



Cassie Oury's Children's School of Tae Kwon-Do



Instructor Cassie Oury

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Grading Requirements

5th Kup (Blue Tag) to 4th Kup (Blue Belt)

Theory

Green represents the plant's growth as the training in Tae Kwon-do progresses.

Blue represents the heavens towards which the plant matures into a towering tree.

Yul Gok was the pseudonym of the great 16th Century philosopher and scholar Yi I (AD 1536-1584), nicknamed 'Confucius of Korea'. The pattern's 38 movements refer to his birthplace on the 38 degree of latitude and the diagram represents the scholar.

X-stance	Kyocho sogi	Downward/axe kick	Naeryo chagi
Checking block	Momchau maki	Twin vertical punch	Sang sewo jirugi
Double forearm block	Doo palmok maki	2-step sparring	Ibo matsoki
Palm-heel hooking block	Sonbadak golcha maki	Free sparring	Jayoo matsoki
Upward palm-heel block	Sonbadak ollyo maki		
X-fist pressing block	Kyocho joomuk noolo maki		

Practice

Line work – combinations

Stepping forwards – hooking block, hooking block, obverse punch

Stepping backwards – circular block

Stepping forwards – side kick, front elbow strike

Stepping backwards – the first 3 moves of Won Hyo

3-step semi-free sparring (intermediate)

2-step sparring (1-4)

Free sparring

Pattern (choice)

Pattern (set)

Yul Gok