



ITF 5th Kup Green Belt (Blue Tag) Grading Syllabus

Theory

- 1. What is the meaning 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 moves of this pattern represents his birth place on the 38th degree latitude and the diagram represents the scholar.
- 2. What is jumping & flying in Korean?** – Twigi & Twimyo
- 3. What is the difference between jumping and flying techniques?** – Jumping is to gain height and flying is to gain distance.
- 4. What is X-Stance in Korean & whats its purpose?** – Kyocha Sogi, used as a transitional stance to pivot and move quickly in any direction or stance.
- 5. What is Arc hand in Korean?** – Bandal son.
- 6. What is Hooking block in Korean?** – Golcho makgi
- 7. What is twin knife hand block in Korean?** – Sonkal sang makgi
- 8. What is double fore arm block? And explain the difference between double and twin fore arm blocks. Doo palmok makgi.**
- 9. What is reverse turning kick in Korean and what part of the foot do you use for the technique?** – Badae dollyo chagi, using the back heel, Dwit chook.
- 10. What is inward palm block in Korean?** – Anuro sonbadak makgi.
- 11. Name 7 stances (apart from X stance) in English & Korean?** – Walking stance (gunnun sogi) Attention stance (Charyot sogi) Parallel stance (Narani junbi sogi) Sitting stance (Annun sogi) Closed stance (Moa junbi sogi) L Stance (Niunja sogi) Fixed stance (Gojung sogi)
- 12. What the Korean for hooking kick and what part of the foot do you use for the technique?** – Golcho chagi, using the back heel, Dwit chook
- 13. What is three step semi free sparring in Korean?** – Sambo banjayu matsoki.

14. Why does the Taekwon-Do belt only wrap around once? - One Taekwon-Do, one technique, one Master.

15. Why do we learn Patterns? - The name, number of moves and the diagrammatic symbol of each pattern symbolize either a historical event, a heroic figure in Korean history or instances relating to historical events, these events are to be respected. Although the history is Korean, all people and cultures can relate to the struggle and triumphs.

16. What is upward knee strike in Korean? – Ollyo Moorup Taerigi.

17. What is significant about the 38th degree latitude?

Korean Terms

General Terms	
English	Korean
Jumping	Twigi

Parts of the Body	
English	Korean
Knee	Moorup
Back Sole	Dwit Kumchi
Back Heel	Dwit Chook
Flat Fingertip	Opun Sonkut
Palm	Sonbadak

Defensive Moves	
English	Korean
Twin KnifeHand Block	Sang Sonkal Makgi
Double Forearm Block	Doo Palmok Makgi
Inward Palm Block	Anaero Sonbadak Makgi
Rising KnifeHand Block	Chookyo Sonkal Makgi
Hooking Block	Golcho Makgi

Stances	
English	Korean
X-STANCE	Kyocho Sogi

Offensive Moves	
English	Korean
Flat Fingertip Thrust	Opun Sonkut Tulgi
Twin Upset Punch	Sang Dwijibo Jirugi
Palm Strike	Sonbadak Taerigi
Front Elbow Strike	Ap Palkup Taerigi
Hooking Kick	Golcho Chagi
Upward Knee Kick	Ollyo Moorup Chagi
Back Kick	Dwit Chagi
Reverse Turning Kick	Bandae Dollyo Chagi

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

CONTACT

e: teignbridge-tkd@hotmail.com

t: 07817 639094

