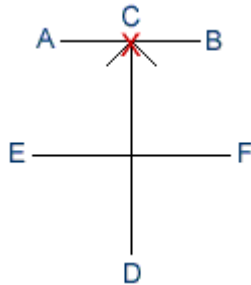


## YUL-GOK

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.**

## INTERNATIONAL TAEKWON-DO FEDERATION



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.



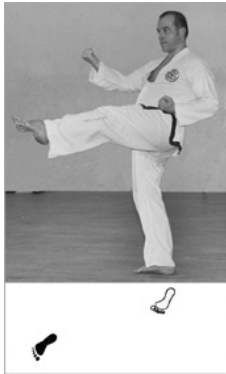
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

**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.

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**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.

## INTERNATIONAL TAEKWON-DO FEDERATION

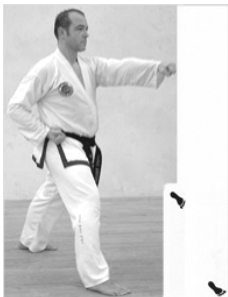


**12.** Execute a low front snap kick to BD with the right foot.

**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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION

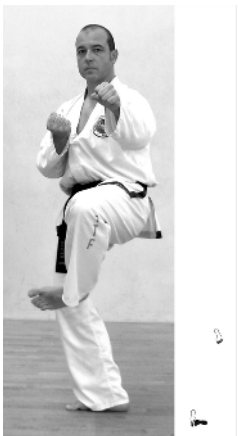


- 20.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.

**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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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-



- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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.

## INTERNATIONAL TAEKWON-DO FEDERATION



- 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 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.