

Advanced Green Belt Form

Yul-Gok

Punches Low

Chung-Be Stance

<u>#</u>	<u>Technique</u>	<u>Stance</u>
1	Left Punch (press)	Sittingstance
2	Right Punch	Sittingstance
3	Left Punch	Sittingstance
4	Right Punch (press)	Sittingstance
5	Left Punch	Sittingstance
6	Right Punch	Sittingstance
7	Right Innerforearm Block	Right Frontstance
8	Left #2 Front Kick	
9	Left Punch	Left Frontstance
10	Right Reverse Punch	Left Frontstance
11	Left Innerforearm Block	Left Frontstance
12	Right #2 Front Kick	
13	Right Punch	Right Frontstance
14	Left Reverse Punch	Right Frontstance
15	Right Hooking Block (press)	Right Frontstance
16	Left Reverse Hooking Block (press)	Right Frontstance
17	Right Punch	Right Frontstance
18	Left Hooking Block (press)	Left Frontstance
19	Right Reverse Hooking Block (press)	Left Frontstance
20	Left Punch	Left Frontstance
21	<u>Right Punch</u>	Right Frontstance
22	Transition	Right One-Leg Balance Stance
23	Left #2 Side Kick	
24	Right Reverse Elbow	Left Frontstance
25	Transition	Left One-Leg Balance Stance
26	Right #2 Side Kick	
27	Left Reverse Elbow	Right Frontstance
28	Left Knifehand Square Block	Left Backstance
29	Right Spearhand	Right Frontstance
30	Right Knifehand Square Block	Right Backstance
31	Left Spearhand	Left Frontstance
32	Left Outerforearm Block	Left Frontstance
33	Right Punch	Left Frontstance
34	Right Outerforearm Block	Right Frontstance
35	Left Punch	Right Frontstance
36	<u>Left Jumping Downward Backfist</u>	Left X-Stance
37	Right Double Innerforearm Block	Right Frontstance
38	Left Double Innerforearm Block	Left Frontstance

Yul-Gok (38 movements): Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38-degree latitude and the diagram of the pattern represents scholar.