

BLUE STRIPE to BLUE BELT

PATTERN:

YUL GOK TUL

SELF-DEFENSE:

Refer to “The Official USTC Color Belt Testing Requirements” video or your Instructor for details.

ONE & TWO STEP SPARRING:

Refer to “The Official USTC Color Belt Testing Requirements” video or your Instructor for details.

KICKING COMBINATIONS:

Mid-Air Lead Leg Side Piercing Kick, Mid-Air Back Piercing Kick

FREE SPARRING:

Against 1 Partner

BREAKING:

Mid-air 180° Back Piercing Kick

QUESTIONS:

You will be required to answer the following:

1. What is the purpose of jumping?

Jumping and flying techniques serve three very important purposes:

1. To clear an obstacle in the path of the target.

2. To avoid an opponent from performing a sweeping technique.

3. To strike a target, with power, which is above the waist level (for side and back kicks) and above the face level (for all other strikes).

2. What is the meaning of YUL-GOK?

YUL-GOK is the pseudonym of a great philosopher and scholar Yil (sounds like YEE EE) (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38^o latitude and the diagram represents “scholar”.

3. How many movements are in YUL-GOK?

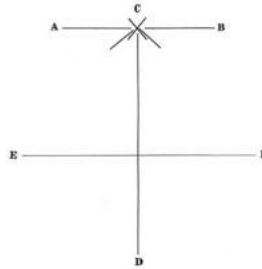
38 movements

YUL GOK

Movements – 38

Ready Posture - PARALLEL READY STANCE

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



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 and 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 forming 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.



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.

