

ADDITIONAL TECHNIQUES FOR PATTERN YUL-GOK

Sitting Stance Middle Punch (*Annun So Kaunde Jirugi*)



Front View

Side View



Top View



- * 1. The fist reaches the same level as the shoulder of the attacker.
- 2. The fist is brought to the center of the attacker.

L-Stance Twin Knife-hand Block (*Niunja So Sang Sonkal Makgi*)



Side View

Side View



Top View

Back View



- * The side blocking knife-hand normally reaches the same level as the shoulder of the defender.

Walking Stance Palm Hooking Block
(Gunnun So Sonbadak Golcho Makgi)

Obverse Hooking Block (Baro Golcho Makgi)



Front View

Side View



Top View



Reverse Hooking Block (*Bandae Golcho Makgi*)



Front View

Side View



Top View



- * 1. The palm reaches the same level as the shoulder of the defender.
- 2. The palm must reach the target in an arc.

Walking Stance Front Elbow Strike
(Gunnun So Ap Palkup Taerigi)

Side View



Front View

Top View

* The elbow reaches the same level as the solar plexus of the attacker.



X-Stance Back Fist High Side Strike
(Kyocha So Dung Joomuk Nopunde Yop Taerigi)



Front View



Side View



Top View

- * 1. The body becomes flank facing the opponent.
- 2. The fist reaches the eye level of the attacker.
- 3. The fist becomes half facing the opponent.

Walking Stance Double Forearm High Block
(Gunnun So Doo Palmok Nopunde Makgi)



Front View

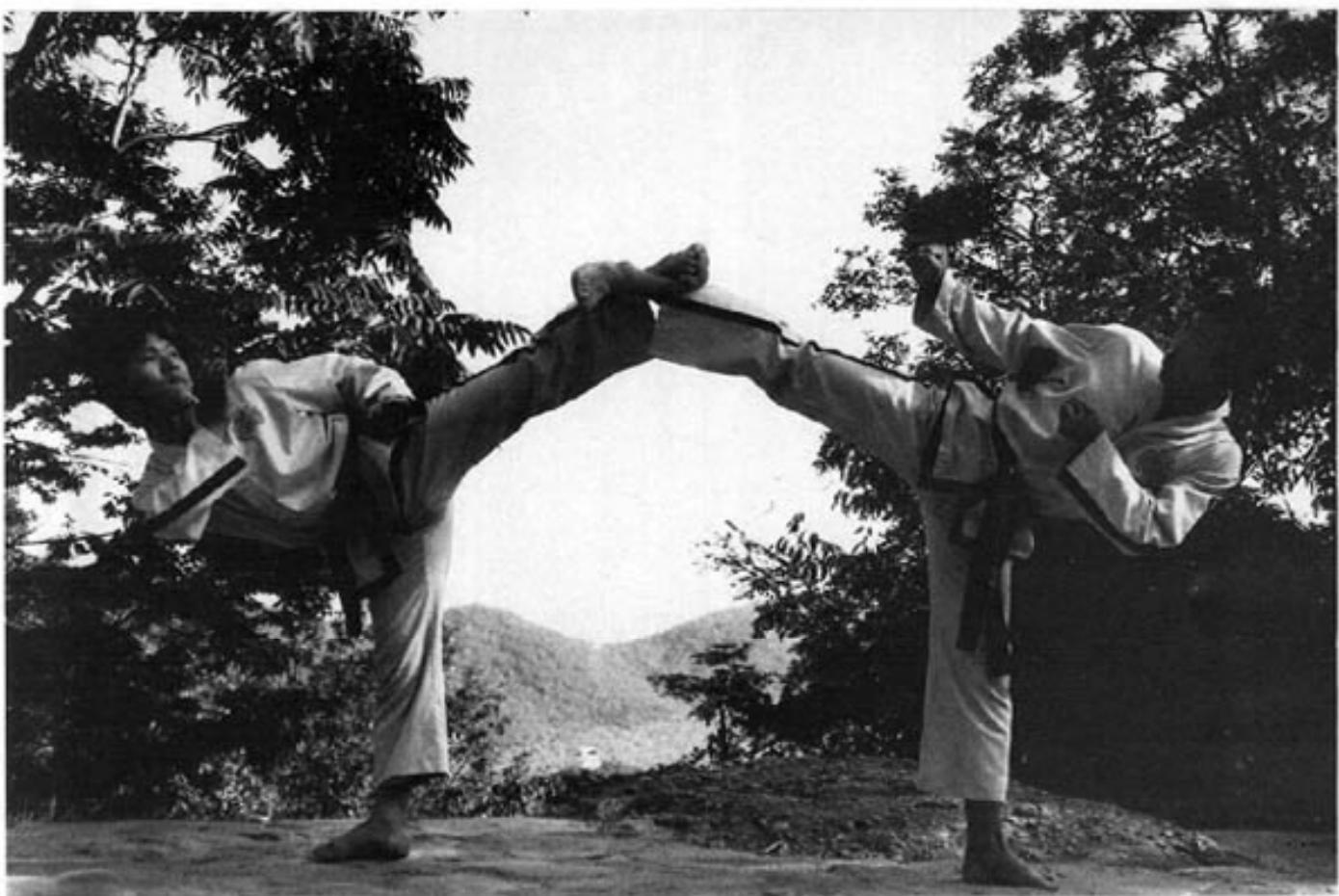
Side View



Top View



- * 1. The body always becomes half facing the opponent.
- 2. The fist reaches the eye level of the defender.





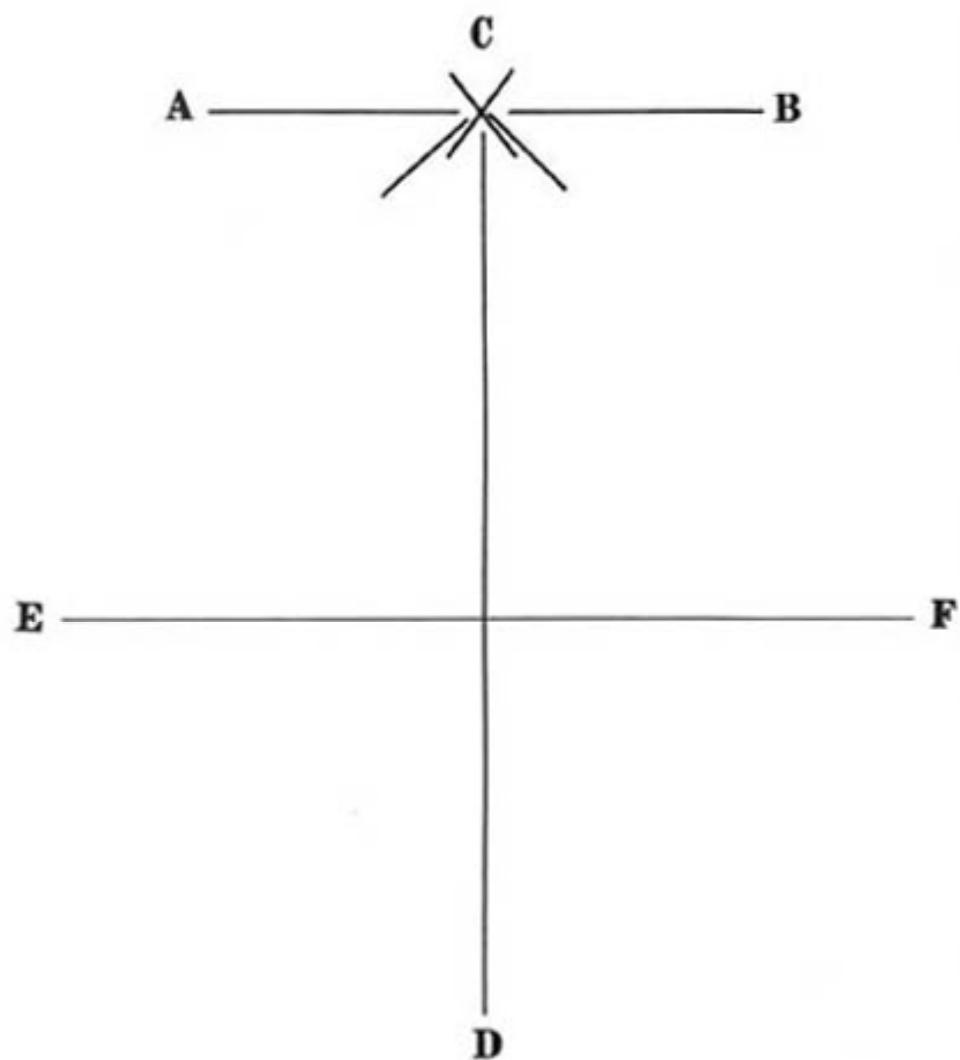
PATTERN YUL-GOK (*Yul-Gok Tul*)

This pattern is practised by the 5th
grade holder and above.

DIAGRAM: 

