



Blue Stripe / 5th Kup - Theory



Blue Belt - Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-do progresses

Yul-Gok – is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar"

38 movements

Stance (Sogi)

'X' stance – Kyocha sogi

Block (Makgi)

Double forearm block – Doo Palmok Makgi

Twin Knifehand block – Sang Sonkal Makgi

Hooking Block – Golcho Makgi

Punch (Jirugi)

Upset punch – Dwijibo Jirugi

Kick (Chagi)

Hooking kick – Golcho Chagi

Strike (Taerigi)

Front Elbow Strike – Ap Palkup Taerigi

Jumping – twigi

Elbow - palkup

Heel – Dwit Chook

Palm – Sonbadak

Arc Hand – Bandal Son

WHY DO WE DO A JUMP IN YUL GOK?

It is for distance

Children under 12 learn all terms for this belt
12+ & Adults – all Korean for this belt and previous belts





Blue Stripe / 5th Kup - Theory



3 Step Sparring

Attacker - always starts right leg back, walking stance, low block. Then performs 3 punches whilst walking forward

Defence as below:

5 - 8. Defence - Step back with *left* leg and perform the following

Number 5

Left leg back, walking stance outer forearm block x 3

Counter - move front leg into L Stance (right foot to outside of opponents right foot) high backfist strike to temple (right hand)

Number 6

Left leg back, L Stance, inward outer forearm block x 3

Counter - slip front foot into walking stance, reverse knifehand with left hand to opponent's ribs

Number 7

Left leg back, L Stance, palm inward pushing block x 3

Counter - steps back with right foot to left (back to opponent), left leg back kick, land foot to foot (left to right), right leg back forearm guarding block in L stance

Number 8

Left leg back, L Stance, hooking block x 3

Counter - (whilst holding opponent's arm) lead leg turning kick side kick combo, land leg in front in walking stance - back hand elbow strike to head

WHAT IS A PATTERN?

A set of fundamental movements, mainly defence and attack, set in a logical sequence against 1 or more imaginary opponents

WHY DO WE PERFORM PATTERNS?

To learn sparring techniques, stances, breath control, muscle toning and to learn when to relax and tense muscles at the correct time. As well as to correct and improve facing and to practice other techniques that are not possible in other areas of training

WHY DO WE LEARN PATTERN MEANINGS?

Pattern interpretations are derived from people and events in Korean history and show one or more of the tenets to give us inspiration

WHY ARE THERE 24 PATTERNS?

The founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the Earth and believed that some people should strive to leave a good spiritual legacy to coming generations. Founder says:

"Here I leave Tae Kwon-do for mankind. As a trace of a man of the late 20th century, the 24 patterns, on day or all of my life"

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