

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

**Movements – 38**

**Ready Posture – PARALLEL READY STANCE facing South (toward D)**

1. Move the left foot to the left forming a *full-facing sitting stance* while extending the left fist to the South horizontally in line with the shoulder.

- Official ITF instructions: “1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.

- From the encyclopedia, volume 2, page 148: “*Sitting Stance (Annun Sogi)*

*One of the advantages of this stance is to shift into walking stance without relocating the foot. 1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes. 2. Point the toes to the front and distribute the body weight evenly on both legs. 3. Extend the knees outward, bending until the knee caps come over the ball of the foot...*”



*For an adult, Sitting Stance is about 30 inches wide from toe-to-toe*

*When describing incorrect ways to perform this stance: “Double width of the shoulders weakens the stance and speedy movement is hampered.”*

- FGMR (March 24, 2014) “*When performing movements 1 and 4 of Yul Gok tul, they are indeed a measure of proximity, but should be performed at normal speed, it is not a slow motion technique.*”

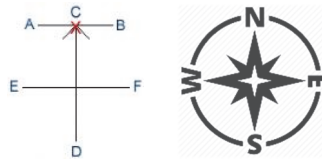
2. Execute a *full-facing middle punch* with the right fist while maintaining the **sitting stance**.

- Official ITF instructions: “2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.”
- Make sure to use the knees to produce a sine wave when executing the punch

3. Execute a *full-facing middle punch* with the left fist while maintaining the **sitting stance**. *Perform 2 and 3 in a fast motion.*

- Official ITF instructions: “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.”
- Fast Motion links two techniques such that they are both are performed faster than normal speed and the time between the techniques is eliminated. Each technique will have its own breath. There is no pause (or a very short pause) between techniques and sine waves of the two techniques are merged so that the final drop of the first sine wave is the first drop of the second sine wave. The resulting, combined sine wave will be down-up-down-up-down. It is said that the send technique has a 2/3 sine wave

- After executing the punch with the left fist, leave the arm extended



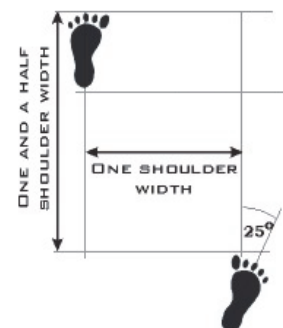
4. Bring the left foot to the right foot and then move the right foot to the right to form a *full-facing sitting stance* while extending the right fist to the South horizontally in line with the shoulder.
  - Official ITF instructions: “4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.”
5. Execute a *full-facing middle punch* with the left fist while maintaining the **sitting stance**.
6. Execute a *full-facing middle punch* with the right fist while maintaining a **sitting stance**. *Perform 5 and 6 in a fast motion.*
7. Move the right foot forward to form a **right walking stance** toward the South-West while executing a *half-facing middle side block* with the right inner forearm.

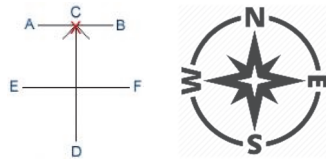
- Official ITF instructions: “7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.”
- “toward the South-West” means that you are to turn at a 45 degree angle clockwise (to your right)
- With a middle side block using the inner forearm, the chamber has the wrist facing down and the fist finishes with the wrist up and at shoulder height



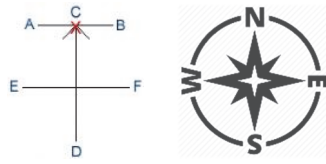
*For an adult, a Walking Stance is about 30 inches long from toe-to-toe and about 20 inches wide*

8. Execute a *full-facing low front snap kick* with the left foot keeping the position of the hands as they were in 7.
  - From the encyclopedia, p.261: "Front Snap Kick (Apha Busigi)  
*This technique is designed to attack the opponent from the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned... The knee of the kicking leg must be brought sharply toward the chest prior to kicking... The attacking tool must reach the target in a straight line... The Kicking foot must be withdrawn immediately... ”*
  - Officially, a low snap kick should target the belt level although this kick often appears to target the groin
  - After the kick, do not place the foot down because that is part of the next instruction
9. Lower the left foot to form a **left walking stance** toward the South-West while executing a *full-facing middle punch* with the left fist.