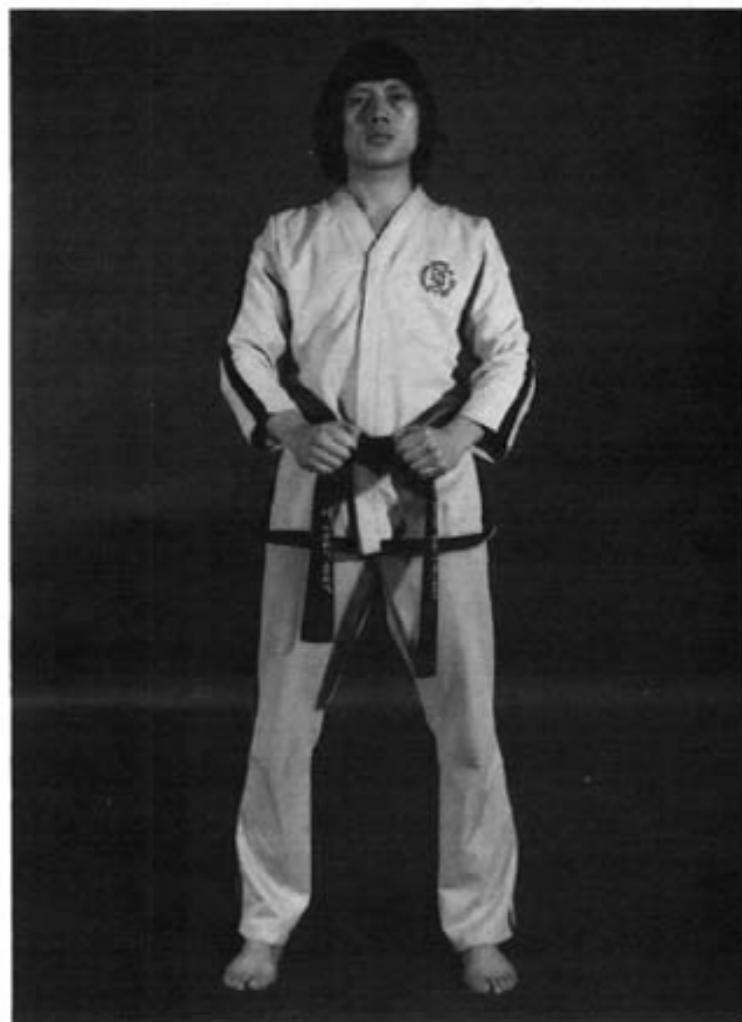
MOVEMENTS: 38

READY POSTURE: PARALLEL READY STANCE

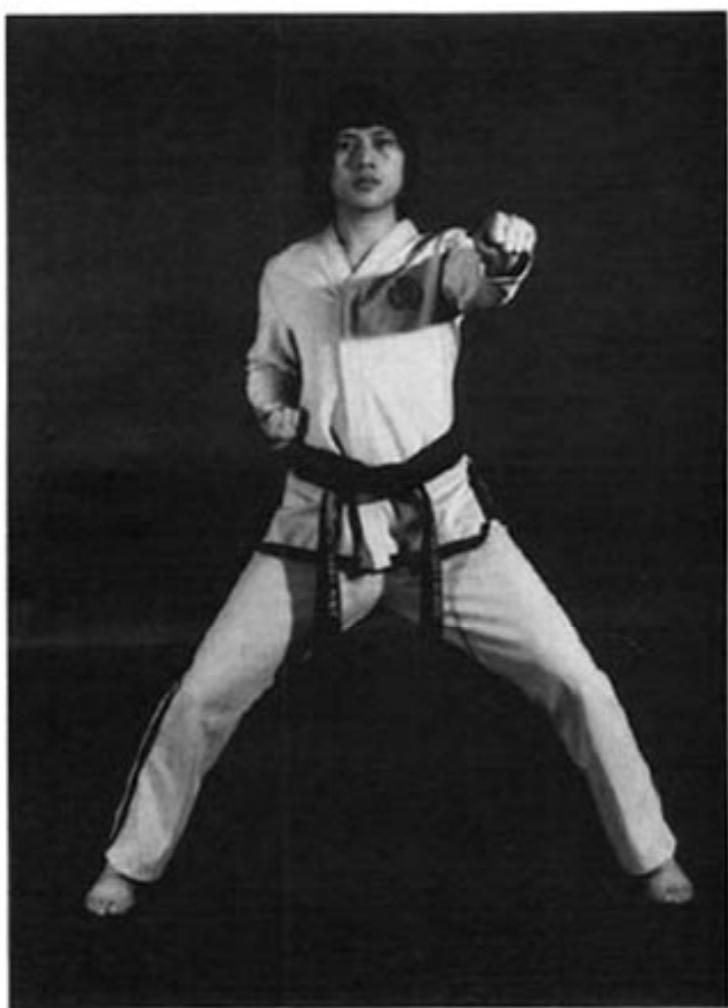


NOTE : This diagram is reversed in order to help the student to understand and perform from a clearer angle.

Parallel ready stance toward D.

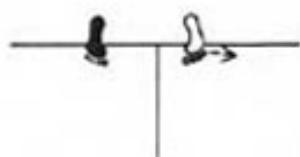


1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.



Sitting stance with the left fist extended toward D.

Ready Posture

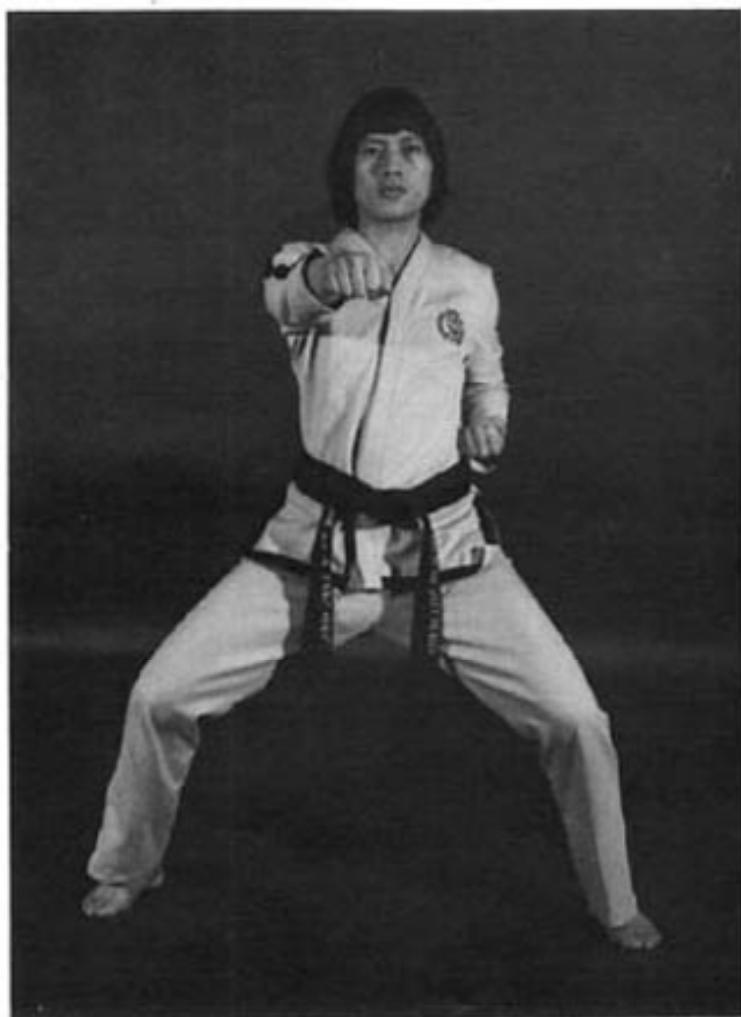


Application



Side View

- 2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.**



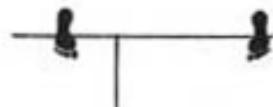
Sitting stance middle punch toward D.



Previous Posture



Raise the body slightly

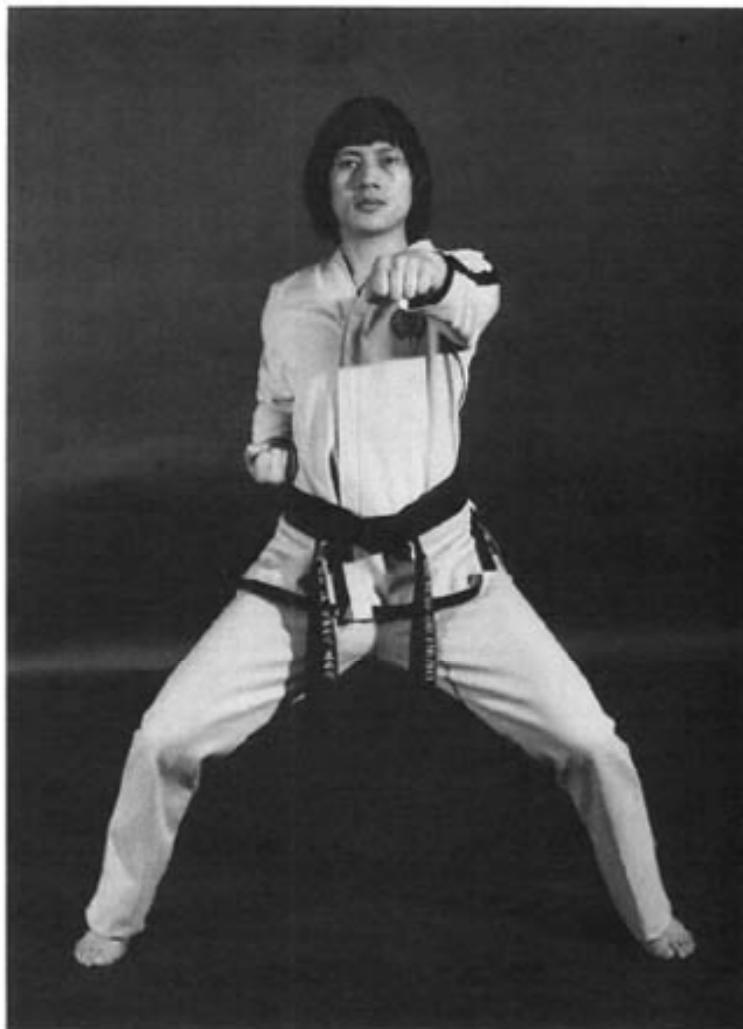


Side View



Application

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.

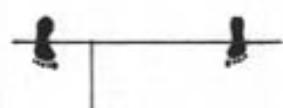
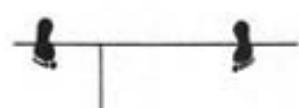
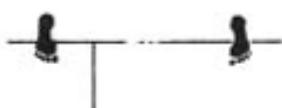


Sitting stance middle punch
with the left fist toward D.

Previous Posture



Raise the body slightly

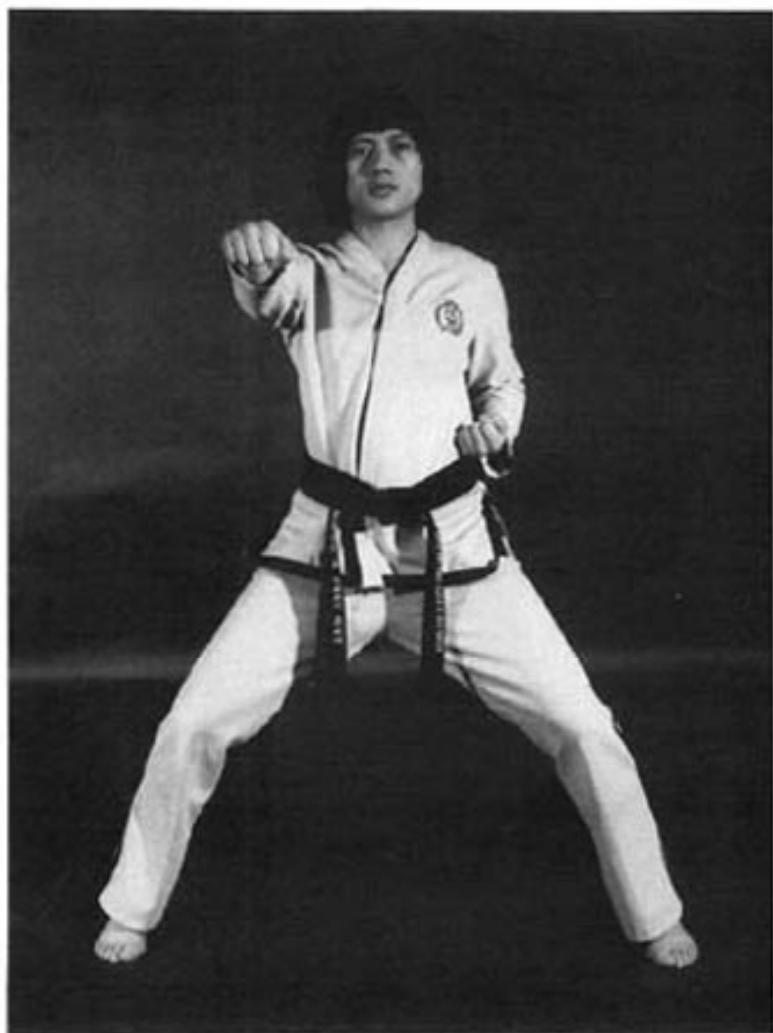


Side View



Application

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.



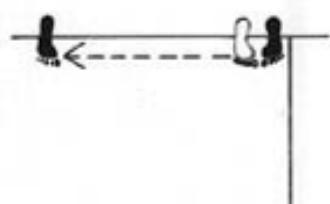
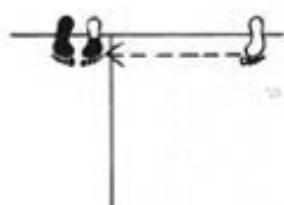
Sitting stance with the right fist extended toward D.



