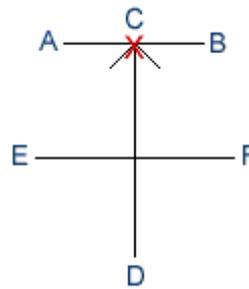


YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

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.

See next page...

YUL-GOK continued

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.

**Korean for each technique in
YUL-GOK**

01. Annun sogi
02. Annun sogi ap joomuk kaunde jirugi
03. Annun sogi ap joomuk kaunde jirugi
04. Annun sogi
05. Annun so ap joomuk kaunde jirugi
06. Annun so ap joomuk kaunde jirugi
07. Gunnun so an palmok kaunde yop makgi
08. Najunde apcha busigi
09. Gunnun so ap joomuk kaunde baro jirugi
10. Gunnun so ap joomuk kaunde bandae jirugi
11. Gunnun so an palmok kaunde yop makgi
12. Najunde apcha busigi
13. Gunnun so ap joomuk kaunde baro jirugi
14. Gunnun so ap joomuk kaunde bandae jirugi
15. Gunnun so sonbadak baro golcho makgi
16. Gunnun so sonbadak bandae golcho makgi
17. Gunnun so ap joomuk kaunde baro jirugi
18. Gunnun so sonbadak baro golcho makgi
19. Gunnun so sonbadak bandae golcho makgi
20. Gunnun so ap joomuk kaunde baro jirugi
21. Gunnun so ap joomuk kaunde baro jirugi
22. Guburyo junbi sogi
23. Kaunde yopcha jirugi
24. Gunnun so ap palkup taerigi
25. Guburyo junbi sogi
26. Kaunde yopcha jirugi
27. Gunnun so ap palkup taerigi
28. Niunja so sang sonkal makgi
29. Gunnun so sun sonkut tulgi
30. Niunja so sang sonkal makgi
31. Gunnun so sun sonkut tulgi
32. Gunun so bakat palmok nopunde yop makgi
33. Gunnun so ap joomuk kaunde bandae jirugi
34. Gunun so bakat palmok nopunde yop makgi
35. Gunnun so ap joomuk kaunde bandae jirugi
36. Kyocha so dung joomuk nopunde yop taerigi
37. Gunnun so doo palmok nopunde makgi
38. Gunnun so doo palmok nopunde makgi