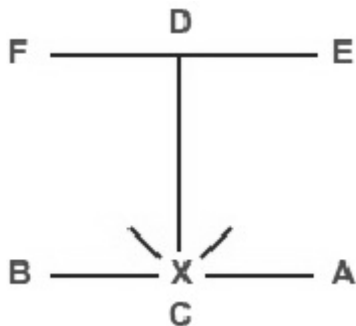


**YUL-GOK** is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".



## **YUL-GOK**

### **Movements - 38**

#### **Ready Posture - PARALLEL READY STANCE**

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.
7. Move the right foot to AD, forming a right walking stance toward AD while executing a middle 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 slow motion.
11. Move the left foot to BD, forming a left walking stance to BD, executing a middle 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 BD with the left fist while maintaining a right walking stance toward BD.  
Perform 13 and 14 in a fast motion.

**15.** Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.  
**16.** Execute a middle 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.  
Perform 16 and 17 in a connecting motion.

**18.** Move the left foot to D, forming a left walking stance toward D while executing a middle hooking block to D with the left palm.  
**19.** Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.  
**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 connecting 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 toward 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 and face toward C while forming a left bending ready stance A toward C.  
**26.** Execute a middle side piercing kick toward 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 knifehand 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 knifehand 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 toward 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 block to B with the left double forearm.

**END:** Bring the left foot back to Parallel Ready Stance