

# Centerline Martial Arts

## 4<sup>th</sup> Gup Blue Belt Testing Requirements



# Testing For 4<sup>th</sup> Gup Blue Belt

## Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

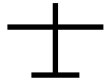


Diagram: “scholar” sign  
Moves: **38**

## New Kicks:

### Reverse Hook Kick (Bandaedollyo Goro-chagi)

Used to kick and hook an opponent who moves in while in the act of kicking

Target: Skull, temple, philtrum, epigastrium, chest, sternum, solar plexus, liver, spleen, abdomen, floating ribs and achilles’ tendon

Attacking Tool: Back heel and ball of foot

Facing: Half and side

Location: Low, middle and high section application

### Hooking Kick (Golcho Chagi)

Used to block and attack to the middle or low section

Target: Elbow joint and achilles’ tendon

Blocking Tool: The side step

Facing: Half and side

Location: Low and middle section application

Note: The kick moves in an outward curve

### Twisting Kick (Bituro Chagi)

Used to attack an opponent at the front, side front or side rear

Target: Temple, face, bridge of nose, philtrum, sternum, heart, epigastrium, solar plexus, lower abdomen, floating ribs, liver, spleen, groin, coccyx and inner thigh

Attacking Tool: Ball of the foot or toes

Facing: Full and half

Location: Low, middle and high section application

### Flying Side Turning Kick (Twimyo Dollyo Chagi)

Used to attack an opponent who is at the side front

Target: Temple, face, bridge of nose, philtrum, sternum, heart, epigastrium, solar plexus

Attacking Tool: Ball of foot

Facing: Half and side

Location: High and middle section application

### Two Consecutive Kicks (Yonsok Chagi)

The execution of 2 kicks (same kick or different kicks) with same foot different directions

### Combination Kicks

Kicks executed in succession using both feet in different directions

## **New Hand Techniques:**

Palm Hooking Block (Sonbadak Golcho Makgi)

Used to grab or trap an opponent's attack

Target: Forearm and tibia

Blocking Tool: The palm

Facing: Full and half

Stances: Walking, sitting and parallel

Front Elbow Front Strike (Ap Palkup Taerigi)

Used to attack an opponent in front at close range

Target: Philtrum, upper neck, jaw, point of chin, sternum, epigastrium, heart, solar plexus, kidney, liver, floating ribs and small of the back

Attacking Tool: Elbow

Facing: Full at moment of impact

Stances: Parallel, walking closed and X-stance

Twin Knife Hand Block (Sang Sonkal Makgi)

Used to block a simultaneous attack from front and the side

Target: Inner forearm, outer forearm and back tibia

Blocking Tool: Knife Hand (side block is primary block)

Facing: Half

Stances: L-stance, fixed, X-stance and rear foot

Double Forearm Block (Doo Palmok Makgi)

Used to block an attack to the high or middle section

Target: Inner forearm, outer forearm, inner wrist and outer wrist, tibia and achilles' tendon

Blocking Tool: Inner forearm

Facing: Half

Stances: Walking, L-stance, X-stance and rear foot

## **Ho Sin Sul:**

Defend against downward strike (stick/club)

Capture a side piercing kick

Defend against a double choke from the front

Defend against a forearm choke from rear

Defend against a headlock from the side

## **Breaking:**

Power Foot Break – Select one

Twisting Kick

Reverse Hook Kick

Technique Foot Break

Flying Turning Kick

Hand Break

Front Elbow Strike

## **Step Sparring:**

2 Step

1 Step

# Knowledge Requirements

## Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

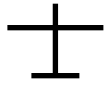


Diagram: “scholar” sign  
Moves: **38**

## The Meaning Of Blue Belt

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

## The Five Disciplines Of Taekwon-Do Moral Culture Training

Travel  
Mountain climbing  
Cold showers  
Public service  
Etiquette

## The Five Parts Of The Physical Composition Of Taekwon-Do

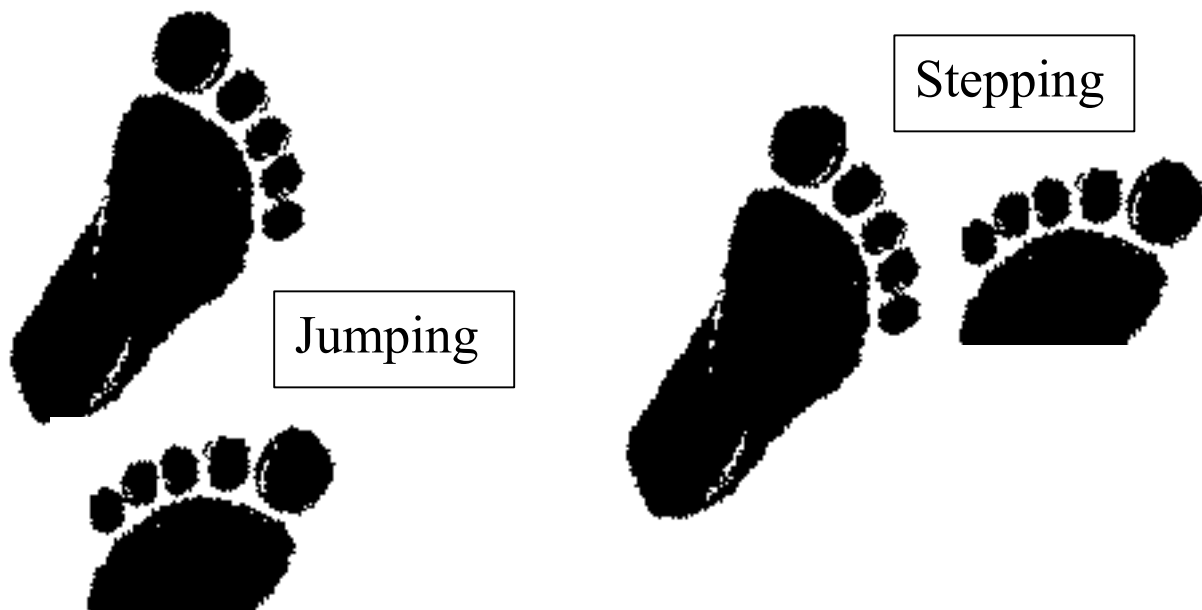
Fundamental Exercise  
Self-defense  
Dallyon (equipment maintenance, “forging, stretching, running, weight training, etc.)  
Sparring  
Patterns



New Stances:

## X-Stance (Kyocha Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Weight Distribution (F/R):** 100% / 0%

**Available Facings:** Full, side, or half

**Additional Notes:** Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground.

The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

# Additional Required Knowledge

## Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

## Taekwon-Do Color Belt System

10 <sup>th</sup> Gup	Low White		5 <sup>th</sup> Gup	High Green
9 <sup>th</sup> Gup	High White		4 <sup>th</sup> Gup	Low Blue
8 <sup>th</sup> Gup	Low Yellow		3 <sup>rd</sup> Gup	High Blue
7 <sup>th</sup> Gup	High Yellow		2 <sup>nd</sup> Gup	Low Red
6 <sup>th</sup> Gup	Low Green		1 <sup>st</sup> Gup	High Red

## Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

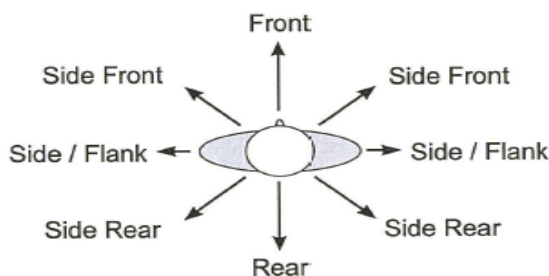
## Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

## The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

## Directions of Attacks



## **Chon-Ji**

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

**+** Diagram: “plus” sign  
Moves: 19

## **Meaning Of Yellow Belt**

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

## **The country where Taekwon-Do originated**

Korea

## **The father of Taekwon-Do and his rank**

General Choi Hong Hi, 9<sup>th</sup> Dan Grand Master

## **The Literal Translation Of Taekwon-Do**

**Tae** – Jumping, flying, to kick or smash with the foot  
**Kwon** – Fist, to punch or destroy with the hand or fist  
**Do** – The art or way

**Taekwon-Do** – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

## **The Belt Rank System**

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10<sup>th</sup> gup low white belt is the lowest and the 1<sup>st</sup> gup high red belt is the highest. For the black belts 1<sup>st</sup> dan is the lowest and the 9<sup>th</sup> dan is the highest.

## **The Nine Points To Be Observed While Performing A Pattern**

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

## Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital “i”  
Moves: 21

## The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.  
I shall respect my instructors and seniors.  
I shall never misuse Taekwon-Do.  
I shall be a champion of freedom and justice.  
I shall build a more peaceful world.

## The Tenants of Taekwon-Do

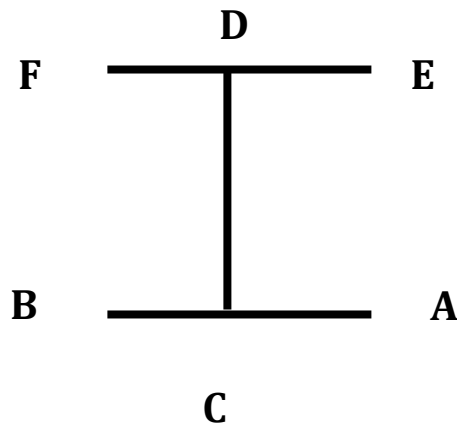
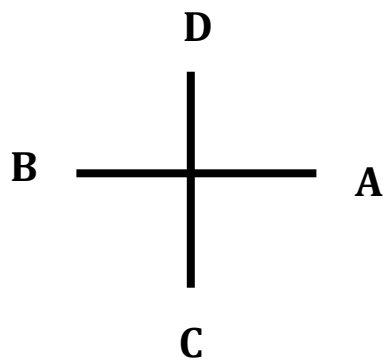
Courtesy (Ue-Ui)  
Integrity (Yom-Chi)  
Perseverance (In-Nae)  
Self-Control (Guk-Gi)  
Indomitable Spirit (Baek-Jul-Gool)

## The Classes Of Black Belts

1<sup>st</sup> – 3<sup>rd</sup> Novice (Boo sa-bum)  
4<sup>th</sup> – 6<sup>th</sup> Expert (Sa-bum)  
7<sup>th</sup> – 8<sup>th</sup> Master (Sa-hyung)  
9<sup>th</sup> Grand Master (Sa-sung)

## Pattern Diagram Directions

The student stands on the A-B line facing D.





## Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step

Moves: 24

## The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

## The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

## Opening And Closing Ceremony For A Takewon-Do Class

### **Opening Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

### **Closing Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

## Won-Hyo

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”  
Moves: 28

## 24 Korean Words Used In Class

Assistant Instructor	Boo Sa-bum (1 <sup>st</sup> – 3 <sup>rd</sup> dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 <sup>th</sup> dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 <sup>th</sup> – 6 <sup>th</sup> dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 <sup>th</sup> – 8 <sup>th</sup> dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

## The Eight Examples Of Poor Integrity

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

## Attention Stance (Charyot Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** The heels of the feet are together forming a 45<sup>0</sup> angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

# Bending Ready Stance “A” (Goburyo Junbi Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 0% / 100%

**Available Facings:** Half

**Additional Notes:** The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in 15° from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

# Closed Ready Stance “A”( Moa Junbi Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                                  **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                                  **Rear:** N/A

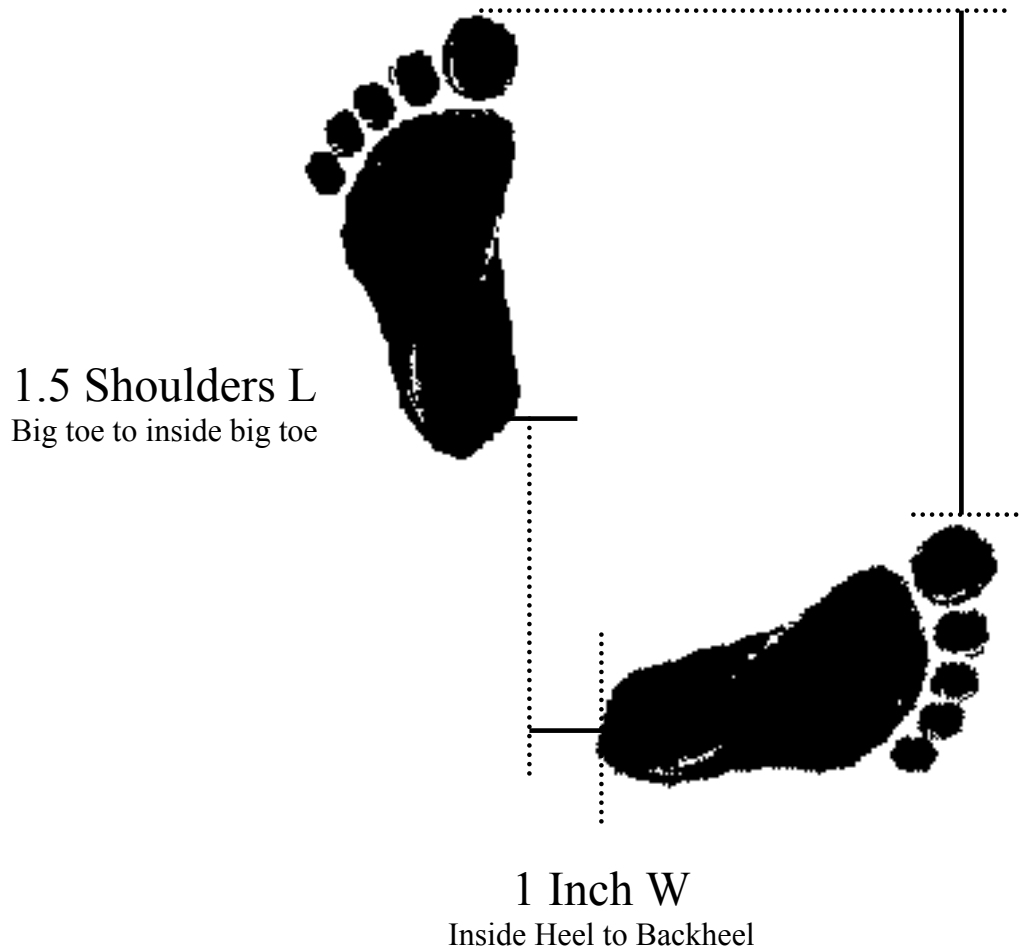
**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

# Fixed Stance (Gojung Sogi)

---



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 2.5cm (1 inch)

**Measured From:**     **Front:** Inside heel  
                              **Rear:** Backheel

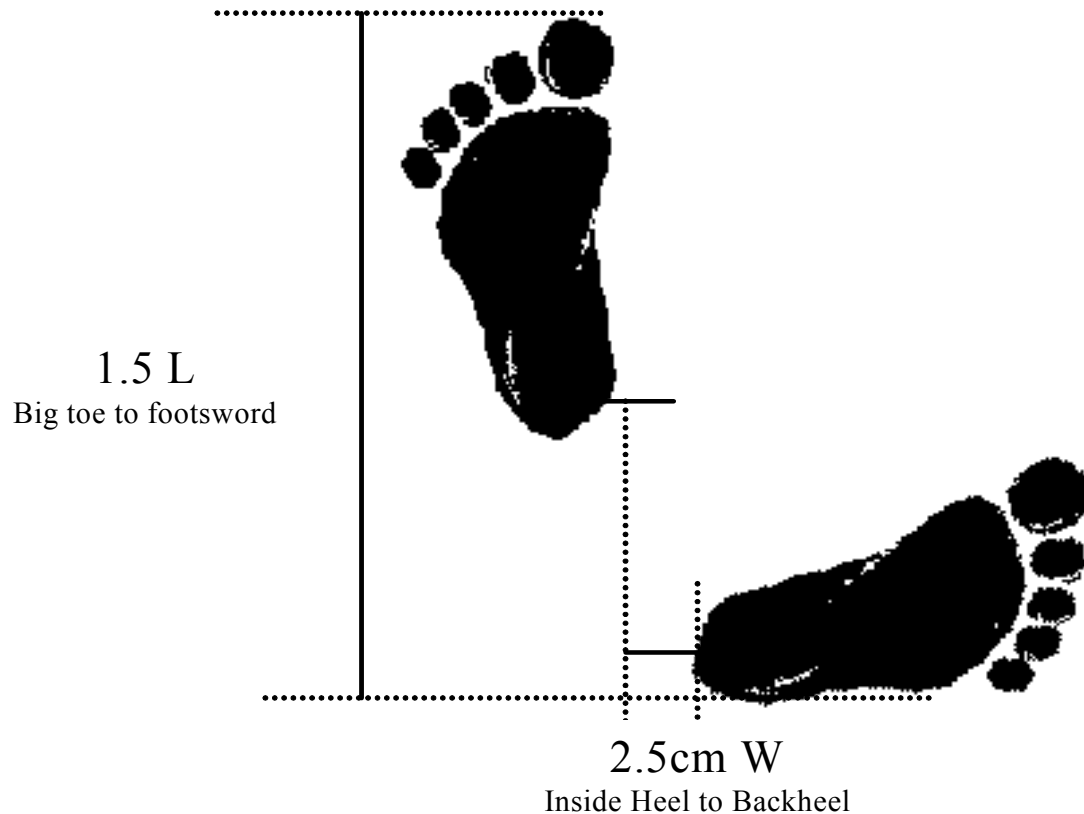
**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Half

**Additional Notes:** The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

## L – Stance (Niunja Sogi)

---



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Footsword

**Width:** 2.5cm/1 inch

**Measured From:**     **Front:** Inside heel  
                              **Rear:** Backheel

**Weight Distribution (F/R):** 30% / 70%

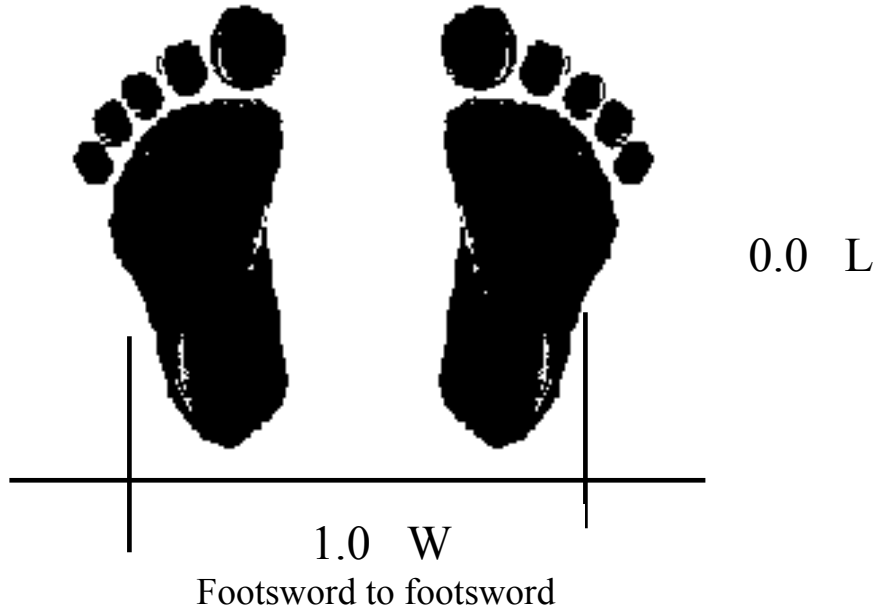
**Available Facings:** Half

**Additional Notes:** The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

---

## Parallel Ready Stance (Narani Junbi Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.0 shoulder width

**Measured From:**     **Front:** Footsword  
                              **Rear:** Footsword

**Weight Distribution (F/R):** 50% / 50%

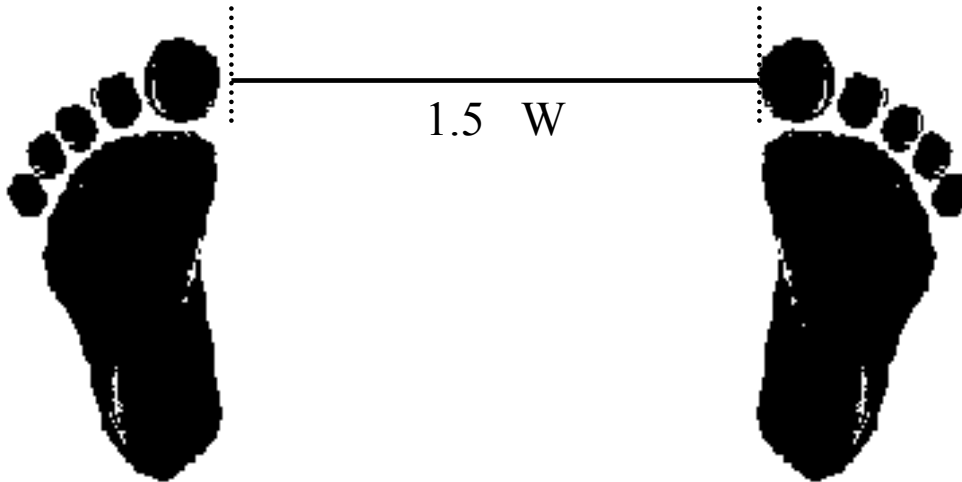
**Available Facings:** Full or Side

**Additional Notes:** The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30<sup>0</sup> and the lower arms are bent upward at 40<sup>0</sup>



