# 5th Kup (Blue Tag)
# Theory Work

## GENERAL TERMS

Jumping

## PARTS OF THE BODY

Arc Hand
Back Sole
Back Heel

## STANCES

X-Stance

## DEFENSIVE MOVES

Double Forearm Block
Hooking Block
Twin Knifehand Block
Inward Palm Block

## OFFENSIVE MOVES

Twin Upset Punch
Hooking Kick
Reverse Turning Kick
Upward Knee Strike
Front Elbow Strike
Flat Finger Tip Thrust

## PATTERN

38 Moves

## SPARRING

Free Sparring
Three Step Semi-Free Sparring
Two Step Sequences 3 & 4

## GENERAL TERMS

TWIGI

## PARTS OF THE BODY

BANDAL SON
DWIT KUMCHI
DWIT CHOOK

## STANCES

KYOCHA SOGI

## DEFENSIVE MOVES

DOO PALMOK MAKGI
GOLCHO MAKGI
SANG SONKAL MAKGI
ANAERO SONBADAK MAKGI

## OFFENSIVE MOVES

SANG DWIJIBO JIRUGI
GOLCHO CHAGI
BANDAE DOLLYO CHAGI
OLLYO MOORUP TAERIGI
AP PALKUP TAERIGI
OPUN SONKUT TULGI

## PATTERN

YUL GOK

## SPARRING

JAYO MATSOKI
SAMBO BANJAYO MATSOKI
IBO MATSOKI

# 5th Kup (Blue Tag)
# Theory Work Cont.d

**5<sup>th</sup> Kup Questions**

| | |
|---|---|
| **Meaning of 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". |
| **Target areas for certain attacks?** | Explain what attacking tools you would use for certain targets- i.e. knifehand against a soft target like throat or neck, backfist to temple or nose, front snap kick to knee etc. |
| **Explain X-stance?** | X Stance is a very convenient stance in particular for attacking to the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next manouevre. Body weight is on the stationary foot. When the weight is on the right foot it is a right X Stance and vice versa |
| **Meaning of blue belt?** | Blue signifies the heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses |
| **What happened on April 11th 1955?** | The name TaeKwon-Do was presented by General Choi Hong Hi 9th degree to a meeting of leading Masters, Historians and Politicians where it became officially recognised |