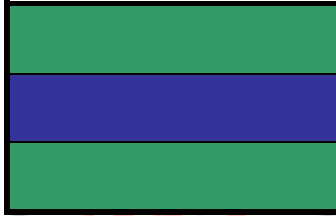


## 5<sup>th</sup> Kup Theory

**5th Kup –  
Blue Tag to Blue belt**



All previous theory and techniques plus:

### Yul-Gok Tul 38 moves

Yul-Gok is the pseudonym of the 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 degrees latitude and the diagram (±) represents “scholar”.

### The Meaning of the Colour Blue

Blue signifies the heaven towards which the plant matures into a towering tree as training continues.

### New Terms

X Stance = Kyocha Sogi  
Double Forearm Block = Doo Palmok Makgi  
Twin Knifehand = Sang Sonkal  
Palm Hooking Block = Sonbadak Golcha Makgi  
Hook Kick = Golcha Chagi  
Palm = Sonbadak  
Elbow = Palkup  
Double Forearm = Doo Palmok

### Turning Kick

Turning kick = Dollyo Chagi  
Part of use (kicking tool) Ball of the foot = Ap kumchi

## Yul-Gok Includes:

Front Elbow Strike = Ap Palkup Taerigi  
Middle Inner Forearm Side Block = Kaunde An Palmok Yop Makgi  
Low Front Snap Kick = Najunde Ap Cha Bisugi  
Palm Hooking Block = Sonbadak Golcha Makgi  
Twin Knifehand Block = Sang Sonkal Makgi  
X Stance Jumping High Side Backfist Strike = Kyocho So, Twigi Nopunde Yop Dung  
Joomuk Taerigi  
High Double Forearm Block = Nopunde Doo Palmok Makgi

## Stances – Sogi

### X-stance = Kyocho Sogi

Cross one leg in front or behind the other (dependant upon whether you jump or step into the stance)

Weight distribution = 90% on stationary or landing leg following a jump (sole of foot flat on the ground) & 10% on the moving leg (tucked behind the stationary leg) & rest ball of the foot lightly on the ground

Knees of both legs bent to form an X shape

Leg with 90% weight indicates whether it is a right or left stance

## Describe and demonstrate all of the movements in Yul-Gok in English and Korean

e.g.

1<sup>st</sup> movement: shifting the left leg into sitting stance, extending the left hand into a measuring position for a middle section punch. Wen Annun So, Kaunde Ap Jirugi

38<sup>th</sup> movement: Left walking stance, high section double forearm block. Wen Gunnan So, Nopunde Doo Palmok Makgi