

Camo, Blue, Purple Belt

“The only person you should try to be better than, is the person you were yesterday”

CURRICULUM

Form: Yul Gok Hyung **Number of Moves:** 38 **Form Meaning:** Yul Gok is the pseudonym of a great philosopher and scholar nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on the 38th latitude.

[] **YELLOW STRIPE: Technique List 1**

Inner Forearm Block, Hooking Block, Back Leg Side Kick, Spin Outside Crescent, Spin Side Kick

[] **ORANGE STRIPE: Technique List 2**

Knifehand Square Block, Double Inner Forearm Block, Front Kick/Round Kick Combo, Hook Kick, Knee Strike

[] **GREEN STRIPE: One-Steps & Self-Defense. Athlete Spotlight: John Hackleman**

- 1) Right Jump Front Kick, Land in Left Back Stance with Right High Backfist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Guarding Stance, Kihap
- 2) Thai Clinch
- 3) Kick to Liver Using Ball of Foot
- 4) “Whizzer” Overhook
- 5) Kick Protection (Above the Waist)

[] **BLUE STRIPE: Point Sparring. Athlete Spotlight: Chelsey Nash**

- 1) Backfist, Reverse Punch
- 2) Offensive Side Kick
- 3) Defensive Side Kick
- 4) Switch Sides, Backfist
- 5) Body Fakes

[] **RED STRIPE**

Yul Gok Section 1 & 2

Section 1: Left middle tension punch, right middle punch, left middle punch, right middle tension punch, left middle punch, right middle punch, right high inner forearm block, left front kick, left middle punch, right middle reverse punch, left single inner forearm block, right front kick, right middle punch, left reverse middle punch

Section 2: Right high tension hooking block, left reverse high tension hooking block, right middle punch, left high tension hooking block, right reverse high tension hooking block, left middle punch, right middle punch (Kihap)

[] **BLACK STRIPE**

Yul Gok Section 3 & 4

Section 3 Left balancing double outer forearm block, left side kick, right reverse elbow strike, right balancing double outer forearm block, right side kick, left reverse elbow strike, left knife hand square block, right middle supported spear thrust strike, right knifehand square block, left middle supported spear thrust strike

Section 4: : Left outer forearm block, right reverse middle punch, right outer forearm block, left reverse middle punch, left jumping downward back fist strike (kihap), right high double inner forearm block, left high double inner forearm block.

[] **Fitness Test:** 20 Push Ups, 20 Sit Ups

Board Breaking: Foot Technique

FACTS TO KNOW

1. What are 4 advantages of stretching? – Increased range of motion, gradual increase in heart rate, less chance of injury, increased muscle capability
2. What is the weight distribution of the basic stances? Front Stance: 60% front/40% back, Back stance: 30% front/70% back, Middle Stance: 50% both feet
3. What is the purpose of a block? Deflect an attack, Set up an immediate counter attack/escape