## Sitting Stance (Annum Sogi)

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.5 shoulder width

**Measured From:**   **Front:** Inside big toe  
                              **Rear:** Inside big toe

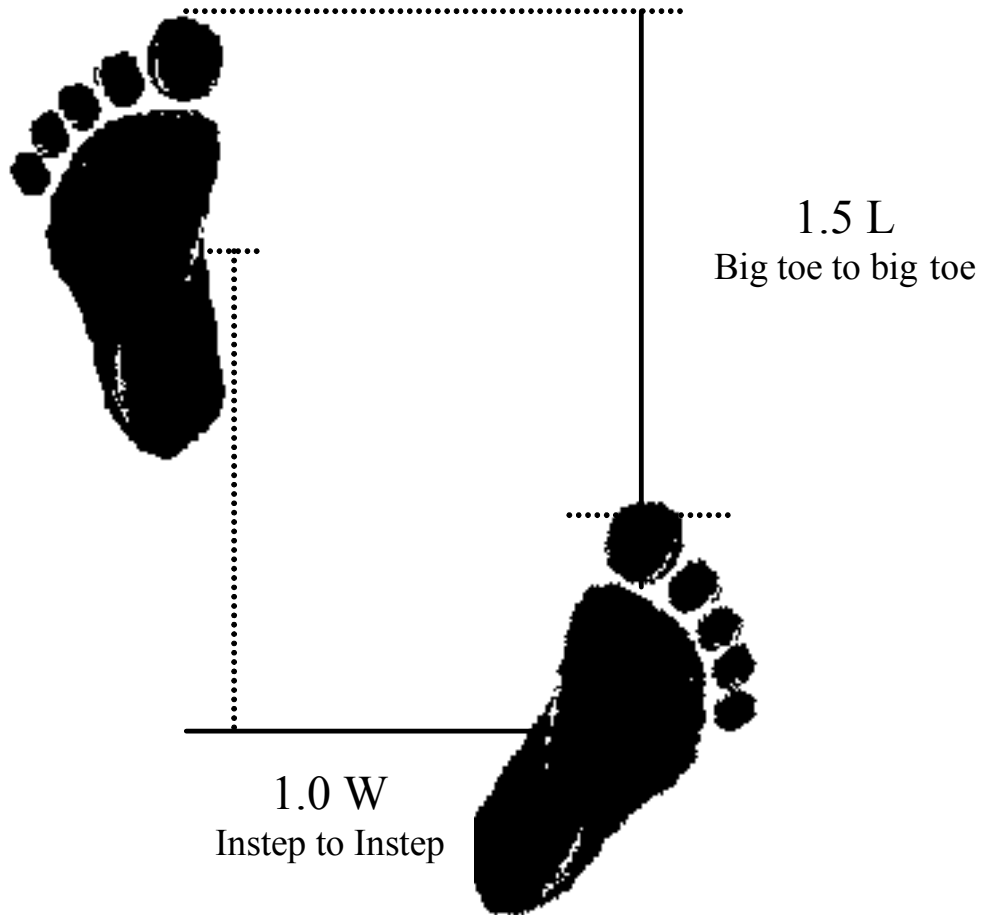
**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

## Walking Stance (Gunnun Sogi)

---



**Length:** 1.5 shoulder width

**Measured From:**   **Front:** Tip of big Toe  
                              **Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:**   **Front:** Center of instep  
                              **Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, half or reverse half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than  $25^{\circ}$  from the front. This stance is named after the front foot.

## PATTERN YUL-GOK (*Yul-Gok Tul*)

This pattern is practised by the 5th grade holder and above.

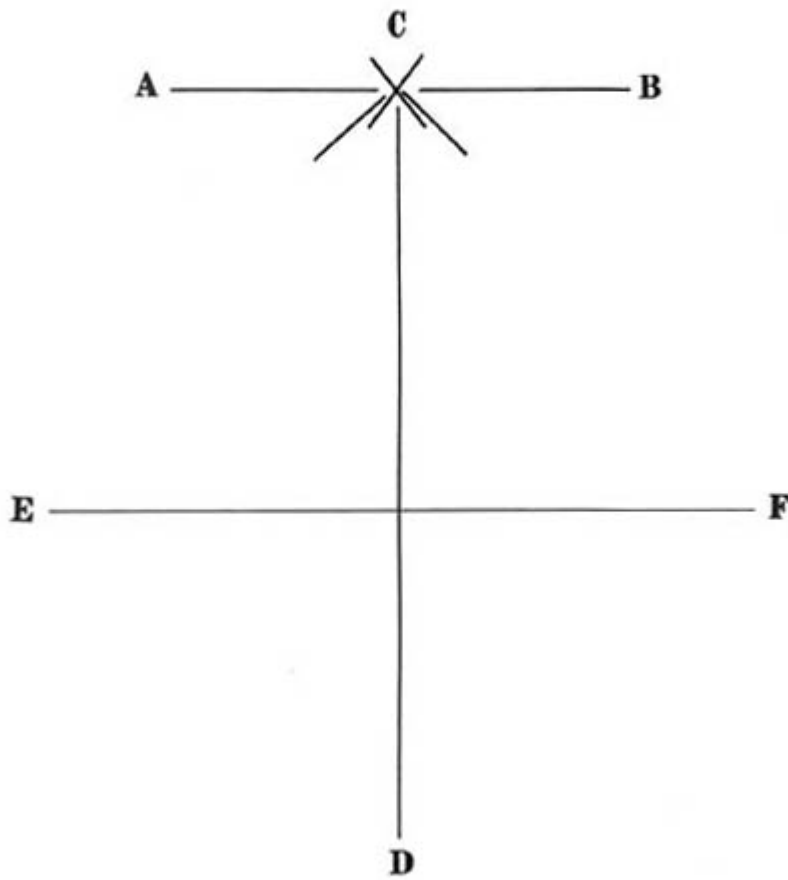
Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

DIAGRAM: 

MOVEMENTS: 38

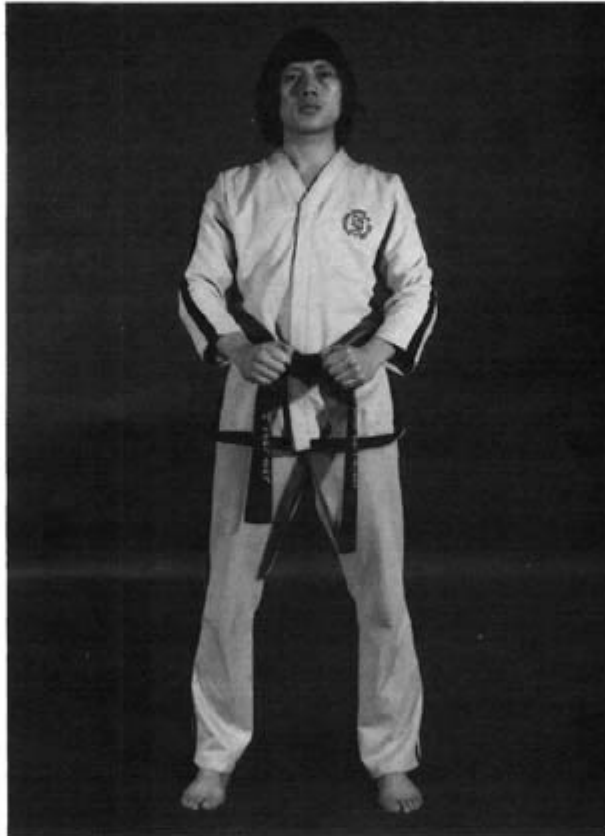
READY POSTURE: PARALLEL READY STANCE

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



**NOTE:** This diagram is reversed in order to help the student to understand and perform from a clearer angle.

**Parallel ready stance toward D.**

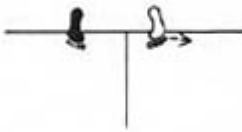


1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.



Sitting stance with the left fist extended toward D.

**Ready Posture**

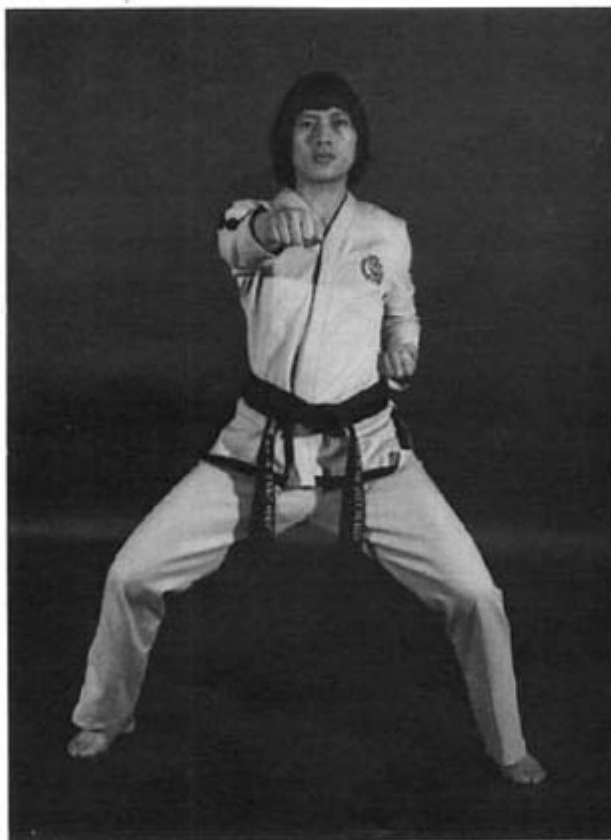


**Application**



**Side View**

2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.