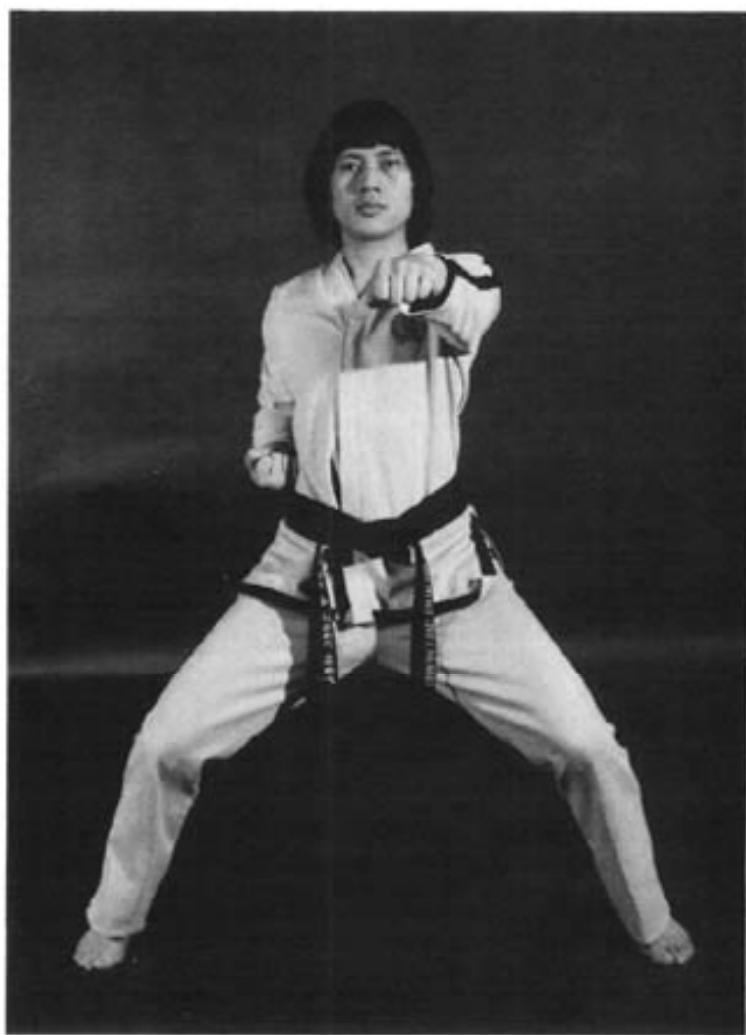
Previous Posture



Keep the left heel slightly off the ground



5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



Sitting stance middle punch with the left fist toward D.

Previous Posture



Raise the body slightly

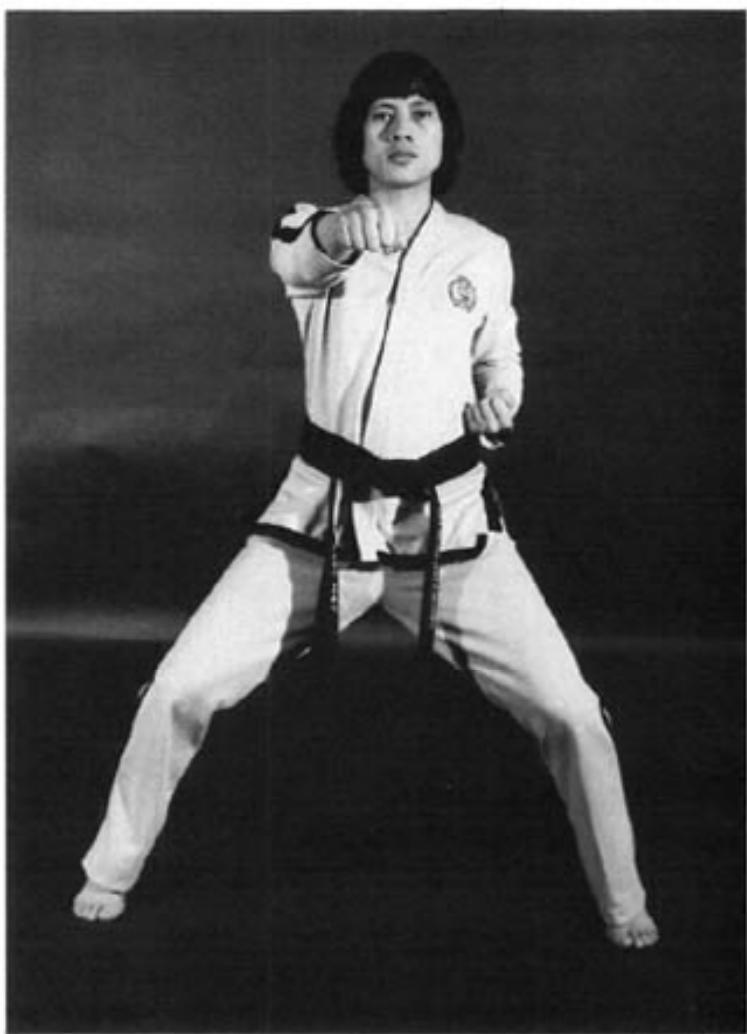


Side View



Application

6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
Perform 5 and 6 in a fast motion.



Sitting stance middle punch with
the right fist toward D.

Previous Posture



Raise the body slightly



Side View



Application

7. Move the right foot to AD, forming a right walking stance toward AD while executing a high side block to AD with the right inner forearm.



Right walking stance right inner forearm high side block toward AD.





Previous Posture



Application

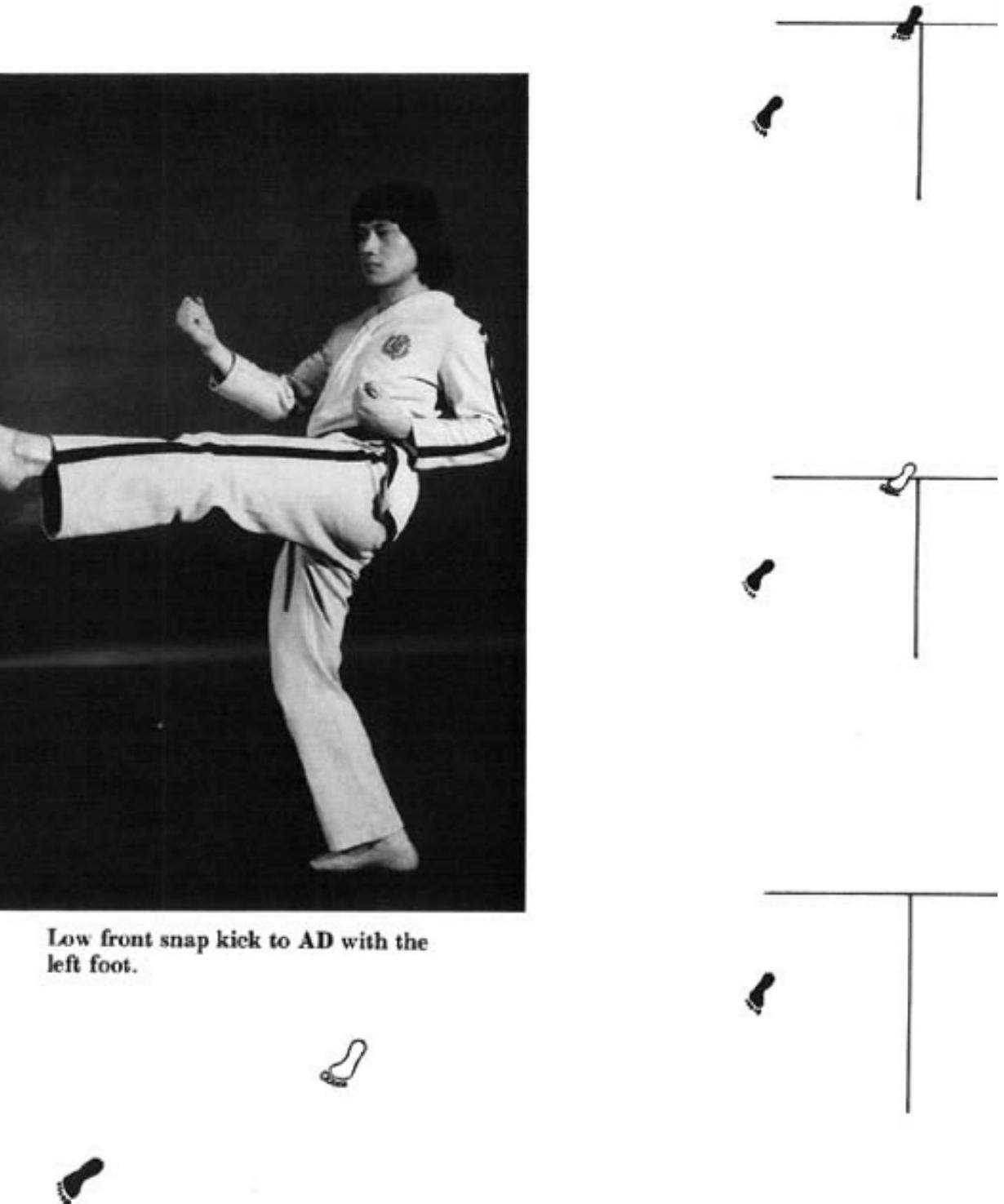


Keep the right back forearm full
facing the opponent.

8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.



Low front snap kick to AD with the left foot.



Application

Previous Posture



Side View

Other View



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.



Left walking stance middle punch
with the left fist toward AD.

Previous Posture



Application

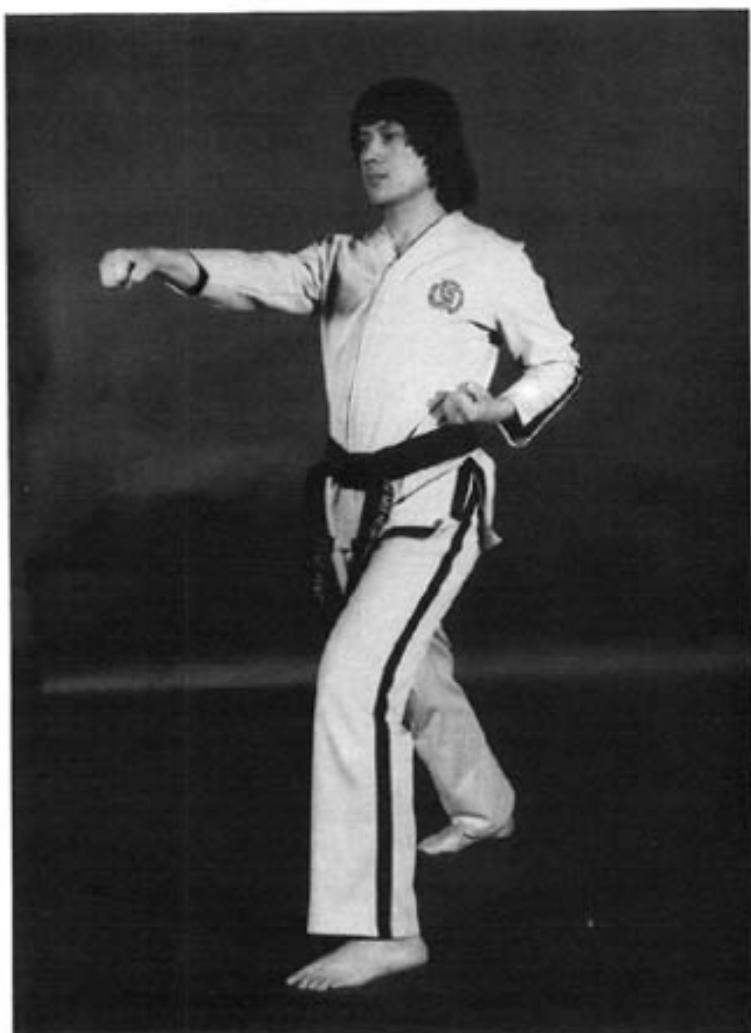


Side View



10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD.

Perform 9 and 10 in a fast motion.



Left walking stance middle punch
with the right fist toward AD.

Previous Posture



Keep the right heel slightly off the ground.

Application



Side View

11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a high side block to BD with the left inner forearm.



Right walking stance middle punch
with the right fist toward BD.

Previous Posture



Application



Side View

12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.



Low front snap kick to BD with the right foot.

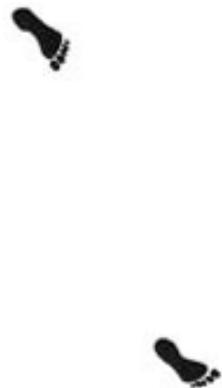
Previous Posture



Application



13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.



**Right walking stance middle punch
with the right fist toward BD.**

Previous Posture



Application



Side View

- 14.** Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD.
Perform 13 and 14 in a fast motion.



Right walking stance middle punch
with the left fist toward BD.

Previous Posture



Keep the left heel slightly off the ground.

Application



Side View

15. Execute a high hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance high hooking block
with a right palm toward D.



Previous Posture



Application



Side View



Application



Front View



Keep the body half
facing the opponent.

