



Grading information for: 5 KUP

Blue belt – Signifies the sky, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

Pattern: YOL GOK

(38 Movements)

YOL GOK is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on the 38 degree latitude and the diagram represents the scholar.

STANCES

Parallel Ready Stance 'A'

NARANI CHUMBI SOGI 'A'

Sitting Stance

ANNUN SOGI

Walking Stance

GUNNAN SOGI

Bending Ready Stance

GUBURYO SOGI

'L' Stance

NIUNJA SOGI

'X' Stance

KYOCHA SOGI

BLOCKS

High Forearm Block

NOPUNDE AN PALMOK MAKGI

High Hooking Block

NOPUNDE GOLCHO MAKGI

Twin Knifehand Block

SANG SONKAL MAKGI

High Outer Forearm Block

NOPUNDE BAKAT PALMOK MAKGI

Double Forearm Block

DOO PALMOK MAKGI

ATTACKS

Middle Fore fist Punch

KAUNDE AP JOOMAK JIRUGI

Low Front Snap Kick

NAJUNDE AP CHA BUSIGI

Middle Side Piercing Kik

KAUNDE YOP CHA BUSIGI

Front Elbow Strike

AP PALKUP TAERIGI

Middle Straight Fingertip Thrust

KAUNDE SUN SONKUT TULGI

High Side Backfist Strike

NOPUNDE DUNG JOOMAK YOP TAERIGI

OTHER THERORY

TWO STEP SPARRING

IBO MATSOKI

FREE SPARRING

JAYOO MATSOKI

BLOCKS

Waist Block

HORI MAKGI

X Fist Pressing Block

KYOCHA JOOMUK NOOLLO MAKGI

Upward Palm Block

SONBADAK OLLYO MAKGI

ATTACKS

Palm Strike

SONBADAK TAERIGI

Reverse Knifehand Strike

SONKAL DUNG TAERIGI

Arc hand Strike

BANDALSON TAERIGI

Side Fist Strike

YOP JOOMUK TAERIGI

Knife hand Strike

SONKAL TAERIGI

Backfist Strike

DUNG JOOMUK TAERIGI

KICKS

Axe Kick

NAERYO CHAGI

Reverse Side Kick

BANDEA YOP CHAGI

Reverse Turning Kick

BANDEA DOLLYO CHAGI

태권도