

TERMINOLOGY APPLICABLE TO 5th KUP



Patterns:

Yul-gok (38 movements): Yul-gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584), nicknamed “The Confucious of Korea.” The 38 movements of the pattern represent his birthplace in the 38° latitude and the diagram represents (±) “Scholar.”

Stances:

<i>Guburyo Sogi ‘B’</i>	Bending stance ‘B’ (Looking toward the rear)
<i>Kyocho Sogi</i>	X-stance

Body Parts:

<i>Ap Palkup</i>	Front elbow
<i>Son Badak</i>	Palm
<i>Yop Bal Badak</i>	Side Sole (Used for stamping motion)

Attacking movements:

<i>Ap Palkup Taerigi</i>	Front elbow strike
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Defensive Movements:

<i>Doo Palmok Makgi</i>	Double forearm block
<i>Golcho Makgi</i>	Hooking block
<i>Sang Sonkal Makgi</i>	Twin knifehand block

Sparring:

<i>Ilbo Matsoki</i>	One-step sparring (Attacker & defender start in parallel stance)
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General Terms:

<i>Euijin Dong Jak</i>	Connecting Motion
<i>Phiagi</i>	Dodging
<i>Mikulgi</i>	Sliding
<i>Gwanja nori</i>	Temple
<i>Yop tok</i>	Jaw
<i>Twiggi</i>	Jumping

General Information:

- Continuous movement (**Yonsok Dong Jak**) means performing two or more moves without stopping, with each move having its own breath as in Dan Gun moves 13 & 14.
- Connecting movement (**Euijin Dong Jak**) means using one extended breathe for two movements, as in pattern **Yul-Gok** movement numbers 16 & 17, and 19 & 20.
- **Blue belt signifies the heaven, toward which the plant develops into a towering tree as training in Taekwon-Do progresses.**
- *Son badak* (the palm) is used for *Golcho Makgi* (hooking block).
- When performing *Sang Sonkal Makgi*, the knifehand rising block must finish with the knifehand over the centre line.
- When in *Kyocho Sogi* (X-stance) both feet should point in the same direction.