Sitting stance middle punch toward D.





**Previous Posture**



**Raise the body slightly**

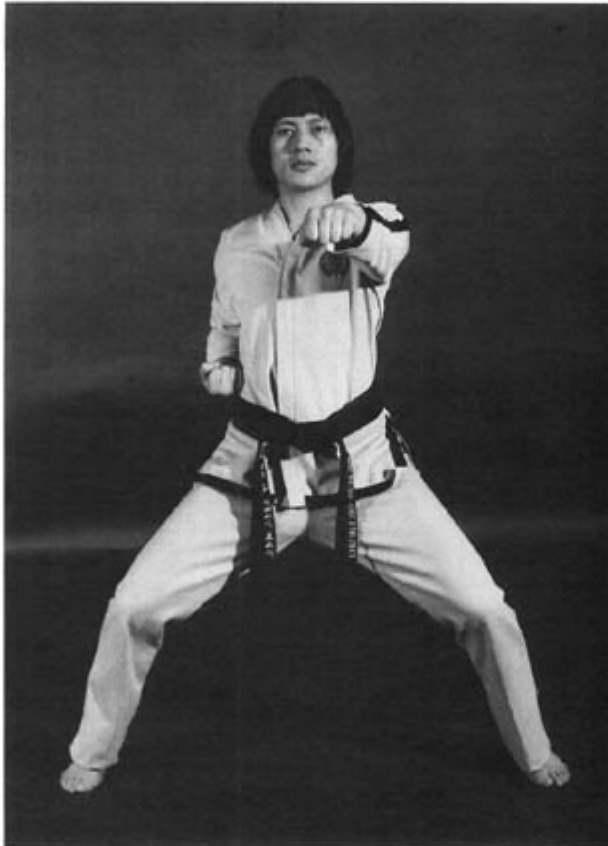


**Side View**



**Application**

3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
Perform 2 and 3 in a fast motion.

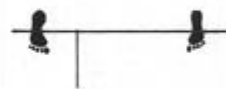
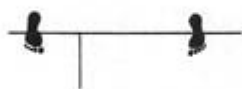


Sitting stance middle punch  
with the left fist toward D.

**Previous Posture**



**Raise the body slightly**

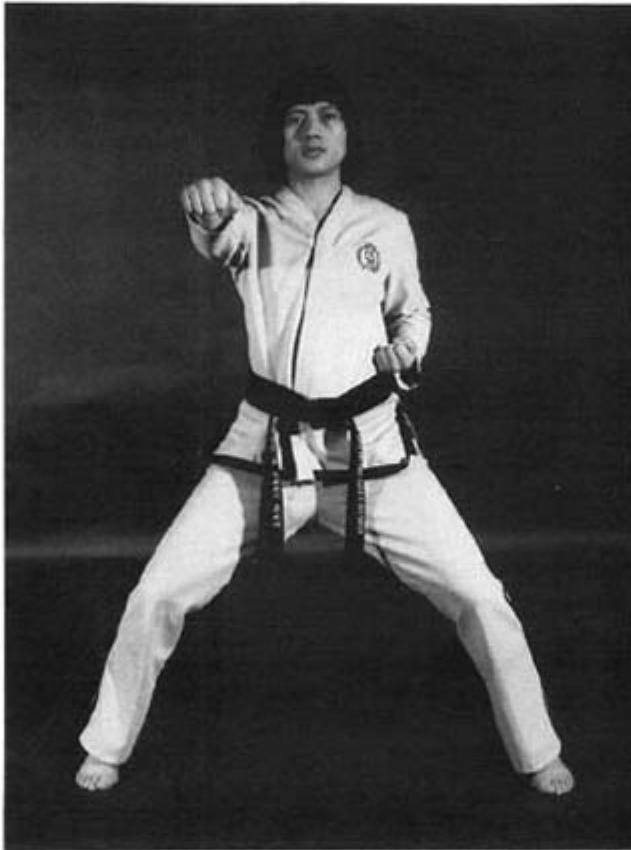


**Side View**



**Application**

4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.



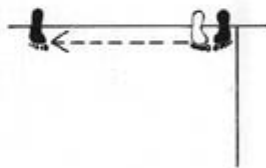
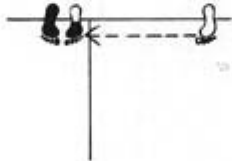
Sitting stance with the right fist extended toward D.



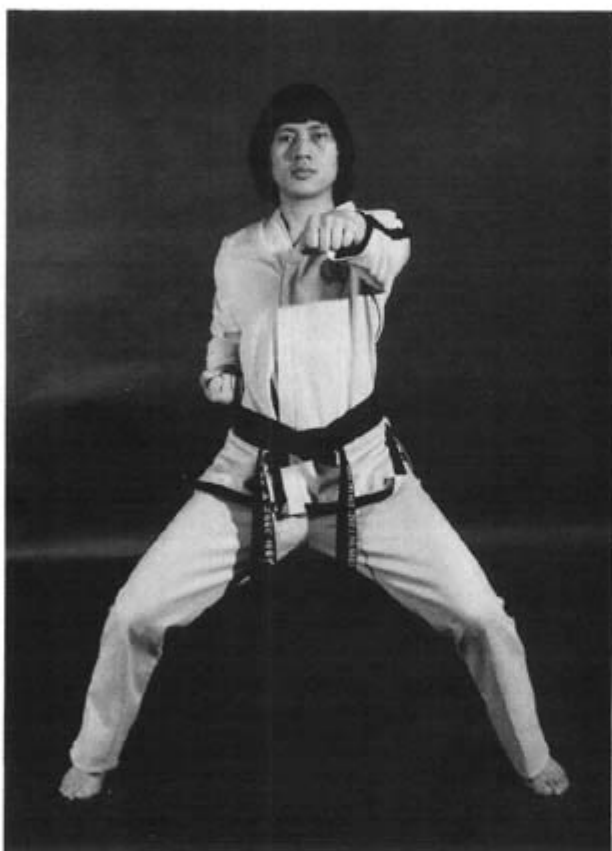
Previous Posture



Keep the left heel slightly off the ground



5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



Sitting stance middle punch with the left fist toward D.

**Previous Posture**



**Raise the body slightly**

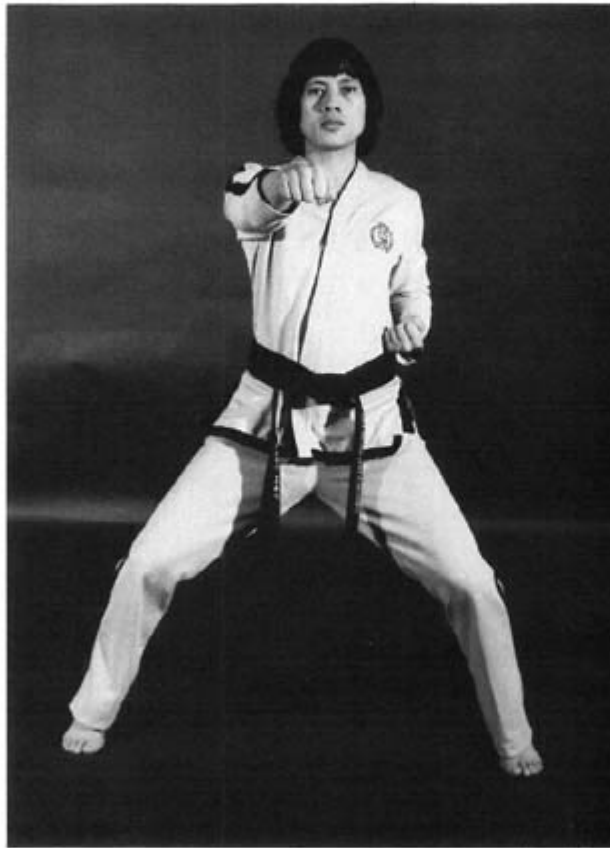


**Side View**



**Application**

6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
Perform 5 and 6 in a fast motion.



Sitting stance middle punch with the right fist toward D.



**Previous Posture**



**Raise the body slightly**



**Side View**

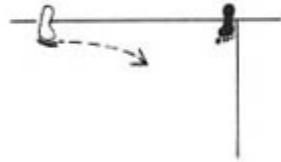


**Application**

7. Move the right foot to AD, forming a right walking stance toward AD while executing a high side block to AD with the right inner forearm.



Right walking stance right inner forearm high side block toward AD.





**Previous Posture**



**Keep forearms crossed in front of the chest with both back fists facing upward, placing the right arm under the other.**

**Application**

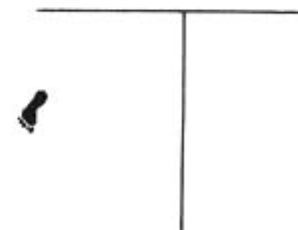
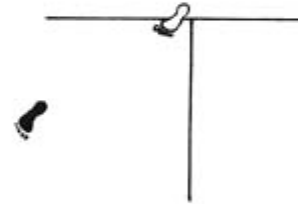
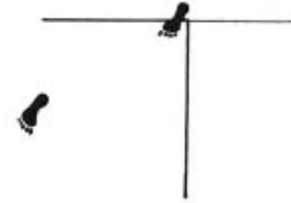


**Keep the right back forearm full facing the opponent.**

8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.



Low front snap kick to AD with the left foot.