16. Execute a high hooking block to D with the left palm while maintaining a right walking stance toward D.



Right walking stance high hooking block
with the left palm toward D

Previous Posture



Application

Blocking



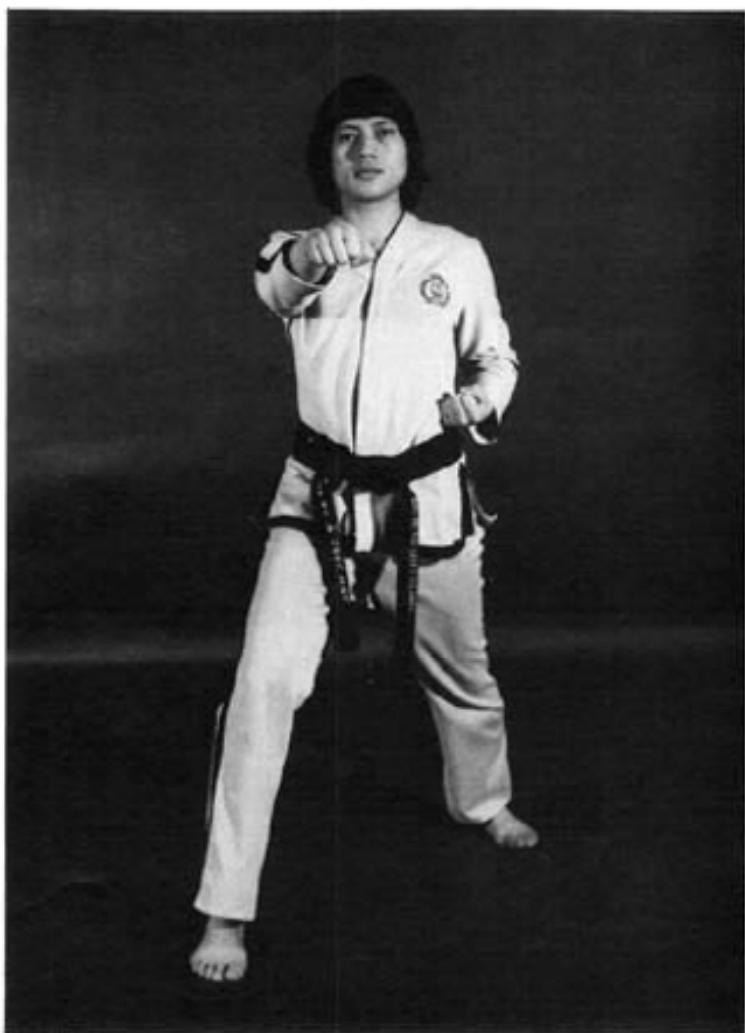
Pulling



Keep the body half facing
the opponent.



17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



Right walking stance middle punch
with the right fist toward D.

Previous Posture



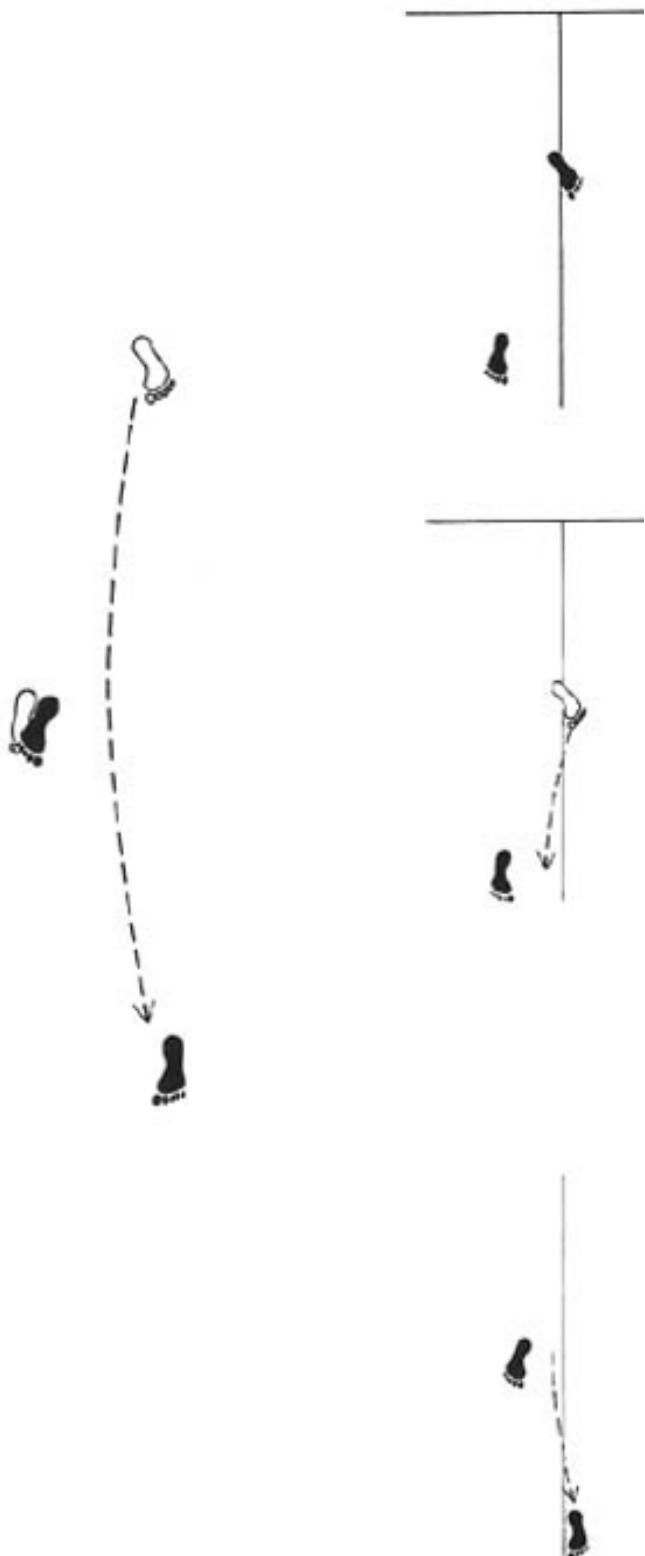
**Keep the left heel
slightly off the ground.**



- 18. Move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.**



Left walking stance high hooking block with a left palm toward D.



Application

Previous Posture



Side View



Top View



**Keep the body half facing
the opponent.**

19. Execute a high hooking block to D with the right palm while maintaining a left walking stance.



Left walking stance high hooking block with the right palm toward D.

Previous Posture



Application



Grabbing



Keep the right heel
slightly off the ground.



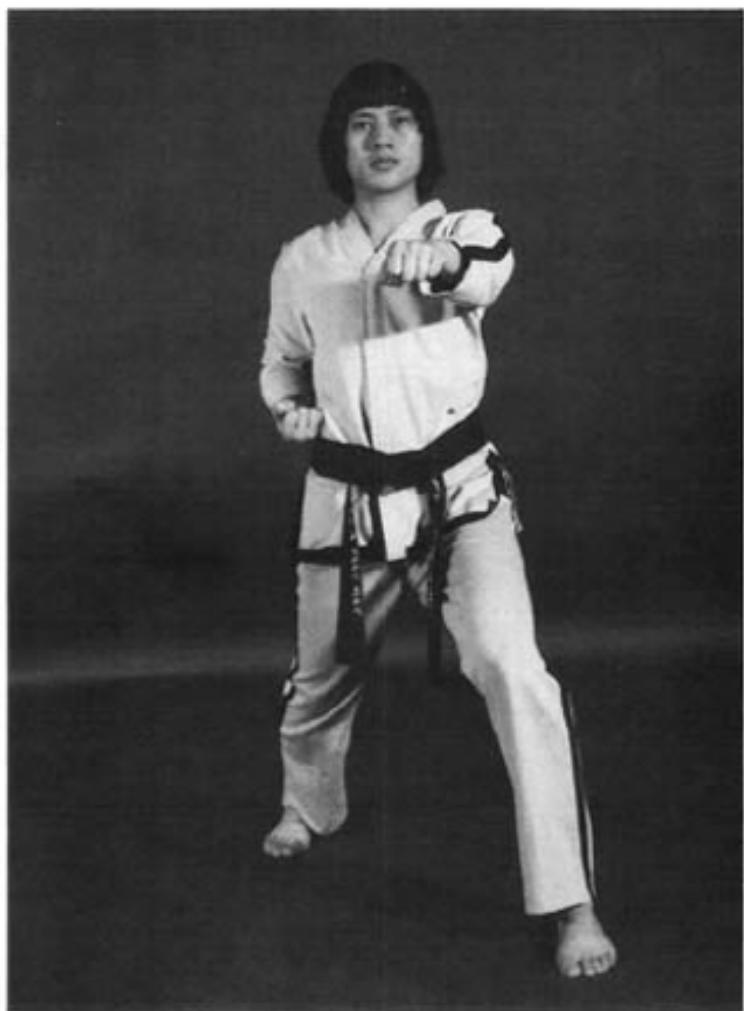
Pulling



Reverse hooking kick



- 20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous motion.**



Keep the right heel
slightly off the ground



Left walking stance middle punch with the left fist toward D.

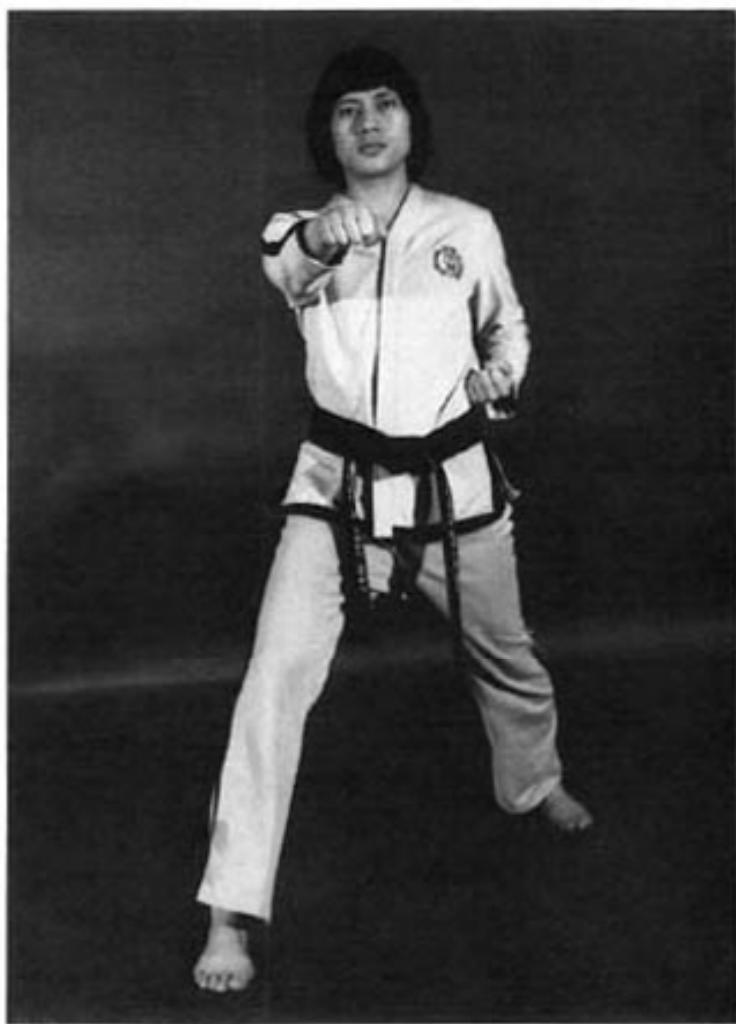
Application

Previous Posture



Side View

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.



Right walking stance middle punch toward D.

Previous Posture



Application



Side View

22. Turn the face toward D, forming a right bending ready stance A toward D.



Right bending ready stance A toward D.

Previous Posture



Side View



Previous Posture



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



Middle side piercing kick to D with the left foot.

