

London Tae Kwon-Do (UK-TKD)

Grading Syllabus for 5th Kups (Blue Tag/Stripe)

Line work

- **Forwards** Front kick, land in L-stance, reverse punch with kihap, pull back to guard.
- **Backwards** Walking stance - low block rising block combination with reverse punch.
- **Forwards** Front kick turning kick combination landing in L-stance, reverse punch with kihap, pull back to guard
- **Backwards** L-stance – inward moving outer forearm block, knife hand strike, reverse punch then pull back to guard.
- **Forwards** Side kick - back kick combination, land in L-stance with guarding block.
- **Backwards** Combination from Yul-Gok, hooking block/hooking block/punch.
- **Forwards** Walking stance - front elbow strike.
- **Backwards** L-stance twin outer knife hand block.

Patterns

Pattern – Students' choice (not Yul-Gok)

Pattern – Examiners choice

Pattern – Examiners choice

Pattern – Yul-Gok

Set Sparring

Adults: 2 step sparring 1-4

Juniors: 2 step sparring 1-2

Free Sparring

Free sparing with safety equipment

Typical Theory Questions (5th Kups)

Theory for your 5th Kup grading typically consists of 3 questions relating to the training that you have undertaken so far. Presented below are examples of common questions.

- (Q) **What is the meaning of your pattern and how many movements does it have?**
(A) Yul Gok is the pseudonym of the great scholar and philosopher Yi I (1536 -1584). Nicknamed the Confucius of Korea, the 38 movements refer to his birthplace on the 38degree latitude and the diagram represents scholar.
- (Q) **What is the Korean for hooking block and what part of the hand do you use?**
(A) Korean for hooking block is **Golcho Magi** and the open palm is used.
- (Q) **What is the difference between 3 step and 2 step sparing?**
(A) Two step shows greater technical ability and more advanced techniques.
- (Q) **Name 5 different stances and relate them to a pattern?**
(A) **Sitting stance** (first move of Yul Gok), **L-Stance** (first move of Dan Gun with knife hand guarding block), **Walking stance** (used in many patterns, often with an obverse punch), **X-stance** (at the end of Yul Gok with back fist strike), **Fixed stance** (third part of combination from Won Hyo – middle side punch).

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- (Q) Name 5 different kicks and what part of the foot they use?
(A) Front kick uses the ball of the foot. Turning kick uses the ball of the foot or the instep. Side kick uses the outer edge of foot (foot sword). Reverse turning kick uses the heel. Axe kick uses the heel.
- (Q) In your pattern you do a front elbow strike, what is the opposite hand doing?
(A) In the pattern the opposite hand is used as a focus point, in reality it would be used to grab the back of the opponents head or neck to maximise the effect of the strike.
- (Q) What is the purpose of the first movement from your pattern?
(A) The first movement of Yul Gok (sitting stance with left fist outstretched) is used to measure the distance to your opponent before delivering two punches.
- (Q) Who are the founder members of UK-TKD?
(A) The founder members are Mr Martin Wadlow, Mr Seamus Kinney
- (Q) Name 3 different parts of the hand and relate them to strikes or punches.
(A) Knife hand (**Sonkal**) to deliver knife hand strike (**Sonkal Taerigi**). Fore-fist (**Ap Joomuk**) to deliver an obverse punch (**Baro Jirugi**). Back of the fist (**Dung Joomuk**) to deliver a back fist strike (**Dung Joomuk Taerigi**).

Note that these are just examples of questions you might be asked at a grading; a student should have a good knowledge of their theory before going to grade.

Korean Terminology

Shown below are *examples* of Korean terminology relating to the grading syllabus for 5th Kups.

Note that these are just examples with regards to Korean terminology that you might be asked at a grading (in addition to terminology from previous grades).

New Techniques		Blocks	
Kyocha Sogi	X-Stance	Sang Sonkal Makgi	Twin Knifehand Block
Ap Palkup	Front Elbow Strike	Golcho Makgi	Palm Heel Hooking Block
Bandae Dollyo Chagi	Reverse Turning Kick	Doo Palmok Makgi	Double Forearm Block
Sang Sun Palmok		Twin Straight Forearm Block	