



## Korean

Clavicle- Swae-gol	Ribs- nuk gol
Armpit- kyo du rang i	Upper Back- kyon gap
Heart- Shim jang	Spinal Cord- ch'ok ch'u shin gyong
Solar Plexus- myong ch'i	Kidneys- k'ong p'at
Abdomen- pok bu	

## **Yul Gok**

### **38 moves**

### **5 different stances (walking stance, fixed stance, bending stance, X stance and L Stance)**

Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584), nicknamed the Confucius of Korea. The 38 moves refer to his birthplace on the 38<sup>th</sup> latitude and the diagram represents the scholar.

### **FUN FACTS**

All punches in this pattern are MID SECTION.

He was born in the Ojukheon House, one of the oldest wooden residential buildings in Korea, and is designated as a national treasure.

He was a child prodigy and could read Chinese scripts by the time he was 3 years old.

Yuk Gok actually means “Valley of Chestnuts”

When he was 16 his mother died and he secluded himself to Mount Kumgang, where he meditated and studied Buddhism for 3 years. When he was 23, he went to visit Yi Hwang (Toi Gye) and stayed with him a while.

The concept of Confucianism is based on Li (reason) and Chi (vital force) which are directly responsible for how the universe works. Yul Gok believed that Chi was the main component and controlled the Li. Toi Gye believed the opposite!

Yul Gok was Korea's minister of personnel and war, Rector of the National Academy and Minister of Defence. He believed in Loyalty, Sincerity and the Improvement of the Individual. He is featured on the Korean 5000 Won note.