Side View

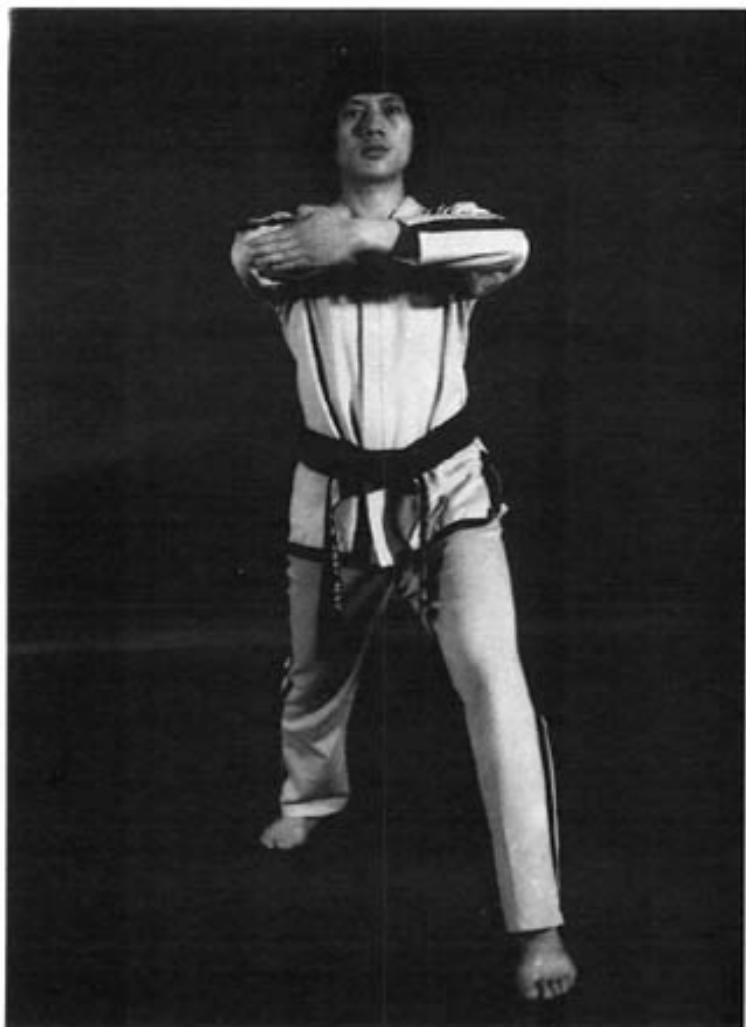


Application

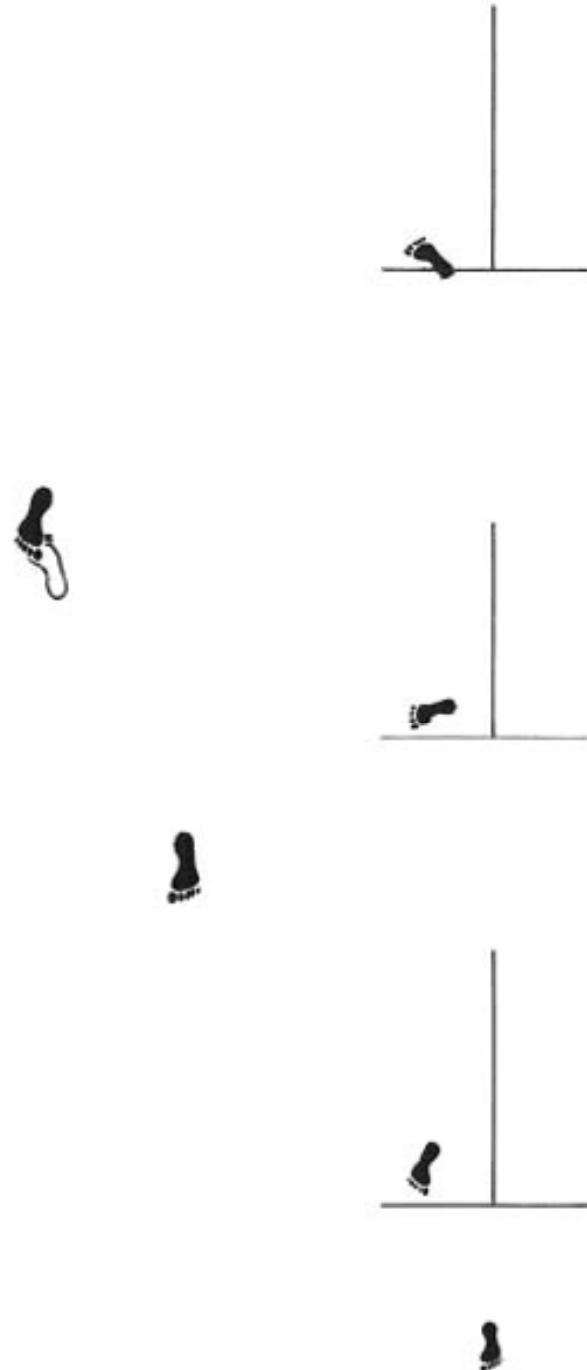


Side View

24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



Left walking stance right front elbow strike toward D.



Previous Posture



Application



Top View

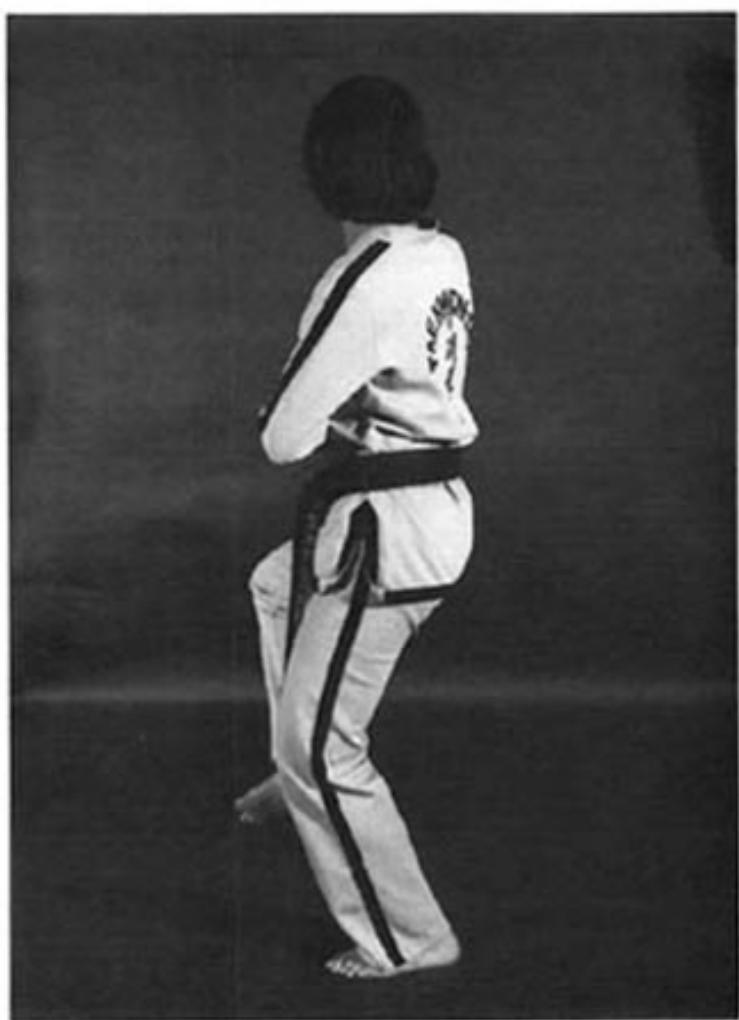


Side View



Keep the body full facing the opponent.

25. Turn the face toward C while forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

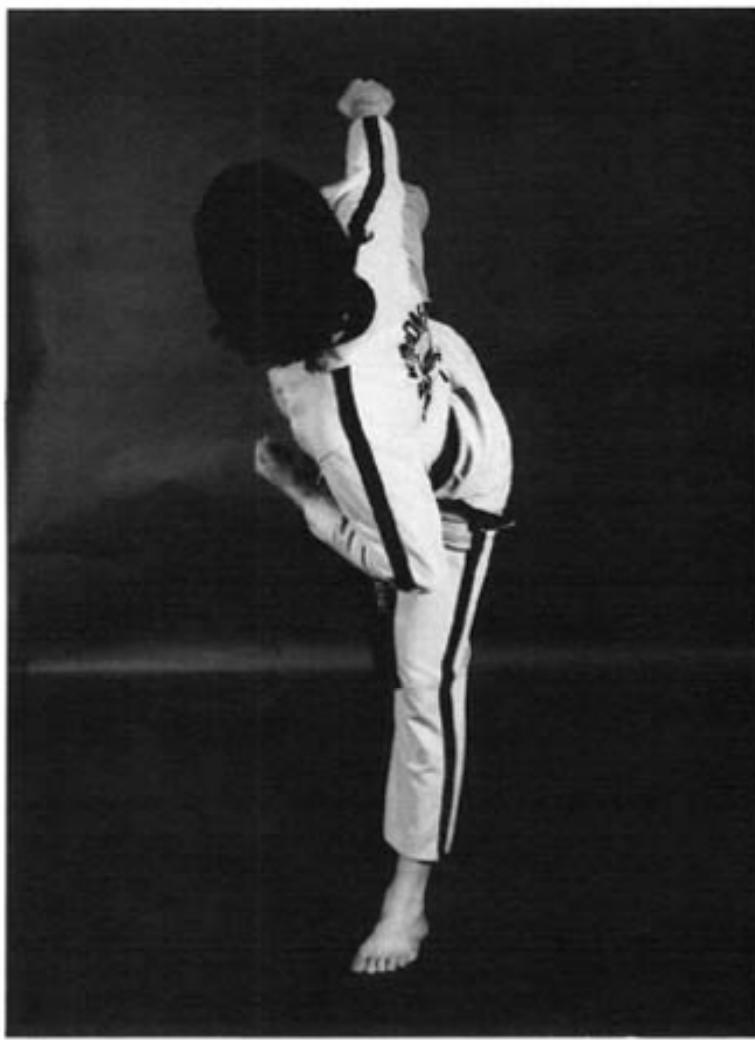
Previous Posture



Top View



26. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.



Previous Posture



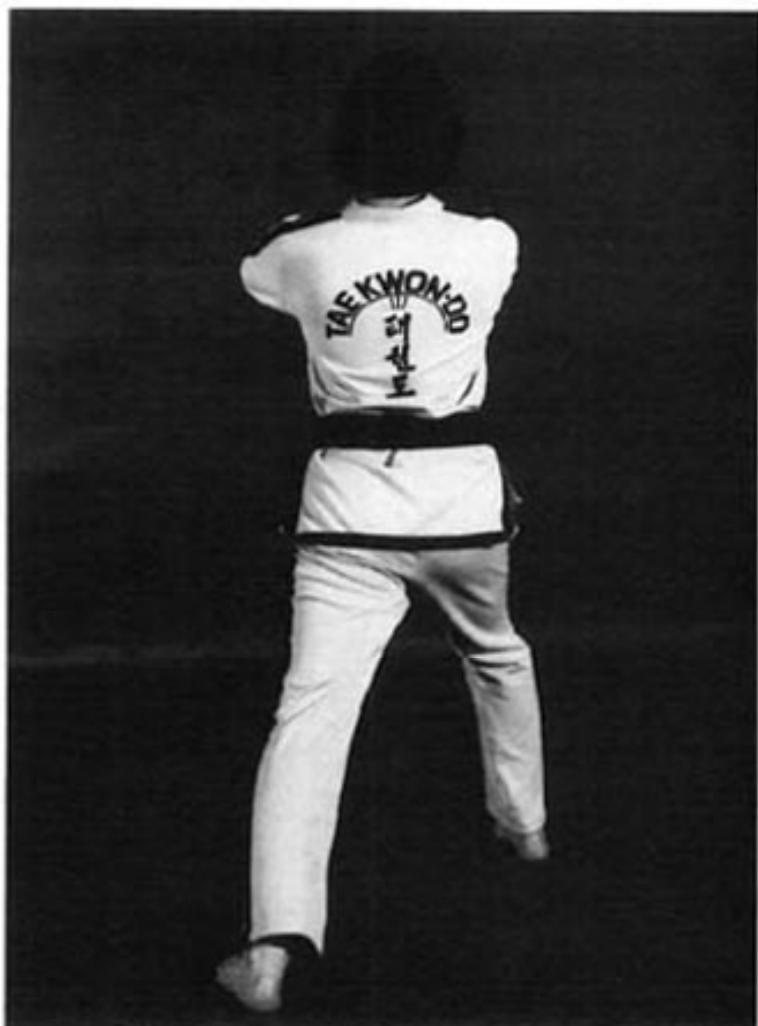
Application



Side View



27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.



