



5th kup Theory Summary

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. <ul style="list-style-type: none"> • Sambo (3-step), ibo (2-step), ilbo (1-step)
Yongyo 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 <ul style="list-style-type: none"> • 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) <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • 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
Stances <ul style="list-style-type: none"> • X-stance – Kyocha sogi • Low stance – Nachuo sogi 	<ul style="list-style-type: none"> • Hooking block – Golcho makgi • Connecting motion – Yongyo dongjak • Front elbow strike – Ap palkup taerigi • Twin knife-hand block – Sang sonkal makgi • Jump – Twigi
Kicks <ul style="list-style-type: none"> • Reverse turning kick – Badae dollyo chagi • Downward kick – Naeryo chagi 	<ul style="list-style-type: none"> • Backfist strike – Dung joomuk taerigi • High double forearm block – Nopunde doo palmok makgi