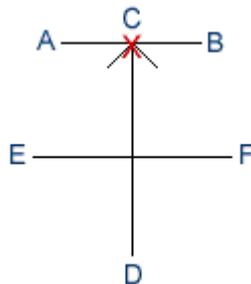


YUL-GOK



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".

Movements – 38



Starting Position - PARALLEL READY STANCE

The illustration for this pattern assumes that the student is standing on the X and facing D.

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a right fist middle punch to D while maintaining a sitting stance toward D.
3. Execute a left fist middle punch to D 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 left fist middle punch to D while maintaining a sitting stance toward D.
6. Execute a right fist middle punch to D 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 right inner forearm side block to AD.
8. Execute a left foot low front snap kick to AD 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 left fist middle punch to AD.
10. Execute a right fist middle punch to AD 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 left inner forearm side block to BD.
12. Execute a right foot low front snap kick to BD 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 right fist middle punch to BD.



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14. Execute a left fist middle punch to BD 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 right fist middle punch to D 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 left fist middle punch to D 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 right fist middle punch to D.
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 right straight finger tip thrust to E.
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 left straight finger tip thrust to F.
32. Move the left foot to C forming a left walking stance toward C while executing a high left outer forearm side block to C.
33. Execute a right fist middle punch to C while maintaining a left walking stance toward C.



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34. Move the right foot to C forming a right walking stance toward C while executing a high right outer forearm side block to C.
35. Execute a left fist middle punch to C while maintaining a right walking stance toward C.
36. Jump to C forming a left X-stance toward B while executing a high left back fist side strike to C.
37. Move the right foot to A forming a right walking stance toward A at the same time executing a right double forearm high block to A.
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 left double forearm high block to B.

END: Bring the left foot back to Parallel Ready Stance.