

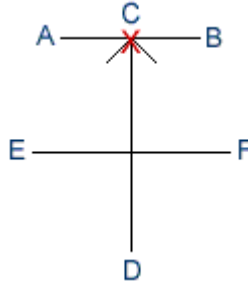
VELLA-TAEKWONDO 5th KUP

GREEN BELT / BLUE TAG STUDY SHEET

5TH KUP - Green belt / bluetag study sheet. Training period 3.5 months.

- 38 movements. Diagram "Scholar".

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 Degrees latitude and the Diagram represents "scholar".



Stance

X-Stance

Sogi

Kyocha sogi

Blocks

High outer forearm side block
Middle inner forearm block
High double forearm block
Twin knife hand block
High hooking block

Makgi

Napunde bakat palmok yop makgi
Kaunde ap palmok makgi
Napunde doo palmok makgi
Sang palmok makgi
Napunde golcho makgi

Punches

Middle punch

Jirugi

Kaunde jurigi

Strike

Back fist side/back strike
Front elbow strike

Taerigi

Dung joomuk yopdwi taerigi
Ap palkup taerigi

Thrust

Middle straight fingertip thrust

Tulgi

Kaunde son sonkut tulgi

Kick

Low front snap kick
Middle side piercing kick

Chagi

Najunde ap cha busigi
Kaunde yop cha jirugi

1 Step Sparring: Ilbo Matsogi

Two members face up and bow. On 'Junbi' both members go into parallel ready stance. On 'Sijak' attacker indicates readiness for attack by 'Kiop; defender indicates readiness for attack by 'Kiop. Attacker commences with any offensive technique (hand or foot), defender blocks or dodges the attack and counter attack with any appropriate technique. This is done twice. Change roles and continue. When finished face up and bow.

General Information:

- Continuous movement (**Yonsok Dong Jak**) means performing two or more moves without stopping, with each move having it's own breath as in Dan Gun moves 13 & 14.
- Connecting movement (**Euijin Dong Jak**) means using one breathe for two movements, as in pattern **Yul-Gok** movement numbers 16 & 17, and 19 & 20.

VELLA-TAEKWONDO 5th KUP

GREEN BELT / BLUE TAG STUDY SHEET

General Information:

- Blue belt signifies the heaven, toward which the plant develops into a towering tree as training in Taekwon-Do progresses.
- Son badak (the palm) is used for Golcho Makgi (hooking block).
- When performing Sang sonkal Makgi, the knifehand rising block must be over the centre line.
- When in Kyocha Sogi (X-stance) both feet must point in the same direction.

Questions

This is just an indication of the type of questions asked at the 4th Kup Grading and can also relate to previous study sheets and information taught in class.

1. Name all the patterns you know, number of movements and diagram of each one.
2. What is the meaning of Yul-Gok?
3. Name and demonstrate 7th and 32nd movement in Yul-Gok. What is the difference between the two techniques?
4. Name and demonstrate - Palm hooking block, double forearm block, twin knifehand block, circular block and palm upward block.
5. Name all the elbow strikes you know. Name all the elbow thrusts you know. What is the difference between elbow strikes and elbow thrusts.
6. Name and demonstrate all the kicks you now know. 7. Name and demonstrate all the stances you now Know.