

Yul Gok - 5th Kup

Pattern: Yul Gok (tul means pattern)

No of Movements: 38 **No of Stances:** 6

Meaning of Yul Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed 'the Confucius of Korea'. The 38 movements refer to his birth place on the 38th degree line of latitude.

The meaning of Blue:

Blue signifies the heaven, towards which the plant matures into a towering tree, as the Tae Kwon-Do progresses.

Parts of the body

Elbow Palkup

Knee Moorup

Korean Terms

Jumping Twigi

Pattern Yul Gok Tul

WS = walking stance

RH = right hand

RL = right leg

LS = L stance

LH = left hand

LL = left leg

The pattern moves

- Step LL into sitting stance and raise LH then make a fast double punch.
- LL to RL, sitting stance, slow measure, fast double punch.
- Move RL into WS middle block, low section kick, change hands double punch.
- LL in then out into WS, middle block, low section kick, change hands double punch.
- Move right leg into WS towards the back.
- Make hooking block, hooking block, punch.
- Step forwards, hooking block, hooking block, punch.
- Step forwards and punch.
- Bending ready stance off back leg (LL) land WS front elbow strike (Right elbow)
- Turn bending ready stance with front leg (RL) land WS front elbow strike (left elbow)
- Move LL into LS twin knifehand block, walk forwards with straight fingertip thrust.
- Move RL into LS to the right, making twin knifehand block, walk forwards with straight fingertip thrust.
- Move LL into a walking stance towards the back of the room, making outward block, reverse punch.
- Step forward WS, outward block reverse punch.
- Jump LL into X stance making back fist to the back.
- Unravel feet and make doo makgi to the right in low stance.
- Step RL to LL the move LL into low stance doo makgi
- Left leg back to ready stance

Sparring terms

Free Sparring Jayoo Matsoki

2 step sparring Ibo Matsoki

What is 2 step sparring?

Two step sparring is designed for the intermediate student to learn more advanced techniques, using the same timing and distance as in the three step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations.

All attacks are: *right leg back in L Stance with a forearm guard.*

1. Attack

Step forward in walking stance, obverse punch.

Left leg low front snap kick and land in front.

Defence & counter

Right leg back into walking stance, rising block with left forearm

Left leg back, walking stance x fist pressing block.

Slide front foot forward in walking stance and twin vertical punch to opponents face.

2. Attack

Step forward with a right side punch, L stance.

Left leg mid-section turning land in front.

Defence & counter

Right leg back, L stance, upward palm block.

Left leg back, L stance, waist block with right outer forearm.

Slide forward into right L stance, right elbow strike to opponent's abdomen.

3. Attack

Right leg front kick land in front.

Step forward into left walking stance, high twin vertical punch.

Defence & counter

Right leg back, walking stance, low x fist pressing block.

Left leg back walking stance, high outer forearm wedging block.

Left knee to solar plexus, at the same time pull opponents shoulders forwards and downwards. Land forearm guard, right leg in front.

4. Attack

Step forward with a right hand flat fingertip thrust in walking stance.

Left leg mid-section side kick land in front.

Defence & counter

Right leg back walking stance, knife hand rising block.

Left leg back L stance, inward palm block.

Front snap kick with the left leg to coccyx, twin upset punch to kidney area.

Yul Gok

BLOCKS

Double Forearm Block

Hooking Block

X Fist Pressing Block

Upward Palm Block

Twin Knife hand Block

Doo Palmok Makgi

Golcho Makgi

Kyocha Joomuk Noollo Makgi

Ollyo Sonbadak Makgi

Sang Sonkal Makgi

KICKS

Crescent Kick

Hooking Kick

Bandal Chagi

Golcho Chagi

PUNCHES

Upset Punch

Twin Vertical Punch

Dwijibo Jirugi

Sang Sewo Jirugi

THRUSTS

Flat Fingertip Trust

Opun Sonkut Tulgi

STANCES

X Stance

Kyocho Sogi