

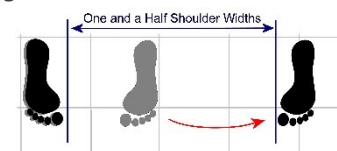
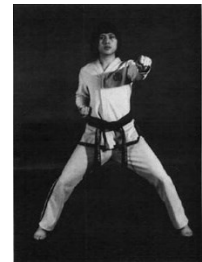
YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584), nicknamed the “Confucius of Korea” The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents “scholar

Movements: 38

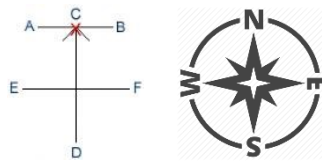
Ready Posture: *Parallel Ready Stance* (Narani Junbi Sogi) facing **South** (toward D)

1. Move the left foot to the side, 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...” When describing incorrect ways to perform this stance: “Double width of the shoulders weakens the stance and speedy movement is hampered.”

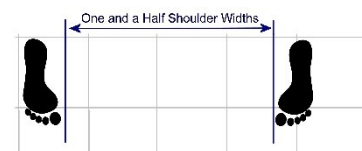
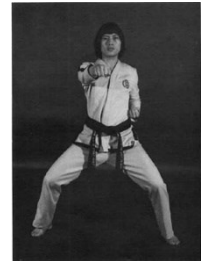


- FGMR (March 24, 2014) “When performing movements 1 and 4 of Yul Gok tul, they are indeed a measure of proximity, but should be performed at normal speed, it is not a slow-motion technique.”
- The foot moves out in a slight arc rather than straight out to the side into a sitting stance. Also, show a slight sine wave with the movement of the foot.
- This is not a punch or a block, but just an extension of the arm so there is no need to generate power; there is no need to move the arm in any sort of arcing motion or cross the wrists in a chamber. Simply raise the arm in the simplest way possible while breathing out.
- As with all hand techniques, both hands should finish at the same time. Since the reaction hand has a relative shorter distance to travel, extend the reaction hand before bringing it to the hip.



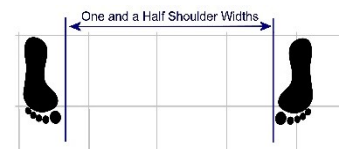
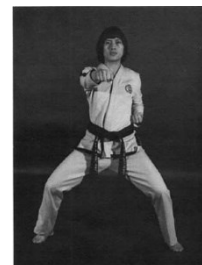
2. Execute a *full-facing middle punch* with the *right fist* while maintaining the *Sitting Stance*.
Perform 2 and 3 in a fast motion.

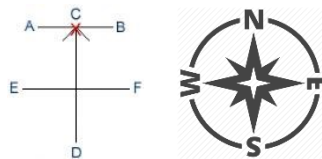
- Official ITF instructions: "2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D."
- Make sure to use the knees to produce a sine wave when executing the punch. When rising up, do not lift the heels off of the ground.
- Although the previous movement had us extend our arm in line with the shoulder, this middle punch is to the center line.
- Some common mistakes include finishing with the reaction hand not far-enough back and the elbow of the reaction arm not tucked closed to the body.
- Fast Motion links two techniques such that they are both are performed faster than normal speed, the time between the techniques is nearly eliminated, and each technique will have its own breath. The 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. The actual punches need not be performed much faster than normal; it is the elimination of the initial downward motion of the second punch which makes the two punches appear faster.
- Although this and the next punch are in fast motion, make sure that each demonstrates a distinct finish since this is not connected or continuous motion.



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

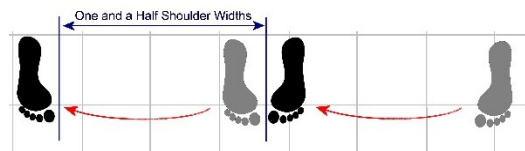
- Official ITF instructions: "3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion."
- The middle punch is directed to the center line.
- After executing the punch with the left fist, leave the arm extended.





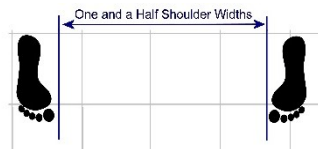
4. Bring the left foot to the right foot and then move the right foot to the right forming a **full-facing Sitting Stance** while extending the **right fist** to the **South** horizontally in line with the shoulder.

