

TEST FOR 5 TH GUP  
BLUE BELT

A candidate for Blue Belt must have completed at least two months of training and 32 lessons since their last test. Candidates must have also performed 6 new hours of assistant teaching. Blue Belts candidates must also have participated in two events at a tournament.

BLOCKS:

Hooking Block  
Knifehand Twin Forearm Block  
Double Forearm Block  
Karate Style Augmented Block  
Circular Elbow Block

PUNCHES AND STRIKES:

Reverse Front Elbow Strike  
X Stance, Backfist Strike  
U Shaped Punch  
Punch To All Targets

KICKS:

Standard Jumping Front Kick  
Standard Jumping Side Kick  
Standard Jumping Roundhouse Kick  
Standard Jumping Hook Kick  
Stepping in 360 Degree Back Kick

Skipping in Front Kick  
Skipping in Side Kick  
Skipping in Roundhouse Kick  
Skipping in Hook Kick

COMBINATIONS: Stepping in Front Kick, Reverse Roundhouse Kick, Spinning Back Kick. (Do both sides)

Mook – Nym means “Meditation”  
Dura – Dura means “Turn Around”

Baro means “Return”  
Chagi means “Kick”  
Makgi means “Block”

VALUE OF REPETITION:

If you do a move ten thousand times, you will do it correctly. If you do a move a hundred thousand times, you will do it automatically. When we repeat movements, neural pathways are connected in our brains. What is at first an awkward movement of our arms and legs, becomes with enough practice, smoother and more precise. If we practice moves over and over again, we train our mind and body to work together until the moves become automatic and natural. If a student repeats moves using poor form, than when he calls upon his brain to perform the moves, they will also be performed poorly. When a student trains hard and uses good form, he is programming his brain. If a student must use his skills to protect himself, his self – defense moves will be performed automatically and with the correct positioning of the body, giving maximum power and effectiveness. This is why we repeat movements so many times in training. Do the moves to the best of your ability so that you train your mind and body to work together. Do the moves correctly in training and they will work in real situations.

Yul –Gok is the pseudonym of the philosopher and scholar Yi I ( 1536 – 1584 ). He was called the “Confucius of Korea”. Confucius was a Chinese scholar and philosopher whose teachings on ethics and

morality influenced many Asian cultures. The 38 movements refer to Yi I's birthplace on the 38 th latitude. The pattern of Yul – Gok represents the Chinese character for scholar in deference to Yi I.

SPARRING:      Two Step Sparring ( 14 – 16 )      Semi Sparring      Free Sparring

HO SIN SULS:

Defense against chokes from the front ( 5 – 6 )

Defense against single lapel grabs ( 7 – 8 )

REQUIRED BREAKS:

Reverse Jumping Front Heel Kick

Palm Heel Strike ( Horizontally )

Reverse Jumping Side Kick