5th Gup High Green to 4th Gup Blue

|  |
| --- |
| Pattern: |
| Yul-Gok |
| Line Techniques/Motions:Techniques will be listed by stance, technique, height, then tool, in English, then Korean\* = requires jump change |
| 1. Walking stance high block with the double forearm
2. Gunnun so nopunde doo palmok makgi
3. L-stance twin knife-hand block
4. Niunja so sang sonkal makgi
5. Jump X-stance high side strike with the back fist
6. Twigi kyocha sogi dung joomuk nopunde yop taerigi
7. Walking stance high hooking block with the palm
8. Gunnun so nopunde sonbadak golcho makgi
9. Walking stance reverse strike with the reverse knife-hand
10. Gunnun so bandae sonkal dung taerigi
11. (L-stance) arcing kick
12. (Niunja so) bit chagi
13. (L-stance) vertical kick
14. (Niunja so) sewo chagi
15. (L-stance) reverse hook kick
16. (Niunja so) bandae huryeo chagi
17. (L-stance) 180° back (piercing) kick (jumping back (piercing) kick)
18. (Niunja so) twigi dwitcha jirugi
19. Bending ready stance A, piercing side kick; reverse strike with the front elbow
20. Guburyo junbi sogi A, yopcha jirugi, bandae ap palkup taerigi
21. Walking stance high hooking block with the palm, reverse high hooking block with the palm, obverse punch

a. Gunnun so nopunde sonbadak golcho makgi, bandae nopunde sonbadak golcho makgi, baro jirugi1. Sparring stance/L-stance, four-part punching (sparring style)\*
2. Matsogi net yung seuk jirugi (baro matsogi)\*
3. (L-stance) turning kick, side (piercing) kick (consecutive)\*
4. (Niunja so) dollyo chagi, yopcha jirugi (yonsok)\*
5. (L-stance) side (piercing) kick, turning kick (consecutive)\*
6. (Niunja so) yopcha jirugi, dollyo chagi (yonsok)\*
 |
| Balance Techniques: |
| 1. Double side kick (slow motion, kicks at different levels)
2. Double turning kick (slow motion, kicks at different levels)
3. 5-part twisting kick
 |

|  |
| --- |
| Clapper Techniques: |
| 1. Lead leg hook kick
2. Hook kick (with the rear leg)
 |
| Target Techniques: |
| 1. Twisting kick
2. 180° back (piercing) kick
3. Reverse strike with the reverse knife-hand
 |
| Force Shield Techniques: |
| 1. Front kick with the knee
2. Turning kick with the knee
3. Jump side kick (high gold belt technique)
 |
| Sparring: |
| Step Sparring:1. Create 7 intermediate 2-step sparring routines: 2 attacks in 2 steps, 2 defenses, 2+ counter attacks

Free Sparring:1. Continuous free sparring with pads
 |
| Self Defense (Hosin Sul) |
| Release/throw:1. Fall from a spin and drop throw

Break Falls:1. Basic hip throw from a judo-style ready position
 |
| Breaking: |
| Hand Technique:1. Side strike with the knife-hand (fist if under 13)

Power Foot:1. Back (piercing) kick

Specialty Foot:1. Step/Sliding side kick (This is a Phoenix Group Standard and MSY Standard)
 |

|  |
| --- |
| New Terms: |
|

|  |  |
| --- | --- |
| **English** | **Korean** |
| High block with the double forearm | Nopunde doo palmok makgi |
| Twin knife-hand block | Sang sonkal makgi |
| Jump X-stance | Twigi kyocha sogi |
| Side strike with the back fist | Dung joomuk nopunde yop taerigi |
| Hooking block with the palm | Sonbadak golcho makgi |
| Reverse strike with the reverse knife-hand | Sonkal dung bandae taerigi |
| Arcing kick | Bit chagi (pronounced Peet - soft t) |
| Vertical kick | Sewo chagi |
| Reverse hook kick | Bandae huryeo chagi |
| 180° back (piercing) kick (jumping back (piercing) kick) | Twigi dwitcha jirugi |
| Bending ready stance A | Guburyo junbi sogi A |
| Sparring style (return to fighting stance) | Baro matsogi |
| Four-part punching | Net yung seuk jirugi |

 |
| History: |
| * Oral test given by judge on technique, all previous history, new pattern history, and details about the form
	+ Know the “New Terms” listed above
* Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
 |

\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.