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BLUE STRIPE

TO

4

BLUE BELT



# INTERMEDIATE EDUCATIONAL REQUIREMENTS

**Pattern: YUL-GOK**

**38 Moves**

**YUL-GOK READY POSITION**

Parallel Ready Stance

**MEANING**

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

**How many patterns in the International System of Taekwon-Do?**

"24"

**What is the philosophy?**

"The 24 patterns represent 24 hours, one day, or all of my life." - Gen. Choi, Hong Hi

**What is the 5 part "Composition of Taekwon-Do"?**

<b>Fundamental Movements</b>	Basic Training
<b>Dallyon</b>	Maintenance of Equipment
<b>Patterns</b>	Tactics
<b>Sparring</b>	Field Exercise
<b>Self Defense</b>	Actual Combat

**What does the Blue Belt represent?**

The blue of the heavens towards which we reach as our training progresses and Taekwon-Do matures.

**Describe "connecting" motion.**

Accelerated moves, 2 techniques, 1 sine-wave, 1 breathe, 1 beat.