



### Questions For Grading

1. When a high side kick is performed without a target, at what level should the kick finish? **Level with the front shoulder**

2. What are the 5 lines of the body? **(1) Centre, (2) Left & (3) Right chest line, (4) Left & (5) Right shoulder line**

3. What are the 3 sections of the body?

**High: From the top of the shoulders to the top of the head.**

**Middle: From the umbilicus to the top of the shoulder.**

**Low: All areas lower than the umbilicus.**

4. What are the new techniques/ Stances in Yul-Gok? **(There are 5)**

<b>1</b>	<b>Hooking Block</b>	<b>4</b>	<b>Twin Knife Hand Block</b>
<b>2</b>	<b>Front Elbow Strike</b>	<b>5</b>	<b>X/Stance</b>
<b>3</b>	<b>Double Forearm Block</b>		

5. What are the Blocking/ Striking tools for these new techniques?  
**Arc of the Hand, Elbow, Outer Forearm, Blade of the Hand.**

6. What is the meaning of Yul-Gok? **Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584). Nick named the "Confucious of Korea" The pattern consists 38 movements to represent his birthplace on latitude 38 and the diagram represents scholar.**

7. How Many Movements are in Yul-Gok? **There are 38 movements.**

8. What does the colour Blue mean for your belt? **Signifies the heaven toward which the plant matures into a towering tree as training in Taekwon-Do progresses**

9. What are the meanings of previous patterns/ How many movements?  
**As per previous grading questions!!**

10. What are the length and width of the new Stance?, What is the weight distribution? **X/Stance is performed in a jumping motion and is a preparatory stance for the next movement. Weight is rested on the landing leg whether it is right or left.**

- 11. What is the purpose of Step Sparring? To exercise distance and correct blocking.**
- 12. What is Connecting Motion? 2 techniques, 1 sine wave, 1 breath (at the end of the 2<sup>nd</sup> technique). Movements: 16 & 17, 19 & 20**
- 13. What is Fast Motion? When performing 2 punches in fast motion the rear leg must be completely straight when performing the second punch. Movements: 2 & 3, 5 & 6, 9 & 10, 13 & 14.**