

Yul-Gok Tul

The pattern is named after the Scholar “Yi I” who was known as the Confucius of Korea. The 38 movements correspond to his birthplace on the 38th parallel and the pattern diagram represents the symbol for “Scholar”.

1. Move the left foot to B into a sitting stance towards D whilst extending the left fist horizontally
2. Perform a middle punch towards D with the right fist whilst maintaining a sitting stance towards D
3. Perform a middle punch towards D with the left fist whilst maintaining a sitting stance towards D. Perform 2 and 3 in a fast motion.
4. Move the left foot to the right foot and then move the right foot towards A into a sitting stance towards D whilst extending the left fist horizontally
5. Perform a middle punch towards D with the left fist whilst maintaining a sitting stance towards D.
6. Perform a middle punch towards D with the right fist whilst maintaining a sitting stance towards D. Perform 2 and 3 in a fast motion.
7. Move the right foot towards AD into a right walking stance performing a middle side block towards AD with the right inner forearm
8. Perform a low section front snap kick towards 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 middle punch towards AD with the left forefist
10. Perform a middle punch towards AD with the right forefist whilst maintaining a left walking stance towards AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD into a left walking stance performing a middle side block towards BD with the left inner forearm
12. Perform a low section front snap kick towards BD with the right foot keeping the hands as they were in 11
13. Lower the right foot towards BD into a right walking stance middle punch towards BD with the right fore fist
14. Perform a middle punch towards BD with the left fore fist whilst maintaining a right walking stance towards BD. Perform 9 and 10 in a fast motion.
15. Perform a middle hooking block towards D with the right palm while forming a right walking stance towards D pivoting with the left foot
16. Perform a middle hooking block to D with the left palm while maintaining a right walking stance towards D
17. Perform a middle punch towards D with the right forefist while maintaining a right walking stance towards D. Perform 16 and 17 in a connecting motion.
18. Move the left foot towards D into a left walking stance and perform a middle hooking block towards D with the left palm
19. Perform a middle hooking block to D with the right palm while maintaining a left walking stance towards D
20. Perform a middle punch towards D with the left forefist while maintaining a left walking stance towards D. Perform 18 and 19 in a connecting motion.
21. Move the right foot to D forming a right walking stance performing a middle punch with the right forefist
22. Turn the face towards D forming a right 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 forming a left walking stance towards D whilst striking the left palm with the right front elbow
25. Turn the face towards C forming a left 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 D forming a right walking stance towards D whilst striking the right palm with the left front elbow
28. Move the left foot to E forming a right L stance towards E whilst executing a twin knife hand block
29. Move the right foot to E performing a right straight finger tip thrust in a right walking stance
30. Move the right foot to F turning clockwise to form a left L stance whilst executing a twin knife hand block
31. Move the left foot to F performing a left straight finger tip thrust in a left walking stance
32. Move the left foot towards C forming a left walking stance towards C whilst performing a high side block with the left outer forearm
33. Perform a right middle punch towards C whilst maintaining a left walking stance
34. Move the right foot towards C forming a right walking stance towards C whilst performing a high side block with the right outer forearm
35. Perform a left middle punch towards C whilst maintaining a right walking stance
36. Jump to C forming a left X stance towards 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 towards A performing a high block towards A with the right double forearm
38. Move the right foot to the left and move the left foot to B forming a left walking stance towards B performing a high block towards B with the left double forearm