



TAEKWONDO AMERICA

PUPRLE BELT

PURPLE AND SENIOR PURPLE BELT

PATTERN

YUL-GOK

36 Movements

Is the pseudonym of a great philosopher and scholar, Yi I (1536-1584 A. D.) nicknamed the "Confucius of Korea". The diagram (+) represents scholar.

Stance A

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| 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 Hooking Block (Medium) | Right Front Stance |
| 17. Right Punch Middle | Right Front Stance |
| 18. Left Hooking Block (Medium) | Left Front Stance |
| 19. Right Hooking Block (Medium) | Left Front Stance |
| 20. Left Punch Middle | Left Front Stance |
| 21. Right Punch Middle (Ki-Hap) | Right Front Stance |
| 22. Left Side Kick | |
| 23. Right Reverse Horizontal Elbow Strike to Left Palm | Left Front Stance |
| 24. Right Side Kick | |



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|--|--------------------|
| 25. Left Reverse Horizontal Elbow Strike to Right Palm | Right Front Stance |
| 26. Left Knife Hand Square Block | Left Front Stance |
| 27. Right Spearhand Middle | Right Front Stance |
| 28. Right Knife Hand Square Block | Left Front 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 (Ki-Hap) | Left X Stance |
| 35. Right Double Inner Forearm Block | Right Front Stance |
| 36. Left Double Inner Forearm Block | Left Front Stance |

