

## **Martial Arts Carolina**

### *Form and Rank Requirement Sheet*

#### **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.

#### **Form:**

<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. Step forward, right punch KIHAP	N	RF <i>Halfway</i>
22. Right one-leg stance, double outer forearm block	N	
23. Left side kick to N, land in LF stance		
24. Right reverse horizontal elbow into left palm	N	LF
25. Left one-leg stance, double outer forearm block	S	
26. Right side kick to S, land in RF stance		
27. Left reverse horizontal elbow into right palm	S	RF
28. Step left foot to E, knifehand square block	E	RB
29. Step forward, right reinforced vertical spearhand	E	RF
30. Step right foot CW to W, knifehand square block	W	LB
31. Step forward, left reinforced vertical spearhand	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. Jump S to left X-stance, left back fist KIHAPS	X	
37. Step right foot CW to W, double inner forearm block W	RF	
38. Step right foot to left, then left foot to E, double inner forearm block	E	LF
Right foot returns to ready position		

**Signature Techniques:** 1 – 4 Hook Kicks, Jump Rev. Side Kick, Hook Punch, Jab Punch, Cross Punch, Hooking Block, and Arm Bar Lock.

**Self Defense Techniques (hands up touching cheeks, triangle, or at ears):** (1) Hooking Block, #2 Round Kick or Knee Strike (if too close), and Arm Bar. (2) Knife-Hand Block and #2 Round Kick, and Double Knife-Hand Strike, Knife-Hand all the way thru, Scissor sweep takedown. (3) *Adult add-on* Escape From Bear Hug.