**Previous Posture**



**Application**



**Other View**



**Side View**

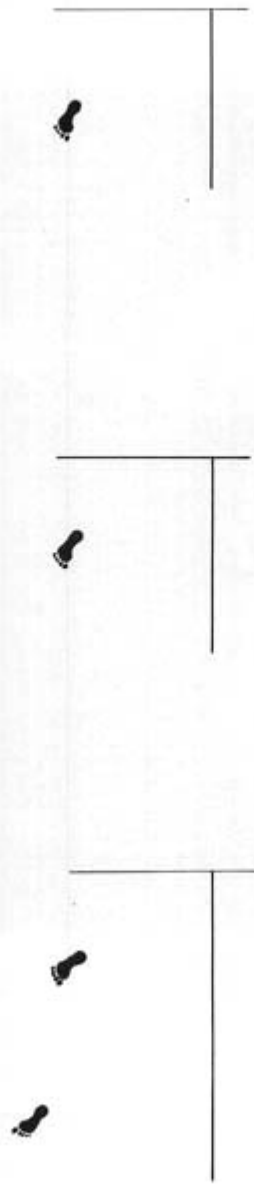


9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.



Left walking stance middle punch with the left fist toward AD.

Previous Posture

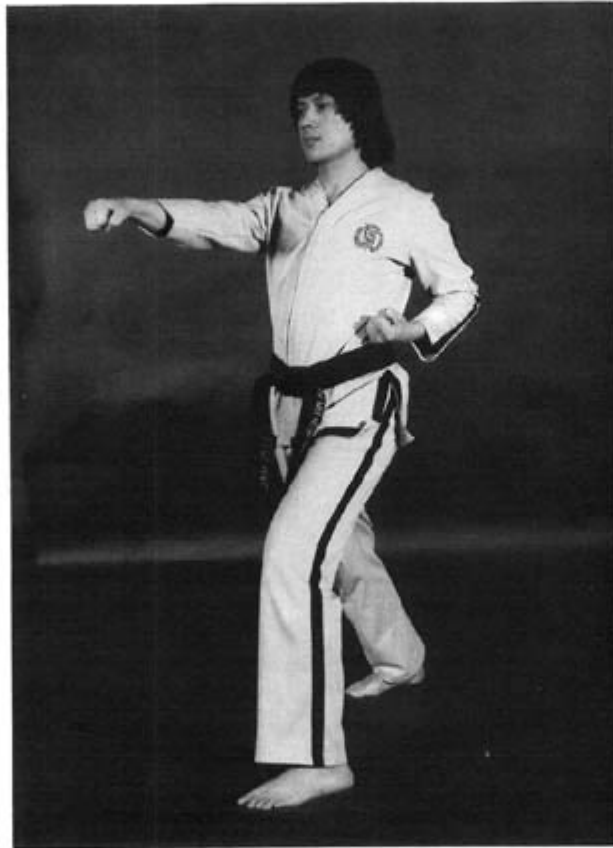


Application



Side View

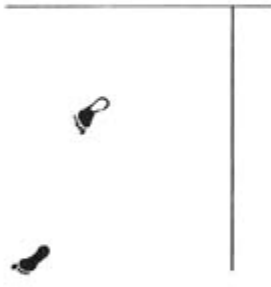
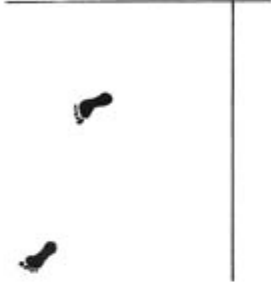
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD.  
Perform 9 and 10 in a fast motion.



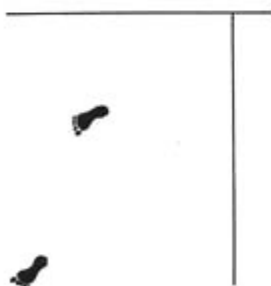
Left walking stance middle punch with the right fist toward AD.



**Previous Posture**



**Keep the right heel slightly off the ground.**



**Application**

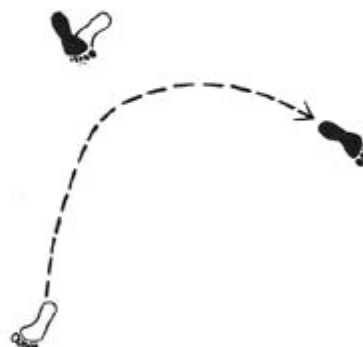


**Side View**

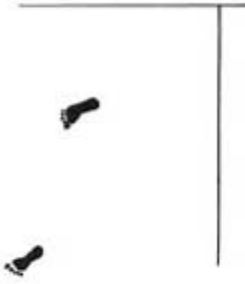
11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a high side block to BD with the left inner forearm.



Right walking stance middle punch with the right fist toward BD.



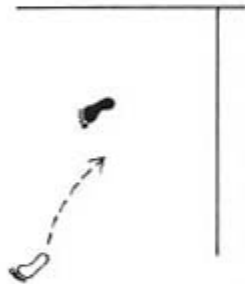
**Previous Posture**



**Application**



**Side View**



- 12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.**



**Low front snap kick to BD with the right foot.**

**Previous Posture**



**Application**



13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.



Right walking stance middle punch with the right fist toward BD.

**Previous Posture**



**Application**



**Side View**

14. Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD.  
Perform 13 and 14 in a fast motion.



Right walking stance middle punch  
with the left fist toward BD.



**Previous Posture**



**Keep the left heel slightly off the ground.**



**Application**



**Side View**

15. Execute a high hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance high hooking block with a right palm toward D.

**Previous Posture**



**Application**



**Side View**

**Application**



**Front View**

**Keep the body half facing the opponent.**

16. Execute a high hooking block to D with the left palm while maintaining a right walking stance toward D.



Right walking stance high hooking block with the left palm toward D

**Previous Posture**



**Application**

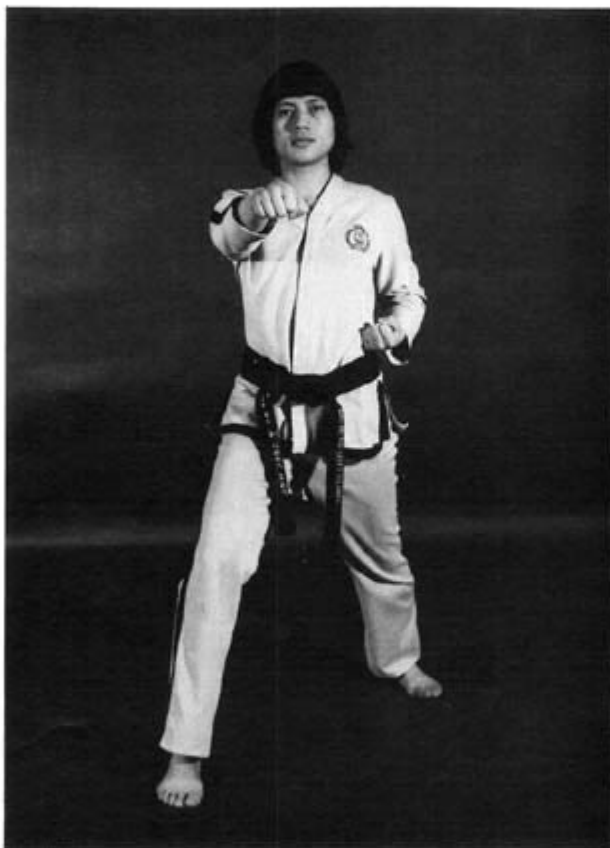
**Blocking**



**Pulling**

**Keep the body half facing the opponent.**

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



Right walking stance middle punch with the right fist toward D.



**Previous Posture**



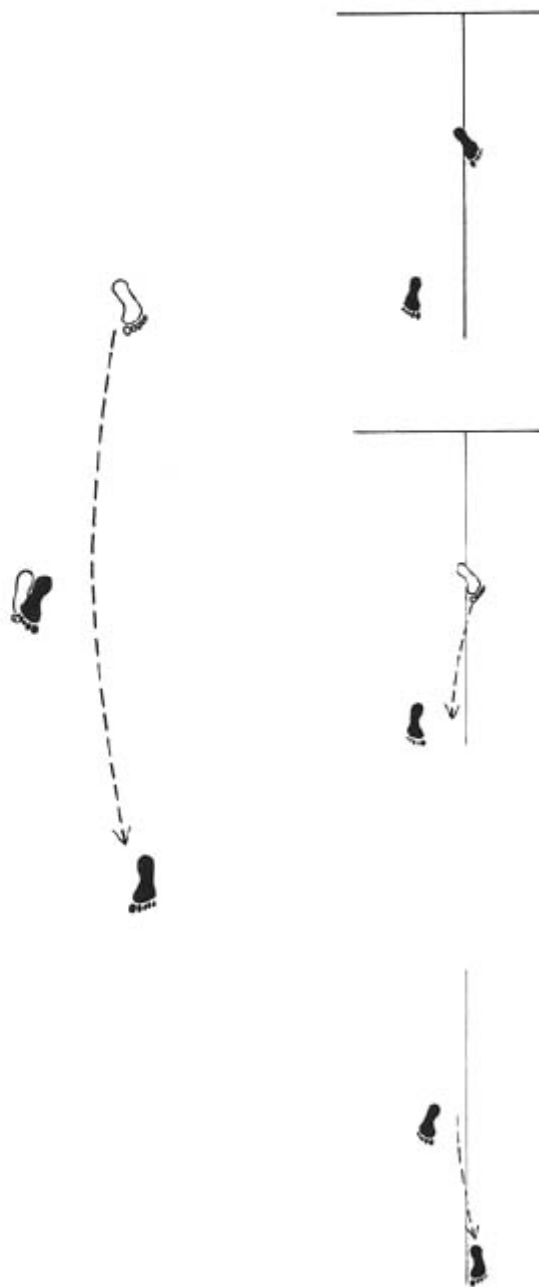
**Keep the left heel slightly off the ground.**



18. Move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.



Left walking stance high hooking block with a left palm toward D.





