

5TH KUP GRADING REQUIREMENTS

Physical Performance:	
Pattern	Yul-Gok Tul Won Hyo Tul Do-San Tul
Destruction	Side Piercing Kick (Leg not used at previous grading) Turning Kick (Leg not used at previous grading) <i>Measuring & Breaking with relevant parts of use.</i>
Sparring	Free sparring (1-v-1), Two-step sparring (Ibo Matsogi)

Theory:	
1	Meaning of colour blue: Signifies the heaven towards which the plant matures into a towering tree as training continues.
2	Yul Gok has 38 movements. 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 38th degree latitude and diagram (±) represents scholar.
3	Ready posture for Yul-Gok Parallel Ready Stance: Narani Junbi Sogi
4	5 blocks used in Yul Gok: Middle section inner forearm block: Kaunde An Palmok Makgi Middle Section Palm Hooking Block: Kaunde Sonbadak Golcha Makgi Twin Knifehand Block: Sang Sonkal Makgi. High Section Outer Forearm Side Block: Nopunde Bakat Palmok Yop Makgi High Section Double Forearm Block: Nopunde Doo Palmok Makgi.
5	Front Elbow Strike: AP Palkup Taerigi.

Theory: (Continued)

6	<p>New Stance: Kyocha Sogi (X Stance)</p> <p>CROSS one leg in front or behind the other.</p> <p>Weight: 90% WEIGHT on the stationary or the landing leg following a jump (sole of the foot flat on the ground). 10% WEIGHT on the moving (stepping over or tucking in leg) and tucking in leg following a jump (resting ball of the foot lightly on the ground).</p> <p>Toes of the rear foot point forward. Knees of both legs are bent to form an 'X'. Leg with 90% weight indicates right or left X stance.</p>
7	<p>Must be able to describe & demonstrate all movements in Yul Gok.</p> <p>e.g. 1st Movement: Shifting left leg into sitting stance, extending left hand into a measuring position. 38th Movement: Wen Gunnun So, Nopunde Doo Palmok Makgi.</p>