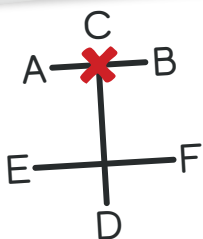


The Kick



Reverse Side Kick
Mondora Yop Chagi

Pattern (Tul)



Yul-Gok

38 Movements

Fundamental Movements



1 Walking Stance Front Elbow Strike
Gunnun So Ap Palkup Taerigi



2 L-Stance Twin Knife-hand Block
Niunja So Sang Sonkal Makgi



3 Walking Stance Double Forearm High Block
Gunnun So Doo Palmok Nopunde Makgi

Theory

DIFFERENCES BETWEEN TAEKWON-DO AND OTHER MARTIAL ARTS.

Taekwon-Do places a great deal of emphasis on powerful kicking and punching techniques. These are coupled with blocking techniques and stances. Essentially, it is a powerful martial art based on dynamic movements. This can be contrasted with styles such as Wing Chun which focus on conserving energy and minimizing effort. As a result it's a very exciting style to learn and is one of the best martial arts if you want to improve your physical fitness. Taekwon-Do is an unarmed martial art. We teach students that their own bodies can display amazing strength and speed, up to and including putting one's hand through four concrete blocks. However, our self-defense training includes techniques expressly designed for dealing with attackers armed with weapons such as knives or bottles. Martial arts differ in their level of formality. At the 'informal' end of the spectrum are styles such as kick boxing, which are explicitly designed to be used in real fights and sparring, and little else. At the other end are styles such as Kung Fu which are much more stylized and 'artistic': these also become useful in real fights, but only when one reaches a high level of expertise. Taekwon-Do encompasses both aspects. The techniques taught can be used for sparring and in self-defense, and this is a major component of our classes; however, there is also a more formal artistic element, particularly in the patterns. You can to some extent pick and choose between the two aspects (for instance, some of our classes are devoted to sparring), though you have to master both to grade.

DIFFERENCE BETWEEN MARTIAL ARTS AND SPORTS

One of the primary differences between martial sports and arts is in the value of the training methods. Because of their alleged danger or lethality, many martial arts engage in artificial and even counter-productive training which involves "pulling" techniques, modifying the point of contact, and adding in a precautionary element of movement that, rather than training the body, can inhibit its natural action and the ultimate conclusion of a technique. Slow, careful, non-contact training is not an effective approach to prepare for actual fighting situations that require the opposite reactions. The teaching generally done for these techniques helps students to understand what to do, but does not provide effective results for fast, reflexive and accurate application of these techniques against an unwilling opponent in real life combat. Although martial arts and sports both have loftier goals, it is still a fact that many people train in martial arts primarily for self-defense. For those who have never used sport training methods, or those who have never explored traditional training, it is easy to discount the effectiveness of the other. As martial artists we should continually seek opportunities to challenge ourselves by examining the weaknesses in our training and keeping our minds open to other methods.

YUL-GOK: It is the pseudonym of a great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram represents "scholar".