

Testing Information

5th – 4th

Testing from Blue Stripe (5th Gup) to Blue Belt (4th Gup)

Pattern (tul) & Interpretation:

Pattern: Yul-Gok

Ready Stance: Open Parallel Ready Stance

Movements: 38

Diagram: ±

Interpretation

Yul-Gok is the pseudonym of a great philosopher and scholar Yi 1 (1536-1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on the 38th latitude and the diagram represents "scholar".

Kicking Requirements:

Bandae-Dollyo-Chagi

Yonsok-Chagi

360° Twimyo-Dwitcha-Jirugi

Reverse Turning Kick

Consecutive Kicking

360° Jump Back Piercing Kick

Step Sparring

Free Sparring no contact

Ilbo 1 step sparring

Beginner (1 counter) or Intermediate (2 counters)

1 step sparring beginner or intermediate

Attacker: hand attacks only – open ready stance

Defender: open ready stance, beginner (1 counter)

Note: defender finishes in guarding block

Self-defense

1 Throw against a back piercing kick from L-Stance

Capture a Side Piercing Kick

Capture a Front Snap Kick

Defend against a double choke from the front

Defend against a single choke with the forearm from the rear

Defend against a headlock from the side

Break

Yop-Cha-Jirugi

Side Kick

3 Boards (Adult)

2 Boards (under 120 LBS)

2 Boards (Junior)

Note: can be done with 1 step or skip

Required Knowledge

Listed in General Choi's encyclopedia: The five (5) parts of the "Physical Composition" of Taekwon-Do:

1. Fundamental Movements
2. Dallyon (equipment maintenance - "forging")
3. Patterns
4. Sparring
5. Self-defense

The five (5) disciplines of Taekwon-Do Moral Culture:

1. Travel
2. Cold Showers and Baths
3. Etiquette
4. Mountain Climbing
5. Public Service

New Techniques:

1. Sitting Stance Middle Punch
2. Walking Stance Palm Hooking Block
3. Walking Stance Reverse Palm Hooking Block
4. Walking Stance Front Elbow Strike
5. X-Stance High Back Fist Side Strike
6. Walking Stance Double Forearm High Block

New Stance:

X-Stance base foot carries most of the weight, other foot crosses behind with ball of foot slightly touching ground and heel slightly off ground. Both knees bent slightly and stance facing BC. Half facing to technique.

All students need to join the ITF / ATFI at this level. Cost is \$25.00 for a lifetime membership.