

5TH KUP Grade Sheet – Blue Tag to Blue Belt

To pass you grading you will have to demonstrate:

- Moves and patterns from your previous gradings + Yulgok tul
- Reverse turning Kick Right and Left
- Golcha Maki – Hooking Block (option to grab)
- Elbow techniques - Upward Elbow, Front Elbow, Downward Elbow, Rear Elbow, Side Elbow
- Combinations up and down the floor.
- Demonstrate and name as many Kicking techniques as possible.
- Free Sparring – Ability to attack and defend
- Two Step Sparring
- Grabs and Releases (basic)
- Demonstrate teaching a simple technique to a lower grade.

Interpretation of Yulgok – 38 moves

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.

Blue belt signifies: The heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses

Upward Elbow	Wi Palkup
Front Elbow	Ap Palkup
Downward Elbow	Naeryo Palkup
Rear Elbow	Dwit Palkup
Side Elbow	Yop Palkup
X Stance	Kiocha Sogi