


Name of Future Black Belt

Advanced Level - Module Yul Gok

**GRADUATION
CARD**
Photograph

Focus Area– Page 1	E	P	CP	Comments	DP
4 Directional Punch, Chon-Ji Tul, Dan Gun Tul, Do-San Tul					
20 press Ups, 20 squat thrusts					
Previous Line Work - Walking Stance, L Stance, low block, middle inner forearm block , rising block, obverse & reverse punches					
Kicks— front, side, reverse side, turning, hook plus Step Through Turning.					
Blocks -Double Forearm Block, palm hooking block, X-Fist pressing block, Knifehand Rising Block, Twin Knifehand block					
Strikes—Front elbow strike, Twin vertical punch, flat finger tip thrust					
Stances— X Stance, Bending ready stance.					
3 Step Semi Free Sparring					

Date of Belt Graduation

Grading

1 MODULE

2 MODULES

3 MODULES

4 MODULES

Licence No

Name of Future Black Belt

Advanced Level - Module Yul-Gok

Focus Area– Page 2	E	P	CP	Comments
Techniques X-Fist Pressing Block, Twin vertical punch, Palm hooking block, upset punches, Knee Kick				
Pattern Yul-Gok Tul				
3 Step Sparring – no need to remember, announced by Examiner	-			
2 Step Sparring (Ibo Matsoki) Sequences 3 and 4				
Self defence— Punch & Take Down				
Self Defence—Downwards Strike				
Free Sparring (Jayoo Matsoki)				
Power tests– as advised				
Questions				

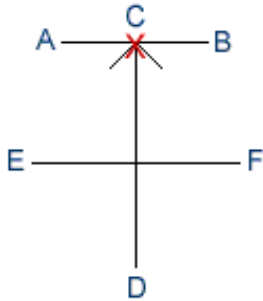


1 MODULE

2 MODULES

3 MODULES

4 MODULES



YUL-GOK 율곡 Pattern



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".

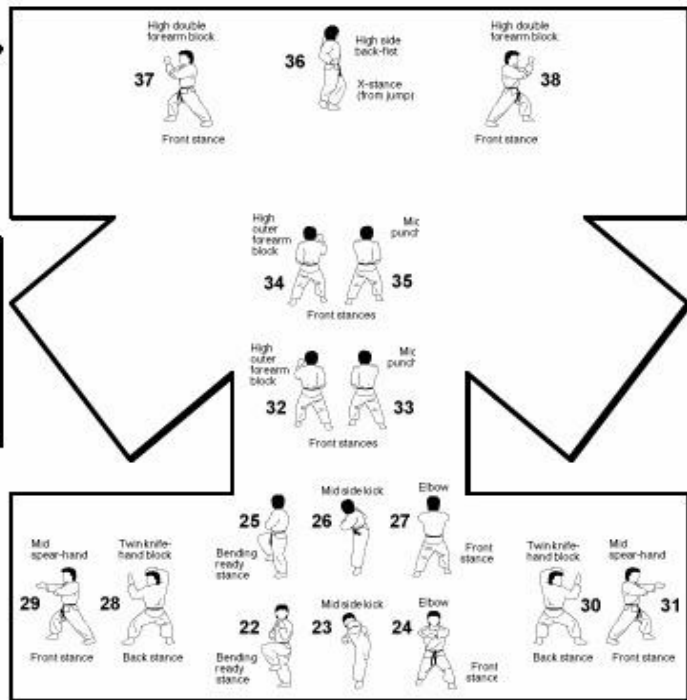
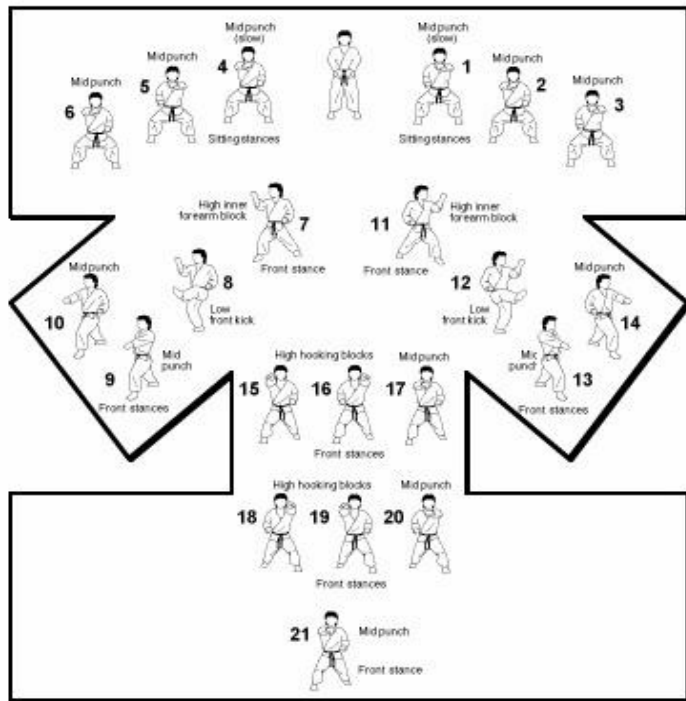
Start in Parallel ready stance

