

APPLICABLE TO 5th KUP STUDENTS

YUL-GOK Is the *pseudonym* of a *great philosopher & scholar Yi I (1536-1584 A.D.)* (38 movements) nicknamed the "*Confucius of Korea*". The 38 movements of this pattern refer to his *birthplace* on 38° latitude and the *diagram (±)* represents "*Scholar*"

TYPES OF APPLICATION:

Connecting Movements - *EUIJIN DONG JAK*

Performing two techniques using one breath control and one sine wave.

i.e. Movements 16 & 17, 19 & 20 in pattern Yul-Gok

WORDS USED IN TRAINING HALL (DO-JANG)

Full Facing - *AP MOM*

Half Facing - *BAN MOM*

Side Facing - *YOP MOM*

Jumping - *TWIGI*

Sliding - *MIKULGI*

Dodging - *PIHAMYO*

STANCES:

'X' Stance - *KYOCHA SOGI*

BODY PARTS

Elbow - *PALKUP*

Palm - *SONBADA*

Temple - *GWANJA NORI*

Jaw - *YOP TOK*

DEFENSIVE TECHNIQUES:

Palm Hooking Block - *SON BADA*

Twin Knifehand Block - *SANG SONKAL MAKGI*

Double Forearm Block - *DOO PALMOK MAKGI*

ATTACKING TECHNIQUES:

Front Elbow Strike - ***AP PALKUP TAERIGI***

NOTES:

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

WALKING STANCE (Palm) Hooking Block

GUNNUN SO (Sonbadak) Golcho Makgi

WALKING STANCE Front (Elbow) Strike

GUNNUN SO Ap (Palkup) Taerigi

‘L’ STANCE Twin (Knifehand) Block

NIUNJA SO Sang (Sonkal) Makgi

ensure that the (knifehand) rising block is on centre line.

‘X’ Stance (Backfist) High Side Strike

Kyocha SO (Dung Joomuk) Napunde Yop Taerigi

Both feet must point in the same direction in ‘X’ Stance.

WALKING STANCE Double (Forearm) Block

GUNNUN SO Doo (Palmok) Makgi

NOTES:

1 Step Sparring - ***ILBO MATSOGI***

BLUE Signifies the *heaven*, towards which the *plant matures* into a *towering tree* as training in TaeKwon-Do *progresses*.

Blue was ***one of the colours denoting*** a level of ***hierarchy*** during the ***Koguryo and Silla Dynasties***.