

# PHIL THOMAS SCHOOLS OF TAEKWONDO

## GRADING INFORMATION – 5<sup>th</sup> KUP / BLUE TAG

### **Practical Grading Required**

Pattern – Yul Gok  
**2 Further patterns of examiners choice**

Basics Examiner's Choice

2 Step Sparring 1/2/3/4 (details on separate sheet)

3 Step Free Semi Sparring (Intermediate)

Free Sparring

### **Theory Study Required**

#### **Meaning of Blue Belt**

Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon –Do progresses

#### **Interpretation of Yul Gok**

Yul Gok, 38 movement pattern – is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584) nicknamed the Confucius of Korean. The 38 movements refer to his birthplace on 38 degrees latitude and the diagram of the pattern in the handbook represents scholar.

### **Korean Terminology Study Required**

<b>X stance</b>	Kyochoa sogi
<b>Front elbow strike</b>	Ap palkup taerigi
<b>Back kick</b>	Dwit chagi
<b>Palm-heel strike</b>	Son badkat taerigi
<b>Arc hand strike</b>	Bandalson taerigi
<b>Reverse knife – hand strike</b>	Sonkal dung taerigi
<b>Side fist side strike</b>	Yop joomuk yop taerigi
<b>Reverse turning kick</b>	Bandae dollyo chagi
<b>Palm-heel waist block</b>	Son badak hori makgi
<b>Hooking block</b>	Golcho makgi
<b>Twin knife – hand block</b>	Sand sonkal makgi
<b>High double forearm block</b>	Nopunde doo palmok makgi
<b>Inner forearm inward waist block</b>	An palmok anaero hori makgi
<b>1 step sparring</b>	Ibo matsoki