

Yul-Guk (Y)

36 Movements

"Is the pseudonym of a great philosopher and scholar, Yi I nicknamed the 'Confucius of Korea'."

Ready Stance A

1. Left Punch Middle (Medium) - Sitting Stance
2. Right Punch Middle - Sitting Stance
3. Left Punch Middle - Sitting Stance
4. Right Punch Middle (Medium) - Sitting Stance
5. Left Punch Middle - Sitting Stance
6. Right Punch Middle - Sitting Stance
7. Right Inner Forearm Block - Right Front Stance
8. Left Front Kick
9. Left Punch Middle - Left Front Stance
10. Right Reverse Punch Middle - Left Front Stance
11. Left Inner Forearm Block - Left Front Stance
12. Right Front Kick
13. Right Punch Middle - Right Front Stance
14. Left Reverse Punch Middle - Right Front Stance
15. Right Hooking Block (Medium) - Right Front Stance
16. Left Reverse Hooking Block (Medium) - Right Front Stance
17. Right Punch Middle - Right Front Stance
18. Left Hooking Block (Medium) - Left Front Stance
19. Right Reverse Hooking Block (Medium) - Left Front Stance
20. Left Punch Middle - Left Front Stance
21. Right Punch Middle - Right Front Stance
22. Left Side Kick
23. Right Reverse Horizontal Elbow Strike (to left palm) - Left Front Stance
24. Right Side Kick
25. Left Reverse Horizontal Elbow Strike (to right palm) - Right Front Stance
26. Left Knifehand Square Block - Left Back Stance
27. Right Spearhand Middle - Right Front Stance
28. Right Knifehand Square Block - Right Back Stance
29. Left Spearhand Middle - Left Front Stance
30. Left Outer Forearm Block - Left Front Stance
31. Right Reverse Punch Middle - Left Front Stance
32. Right Outer Forearm Block - Right Front Stance
33. Left Reverse Punch Middle - Right Front Stance
34. Left Downward Backfist - Left X-stance
35. Right Double Inner Forearm Block - Right Front Stance
36. Left Double Inner Forearm Block - Left Front Stance