

Yul-Gok
Parallel Ready Stance

- 1a. Step left foot into a straddle stance (facing north) while executing a (middle) measured left hand punch.
- 1b. Maintain straddle stance while executing a (middle) right hand punch to the north.
- 1c. Maintain straddle stance while executing a (middle) left hand punch to the north.
- 2a. Step left foot to right foot and step right foot into a straddle stance (facing north) while executing a (middle) measured right hand punch.
- 2b. Maintain straddle stance while executing a (middle) left hand punch to the north.
- 2c. Maintain straddle stance while executing a (middle) right hand punch to the north.
3. Pivot both feet into a right walking stance (facing northeast) while executing a (straight) inner forearm block.
- 4a. Maintain inner forearm block while executing a (high, left leg) front snap kick to the northeast.
- 4b. Set down into a left walking stance (facing northeast) while executing a (middle) straight punch.
- 4c. Maintain left walking stance while executing a (middle) reverse punch to the northeast.
5. Spin counterclockwise on right foot and step left foot into a left walking stance (facing northwest) while executing a (straight) inner forearm block.
- 6a. Maintain inner forearm block while executing a (high, right leg) front snap kick to the northwest.
- 6b. Set down into a right walking stance (facing northwest) while executing a (middle) straight punch.
- 6c. Maintain right walking stance while executing a (middle) reverse punch to the northwest.
- 7a. Step right foot into a right walking stance (facing north) while executing a (high) measured straight hooking block.
- 7b. Maintain right walking stance while executing a (high) measured reverse hooking block to the north (upper body faces northeast).
- 7c. Maintain right walking stance while executing a (middle) straight punch to the north.
- 8a. Step left foot into a left walking stance (facing north) while executing a (high) measured straight hooking block.
- 8b. Maintain left walking stance while executing a (high) measured reverse hooking block to the north (upper body faces northwest).
- 8c. Maintain left walking stance while executing a (middle) straight punch to the north.
9. Step right foot into a right walking stance (facing north) while executing a (middle) straight punch.
10. Snap left foot into a right bending-ready stance (facing north).
- 11a. Simultaneously execute a (middle, left leg) side-piercing kick and a (high) straight punch to the north (maintain punch).
- 11b. Maintain hand position and set down into a left walking stance (facing north) while executing a reverse #2 elbow strike while pulling left palm to right elbow (right fist is palm down in crook of left elbow).
12. Turn clockwise and snap right foot into a left bending-ready stance (facing south).

- 13a. Simultaneously execute a (middle, right leg) side-piercing kick and a (high) straight punch to the south (maintain punch).
- 13b. Maintain hand position and set down into a right walking stance (facing south) while executing a reverse #2 elbow strike while pulling right palm to left elbow (left fist is palm down in crook of right elbow).
14. Step left foot into a right L-stance (facing east) while executing a twin knife-hand block.
15. Step right foot into a right walking stance (facing east) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
16. Spin clockwise on left foot and step right foot into a left L-stance (facing west) while executing a twin knife-hand block.
17. Step left foot into a left walking stance (facing west) while executing a (straight, guarded) spear-finger strike (right hand executes a downward palm block under left elbow, hands start palm forward in front of outer shoulders).
- 18a. Step left foot into a left walking stance (facing south) while executing a (straight) outer forearm block.
- 18b. Maintain left walking stance while executing a (middle) reverse punch to the south.
- 19a. Step right foot into a right walking stance (facing south) while executing a (straight) outer forearm block.
- 19b. Maintain right walking stance while executing a (middle) reverse punch to the south.
20. Jump to the south into a left X-stance (facing west) while executing a (high, forward) straight back-fist strike to the south.
21. Spin clockwise on left foot and step right foot into a right walking stance (facing east) while executing a (straight) double forearm block.
22. Step right foot to left foot and step left foot into a left walking stance (facing west) while executing a (straight) double forearm block.

Move Left Foot To Paro

Pattern Count: 22

(Techniques: 38)

Definition: **Yul-Gok:** This pattern reminds the student that to be a balanced human
 Being the mind must be exercised as well as the body.
 (6th. Grade-Green Belt---Maturity in the Art.)