

GRADING REQUIREMENTS FOR 5TH KUP BLUE TAG

YUL GOK

38 MOVEMENTS

IS THE PSEUDONYM OF THE GREAT PHILOSOPHER AND SCHOLAR YI HI (1536 – 1584 AD) NICKNAMED THE CONFUCIUS OF KOREA, THE 38 MOVEMENTS REFER TO HIS BIRTHPLACE ON 38 DEGREES LATITUDE AND THE PATTERN DIAGRAM REPRESENTS SCHOLAR.

AS PREVIOUS GRADING PLUS:-

PRACTICAL/FLOORWORK

HOOKING BLOCK/ X-FIST RISING BLOCK/ FRONT ELBOW ATTACK/
FLAT FINGER TIP STRIKE/ RIDGEHAND STRIKE
BENT READY STANCE/ BODY COMPOSURE/ SWITCHING STANCES

LINWORK

ADVANCED FIGHTING COMBINATIONS/ BLITZING/ SPINNING KICKS
BOXING COMBINATIONS/ EXCHANGE FOOTWORK

PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL, WON HYO TUL, YUL GOK TUL

SET SPARRING

3 STEP 1 – 10
2 STEP 1 & 2

SEMI FREE SPARRING

3 STEP SEMI FREE SPARRING

SELF DEFENCE

DOUBLE SHOULDER GRAB FROM BEHIND

MEASURED KICKS

FRONT KICK
SIDE KICK

THEORY

PATTERN MEANINGS, ADVANCED KOREAN TERMINOLOGY AND THEORY