

Yul Gok

•Yul Gok contains 38 movements .

•"Is the pseudonym of the great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38th latitude and the diagram represents 'scholar'."

Choonbee. Wait for begin command.

1. Slowly slide left foot into a horse stance while slowly middle punch with the left hand.
2. Right middle punch,
3. Left middle punch.
4. Slide left foot in, right foot out slowly into a horse stance while slowly right middle punch.
5. Left middle punch,
6. Right middle punch.
7. Bring right leg in, step right leg diagonally forward 45 degrees into a right walking stance, right inner forearm block.
8. Left front snap kick, set down into a left walking stance,
9. Left middle punch,
10. Right middle punch.
11. Bring left leg in, step left 90 degrees (so that facing diagonally left), left inner forearm block
12. Right front snap kick,
13. Right middle punch,
14. Left middle punch.
15. Bring right leg in, step 45 degrees right (facing straight ahead). Slowly extend into a right walking stance, slowly perform right hooking block.
16. Left hooking block (fast),
17. Right punch.
18. Step left leg forward slowly into a walking stance, slowly perform left hooking block.
19. Right hooking block (fast),
20. Left punch.
21. Step right leg forward into a walking stance, right middle punch.
22. Lift hands to right ear, pull into a left guarding stance (on one leg).
23. Left side kick, stepping down into a left walking stance,
24. Right elbow strike.
Turn 180 degrees into a right guarding stance (on one leg).
25. Right side kick, stepping down into a right walking stance,
26. Left elbow strike.
27. Bring left leg in, step out into an L stance, knifehand double block.
28. Step forward into a right walking stance, right spearhand strike. Bring right leg back in, look 180 degrees right, crossing arms.
29. step into a right L stance, knifehand double block.
30. step into a left walking stance,
31. Left spearhand strike.

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32. Bring left leg back in, step 90 degrees left into a walking stance, left outer block,
33. Reverse punch.
34. Step forward with right foot, right outer block,
35. Reverse punch.
36. Jump forward with your left side, pushing off with your left leg. Land in a left X stance, while executing a left backfist.
37. Turn 270 degrees to the left (ending up facing your right), left walking stance, augmented block.
38. Bring left leg back in, keeping height level. Turn 180 degrees right, right walking stance, augmented block.

End- wait for instructor's command to return to Choonbee.