

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 5th Kup – Green Belt Blue Stripe

Practical

Two Step Sparring

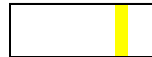
Free Sparring

Destruction:

- **Back Piercing Kick**
- **Reverse Turning Kick**
- **Knife Hand Inward Strike**

Won-Hyo

Yul-Gok



Two Step Sparring



Free Sparring



Destruction: Back Piercing Kick, Reverse Turning Kick, Knife Hand Inward Strike



Yul-Gok

Know the meaning of Yul-Gok

Theory

What is the meaning of Yul-Gok?

38 movement pattern - 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 38th degree latitude and the diagram of the pattern represents scholar.

What is the meaning of Blue Belt?

Blue belt signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Describe X-Stance?

This stance is performed standing on one leg with the ball of the other foot touching the floor next to it with the feet almost parallel; therefore, it has virtually no length or width. The weight ratio is 90/10. With the non-supporting leg crossed either in front or behind it (usually crossed in front when stepping and behind when jumping).

What is Connecting Motion?

This is performed as usual with the following exceptions: There is no pause between techniques, there is only one breath control and one sine wave motion, it is usually impossible to determine where one technique ends and the next begins. Connecting motion is always with two movements using opposite arms. One reason for using this kind of motion is where one technique 'sets up' the opponent for an immediate attack.

Why do we do Two Step Sparring?

Two step sparring is designed for the intermediate student to learn more advanced techniques, also using the same distance and timing as in three step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations. All attackers start in right L-stance, forearm guarding block. All defenders start in parallel ready stance.

Terminology

General

2 step sparring
Jumping

Ibo matsogi
Twiggi

Stances

X stance

Kyocha sogi

Attacks

Front elbow strike
Reverse Turning kick

Ap palkup taerigi
Bandaedollyo chagi

Defences

Palm hooking block
Obverse hooking block
Reverse hooking block
Twin knife hand block
Double forearm high block

Sonbadak golcho makgi
Baro golcho makgi
Bandaedollyo makgi
Sang Sonkal makgi
Doo palmok napunde makgi



Stepping



Jumping

Left X-Stance