

Yol-Guk

Green Belt

Parallel Ready Stance

Technique			Stance	Target
1	Left	Punch (slow)	Middle	Middle
2	Right	Punch	Same	Middle
3	Left	Punch	Same	Middle
4	Right	Punch (slow)	Middle	Middle
5	Left	Punch	Same	Middle
6	Right	Punch	Same	Middle
7	Right	Inner forearm side block	Front	Middle
8	Left	Turning front kick		Middle
9	Right	Punch	Front	Middle
10	Right	Reverse punch	Same	Middle
11	Left	Inner forearm side block	Front	Middle
12	Right	Turning front kick		Middle
13	Right	Punch	Front	Middle
14	Left	Reverse punch	Same	Middle
15	Right	Hooking block	Front	Middle
16	Left	Reverse hooking block	Same	Middle
17	Right	Punch	Same	Middle
18	Left	Hooking block	Front	Middle
19	Right	Reverse holding block	Same	Middle
20	Left	Punch	Same	Middle
21	Right	Punch (Kihap)	Front	Middle
22	Left	Turning side kick		Middle
23	Right	Reverse forearm strike	Front	Middle
24	Right	Double outer forearm block	Closed	Middle

Technique			Stance	Target
25	Right	Forward leg side kick		Middle
26	Left	Reverse forearm strike	Front	Middle
27	Left	Knifehand square block	Back L	High
28	Right	Spearhand	Front	Middle
29	Right	Knifehand square block	Back L	High
30	Left	Spearhand	Front	Middle
31	Left	Outer forearm block	Front	Middle
32	Right	Reverse punch	Front	Middle
33	Right	Outer forearm block	Front	Middle
34	Left	Reverse punch	Front	Middle
35	Left	Jump side backfist	X-stance	High
36	Right	Double inner forearm block	Front	Middle
37	Left	Double inner forearm block	Front	Middle
***38 moves, Left Foot Returns				

*** One move omitted for CTF training.

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