Right walking stance left front
elbow strike toward C.

Application

Previous Posture



Side View

Top View



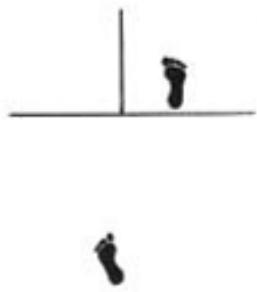
Keep the body full facing
the opponent.

28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.



Right L-stance twin knife-hand block toward E.

Previous Posture



Application

Top View



Side View



Top View



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.



Right walking stance middle thrust with the right straight fingertip toward E.

Previous Posture



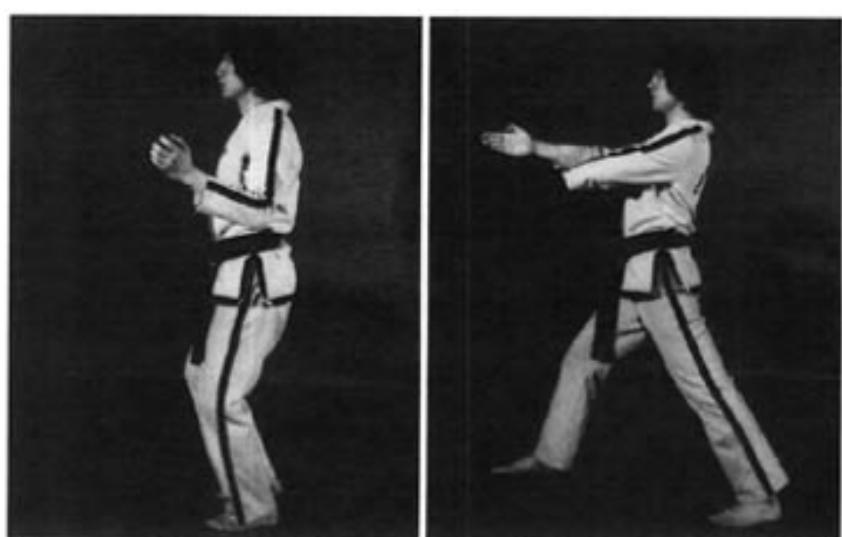
Application



Top View



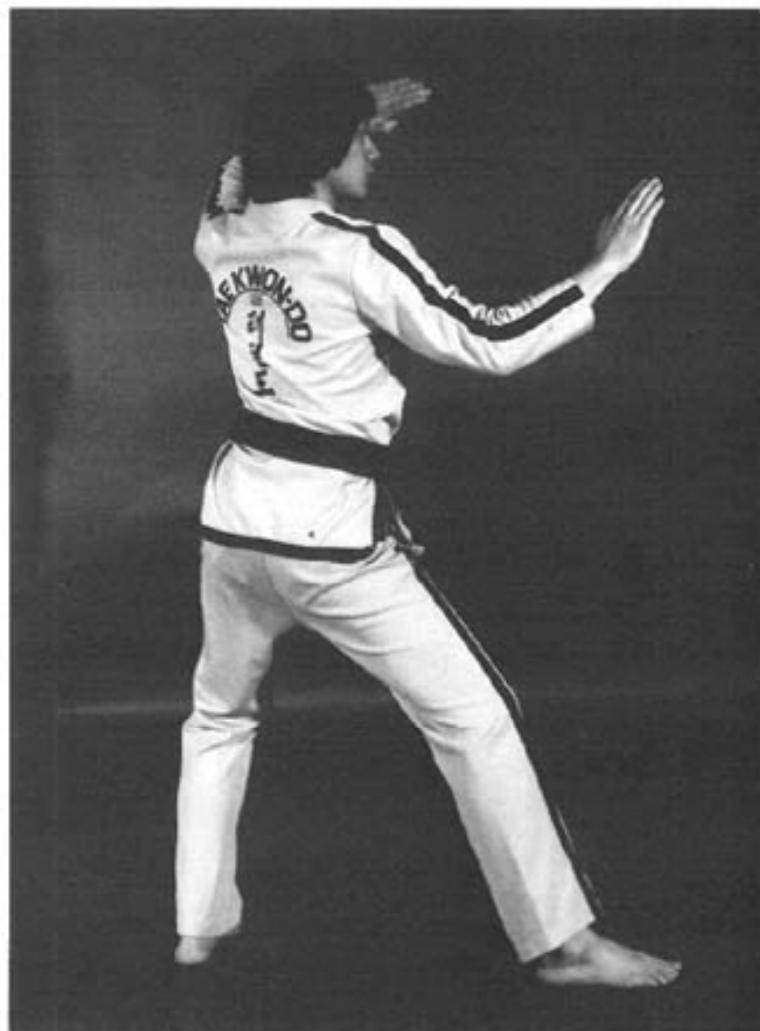
Top View



Top View



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



Left L-stance twin knife-hand block toward F.



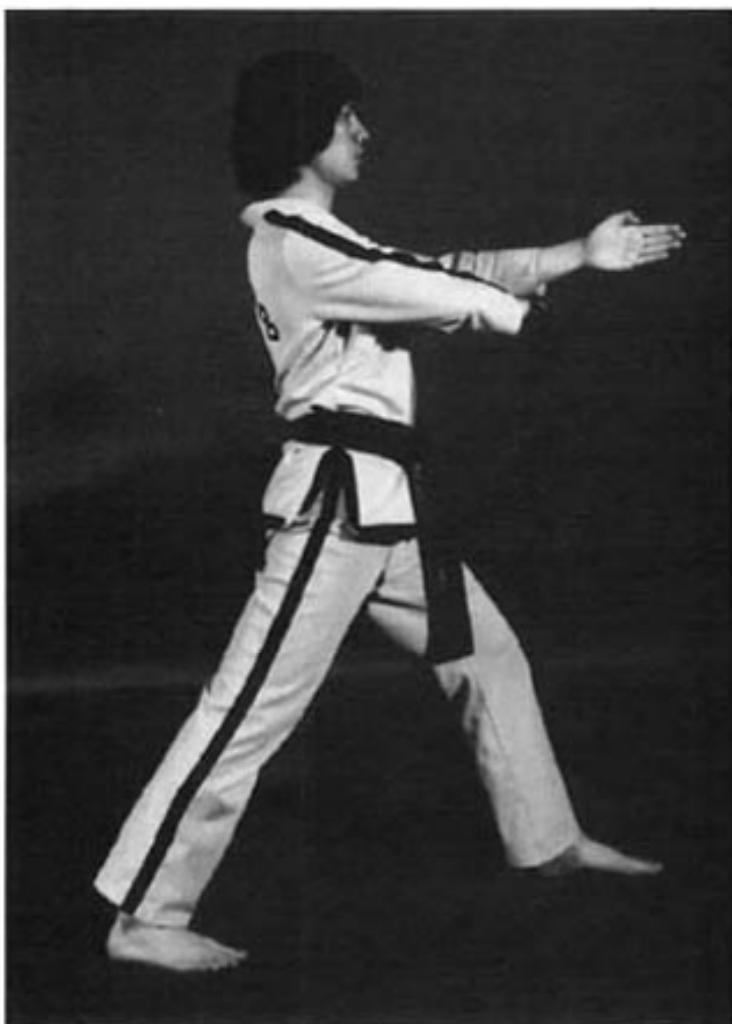
Previous Posture



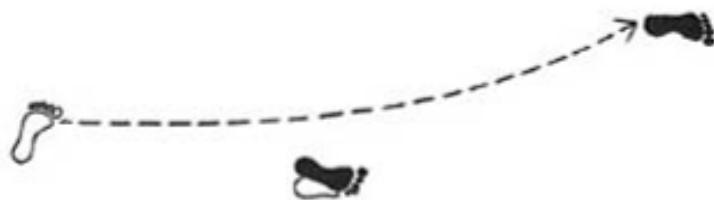
Application



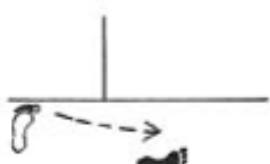
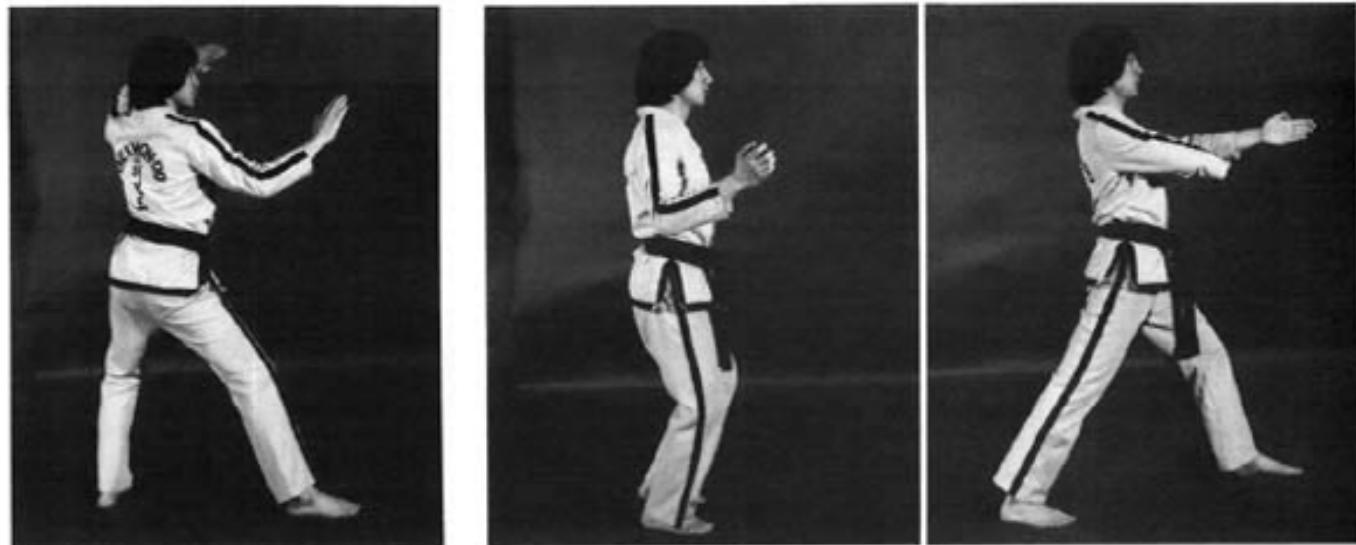
31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.



Left walking stance middle thrust with the left straight fingertip toward F.