**Previous Posture**



**Application**



**Side View**



**Top View**

**Keep the body half facing the opponent.**

19. Execute a high hooking block to D with the right palm while maintaining a left walking stance.



Left walking stance high hooking block with the right palm toward D.



**Previous Posture**



**Application**

**Grabbing**



**Keep the right heel slightly off the ground.**

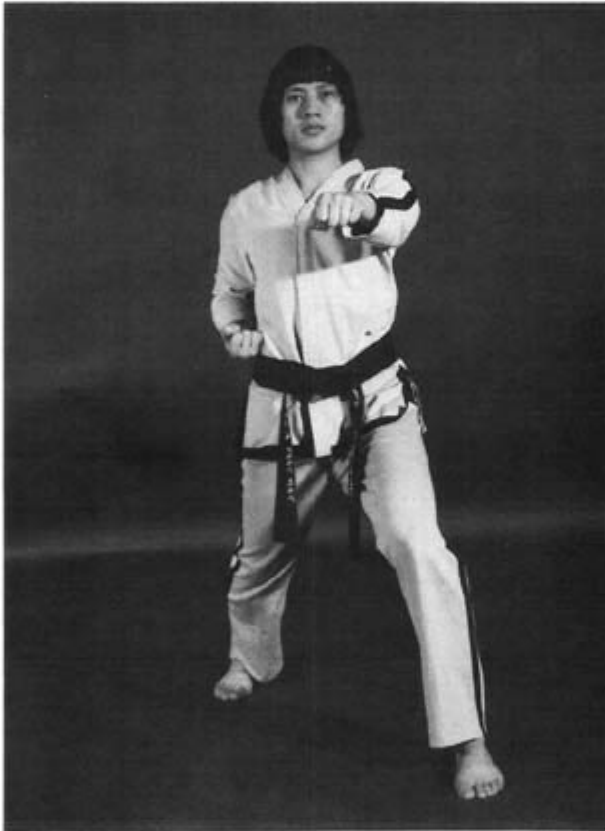
**Pulling**



**Reverse hooking kick**



20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous motion.



Keep the right heel slightly off the ground.



Left walking stance middle punch with the left fist toward D.

Previous Posture



Application



Side View

21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



Right walking stance middle punch toward D.

**Previous Posture**



**Application**



**Side View**

22. Turn the face toward D, forming a right bending ready stance A toward D.



Right bending ready stance A toward D.



Previous Posture



Side View



Previous Posture



23. Execute a middle side piercing kick to D with the left foot.



Middle side piercing kick to D with the left foot.



**Side View**

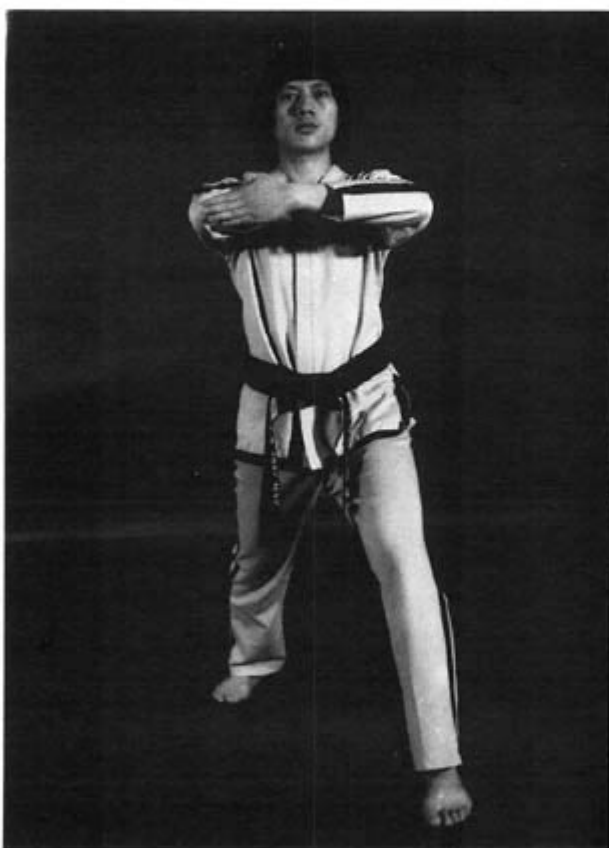


**Application**



**Side View**

24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



Left walking stance right front elbow strike toward D.



Previous Posture



Application



Top View

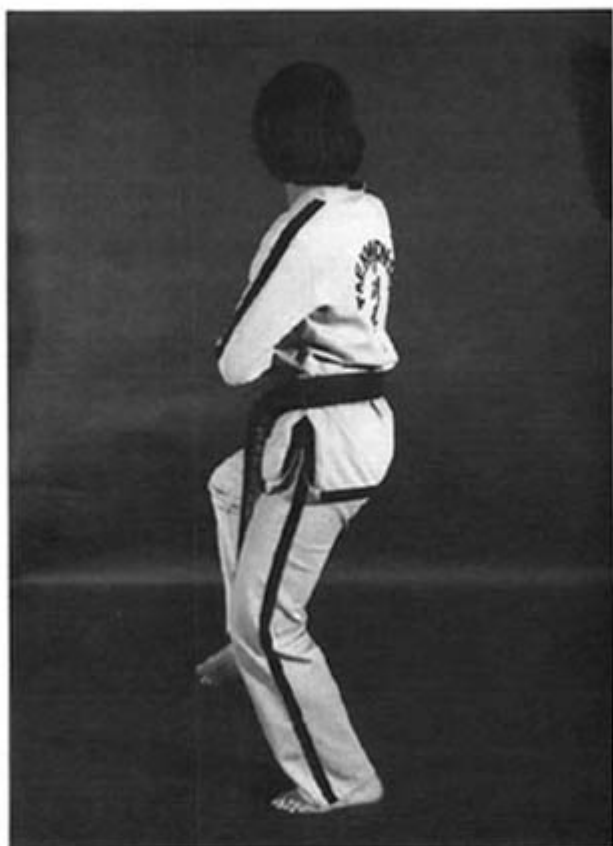


Side View



Keep the body full facing the opponent.

25. Turn the face toward C while forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

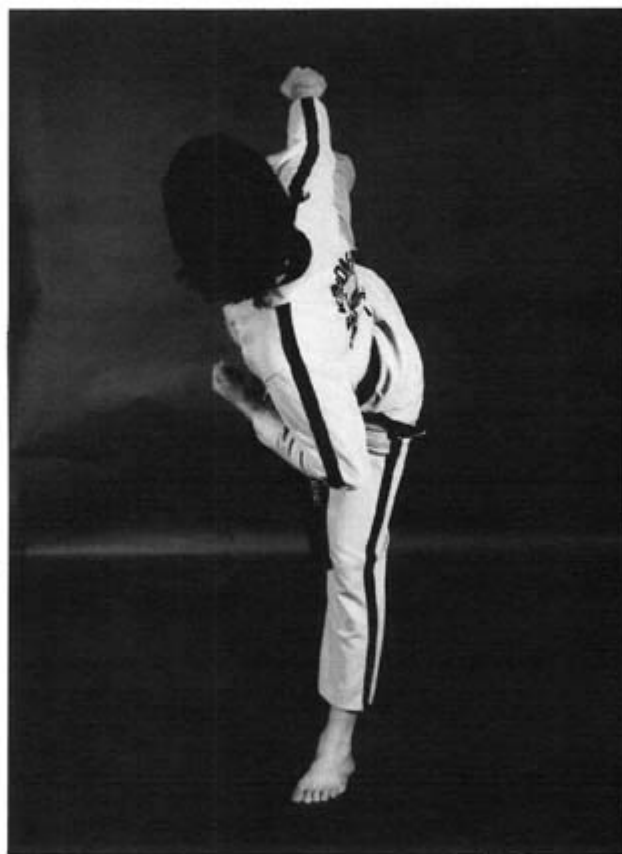
Previous Posture



Top View



**26. Execute a middle side piercing kick to C with the right foot.**



**Middle side piercing kick to C with the right foot.**





Previous Posture



Application



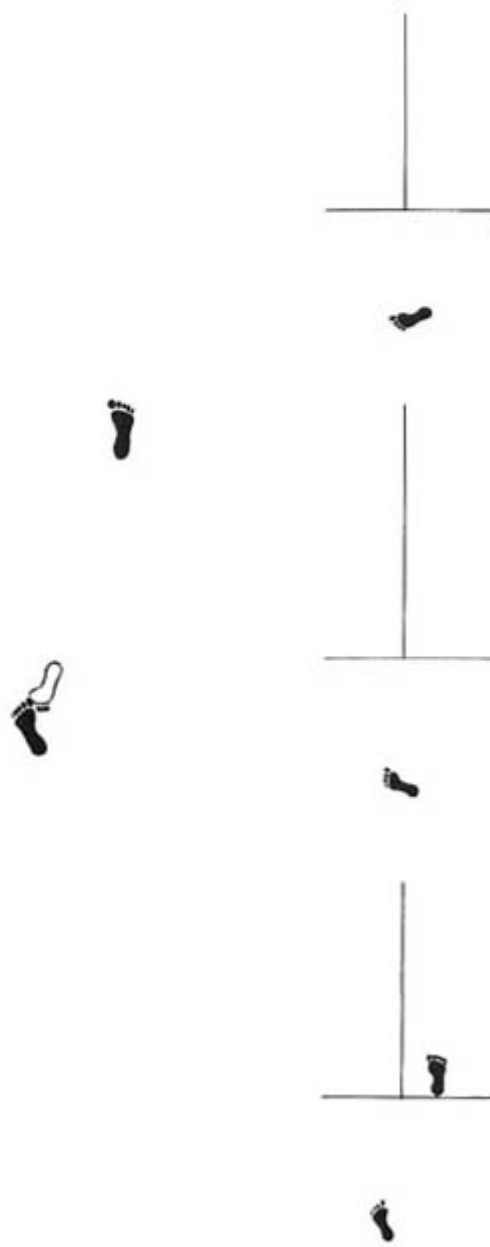
Side View



27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.



Right walking stance left front elbow strike toward C.



