



Theory for your sixth grading

(Current belt: Blue Tag 5th Kup
Grading for: Blue Belt 4th Kup)

Yul Gok is the **pseudonym** (pen name, see Do San for further information) of the great philosopher and scholar **Yi I**, nicknamed 'the Confucius of Korea'. Confucius (the original one from China) was a Chinese philosopher who provided ideas on morality and social relationships. The pattern has **38 movements** which reflect his birth on the **38 degree latitude** and the pattern diagram represents "scholar". The location of 38 degrees latitude has significance today as it is now the border between North and South Korea.

The colour **blue** signifies **Heaven** towards which a plant grows as it matures. This reflects the student's growing knowledge of Tae Kwon-Do.

Advanced kicks: **Back kick:** performed with the foot sword.

Reverse turning kick: performed with the heel.

Axe kick: performed with the heel.

New stance: **X-stance:** performed with both feet and legs crossed over each other to make an 'x' shape and both knees bent.