
GREEN BELT - BLUE STRIPE

Signifies plant growth as the Taekwon-Do skill begins to develop.

PATTERN

Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584 AD) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace at 38° latitude. The diagram represents scholar.

TECHNIQUES

Reverse Side Piercing Kick

Front elbow strike

Twin outer knife hand block

Hooking block

High double inner forearm block

Combination kicks

SELF DEFENSE

Walk away

Warn

Pushing

Throat

SPARRING

Tag and counter

1 Step-Sparring for Yul-Gok – with partner

-See Step Sparring Appendix

THEORY

- Meaning of your pattern
- Number of movements in your pattern
- Explain the purpose of movements from your pattern
- Explain the new stances in your pattern
- Meaning of the colour of your belt

BREAKING

Reverse side kick (minimum 1 yellow board)

TEST REQUIREMENTS

40 credits minimum

Online theory certificate

Children (7-12 year olds):

Letter from your Parent(s) or parent present at exam

Teacher approval form

Two Character Cards