- 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."
- Do not start extending your right arm until you start moving your right foot; both the arm and the foot should stop moving at the same time.
- When moving your feet, they travel in a slight curve rather than a straight line (as in #1); also, show a slight sine wave with each foot's movement.



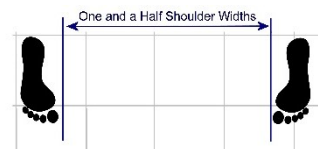
5. Execute a **full-facing middle punch** with the **left fist** while maintaining the **Sitting Stance**.

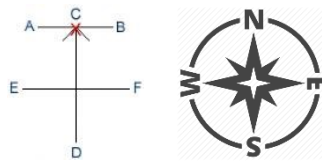
- Official ITF instructions: "5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D."



6. Execute a **full-facing middle punch** with the right fist while maintaining the **Sitting Stance**. **Perform 5 and 6 in a fast motion.**

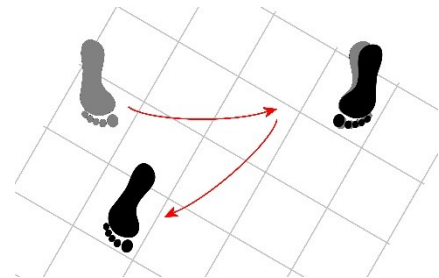
- Official ITF instructions: "6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in fast motion."





7. Move the right foot forward toward the **South-West** forming a **right walking stance** while executing a **half-facing middle side block** with the **right inner forearm**.

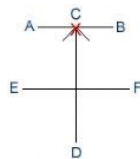
- Official ITF instructions: "7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm."
- "toward the South-West" means that you are to turn approximately 45-degrees clockwise (to your right).
- Start the movement by bringing your right foot in towards your left while balancing on your rear leg and turning the left foot 45-degrees inward.
- With a middle side block using the inner forearm, the chamber has the wrist facing down under the reaction arm at shoulder-level and the fist finishes with the wrist up and at shoulder height. If you chamber too high, the fist will travel in a downward arc rather than horizontally.
- Make sure to keep the wrist straight so it is aligned with the forearm.
- See: [Yul-gok Step 7 & 8 - The Korean Occupation \(joongdokwan.com\)](http://www.joongdokwan.com/2014/03/yul-gok-step-7-8-korean-occupation.html)
<http://www.joongdokwan.com/2014/03/yul-gok-step-7-8-korean-occupation.html>



8. Execute a **full-facing low front snap kick** with the **left foot** keeping the position of the hands as they were in 7.

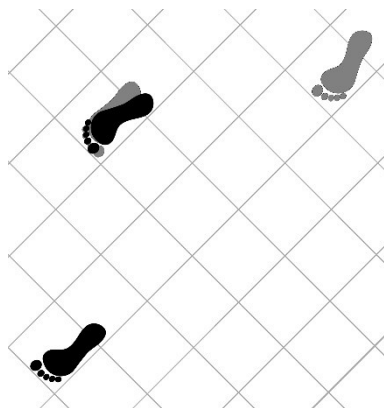
- Official ITF instructions: "8. Execute a low front map kick to AD with the left foot, keeping the position of the hands as they were in 7."
- From the condensed encyclopedia, p.261: Front Snap Kick (Apcha Busigi)
"This technique is designed to attack the opponent from the front. The face, solar plexus, 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.
- To provide extra power to the kick, push off the ground with the kicking legs and make sure to demonstrate a hip-twist to change of facing from half-facing to full-facing.
- 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**. **Perform 9 and 10 in a fast motion.**

- Official ITF instructions: "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."
- Make sure to finish this punch before starting the next punch. A common mistake is to leave heel of the rear foot off the ground when starting the next punch.



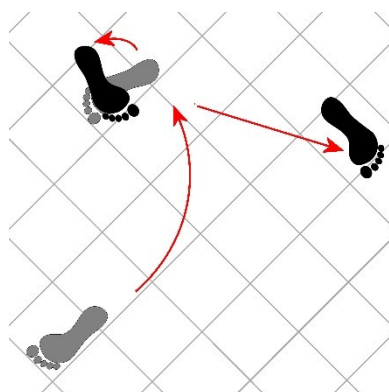
10. Without stepping, execute a **full-facing middle punch** with the **right fist** while maintaining the **left walking stance**. **Perform 9 and 10 in a fast motion.**

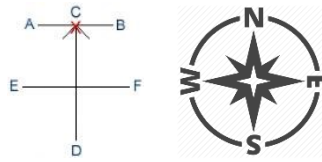
- Official ITF instructions: "10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in fast motion."



