

Yul-Gok (Volume09 102 to 194)

(index)

PATTERN YUL-GOK(*Yul-Gok Tul*)

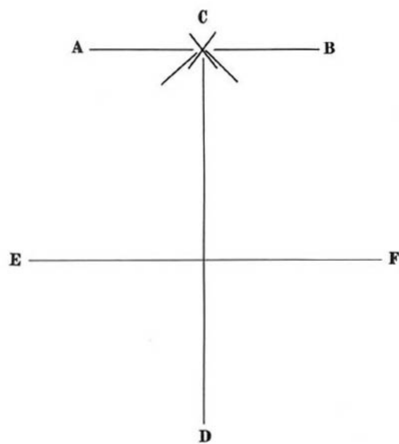
This pattern is practised by the 5th grade holder and above.

DIAGRAM: 

MOVEMENTS: 38

READY POSTURE: PARALLEL READY STANCE

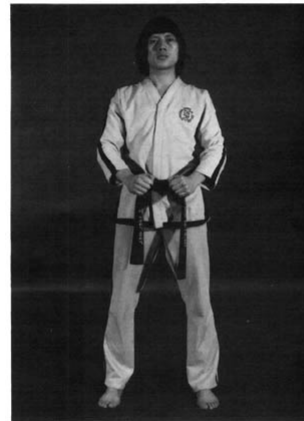
111



NOTE: This diagram is reversed in order to help the student to understand and perform from a clearer angle.

112

Parallel ready stance toward D.



113

1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.



Sitting stance with the left fist extended toward D.



Ready Posture



Application

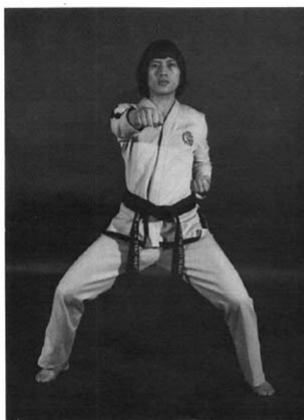


Side View

114

115

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



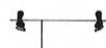
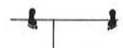
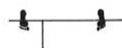
Sitting stance middle punch toward D.



Previous Posture



Raise the body slightly



Side View

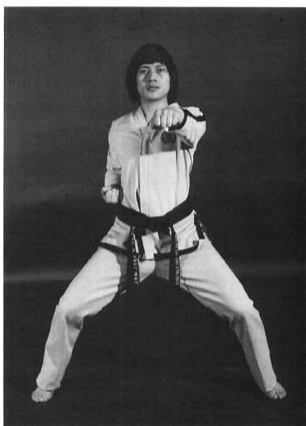


Application

116

117

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.



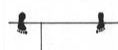
Sitting stance middle punch with the left fist toward D.

118

Previous Posture



Raise the body slightly



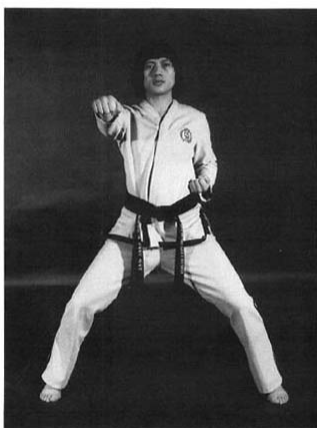
Side View



Application

119

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.



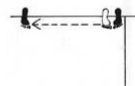
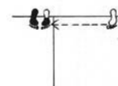
Sitting stance with the right fist extended toward D.



Previous Posture



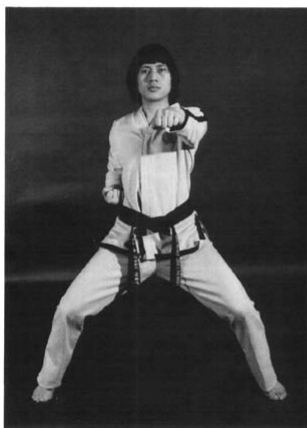
Keep the left heel slightly off the ground



120

121

5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



Sitting stance middle punch with the left fist toward D.

122

Previous Posture



Raise the body slightly



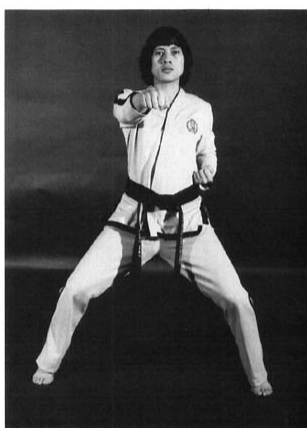
Side View



Application

123

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.



