**5th kup Theory Summary**

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| **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.   * Sambo (3-step), ibo (2-step), ilbo (1-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**   * 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 * 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**   * X-stance – Kyocha sogi * Low stance – Nachuo sogi |
| **Kicks**   * Reverse turning kick – Bandae dollyo chagi * Downward kick – Naeryo chagi |