11. Move the left foot toward the South-East forming a **left walking stance** at the same time executing a **half-facing middle side block** with the left inner forearm.

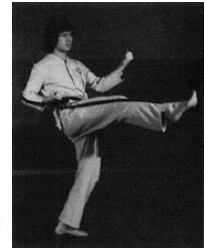
- Official ITF instructions: "11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm."
- "toward the South-East" means that you are to turn at a 90-degree angle counter-clockwise (to your left) so that you finish at a 45-degree angle to the left of the center line.
- Start the movement by bringing your left foot in towards your right while balancing on your rear leg and turning the right foot 45-degrees inward.





12. Execute a *full-facing* **low front snap kick** with the right foot keeping the position of the hands as they were in 11.

- Official ITF instructions: "12. Execute a low front map kick to BD with the right foot, keeping the position of the hands as they were in 11."



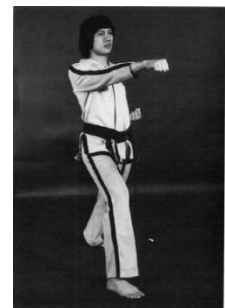
13. Lower the right foot to form a **right walking stance** toward the South-East while executing a *full-facing* **middle punch** with the right fist. *Perform 13 and 14 in a fast motion.*

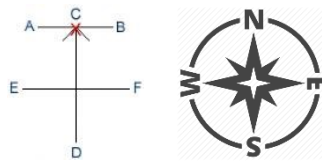
- Official ITF instructions: "13. Lower the right fool to BD, forming a right walking stance toward BD, while executing a middle punch to BD with right foot."



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.*

- Official ITF instructions: "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."

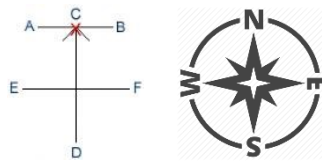




15. By pivoting with the left foot, execute a *half-facing middle hooking block* to the South with the right palm while forming a **right walking stance** toward the South.

- Official ITF instructions: *"15. Execute a middle hooking block with the right palm while forming a right walking stance toward D, pivoting on the left foot."*
- 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.
- Start this movement by pulling back your front leg while shifting your balance to the rear leg; as you deliver the block, pivot on your rear leg as you drop into the walking stance.
- 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 a downward arc so the palm can be placed on the opponent's back forearm or outer tibia in preparation for a grab.
- The hand finishes with the pinky finger in line with the shoulder.
- From Totally Taekwon-do Magazine, Issue 22, pp. 71-72 "The Hooking Block"
"The purpose of the hooking block is not to grab; however, it may precede a grab, which is then known as a grasping block. A hooking block and a grasping block are different, although the latter often follows the former."
- From the Condensed Encyclopedia, p227: **Hooking Block** (Golcho Makgi)
"The blocking tool must reach the target in an arc so it is able to be properly placed on the opponent's back forearm or outer tibia... Keep the elbow bent about 25 degrees outward and the wrist slightly inward at the moment of the block."
- From the Encyclopedia, volume 3, p276: **Grasping Block** (Butjaba Makgi)
"This is usually executed immediately after the hooking block, and the main purpose is to put off balance or throw the opponent by twisting and pulling the attacking hand or foot. Therefore, it is widely used for throwing techniques."
- When chambering the hooking block, cross the wrists at the side of the opposite shoulder at the level of the solar plexus so that each hand moves approximately the same distance.





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**.

Execute 16 and 17 in a connecting motion.

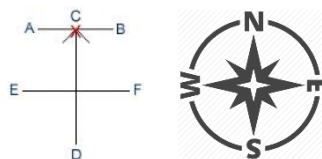
- Official ITF instructions: "16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D"
- Connecting Motion is performed like Normal Motion but with the following exceptions: There is no pause between techniques, there is only one breath control and 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. To the casual observer, the second hooking block and punch will be seen as one long technique.
- A common mistake is not to demonstrate the initial downward portion of the sine wave.
- You should be full-facing during the chamber of this technique and turn into reverse half facing during the execution.
- 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.
- You should be at the height of the sine wave when this block impacts the opponent and immediately fire the next punch as you descend into the final portion of the sine wave.