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D making a measuring punch (Perform in slow motion)
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 making a measuring punch. (Perform in slow motion)
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 high section block to AD with the right inner forearm.
8. Execute a low section 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 obverse punch to AD with the left fist.
10. Execute a middle reverse 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 high section block to BD with the left inner forearm.
12. Execute a low section 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 obverse punch to BD with the right fist.
14. Execute a middle reverse 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 obverse hooking block to D with the right palm while forming a right walking stance toward D (moving the right leg to form the walking stance facing D)
16. Execute a middle reverse hooking block to D with the left palm while maintaining a right walking stance toward D.

YUL-GOK 율곡 Pattern

18. Move the left foot to D forming a left walking stance toward D while executing a middle obverse hooking block to D with the left palm.
 19. Execute a middle reverse hooking block to D with the right palm while maintaining a left walking stance toward D.
 20. Execute a middle obverse 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 obverse punch to D with the right fist.
 22. Form a right 'Bending Ready Stance A' toward D. (with the head looking 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. (slipping the left leg, then picking up the right leg)
 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 downwards palm block with the left palm, and a middle thrust to E with the right straight finger tip. (Perform these moves simultaneously)
 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 downwards palm block with the right palm, and a middle thrust to F with the left straight finger tip. (Perform these moves simultaneously).
 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 reverse 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 reverse 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. (NB. The jump is for distance – NOT for height)
 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.

열국




YUL-GUK

The pen name of Yi I, a philosopher and scholar who was nick-named Confucius of Korea.
 (38 movements)

Questions & Answers

Module Yul-Gok



	Questions	Answers (Juniors under 12 only need to know the sections in red)
1	<p>What do the elements of the South Korean flag symbolise?</p> 	<p>The white background symbolises PURITY and PEACE. The 4 Trigrams have many meanings but the most important are HEAVEN , WATER, EARTH, FIRE. (Heaven is the top left hand corner and moving around the flag clockwise there is Water, Earth and Fire). The red and blue in the centre is the Um-Yang shape (or Yin-Yang in Chinese) and symbolises the BALANCE that is achieved when opposing and complementary forces are embraced. The colour <u>red</u> symbolises the blood of the Korean people flowing into the <u>blue</u> sea during wars to defend their land. Sir/ Ma'am</p>
2	<p>Why do we use open hand blocks such as knifehand or palm hooking block/</p>	<p>1. They extend the reach of the block by up to 10cm compared with using the forearm to block. 2.It allows an easier switch to a grab, hold or throw on the opponent than a closed fist forearm block.</p>
3	<p>What does the name of “Yul Gok” in Yul Gok pattern mean?</p>	<p>YUL-GOK is the pseudonym of a great philosopher “Yi I “ nicknamed the "Confucius of Korea". Sir (Ma'am)</p>
4	<p>What is the longest pattern up to obtaining my Black Belt?</p>	<p>Yul-Gok pattern with 38 moves is the longest pattern Sir/ Ma'am (the longest pattern in Taekwondo is So-Son with 72 Moves which is a 6th Dan Pattern)</p>
5	<p>What do the Belt colours , white, yellow, green , blue and red represent?</p>	<p>See grading page for answers</p>
6	<p>What part of the foot is used for side piercing kick and side thrust kick</p>	<p>Side piercing kick uses the “footsword” and side thrust kick uses the ball of the foot. Most side kicks use the “footsword”</p>

