

YUL GOK (38 MOVEMENTS)

Yul Gok is the pseudonym of the great 16th century philosopher and scholar Yi I (1536 – 1584), nicknamed the *Confucius of Korea*. The 38 movements represent his birth-place on the 38 line of latitude.

Begin Parallel Ready Stance

	Technique	Section	Stance	Direction
1.	Left hand measuring punch	Middle	S	Left slide
2.	Right punch (fast)	Middle	S	-----
3.	Left punch (fast)	Middle	S	-----
4.	Right hand measuring punch	Middle	S	Right slide
5.	Left punch (fast)	Middle	S	-----
6.	Right punch (fast)	Middle	S	-----
7.	Right mid block	High	W	Right 45deg.
8.	Left front snap kick	Low	---	Forward
9.	Left punch (fast)	Middle	W	-----
10.	Right punch (fast)	Middle	W	-----
11.	Left mid block	High	W	Left 90deg.
12.	Right front snap kick	Low	---	Forward
13.	Right punch (fast)	Middle	W	-----
14.	Left punch (fast)	Middle	W	-----
15.	Right hooking block	High	W	Right 45deg.
16.	Left hooking block	High	W	-----
17.	Right punch	Middle	W	-----
18.	Left hooking block	High	W	Forward
19.	Right hooking block	High	W	-----
20.	Left punch	Middle	W	-----
21.	Right punch	Middle	W	Forward
22.	Forearm guarding block	Middle	BRS	Forward
23.	Left side piercing kick	Middle	---	Forward
24.	Front elbow strike	Middle	W	-----
25.	Forearm guarding block	Middle	BRS	Right 180deg.
26.	Right side piercing kick	Middle	---	Forward
27.	Front elbow strike	Middle	W	-----
28.	Twin knife hand block	Mid/High	L	Left 90deg.
29.	Right straight fingertip thrust	Middle	W	Forward
30.	Twin knife hand block	Mid/High	L	Right 180deg.
31.	Left straight fingertip thrust	Middle	W	Forward
32.	Left outer forearm block	High	W	Left 90deg.
33.	Right reverse punch	Middle	W	-----
34.	Right outer forearm block	High	W	Forward
35.	Left reverse punch	Middle	W	-----
36.	Left back-fist side strike	High	X	Forward
37.	Double forearm block	High	W	Right 270deg.
38.	Double forearm block	High	W	Left 180deg.