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.*

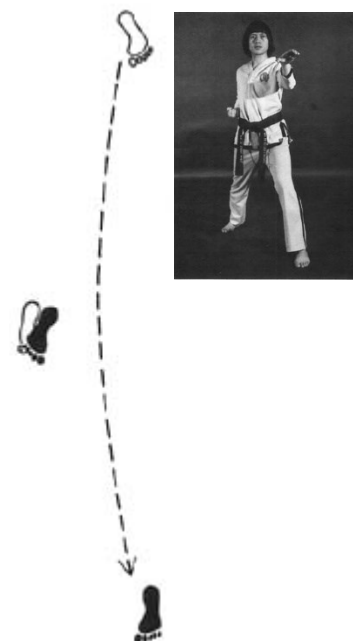
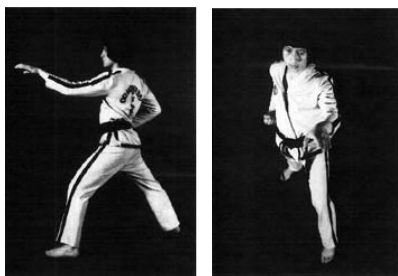
- Official ITF instructions: "17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D."
- Breathe in during the chamber of the first technique and exhale continuously throughout the two techniques.
- Don't over-rotate the waist or shoulders as this punch finishes full-facing.





18. Move the left foot forward forming a **left walking stance** toward **South** while executing a **half-facing middle hooking block** with the **left palm**.

- Official ITF instructions: "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. Without stepping, execute a reverse **half-facing middle hooking block** with the **right palm** while maintaining the **left walking stance**.

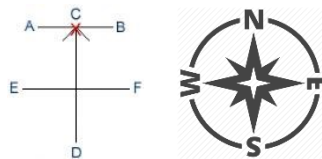
- Official ITF instructions: "19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance."



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.**

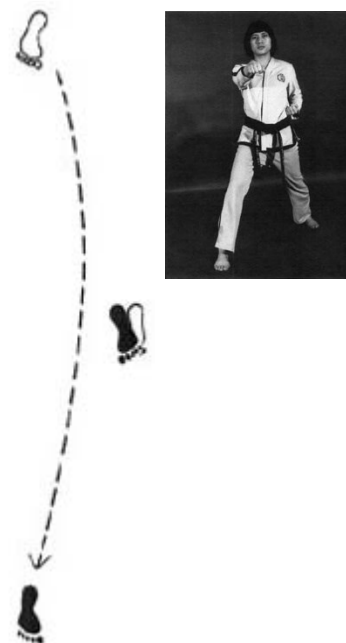
- Official ITF instructions: "20. Execute a middle punch with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous motion."





21. Move the right foot forward forming a **right walking stance** toward **South** at the same time executing a **full-facing middle punch** with the **right fist**.

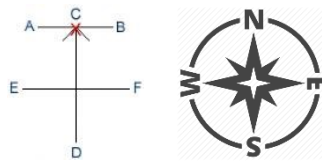
- Official ITF instructions: "21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist."



22. 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.

- Official ITF instructions: "22. Turn to face toward D, forming a right bending ready stance A toward D."
- 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, drop into the sine wave as you turn the right foot into its final position. As you shift almost all your weight onto the right leg and bring your left foot next to your right foot, position your body half-facing while bring both hands up to head-level at a 45-degree angle back as you reach the top of the top sine wave.
- To execute, drop into the stance while rising your guarding foot and snapping the arms forward.
- A common mistake is to starting raising the leg before completing the turn,
- When finished, the lead hand will be at shoulder height.





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

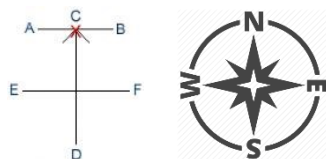
- Official ITF instructions: "23. Execute a middle side piercing kick to D with the left foot."
- When kicking, the hips should stay over the supporting leg and the shoulders, hips, and the kicking foot should be in line.
- Since this is a middle kick, the target should be about the same height as the 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; as you retract the leg, turn body to be half-facing to prep for the net movement.
- It is common for people to struggle with their balance during the retraction of the leg; to help keep balance, pivot on the balls of your stationary foot to return the foot to the same angle used in the bending ready stance.



24. Lower the left foot to the **South** forming a **left walking stance** toward **South** while executing a **full-facing elbow strike**, striking the left palm with the **right front elbow**.

