



5th KUP (Blue-Tag Belt) Theory

GENERAL TERMS - ENGLISH

Jumping

GENERAL TERMS - KOREAN

TWIGI

PARTS OF THE BODY - ENGLISH

Arc Hand

Back Sole

Back Heel

PARTS OF THE BODY - KOREAN

BANDAL SON

DWIT KUMCHI

DWIT CHOOK

STANCES - ENGLISH

X-Stance

STANCES - KOREAN

KYOCHA SOGI

DEFENSIVE MOVES - ENGLISH

Double Forearm Block

Hooking Block

Twin Knifehand Block

Inward Palm Block

DEFENSIVE MOVES- KOREAN

DOO PALMOK MAKGI

GOLCHO MAKGI

SANG SONKAL MAKGI

ANAERO SONBADAK MAKGI

OFFENSIVE MOVES - ENGLISH

Twin Upset Punch

Hooking Kick

Reverse Turning Kick

Upward Knee Strike

Front Elbow Strike

Flat Fingertip Thrust

OFFENSIVE MOVES - KOREAN

SANG DWIJIBO JIRUGI

GOLCHO CHAGI

BANDAE DOLLYO CHAGI

OLLYO MOORUP TAERIGI

AP PALKUP TAERIGI

OPUN SONKUT TULGI

PATTERN

38 MOVES

PATTERN

YUL GOK

****TURN OVER* *PAGE 1 of 2****



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SPARRING - ENGLISH	SPARRING - KOREAN
Free Sparring	JAYO MATSOKI
Three Step Semi-Free Sparring	SAMBO BANJAYO MATSOKI
Two Step Sparring Sequences 3 & 4	IBO MATSOKI

What is the meaning of **Blue** belt?

- Blue signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses

What is the 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 the throat or neck, backfist to the temple or nose, front snap kick to the 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 manoeuvre. Body weight is on the stationary foot. When the weight is on the right foot it is a right X Stance and vice versa.

What happened on **11th April 1955**?

- The name Taekwondo was presented by General Choi Hong Hi, 9th Degree to a meeting of leading Masters, Historians and Politicians where it became officially recognised.

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