



5TH KUP



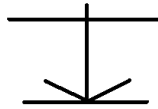
YOU MUST KNOW EVERY THING FOR PREVIOUS GRADES.
DO NOT FORGET WHAT YOU'VE ALREADY LEARN'T!

PATTERN: Yul Gok

Number of moves: 38

Interpretation: Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584 AD), nicknamed the confucious of Korea. The 38 movements refer to his birthplace on a 38th degree latitude and the diagram represents the scholar.

Diagram:



Ready Position: Narani Chunbi Sogi

2 STEP SPARRING: NUMBERS 1-4

SEMI FREE SPARRING: INTERMEDIATE LEVEL

FREE SPARRING: SEVERAL ROUNDS, SHOWING GOOD ATTACK/ DEFENCE SKILLS/ MOVEMENT/ COMBINATIONS ETC.

GENERAL QUESTIONS:

Why do we do IBO MATSOKI (2-step sparring)? Ibo Matsoki Is designed for the intermediate student to learn more advanced techniques, using the same focus, distance and timing as in 3 step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations.

Apart from the interpretation of Yul Gok, what else makes the 38th degree latitude important? It is the border between South and North Korea.

KOREAN:

Palm Hooking Block.....	Sonbadak Golcho Makgi
Reverse Palm Hooking Block.....	Bandae Sonbadak Golcho Makgi
Front Elbow Strike.....	Ap Palkup Taerigi
Double Forearm Block.....	Doo Palmok Makgi
Flat fingertip Thrust	Opun Sonkut Tulgi
Twin Upset punch.....	Sang Dwijibo Jirugi
Twin vertical Punch.....	Sang Sewo Jirugi
X Fist pressing block.....	Kyocha Joomuk Noollyo Makgi..
Arc Hand.....	Bandal Son
Palm Upward Block.....	Sonbadak Ollyo Makgi
X Stance.....	Kyocha Sogi
Knee Kick.....	Moorup Chagi
2 step sparring.....	Ibo Matsoki
Free Sparring.....	Jayoo Matsoki