- Official ITF instructions: "24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow."
- When retracting the leg from the side kick, you should turn from side-facing to half-facing by pivoting on the balls of you supporting foot. Make sure to demonstrate that you have proper balance following the retract before executing the front elbow strike.
- Use the change from half-facing to full-facing along with a hip twist to generate power.
- The elbow should impact the palm directly in front of the right shoulder rather than the center or chest lines.
- 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; they do not "curl" around your 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.

- Official ITF instructions: "25. Turn to face toward C while forming a left bending ready stance A toward C."
- As you drop into the beginning of the sine wave, shift your body weight onto the left leg as you turn clockwise to be half-facing to the North and draw your right leg to your left.



26. Execute a **side-facing middle side piercing kick** to **North** with the **right foot**.

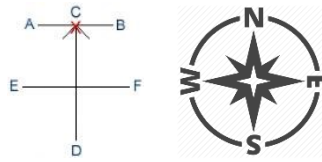
- Official ITF instructions: "26. Execute a middle side piercing kick to C with the right foot."



27. Lower the right foot to the **North** forming a **right walking stance** toward **North** while executing a **full-facing elbow strike**, striking the right palm with the **left front elbow**.

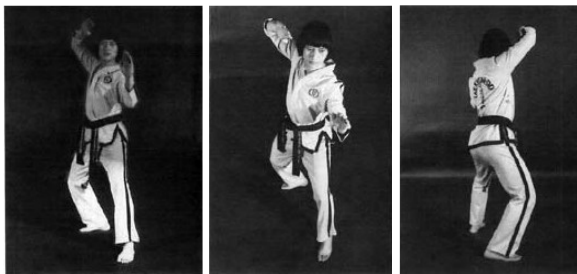
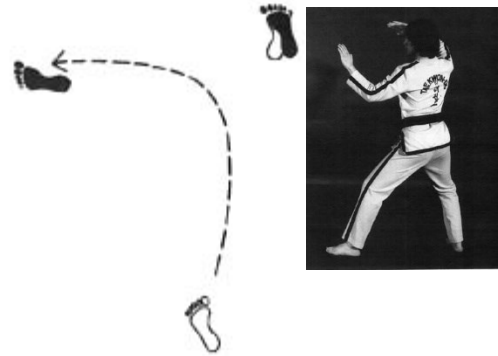
- Official ITF instructions: "27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow."

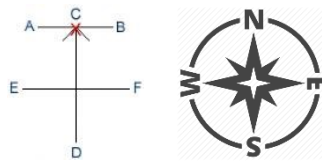




28. Move the left foot toward **West** forming a **right L-stance** while executing a **half-facing twin knife-hand block**.

- Official ITF instructions: "28. Move the left foot to E, forming a right L-stance toward E while executing a twin-knife-hand block."
- The hands are kept in loose fists during the chambering of the twin knife-hand block and form knife-hands at the last moment before striking.
- When blocking from a right L-stance, chamber by bringing the left arm inside the right.
- When finished, the rear knife hand will be aligned with the center of the head and the side blocking knife-hand will be at shoulder height.
- Although this technique is a composite of a side block and a rising block, the side block is the primary technique so has the emphasize on power.



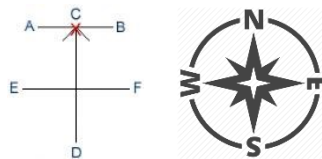


29. Move the right foot forward forming a **right walking stance** toward **West** while executing a **full-facing middle thrust** to **West** with the **right straight fingertip**.

- Official ITF instructions: "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."
- From the encyclopedia, volume 3, p.83: 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."
- From the encyclopedia, volume 3, p.90: Straight Fingertip (Thrust): "Be sure to block the opponent's attacking tool with the palm while executing the thrust as the opponent's reach may be greater than yours."
- To chamber, each arm is to the side with elbows bent and palms upward.

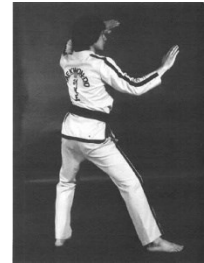


- As you advance forward, stay half-facing until the thrust is executed so that the change of facing generates more power.
- The fingertip hand position requires the tips of the forefinger, middle finger, and ring finger to be aligned. For most people the middle finger is the longest, so it will be bent the most. Also, press each finger tightly against each other; in other words, the index finger and ring finger should put pressure against the middle finger.
- The palm-below-the elbow execution of the straight fingertip thrust is the formal way it is performed. This is not meant as a support for the arm. Rather, the palm is employed as a preliminary block. The palm is used to check the opponent's attack, to block down the opponent's attack, or push away the opponent's guard, in order to clear the path for the fingertip thrust.



