

YUL-KOK

BLUE BELT - 38 Movements
4TH-BLUE-R to 3RD-BLUE-D

Is the pen name of the philosopher & scholar Yi I (1536-1584 A.D.). He was nicknamed the “Confucius of Korea.” It has 38 movements to symbolize his birthplace on the 38th parallel and the pattern of movements (±) for the character for “scholar.”

Yul-Gok, meaning Chestnut Valley was the pseudonym given to Yi I. Born in Kang-Nung in the Kwangwon-Do Province. Yi I's was very close to his mother, who was a revered woman in Korean society. Upon her death, Yi I went to a Zen Buddhist monastery to mediate. There he was educated on Buddhist philosophy. Upon leaving, he devoted his life to the study of Confucianism. He became well known for being an expert of the school of Chu-Hsi. Yul-Gok proposed that the “chi” controlled the universe and that “li” was a supporting agent. Yul-Gok's School stressed the importance of education, experience & intellectual activities. The other school of taught was led by Yi –Hwang (Yi Toi-Gye). Toi-Gye believed that the “li” controlled and that the “chi” stressed the importance of moral character. This difference was the cornerstone in a political stalemate. Kim Hyo-Won, who controlled the eastern part of Seoul followed the teachings of Toi-Gye, while the western section, led by Sim Ui-Gyom followed Yul-Gok. Yul-Gok was deeply embedded in government affairs. He held the position of Minister of Defense, calling for a 100,000 Army Reserve Corp. He established the Hyang-Yak (village laws based in Confucian ethics) to govern local governments. Yul-Gok created the Taedong (Great Equity) System to aid finances by levying land rather than on households. Because of the political struggle, Yul-Gok never got to see his theories and systems develop. Nonetheless, he was still revered as an extraordinary philosopher for his lifelong dedication to Confucianism and theory of government.



Begin: Ready Position starting at [X] facing North

1. Move left foot West; forming horse stance facing North while extending right fist middle-section.
 2. Stationary. Execute middle-section punch with left fist (slowly).
 3. Stationary. Execute middle-section punch with right fist (regular speed).
 4. Stationary. Execute middle-section punch with left fist (regular speed).
 5. Move East, left foot to right foot (touching), then right foot East to horse stance (keeping left fist out).
 6. Stationary. Execute middle-section punch with right fist (slowly).
 7. Stationary. Execute middle-section punch with left fist (regular speed).
 8. Stationary. Execute middle-section punch with right fist (regular speed).
 9. Move right foot North East; forming RFF front stance while executing inside block with right inner forearm.
 10. Execute front kick with left leg landing in LFF front stance.
 11. Stationary. Execute a middle-section punch with left fist.
 12. Stationary. Execute a middle-section reverse punch with the right fist.
 13. Move left foot North West; forming LFF front stance while executing inside block with left inner forearm.
 14. Execute middle-section front kick with right foot landing in RFF front stance.
 15. Stationary. Execute middle-section punch with right fist
 16. Stationary. Execute reverse middle-section punch with left fist.
 17. Move right foot North, forming RFF front stance facing North while keeping left fist out & executing middle-section hook block with right palm.
 18. Stationary. Execute middle-section hook block with left palm.
 19. Stationary. Execute reverse middle-section section punch with right fist.
 20. Move left foot North, forming LFF front stance facing North while keeping right fist out & executing middle-section hook block with left palm.
 21. Stationary. Execute middle-section hook block with right palm.
 22. Stationary. Execute reverse middle-section punch with left fist.
 23. Move right foot North, forming RFF front stance while executing middle-section punch with right fist. [YELL]
 24. Move North; execute side kick with left foot.
 25. Lower the left leg to LFF front stance while executing middle-section elbow attack with right arm (right elbow strikes left palm)
 26. Turn clockwise & execute side kick South with right foot.
 27. Lower the right leg to RFF front stance while executing middle section elbow attack with left arm (left elbow strikes right palm)
 28. Move left foot East (90 degrees) forming LFF back stance while executing double rising knife-hand block.
 29. Move right foot East forming RFF front stance while executing spear-hand attack (vertical) with right hand (aiming for the groin area). The left hand is open and tucked underneath elbow of right arm.
 30. Move right foot West (180 degrees) forming RFF back stance while executing double rising knife-hand block.
 31. Move left foot West forming LFF front stance while executing spear-hand attack (vertical) with left hand (aiming for the groin area). The right hand is open and tucked underneath elbow of left arm.
 32. Move left foot South, forming LFF front stance while executing front block with left hand.
 33. Stationary. Execute middle-section reverse punch with right fist.
 34. Move right foot South, forming RFF front stance while executing front block with right hand.
 35. Stationary. Execute reverse middle-section punch with left fist.
 36. Jump South, forming X stance facing South while executing face-attack. [YELL]
 37. Move left foot West forming LFF front stance while executing face-attack.
 38. Move left foot to right foot (touching), then right foot East forming RFF front stance while executing face-attack.
- End: Move right foot back to [X] forming ready stance facing North.

Reminders:

Ready Stance: body is upright; legs are shoulder width; toes point forward; fists almost touching each other in front of the belt forming a circle.

Horse Stance: body is upright; legs are double your shoulder width; feet point forward; knees are in and legs are bent.

Front Stance: body is upright; shoulders are pointing east & west; head is looking in the same direction as the front foot; legs are shoulder width apart; front leg is bent (60% of the weight) & back leg is straight (40% of the weight); both feet point forward.

Back Stance: body is upright; shoulders are pointing north & south; head is looking in the same direction as the front foot; both legs are bent; front foot (30% of the weight) is pointing forward, back foot (70% of the weight) is pointing 90 degrees (feet form the letter “L”);

X Stance: body is upright; shoulders are pointing north & south; facing straight; front foot is perpendicular to direction of movement, back foot is on the toes.

All punches in this form are middle section. (Aiming at the bottom of the sternum) **RFF:** Right Front Foot **LFF:** Left Front Foot

Testing Requirements:

I Yul-Kok Form

III Kicks: Facing Each Other

IV Free-Sparring

II Basics: (1) Face Attack

(1) Front Kick, Sliding Front Kick & Knife-hand Attack [YELL]

(NO hand techniques to the face)

(2) Double Knife-hand Block – Low Section

(2) Side Kick, Jump Side Kick & Knife-hand Attack [YELL]