

Pattern Translation

Yul Gok

Ready posture: Parallel ready stance.

1. Sitting stance, extending the left fist to the side front horizontally.
2. Sitting stance right fist middle front punch.
3. Sitting stance left fist middle front punch.
Perform 2 and 3 in a fast motion.
4. Sitting stance, extending the right fist to the side front horizontally.
5. Sitting stance left fist middle front punch.
6. Sitting stance right fist middle front punch.
Perform 5 and 6 in a fast motion.
7. Right walking stance inner forearm middle side block.
8. Left low front snap kick, keeping the position of the hands as they were in 7.
9. Left walking stance middle punch.
10. Left walking stance middle reverse punch.
Perform 9 and 10 in a fast motion.
11. Left walking stance inner forearm middle side block.
12. Right low front snap kick, keeping the position of the hands as they were in 11.
13. Right walking stance middle punch.
14. Right walking stance middle reverse punch.
Perform 13 and 14 in a fast motion.
15. Right walking stance palm middle hooking block.
16. Right walking stance palm middle reverse hooking block.
17. Right walking stance middle punch.
Perform 16 and 17 in a connecting motion.
18. Left walking stance palm middle hooking block.
19. Left walking stance palm middle reverse hooking block.
20. Left walking stance middle punch.
Perform 19 and 20 in a connecting motion.
21. Right walking stance middle punch.
22. Right bending ready stance A.
23. Left middle side piercing kick.
24. Left walking stance front elbow reverse strike, striking the left palm.
25. Left bending ready stance A.
26. Right middle side piercing kick.
27. Right walking stance front elbow reverse strike, striking the right palm.
28. Right L-stance twin knife-hand block.
29. Right walking stance straight fingertip middle thrust.
30. Left L-stance twin knife-hand block.
31. Left walking stance straight fingertip middle thrust.
32. Left walking stance outer forearm high side block.
33. Left walking stance middle reverse punch.
34. Right walking stance outer forearm high side block.
35. Right walking stance middle reverse punch.
36. Jump, left X-stance back fist high side strike.
37. Right walking stance double forearm high block.
38. Left walking stance double forearm high block.
End: Bring the left foot back to ready posture.

Yul-Gok Tul.

Junbi jase: Narani junbi sogi.

1. Annun sogi, [extending the left fist to the side front horizontally].
2. Annun so orun joomuk kaunde ap jirugi.
3. Annun so wen joomuk kaunde ap jirugi.
4. Annun sogi, [extending the right fist to the side front horizontally].
5. Annun so wen joomuk kaunde ap jirugi.
6. Annun so orun joomuk kaunde ap jirugi.
7. Orun gunnun so anpalmok kaunde yop makgi.
8. Wen najunde apcha busigi, [keeping the position of the hands as they were in 7].
9. Wen gunnun so kaunde jirugi.
10. Wen gunnun so kaunde bandae jirugi.
11. Wen gunnun so anpalmok kaunde yop makgi.
12. Orun najunde apcha busigi, [keeping the position of the hands as they were in 11].
13. Orun gunnun so kaunde jirugi.
14. Orun gunnun so kaunde bandae jirugi.
15. Orun gunnun so sonbadak kaunde golcho makgi.
16. Orun gunnun so sonbadak kaunde bandae golcho makgi.
17. Orun gunnun so kaunde jirugi.
18. Wen gunnun so sonbadak kaunde golcho makgi.
19. Wen gunnun so sonbadak kaunde bandae golcho makgi.
20. Wen gunnun so kaunde jirugi.
21. Orun gunnun so kaunde jirugi.
22. Orun guburyo junbi sogi A.
23. Wen kaunde yopcha jirugi.
24. Wen gunnun so ap palkup bandae taerigi, [striking the left palm].
25. Wen guburyo junbi sogi A.
26. Orun kaunde yopcha jirugi.
27. Orun gunnun so ap palkup bandae taerigi, [striking the right palm].
28. Orun niunja so sang sonkal makgi.
29. Orun gunnun so sun sonkut kaunde tulgi.
30. Wen niunja so sang sonkal makgi.
31. Wen gunnun so sun sonkut kaunde tulgi.
32. Wen gunnun so bakat palmok nopunde yop makgi.
33. Wen gunnun so kaunde bandae jirugi.
34. Orun gunnun so bakat palmok nopunde yop makgi.
35. Orun gunnun so kaunde bandae jirugi.
36. Twigi, wen kyocha so dung joomuk nopunde yop taerigi.
37. Orun gunnun so doo palmok nopunde makgi.
38. Wen gunnun so doo palmok nopunde makgi.