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

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



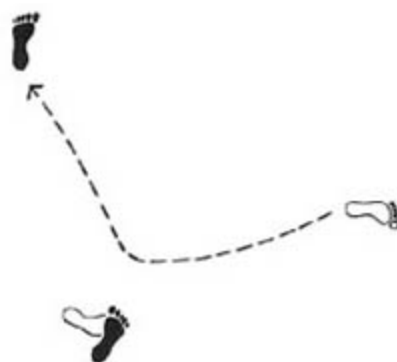
31. Move the left foot forward to **East** forming a **left walking stance** to **East** while executing a **full-facing middle thrust** with the **left straight fingertip**.

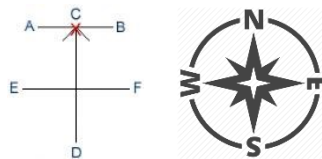
- Official ITF instructions: "31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip."



32. Retract the left foot almost to the right and then move the left foot toward **North** forming a **left walking stance** while executing a **half-facing high side block** to **North** with the **left outer forearm**.

- Official ITF instructions: "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."
- When starting this movement, pivot partially on the rear foot as you shift your balance to the foot; pivot again as you drop into the walking stance.
- The block finishes with the fist at eye-level and in line with the shoulder.





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

- Official ITF instructions: "33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C."
- Make sure to drive the back heel into the ground when punching.
- Use the change of facing, from half-facing to full-facing, to provide extra power to the punch.



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

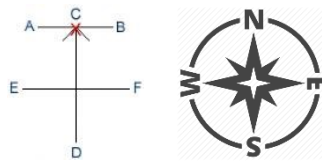
- Official ITF instructions: "34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm."



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

- Official ITF instructions: "35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C."

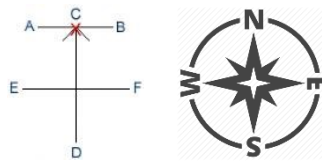




36. Jump **North** to forming a **left X-stance** toward **North-East** while executing a **high side strike** to **North** with the **left back fist**.

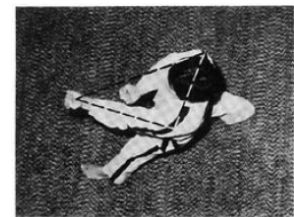
- Official TIF instructions: "36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist."
- The distance to jump should be approximately one foot longer than the length of a walking stance.
- To chamber, the wrists cross at the level of your solar plexus with both palms faced downward, placing the striking hand under the other.
- The strike is makes contact with the target as the rear foot lands.
- 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.
- The strike finishes with the fist at eye height and aligned with your centerline.
- At the 1990 course, General Choi said of the X-Stance: "It is to BC, Book wrong ."
- See: <http://www.joongdokwan.com/2014/05/yulgok-backfist-cross-stance.html>





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**.

- Official ITF instructions: "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."
- From the encyclopedia, Volume 3, p. 224:
Double Forearm Block (Doo Palmok Makgi):
"The advantage of this technique is the ability to quickly shift one forearm block into another while still blocking with the other... 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."
- One of the reasons why this block is "one of the strongest forms of blocking" is its ability to intercept the attack while maintaining a loaded amount of forward force; since the lead hand aligns with your centerline rather than a shoulder line, there is more forward force than perpendicular force, contrary to a normal outward block where the perpendicular force outweighs the forward force. In other words, all our energy is being thrown in one direction and there is no reaction hand to balance the force
- Before moving the right foot forward to form the walking stance, pivot on both feet to turn West; this pivot will "un-cross" the legs and orient you into a half-facing direction.
- 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.

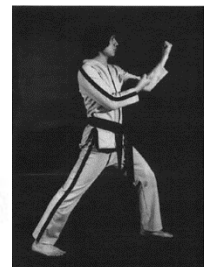


The blocking tool forms a triangle with the shoulders.

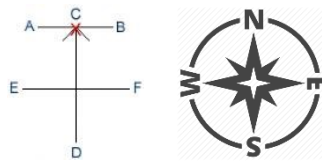


38. Bring the right foot to the left foot and then move the left foot to **East** forming a **left walking stance** toward **East** while executing a **half-facing high block** to **East** with the **left double forearm**.

