

Dark Green Belt

Form Name: Yul-Gok (Pronounced: Yule Goke)

Yul-Gok 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.

ONE-STEPS

1. Right side kick. 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 side kick. Double outer forearm block.

FORM

TECHNIQUE

STANCE

1. Left middle punch (Tension)	Middle
2. Right middle punch	Middle
3. Left middle punch	Middle
4. Right middle punch (Tension)	Middle
5. Left middle punch	Middle
6. Right middle punch	Middle
7. Right single inner forearm block	Right Front
8. Left front kick	Left Front
9. Left middle punch	Left Front
10. Right middle punch	Left Front
11. Left single inner forearm block	Left Front
12. Right front kick	Right Front
13. Right middle punch	Right Front
14. Left middle punch	Right Front
15. Right hooking block (Tension)	Right Front
16. Left hooking block (Tension)	Left Front
17. Right middle punch	Left Front
18. Left hooking block (Tension)	Left Front
19. Right hooking block (Tension)	Left Front
20. Left middle punch	Right Front
21. Right middle punch (Kihap!)	R. One-legged
22. Left double outer forearm block	Left Front
23. Left side kick	Left Front
24. Right elbow strike	Left One-legged
25. R double outer forearm block	Right Front
26. Right side kick	Right Front
27. Left elbow strike	Right Back
28. Left knifehand square block	Left Back
29. Right spearhand strike	Left Front
30. Right knifehand square block	Left Front
31. Left spearhand strike	Left Front
32. Left single outer forearm block	Right Front
33. Right middle punch	Right Front
34. Right single outer forearm block	Right Front
35. Left middle punch	X-Stance
36. Left backfist strike (Kihap!)	Right Front
37. Right Sang-soo block	Left Front
38. Left Sang-soo block	Left Front

Ba-rohi Left foot steps up to ready position

