

Blue Tag (5th kup) Answer Sheet

1. Yul – Gok has 38 movements

2. Yul – Gok has 5 different blocks and they are:

An Palmok Kaunde Makgi - Inner Forearm Middle Block

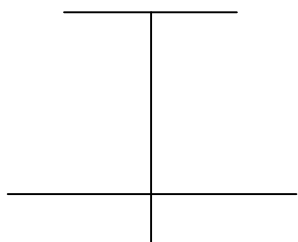
Sonbadak Golcho Makgi - Palm Hooking Block

Sang Sonkal Makgi - Twin Knifehand Block

Bakat Palmok Nopunde Yop Makgi - Outer Forearm High Side Block

Doo Palmok Makgi - Double Forearm Block

3.



4. The Korean is Sonbadak Golcho Makgi

5. Please consult your other sheets

6. Please consult your other sheets

7. **Blue Tag** signifies the plants growth as the Tae Kwon-Do skill begins to develop.

8. **Blue Belt** signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

9. **Yul-Gok** is the pseudonym of a great philosopher and scholar Yi I nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents scholar.

10. Please consult your other sheets

11. The Korean is Hosin Sul

12. The double forearm block would be primarily utilised against a kicking technique due to the re-enforcement of the block with the other hand. This technique also has the advantage of being able to quickly shift one forearm into another block while still blocking with the other.
13. Please consult your other sheets
14. Please consult your other sheets
15. The defender has the option to grab the opponents attacking arm to pull them off balance to gain the advantage. Also unlike other methods of blocking this technique requires a minimum amount of effort on the part of the defender, and allows the opposite hand or the foot an immediate response for counter-attacking.