- Official ITF instructions: "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."
- When you bring your feet together, pivot slightly and stay on the balls of your feet; when you change which leg moves, pivot again to deliver power as you drop into the stance and drive the rear foot into the ground.



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

**Notes:****The Footwork in the Bending Ready Stance, Side Piercing kick, Elbow Strike sequences**

In movements 22, 23, and 24, you are to execute a bending ready stance followed by a middle side piercing kick and then an elbow strike. The sequence starts with you having delivered an obverse punch in a right walking stance. You bring your left leg forward to about one shoulder width in front of you, turning to half facing before raising that foot and drop into the bending ready stance. Next, you do a middle side piercing kick (with an optional punch) and then, with a full sine wave, turn into a walking stance to deliver a right elbow strike. The right foot must pivot three times in this sequence. When you are in bending ready stance, your foot is pointing to the side. The foot pivots to point towards the rear when executing the side kick and then pivots yet again to turn into walking stance. This last pivot helps generate power for the front elbow strike. This is different than in Won-Hyo where you do a bending ready stance followed by a side kick but land in L-stance so there is no need to pivot the right foot as much.

Movements 25, 26, and 27 repeat the sequence in the opposite direction. Unlike with movement 22, there is no need to step forward with the rear leg. Instead, you just pivot on the front leg and drag the right foot in to about a shoulder width distance before dropping into the bending ready stance.

From: <http://www.joongdokwan.com/2009/05/yul-guk-overview-of-pattern.html>

“Pen name of Yi I, Philosopher and scholar who was nicknamed Confucius of Korea” (http://www.itatkd.com/pattern_yulgok.html).

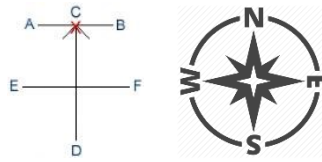
According to Breen, “Yul-Guk and Toi-Gye are two closely related and yet opposite patterns. Both Yi I (Yul-Gok) and Yi Hwang (Toi-Gye) were important figures in Confucian scholarship in 16th century Korea, but the two men were leaders of two opposing schools of philosophical thought. According to Neo-Confucianism, all existence reflects two vital components, i and ki (sometimes written li and ch’i). The first, i, is the formative element. This describes the nature and behaviour of a thing. The second, ki, is the energising element. One cannot exist without the other. The argument between the two schools, therefore, is not to do with the definition or existence of these two components, but rather their relative importance. Yul-Guk believed that ki, the energising element, was the primary and fundamental factor. To this school, i exists only to govern the motion of ki, to give it form and direction. Accordingly, the performance of the pattern Yul-Guk should stress ki over i. Energy takes precedence over form. The physical movement of a technique is only required to provide a channel, a medium, for the power of the technique” (2001 p10).

At one level, you can say that Yul-guk emphasizes strength over form. However, I think that with the recognition that Yul-guk was a scholar, I would say it’s the correct use of strength over form that is important. At another level we can equate strength with effort, intention, or willpower. For the fighter, I think Yul-guk advocates the innovative use of power to dominate an opponent. The fighter should explore such issues of power and understand how to generate perceived or real power.

Similar Yul-guk pattern done by a Korean Oh Do Kwan practitioner. Looks like there's already some evolution that has occurred, but still more or less similar to ours.

Yul-Gok

Updated: February 12, 2023



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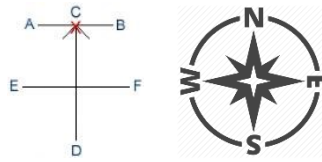
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Yul-Gok, Yi I (율곡, 이이) : See vowel #10, 6 & 13.

13. I or YI (이) : like “ee”. Used in “Yi-I”.

9. U or OO (우) : like “oo” in “moon”.

Used in Sa-Ju, Dan-Gun, Joong-Gun, Choong-Moo & Geo-Buk-Seon.

10. YU or YOO (유) : like “you” in English. Refer to “U”, vowel #9

** Korean family name “Yi” also spells “Lee”, to ease the pronunciation for English speakers.

Yi I , at age 23 went to see “Toi-Gye, Yi Hwang ”, 58 years old well-known profound scholar, to enlarge his knowledge and experience. They spent 2 days together and remained as good friends.