



# 5th KUP SYLLABUS

## PRACTICAL TEST

### PATTERNS

- Yul-Gok** - (38 movements)
- Won-Hyo** - (28 movements)
- Do-San** - (24 movements)
- Dan-Gun** - (21 movements)
- Chon-Ji Tul** - (19 movements)

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on the 38<sup>th</sup> parallel and the pattern diagram represents the Hanja/Chinese character for “scholar”.

### **BASIC HAND TECHNIQUES**

- L stance twin knife hand block** - Annun so Kaunde Jirugi
- Walking stance palm middle hooking block**- Gunnun so sonbadak Kaunde golcho maki
- Walking stance obverse hooking block** - Gunnun so baro golcho maki
- Walking stance reverse hooking block** - Gunnun so bandae golcho maki
- Walking stance double forearm high block** – Gunnun so doo Palmok napunde maki
- Walking stance front elbow strike** - Gunnun so ap palkup taerigi
- X stance back fist high strike** - Kyocha so dung joomok  
Nopunde yop taerigi

### **BASIC KICKING TECHNIQUES:**

- Spinning hooking kick** - Bandae golchyo chagi
- Spinning outer crescent kick** - Bandae bakero bandal chagi
- Spinning inner crescent kick** - Bandae anuro bandal chagi



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## **COMBINATION TECHNIQUES:**

Sliding kicks: Front snap kick, side kick, turning kick, hooking kick, spinning back kick

**Two step sparring (1-8)**

**Free sparring (light contact)**

## **THEORY TEST:**

**How many movements in Yul-Gok? 38 movements**

## **TERMINOLOGY:**

<b>X stance</b>	- Kyocha sogi
<b>Palm heel hooking block</b>	- Sonbadak golchyo maki
<b>High outer forearm block</b>	- Nopunde Bakat Palmok maki
<b>High double forearm block</b>	- Nopunde doo Palmok maki
<b>Twin Knifehand block</b>	- Sang Sonkal daebi maki
<b>Middle inner forearm block</b>	- Kaunde an palmok maki
<b>High outer forearm block</b>	- Nopunde Bakat maki
<b>Front elbow strike</b>	- Ap palmok taerigi
<b>Two step sparring</b>	- Ilbo matsogi