

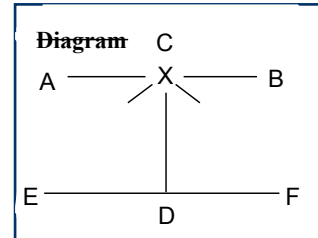
YUL GOK TUL

Junbi: Narani junbi sogi

38 Movements

Definition:

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of the pattern refer to his birthplace on the 38th degree latitude and the diagram represents "scholar".




START: 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.
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 slow motion.
11. Move the left foot to BD, forming a left walking stance to BD, 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.

Perform 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. Perform 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 toward 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 and face toward C while forming a left bending ready stance A toward C.


26. Execute a middle side piercing kick toward 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 knifehand 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 fingertip.

30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knifehand block.

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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 fingertip.
 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 toward 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 Parallel Ready Stance