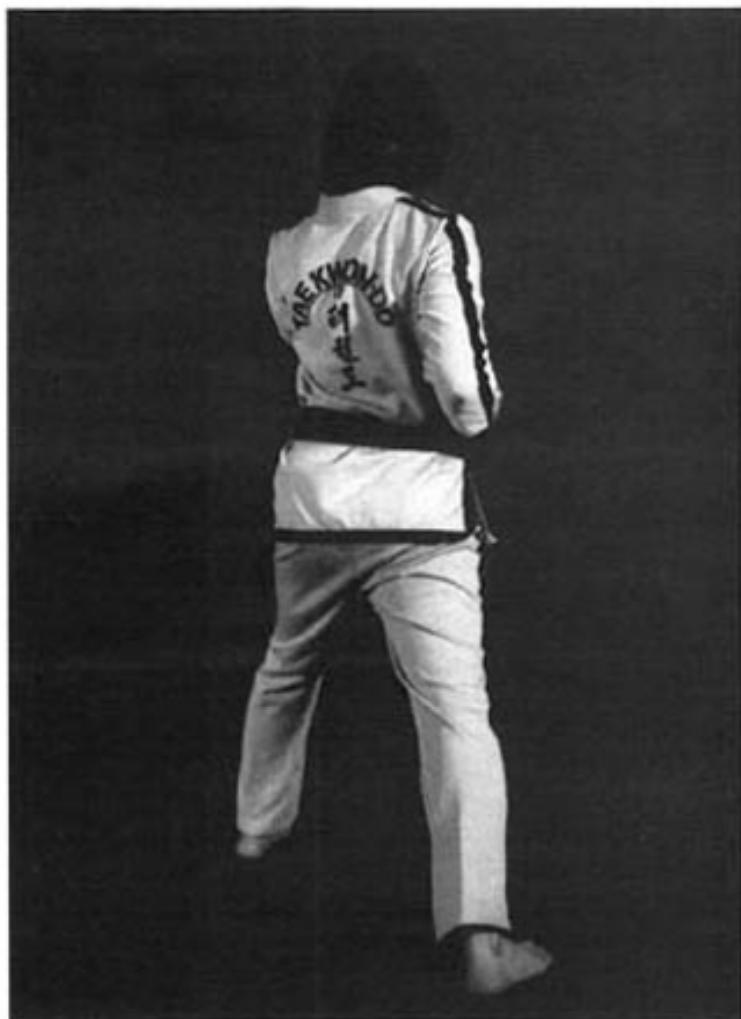
Previous Posture



Application

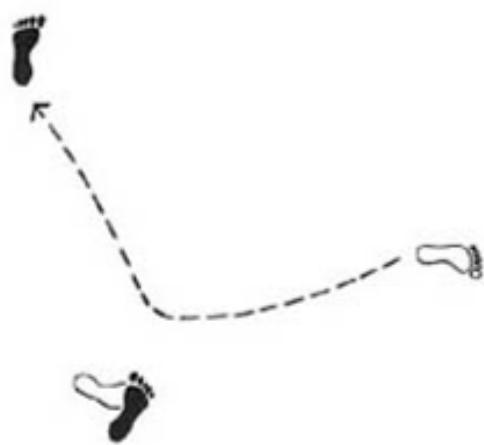


32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.



Left walking stance high side block with the left outer forearm toward C.

Keep back forearms crossed in front of the chest, placing the blocking one over the other.

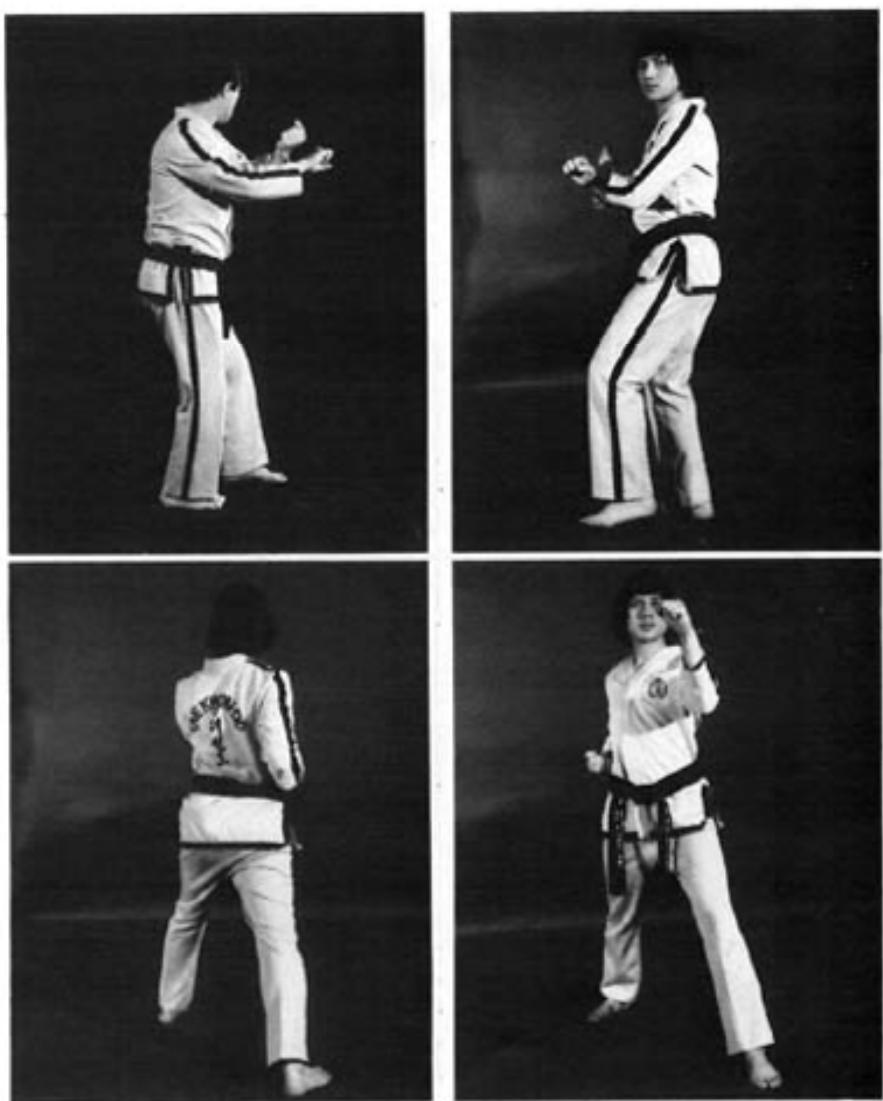


Keep back fist half facing the opponent.

Previous Posture



Other View



Application of No. 32.



Side View

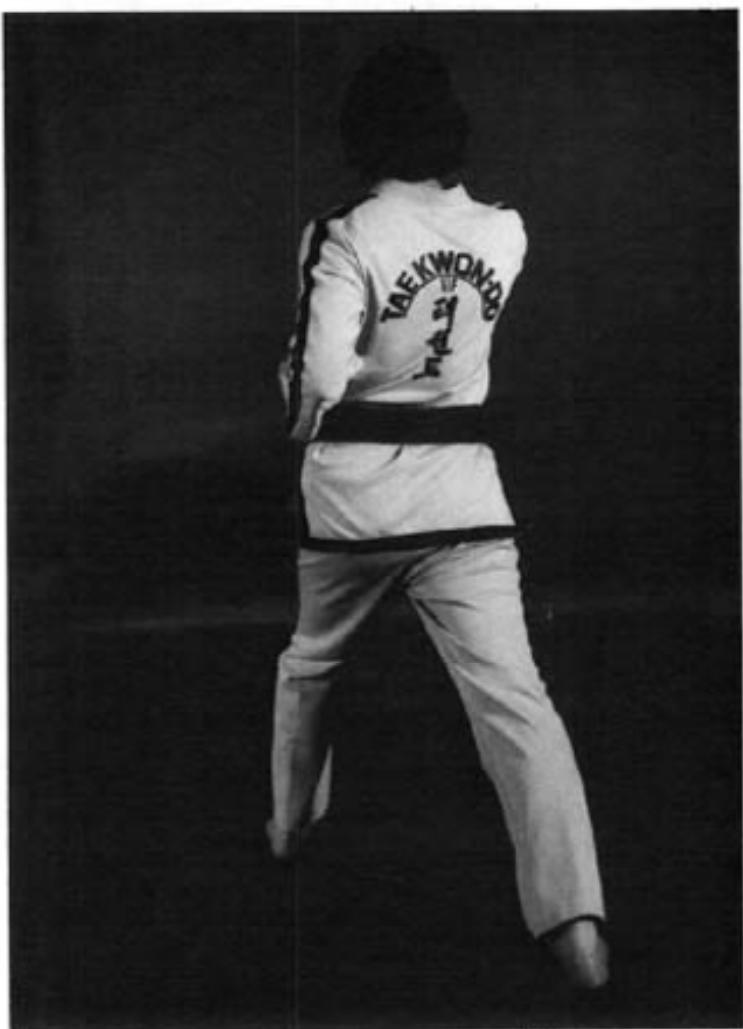


Top View



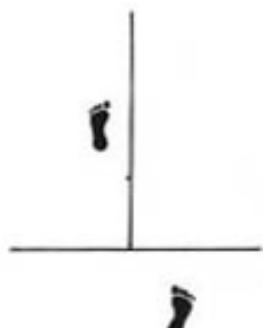
Other View

- 33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.**



**Left walking stance middle punch
with the right fist toward C.**

Previous Posture



Application

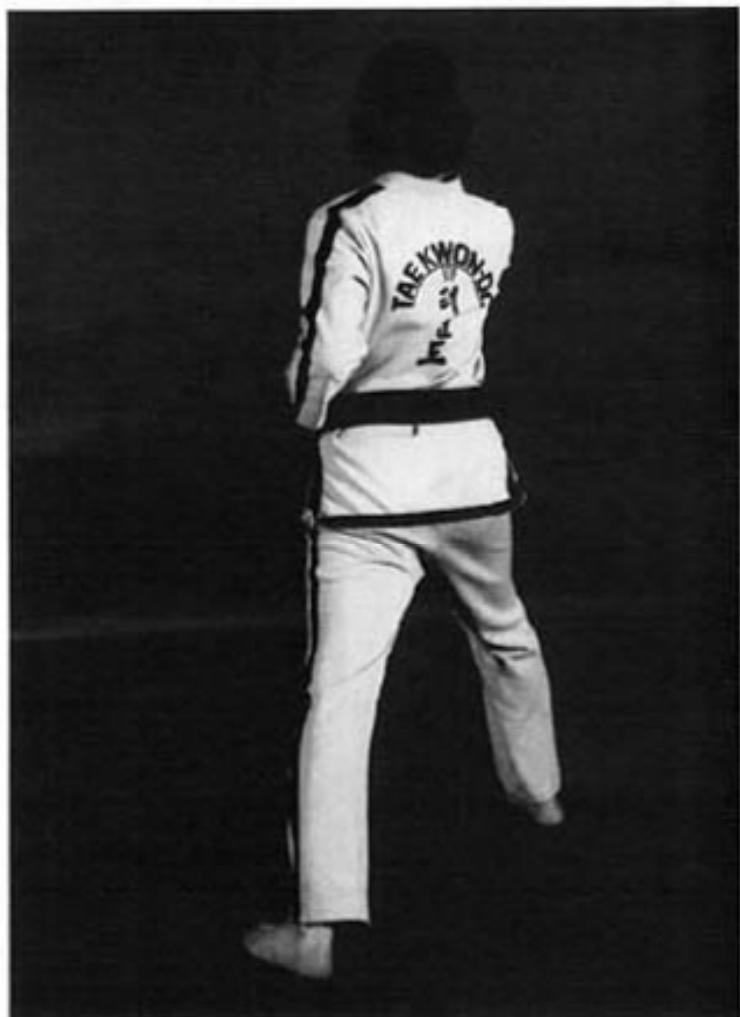


Side View

Keep the right heel slightly off the ground.

