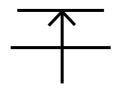
5th kup Theory Summary

Yul-Gok – 율곡 – 38 movements

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) who was nicknamed 'Confucius of Korea'. The 38 movements refer to his birthplace on 38 degrees latitude and the diagrammatic symbol represents 'scholar'.

Yul-Gok Diagrammatic Symbol - 'Scholar'



Belt Meaning

Blue – signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Yongyol Dongjak - Connecting motion

Two complementing techniques are performed in a single breath and motion. Breath is inhaled on the first technique, which has no tension on impact, and exhaled upon impact of the second technique.

Ilbo Matsogi

One-step sparring.

• Sambo (3-step), ibo (2-step), ilbo (1-step)

Body Parts

- Head Mori
- Solar plexus Myong chi
- Front elbow Ap palkup
- Arc-hand Bandal son
- Reverse knife-hand Sonkal dung

Technique Terminology

Body parts (foot parts)

- Back heel Dwit chook
- Ball of foot Ap kumchi
- Back sole Dwit kumchi
- Sole Bal badak
- Side sole Yop bal badak
- Footsword Balkal
- Reverse footsword Balkal dung
- Instep Bal dung
- Side instep Yop bal dung
- Knee Moorup
- Toes Balkut

Techniques

- Palm pressing block Sonbadak noollo makgi
- U-shaped block Degutja makgi
- Angle punch Giokja jirugi
- Upper elbow strike Wi palkup taerigi
- High arc-hand strike Nopunde bandal son taerigi
- Middle reverse knife-hand block Kaunde sonkal dung makgi
- X-fist rising block Kyocha joomuk chookyo makgi

Stances

- X-stance Kyocha sogi
- Low stance Nachuo sogi

- Hooking block Golcho makgi
- Connecting motion Yongyol dongjak
- Front elbow strike Ap palkup taerigi
- Twin knife-hand block Sang sonkal makgi
- Jump Twigi
- Backfist strike Dung joomuk taerigi
- High double forearm block Nopunde doo palmok makgi

Kicks

- Reverse turning kick Bandae dollyo chagi
- Downward kick Naeryo chagi