

School of Tae Kwon Do

Page 1

TERMINOLOGY FOR GREEN BELT (5TH) KUP MEMBERS

Required pattern
Number of Movements
Ready Position
Diagram

YUL-GOK
38
NARANI CHUNBI SOGI

Meaning of Pattern

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 AD) nicknamed the 'Confucious of Korea'. The 38 movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram () represents 'scholar'.

New Movements in Pattern

Stances

Walking stance
L stance
Sitting stance
Bending stance
X stance

Sogi

Gunnun sogi
Niunja sogi
Annun sogi
Goburyo sogi
Kyocha sogi

Blocks

High inner forearm block
Hooking block
Twin knifehand block
Double forearm block

Makgi

Nopunde an palmok makgi
Golcho Makgi
Sang sonkal makgi
Doo palmok makgi

Strikes

Front elbow strike
High backfist side strike

Taerigi

Ap palkup taerigi
Nopunde dung joomuk yop taerigi

Thrusts

Middle fingertip thrust

Tulgi

Kaunde song sonkup taerigi

Kicks

Side piercing kick

Chagi

Yop cha jirugi

End: Bring left foot back to ready stance

Significance of Green Belt

Green signifies the plant's growth as TKD skills begin to develop.

School of Tae Kwon Do

TERMINOLOGY FOR GREEN BELT (5TH) KUP MEMBERS

Additional Information

Kicks

Hooking kick
Reverse turning kick
Twisting kick

Flying side piercing kick

Blocks

Low knifehand block

Two Step Sparring

Questions

What is the difference between;

1. an makgi
2. an palmok makgi
3. anuro makgi

Grading Syllabus

NB: Revise all previous grading sheets.

1. Perform pattern YUL-GOK and another previous pattern.
2. Two step sparring.
3. Three step semi free sparring.
4. Free sparring.
5. Power test: Breaking 1 board using reverse turning kick.
6. Questions: NB: Answer questions using Korean terminology.

EG. What is the first move in your pattern?
What is the second move in your pattern?
Name and perform the stances you know?
Name and perform the blocks you know?
Name and perform the kicks you know?
Name the footparts used for the above?
What is the meaning of your pattern?
How many moves in your pattern?
What does the colour of your belt mean?
What does the colour of blue belt mean?

Chagi

Golcho chagi
Bandaedollyo chagi
Bituro chagi

Twimyo yop cha jirugi

Makgi

Najunde sonkal makgi

Ibo Matsoki

Answers

The differences are;

an makgi: any block exposing the inside of the opponents body.

an palmok makgi: inner forearm block

anuro makgi: any block moving from the outside toward the inside of the body.

Check with instructor

There are at least 8
There are at least 10
There are at least 6