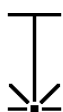


YUL-KOK HYUNG

5th Kup

38 movements



Yul-Kok was the pseudonym of a great philosopher and scholar, Yi I, who was nicknamed the “Confucius of Korea”. The 38 movements represent the 38 degrees latitude of Yul-Kok's birth place.

#	+	Move	Stance	Action
	N	On “Junbi”	Parallel ready stance	
1	N	L foot to W	Horse-riding stance	L rising block ¹ (under pressure) <i>followed by</i>
2	N			R upper-section punch <i>followed quickly by</i>
3	N			L upper-section punch
4	N	L foot up to R foot then R foot to E	Horse-riding stance	R rising block (under pressure) <i>followed by</i>
5	N			L upper-section punch <i>followed quickly by</i>
6	N			R upper-section punch
7	NE	R foot to NE	R front stance	R inner-forearm block
8	NE	Step forward		L front kick <i>followed quickly by</i>
9	NE	Step down to	L front stance	L lunge punch <i>followed quickly by</i>
10	NE			R lunge punch
11	NW	L foot back to R foot, then L foot to NW	L front stance	L inner-forearm block
12	NW	Step forward		R front kick <i>followed quickly by</i>
13	NW	Step down to	R front stance	R lunge punch <i>followed quickly by</i>
14	NW			L lunge punch
15	N	R foot back to L, then R foot to N	R front stance	R knife-hand hooking block ² (under pressure) <i>followed by</i>

¹ The arm remains straight, rising from Junbi position to the position of a mid-section punch. The movement is slow, under pressure and synchronous with stepping into HR stance.

² Knife-hand hooking blocks begin in the same position as guarding blocks, except that the lead hand is in knife-hand, the rear hand is closed. The rear fist retracts to the floating ribs. The block passes in an arc front of the face, stopping just past the shoulder. During this movement, the lead hand bends (hooks) outward at the wrist once it has passed a vertical position. Execute slowly and under pressure using your hips.

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#	+	Move	Stance	Action
16	N			L knife-hand hooking block (under pressure) <i>followed quickly by</i>
17	N			R lunge punch
18	N	Step forward	L front stance	L knife-hand hooking block (under pressure) <i>followed by</i>
19	N			R knife-hand hooking block (under pressure) <i>followed quickly by</i>
20	N			L lunge punch
21	N	Step forward	R front stance	R lunge punch
22	N	L foot steps forward and extends N, then retracts to	R crane stance	Outer-forearm guarding block
23	S			L side kick
24	S	Step forward	L front stance	R elbow strike into L palm ³
25	S	Retract R foot and turn 180° C	L crane stance	Outer-forearm guarding block
26	S			R side kick
27	S	Step forward	R front stance	L elbow strike into R palm
28	E	L foot up to R, then L foot to E	R back stance	Twin knife-hand block ⁴
29	E	Step forward	R front stance	L downward block with R mid-section vertical spear-hand
30	W	R foot to W ⁵ (turn 180° C	L back stance	Twin knife-hand block
31	W	Step forward	L front stance	R downward block with L mid-section vertical spear-hand
32	S	L foot back to R foot, then L to S	L front stance	L outer-forearm block <i>followed quickly by</i>
33	S			R reverse punch

³ Extend L arm in front of L shoulder. R elbow strikes horizontally into palm, extending just past L shoulder.

⁴ As per twin outer-forearm block.

⁵ Accelerate the backward step by quickly retracting both elbows to the ribs.

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#	+	Move	Stance	Action
34	S	Step forward	R front stance	R outer-forearm block <i>followed quickly by</i>
35	S			L reverse punch
36	S	L foot steps S, just past R foot, then R foot steps S behind L foot.	L Crossed stance ⁶ (body facing W)	L downward back-fist ⁷
37	E	R foot to E (turn 270° C)	R front stance	R reinforced block ⁸
38	W	R foot to W	L front stance	L reinforced block KIUP
	N	On "Keuman" L foot to	Parallel ready stance	

⁶ In L crossed stance, the left foot is flat on the floor. The R foot, crossing behind the left, stamps down with the ball of the foot, retarding forward momentum.

⁷ Begin with wrists crossed in front of the chest and L fist on top. R fist retracts to the lowest ribs. L back-fist travels in an arc to finish at the height of the nose-bridge. The strike is simultaneous with the L ball of foot stamp. Both legs bend to drop the body weight into the strike.

⁸ A reinforced block begins with both arms parallel, elbows bent at 90° and the fists at eye height and slightly trailing. Palms are facing out, hands are closed. The lead hand rotates into an inner-forearm block finishing at shoulder height. The rear fist presses against (reinforces) the blocking arm just below the elbow. The shoulders are at 45°. Block to the centre-line, not in line with the shoulder.