



5th kup Theory Summary

| Yul-Gok – 율곡 – 38 movements | Yul-Gok Diagrammatic Symbol – ‘Scholar’ |
|---|---|
| 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’. | |
| Belt Meaning | Ilbo Matsogi |
| Blue – signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses. | One-step sparring. <ul style="list-style-type: none"> Sambo (Three-step), Ibo (Two-step), Ilbo (One-step) |
| 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. | Body Parts <ul style="list-style-type: none"> 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) <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 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 |
| Stances <ul style="list-style-type: none"> X-stance – Kyocha sogi Low stance – Nachuo sogi | |
| Kicks <ul style="list-style-type: none"> Reverse turning kick – Bandae dollyo chagi Downward kick – Naeryo chagi | |