



Grading Syllabus - 5th Kup (Blue stripe) to 4th Kup (Blue belt)

You will be required to perform the following exercises consistently and accurately as instructed.

1. Low block reverse punch (walking stance)
2. Front leg raising exercise with double block
3. Knife hand rising block (walking stance)
4. Reverse turning kick (L-stance)
5. Front kick side kick guarding block (L- stance)
6. Pattern: Yul-Gok (38 moves)
7. Semi-Free sparring (intermediate)
8. Free sparring
9. Pad work - turning kicks, Axe kicks, Side kicks, reverse turning kick, back kick, punching
10. Any combinations from previous gradings

Stances must be of the required distance. Correct weight distribution should be maintained at all times. Particular attention will be paid to both hand positions and body alignment. Confidence and attitude will also be considered during the grading.

Always address the instructor and the grading examiner as “Sir”.

You will also be expected to answer up to 5 questions from the following correctly:

Questions

- | | |
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| 60. What is front kick double punch? | <i>Ap chagi doo jirugi</i> |
| 61. What is hooking block? | <i>Golcho makgi</i> |
| 62. What is elbow strike? | <i>Palkup taerigi</i> |
| 63. What is fixed stance? | <i>Gojung sogi</i> |
| 64. What is twin knifehand block? | <i>Sang Sonkal makgi</i> |
| 65. What is double forearm block? | <i>Doo palmok makgi</i> |
| 66. What is the interpretation of pattern Yul-Gok? | |

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° latitude and the diagram represents "scholar".

67. What does the colour Blue signify?

Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

68. What do you enjoy about taekwondo?

Any answer is relevant except "I don't know."