

5th Kup - Green Belt / Blue Stripe

Yul Gok

Number of movements: 38

Starting position: Parallel Ready Stance (Narani Chunbi Sogi).

Meaning of pattern: Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584AD) nicknamed the confucious of Korea. The 38 movements refer to his birthplace on 38 degrees latitude, and the diagram represents scholar.

General Terms

Grasping - Japki

Parts of the Body

Knee - Moorup

Stances

X Stance - Kyocha Sogi

Defensive Moves

Double Forearm Block - Doo Palmok Makgi
Inward Palm Waist Block - Anaeryo Sonbadak Hori Makgi
Hooking Block - Golcho Makgi
Knifehand Rising Block - Sonkal Chookyo Makgi
Hooking Kick - Golcho Chagi

Offensive Moves

Twin Upset Punch - Sang Dwijibo Jirugi
Front Elbow - Ap Palkup
Knee Upward Kick - Moorup Ollyo Chagi
Flat Fingertip Thrust - Opun Sonkut Tulgi

Types of Motion

Connective – One inhale, exhale split unequally between connected techniques.
(e.g. Hooking Block, small exhale, Obverse Punch remaining breath, from pattern Yul Gok).