

BLUE BELT (YUL-GOK) PATTERN LINKS...

Yul-Gok is the Blue Belt pattern you need to learn to test to next level.

TECHNIQUES: Practice 1st - https://www.youtube.com/watch?v=mvcSSI5_LFg

PATTERN: With instruction -

https://www.youtube.com/watch?v=b_rzU3SfXcs&list=PLF48C4DF9175DA127&index=10

Regular Speed - <https://www.youtube.com/watch?v=vtH3mR5tVt4>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt. 8.5x11 Printable. Other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

Definition of Yul-Guk - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/5_Yu-lGok%20Saying.mp3?ver=1750877246224

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

KICKING COMBINATIONS: These videos are helpful for students of all ages.

1) Roundhouse Kick-Side Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=DfDjM7Bsalo>

2) Roundhouse Kick-Turn RH Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=W1W0JXxBHv4>

3) RH-Jump RH Kick-Reverse Punch Combination: <https://youtu.be/edSJ2v-0gLU>

***And more Kick Combinations.... Come to class & learn more.

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAC>

There are more One Step Sparring & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

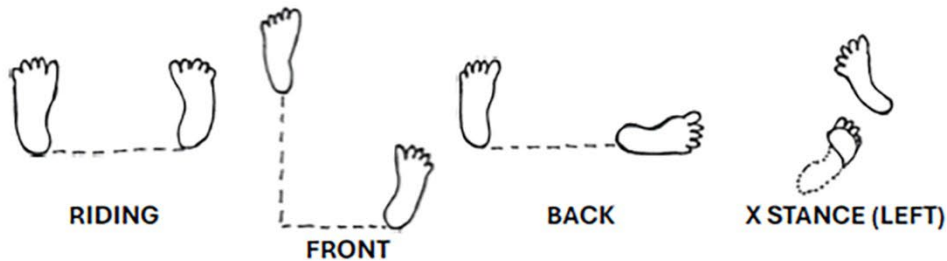
<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

Bonus on Next Page - Blue Belt Poster

Blue Belt Basics

STANCES

FOR BLUE BELT, CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FRONT SNAP *BACK LEG SK *STEP BEHIND SIDE KICK

STRIKES/BLOCKS

PRACTICE ALL KNOWN STRIKES/BLOCKS. CONTINUE PRACTICING PROPER
TECHNIQUE & CHAMBERING. ADD...

- *(CLOSE IN) KNIFE STRIKE COMBO WITH PUNCH
- *ELBOW (FOREARM) ATTACK (NOT REALLY ELBOW)
- * REINFORCE (2 ARM BLOCK)

KICKING COMBINATIONS

PRACTICE ALL KNOWN. INSTRUCTOR WILL ADD MORE HIGH-LEVEL
COMBOS AS CLASS ALLOWS.

1 STEP SPARRING

*CONTINUE LEARNING 1 – 10. MORE IF CLASS ALLOWS.

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
YUL-GOK (BLUE BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.