



## 5th gup High Green—4th gup Blue Belt Training Sheet

—Know all previous techniques!

### Definitions

#### *Yul-Gok:*

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584 AD), nicknamed the “Confucius of Korea.” The 38 movements of this pattern represent his birthplace on 38th degree latitude and the diagram ( ± ) represents “scholar.” (38 movements)

#### *Definition of Rank: Blue*

Blue signifies the heavens toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

#### *Definition of Self Control*

Control of emotion and actions by strength of will.

#### *Definition of Indomitable Spirit*

Incapable of being overcome or subdued.

#### *Neutral Position*

Ask any certified instructor for this information.

### Kicks and Foot Techniques

- Jumping side kick (front leg)
- 360-degree turning kick
- Double side kick (stepping using front leg, low then high)

### Hand Techniques

- Twin knife hand block
- Horizontal elbow strike (striking palm) in a front stance
- Double forearm block
- Palm hooking block
- Back fist strike in “X” stance

### Stances

“X” Stance—a right X stance has the right foot bearing most of the weight with the toes pointing straight forward. The left foot will be placed behind and to the side (right side of right foot) on the ball of the foot, with the heel lifted high. The ball of the non-weight bearing or “timing” foot should be in alignment with the right ankle bone (vice versa for a left X stance).

### Patterns

Yul-Gok

All previous patterns and kibons

### Technical Knowledge

Definition of Yul-Gok

Definition of rank: blue

Explanation of neutral position

Definition of self control

Definition of indomitable spirit

All previous knowledge and definitions

### Self Defense

Demonstrate pressing scissor takedown

Demonstrate proper defense position from the ground and regaining footing

From ground, applying arm bar between legs

### Sparring

One steps (minimum of 6—two with a jumping kick, two with a spinning kick, two of your choice; takedowns allowed)

Free sparring (no contact)

### Breaking

Techniques and number of boards will be determined by the testing board

Plan on being asked to break with any of your required foot techniques