



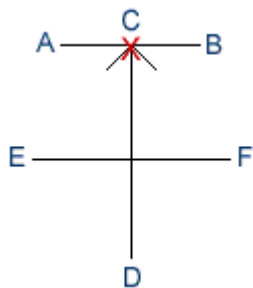
Taekwon-Do Theory for Blue Tags (5th Kup)

Please take the time to learn the following information for your grading.

1. What is the meaning of pattern 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".

2. What is the diagram of pattern Yul-Gok?



3. How many movements in pattern Yul-Gok?

38

4. What is the starting position of pattern Yul-Gok?

Ready Posture – Parallel ready stance

5. What does blue belt signify?

Blue belt signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

6. Korean words:

Hooking block
Double forearm block
Side piercing kick
Front elbow strike
X-stance

Golcho maki
Doo Palmok maki
Yop chagi jirugi
Ap palkop taerigi
Kyocha sogi