



Blue Tag Cheat Sheet

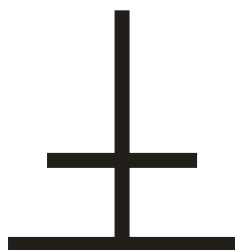
Everything you need for your 5th Kup grading · Pattern: Yul-Gok



The Pattern — Yul-Gok

38 MOVES

FLOOR PATTERN



FIRST MOVE



Begin: Parallel Ready Stance

MEANING

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



Pattern Movements

38 MOVES

1. Left Hand Measure (Middle · S · Left slide)
2. Right Punch (FAST) (Middle · S)
3. Left Punch (FAST) (Middle · S)
4. Right Hand Measure (Middle · S · Right slide)
5. Left Punch (FAST) (Middle · S)
6. Right Punch (FAST) (Middle · S)
7. Inner Forearm Block (High · W · Right 45°)
8. Front Snap Kick (Low · Forward)
9. Obverse Punch (FAST) (Middle · W)
10. Reverse Punch (FAST) (Middle · W)
11. Inner Forearm Block (High · W · Left 90°)
12. Front Snap Kick (Low · Forward)
13. Obverse Punch (FAST) (Middle · W)
14. Reverse Punch (FAST) (Middle · W)
15. Obverse Hooking Block (High · W · Right 45°)
16. Reverse Hooking Block (High · W)
17. Obverse Punch (Middle · W)
18. Obverse Hooking Block (High · W · Forward)
19. Reverse Hooking Block (High · W)
20. Obverse Punch (Middle · W)
21. Obverse Punch (Middle · W)
22. Forearm Guarding Block (Middle · W · Forward)
23. Side Piercing Kick (Middle · BRS · Forward)
24. Elbow Front Strike (Middle · Forward)
25. Forearm Guarding Block (Middle · W)
26. Side Piercing Kick (Middle · BRS · Right 180°)
27. Elbow Front Strike (Middle · Forward)
28. Twin Knife Hand Block (Mid / High · L · Left 90°)
29. Straight Fingertip Thrust (Middle · W · Forward)
30. Twin Knife Hand Block (Mid / High · L · Right 180°)
31. Straight Fingertip Thrust (Middle · W · Forward)
32. Outer Forearm Block (High · W · Left 90°)
33. Reverse Punch (Middle · W)
34. Outer Forearm Block (High · W · Forward)
35. Reverse Punch (Middle · W)
36. Back Fist Strike (High · X · Forward)
37. Double Forearm Block (High · W · Right 270°)
38. Double Forearm Block (High · W · Left 180°)

W Walking · L L-Stance · S Sitting · F Fixed · C Closed · V Vertical · X X-Stance · BRS Bending Ready · RFS Rear Foot · LOW Low Stance



Theory the Examiner May Ask

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

MEANING OF THE BELT

The Heaven towards which a plant matures into a towering tree as the training in Tae Kwon-Do progresses

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed



Korean Terms — This Grade

6 TERMS

KOREAN	ENGLISH
Kyocha Sogi	X Stance
Nopunde An Palmok Makgi	High Inner Forearm Block
Sang Sonkal Makgi	Twin Knifehand Block
Nopunde Doo Palmok Makgi	High Double Forearm Block
Ap Palkup Taerigi	Front Elbow Strike
Nopunde Yop Dung Joomuk Taerigi	High Side Backfist Strike



Line-Work For This Grading 8 DRILLS

1. Hooking block, hooking block, punch
2. Walking stance fingertip thrust
3. Bending ready stance side kick, front elbow strike
4. L stance twin knife hand block
5. Turning kick, reverse turning kick, land knife hand guarding block
6. Circular block, front kick, reverse punch
7. Side kick, reverse side kick, forearm guarding block
8. Walking stance double forearm block



Grading Checklist

TICK AS YOU GO

- | | |
|--|--|
| ☐ Yul-Gok, all 38 movements | ☐ Meaning of Yul-Gok |
| ☐ 2 Step Sparring (Ibo Matsoki) | ☐ Free Sparring (Jayoo Matsoki) |
| ☐ Line-work — all 8 drills | ☐ Korean terminology for this grade |
| ☐ The five tenets, in order | ☐ Theory of power, all six |
| ☐ Meaning of your belt colour | ☐ Dobok clean, belt tied properly |



Common Faults the Examiner Spots

L-stance too short — 1.5 shoulder widths, 70/30 weighting.

Rushing the pattern — breathe, and pause between moves.

Turning kick not pivoting the standing foot fully over.

Guard dropping between techniques.



Drill this on the way to class

The Blue Tag deck turns what's new at Blue Tag into 9 printed quick-fire cards, posted to you. £8.99 at tkd-toolkit.com/shop. Decks are cumulative: buy the one for the belt you wear now, plus any earlier decks you don't have.

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