



# Grading Syllabus

## Blue Stripe to Blue Belt

- 1** Presentation And Etiquette
- 2** Walking Stance Front Elbow Strike forward and backwards
- 3** Walking Stance Double Forearm Block forward and backwards
- 4** Walking Stance hooking Block reverse Hooking Block Punch forward and backwards
- 5** Yul-Gok
- 6** On pads - Front Rising Kicks
- 7** On Kick shield - Attacking Side Kick - Defensive Side or back Kick
- 8** Power test - Back Kick
- 9** Free Sparring
- 10** Questions

**1. What is the Korean for sparring?** - 1 step sparring - Illbo Matsogi Free Sparring - Chia Matsogi

**2. What is the meaning of Yul-Gok?** - Yul Gok is the pseudonym of the great philosopher and scholar "Yi I" nicknamed the "Confucius of Korea". The 38 moves of this pattern refer to his birthplace on 38 degrees latitude and the pattern diagram represents "Scholar"

**3. How many moves in Pattern Yul-Gok?** - 38

**4. What does the colour blue signify?** - The Heavens towards which the plant grows into a tree as training in Taekwon-Do progresses.

**5. What are the target areas for sparring?** - Anywhere on the front and sides of the body and head, above the waist. No hitting to the back or below the belt.

**6. What are the stance weight distributions?** - Walking Stance 50-50 L-Stance 70-30 Sitting Stance 50-50