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5th Kup Theory

Yul-Gok Tul 38 Moves

Yul-Gok is the pseudonym of the great Philosopher and Scholar Yi-I (1536-1584AD.) nicknamed the “Confuscious of Korea”. The 38 movements refer to his birthplace on the 38th degree latitude and the diagram represents the Scholar.

BLUE Represents the Heavens towards which the plant matures into a towering tree as Taekwondo skills progress.

NEW TECHNIQUES

Palm Hooking Block	Sonbadak Golcha Makgi.
Front Elbow Strike	Ap Palkup Tirigi.
X Stance	Kyocha Sogi.
Double Forearm Block	Do Palmok Makgi.
Twin Knifehand Block	Sang Sonkal Makgi.
Knifehand Rising Block	Sonkal Chookyo Makgi.
Twin Upset Punch	Sang Dwijibo Jirugi.
Flat Fingertip Thrust	Opun Sonkutt Tulgi.

KICKS

Crescent Kick	Bandal Chagi
Reverse Turning Kick	Bandae Dollyo Chagi.
Downward Kick (axe)	Naeryo Chagi.
Knee Strike (kick)	Moorup Tirigi (chagi).