

**Yul-Gok:** is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram  $\pm$  represents 'scholar'.

Number of movements = 38

Diagram =  $\pm$

## Fundamentals - stepping forward

Hooking Block, (connecting) Reverse Hooking Block, Obverse Punch - Walking Stance x4  
(turn to L Stance Guarding Block)

Double Forearm High Block - Walking Stance x4  
(turn to LSGB)

Side Kick (front leg), Back Kick (back leg)  
- L Stance Guarding Block x4 (turn to LSGB)

Jump Backfist - X Stance x2

## Theory Questions

Pattern name and meaning

Show Centre, Chest & Shoulder Line

What is Connecting Motion? 2 moves with only one sine wave motion

Pattern	Tul
Palm Hooking Block	Sonbadak Golcho Makgi
Double Forearm High Block	Doo Palmok Nopunde Makgi
Twin Knifehand Block	Sang Sonkal Makgi
Front Elbow Strike	Ap Palkup Taerigi
Reverse Turning Kick	Bandae Dollyo Chagi
Inward	Anuro
Outward	Bakuro
Backheel	Dwitchook

## Grading Test - 5th Kup

- **Patterns**

Chon-Ji to Yul-Gok

- **Fundamentals**

- **Self Defence**

Release from lapel grab

- **Padwork**

Turning Kick, Reverse Turning Kick x3  
- left & right

Flying Side Kick

- **Sparring**

3 Step Sparring

3 Step Semi Free Sparring

Free Sparring

- **Power Test**

Turning Kick (choice of leg)

- **Theory Questions**

