

BLUE TAG

STANCES		SOGI
X-STANCE		KYOCHA SOGI

KICKS		CHAGI
REVERSE TURNING KICK		BANDAE DOLLYO CHAGI
FLYING KICK		TWIMYO CHAGI

BLOCKS		MAKGI
DOUBLE FOREARM BLOCK		DOO PALMOCK MAKGI
TWIN KNIFEHAND BLOCK		SANG SONKAL MAKGI
PALM HOOKING BLOCK		SONBADAK GOLCHO MAKGI

PUNCHES		JIRUGI
TWIN VERTICAL PUNCH		SANG SEWO JIRUGI

BLUE TAG

STRIKES		TAERIGI	
FRONT ELBOW STRIKE		AP PALKUP TAERIGI	
BACKFIST SIDE STRIKE		DUNG JOOMUK YOP TAERIGI	
BELT		TI	
BLUE		Signifies the heaven towards which, the plant matures into a towering tree as training in Taekwondo progresses.	
SPARRING		MATSOGI	
ONE STEP SPARRING		ILBO MATSOGI	

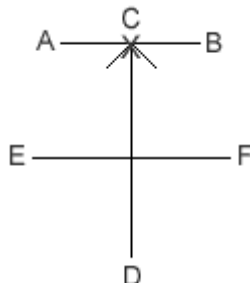
PATTERN		TUL	
MEANING OF PATTERN YUL-GOK			
YUL-GOK is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD), nicknamed the “confucious of Korea”. the 38 movements of the pattern refer to the 38th degree latitude and the diagram represents scholar.			
38 MOVEMENTS			
HAND PARTS		SANG BANSIN	
PALM		SONBADAK	
PALM HEEL		PYUNG JOOMUK	
FOOT PARTS		HABANSIN	
HEEL		DWICHOOK	

YUL-GOK

Movements - 38

Ready Posture - PARALLEL READY STANCE

YUL-GOK is the pseudonym of a 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 latitude and the diagram represents "scholar".



1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward

- D. Execute 19 and 20 in a connecting motion.
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
 22. Turn the face toward D forming a right bending ready stance A toward D.
 23. Execute a middle side piercing kick to D with the left foot.
 24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
 25. Turn the face toward C forming a left bending ready stance A toward C.
 26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
 28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
 29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
 30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
 31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
 32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
 33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
 34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
 37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
 38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

END: Bring the left foot back to a ready posture.