







# Pattern Yul-Gok







Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucious of Korea". The 38 movements of this pattern refer to his birthplace on the 38th degree of lattitude and the diagram represents "scholar".(38 movements).

Starting position	1.Step left foot out	2.Don't step
ready stance	sitting stance	sitting stance
chunbi sogi	slow left measuring punch	R middle punch
		
3.Don't step	4.Step L foot to R foot	5.don't step
sitting stance	step right foot out:SS	sitting stance
L middle punch	slow right measuring punch	R middle punch
		

6. Don't step	7. Step R foot forwards	8. L front kick
sitting stance	45 degree angle: WS	low section
L middle punch	R inner forearm block	step into walking stance
		
9. Left foot lands in	10. Don't step	11. Step left leg 45 degrees
walking stance	walking stance	past centre line: WS
L middle punch	R reverse punch	L inner forearm block
		
12. Right front kick	13. Right foot lands in	14. Don't step
low section	walking stance	walking stance
step into walking stance	R fist punch	L reverse punch
		

15.Step right foot onto	16.Don't step	17.Don't step
centre line: WS	walking stance	walking stance
R hooking block	L reverse hooking block	Right middle punch
		
18.Step left foot forward	19.Don't step	20.Don't step
walking stance	walking stance	walking stance
L hooking block	R reverse hooking block	Left middle punch
		
21.Step R foot forwards	22.Lift left leg into	23.Left leg
walking stance	bending ready stance	middle side kick
Right middle punch	forearm guarding block	
		

24. Left foot lands: WS	25. Lift right leg	26. Right leg
L hand forms a target	turn 180 degrees	middle side kick
R reverse front elbow strike	bending ready stance	
		
27. Right foot lands: WS	28. Left foot moves sideways	29. Step Right leg forwards
R hand forms a target	L stance	walking stance
L reverse front elbow strike	twin knife hand block	R fingertip thrust
		
30. Turn 180 degrees	31. step left foot forwards	32. Step left foot to centreline
pivot on L foot: LS	walking stance	walking stance
twin knifehand block	L fingertip thrust	L outer forearm block
		

33. Don't step	34. step right foot forwards	35. Don't step
walking stance	walking stance	walking stance
R reverse punch	R outer forearm block	L reverse punch
		
36. Jump forwards landing on	37. Turn 270 degrees	38. Step right foot to left
left foot: X stance	pivot on L foot: WS	Step left foot forwards: WS
L backfist strike	R double forearm block	L double forearm block
		
Step left foot back		
to chumbi position		
ready stance		
