


YUL GOK

Intermediate Level I.T.F. Form

“” pattern

Yul Gok is the pseudonym of the great philosopher and scholar ‘Yi I’ who lived from 1536 to 1584. He is nicknamed “The Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th N. parallel and the diagram represents scholar.

Movements:

Parallel Ready Stance

1. Move the left foot sideways to a horse-riding stance.
Slow left hand mid-section punch
2. Right hand mid-section punch
3. Left hand mid-section punch
4. Bring left foot to right foot, then step sideways with the right foot into a horse-riding stance.
Slow right hand mid-section punch
5. Left hand mid-section punch
6. Right hand mid-section punch
7. Bring right foot to left foot. Turn 45° and move right foot forward to a front stance.
right inner-forearm block
8. Left front kick. Land with left foot forward in a front stance.
9. Left mid-section punch
10. Right mid-section punch
11. Bring left foot to right foot. Turn left 90° and move left foot forward to a front stance.
left inner-forearm block
12. Right front kick. Land with right foot forward in a front stance.
13. Right hand mid-section punch
14. Left hand mid-section punch
15. Bring right foot to left foot. Turn right 45° and move right foot forward to a front stance.
Right hand hooking block.
Left hand hooking block
16. Right hand mid-section punch
17. Move left foot forward to a front stance.
Left hand hooking block
Right hand hooking block
18. Left hand mid-section punch

YUL GOK (Continued)

19. Move right foot forward to a front stance
 - a. Right hand mid-section punch and Ki hap!
20. Bring left knee up to kicking ready stance with double guarding block
21. Left side kick. Land with left foot forward in a front stance
22. Right reverse elbow strike to left palm
23. Bring right foot to left foot. Turn right 180° then bring right knee up to kicking ready stance with double guarding block
24. Right side kick, land with right foot forward in front stance
25. Left reverse elbow strike to right palm
26. Bring left foot to right foot. Turn left 90° and move left foot forward to a back stance.
double knife-hand block
27. Move right foot forward to a front stance
Right body thrust
28. Bring right foot to left foot. Turn right 180° move right foot forward to a back stance
double knife-hand block
29. Move left foot forward to a front stance
Left body thrust
30. Bring left foot to right foot. Turn left 90° and move left foot forward to a front stance.
Left outer-forearm block
31. Right hand mid-section punch
32. Move right foot forward to a front stance
Right outer-forearm block
33. Left hand mid-section punch
34. Jump forward to a X-stance
Left back fist and Ki hap!
35. Turn right 270° and move right foot forward to a front stance
push block
36. Bring right foot to left foot. Turn left 180° and move left foot forward a front stance
push block
37. Turn right 90°, bringing left foot back to Joon Bee position