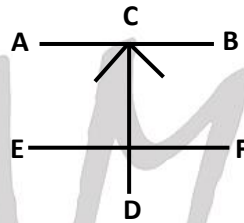


Yul Gok

Yul Gok: (38 movements) is the pseudonym of the great philosopher Yi I (1536-1584 AD) nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on the 38th parallel and the diagram (+) means scholar. - I Pattern



- You will start at C facing D
1. Move the left foot to B, forming a sitting (horse) 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 (horse) stance toward D.
 3. Execute a middle punch to D with the left fist while maintaining a sitting (horse) stance toward D. Perform 2 and 3 in a fast motion.
 4. Move the left foot to the right foot, and then move the right foot to A, forming a sitting (horse) 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 (horse) stance toward D.
 6. Execute a middle punch to D with the right fist while maintaining a sitting (horse) stance toward D. Perform 5 and 6 in a fast motion.
 7. Move the right foot to AD, forming a right walking (front) stance toward AD while executing a high side (inside-outside) block to AD with the right inner forearm.
 8. Execute a low front snap kick to AD with the left foot, keeping the position to the hands as they were in 7.
 9. Lower the left foot to AD, forming a left walking (front) 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 (front) stance toward AD. Perform 9 and 10 in a fast motion.
 11. Move the left foot to BD, forming a left walking (front) stance toward BD while executing a high side (inside-outside) 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 (front) stance toward BD, while executing a middle punch to BD with the right fist.
 14. Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in fast motion.
 15. Execute a high hooking block to D with the right palm while forming a right walking (front) stance toward D, pivoting with the left foot.
 16. Execute a high hooking block to D with the left palm while maintaining a right walking (front) stance toward D.
 17. Execute a middle punch to D with the right fist while maintaining a right walking (front) stance toward D.
 18. Move the left foot to D, forming a left walking (front) stance toward D while executing a high hooking block to D with the left palm.
 19. Execute a high hooking block to D with the right palm while maintaining a left walking (front) stance.

20. Execute a middle punch to D with the left fist while maintaining a left walking (front) stance toward D. Perform 19 and 20 in a continuous motion.
21. Move the right foot to D, forming a right walking (front) stance toward D, at the same time executing a middle punch to D with the right fist. **Kihap**
22. Turn and face toward D, forming a right bending ready stance (chambered side kick) toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the right foot to D, forming a left walking (front) stance toward D while striking the left palm with a right front elbow.
25. Turn the face toward C while forming a left bending ready stance (chambered side kick) 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 (front) stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E, forming a right L (back) stance toward E while executing a twin knife hand block.
29. Move the right foot to E, forming a right walking (front) stance toward E while executing a middle thrust to E with the right straight fingertip (kwansu).
30. Move the right foot to F, turning clockwise to form a left L (back) stance toward F while executing a twin knife hand block.
31. Move the left foot to F, forming a left walking (front) stance toward F while executing a middle thrust to F with the left straight fingertip (kwansu).
32. Move the left foot to C, forming a left walking (front) stance toward C while executing a high side (outer forearm) block to C with the left outer forearm.
33. Execute a middle (reverse) punch to C with the right fist while maintaining a left walking (front) stance toward C.
34. Move the right foot to C, forming a right walking (front) stance toward C while executing a high side (outer forearm) block to C with the right outer forearm.
35. Execute a middle (reverse) punch to C with the left fist while maintaining a right walking (front) 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. **Kihap**
37. Move the right foot to A, forming a right walking (front) stance toward A, at the same time executing a high side block to A with the right double forearm.
38. Bring the right foot to the left foot, and then bring the left foot to B, forming a left walking (front) stance toward B while executing a high side block to B with the left double forearm.

Notes: _____