Sitting stance middle punch with the right fist toward D.

124

Previous Posture



Raise the body slightly



Side View



Application

125

7. Move the right foot to AD, forming a right walking stance toward AD while executing a high side block to AD with the right inner forearm.



Right walking stance right inner forearm high side block toward AD.



126

8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.



Low front snap kick to AD with the left foot.



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Previous Posture



Keep forearms crossed in front of the chest with both back fists facing upward, placing the right arm under the other.



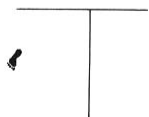
Keep the right back forearm full facing the opponent.

Application



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Previous Posture



Application



Side View

Other View



129

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.



Left walking stance middle punch with the left fist toward AD.

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Previous Posture



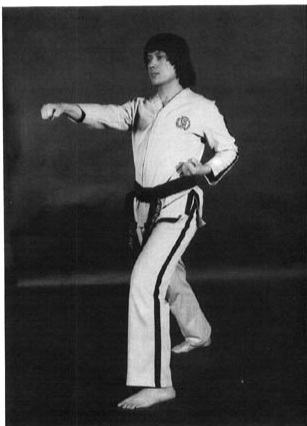
Application



Side View

131

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.



Left walking stance middle punch with the right fist toward AD.

132

Previous Posture



Keep the right heel slightly off the ground.

Application



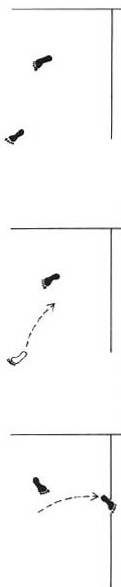
Side View

133

11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a high side block to BD with the left inner forearm.



Right walking stance middle punch with the right fist toward BD.



Previous Posture



Application



Side View

134

135

12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.



Low front snap kick to BD with the right foot.



Previous Posture



Application



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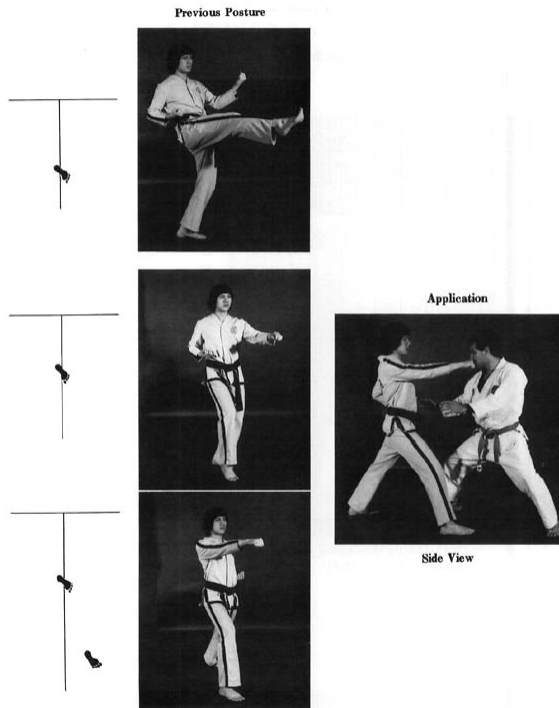
137

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.



Right walking stance middle punch with the right fist toward BD.

138



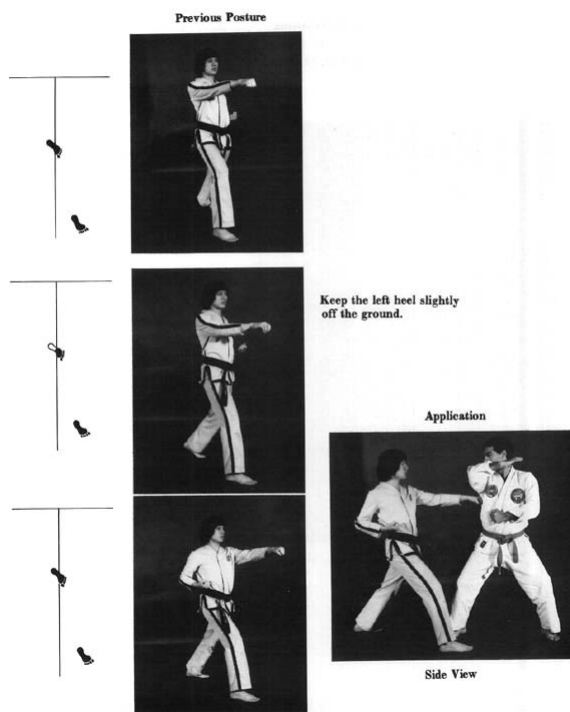
139

14. Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.



