



Yordan's Black Belt Academy Training Sheet

5th Gup to 4th Gup– High Green to Blue Belt

Always maintain knowledge from previous training sheets.

NEW PATTERN RESPONSIBLE FOR: YUL-GOK

Yul-Gok is the pseudonym of the great philosopher Yi Il(1536-1584) nicknamed the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38 ° Parallel and the diagram represents scholar.

ON RANK	
White	Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
Yellow	Signifies earth, from which a plant sprouts and takes root as a Tae Kwon Do foundation is being laid.
Green	Signifies the plant's growth as Tae Kwon Do skill begins to develop.
Blue	Signifies the heaven toward which the plant matures into a towering tree as training in Tae Kwon DO progresses.

Neutral	When transitioning from one stance to another without changing direction. Weight is shifted to the support leg enough to regain balance and make the transition to the following stance.
Centering	When transitioning from one stance to another while changing directions. Weight is shifted to the support leg closer to the center of your body than neutral position.

TECHNIQUES:

Stances:

- Rear foot stance
- X-stance – lateral movement

Hand techniques:

- Lunging punch in fixed stance
- Low and high X block
- U-shaped block (stick block)
- Palm pressing block
- Upset ridge hand block
- Upward palm block in rear foot stance
- Turning, angle and crescent punch

Foot techniques:

- Jump reverse turning kick (jump spin hook)
- Double side kick
- Fly by side kick

Sparring:

- One steps – minimum of six
- Free sparring – no contact

Self Defense:

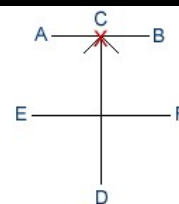
- Be prepared for all previous self defense techniques practiced in class.

Breaking:

- Techniques and number of boards will be determined by the testing board.

YUL-GOK**38 MOVES**

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Directions for this pattern assume that the student is standing on line AB and facing D.

Ready Posture: Parallel Ready Stance

1	Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2	Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
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.
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.
5	Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6	Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 & 6 in a fast motion.
7	Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8	Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
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.
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.
11	Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12	Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
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.
14	Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
15	Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16	Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17	Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
18	Move the left foot to D into a left walking stance toward D while executing a middle hooking block to D with the left palm.
19	Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20	Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
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.
22	Turn the face toward D forming a right bending ready stance A toward D.
23	Execute a middle side piercing kick to D with the left foot.
24	Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
25	Turn the face toward C forming a left bending ready stance A toward C.
26	Execute a middle side piercing kick to C with the right foot.
27	Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
28	Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
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 finger tip.
30	Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.

YUL-GOK		CONTINUED
31	Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.	
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.	
33	Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.	
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.	
35	Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.	
36	Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.	
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.	
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 block to B with the left double forearm.	
END: Bring the left foot back to a ready posture.		