

Green Belt / Yul-Guk

Form Name: Yul-Guk (pronounced "Yule Goke")

Yul-Guk was a great scholar who was nicknamed "The Confucius of Korea"

~ 38 movements / 2 yells ~

The dark green belt represents the intermediate growth of the plant. The student is still growing.

Technique

1. Left middle punch (Tension) ----
2. Right middle punch -----
3. Left middle punch -----
4. Right middle punch (Tension) ---
5. Left middle punch -----
6. Right middle punch -----
7. Right single inner forearm block
8. Left front kick -----
9. Left middle punch -----
10. Right middle punch -----
11. Lt. single inner forearm block --
12. Right front kick -----
13. Right middle punch -----
14. Left middle punch -----
15. Right hooking block (Tension)---
16. Left hooking block (Tension)----
17. Right middle punch -----
18. Left hooking block (Tension)----
19. Right hooking block (Tension)---
20. Left middle punch -----
21. Right middle punch ----(kihap!)
22. Lt. Double outer forearm block--
23. Left side kick -----
24. Right elbow strike -----
25. Rt. Double outer forearm block--
26. Right sidekick -----
27. Left elbow strike -----
28. Left Knifehand square block ----
29. Right Spearhand strike -----
30. Right Knifehand square block ---
31. Left Spearhand strike -----
32. Lt. Single outer forearm block --
33. Right middle punch -----
34. Rt. Single outer forearm block--
35. Left middle punch -----
36. Left backfist strike ----(kihap!)
37. Right Sang-soo block -----
38. Left Sang-soo block -----

Stance

- Middle
Middle
A]XX'Y
F][\hFront
Left Front
@ZnFront
Right Front
F][\hFront
@Zt Front
--
F][\hFront
Rt One Legged
--
Left Front
Lt One Legged
--
Right Front
Right Back
Right Front
Left Back
Left Front
Left Front
--
Right Front
--
X-Stance
Right Front
Left Front

Ba-Roh!

Left foot steps up to ready position

One Steps

1. Right sidekick, Right tornado kick, Left spinning side kick, Double outer forearm block.
2. Left palm block, right middle punch, left middle punch, right Knifehand strike, right crescent kick, right jump spin crescent kick, double outer forearm block.
3. Double outer forearm block, right middle punch, left high punch, right high Ridgehand, left middle Ridgehand, left Knifehand strike, right jumping sidekick, double outer forearm block.

