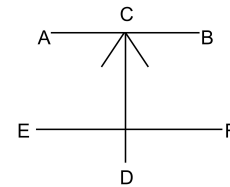


# Yul-Gok Tul



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 38th latitude and the pattern diagram represents the Chinese character for “scholar”. The pattern begins in Parallel Ready Stance.

1. Move the Left foot to B forming a sitting stance towards D extending the Left fist to D horizontally.
2. Perform a middle punch to D with the Right fist maintaining a sitting stance towards D.
3. Perform a middle punch to D with the Left fist maintaining a sitting stance towards D. Perform 2 and 3 in a Fast Motion.
4. Move the Left foot to the Right foot and move the right foot towards A forming a sitting stance towards D extending the Right fist to D horizontally.
5. Perform a middle punch to D with the Left fist maintaining a sitting stance towards D.
6. Perform a middle punch to D with the Right fist maintaining a sitting stance towards D. Perform 5 and 6 in a Fast Motion.
7. Move the right foot towards AD forming a Right walking stance performing a middle block with the Right inner forearm.
8. Perform a low front snap kick to AD with the left foot keeping the hands as they were in 7.
9. Lower the left foot towards AD into a Left walking stance performing a Left middle punch
10. Perform a Right middle punch whilst maintain a Left walking stance. Perform 9 and 10 in a Fast Motion.
11. Move the left foot towards BD forming a Left walking stance towards BD forming a Left walking stance performing a middle block with the Left inner forearm.
12. Perform a low front snap kick to CD with the Right foot keeping the hands as they were in 11.
13. Lower the Right foot towards BD into a Right walking stance performing a Right middle punch
14. Perform a Left middle punch whilst maintain a Right walking stance. Perform 13 and 14 in a Fast Motion.
15. Perform a middle hooking block to D with the Right Palm whilst forming a Right Walking stance towards D.
16. Perform a middle hooking block towards D with the Left Palm while maintaining a Right Walking stance towards D.
17. Perform a middle punch to D with the Right fist whilst maintaining a Right Walking stance towards D. Perform 16 and 17 in a connecting motion.
18. Perform a middle hooking block to D with the Left Palm whilst forming a Left Walking stance towards D.
19. Perform a middle hooking block towards D with the Right Palm while maintaining a Left Walking stance towards D.
20. Perform a middle punch to D with the Left fist whilst maintaining a Left Walking stance towards D. Perform 19 and 20 in a connecting motion.
21. Move the right foot towards D forming a Right walking stance performing a right middle punch
22. Perform a Bending Ready Stance 'A' towards D
23. Perform a middle side piercing kick to D with the left foot
24. Lower the Left foot towards D and form a left walking stance towards D striking the left palm with the right front elbow
25. Perform a Bending Ready Stance 'A' towards C
26. Perform a middle side piercing kick to D with the Right foot
27. Lower the Right foot towards C and form a Right walking stance towards D striking the Right palm with the Left front elbow
28. Move the left foot towards E forming a Right L Stance twin knife hand block
29. Step towards E forming a Right walking stance middle straight fingertip trust
30. Turn clockwise to F to form a Left L Stance twin knife hand block
31. Step towards F forming a Left walking stance middle straight fingertip trust
32. Move the Left foot to C into a Left walking stance whilst performing a Left high side block with the outer forearm
33. Perform a middle punch to C with the Right fist whilst maintaining a Left walking stance to C
34. Move the Right foot to C into a Right walking stance whilst performing a Right high side block with the outer forearm
35. Perform a middle punch to C with the Left fist whilst maintaining a Right walking stance to C
36. Jump to C forming a Left X-Stance towards B performing a high side strike to C with the Left back fist
37. Move the right foot towards A forming a right walking stance towards Performing a high Double forearm Block
38. Move the Right foot to the Left. Step with the Left foot towards B forming a left walking stance towards B performing a high Double forearm Block. Shout “Yul Gok” after the breath.