Right walking stance middle punch with the left fist toward BD.

140



141

15. Execute a high hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance high hooking block with a right palm toward D.



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Previous Posture



Application



Side View

Application



Front View

Keep the body half facing the opponent.

143

16. Execute a high hooking block to D with the left palm while maintaining a right walking stance toward D.



Right walking stance high hooking block with the left palm toward D



Previous Posture



Application

Blocking



Pulling



Keep the body half facing the opponent.

145

144

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



Right walking stance middle punch with the right fist toward D.

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Previous Posture



Keep the left heel slightly off the ground.



147

18. Move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.



Left walking stance high hooking block with a left palm toward D.

148



Previous Posture



Application



Side View



Top View

Keep the body half facing the opponent.

149

19. Execute a high hooking block to D with the right palm while maintaining a left walking stance.



Left walking stance high hooking block with the right palm toward D.

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Previous Posture



Application

Grabbing



Keep the right heel slightly off the ground.

Pulling

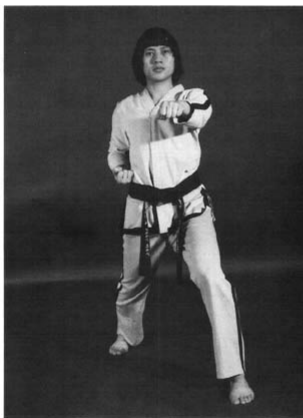


Reverse hooking kick



151

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 continuous motion.



Left walking stance middle punch with the left fist toward D.

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Previous Posture



Keep the right heel slightly off the ground.

Application



Side View

153

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.



Right walking stance middle punch toward D.



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Previous Posture



Application



Side View

155

22. Turn the face toward D, forming a right bending ready stance A toward D.



Right bending ready stance A toward D.



Previous Posture



Side View



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157

23. Execute a middle side piercing kick to D with the left foot.



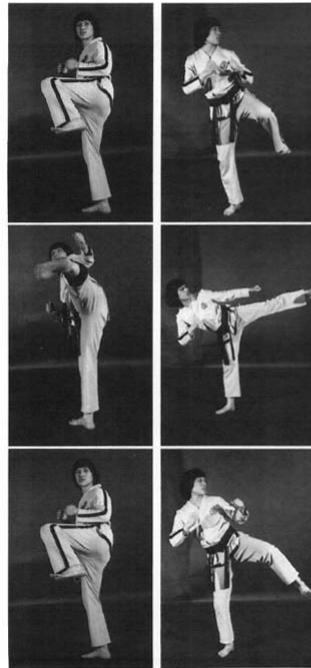
Middle side piercing kick to D with the left foot.

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Previous Posture



Side View



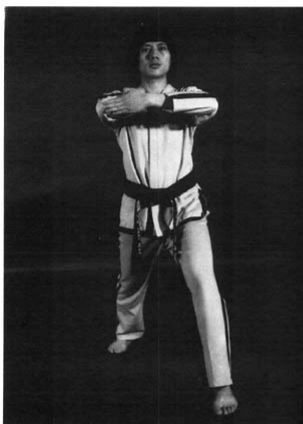
Application



Side View

159

24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



Left walking stance right front elbow strike toward D.

160

Previous Posture



Application



Top View

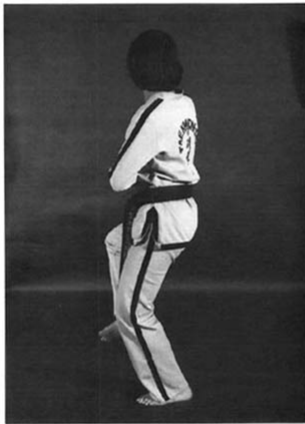


Side View

Keep the body full facing the opponent.

