

What does blue belt signify? “A blue belt signifies heaven, toward which the plant matures into a towering tree as training in Tae Kwon-Do progresses”.



Pattern **YUL-GOK** (38 movements) meaning

‘YUL-GOK is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584 A.D.) nicknamed the “Confucius of Korea”. The movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram represents “scholar”.’

General terms

- Jumping – **TWIGI**

Stances

- X stance – **KYOCHA SOGI**

Basic Movements (Defensive)

- Double forearm block – **DOO PALMOK MAKGI**
- Hooking block – **GOLCHO MAKGI**

Basic Movements (Offensive)

- Upset punch – **DWIJIBO JIRUGI**
- Hooking kick – **GOLCHO CHAGI**
- Flat fingertip thrust – **OPUN SONKUT TULGI**

Sparring

- Two step sparring – **IBO MATSOKI**
(Numbers one through to four)

Parts of the body

- Elbow – **PALKUP**
- Knee – **MOORUP**

- X fist pressing block – **KYOCHA NOLLO MAKGI**
- Upward palm block – **OLLYO SONBADAK MAKGI**
- Twin knifehand block – **SANG SONKAL MAKGI**

- Crescent kick – **BANDAL CHAGI**
- Twin vertical punch – **SANG SEWO JIRUGI**

- Free sparring – **JAYOO MATSOKI**

YOUR 5th KUP GRADING

- IDENTIFY YOURSELF
- COMBINATIONS IN LINE FROM PATTERNS
- PATTERNS SET BY GRADE EXAMINER
- PATTERN – YUL-GOK
- TWO STEP SPARRING – NUMBERS 1, 2, 3 & 4
- SEMI-FREE SPARRING (INTERMEDIATE)
- FREE SPARRING
- ALL THEORY UP TO AND INCLUDING THIS PAGE