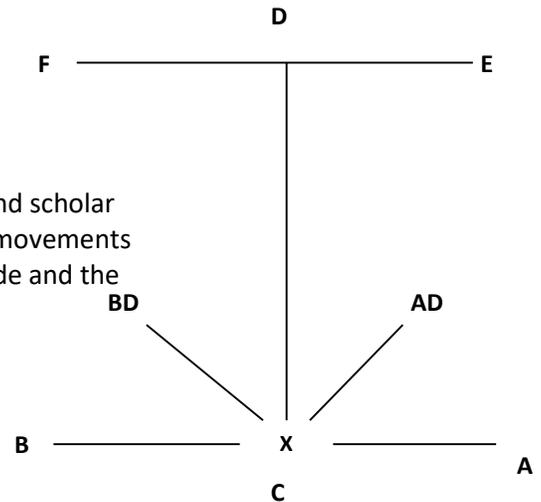




Yul-Guk- 38 Moves- Is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucious of Korea”. The 38 movements of this pattern refer to his birthplace on the 38 degree of latitude and the diagram represents “scholar”.

Practiced by High Green Belts



Start from Chumbi

1. Move the left foot to B, forming a horseback stance towards D while extending the right fist to D horizontally. Execute a slow left hand middle punch.
2. Execute a middle punch with the right fist while maintaining a horseback stance.
3. Execute a middle punch with the left fist while maintaining a horseback stance.
4. Jump to the right with the left hand remaining extended and landing in a horseback stance. Execute a slow right hand middle punch.
5. Execute a middle punch with the left fist while maintaining a horseback stance.
6. Execute a middle punch with the right fist while maintaining a horseback stance (perform 5 and 6 in a fast motion).
7. Move the right foot back to the left, then step out with the right foot and AD, forming a right front stance while executing a right inner forearm block.
8. Execute a back leg snap kick to AD with the left foot, keeping the position of the hands as they were in 7 and lower the left foot to AD to form a left front stance.
9. Execute a left hand middle punch.
10. Execute a right hand middle punch. (perform 9 and 10 in fast motion)
11. Step back with left foot, then move the left foot to BD, forming a left front stance while executing a left inner forearm block.
12. Execute a back leg snap kick to BD with the right foot, keeping the position of the hands as they were in 11. Lower the right foot to BD forming a right front stance.
13. Execute a right hand middle punch.
14. Execute a left hand middle punch. (perform 13 and 14 in a fast motion.)
15. Step back with the right foot, then step out in a right leg forward front stance towards D, execute a slow right hand hooking palm block.
16. Execute a slow left hand hooking palm block.
17. Execute a right hand middle punch.
18. Stepping towards D in a left leg forward front stance, execute a slow left hand hooking palm block.
19. Execute a slow right hand hooking palm block.
20. Execute a left hand middle punch.
21. Stepping towards D in a right leg forward front stance, execute a right hand middle punch.
22. Chamber for a side kick with left leg towards D.
23. Execute a left leg side kick to D and a left hand backfist strike, simultaneously.
24. Lower the left foot towards D in a front stance while striking the left palm with a right elbow strike.
25. Turn towards C and chamber for a right leg side kick
26. Execute a right leg side to C and a right hand backfist strike, simultaneously.

27. Lower the right foot to C in front stance while striking the right palm with a left elbow strike.
28. Step up with the left foot, then move the left foot to E, forming a back stance towards E and execute a twin knife-hand block.
29. Move the right foot to E, forming a right front stance while executing a low right hand spear finger.
30. Move right foot back to left and step out with right foot forming a back stance and execute a twin knife hand block.
31. Move the left foot to F, forming a left front stance while executing a low left hand spear finger.
32. Move the left foot back to right and step out towards C with left foot forming a front stance and execute an outer forearm block.
33. Execute a right hand middle back punch.
34. Move right foot to C, forming a right front stance and execute an outer forearm block.
35. Execute a left hand middle back punch.
36. Jump to C, forming a left X stance towards A while executing a left hand back fist strike to C. (skipping backfist).
37. Move the right foot to A forming a right front stance, execute a middle double forearm guarding block.
38. Move the right foot to left and step towards B in a front stance, execute a middle double forearm guarding block.