

YUNG YEA MARTIAL ARTS

GREEN BLACK (4D) BELT TRAINING MANUAL



**YUNG YEA MARTIAL ARTS SCHOOL
GREEN BLACK (4D) BELT INFORMATION**

STANCES

1. X-Stance/Cat Stance

BLOCKS

2. Hooking Block

**YUNG YEA MARTIAL ARTS SCHOOL
GREEN BLACK (4D) BELT PATTERN**

Pattern: Yul Gok

Starting Position: Parallel Ready Stance

Moves: 38

Foot returns: Left

Meaning: Pseudonym of the great philosopher and scholar Yi I (1536 – 1584) nicknamed the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and the diagram represents scholar.

1. Left foot steps left into a middle/horse rider stance, left slow pressing middle punch.
2. Stationary right middle punch. *(perform 2 & 3 in a quick motion)*
3. Stationary left middle punch.
4. Left foot steps left to right foot, right foot steps into a middle/horse rider stance, right slow pressing middle punch.
5. Stationary left middle punch. *(perform 5 & 6 in a quick motion)*
6. Stationary right middle punch.
7. Right foot shifts 45 degrees right into a right front stance, right inner forearm block. *(facing front corner)*
8. Left leg (back) front kick.
9. Left leg landing into a left front stance, left middle punch.
10. Stationary right middle punch.
11. Left leg shift left 90 degrees into a left front stance, left inner forearm block. *(facing other corner)*
12. Right leg (back) front kick.
13. Right leg landing into a right front stance, right middle punch.
14. Stationary left punch.
15. Right foot moves 45 degrees to the right *(facing front)* into a right front stance, right hooking block. *(aka pressing block – slow movement right hand starts at the left shoulder, along the arm, toward the left wrist and does the right hook block in front. Left arm slowly pulls straight back in a simultaneous motion.)*

16. Stationary left hooking block. (*aka pressing block – slow movement left hand starts at the right shoulder, along the arm, toward the right wrist and does the left hook block in front. Right arm slowly pulls straight back in a simultaneous motion.*)
17. Stationary right middle punch.
18. Left foot steps forward into a left front stance, left hooking block. (*aka pressing block – slow movement left hand starts at the right shoulder, along the arm, toward the right wrist and does the left hook block in front. Right arm slowly pulls straight back in a simultaneous motion.*)
19. Stationary right hooking block. (*aka pressing block – slow movement right hand starts at the left shoulder, along the arm, toward the left wrist and does the right hook block in front. Left arm slowly pulls straight back in a simultaneous motion.*)
20. Stationary left middle punch.
21. Right foot steps forward into a right front stance, right punch. (Kihup!)
22. Left leg turns for a side kick chamber to the front of the room with a double guarding block.
23. Left leg side kick
24. Left leg lands forward to the front of the room into a left front stance, right middle forearm strike.
25. Left foot steps to right foot for a side kick CHAMBER to the back of the room with a double guarding block.
26. Right leg side kick.
27. Right leg lands forward into a right front stance, left forearm strike.
28. Left foot shifts left 90 degrees into a left L stance, left high knife hand square block.
29. Right foot steps forward into a right front stance, left downward palm block, right spear hand thrust.
30. Right foot spins right 180 degree into a right L stance, right high knife hand square block.
31. Left foot steps forward into a left front stance, right downward palm block, left spear hand thrust.
32. Left leg spins left 90 degrees into a left front stance, left middle outer forearm block.
33. Stationary right punch.
34. Right foot steps forward into a right front stance, right outer forearm block.
35. Stationary left punch.
36. Left foot steps forward, right foot slides behind the left foot in a left rear cat stance, left temple back fist. (Kihup!)
37. Right foot spins right 180 degrees into a right front stance, right middle double guarding forearm blocks. (san-su)
38. Right foot steps to the left foot, left foot shifts left into a left front stance, left middle double guarding forearm blocks. (san-su)

**YUNG YEA MARTIAL ARTS SCHOOL
GREEN BLACK (4D) BELT SPARRING**

All sparring sets and drills to present.