**5th Kup Blue Tag Grading Work**

**Pattern: YUL-GOK**

**Meaning:** YUL-GOK is the pseudonym of a great philosopher and scholar Yi l (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"

**Semi Free Sparring**

**Free Sparring**

**2 Step Sparring:**

1. Attack = High punch, front kick.

Defence = Left leg back, walking stance, rising block. Right leg back, walking stance X fist pressing block.

Counter = Twin vertical punch.

2. Attack = Side punch, fixed stance, turning kick.

Defence = Right leg back, L stance, upward palm block. Left leg back, L stance, waist block.

Counter = Slide forward into right L stance, right side elbow.

3. Attack = Front kick, twin vertical punch.

Defence = Right leg back, walking stance, X fist pressing block. Left leg back, walking stance, outer forearm wedging block.

Counter = Knee kick, at the same time pull opponents shoulders.

4. Attack = Flat fingertip thrust, side kick.

Defence = Right leg back, walking stance, knifehand rising block. Left leg back, L stance, inward palm block.

Counter = Front kick to coccyx, twin upset punch to kidneys.