

PEEWEE DEVELOPMENT PROGRAMME

5th Gup (A)

4th Gup

TECHNIQUES

All techniques are done going forward 4 times and backward 4 times

1. Walking Stance Double Forearm Block
2. Walking Stance Obverse Palm Hooking Block, Reverse Palm Hooking Block, Middle Obverse Punch

PATTERN

(See website: <http://itkdc.com/patterns/yul-gok-tul/> for full pattern info)

1. Yul-Gok Tul
2. 4 Direction Hook Kick, Turning Kick

LEG PLACEMENT

4 Direction

1. Turning Kick, Side Piercing Kick (Holding for a count of 3 - Hana, Dool, Set)

PAD WORK

1. Reverse Turning Kick, both feet
2. Flying High Kick both feet

SPARRING

1. Free Sparring, light contact

QUESTIONS

1. What is “Double Forearm Block” in Korean ?
2. What is “Jumping” in Korean ?
3. Can you show hand part used for “Back Fist Strike” ?
4. What does “Integrity” mean ?
5. What is “Integrity” in Korean ?
6. How many moves are in Yul-Gok ?
7. What does Yul-Gok Mean ?

Yul-Gok : Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of the pattern refer to his birthplace on the 38th degree latitude and the diagram represents “scholar”.

ANSWERS

Doo Palmok Makgi
Twiggi
Ask your Instructor(s)
Ask your parents
Yom Chi
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