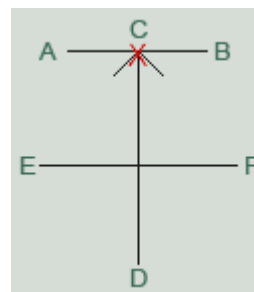


PATTERN YUL-GOK
Yul-Gok Tul

Movements - 38

Ready Posture - PARALLEL READY STANCE

Interpretation - *Yul-Gok* is the pseudonym of a great philosopher and scholar Yiil (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram



Parallel ready stance toward 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 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 waling stance toward AD while executing a high 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 high 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 DE with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.



15. Execute a high hooking block to D with the right palm while forming a right walking 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 stance toward D.



17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



18. Move the left foot to D, forming a left walking 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 stance.



20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous 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 while 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 fingertip.



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 fingertip.



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 side block to B with the left double forearm.



END. Bring the left foot back to a ready posture.