Previous Posture



Application



Side View



Top View



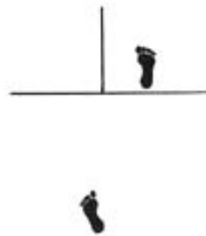
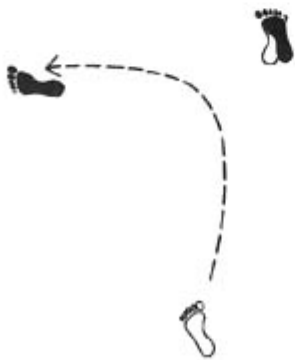
Keep the body full facing the opponent.

28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.



Right L-stance twin knife-hand block toward E.

Previous Posture



Top View



Application



Side View

Top View



29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward E.



Previous Posture



Top View



Application



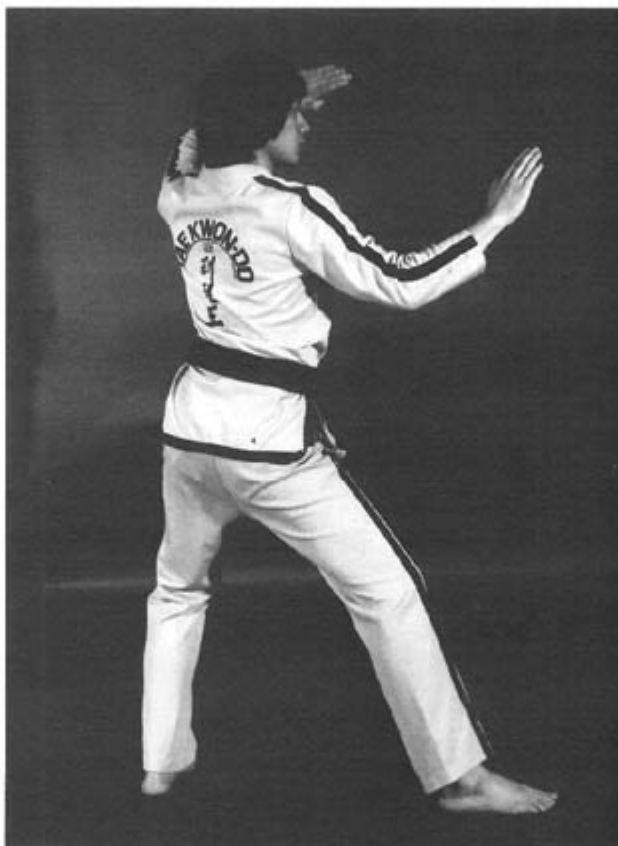
Top View



Top View



30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.

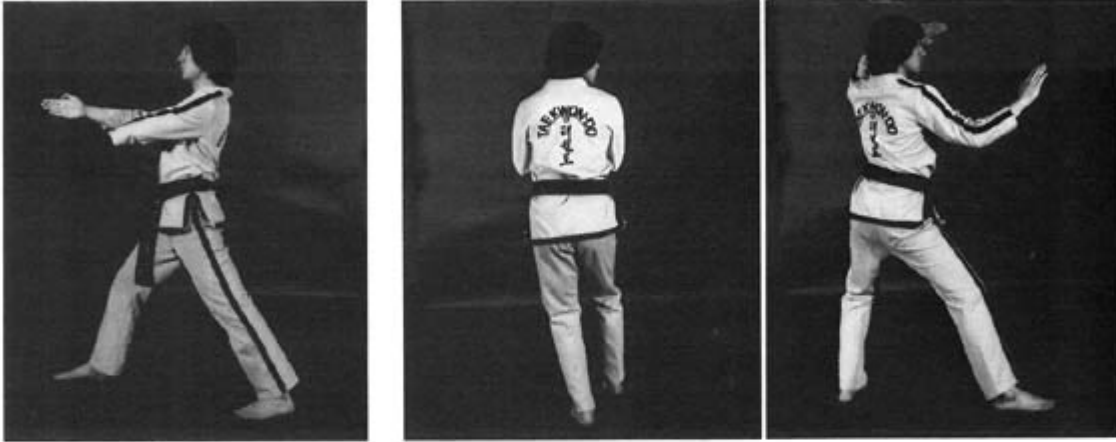


Left L-stance twin knife-hand block toward F.





**Previous Posture**



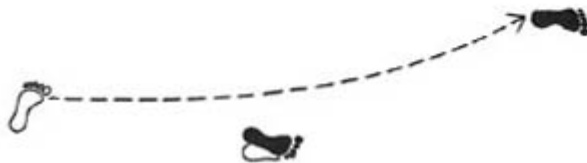
**Application**



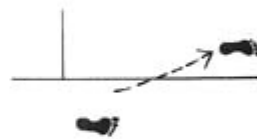
**31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust with the left straight fingertip.**



**Left walking stance middle thrust with the left straight fingertip toward F.**



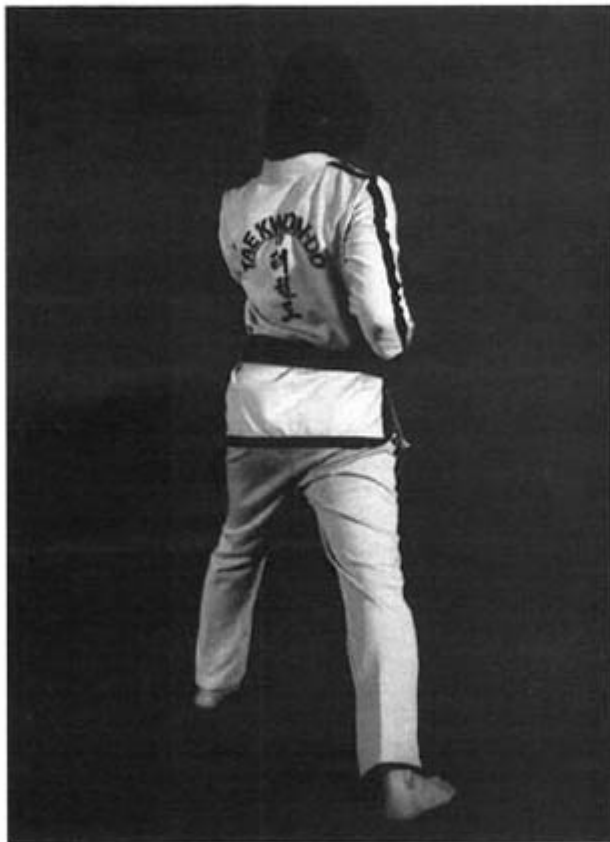
**Previous Posture**



**Application**

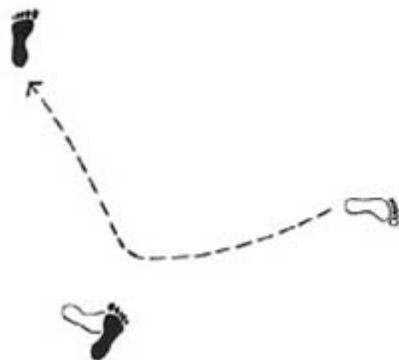


**32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.**



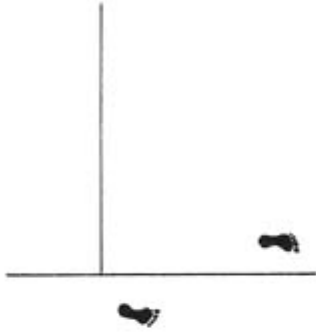
**Left walking stance high side block with the left outer forearm toward C.**

**Keep back forearms crossed in front of the chest, placing the blocking one over the other.**

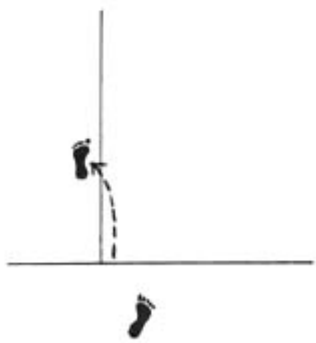


**Keep back fist half facing the opponent.**

Previous Posture



Other View



**Application of No. 32.**



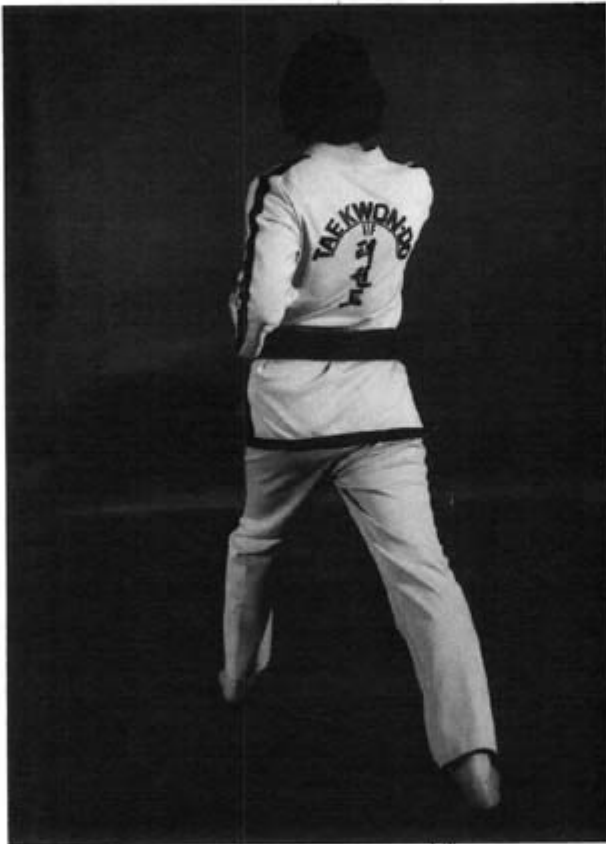
**Side View**

**Top View**



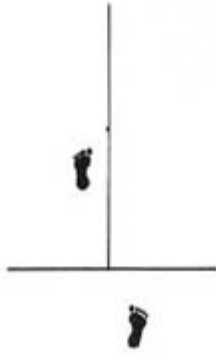
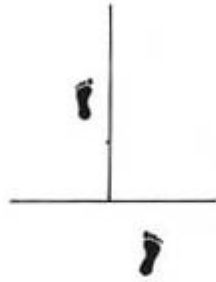
**Other View**

33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.



