

WEST COAST

TAEKWONDO

5thth Kyp Grading Syllabus

Line Work

1. Forwards: Walking stance, low block, rising block, reverse punch *
2. Backwards: Walking stance, elbow strike
3. Forwards: Double 45 kick, landing in a forearm guarding block
4. Backwards: First 3 moves of Won Hyo *
5. Forwards: Back leg, side kick, reverse side kick, land I stance, forearm guarding block (change legs half way through) *
6. Backwards: Walking stance, double hooking block, obverse punch (Yul Gok) *
7. Forwards: Twisting kick, land forearm guarding block
8. Backwards: Double forearm block

Patterns

- Dan Gun: <https://youtu.be/TGR4z5eHawY?si=s5HIP5SAmXc-BzX4>
- Won Hyo: <https://youtu.be/OiSfh8aCOhU?si=53OUXIkDHFInq2N->
- Yul Gok: <https://youtu.be/hsCJfijLCSw?si=6Kep7mA78ILVvumz>

Knowledge

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| What is the meaning of Blue belt? | Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses. |
| What is the 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." |
| What are the 5 tenants of Taekwondo? | <ol style="list-style-type: none">1. Courtesy2. Integrity3. Perseverance4. Self-Control5. Indomitable Spirit |
| What is the weight distribution of an bending stance? | 100/0 |

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| What is the striking tool for a twisting kick? | Ball of the foot. |
| Show the examiner your arc hand. | Point to it. |

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