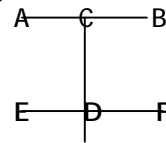


YUL-GOK

Diagram: Scholar Sign



Ready Posture: Parallel Ready Stance consisting of 38 movements

1. Move the left foot to B, forming a sitting stance, while extending the left fist horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance.
Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance, while extending the right fist horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance.
Perform 5 and 6 in a fast motion.
7. Move the right foot to AD, forming a right walking stance, while executing a middle side block with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, Forming a left walking stance, while executing a middle punch with the left fist.
10. Execute a middle punch to AD with the right fist, while maintaining a left walking stance.
Perform 9 and 10 in a fast motion.
11. Move the left foot to BD, forming a left walking stance, while executing a middle side block with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, Forming a right walking stance, while executing a middle punch with the right fist.
14. Execute a middle punch to BD with the left fist, while maintaining a right walking stance.
Perform 13 and 14 in a fast motion.
15. Execute a middle hooking block with the right palm, while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm, while maintaining a right walking stance.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance.
Perform 16 and 17 in connecting motion.
18. Move the left foot to D, forming a left walking stance, while executing a middle hooking block with the left palm.
19. Execute a middle hooking block to D with the right palm, while maintaining a left walking stance.
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 connecting motion.**
21. Move the right foot to D, forming a right walking stance, at the same time execute a middle punch with the right fist.
22. Turn and face toward D, forming a right bending ready stance type A.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D, forming a left walking stance, while striking the left palm with the right front elbow.
25. Turn and face toward C, while forming a left bending ready stance type A.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C, forming a right walking stance, while striking the right palm

- with the left front elbow.
28. Move the left foot to E, forming a right L. stance, while executing a twin knife-hand block.
 29. Move the right foot to E, forming a right walking stance, while executing a middle thrust with the right straight fingertip.
 30. Move the right foot to F, turning clockwise to form a left L. stance, while executing a twin knife-hand block.
 31. Move the left foot to F, forming a left walking stance, while executing a middle thrust with the left straight fingertip.
 32. Move the left foot to C, forming a left walking stance, while executing a high side block with the left outer forearm.
 33. Execute a middle punch to C with the right fist while maintaining a left walking stance.
 34. Move the right foot to C, forming a right walking stance, while executing a high side block with the right outer forearm.
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance.
 36. Jump to C, forming a left X-stance, while executing a high side strike to C with the left back fist.
 37. Move the right foot to A, forming a right walking stance, at the same time execute a high block with the right double forearm.
 38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance, while executing a high block with the left double forearm.
- END: Bring the left foot back to a ready posture.**