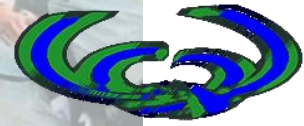




5th Kup



Pattern: Yul-Gok 38 Moves (outlined in full on the last page)

Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38o latitude and the diagram represents ‘scholar’.

Top Tips for performing Yul-Gok

- Move’s 8 and 12 are low section front snap kicks. Do not therefore try and impress the examiners by doing a high kick as you will lose points on your grading card
- Move 23/26 (middle section side piercing kicks) Step to the left after the 1st one and to the right after the second just prior to performing the elbow strikes. This will allow you to maintain good width on the walking stance.
- Move 36 (high section backfist strike) this is performed by using a “leap” across rather than a jump up in the air. Concentrate on your speed and chambering technique ensuring that your back foot finishes at the same time the backfist hits the imaginary target.

Aim to get to the next level

Tick when competent

For more details please ask your instructor



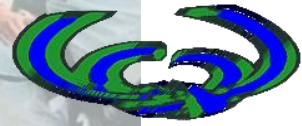
Technique to work on	Goal	
Connecting Motion	Understand connecting motion and how it is used in Yul-Gok	<input type="checkbox"/>
Measure	Know the correct technique to measure for a side kick	<input type="checkbox"/>
Reverse Side Kick	Waist height with proper foot shape (both legs)	<input type="checkbox"/>
Axe (downward) Kick	Chest height with proper foot shape (both legs)	<input type="checkbox"/>
Physical		
Press ups	As previously, try partials (halfway down/up) and holds	<input type="checkbox"/>
Aerobic exercises	Continue with overall aerobic fitness (running, cycling, swimming)	<input type="checkbox"/>
Core strength	As previously, continue with strength exercises	<input type="checkbox"/>
Sparring	Be able to continuously spar for 1 minute 30 seconds	<input type="checkbox"/>

Self Defence

As previous levels, but increase the accuracy and intensity as you progress



5th Kup



2 Step Sparring (Ibo Matsoki) (1-5)

	Attack (Right leg back Guarding Block)	Defence (Parallel Ready Stance)	Leg Back
1	Walking Stance, Front Snap Kick	Walking Stance, X-Fist Pressing Block	Right
	Walking Stance, Twin Fist High Vertical Punch	Walking Stance, High Wedging Block	
		Knee Upward Kick	
2	Walking Stance, Front Snap Kick	L-Stance Low Block	Left
	Walking Stance, Back Fist High Side Strike	Walking Stance Double Forearm Block	
		L-Stance Middle Reverse Punch	
3	Walking Stance, Side Fist Downward Strike	Walking Stance, Outer Forearm Rising Block	Right
	Low turning kick land in L-Stance	L-Stance Outer Forearm Waist Block	
		L-Stance Knife-hand Side Strike	
4	High Turning kick	L-Stance Outer Forearm Side Block	Right
	Fixed Stance Middle Obverse Punch	L-Stance Outer Forearm Inward Block	
		Knee Turning Kick	
5	Middle Side Piercing Kick	L-Stance Outer Forearm Downward Block	Left
	Walking Stance Middle Obverse Punch	Walking Stance Palm Hooking Block	
		Walking Stance High Reverse Punch	

3 Step Semi-Free Sparring (Ban-Jayo Matsoki)

The attacker executes a series of attacks. The attacks are not pre-arranged as they would be with Step Sparring. Generally, one of the attacks is a kick. The defender defends of course, then the defender is allowed to counter with an attack. Increase the complexity of the attacks for 5th Kup.

Grading Theory to Revise

What is the meaning of blue as in the colour of your next belt

What is the use for “focal points” in some of the patterns we perform?

The meaning of “The Diagram” as in patterns

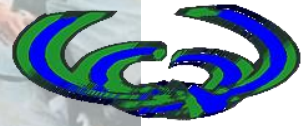
Remember the Korean terminology for the following

Free Sparring: **Jayoo Matsoki**

3 Step Semi-Free Sparring: **Ban-Jayo Matsoki**



5th Kup



연극

Pattern: YUL-GOK Moves: 38 Ready Position: Narani Chunbi Sogi				
			Technique	
Step	Move	Stance	English	Korean
1	to left	Annun	Left hand distance measure	Geoli Cheugjeong
2	stay		Middle section punch	Kaunde Jirugi
3			Middle section punch	Kaunde Jirugi
4	left to right	Annun	Right hand distance measure	Geoli Cheugjeong
5	stay		Middle section punch	Kaunde Jirugi
6			Middle section punch	Kaunde Jirugi
7	right 45	right Gunnun	Middle section inner forearm block	Kaunde An Palmok Makgi
8	forward		Low section front snap kick	Najunde Ap Cha Busigi
9	land in	left Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
10	stay		Middle section reverse punch	Kaunde Bandae Jirugi
11	left 90	left Gunnun	Middle section inner forearm block	Kaunde An Palmok Makgi
12	forward		Low section front snap kick	Najunde Ap Cha Busigi
13	land in	right Gunnun	Middle section obverse punch	Kaunde Baro Jirugi
14	stay		Middle section reverse punch	Kaunde Bandae Jirugi
15	right 45	right Gunnun	High section hooking block	Nopunde Golcho Makgi
16	stay		High section reverse hooking block	Nopunde Bandae Golcho Makgi
17			Middle section obverse punch	Kaunde Baro Jirugi
18	forward	left Gunnun	High section hooking block	Nopunde Golcho Makgi
19	stay		High section reverse hooking block	Nopunde Bandae Golcho Makgi
20			Middle section obverse punch	Kaunde Baro Jirugi
21	forward	right Gunnun	Middle section punch	Kaunde Jirugi
22	left to right	right Goburyo		
23	forward		Middle section side piercing kick	Kaunde Yop Cha Jirugi
24	land in	left Gunnun	Middle section front elbow strike	Kaunde Ap Palkup Taerigi
25	about turn	left Goburyo		
26			Middle section side piercing kick	Kaunde Yop Cha Jirugi
27	land in	right Gunnun	Middle section front elbow strike	Kaunde Ap Palkup Taerigi
28	left 90	right Niunja	Twin knifehand block	Sang Sonkal Makgi
29	forward	right Gunnun	Mid section straight fingertip thrust	Kaunde Sun Sonkut Tulgi
30	about turn	left Niunja	Twin knifehand block	Sang Sonkal Makgi
31	forward	left Gunnun	Mid section straight fingertip thrust	Kaunde Sun Sonkut Tulgi
32	left 90	left Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
33		left Gunnun	Middle section reverse punch	Kaunde Bandae Jirugi
34	forward	right Gunnun	High section outer forearm block	Nopunde Bakat Palmok Makgi
35	stay		Middle section reverse punch	Kaunde Bandae Jirugi
36	jump forward	Kyocho	High section backfist strike	Nopunde Dung Joomuk Taerigi
37	turn 270	right Gunnun	High section double forearm block	Nopunde Doo Palmok Makgi
38	rt to lt 180		High section double forearm block	Nopunde Doo Palmok Makgi
End	Bring right foot back to Narani Chunbi Sogi			