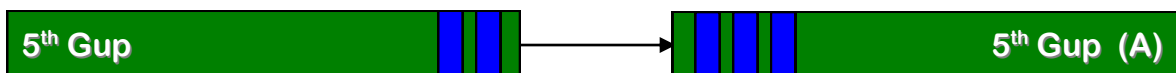


PEEWEE DEVELOPMENT PROGRAMME



TECHNIQUES

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

1. Walking Stance Middle Palm Hooking Block
2. Walking Stance Front Elbow Strike
3. L-Stance Twin Knife-hand Block

PATTERN

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

1. Yul-Gok Tul
2. 4 Direction Flying High Side Kick

LEG PLACEMENT

4 Direction

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

PAD WORK

1. Hook Kick, Turning Kick, both feet
2. Reverse Turning Kick, both feet

SPARRING

1. Free Sparring, light contact

QUESTIONS

1. What is “**Palm Hooking Block**” in Korean ?
2. What is “**Front Elbow Strike**” in Korean ?
3. What is “**X-Stance**” in Korean ?
4. What does “**Courtesy**” mean ?
5. What is “**Courtesy**” 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 birth-place on the 38th degree latitude and the diagram represents “scholar”.**

ANSWERS

**Sonbadak Golcho Makgi
Ap Palkup Taerigi
Kyocha Sogi
Ask your parents
Yi Ui
38**