

## 5th Gup Requirements

5TH

### Patterns

- Yul-Gok Tul (Including all previous patterns)

### Kicking

- Reverse hooking kick (Bandaedollyo GoroChagi)
- Downward kick (Naeryo Chagi)
- Flying turning kick (Twimyo Dollyo Chagi)
- Double turning kick (Doo Dollyo Chagi)

### Blocking

- Palm obverse hooking block (Sonbadak Baro Golcho Makgi)
- Palm reverse hooking block (Sonbadak Bandaedollyo Golcho Makgi)
- Twin knifehand block (Sang Sonkal Makgi)
- Double forearm high block (Doo Palmok Nopunde Makgi)

### Striking

- Front elbow strike (Ap Palkup Taerigi)
- Reverse knifehand strike (Sonkal Dung Taerigi)

### Stances

- X-stance (Kyocha Sogi)

### Sparring

- One step sparring moves from your patterns (Ilbo Matsogi)
- Free sparring (Jayo Matsogi) x 2 and 1

### Self-Defence

- Rear holds

### Breaking techniques

- Side piercing kick
- Knifehand Inward strike

### Terminology/Theory

- Meaning and number of movements in Yul-Gok
- Meaning of blue belt
- Names and application of fundamental movements (as above)

### Attendance

Recommended minimum 110 classes

### Yul-Gok (38 movements)

Yul-Gok is the pseudonym of a great philosopher and scholar **Yi I (1536-1584)** nicknamed the "**Confucius of Korea**". The 38 movements of this pattern refer to his birthplace on 38<sup>th</sup> latitude and the diagram represents "scholar".