161

25. Turn the face toward C while forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

162

Previous Posture

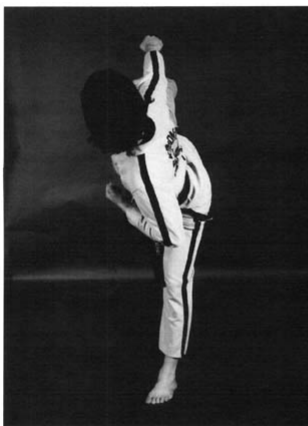


Top View



163

26. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.

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Previous Posture



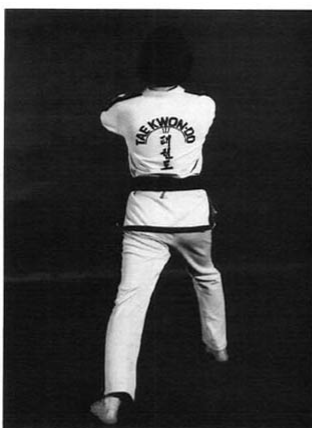
Application



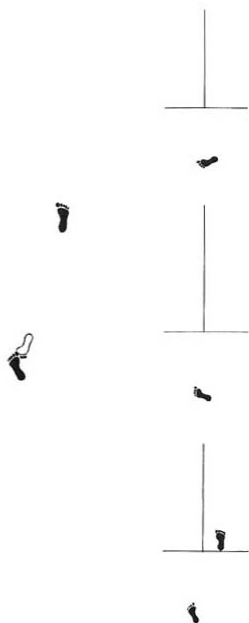
Side View

165

27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.



Right walking stance left front elbow strike toward C.



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Previous Posture



Application



Side View

Top View



Keep the body full facing the opponent.

167

28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block toward E.



Right L-stance twin knife-hand block toward E.



168

Top View



Application



Side View

Previous Posture



Top View



169

29. Move the right foot to E, forming a right walking stance middle thrust toward E while executing a middle thrust to E with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward E.



170

Top View

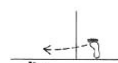


Application



Top View

Previous Posture

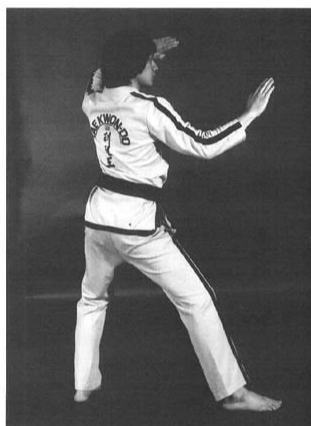


Top View



171

30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.



Left L-stance twin knife-hand block toward F.



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Previous Posture



Application



173

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.

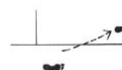


Left walking stance middle thrust with the left straight fingertip toward F.



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Previous Posture

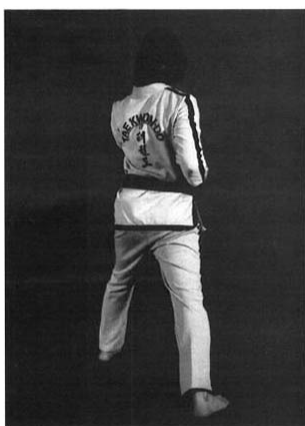


Application

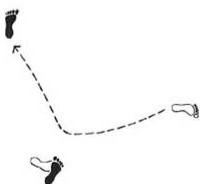


175

32. Move the left foot to C, forming a left walking stance toward C while executing a high side block with the left outer forearm toward C.

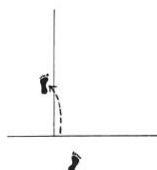
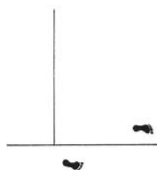


Left walking stance high side block with the left outer forearm toward C.



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Previous Posture



Other View



Keep back forearms crossed in front of the chest, placing the blocking one over the other.

Keep back fist half facing the opponent.

177

Application of No. 32.



Side View



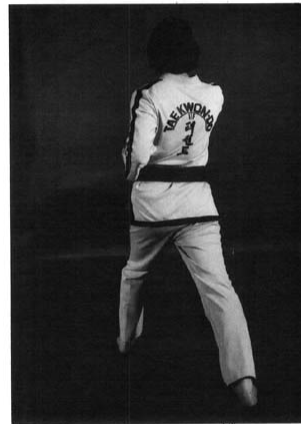
Top View



Other View

178

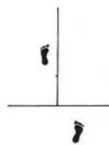
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.



Left walking stance middle punch with the right fist toward C.

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Previous Posture



180

Application



Side View



Keep the right heel slightly off the ground.