Left walking stance middle punch with the right fist toward C.

Previous Posture





**Application**



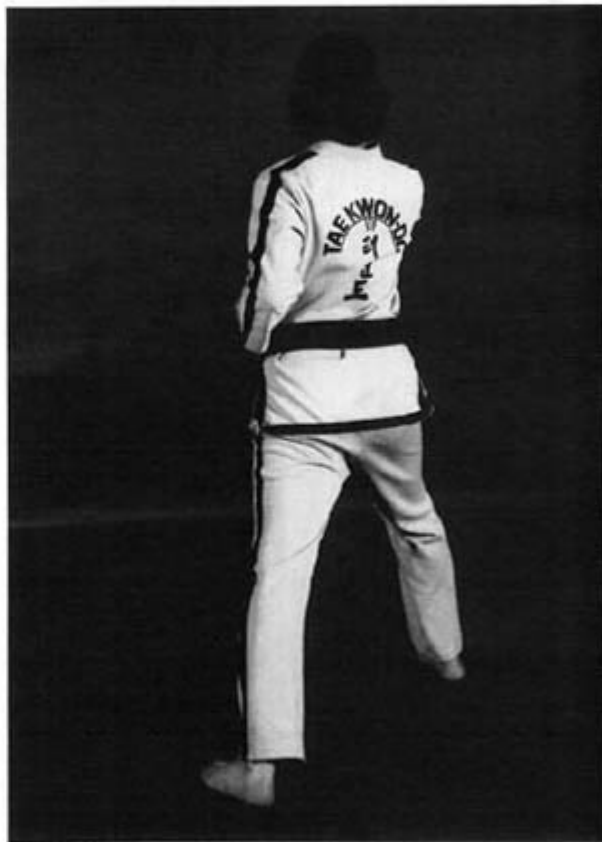
**Side View**



**Keep the right heel slightly off the ground.**



34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.



Right walking stance high side block with the right outer forearm toward C.

**Previous Posture**

**Application**



**Side View**



**Keep back forearms crossed in front of the chest, placing the striking one under the other.**



**Side View**

**Keep the body half facing the opponent.**

35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



Right walking stance middle punch with the left fist toward C.

Previous Posture





**Application**



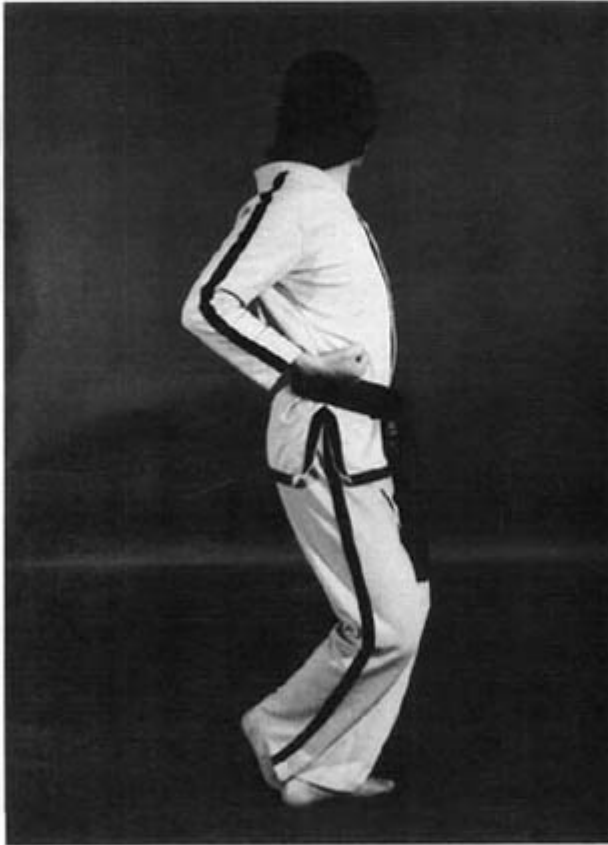
**Side View**



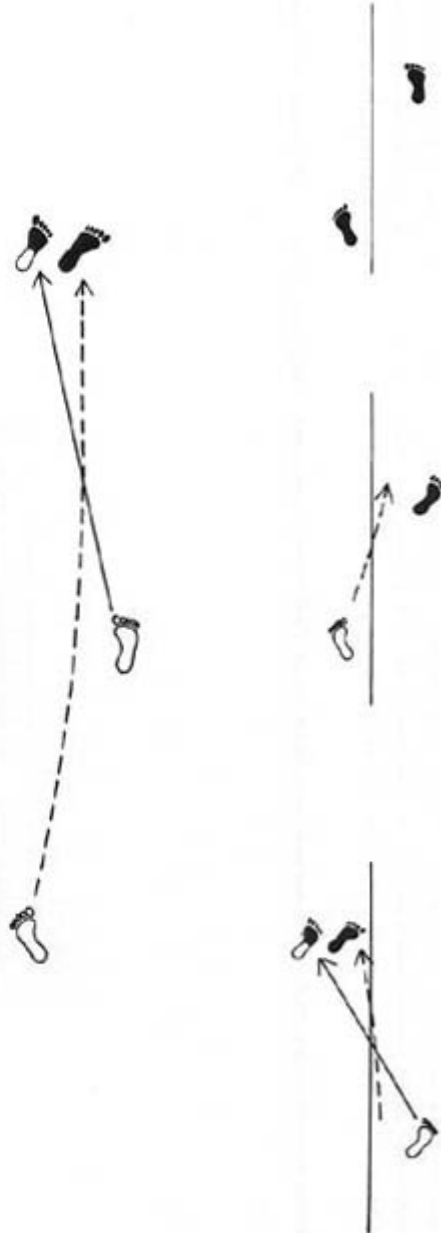
**Keep the left heel slightly off the ground.**



36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.



Left X-stance toward B with the left back fist high side strike to C.



Previous Posture



Application



Side View

Side View



Keep the forearms crossed in front of the ribcage with both palms faced downward, placing the striking one under the other.



Keep back fist half facing the opponent.

**37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high block to A with the right double forearm.**



**Right walking stance high block with the right double forearm toward A.**





**Previous Posture**



**Application**

- \* The body always becomes half facing the opponent.



38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left double forearm.



Left walking stance high side block with the left double forearm toward B.





Previous Posture



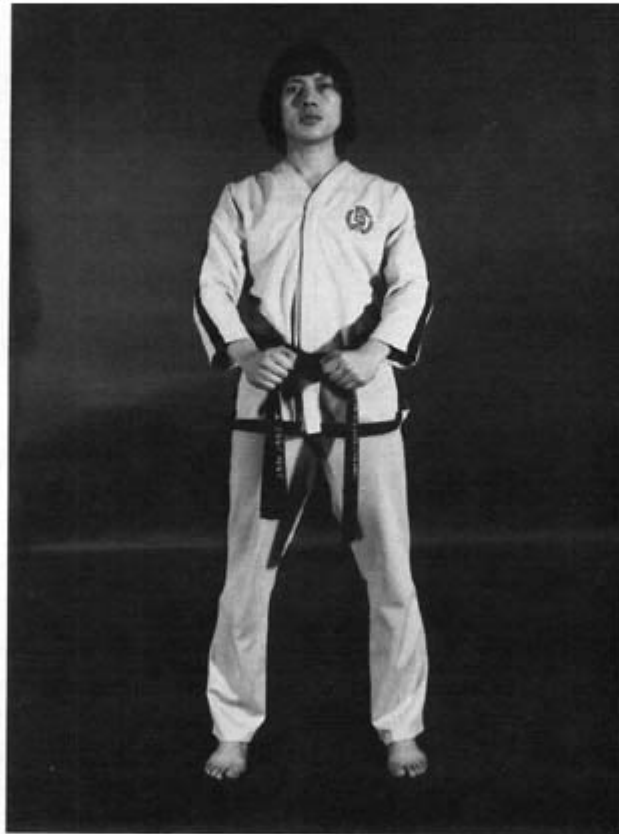
Application



Top View

Keep the right heel slightly off the ground.

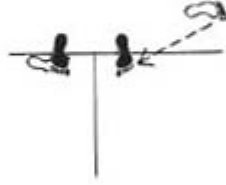
**END. Bring the left foot back to a ready posture.**



**Parallel ready stance toward D.**



Previous Posture



Back View



Side View





**ADDITIONAL TECHNIQUES  
FOR  
PATTERN YUL-GOK**

**Sitting Stance Middle Punch (*Annun So Kaunde Jirugi*)**



**Front View**

**Side View**



**Top View**



- \* 1. The fist reaches the same level as the shoulder of the attacker.
- 2. The fist is brought to the center of the attacker.



**L-Stance Twin Knife-hand Block (*Niunja So Sang Sonkal Makgi*)**



**Side View**

**Side View**



**Top View**

**Back View**



\* The side blocking knife-hand normally reaches the same level as the shoulder of the defender.

**Walking Stance Palm Hooking Block**  
*(Gunnun So Sonbadak Golcho Makgi)*

**Obverse Hooking Block** *(Baro Golcho Makgi)*



**Front View**

**Side View**



**Top View**



**Reverse Hooking Block (*Bandae Golcho Makgi*)**

**Side View**



**Front View**

**Top View**



- \* 1. The palm reaches the same level as the shoulder of the defender.
- 2. The palm must reach the target in an arc.

**Walking Stance Front Elbow Strike**  
*(Gunnun So Ap Palkup Taerigi)*

**Side View**



**Front View**

- \* The elbow reaches the same level as the solar plexus of the attacker.

**Top View**



**X-Stance Back Fist High Side Strike**  
*(Kyocha So Dung Joomuk Nopunde Yop Taerigi)*



**Front View**

**Top View**



**Side View**



- \* 1. The body becomes flank facing the opponent.
- 2. The fist reaches the eye level of the attacker.
- 3. The fist becomes half facing the opponent.

**Walking Stance Double Forearm High Block**  
*(Gunnun So Doo Palmok Nopunde Makgi)*



**Front View**

**Side View**



**Top View**



- \* 1. The body always becomes half facing the opponent.
- 2. The fist reaches the eye level of the defender.