



Grading Pack
Pattern: Yul-Gok
5th Kup - Blue Stripe



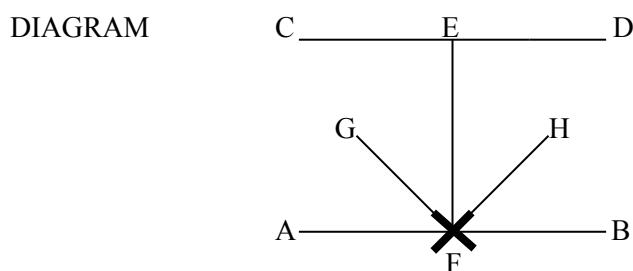
Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

PATTERN	YUL GOK
No. OF MOVEMENTS	38
No. OF STANCES	6
INTERPRETATION	YUL GOK is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the “Confucious of Korea”. The 38 movements of this pattern refer to his birthplace on the 38 th degree latitude and the diagram represents “scholar”.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI



- 1) TAKE LEFT LEG TO A, FACE E, SITTING STANCE, LEFT MEASURE PUNCH
 - 2+3) EXECUTE A MIDDLE SECTION DOUBLE PUNCH
 - 4) TAKE LEFT FOOT TO RIGHT FOOT, PLACE RIGHT FOOT TO B, FACE E, SITTING STANCE, RIGHT MEASURE PUNCH
 - 5+6) EXECUTE A MIDDLE SECTION DOUBLE PUNCH
 - 7) 45° FACE H, RIGHT WALKING STANCE, HIGH INNER FOREARM BLOCK
 - 8) EXECUTE A LOW FRONT SNAP KICK WITH THE LEFT LEG TOWARDS H
 - 9) LOWER FOOT INTO A LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 - 10) EXECUTE A MIDDLE REVERSE PUNCH (PERFORM 9 + 10 FAST)
 - 11) 90° FACE G, LEFT WALKING STANCE, HIGH INNER FOREARM BLOCK
 - 12) EXECUTE A LOW FRONT SNAP KICK WITH THE RIGHT LEG TOWARDS G
 - 13) LOWER FOOT INTO A RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 - 14) EXECUTE A MIDDLE REVERSE PUNCH (PERFORM 13 + 14 FAST)
 - 15) 45° FACE E, RIGHT WALKING STANCE, HIGH HOOKING BLOCK WITH RIGHT PALM
 - 16) SAME STANCE, HIGH REVERSE HOOKING BLOCK WITH LEFT PALM
 - 17) SAME STANCE, MIDDLE OBVERSE PUNCH (PERFORM 16 + 17 AS ONE MOVEMENT)
 - 18) STEP FORWARD, LEFTT WALKING STANCE, HIGH HOOKING BLOCK WITH LEFT PALM
 - 19) SAME STANCE, HIGH REVERSE HOOKING BLOCK WITH RIGHT PALM
 - 20) SAME STANCE, MIDDLE OBVERSE PUNCH (PERFORM 19 + 20 AS ONE MOVEMENT)
 - 21) STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 - 22) BRING LEFT FOOT UP INTO A RIGHT BENDING READY STANCE, FACING E
 - 23) EXECUTE A MIDDLE SIDE KICK TO E WITH THE LEFT LEG
 - 24) LOWER LEFT FOOT TO E, LEFT WALKING STANCE, REVERSE RIGHT FRONT ELBOW STRIKE
 - 25) STEP LEFT FOOT IN LINE WITH RIGHT (ON LINE EF), BRING RIGHT FOOT INTO A LEFT BENDING READY STANCE FACING F
 - 26) EXECUTE A MIDDLE SIDE KICK TO F WITH THE RIGHT LEG
 - 27) LOWER RIGHT FOOT TO F, RIGHT WALKING STANCE, REVERSE LEFT FRONT ELBOW STRIKE
 - 28) 90° FACE D, RIGHT L STANCE, TWIN KNIFE HAND BLOCK
 - 29) STEP FORWARD, RIGHT WALKING STANCE, STRAIGHT FINGERTIP THRUST
 - 30) 180° FACE C, LEFT L STANCE, TWIN KNIFE HAND BLOCK
 - 31) STEP FORWARD, LEFT WALKING STANCE, STRAIGHT FINGERTIP THRUST
 - 32) 90° FACE F, LEFT WALKING STANCE, HIGH OUTER FOREARM BLOCK
 - 33) SAME STANCE, MIDDLE REVERSE PUNCH
 - 34) STEP FORWARD, RIGHT WALKING STANCE, HIGH OUTER FOREARM BLOCK
 - 35) SAME STANCE, MIDDLE REVERSE PUNCH
 - 36) JUMP TO F, LEFT X STANCE, HIGH BACKFIST STRIKE
 - 37) 270° FACE B, RIGHT WALKING STANCE, HIGH SECTION DOUBLE FOREARM BLOCK
 - 38) BRING RIGHT FOOT TO LEFT FOOT, FACE A, LEFT WALKING STANCE HIGH SECTION DOUBLE FOREARM BLOCK
- END BRING LEFT LEG BACK TO PARALLEL READY STANCE

YUL GOK TUL

**PALM HOOKING BLOCK
SONBADAK GOLCHO MAKGI**

**FRONT ELBOW STRIKE
AP PALKUP TAERIGI**

**TWIN KNIFEHAND BLOCK
SANG SONKAL MAKGI**

**X STANCE
KYOCHA SOGI**

**DOUBLE FOREARM BLOCK
DOO PALMOK MAKGI**

Requirements for

5th Kup Grading

Tick box when learnt

	Student	Instructor
Attention Stance	<input type="checkbox"/>	<input type="checkbox"/>
Raise right hand name and grade (Loud and Clear)	<input type="checkbox"/>	<input type="checkbox"/>
Parallel ready stance	<input type="checkbox"/>	<input type="checkbox"/>
Combinations set by the examiner (forwards and backwards) (including kicking techniques) The combinations will be moves from previous & current patterns and also gradings	<input type="checkbox"/>	<input type="checkbox"/>
Pattern set by the examiner (any of your previous patterns)	<input type="checkbox"/>	<input type="checkbox"/>
Pattern of your choice (excluding your highest pattern)	<input type="checkbox"/>	<input type="checkbox"/>
2 step sparring number 1 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
2 step sparring number 2 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
2 step sparring number 3 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
2 step sparring number 4 (see pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
3 step semi free sparring (Intermediate) (See pre-arranged sparring pack)	<input type="checkbox"/>	<input type="checkbox"/>
Free sparring		

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Possible Grading Questions

5th Kup Grading

Your instructor will ask you any four of the questions below

Stand in attention stance when answering your questions and always finish your answer with "SIR"

	Tick box when learnt	
	Student	Instructor
What is the interpretation for pattern Yul Gok?	<input type="checkbox"/>	<input type="checkbox"/>
What is the Korean for:		
Palm hooking block?	<input type="checkbox"/>	<input type="checkbox"/>
Front elbow strike?	<input type="checkbox"/>	<input type="checkbox"/>
Twin knifehand block?	<input type="checkbox"/>	<input type="checkbox"/>
X stance?	<input type="checkbox"/>	<input type="checkbox"/>
Double forearm block?	<input type="checkbox"/>	<input type="checkbox"/>
2 step sparring?	<input type="checkbox"/>	<input type="checkbox"/>
Turning kick?	<input type="checkbox"/>	<input type="checkbox"/>
Reverse turning kick?	<input type="checkbox"/>	<input type="checkbox"/>

This pack is intended as a training aid and does not replace regularly training with your instructor



For further information contact
Mr Mathew Friar on 07919 894 675

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