

#5

The International Original Taekwon-Do Federation

YUL-GOK

Movements – 38

Ready Posture – PARALLEL READY STANCE

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 degrees latitude and the diagram represents “scholar.”

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally. (*Perform as a pushing motion*).
2. *Raise the body slightly to begin the sine wave.* Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. (*Lower the body to complete sine wave*).
3. *Raise the body slightly to begin sine wave.* Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. (*Lower the body to complete sine wave*). **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. (*Perform the same as in 1*).
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. (*Perform the same as in 2*).
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. (*Perform the same motion as in 3 and 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. (*Half Facing*).
8. Execute a low front snap kick to AD with the left foot keeping the position of the hand as they were in 7.
9. *When the left kick returns to the chamber position, the left fist draws back to the left hip and the body is half facing, (this is a preparatory position),* then lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist. (*Full Facing*).

10. ***Rise up on the right heel slightly and then***, execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. (***Full Facing***). **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. (***Half Facing***).
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. (***Full Facing***). (***The Preparatory position is the same as in 9, and this is Half Facing before the punch.***).
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. (***Full Facing***). (***Same as in 10.***) **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. (***Half Facing***).
16. Execute a middle-hooking block to D with the left palm while maintaining a right walking stance toward D. (***Half Facing***).
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. (***Full Facing***). **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. (***Half Facing***).
19. Execute a middle-hooking block to D with right palm while maintaining a left walking stance toward D. (***Half Facing***).
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. (***Full Facing***). **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. (***Full Facing***).
22. ***Bring the left foot to the right inside knee while rising up slightly and bringing the forearms to the right side***, turning the face toward D. Begin the sine wave by lowering into a right bending ready stance A, at the same time executing a forearm-guarding block to D with the left forearm. (***Half Facing***).
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. (**Full Facing**).
 25. **Bring the right foot to the left inside knee while rising up slightly and bringing the forearms to the left side**, turning the face toward C. **Begin the motion as in 22**, forming a left bending ready stance A toward C. (**Half Facing**).
 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 (**Full Facing**).
 28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block (**Half Facing**).
 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 (**Full Facing**).
 30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block (**Half Facing**).
 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. (**Full Facing**).
 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 (**Half Facing**).
 33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C. (**Full Facing**).
 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 (**Half Facing**).
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C. (**Full Facing**).
 36. Jump to C, forming a left X-stance toward B, while executing a high side strike to C, with the left back fist. (**Side Facing**).
 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 (**Half Facing**).
 33. 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 (**Half Facing**).
- END:** Return the left foot back to ready posture.