Questions & Answers

Module Yul-Gok

	Questions	Answers (Juniors under 12 only need to know the sections in red)
7	<p>Why do we practice “breaking” techniques? Juniors—Why is it important to practice techniques with full power on striking pads?</p>	<p>1.They are a safe test that our techniques are being correctly applied. 2. They are a test of our mental strength, courage and perseverance. 3. They build our inner knowledge of how powerful we are becoming which builds self confidence but also warns us to be careful in using our skills</p> <p>A. To check we are doing the moves correctly B. To develop our strength so we can defend ourselves C. To build our confidence</p> <p>Sir/ Ma’am</p>
8	<p>How Many different stances do you know and how are they performed?</p>	<p>Attention Stance, Parallel Stance, Sitting stance, Walking Stance, Fighting Stance, L-Stance, Vertical Stance, Bending Ready Stance, X-Stance, (Closed Stance), (Rear foot Stance), (Fixed Stance) (Low Stance) Sir/ Ma’am</p>
9	<p>What are the Korean commands in sparring for “Bow”, “Get Ready”, “Start” and “ stop sparring/ break apart”?</p>	<p>Bow— Kyong-Ye Get Ready— Junbi Start— Si-jak Break, move apart(in sparring)— Hecho Sir/ Ma’am</p>
10	<p>When Free sparring why do we always acknowledge our partner scoring?</p>	<p>To develop sportsmanship and Integrity. To balance our good competitiveness and desire to win with humility and respect for others. Sir/ Ma’am</p>
11	<p>What do you think is your biggest strength in Martial Arts practice?</p>	<p>No right or wrong answer, just what you feel..... Sir/ Ma’am</p>

2 Step Sparring — “Ilbo Matsoki” Sequences



Two-step teaches us the application of more advanced and varied techniques and combinations against an opponent. No measure is required and the attackers start with their right leg back in L-stance with a forearm guarding block. Defenders start in parallel ready stance.

All attackers start in right L stance, forearm guarding block. All defenders start in parallel ready stance.

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|-----------|--|
| 1. Attack | Step into Walking Stance making High section Obverse punch, then Front snap kick with the left leg |
| Defence | Right leg back walking stance, rising block. Left leg back walking stance making X fist pressing block |
| Counter: | Twin vertical punch |
- | | |
|-----------|---|
| 2. Attack | Right leg forwards, Side punch in Fixed stance. Turning kick (left leg) |
| Defence | Right leg back L-Stance, upward palm block. Left leg back L - Stance, waist block |
| Counter: | Slide forwards into a right L -Stance, right side elbow strike. |
- | | |
|-----------|--|
| 3. Attack | Front kick.Then step forwards Twin vertical punch to cheek bones |
| Defence | Right leg back walking stance, X fist pressing block. Left leg back walking stance, outer forearm wedging block. |
| Counter: | Knee kick at the same time pull opponents shoulders. |
- | | |
|-----------|---|
| 4. Attack | Flat fingertip thrust. Side kick. |
| Defence | Right leg back walking stance, knifehand rising block. Left leg back 'L' stance, inward palm block. |
| Counter: | Front kick to coccyx, twin upset punch to kidneys. |