

REVISION NOTES

1. GENERAL TERMS

Jumping TWIGI

2. PARTS OF THE BODY

Elbow PALKUP

3. STANCES

X-stance KYOCHA SOGI

4. BASIC MOVEMENTS**1. DEFENSIVE**

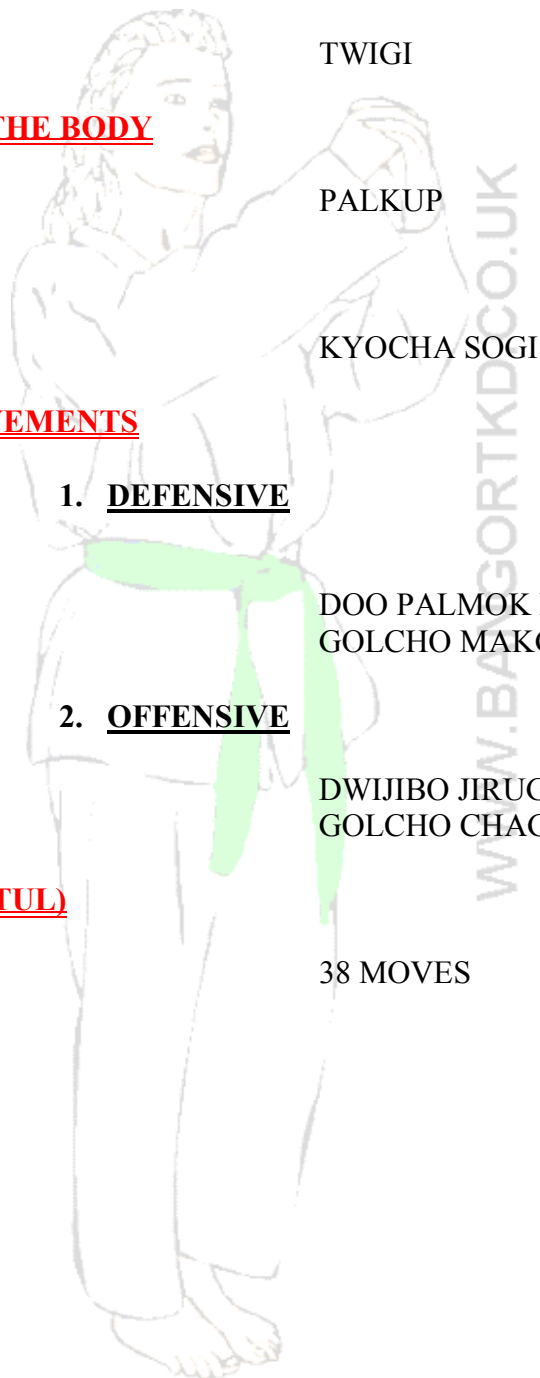
Double forearm
Block DOO PALMOK MAKGI
Hooking block GOLCHO MAKGI

2. OFFENSIVE

Upset punch DWIJIBO JIRUGI
Hooking kick GOLCHO CHAGI

5. PATTERN (TUL)

YUL GOK 38 MOVES



REVISION NOTES

Two step sparring

THE ATTACKERS CHUNBI POSITION IS PALMOK DAEBI MAKGI RIGHT NIUNJA SOGI.

THE DEFENDERS CHUNBI POSITION IS NARANI CHUMBI SOGI.

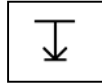
	Defence	Attack	Counter Attack
1	Right leg back rising block with the left hand, step back low section X-block	High section punch, low section front kick	A twin vertical punch to the jaw or cheek bones
2	Right leg back Upwards palm block, forearm waist block	Side punch (fixed stance), turning kick	Turning away sliding backwards right elbow strike
3	Right leg back Low section X-block, wedging block	Low section front kick, Twin vertical punch	Grabbing the shoulders and a knee kick to the solar plexus
4	Right leg back knife hand rising block, inwards palm waist block	Flat fingertip thrust, side kick	With the assailant facing away from you execute a front kick to the coccyx, and a twin upset punch to the kidneys
5	Right leg back outwards palm waist block, inwards outer forearm block	Right back kick, palm strike	Walking stance execute a ridge hand to the solar plexus
6	Left leg back into sitting stance double forearm block high section, hooking block turning into a grab	High turning kick, arc hand high strike	Whilst holding the hand execute a right side kick to the kidneys
7	Left leg back twin forearm block, sliding away knife-hand guarding block	Side punch (fixed stance), mid section reverse turning kick	High section reverse turning kick
8	Right leg back inner forearm inwards waist block, right L-stance Knifehand guarding block (double stepping)	Middle side kick, spin high knife-hand strike (L- stance)	Jumping in, in an X stance back fist high strike

REVISION NOTES

PATTERN YUL GOK

NUMBER OF MOVEMENTS 38

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	To L	Annun	L Hand Focus Jirugi
2	-	Annun	Kaunde Jirugi (R)
3	-	Annun	Kaunde Jirugi (L)
4	L To R	Annun	R Hand Focus Jirugi
5	-	Annun	Kaunde Jirugi (L)
6	-	Annun	Kaunde Jirugi (R)
7	R 45	R Gunnun	Nopunde An Palmok Makgi
8	Fwd	-	Najunde Ap Chabusigi
9	Land In	L Gunnun	Kaunde Baro Jirugi
10	-	L Gunnun	Kaunde Bandae Jirugi
11	L 90	L Gunnun	Nopunde An Palmok Makgi
12	Fwd	-	Najunde Ap Chabusigi
13	Land In	R Gunnun	Kaunde Baro Jirugi
14	-	R Gunnun	Kaunde Bandae Jirugi
15	R 45	R Gunnun	Nopundae Golcho Makgi
16	-	R Gunnun	Nopunde Bandae Golcho Makgi
17	-	R Gunnun	Kaunde Baro Jirugi
18	Fwd	L Gunnun	Nopunde Golcho Makgi
19	-	L Gunnun	Nopunde Bandae Golcho Makgi
20	-	L Gunnun	Kaunde Baro Jirugi
21	Fwd	R Gunnun	Kaunde Baro Jirugi
22	L To R	R Guburyo	-
23	Fwd	-	Kaunde Yop Chajirugi
24	Land In	L Gunnun	Kaunde Ap Palmok Taerigi
25	Dwiyro Torro	L Guburyo	-
26	-	-	Kaunde Yop Chajirugi
27	Land In	R Gunnun	Kaunde Ap Palkup Taerigi
28	L 90	R Niunja	Sang Sonkal Makgi
29	Fwd	R Gunnun	Kaunde Son Sonkut Tulgi
30	About Turn	L Niunja	Sang Sonkal Makgi
31	Fwd	L Gunnun	Kaunde Son Sonkut Tulgi
32	L 90	L Gunnun	Nopunde Bakat Palmok Makgi
33	-	L Gunnun	Kaunde Bandae Jirugi
34	Fwd	R Gunnun	Nopunde Bakat Palmok Makgi
35	-	R Gunnun	Kaunde Bandae Jirugi
36	Jump Fwd	L. Kyocha	Nopunde Dung Joomuk Taerigi
37	Turn 270	R Gunnun	Nopunde Doo Palmok Makgi
38	R To L Turn 180	L Gunnun	Nopunde Doo Palmok Makgi