

Turner Taekwon-Do

Blue Stripe 5th Kup

PATTERN YUL GOK

No. OF MOVEMENTS 38

No. OF STANCES 6

INTERPRETATION YUL GOK is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the “Confucious of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram represents “scholar”.

READY POSITION - Parallel Ready Stance = NARANI JUNBI SOGI

PALM HOOKING BLOCK
SONBADAK GOLCHO MAKGI

FRONT ELBOW STRIKE
AP PALKUP TAERIGI

TWIN KNIFEHAND BLOCK
SANG SONKAL MAKGI

X STANCE
KYOCHA SOGI

DOUBLE FOREARM BLOCK
DOO PALMOK MAKGI