

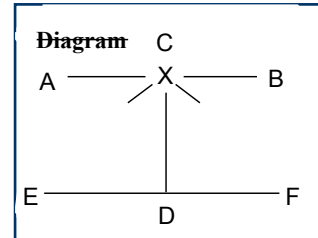
# YUL GOK TUL

Junbi: Narani junbi sogi

38 Movements

## Definition:

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




## START: 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.

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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.

*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.

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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 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**



	<b>Stance</b>	<b>Section</b>	<b>Obverse/ Reverse</b>	<b>Technique</b>
1	Annun sogi	Kaunde	-	Ap joomuk jurigi
2	Annun sogi	Kaunde	-	Ap joomuk jurigi
3	Annun sogi	Kaunde	-	Ap joomuk jurigi
4	Annun sogi	Kaunde	-	Ap joomuk jurigi
5	Annun sogi	Kaunde	-	Ap joomuk jurigi
6	Annun sogi	Kaunde	-	Ap joomuk jurigi
7	Gunnun sogi	Kaunde	Baro	Bakuro an palmok makgi
8	-	Najunde	-	Ap cha busigi
9	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
10	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
11	Gunnun sogi	Kaunde	Baro	Bakuro an palmok makgi
12	-	Najunde	-	Ap cha busigi
13	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
14	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
15	Gunnun sogi	Kaunde	Baro	Golcho makgi
16	Gunnun sogi	Kaunde	Bandae	Golcho makgi
17	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
18	Gunnun sogi	Kaunde	Baro	Golcho makgi
19	Gunnun sogi	Kaunde	Bandae	Golcho makgi
20	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
21	Gunnun sogi	Kaunde	Baro	Ap joomuk jurigi
22	Goburyo sogi (A)	-	-	-
23	-	Kaunde	-	Yop cha jurigi
24	Gunnun sogi	Kaunde	Baro	Ap palkup taerigi
25	Goburyo sogi (A)	-	-	-
26	-	Kaunde	-	Yop cha jurigi
27	Gunnun sogi	Kaunde	Baro	Ap palkup taerigi
28	Niunja sogi	-	-	Sang sonkal makgi
29	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
30	Niunja sogi	-	-	Sang sonkal makgi
31	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
32	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok makgi
33	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
34	Gunnun sogi	Nopunde	Baro	Bakuro bakat palmok makgi
35	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
36	Kyocha sogi	Nopunde	-	Yop dung joomuk taerigi
37	Gunnun sogi	Nopunde	Baro	Doo palmok makgi
38	Gunnun sogi	Nopunde	Baro	Doo palmok makgi

## **Blocks**

Inner forearm block  
Hooking block  
Twin knifehand block  
Outer forearm block  
Double forearm block

## **Makgi**

An palmok makgi  
Golcho makgi  
Sang sonkal makgi  
Bakat palmok makgi  
Doo palmok makgi

## **Move number**

7, 11  
15, 16, 18, 19  
28, 30  
32, 34  
37, 38

## **Punches**

Forefist punch

## **Jurigi**

Ap joomuk jurigi

1, 2, 3, 4, 5, 6,  
9, 10, 13, 14,  
17, 20, 21, 33,  
35

## **Strikes**

Front elbow strike  
Side backfist strike

## **Taerigi**

Ap palkup taerigi 24, 27  
Yop dung joomuk taerigi 36

## **Thrusts**

Straight fingertip thrust

## **Tulgi**

Sun sonkut tulgi 29, 31

## **Kicks**

Front snap kick  
Side piercing kick

## **Chagi**

Ap cha busigi 8, 12  
Yop cha jurigi 23, 26

## **Stances**

Parallel ready stance  
Walking stance  
L-Stance  
Sitting stance  
X -Stance

## **Sogi**

Narani junbi sogi  
Gunnun sogi  
Niunja sogi  
Annun sogi  
Kyocha sogi

## **Application of technique**

Double High Palm Hooking Block – Middle Punch

*Stopping a middle section attack with the hooking block, then stopping a second middle section attack with a second hooking block. (This could be the same opponent or a second attacker). The executing a counter attack with a middle section punch.*

Double Forearm Block

*This technique is used to block a punch with a guard. The guard can then be used as a secondary motion in order to block a front kick.*