

Adult Development Program

5th – 4th Gup

Blue Tag to Blue Belt

TECHNIQUES:

- Everything from Previous Test(s)
- Step Forward / Backward 4 Times: Walking Stance, Obverse Palm Hooking Block, Reverse Palm Hooking Block, Middle Obverse Punch
- Step Forward / Backward 4 Times: Walking Stance High Double Forearm Block
- Jump Forward 4 Times: X-Stance High Back Fist Side Strike
- 2 Times Each Leg: Bending Stance Side Piercing Kick, Front Elbow Strike

PATTERNS:

- 4 Direction Jumping Side Kick (Both Legs)
- 4 Direction Reverse Turning Kick, Turning Kick (Both Legs)
- Yul-Gok Hyung See website: <http://itkdc.com/yulgok.html> for full pattern details

SPARRING

- One Point Free Sparring – Light Contact (Safety Equipment required).
- One Step Sparring (Basic)

LEG PLACEMENT: Hold out for a count of THREE

- 4 Direction Reverse Turning Kick, Turning Kick (Both Directions)

THEORY:

Answer the following Questions in Korean. **Anything From Pattern.** (Student **MUST** answer all questions correctly)

What is;

1. All HAND TECHNIQUES used at this grade (in Korean)?
2. Definition of Yul Guk Hyung?
3. Number of moves in Yul Guk Hyung? Korean)?
4. All FOOT TECHNIQUES used at this grade (in Korean)?
5. All STANCES used at this grade (in Korean)?
6. Attacking Tool for Vertical Kick (in English and Korean)?
7. Dimensions of Fixed Stance?
8. Flying High Front Kick (in Korean)?
9. Release from a grab (in Korean)?

SELF DEFENCE:

- Numbers 1 to 5 (Basic)

DESTRUCTION:

- Turning Kick (Both Legs)
- Reverse Turning Kick (Best Leg)
- Elbow (Best Arm)

APPLICATION OF TECHNIQUE:

- Give the meaning and explain the purpose of the following sequence of techniques:
GUNNUN SO KAUNDE BARO SONBADAK GOLCHO MAKGI
GUNNUN SO KAUNDE BANDAE SONBADAK GOLCHO MAKGI
GUNNUN SO KAUNDE BARO AP JOOMUK AP JIRUGI
- What is Newton's Third Law of Motion and describe how it influences the search for power in our Taekwon-Do Training?