

## 5<sup>th</sup> Kup Grading Requirements

<b>Syllabus – For promotion to 4<sup>th</sup> Kup (Blue Belt)</b>
<p>1. Pattern – Yul-Gok</p> <p>2. Sparring</p> <p>3. Destruction – Turning kick (both legs) Measuring and breaking, utilising relevant part of foot</p> <p>4. Terminology</p> <p>NOTE: Revise all previous (physical &amp; terminology)</p>

<b>Terminology</b>											
1	<p><b>Yul-Gok</b> – 38 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</p> <p>Yul-Gok is the pseudonym (penname) of a great philosopher and scholar Yi I (1536 – 1584 A.D.) – nicknamed the Confucius of Korea. The 38 movements of this pattern refer to his birthplace on the 38<sup>th</sup> degree latitude and the diagram represents the scholar.</p>										
2	<p><b>STANCES</b> – Sogi</p> <p>X STANCE – <i>KYOCHA SOGI</i></p> <p>Cross one leg in front or behind the other Weight distribution = 90% on stationary or landing leg following a jump (sole of foot flat on the ground) &amp; 10% on the moving leg (tucked behind the stationary leg) &amp; rest ball of the foot lightly on the ground Knees of both legs bent to form an X shape Leg with 90% weight indicates whether it is a right or left stance</p>										
3	<p><b>MEANING OF THE COLOUR BLUE</b></p> <p>Blue signifies the heaven towards which the plant matures on to a towering tree, as training continues.</p>										
4	<p><b>GENERAL TERMINOLOGY</b></p> <table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">PALM</td> <td><i>SOMBADAK</i></td> </tr> <tr> <td>ELBOW</td> <td><i>PALKUP</i></td> </tr> <tr> <td>DOUBLE FOREARM</td> <td><i>DOO PALMOK</i></td> </tr> </table>	PALM	<i>SOMBADAK</i>	ELBOW	<i>PALKUP</i>	DOUBLE FOREARM	<i>DOO PALMOK</i>				
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6	<p><b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN WON-HYO...</b></p> <table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">e.g. 1<sup>st</sup> movement</td> <td><i>SHIFTING LEFT LEG INTO SITTING STANCE, EXTENDING THE LEFT HAND INTO A MEASURING POSITION FOR A MIDDLE SECTION PUNCH</i></td> </tr> <tr> <td>38<sup>th</sup> movement</td> <td><i>WEN GUNNUN SO, NOPUNDE DOO PALMOK MAKGI</i></td> </tr> </table>	e.g. 1 <sup>st</sup> movement	<i>SHIFTING LEFT LEG INTO SITTING STANCE, EXTENDING THE LEFT HAND INTO A MEASURING POSITION FOR A MIDDLE SECTION PUNCH</i>	38 <sup>th</sup> movement	<i>WEN GUNNUN SO, NOPUNDE DOO PALMOK MAKGI</i>						
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COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - UNBENDING SPIRIT

7	<b>TURNING KICK – DOLLYO CHAGI</b> Part of use... BALL OF THE FOOT <i>APKUMCHI</i>
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