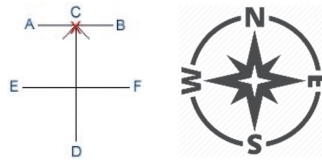




10. Without stepping, execute a *full-facing middle punch* with the right fist while maintaining the **left walking stance**. *Perform 9 and 10 in a fast motion.*
11. Move the left foot to form a **left walking stance** toward the South-East at the same time executing a *half-facing middle side block* with the left inner forearm.
  - Official ITF instructions: "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"
  - "toward the South-East" means that you are to turn at a 90 degree angle counter-clockwise (to your left) so that you finish at a 45 degree angle to the left of the center line
12. Execute a *full-facing low front snap kick* with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to form a **right walking stance** toward the South-East while executing a *full-facing middle punch* with the right fist.
14. Execute a *full-facing middle punch* with the left fist while maintaining the **right walking stance**. *Perform 13 and 14 in a fast motion.*
15. By pivoting with the left foot, execute a *half-facing middle hooking block* to the South with the right palm while forming a **right walking stance** toward the South.
  - Older versions of the encyclopedia had Movements 15-16, 18-19 hooking block to be executed as high hook blocks rather than middle hooking blocks.
  - Being "reverse half-facing" in a walking stance, our upper body is turned towards our leading leg so that the block finishes in line with our lead shoulder
  - On the down portion of the sine wave, make a "clean cross" with the wrists; as you rise, execute the hooking block
  - The hooking block will require an "arc" so that the thumb is almost aligned with the forearm
  - A hooking block with the palm must reach the target in an arc so the palm can be placed on the opponent's back forearm or outer tibia in preparation for a grab
16. Without stepping, execute a reverse *half-facing middle hooking block* to the South with the left palm while maintaining a **right walking stance** toward the South.
17. Execute a *full-facing middle punch* to the South with the right fist while maintaining a **right walking stance** toward the South. *Execute 16 and 17 in a connecting motion.*
  - Connecting Motion is performed like Normal Motion but with the following exceptions: There is no pause between techniques, there is only one breath control and one sine wave motion. .The single breath emphasizes the end of the second movement. One reason for using this kind of motion is to use the first technique to 'set up' the opponent for an immediate attack.
18. Move the left foot forward to form a left walking stance toward *South* while executing a *half-facing middle hooking block* with the left palm.



19. Without stepping, execute a reverse *half-facing middle hooking block* with the right palm while maintaining the **left walking stance**.
20. Without stepping, a *full-facing middle punch* to the South with the left fist while maintaining the **left walking stance**. *Execute 19 and 20 in a connecting motion.*
21. Move the right foot forward to form a **right walking stance** toward South at the same time executing a *full-facing middle punch* with the right fist.
22. Move the left foot up into a **right bending ready stance A** toward South while executing a *half-facing middle left forearm guarding block* to the side front.
  - Bending ready stance is classified into two types: A and B. Bending ready stance A is performed by using a bending stance where the sole of the foot is brought to the knee of the standing leg, which is slightly bent. The hands are forming an outer forearm guarding block
  - To chamber, bring both hands behind your right ear as you shift almost all your weight onto the right leg while you bring your left foot next to your right foot; the sine wave does not start until the feet have been brought together
  - To execute, drop into the stance while rising your guarding foot and snapping the arms forward
  - When finished, the lead hand will be at shoulder height
23. Execute a **middle side piercing kick** to South with the left foot.
  - When kicking, the hips should stay over the supporting leg and the shoulders, hips, and the kicking foot should be in line
  - Since this is a middle kick, the target should be about the same height as the attacker's shoulder at the moment of impact
  - After the moment of impact with the kick, do not lower foot but, instead, simply retract the leg since the next movement instructs us to lower the leg
24. Lower the left foot to the South to form a **left walking stance** toward *South* while executing a *full-facing right front elbow strike*, striking the right elbow with the left palm on the right (shoulder line). **Ki-Hap**
  - The left palm has to move to the correct position and remain stationary before the elbow strikes it; it is the elbow that strikes the palm rather than the palm striking the elbow or some combination of both
  - Since you are to strike the palm, your fingers should be seen to extend further than the elbow
25. Move the right foot up into a **left bending ready stance A** toward North while executing a *half-facing middle right forearm guarding block* to the side front.
26. Execute a *Side-Facing middle side piercing kick* to North with the right foot.
27. Lower the right foot to the North to form a **right walking stance** toward *North* while executing a *full-facing left front elbow strike*, striking the left elbow with the right palm (left shoulder line). **Ki-Hap**



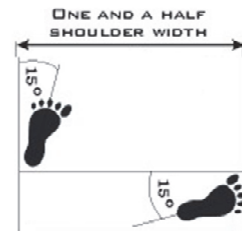
28. Move the left foot to form a **right L-stance** toward West while executing a *half-facing twin knife-hand block*.

- The L-Stance is one and a half shoulder widths in length from the toes of the front foot to the foot sword of the rear foot, forming almost a right angle, or 'L'; Feet are pointed 15 degrees inwards placing the front heel beyond the heel of the rear foot by approximately 1 inch. The rear leg is bent until the knee cap forms a vertical line with the toes and the front leg is bent proportionally; The body weight is distributed with 70% on the back leg and 30% on the front and is half-facing
- The hand are kept in loose fists during the chambering of the twin knife-hand block and form knife-hands at the last moment before striking



29. Move the right foot forward to form a **right walking stance** toward West while executing a *full-facing middle thrust* to West with the right straight finger tip.

