

## Green Belt with Blue Stripe

### LINE WORK FOR 5TH KUPS

FWD – FRONT KICK LAND IN L-STANCE REVERSE PUNCH KIAP PULL BACK TO GUARD

BWD – WALKING STANCE LOW BLOCK RISING BLOCK COMBINATION WITH REVERSE PUNCH

FWD – FRONT KICK TURNING KICK COMBINATION LANDING IN L-STANCE WITH REVERSE PUNCH  
KIAP PULL BACK TO GUARD

BWD – L-STANCE INWARDS BLOCK KNIFE HAND STRIKE REVERSE PUNCH PULL BACK TO GUARD

FWD – SIDE KICK BACK KICK COMBINATION LAND IN L-STANCE WITH GUARDING BLOCK

BWD – COMBINATION FROM YUL-GOK, HOOK/HOOK/PUNCH

FWD – WALKING STANCE FRONT ELBOW STRIKE

BWD – L-STANCE TWIN OUTER KNIFE HAND BLOCK

PATTERN – STUDENTS CHOICE BUT NOT YUL-GOK

PATTERN – EXAMINERS CHOICE

PATTERN – EXAMINERS CHOICE

PATTERN – YUL-GOK

2 STEP SPARING No 1-4, JUNIORS No 1-2

FREE SPARING WITH SAFETY EQUIPMENT

### THEORY

#### TYPICAL THEORY FOR 5TH KUPS

Theory for your 5th Kup grading typically consists of 3 more questions relating to the training that you have done so far

#### THE MOST COMMON QUESTIONS ARE:-

##### What is the meaning of your pattern and how many movements does it have?

This is the pseudonym of the great philosopher and scholar Yi L (1536-1584) who was nicknamed “The Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38° latitude and the diagram represents the Chinese symbol for “scholar”.

As a philosopher Yi I is regarded second only to Toi Gye. He was an original political thinker & educator. His brush name (Yul Gok) means "chestnut valley". His mother was a very educated woman & a skilled painter & poet. After his mother died he went into the Diamond Mountains with thoughts of becoming a Buddhist teachings & took up Neo-Confucian philosophy, partly because it embraced political & social activity. Four years later at the age of 22, he stayed with Toi Gye for a short period at his retreat in Tosan.

He then entered into the government service & rose steadily up the ranks. In the last 4 years of his life he held the highest posts in the land. He proposed new policies in taxation, education & defence of the realm. He advised on maintaining a standing army of 100,000 men but his advice was not heeded & 10 years later the Japanese invaded & faced virtually no opposition (the 1592 Imjin Wars).

38 Moves

**What is the Korean for hooking block and what part of the hand do you use?**

Golcho makgi

**What is the difference between 3 step and 2 step sparring?**

The amount of steps and in 3 step sparring the attack is the same (walking stance punch). In two step sparring the attack is different on each move.

**Name 5 different stances and relate them to a pattern?**

Walking Stance – Gunnan sogi – Sajo jirugi number 1

Sitting stance – Annun sogi - 1<sup>st</sup> move in Tul gok

L stance – Niunja sogi – 1<sup>st</sup> move in Dan gun

Fixed stance – Gojang sogi – 2<sup>nd</sup> move in Won hyo

Ready stance – Narani sogi – Starting position for Do san as well as many other patterns.

**Name 5 different kicks and what part of the foot they use?**

Turning Kick – Dolliyo chagi – Ball of foot

Side kick – Yop chagi – Foot sword

Front kick – Ap chagi – Ball of foot

Back kick – Dwit chagi – Heel

Twisting Kick – Bituro chagi – Ball of foot

**In your pattern you do a front elbow strike, what is the opposite hand doing?**

Grabbing your opponents head

**What is the purpose of the first movement from your pattern?**

Keeping your opponent away

**Who are the founder members of the UK TKD?**

Mr Kinney, Mr Wadlow

**Name 3 different parts of the hand and relate them to strikes or punches.**

Knife hand – Sonkal – Strike to the neck

Finger tips – Sonkat – Pierce to the chest

Back fist – Dung joomuk – Bridge of the nose

Remember that these are just examples of questions you might be asked at a grading, a student should have a good knowledge of their theory before going to grade.

**JUNIOR THEORY QUESTIONS**

From green belt level upwards the theory questions are still easier, relating to their age and ability, but there is less distinction in the theory asked between an adult and a junior.