



# GRADING SYLLABUS

**5<sup>TH</sup> KUP BLUE TAG**

**TO**

**4<sup>TH</sup> KUP BLUE BELT**



## **Blue Tag Theory & Terminology**

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Green Belt Colour Meaning: Green signifies the plants growth as the Taekwon-Do skill begins to develop

Blue Belt Colour Meaning: Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Pattern: Yul-Gok Tul.

Pattern Interpretation: Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38° of latitude and the diagram represents "scholar".

### **Moves in Korean**

Two step sparring	Ibo matsoki
Twin vertical punch	Sang sewo jirugi
Palm upward block	Sonbadak ollyo makgi
Outer forearm waist block	Bakat palmok hori makgi
Side elbow thrust	Yop palkup tulgi
Hooking block	Golcho makgi
Hooking kick	Goro chagi
Front elbow strike	Palkup ap taerigi
Twin knife-hand block	Sang sonkal makgi
X-stance	Kyocho sogi
Double forearm block	Doo palmok magki
Connecting motion	Eeojin dongjak
X-fist pressing block	Kyocho joomuk noollo makgi
Fifty	Chiun

## Yul-Gok Tul

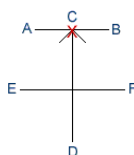
**Interpretation:** Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38° of latitude and the diagram represents “scholar”.

**Ready stance:** Parallel ready stance

**No of moves:** 38

**No of stances:** 6

**Pattern diagram:**



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
**Perform 2 & 3 in a fast motion**
4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
**Perform 5 & 6 in a fast motion**
7. Move the right foot to AD, forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD.  
**Perform 9 & 10 in a fast motion**
11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.  
**Perform 13 & 14 in a fast motion.**

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### Yul-Gok Tul (cont'd)

15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.  
**\*Perform 16 & 17 in a connecting motion**
18. Move the left foot to D, forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.  
**Perform 19 & 20 in a connecting motion.**
21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D, forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C while forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.
29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip the left palm should be brought downward in a circular motion to finish in front of the solar plexus.
30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip the right palm should be brought downward in a circular motion to finish in front of the solar plexus.
32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.
37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high block to A with the right double forearm.

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### Yul-Gok Tul (cont'd)

38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance toward B while executing a high block to B with the left double forearm.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command "baro" is given; at this point the left leg is moved to form parallel ready stance facing D.

#### **\*Connecting Motion (Eeojin Dongjak)**

The connecting motion is a pair of techniques connected in flowing motion with one breath and a single sine wave.



1 High inward knife-hand strike L-stance  
 2 Twin outer forearm block L-stance  
 3 Mid punch Fixed stance  
 4 High inward knife-hand strike L-stance  
 5 Twin outer forearm block L-stance  
 6 Mid punch Fixed stance  
 7 Bending ready stance  
 8 Mid side kick  
 9 Mid knife-hand guarding block L-stance  
 10 Mid knife-hand guarding block L-stance  
 11 Mid knife-hand guarding block L-stance  
 12 Mid spear-hand Front-stance  
 13 Twin outer forearm block L-stance  
 14 High inward knife-hand strike L-stance  
 15 Mid punch Fixed stance

16 High inward knife-hand strike L-stance  
 17 Twin outer forearm block L-stance  
 18 Mid punch Fixed stance  
 19 Low front kick Front stance  
 20 Circular block  
 21 Mid punch Front stances  
 22 Circular block  
 23 Low front kick Front stances  
 24 Mid punch Front stance  
 25 Bending ready stance  
 26 Mid side kick  
 27 Mid guarding block L-stance  
 28 Mid guarding block L-stance

19 High inward knife-hand strike L-stance  
 20 Twin outer forearm block L-stance  
 21 Mid punch Fixed stance  
 22 High inward knife-hand strike L-stance  
 23 Twin outer forearm block L-stance  
 24 Mid punch Fixed stance  
 25 High inward knife-hand strike L-stance  
 26 Twin outer forearm block L-stance  
 27 Mid punch Fixed stance  
 28 High inward knife-hand strike L-stance

## Two Step Sparring – Blue Tag

**Measure**            The attacker measures the distance between themselves and their opponent by making a left L-stance with their right foot to the middle of their opponent's attention stance. Once this distance is established the attacker should return to parallel ready stance.

**Starting Positions**    **Attacker** – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.  
**Defender** - parallel ready stance, kihap to show they are ready to defend.

### Attacks, Defences & Counters

1.    **Attack**            Step right leg forward into right walking stance; perform a high section obverse punch. Execute a low section front snap kick with the rear leg landing in left walking stance.

**Defence**            Step right leg back into a left walking stance, perform an outer forearm rising block with left arm. Step back with left leg into a right walking stance; perform an X-fist pressing block with the left hand on top.

**Counter**            Whilst in the same stance perform a twin vertical punch to the opponent's jaw.

2.    **Attack**            Step right leg forward into a left L-stance, perform a mid-section side punch with the right fist. Execute a rear leg, mid-section turning kick with the ball of the foot, land in left walking stance.

**Defence**            Step right leg back into right L-stance, perform an upward palm block with left palm. Step left leg back into left L-stance, perform a waist block with the right inner forearm.

**Counter**            Slide into right L-stance facing away from your opponent; perform a right-side elbow thrust.

3.    **Attack**            Execute a right leg front snap kick landing in a right walking stance, step forward into left walking stance, perform a twin vertical punch to the opponent's jaw.

**Defence**            Step back with right leg into left walking stance, perform an X-fist pressing block. Step left leg back into a right walking stance, perform an outer forearm wedging block.

**Counter**            Pretend to grab opponent and execute an upward kick with the left knee to the

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### **Two Step Sparring – Blue Tag (cont'd)**

4.     Attack         Step right leg forward into a right walking stance, perform a high section flat fingertip thrust. Execute a side piercing kick with the left leg, land with left leg forward.
- Defence        Step right leg back into left walking stance, perform a rising block with the left knife-hand. Step back into left L-stance, perform an inward palm pushing block with the right-hand contacting the opponent's foot, pushing the kick away. This will turn the opponent slightly.
- Counter        Execute a left leg front snap kick with the ball of the foot to the opponent's coccyx, landing in left walking stance, perform twin upset punch to the opponent's kidneys.





### Three Step Semi-Free Sparring

**Measure**                    The attacker measures the distance between themselves and their opponent by making a left L-stance with their foot to the middle of their opponent's attention stance. Once this distance is established the attacker should return to parallel ready stance.

**Starting Positions**    **Attacker** – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.  
**Defender** - right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin.

### Attacks, Defences & Counters

2.     **Attack**                Stepping forward, perform any 3 rear leg kicks including spins (no jumps or double kicks).

**Defence**                 Stepping left leg back into a left L-stance, perform a middle section forearm guarding block, then move right leg back into right L-stance, perform a middle section forearm guarding block, then move left leg back into left L-stance, perform a middle section forearm guarding block.



## Grading Check List

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

**All the information relevant to this grading can be found in the grading syllabuses for 10<sup>th</sup> – 5<sup>th</sup> Kup**

Know everything from all the previous grading syllabuses/checklists	
35 Press ups	
Double punch	
Hooking kick, double block	
Obverse & reverse hooking block, obverse punch	
Double forearm block (high)	
Reverse turning kick, L-stance, forearm guarding block	
L-stance, twin knife-hand block	
Bending ready stance, side kick, L-stance, front elbow strike	
Students choice pattern	
Won-Hyo Tul	
Yul-Gok Tul	
Two step sparring - 1 - 4	
Three step semi-free sparring - 2	
Free sparring (full sparring kit required)	