**Yul Guk**

High Green Belt Form

Meaning: Yul Guk is the pseudonym for the great philosopher and scholar Yi the first (1536 – 1584). Nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on the 38th latitude.

Shape: Scholar

Number of movements: 38

Kihap Points: 21 & 36

Begin at Parallel Ready Stance:

1. Left foot moves out into horse riding stance while *slowly* punching with left hand.
2. Right Punch
3. Left Punch
4. Slide over to right, horse riding stance while *slowly* punching with right hand.
5. Left Punch
6. Right Punch
7. Turn 45 degrees (toward corner of room) into right front stance, while performing inner form block.
8. Left front kick
9. Land in left front stance right punch
10. Right reverse punch
11. Turn 90 degrees (toward opposite corner of room) into left front stance, while performing inner form block.
12. Right front kick
13. Land in right front stance right punch
14. Right punch
15. Left reverse punch
16. Toward the front of the room into right front stance, right handed hooking block, left hand hooking block
17. Lead hand punch
18. Left front stance, left handed hooking block
19. Right hand hooking block
20. Lead left hand punch
21. Right front stance, lead right hand punch. KIHAP
22. Chamber left leg into knee-bending stance with hands in guarding block
23. Left side kick
24. Land in left front stance, perform right horizontal elbow
25. Turn 180 degrees (toward back of room), chamber right leg into knee-bending stance with hands in guarding block
26. Right side kick
27. Land in right front stance, left horizontal elbow
28. Turn left 90 degrees into right back stance, perform open hand twin open
29. Step into right front stance while performing right spear hand thrust (aka body thrust)
30. Turn left 180 degrees (moving right foot) into left back stance, perform twin open
31. Step into left front stance while performing left spear hand thrust (aka body thrust)
32. Turn left 90 degrees (toward back of room) into left front stance, perform outer forearm block.
33. Reverse punch
34. Step into right front stance, perform outer forearm block
35. Reverse punch
36. Leap into X stance, left back fist strike KIHAP
37. Turn right 270 degrees (unwind your body) into right front stance, while performing push block
38. (Turn left 180 degrees) Right foot moves to meet left foot, left foot moves into left front stance, while performing push block