30. Pivot on your left foot to turn 180 degrees clockwise and move the right foot to the East to form a **left L-stance** to the East while executing a *half-facing twin knife-hand block*.



31. Move the left foot forward to East to form a **left walking stance** to East while executing a *full-facing middle thrust* with the left straight finger tip.

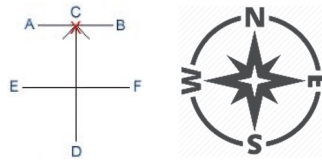
- From the encyclopedia, p.150: "Thrusting Techniques (Tulgi)  
*Fingertip: This is executed almost in the same manner as that of the forefist except that the attacking tool does not have to be drawn from the hip.*"

32. Move the left foot to form a **left walking stance** toward North while executing a *half-facing high side block* to North with the left outer forearm.

33. Without stepping, execute a **middle punch** to North with the right fist while maintaining *the left walking stance*.

34. Move the right foot forward to form a **right walking stance** toward North while executing a *half-facing high side block* with the right outer forearm.

35. Execute a *full-facing middle punch* to North with the left fist while maintaining the **right walking stance**.



36. Jump North to forming a **left X-stance** toward North-East while executing a **high side strike** to North with the left back fist. **Ki-Hap**

- Official TIF instructions: “36. Jump to the Back (North), forming a left X-stance toward the Back while executing a high side strike to the Back with the left back fist.
- The strike is delivered as the feet land due to utilization of the hip movement
- FGMR (November 30th 2012): *“In this particular situation we are not performing a stepping technique in which we aim to finish everything simultaneously. In a jumping, flying or leaping situation the stance is not the main priority. The main priority of this leaping movement is delivering the back fist to the correct target and at the correct angle. Remember that we are performing a self-defense art movement, therefore if you see a target, your priority is to hit it. So I recommend striking either just before the first foot lands or as it lands. I would also like to point out that when you land it should be done lightly without a stamping or thudding sound, to ensure that your power is focused on the back fist strike and not onto the floor, which is what happens if you land heavily.”*
- FGMR (March 1, 2013) *“X stance (Kyocha sogi) can be used when stepping or jumping and when performing offensive or defensive techniques. Depending on what you are doing, X stance will be performed differently. If the practitioner is stepping as normal, the foot which is moving to form the X stance will be placed in front, with the majority of the body weight resting on the rear foot of the X stance. This enables the practitioner to maintain good balance when transitioning to the next technique, for example Po Eun tul. If X stance is used when jumping, the back or following leg is placed at the rear of the X stance to support the front leg, with the majority of the body weight resting on the front foot, for example Yul Gok tul.”*
- An X-stance in Yul Gok is executed with 90 percent of the body weight on the stationary foot and the other foot crossed behind the stationary foot with the only the ball of the other foot touching the ground. When the weight is rested on the right stationary foot, the stance is called a right X-stance. When the weight is rested on the left stationary foot, the stance is called a left X-stance.

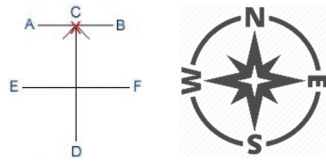
37. Move the right foot to form a **right walking stance** toward West at the same time executing a *half-facing* **high block** to West with the right double forearm.

- From the encyclopedia, p. 211: *“Double Forearm Block (Doo Palmok Makgi) Always be sure to keep the body half-facing the target, bringing the second knuckle of the little finger to the elbow at the moment of the block.”*
- A double forearm block is one of the strongest forms of blocking. The advantage of this technique is the ability to quickly shift one forearm into another block while still blocking with the other. Be sure to keep the body half facing the target and bring the second knuckle of the little finger to the elbow of the opposite arm at the moment of the block.

38. Bring the right foot to the left foot and then move the left foot to East forming a **left walking stance** toward East while executing a *half-facing* **high block** to East with the left double forearm.

**END:** Bring the left foot back to **PARALLEL READY STANCE** toward South.

## Yul-Gok



### References:

**Taekwon-Do (The Korean Art of Self Defense), 5<sup>th</sup> edition, a.k.a. *The ITF Encyclopedia***  
by General Choi Hong Hi, ©1999, ©2004

#### **International Taekwondo Federation website**

<http://www.itf-administration.com/technical/default.asp?arturn=838>

#### **The Encyclopedia of Taekwon-Do Patterns, Volume 1**

by Stuart Anslow

#### **Official TIF Instructions**

<http://www.sjkim-tkd.com/yol-gok.html>