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**Blue Tag Terminology...Yul Gok**

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| **Blue Belt signifies the heaven, towards which the plant matures into a towering tree.** |

When was the BTC formed? - 21st April 1998

What is Korean for 2 step sparring? -Ibo matsoki

What is Korean for free sparring? - Jayoo matsoki

What is the difference between 3 and 2 step sparring? -2 step sparring requires a more complex combination of techniques in defence and attack against hand and foot combinations, therefore a greater emphasis on focus, distance and timing is required.

**Defensive Techniques**

* X fist pressing block - Kyocha Joomuk Noollo Makgi
* Palm upward block - Sonbadak Ollyo Makgi
* Double forearm block - Doo Palmuk Makgi
* Twin knifehand block - Sonbadak Golcho Makgi
* Grasping block - Bujuba Makgi
* Outer forearm waist block - Bakat Palmok Hori Makgi

**Attacking Techniques**

* Elbow front strike - Palkup Ap Taerigi
* Twin upset punch - Sang Dwijibo Jurugi
* Knee strike - Moorup Chagi
* Flat fingertip thrust - Opun Sonkut Tulgi
* Twin vertical punch - Sang Sewo Jurugi
* Reverse turning kick - Bandae Dollyo Chagi
* Front snap kick - Ap Cha Busigi

**Parts of the Body**

* Elbow - Palkup
* Knee -Moorup
* Back heel - Dwit Chock
* Head - Mori

**Yul gok is the pseudonym of the great 16th century philosopher and scholar yii 1536-1584, nicknamed the Confucius of Korea. The 38 moved represent his birth place on the 38 degree latitude. 38 moves**