

Information For 5th Kup (Blue stripe going for blue belt)

Technical

- **Understand and correctly perform** all 10th to 6th kup techniques.
- Identify the following parts of the body as TKD tools; front elbow
- Name and correctly demonstrate; X-stance
- **Understand and correctly perform** the following defensive techniques; Twin knifehand block, Palm hooking block, Double forearm high block plus additional defensive techniques used in 2-step sparring
- **Understand and correctly perform** a front elbow strike plus additional offensive techniques used in 2-step sparring
- **Correctly perform** 2-step sparring and free sparring
- **Correctly perform** pattern Yul Gok

- **Adults** - Power test using standard focus board: minimum of 3 breaks identifying techniques and tools. Techniques will be specified by examiner.

- **Children** - measure up instead of breaking, both legs - side kick, turning kick, reverse turning kick. A measure up is a slow motion kick showing the **correct mechanics** of the kick, with **balance & control** of the leg, holding the **correct tool** on the target at solar plexus height

Theory Test for 5th Kup Students

Please see student handbook for suggested theory.