



REQUIREMENTS FOR 4TH GUP

5G

(TESTING FOR BLUE BELT)

Student name: _____

Patterns

Yul-Gok

Won-Hyo

Classes required to test = 32

Kicking

Side Piercing Kick, Back Piercing Kick - Rear leg stepping motion

5 Side Piercing Kick - Rear leg stepping motion

5 Turning Kick - Rear leg stepping motion

Fitness Requirement

Push-ups - 35 (Individually tested)

Sparring

Two Step Sparring with a partner - Set 2

Free Sparring - Lead leg sliding

Free Sparring - Side Kick proficiency

Ho Shin Sool

Throw against a straight fingertip thrust from walking stance - include distraction and finishing

Defend against a headlock from the side - include distraction and finishing technique

Defend against a single choke with the forearm from the rear - include distraction and finishing

Power Test

Turning kick - Single board

Tournament Requirement

At least 1 tournament in the last 12 months

Theory

Yul-Gok pattern Interpretation:

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on 38th latitude and the pattern diagram represents the Chinese character for "scholar."

Meaning of Blue Belt:

Blue signifies the heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

The 5 disciplines of Taekwon-Do Moral Culture as listed in General Choi's encyclopedia:

Travel Public service Mountain climbing Cold showers and baths Etiquette

The 5 parts of the "Physical Composition" of Taekwon-Do:

Fundamental movements

Dallyon (equipment maintenance, "forging", stretching, running, weight training, etc.)

Patterns

Sparring

Self-Defense

Show:

The Characteristics of an X-Stance (Kyocha Sogi): This X-Stance is performed standing on one leg, therefore has no length or width. The weight is all on the stationary leg with the ball of the other foot touching the floor slightly and with the non-supporting leg crossed either in front or behind it (crossed in front when stepping and behind when jumping) and with both legs bent. This stance is named for the stationary leg and is performed full, side, or half facing.