

Llangollen Tae Kwon-Do

5th Kup Grading Revision Sheet

Practical

1. (Fwd) Walking Stance Double Forearm Block x 4
2. (Back) Walking Stance X-Fist Pressing Block, Twin Vertical Punch x 4
3. (Fwd) Back Leg side Kick, Front Elbow Strike x 4
4. (Back) Walking Stance, Hooking Block, Hooking Block, Obverse Punch x 4
5. (Fwd) Back Leg Hooking Kick x 4
6. (Back) L Stance Twin Knife Hand Block x 4
7. (Fwd) Reverse Side Kick x 4
8. (Back) Walking Stance, Twin Upset Punch x 4
9. Choice Pattern
10. Set Pattern
11. Yul Gok
12. 2 Step Sparring 1 – 4

TWO STEP SPARRING (IBO MATSOKI)

Attacker starts right leg back, forearm guarding block.
Defence starts in parallel ready stance.

1. Attack = High punch, front kick.
Defence = *Left leg back, walking stance, rising block. Right leg back, walking stance X fist pressing block.*
Counter = *Twin vertical punch.*
2. Attack = Side punch, fixed stance, turning kick.
Defence = *Right leg back, L stance, upward palm block. Left leg back, L stance, waist block.*
Counter = *Slide forward into right L stance, right side elbow.*
3. Attack = Front kick, twin vertical punch.
Defence = *Right leg back, walking stance, X fist pressing block. Left leg back, walking stance, outer forearm wedging block.*
Counter = *Knee kick, at the same time pull opponents shoulders.*
4. Attack = Flat fingertip thrust, side kick.
Defence = *Right leg back, walking stance, knifehand rising block. Left leg back, L stance, inward palm block.*
Counter = *Front kick to coccyx, twin upset punch to kidneys.*

Theory

Meaning Of Blue Belt

Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses

Two Step Sparring

Designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in the three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations

'X' Stance	Kyocho Sogi
Double Forearm Block	Doo Palmok Makgi
Back Heel	Dwit Chook
Elbow	Palkup
Elbow Strike	Palkup Taerigi
Hooking Block	Golcho Makgi
Hooking Kick	Golcho Chagi
Jumping	Twiggi
Reverse Knifehand Guarding Block	Sonkal Dung Daebi Makgi
Twin Knifehand Block	Sang Sonkal Makgi
Upset punch	Dwijibo Jirugi

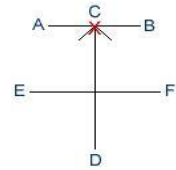
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Yul-Gok

Number of Movements: 38

Meaning of Yul-Gok:

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"



Starting Position: Parallel ready stance

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 and 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 and 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 and 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 and 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
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 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. Execute 19 and 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 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 finger tip
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 finger tip
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

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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

END: Bring the left foot back to a ready posture