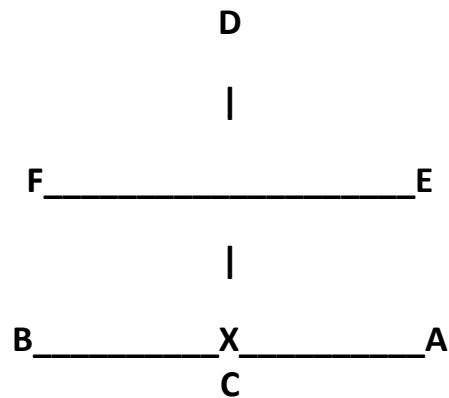


## #5 - YUL-GOK PATTERN - (38 MOVEMENTS)



Ready Stance – Parallel Ready Stance

1. Move Left foot to 'B' forming a Riding stance while extending Left fist in a slow-motion punch to 'D.' (We do not raise the arm straight up.)
2. Execute Middle section punch with Right fist.
3. Execute Middle section punch with Left fist.  
\*Perform 2 & 3 in a fast motion
4. Bring Left foot to Right foot and then move Right foot to 'A' forming a Riding stance while extending Right fist in a slow-motion punch to 'D.' (We do not raise the arm straight up.)
5. Execute Middle section punch with Left fist.
6. Execute Middle section punch with Right fist.  
\*Perform 5 & 6 in a fast motion
7. Move Right foot (45 degrees clockwise) to 'AD' forming a Right front stance while executing High section block with Right (~~inside~~) outside forearm.
8. Execute a Low section front snap kick with Left foot keeping the position of hands as they were in 7.

9. Lower Left foot to 'AD' forming Left front stance at the same time execute Middle section punch with Left fist.
10. Maintain your stance execute a Middle section punch with Right fist.  
\*Perform 9 & 10 in a fast motion.
11. Move Left foot to 'BD' (90 degrees counterclockwise) forming a Left front stance at the same time execute High section block with Left (~~inside~~) outside forearm.
12. Execute a Low section snap kick with Right foot keeping the position of hands as they were in 11.
13. Lower Right foot to 'BD' forming Right front stance while executing Middle section punch with Right fist.
14. Maintain your stance execute a Middle section punch with Left fist.  
\*Perform 13 & 14 in a fast motion.
15. Move Right foot to 'D' (45 degrees clockwise) forming a Right front stance at the same time execute High section hooking block with Right knife-hand.
16. Maintain your stance and execute High section hooking block with Left knife-hand.
17. Maintain your stance execute Middle section punch with Right fist.  
\*Perform 16 & 17 in a continuous motion.
18. Move Left foot to 'D' forming a Left front stance at the same time execute High section hooking block with Left knife-hand.
19. Maintain your stance and execute a High section hooking block with Right knife-hand.
20. Maintain your stance execute a Middle section punch with Left fist.  
\*Perform 19 & 20 in a continuous motion.

21. Move Right foot to 'D' forming a Right front stance while executing Middle section punch with Right fist.
22. Bring Left fist on Right fist while pulling Left foot to Right knee joint (bending ready stance).
23. Execute Middle section side thrusting kick to 'D' with Left foot while extending the left arm at the execution of the kick.
24. Lower Left foot to 'D' forming a Left front stance while striking Left palm with Right front elbow.
25. Without stepping, bring Right fist on Left fist while pulling Right foot to Left knee (bending ready stance) and turn the face to 'C' (180 degrees clockwise).
26. Execute Middle section side thrusting kick to 'C' with Right foot while extending the right arm at the execution of the kick.
27. Lower Right foot to 'C' forming a Right front stance while striking Right palm with Left front elbow.
28. Move Left foot to 'E' (90 degrees counterclockwise) forming a Right back stance while executing twin knife-hand block.
29. Move Right foot to 'E' forming Right front stance while thrusting with Right vertical spear finger.
30. Move Right foot to 'F' (180 degrees clockwise) forming a Left back stance while executing twin knife-hand block.
31. Move Left foot to 'F' forming a Left front stance while thrusting Left vertical spear finger.
32. Move Left foot to 'C' (90 degrees counterclockwise) forming a Left front stance at the same time execute High section side block with Left outside forearm.

33. Maintain your stance and execute a Middle section punch with Right fist.
34. Move Right foot to 'C' forming a Right front stance at the same time execute High section side block with Right outside forearm.
35. Maintain your stance and execute a Middle section punch with Left fist.
36. Jump to 'C' forming a Left X-stance while executing High section side strike with Left back fist. (Your back is towards 'A.')
37. Move Right foot to 'A' (180 degrees clockwise) forming a Right front stance at the same time execute High section block with Right double forearm (push block or supporting block).
38. Bring Right foot to Left foot and then move Left foot to 'B' (180 degrees counterclockwise) forming a Left front stance at the same time execute High section block with Left double forearm (push block or supporting block). Kihap.

**End.**

Maintain the last step until the "return to ready stance" command is given then bring Left foot back to parallel ready stance.

Pattern demonstrated: <https://blackbeltwiki.com/yul-gok> (ITF Taekwondo Patterns)

<https://taekwondoanimals.com/itf-pattern-5-yul-gok>