

Testing Information

5th – 4th

Testing from Blue Stripe (5th Gup) to Blue Belt (4th Gup)

Pattern (tul) & interpretation:

Yul-Gok

Ready Stance: Open Parallel Ready Stance

Movements: 38

Diagram: ±

Yul-Gok is the pseudonym of a great philosopher and scholar Yi 1 (1536-1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on the 38th latitude and the diagram represents "scholar".

Step Sparring

libo 1 step sparring Beginner (1 counter) or Intermediate (2 counters)

Free Sparring no contact

Self-defense:

1 Throw against a back piercing kick from L-Stance

Capture a Side Piercing Kick

Capture a Front Snap Kick

Defend against a double choke from the front

Defend against a single choke with the forearm from the rear

Defend against a headlock from the side

Kicks:

Bandae-Dollyo-Chagi

Yonsok-Chagi

360° Twimyo-Dwitcha-Jirugi

Reverse Turning Kick

Consecutive Kicking

360° Jump Back Piercing Kick

Break:

Yop-Cha-Jirugi Side Kick

2 Boards (under 120 LBS)

3 Boards (Adult)

2 Boards (Junior)

can be done with 1 step or skip

Stance:

X-Stance base foot carries most of the weight, other foot crosses behind with ball of foot slightly touching ground and heel slightly off ground. Both knees bent slightly and stance facing BC.

Techniques:

1. Sitting Stance Middle Punch
2. Walking Stance Palm Hooking Block
3. Walking Stance Reverse Palm Hooking Block
4. Walking Stance Front Elbow Strike
5. X-Stance High Back Fist Side Strike
6. Walking Stance Double Forearm High Block

The five (5) disciplines of Taekwon-Do Moral Culture as listed in General Choi's Encyclopedia:

1. Travel
2. Cold Showers and Baths
3. Etiquette
4. Mountain Climbing
5. Public Service

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

1. Fundamental Movements
2. Dallyon (equipment maintenance - "forging")
3. Patterns
4. Sparring
5. Self-defense