****

 **5th Kup**

**Grade from Blue ends to Blue Belt**

**Belt Colour – Blue Belt**

Blue Belt signifies the heaven towards which a plant matures into a towering tree as the training in Taekwon-Do progresses.

 **Pattern:** - Yul Gok

**Meaning:**

Yuk Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the line of 38th degrees latitude, and the diagram represents “scholar”.

**Pattern Information:**

The pattern consists of 38 movements.

**The new movements introduced in this pattern are:**

 Sitting Stance, Double Punch - Annun Sogi, Doo Jirugi

 High Section Inner Forearm Block, - Nopunde An Palmok Makgi, Ap Cha Front Snap Kick, Double Punch Busigi, Doo Jirugi

 Palm Heel Hooking Block - San Badak Golcho Makgi

Side Kick, Reverse Front Elbow Strike - Yop Chagi, Bandae Ap Palkup Taerigi

Twin Knifehand Block - Sang Sonkal Makgi

X Stance, High Section Backfist - Kyocha Sogi, Nopunde Dung Joomuk

Walking Stance, Double Forearm Block - Gunnun Sogi, Doo Palmok Makgi

****

**Techniques:**

**Kicks:**

 Crescent Kick - Bandal Chagi (Striking Tool: Heel - Dwit Chook)

Jumping Reverse Turning Kick - Twimyo Bandae Dollyo Chagi (Striking Tool: Heel - Dwit Chook)

Jumping Back Piercing Kick - Twimyo Dwit Chagi (Striking Tool: Heel Base - Dwit Kumchi)

**Hand Techniques:**

 Front Elbow Strike - Ap Palkup Taerigi

 Upper Elbow Strike - Wi Palkup Taerigi

 Turning Punch - Dollyo Jirugi

 Angle Punch - Giokja Jirugi

**Blocks:**

 Twin Knifehand Block - Sang Sonkal Makgi

 Double Forearm Block - Doo Palmok Makgi

 Reverse Knifehand Block - Sonkal Dung Makgi

 Pressing Block - Noolyo Makgi

 U Shaped Block - Degutja Makgi

**Practical Techniques:**

The basic techniques are the same as for the previous grading. However, you may consider practising the following kicks:

 Jumping Reverse Turning Kick - Twimyo Bandae Dollyo Chagi

 Jumping Reverse Hooking Kick - Twimyo Bandae Golcho Chagi

 Jumping Back Piercing Kick - Twimyo Dwit Chagi

Also, by now you should have some experience of one step sparring. Start to build up a catalogue of techniques, including take downs and jumping techniques.