



KINETIC TAE KWON-DO

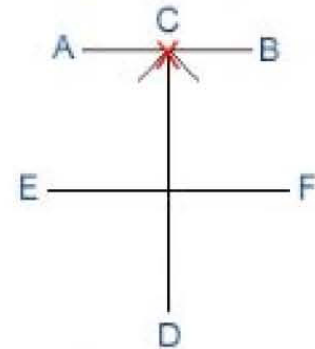
An ITF Martial Arts School

YUL-GOK

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".

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. Perform 5 and 6 in a fast motion.
- 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 a fast motion.
- 11 Move the left foot to BD forming a left walking stance toward BD at the same time 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.

태권도



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- 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. Execute 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. Execute 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 to 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.
- Ki-Hap
- 25 Turn the face toward C forming a left bending ready stance A toward C.
 - 26 Execute a middle side piercing kick 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.
- Ki-Hap
- 28 Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand 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 finger tip
 - 30 Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.



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- 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 finger tip.
- 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.

Ki-Hap

- 37 Move the right foot to A forming a right walking stance toward A at the same time executing a high block to 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 a ready posture.