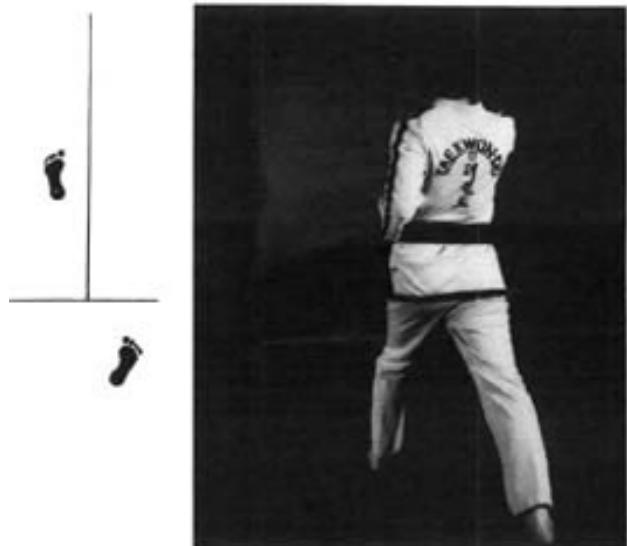


34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.



Right walking stance high side block with the right outer forearm toward C.

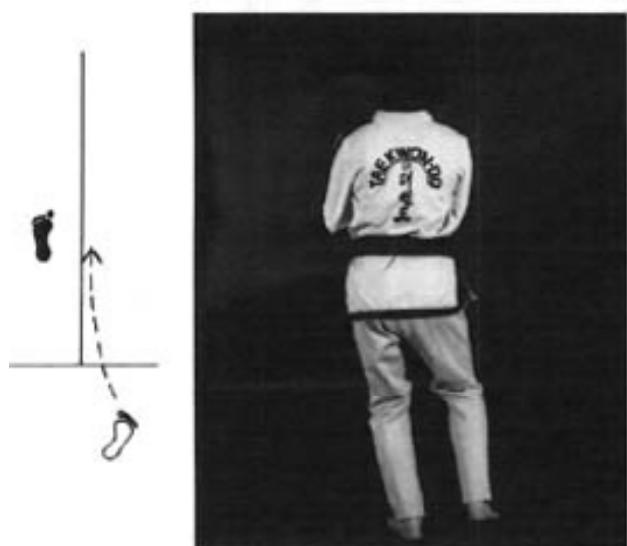
Previous Posture



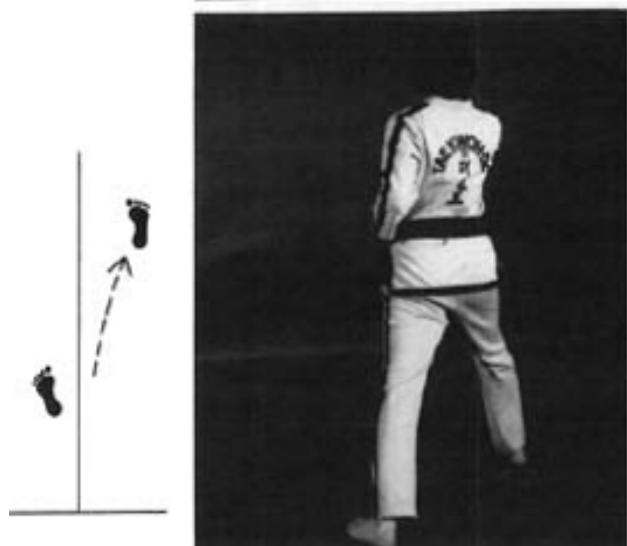
Application



Side View



Keep back forearms crossed in front of the chest, placing the striking one under the other.



Side View

Keep the body half facing the opponent.

[Previous Post](#)

35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



Right walking stance middle punch
with the left fist toward C.



Application



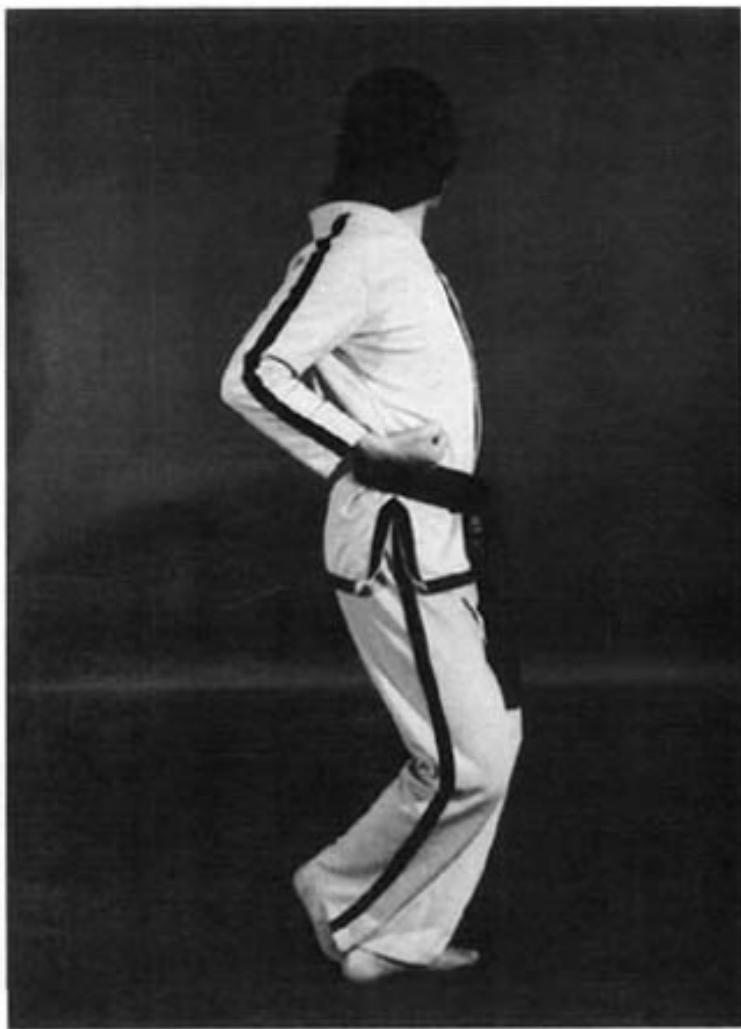
Side View



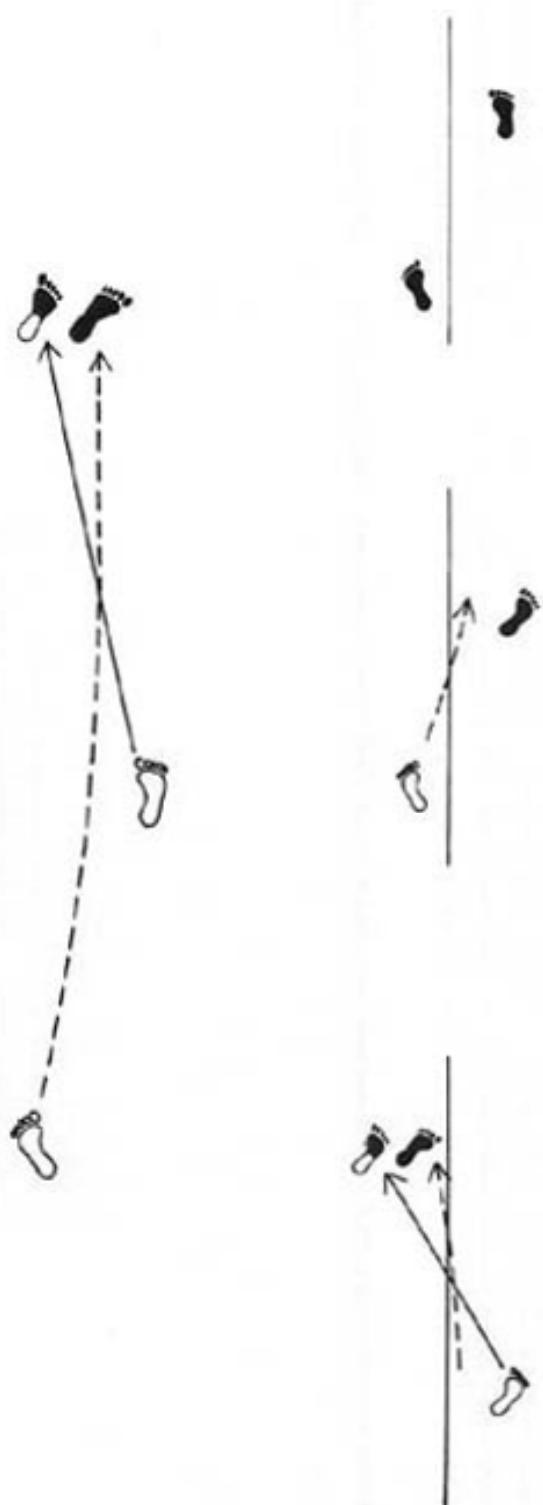
Keep the left heel slightly off the ground.



36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.



Left X-stance toward B with the left back fist high side strike to C.



Application

Previous Posture



Side View



Side View



Keep the forearms crossed in front of the rib cage with both palms faced downward, placing the striking one under the other.



Keep back fist half facing the opponent.

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.



Right walking stance high block with the right double forearm toward A.



Previous Posture



Application



- * The body always becomes half facing the opponent.

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.



Left walking stance high side block with the left double forearm toward B.

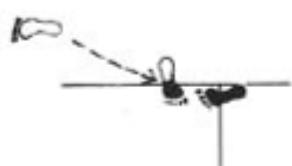




Previous Posture



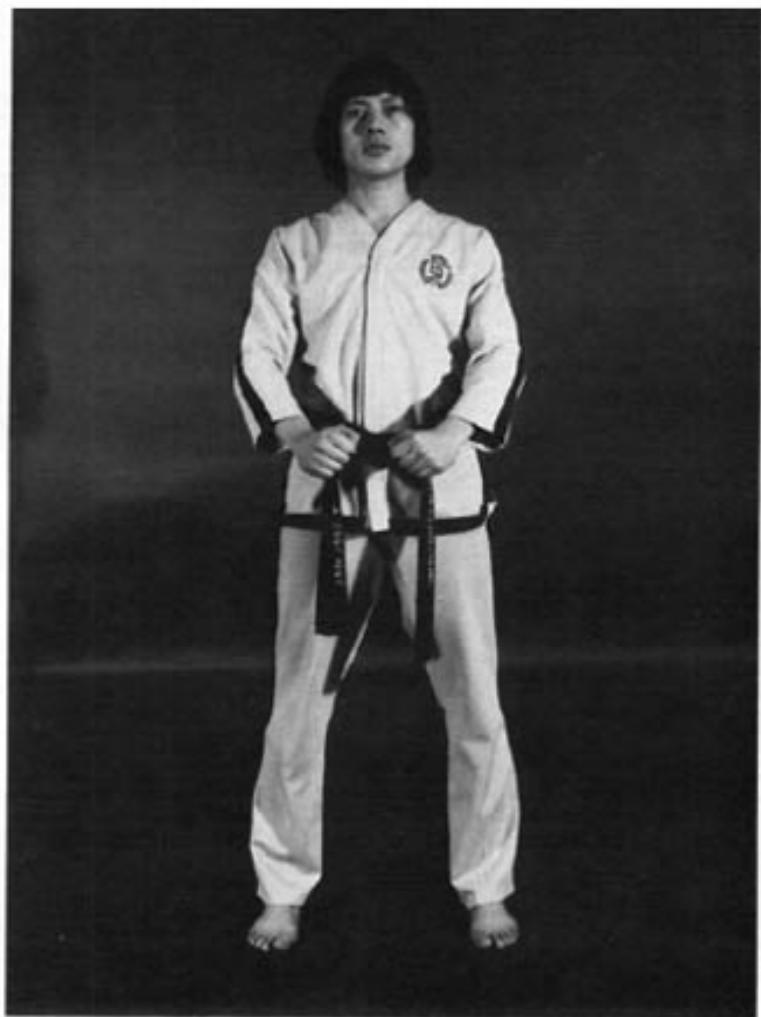
Application



Top View

Keep the right heel slightly off the ground.

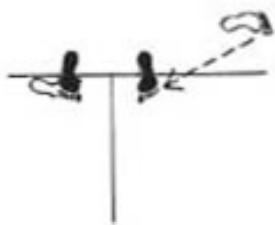
END. Bring the left foot back to a ready posture.



Parallel ready stance toward D.



Previous Posture



Back View



Side View

