



**HF MARTIAL ARTS**

# **GRADING SYLLABUS**

**5<sup>TH</sup> KUP BLUE TAG**

**TO**

**4<sup>TH</sup> KUP BLUE BELT**

## Yul-Gok Tul

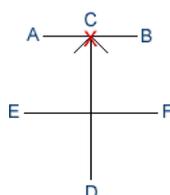
Interpretation: Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38° of latitude and the diagram represents “scholar”.

Ready stance: Parallel ready stance

No of moves: 38

No of stances: 6

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
**Perform 2 & 3 in a fast motion**
4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
**Perform 5 & 6 in a fast motion**
7. Move the right foot to AD, forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD.  
**Perform 9 & 10 in a fast motion**
11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.  
**Perform 13 & 14 in a fast motion.**
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.

### Yul-Gok Tul (cont'd)

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.  
*\*Perform 16 & 17 in a connecting motion*
18. Move the left foot to D, forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.  
*Perform 19 & 20 in a connecting motion.*
21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D, forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C while forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.
29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip the left palm should be brought downward in a circular motion to finish in front of the solar plexus.
30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip the right palm should be brought downward in a circular motion to finish in front of the solar plexus.
32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.
37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high block to A with the right double forearm.
38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance toward B while executing a high block to B with the left double forearm.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form parallel ready stance facing D.

#### **\*Connecting Motion (Eeojin Dongjak)**

The connecting motion is a pair of techniques connected in flowing motion with one breath and a single sine wave.



1 Mid punch  
 2 Measure  
 3 Mid punch  
 4 Sitting stances  
 5 Measure  
 6 Mid punch  
 7 Sitting stances  
 8 High inner forearm block  
 9 Mid punch  
 10 High inner forearm block  
 11 Measure  
 12 High inner forearm block  
 13 Mid punch  
 14 Measure  
 15 Low front kick  
 16 High hooking blocks  
 17 Mid punch  
 18 High hooking blocks  
 19 Low front kick  
 20 High hooking blocks  
 21 Mid punch

22 Bending ready stance  
 23 Mid side-kick  
 24 Elbow strike  
 25 Twin knife hand block  
 26 Bending ready stance  
 27 Mid side-kick  
 28 Elbow strike  
 29 Twin knife hand block  
 30 L-stance  
 31 Bending ready stance  
 32 High outer forearm block  
 33 Mid punch  
 34 High outer forearm block  
 35 Walk stances  
 36 High side back-fist  
 37 High double forearm block  
 38 High double forearm block

## Two Step Sparring - No's 1 & 2

Measure	The attacker measures the distance between themselves and their opponent by making a right walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	<b>Attacker</b> – right L-stance, middle section forearm guarding block. Kihap to show that they are ready to begin. <b>Defender</b> - parallel ready stance, kihap to show they are ready to defend.
1. Attack	Step right leg forward into right walking stance; perform a high section obverse punch. Execute a low section front snap kick with the rear leg landing in left walking stance.
Defence	Step right leg back into a left walking stance, perform an outer forearm rising block with left arm. Step back with left leg into a right walking stance; perform an X-fist pressing block with the left hand on top.
Counter	Whilst in the same stance perform a twin vertical punch to the opponent's jaw.
2. Attack	Step right leg forward into a left L-stance, perform a mid-section side punch with the right fist. Execute a rear leg, mid-section turning kick with the ball of the foot, land in left walking stance.
Defence	Step right leg back into right L-stance, perform an upward palm block with left palm. Step left leg back into left L-stance, perform a waist block with the right inner forearm.
Counter	Slide into right L-stance facing away from your opponent; perform a right side elbow thrust.

## **Free Sparring**

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

## **Blue Tag Theory & Terminology**

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Green Belt Colour Meaning:	Green signifies the plants growth as the Taekwon-Do skill begins to develop
Blue Belt Colour Meaning:	Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
Pattern:	Yul-Gok Tul.

## **Moves in Korean**

Two step sparring	Ibo matsoki
Twin vertical punch	Sang sewo jirugi
Palm upward block	Sombadak ollyo makgi
Waist block	Hori makgi
Hooking block	Golcho makgi
Hooking kick	Golcho chagi
Front elbow strike	Ap palkup taerigi
Twin knife-hand block	Sang sonkal makgi
X-stance	Kyocha sogi
Double forearm block	Doo palmok magki
Connecting motion	Eeojin dongjak
X-fist pressing block	Kyocha joomuk noollo makgi
Fifty	Chiun

**Grading Check List**  
**5<sup>th</sup> Kup Blue Tag to 4<sup>th</sup> Kup Blue Belt**

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

Know everything from all of the previous grading syllabuses/checklists	
35 Press ups	
Sitting stance triple punch	
Sitting stance, hooking block, hooking block & punch	
Hooking kick, double block	
Obverse & reverse hooking block, obverse punch	
Double forearm block (high)	
Bending ready stance, side kick, L-stance, front elbow strike	
L-stance, twin knife-hand block	
Reverse hooking kick, L-stance, forearm guarding block	
Snapping kick, turning kick (same leg), L-stance, forearm guarding block	
Students choice pattern	
Won-Hyo Tul	
Yul-Gok Tul	
Two step sparring 1 & 2	
Free sparring (full sparring kit required)	