

Green Belt / Yul-Guk

Form Name: Yul-Guk (pronounced "yule goke")

Yul-Guk was a great scholar who was nicknamed "The Confucius of Korea"

~ 38 movements / 2 yells ~

The dark green belt represents the intermediate growth of the plant. The student is still growing.

Technique

1. Left middle punch (Tension) ----
2. Right middle punch -----
3. Left middle punch -----
4. Right middle punch (Tension) ---
5. Left middle punch -----
6. Right middle punch -----
7. Right single inner form block ---
8. Left middle punch -----
9. Left middle punch -----
10. Right middle punch -----
11. Lt. single inner forearm block --
12. Right front kick -----
13. Right middle punch -----
14. Left middle punch -----
15. Right hooking block (Tension)---
16. Left hooking block (Tension)----
17. Right middle punch -----
18. Left hooking block (Tension)----
19. Right hooking block (Tension)---
20. Left middle punch -----
21. Right middle punch ----(kihap)
22. Lt. Double outer forearm block--
23. Left sidekick -----
24. Right elbow strike -----
25. Rt. Double outer forearm block--
26. Right sidekick -----
27. Left elbow strike -----
28. Left Knifehand square block ----
29. Right Spearhand strike -----
30. Right Knifehand square block ---
31. Left Spearhand strike -----
32. Lt. Single outer form block ----
33. Right middle punch go to sleep--
34. Rt. Single outer forearm block--
35. Left middle punch -----
36. Left backfist strike ----(kihap)
37. Rt. Double inner forearm block--
38. Lt. Double inner forearm block--

Stance

1. Middle
2. --
3. Middle
4. --
5. Right Front
6. --
7. Left Front
8. --
9. Left Front
10. --
11. Right Front
12. --
13. Right Front
14. --
15. Left Front
16. --
17. --
18. Right Front
19. --
20. Left Front
21. Rt One Legged
22. --
23. Left Front
24. Lt One Legged
25. --
26. Right Front
27. Right Back
28. Right Front
29. Left Back
30. Left Front
31. Left Front
32. --
33. Right Front
34. --
35. X-Stance
36. Right Front
37. Left Front
38. Left Front

Ba-Roh!
Left foot steps up to ready position

One Steps

1. Right sidekick, right tornado kick, left reverse sidekick, double outer forearm block.
2. Left palm block, right middle punch, left middle punch, right Knifehand strike, right crescent kick, right jump spin crescent kick, double outer forearm block.
3. Double outer forearm block, right middle punch, left high punch, right high Ridgehand, left middle Ridgehand, left Knifehand strike, right jumping sidekick, double outer forearm block.

