

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

Techniques – https://www.youtube.com/watch?v=mvcSSI5_LFg

Pattern with instruction –

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

Pattern Regular Speed –

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

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