Partner work:

- *Free Sparring*

Pre-arranged Sparring: *(see full technique explanation - Page 34)*

Repeat of No 3 [rising block] & No 4 [outward moving outer forearm block] but to increased standard; *greater power, accuracy and speed.*

Self Defence No 6: *(see full technique explanation - Page 31)*

Attack: Straight Punch to head or Lunge/Push to chest height

Defence: Forward step to outside, lead hand parrying, rear hand sliding underneath to grasping the arm (palm hooking block) and then performing either knifehand side strike (using lead hand) or taking into arm lock (takedown)

Breaking (Power Test): *Back Kick*

Theory: You will be asked a range of questions from those listed below. Young children may learn just key words.

History/Culture:

- What is the meaning of Yul Gok? *Yul Gok is the pseudonym of the great Philosopher and Scholar Yi I, 1536–1584, nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram represents “scholar”.*
- What does the colour Blue Signify? *Blue signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses*

Korean Terminology

- Twin Knifehand Block: *Sang sonkal Maki*
- Palm Hooking Block: *Golcha Maki*
- Double forearm block: *Doo palmok maki*
- X-Stance: *Kyocha sogi*
- Back Kick: *Dwit Chagi*

Technical Knowledge:

What is Connecting Motion? *2 techniques, 1 sine wave, 1 breath (at end of 2nd technique)[Performed in YUL-GOK with palm-hooking block/punch; this motion differs from the others because it involves the execution of two movements with only 1 breath and 1 sine wave - movements are CONNECTED to one another.*

Pick 2 of the 6 components of power and explain how they are applied?

- **Mass:** *This is the maximum amount of body weight (mass) applied to a technique*
- **Speed:** *Speed is the most essential factor of force or power. Scientifically, Force = Mass x Acceleration*
- **Equilibrium (Balance):** *By keeping the body always in equilibrium, i.e., well balanced, a blow is more effective and deadly.*
- **Breath Control:** *A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement (tensing the abdomen) concentrates maximum effort on the delivery of the motion; slow inhaling helps the preparation of the next movement.*
- **Reaction Force:** *every force has an equal and opposite reaction*
- **Concentration of Force:** *By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect.*