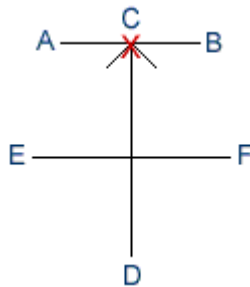


PATTERNS: YUL-GOK

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (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".



YUL-GOK

Movements - 38

Ready Posture - PARALLEL READY STANCE

- 1.** Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
- 2.** Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
- 3.** Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
- 4.** Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
- 5.** Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
- 6.** Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
- 7.** Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
- 8.** Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
- 9.** Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
- 10.** Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
- 11.** Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
- 12.** Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
- 13.** Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
- 14.** Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
- 15.** Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
- 16.** Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
- 17.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
- 18.** Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
- 19.** Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
- 20.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.

- 21.** Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
 - 22.** Turn the face toward D forming a right bending ready stance A toward D.
 - 23.** Execute a middle side piercing kick to D with the left foot.
 - 24.** Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
 - 25.** Turn the face toward C forming a left bending ready stance A toward C.
 - 26.** Execute a middle side piercing kick to C with the right foot.
 - 27.** Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
 - 28.** Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
 - 29.** Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
 - 30.** Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
 - 31.** Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
 - 32.** Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
 - 33.** Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
 - 34.** Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
 - 35.** Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 - 36.** Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
 - 37.** Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
 - 38.** Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.
- END:** Bring the left foot back to a ready posture.