

Yul-Gok

38 movements

History: Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed “Confucius of Korea.” The 38 movements of this pattern refer to his birth place on the 38° latitude and the diagram represents the scholar.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Step left foot W into middle stance, left slow punch (mid section)	N	M
2. Right punch		
3. Left punch		
4. Step left foot to right, the right to E, right slow punch	N	M
5. Left punch		
6. Right punch		
7. Step right foot NE, right inner forearm block	NE	RF
8. Left #2 front kick to NE, land in LF stance		
9. Left punch	NE	LF
10. Right reverse punch		
11. Step left foot NW, left inner forearm block	NW	LF
12. Right #2 front kick to NW, land in RF stance		
13. Right punch	NW	RF
14. Left reverse punch		
15. Step right foot N, right hooking block	N	RF
16. Left reverse hooking block		
17. Right punch		
18. Step forward, left hooking block	N	LF
19. Right reverse hooking block		
20. Left punch		
21. Reverse Hook Kick KIHAP	N	RF
22. Right one-leg stance, guard position	N	
23. Left hook kick to N, land in LF stance		
24. Right reverse horizontal elbow into left palm	N	LF
25. Left one-leg stance, guard position	S	
26. Right hook kick to S, land in RF stance		
27. Left reverse horizontal elbow into right palm	S	RF
28. Step left foot to E, knife-hand square block	E	RB
29. Step forward, right reinforced vertical spear hand	E	RF
30. Step right foot CW to W, knife-hand square block	W	LB
31. Step forward, left reinforced vertical spear hand	W	LF
32. Step left foot to S, left outer forearm block	S	LF
33. Right reverse punch		
34. Step forward, right outer forearm block	S	RF
35. Left reverse punch		
36. Step spin hook kick KIHAP	S	RB
37. Step right foot CW to E, double inner forearm block	E	RF
38. Step right foot to left, then left foot to W, double inner forearm block	W	LF
Right foot returns to ready position		

Yul-Gok (Cont.)

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Brush, trap, spear strike, #2 Round kick, and finish with Arm bar (transition to wrist lock optional).

(1b) SS: #1 Front kick, Jab, Cross, and “angry step” Spin hook kick.

(2a) SD: Street style Knife hand square block, Winding throw take-down, knee on rib & neck, and Punch.

(2b) SS: Other side.

