

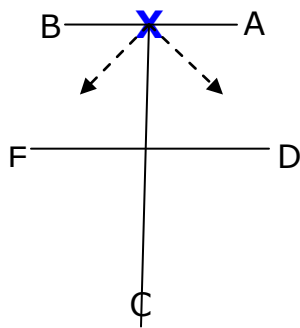
Meaning of Belt Color

Blue Belt, 4th gup

Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Form(s):

- Yul-Gok



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".

Movements: 38

Ready Posture: Parallel Ready Stance

The illustration assumes the student is on line AB at X facing C.

1. Step left (toward A) forming a horse-riding stance while executing a slow middle-section punch with the left fist.
2. Staying in the same stance (facing C), execute a middle-section punch with the right fist.
3. Staying in the same stance (facing C), execute a middle-section punch with the left fist. (These two punches should be done in rapid succession)
4. Step together by bringing the left foot towards the right (toward B) forming a horse-riding stance while executing a slow middle-section punch with the right fist.
5. Staying in the same stance (facing C), execute a middle-section punch with the left fist.
6. Staying in the same stance (facing C), execute a middle-section punch with the right fist. (These two punches should be done in rapid succession)
7. Turn 45 degrees to the right by stepping forward with the right leg (toward BC) forming a right front-stance while executing a side block with the right inner forearm.
8. Execute a front-kick with the left leg (facing BC) landing in a left front-stance.
9. Staying in the same stance (facing BC), execute a middle-section punch with the left fist.

10. Staying in the same stance (facing BC), execute a middle-section punch with the right fist. (These punches should be done in rapid succession)
11. Turn 90 degrees to the left (toward AC) forming a left front-stance while executing a side-block with the left inner forearm.
12. Execute a front-kick with the right leg (facing AC) landing in a right front-stance.
13. Staying in the same stance (facing AC), execute a middle-section punch with the right fist.
14. Staying in the same stance (facing AC), execute a middle-section punch with the left fist. (These punches should be done in rapid succession)
15. Turn 45 degrees to the right (toward C) forming a right front-stance while executing a slow knife-hand strike with the right hand.
16. Staying in the same stance, execute a knife-hand strike with the left hand
17. Staying in the same stance, execute a middle-section punch with the right fist. (The knife-hand strike and middle-section punch should be done in rapid succession)
18. Step forward with the left foot (toward C) forming a left front-stance while executing a slow left knife-hand guarding block.
19. Staying in the same stance, execute a knife-hand strike with the right hand.
20. Staying in the same stance, execute a middle-section punch. (The knife-hand strike and middle-section punch should be done in rapid succession)
21. Step forward with the right foot (toward C) forming a right front-stance while executing a middle-section punch with the right fist. Ki-hop once the punch has been performed.
22. Chamber a side-kick with the left leg (toward C).
23. Execute a side-kick with the left leg (toward C) landing in a left front-stance.
24. Upon landing in the left front-stance, execute a right-arm middle-section elbow strike into the left hand.
25. Chamber a side-kick with the right leg (toward X).
26. Execute a side-kick with the right leg (toward X) landing in a right front-stance.
27. Upon landing in the right front-stance, execute a left-arm middle-section elbow strike into the right hand.
28. Turn 90 degrees to the left (toward E) forming a left back-stance while executing a left twin knife-hand block.
29. Step forward with the right foot (toward E) forming a right front-stance while executing a middle-section spear-hand with the right straight finger tip.
30. Turn 180 degrees to the right (toward D) forming a right back-stance while executing a right twin knife-hand block.
31. Step forward with the left foot (toward D) forming a left front-stance while executing a middle-section spear-hand with the left straight finger tip.
32. Turn 90 degrees to the left (toward X) forming a left front-stance while executing a reverse side-block with the left outer forearm. (palm forward)
33. Staying in the same stance, execute a middle-section punch with the right fist.
34. Step forward with the right foot (toward X) forming a right front-stance while executing a reverse side block with the right outer forearm. (palm forward)
35. Staying in the same stance, execute a middle-section punch with the left fist.

36. Execute a hopping back-fist landing in a left x-stance. Ki-hop once the back-fist has been performed.
37. Turn 270 degrees to the right on the balls of your feet (toward B) forming a right front-stance while executing a right double-forearm block.
38. Bring the right foot to the left foot and then step to the left (toward A) forming a left front-stance while executing a left double-forearm block.
END: Bring the left foot back to a ready posture.

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Il Bo Teryon-4th gup

자 단계 치고 받기

28. Jump front-kick with the opposite side leg as the punch (bicycle style)
29. Crescent kick (inside to outside) to the opponent's wrist kicking the hand out of the way with the same-side leg (step back for room if necessary), front-kick to the solar plexus and round kick to the face with the same leg without stepping down
30. Crescent kick (outside to inside) with the opposite-side leg as the punch, step down, then perform a face-level spin hook kick with the back leg (back up for room if necessary)
31. Crescent kick (outside to inside) with the opposite side leg as the punch, step down, then perform a spin side kick with the other leg
32. Jump 45 degrees to the side (away from the punch) forming a back-stance at the same time blocking the opponent's punch with the same-side knife-hand. Grab the opponent's hand and pull towards you while striking the opponent's same-side as the grab carotid artery

Sam Bo Teryon-4th gup

1. Block three times with double knife-hand block (stepping back with a back-stance), stepping forward perform a middle-section punch to the solar plexus.
2. Block three times with double knife-hand block, stepping forward perform a high-section punch
3. Block three times with double knife-hand block, stepping forward perform a reverse knife-hand strike to the carotid artery
4. Block three times with double knife-hand block, back leg front-kick to the solar plexus

Ho-Shin-Sul

1. Grab the opponent's lapel with the other hand grabbing the opponent's sleeve (underneath the elbow). The opponent should grab you in the same way but with opposite side grabs. Turn the opponent in the direction of whatever hand is grabbing the opponent's sleeve. Sweep the leg of the opponent by stepping past them and executing a leg sweep with the opposite-side leg.
2. Have the opponent grab your sleeve (by your shoulder). Grab the opponent's hand with your opposite hand peeling their hand away from your sleeve. Turn the opponent's hand so that the palm is facing upwards. Support the arm-bar by using your other hand to apply pressure at the elbow joint of the opponent. Take the opponent down to the ground.

3. Have the opponent stand behind you while grabbing your sleeve (beneath the shoulder). Bring your arm in a circular motion back and upwards near your opponent bringing their hand into a lock by your shoulder. Turn in a circular motion to slowly bring your opponent downwards. Make sure not to fall with the opponent. Opponent should be face forward on the ground.

Free Sparring