181

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.



Right walking stance high side block with the right outer forearm toward C.

182

Previous Posture



Application



Side View



Keep back forearms crossed in front of the chest, placing the striking one under the other.



Side View

Keep the body half facing the opponent.

183

35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



Right walking stance middle punch with the left fist toward C.

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Previous Posture



Application



Side View

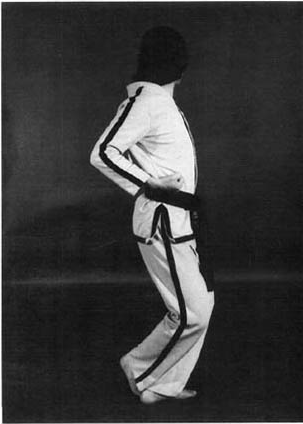


Keep the left heel slightly off the ground.

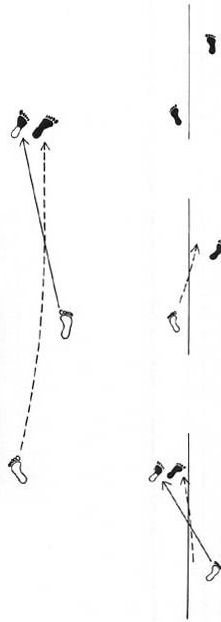


185

36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.



Left X-stance toward B with the left back fist high side strike to C.



186

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.



Right walking stance high block with the right double forearm toward A.



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Previous Posture



Application



Side View



Side View

Keep the forearms crossed in front of the ribcage with both palms faced downward, placing the striking one under the other.



Keep back fist half facing the opponent.

187

Previous Posture



Application

* The body always becomes half facing the opponent.



189

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 side block to B with the left double forearm.

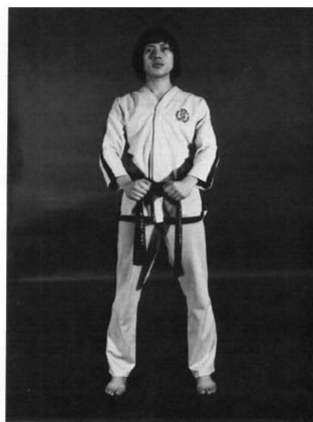


Left walking stance high side block with the left double forearm toward B.



190

END. Bring the left foot back to a ready posture.



Parallel ready stance toward D.



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Previous Posture



Keep the right heel slightly off the ground.



Top View



Application

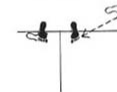


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Previous Posture



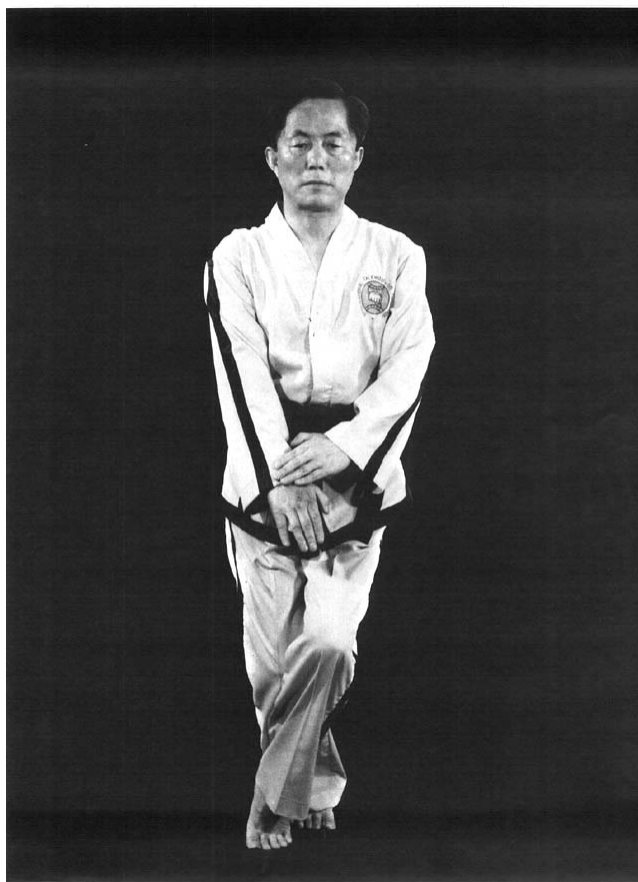
Back View



Side View



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