

5th Kup Grading Revision Sheet

Variations of the grading format are at the examiner's discretion, this sheet is for guidance only

Practical:

Combinations in line from Patterns

Pattern – of the students choice excluding Yul Gok

Pattern – set by the grading examiner

Pattern – Yul Gok

2 Step Sparring – Numbers 1,2,3 & 4

Semi-free Sparring (intermediate)

Free Sparring

TWO STEP SPARRING (IBO MATSOKI)

Attacker starts right leg back, forearm guarding block.

Defence starts in parallel ready stance.

1. Attack = High punch, front kick.

*Defence = Left leg back, walking stance, rising block. Right leg back, walking stance
X fist pressing block.*

Counter = Twin vertical punch.

2. Attack = Side punch, fixed stance, turning kick.

*Defence = Right leg back, L stance, upward palm block. Left leg back, L stance, waist
block.*

Counter = Slide forward into right L stance, right side elbow.

3. Attack = Front kick, twin vertical punch.

*Defence = Right leg back, walking stance, X fist pressing block. Left leg back,
walking stance, outer forearm wedging block.*

Counter = Knee kick, at the same time pull opponents shoulders.

4. Attack = Flat fingertip thrust, side kick.

*Defence = Right leg back, walking stance, knifehand rising block. Left leg back, L
stance, inward palm block.*

Counter = Front kick to coccyx, twin upset punch to kidneys.

THREE STEP SEMI-FREE SPARRING (BAN JAYOO MATSOKI)

Attacking students start in L stance, guarding block.

Defending students start in parallel stance.

Please note: the attacker starts with either leg back every time.

Intermediate Level

Attack = Kicking with back leg first, any kick (in any order) from the following; front kick, side kick, turning kick, reverse side kick.

Defence = Any block suitable for each individual kick.

Counter = Any hand attack.

Theory:

Meaning Of Blue Belt

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

Two Step Sparring

Designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in the three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations

Korean

'X' Stance | Kyocha Sogi

Double Forearm Block | Doo Palmok Makgi

Elbow | Palkup

Hooking kick | Golcho chagi

Hooking Block | Golcho Makgi

Jumping | Twigi

Upset punch | Dwijibo jirugi