DRAFT VERSION - NOT YET COMPLETE

ILYOKWAN
BLACK BELT ACADEMY

Yul Gok 율곡

38 Moves

Interpretation

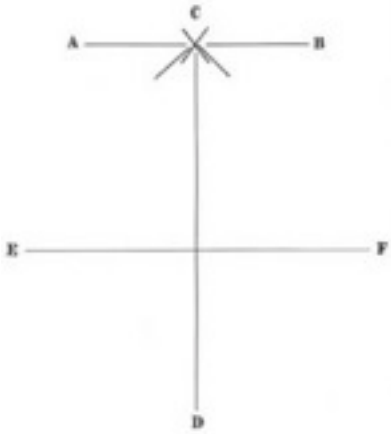
Yul Gok is the pseudonym of the great philospopher and scholar Yi I(1536-1584 A.D.) nicknamed the 'Confucious of Korea). The 38 movementsof the pattern refer to his birthplace on the 38th degree of latitude and thediagram represents 'scholar'.

Techniques in Yul Gok

Stances

Parallel Ready Stance ..... Narani Chunbi Sogi
Sitting ..... Annun Sogi
Walking..... Gunnan Sogi
Bending ..... Goburyo Sogi
L ..... Niunja Sogi
X..... Kyocha Sogi

Blocks



Middle Inner Forearm Block..... Kaunde, An Palmok Makgi
Hooking Block..... Golcho Makgi
Forearm Guarding Block ..... Palmok Daebi Makgi
Twin Knifehand Block..... Sang Sonkal Makgi
Double Forearm Block..... Doo Palmok Makgi

Strikes

Obverse Punch..... Baro Jirugi
Reverse Punch ..... Bandae Jirugi
Front Elbow Strike ..... Ap Palkup Taeirigi
Straight Fingertip Thrust ..... Son Sunkut Tulgi
Back Fist Strike..... Dnng Joomuk Taerigi

Kicks

Front Snap kick ..... Ap Chabusigi
Side Piercing Kick ..... Yop Chajirugi

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No.	Direction	Stance	Technique	Section
	To begin:	parallel ready		
1	left foot moves	sitting	left fist, measure	mid
2		sitting	right punch fast	mid
3		sitting	left punch fast	mid
4	step east	sitting .	right fist, measure	mid
5		sitting	left punch fast	mid
6		sitting	right punch fast	mid
7	turn N.E	walking	inner forearm block	high
8	step N.E		front snap kick	low
9		walking	obverse punch fast	mid
10		walking	reverse punch fast	mid
II	turn N/W	walking	inner forearm block	high
12	step N/W		front snap kick	low
13		walking	obverse punch fast	mid
14		walking	reverse punch fast	mid
IS	turn north	walking	obverse palm hooking block	high
16		walking	reverse palm hooking block	high
17		walking	obverse punch	mid
18	step north	walking	obverse palm hooking block	high
19		walking	reverse palm hooking block	high
20		walking	obverse punch	mid
21	step north	walking	obverse punch	mid
22		bending ready	outer forearm guarding block	mid
23			side piercing kick	mid
24		walking	front elbow strike	
25	turn south	bending ready	outer forearm guarding block	mid
26			side kick	mid
27		walking	front elbow strike	
28	turn east	L	twin knifehand block	h/m
29	step east	walking	straight fingertip thrust	mid
30	turn west	L	twin knifehand block	h/m
31	step west	walking	straight fingertip thrust	mid
32	turn south	walking	outer forearm block	high
33		walking	reverse punch	mid
34	step south	walking	outer forearm block	high
35		walking	reverse punch	mid
36	jump south	X	left back fist strike	high
37	turn east	walking	double forearm block	high
38	step west	walking	double forearm block	high
	To end	parallel ready	left foot moves	