

MANDHIR SINGH BOLLA'S SCHOOL OF TAE KWONDO

BLUE BELT (6TH GRADING)

YUL GOK 38 MOVEMENTS

YUL GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 AD) nicknamed the Confucious of Korea. The 38 movements refer to his birthplace on 38° latitude and the diagram represents the scholar.

NARANI CHUNBI SOGI

Parallel ready stance

Nopunde an palmok makgi

Najunde ap chabusigi

Left hand focus

Kaunde baro jirugi

Kaunde jirugi (R)

Middle punch

kaunde bandae jirugi

Kaunde jirugi (L)

Nopunde baro golcho makgi

High obverse hooking block

Right hand focus

Nopunde bandae golcho makgi

High reverse hooking block

Kaunde jirugi (R)

Kaunde jirugi(L)

Kaunde baro jirugi

Nopunde an palmok makgi

High inner forearm block

Nopunde baro golcho makgi

Najunde ap chabusigi

Low snap kick

Nopunde bandae golcho makgi

kaunde baro jirugi

Kaunde baro jirugi

Middle obverse punch

Kaunde baro jirugi

Kaunde bandae jirugi

Middle reverse punch

Right Guburyo. Dwiyi Torro

Right bending ready stance. About turn

Kaunde yop chajirugi

Middle side piercing kick

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BLUE BELT (6TH GRADING)

YUL GOK 38 MOVEMENTS

Kaunde ap palkup taerigi

Middle front elbow strike

Left Guburyo Dwiri Torro

Kaunde yop chajurugi

Kaunde ap palkup taerigi

Sang sonkal makgi

Twin knifehand block

Kaunde son sonkut tulgi

Middle straight finger tip thrust

Sang sonkal makgi

Kaunde son sonkut tulgi

Nopunde bakat palmok makgi

High outer forearm block

Kaunde bandae jirugi

Nopunde bakat palmak makgi

Kaunde bandae jirugi

Nopunde dung joomuk taerigi

High back fist strike

Nopunde doo palmok makgi

High double forearm block

Nopunde doo palmok makgi

STANCES

Attention stance.	<i>Charyot sogi</i>
Parallel stance.	<i>Narani sogi</i>
Sitting stance.	<i>Annun sogi</i>
Fixed stance.	<i>Gojung sogi</i>
Walking stance.	<i>Gunnun sogi</i>
Vertical Stance.	<i>Soojik sogi</i>
Closed Stance.	<i>Moa sogi</i>
Bending ready stance.	<i>Goburyo sogi</i>
X Stance.	<i>Kyocha sogi</i>

POSSIBLE QUESTIONS:

2 Step Sparring.	<i>Ibo Matsoki</i>
3 Step Sparring.	<i>Sambo matsoki</i>
3 step semi free sparring.	<i>Ban jayoo matsoki</i>
Blue belt Signifies the Heaven towards which the plant matures into a towering tree as training in Tae kwondo progresses	

Red belt Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away

Jumping. *Twiggi.*

BLOCKS

Inner forearm block.	<i>An palmok makgi</i>
Rising block.	<i>Chookyo Makgi</i>
Palm block.	<i>Son badak</i>
Twin outer forearm block.	<i>Sang palmok makgi</i>
Knifehand guarding block.	<i>Sonkal daebi makgi</i>
Upward palm block.	<i>Son badak ollyo makgi</i>
X-fist pressing block.	<i>Kyocha noolllo makgi</i>
Circular block.	<i>Dollimyo makgi</i>
Palm heel hooking block.	<i>Golcho makgi</i>
Double forearm block.	<i>Doo palmok makgi</i>
Twin knifehand block.	<i>Sang sonkal makgi</i>
Twin straight forearm block.	<i>Sang sun palmok</i>
Waist block.	<i>Hori makgi</i>

KICKS

Front kick.	<i>Ap chagi</i>
Turning kick.	<i>Dollyo chagi</i>
Side kick.	<i>Yop chagi</i>
Back kick.	<i>Dwit chagi</i>
Front rising kick.	<i>Apcha chagi</i>
Hooking kick.	<i>Golcho chagi</i>
Reverse turning kick	<i>Bandae dollyo chagi</i>

PUNCHES

Obverse punch.	<i>Baro jirugi</i>
Reverse punch.	<i>Bandae jirugi</i>
Vertical punch.	<i>Sewo jirugi</i>
Side punch.	<i>Yop jirugi</i>
Upset punch.	<i>Dwijibo jirugi</i>

THRUSTS

Straight spear finger thrust. *Son sonkut tulgi*

STRIKES

Knifehand strike.	<i>Sonkal taerigi</i>
Back fist strike.	<i>Dung joomuk taerigi</i>
Reverse knifehand strike.	<i>Sonkal dung taerigi</i>
Inward knifehand strike.	<i>Anuro sonkal taerigi</i>
Middle side elbow strike.	<i>Yop palmok taerigi</i>
Knee strike.	<i>Moorup taerigi</i>
Front elbow strike.	<i>Palkup taerigi</i>