

# 5<sup>th</sup> Grade

## Green Belt Blue Stripe

### **FORWARDS**

Walking stance, high hooking block, reverse high hooking block, obverse middle punch

### **BACKWARDS**

L stance, twin knife-hand block

### **FORWARDS**

Side kick, reverse side kick, land L stance, forearm guarding block

### **BACKWARDS**

Walking stance, high double forearm block

### **FORWARDS**

Front kick, turning kick (same leg), land L stance, forearm guarding block

### **BACKWARDS**

L stance, upward palm block

### **FORWARDS**

Bending stance, side kick, land walking stance, front elbow strike

### **BACKWARDS**

Walking stance, x-fist pressing block

### **FORWARDS AND BACKWARDS**

Turning kick, reverse turning kick (360°), land L stance, forearm guarding block

### **Student's Choice Pattern (Not Grade Pattern)**

### **Examiner's Choice Pattern**

### **Yulgok**

2 step sparring **1 to 3**

3 step semi-free sparring  
**intermediate**

Free sparring