**5th Kup Blue Strip Revision Sheet**

**Blue Belt means:**

Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

**Practical:**

Choice Pattern Examiner’s Set pattern

Pattern Yul Gok Combinations from Patterns

2 step Sparring 1 to 4 Sparring Combinations

3 Step Semi-Free Sparring (Intermediate)

**Yul Gok:**

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the “Confucius of Korea”. The 38 movements of the pattern refer to his birthplace on 38o latitude and the diagram ± represents “scholar”. 38 moves.



**Terminology:**

Slow Measuring Punch –

Hooking Block Golcha Makgi

Middle Front Elbow Strike Kaunde Ap Palkup Taerigi

Twin Knife Hand Block Sang Sonkal Makgi

Jumping Twigi

X Stance Kyocha Sogi

High Double Forearm Block Nopunde Doo Palmok Makgi

2 Step Sparring Ibo Matsoki

X-Fist Pressing Block Kyocha Joomuk Noollo Makgi

Twin Vertical Punch Sang Sewo Jirugi

Upward Palm Block Ollyo Sonbadak Makgi

Waist Block Hori Makgi

Side Elbow Strike Yop Palkup Taerigi

Flat Fingertip Thrust Opun Sonkut Tulgi

Middle Palm Pushing Block Kaunde Sonbadak Miro Makgi

Twin Upset Punch Sang Dwijibo Jirugi