

Yul-Gok

Step number	Name	Direction	Feet	Hands
1	Ready Stance	N	Shoulder width apart	Fists apart at belt level
2	Right slow punch	N	Step out with left foot into a horse stance	Aim with left hand and do a slow right punch
3	Left slow punch	N	Don't move feet.	Left slow punch
4	Double punch	N	Don't move feet.	Punch right then left.
5	Right slow punch	N	Move left foot to your right foot and then step out with right foot into a horse stance.	Right slow punch
6	Double punch	N	Don't move feet.	Left knife-hand strike
7	Right outside forearm block	NE	Rotate 45 degrees to the right and step into a right front stance	Right outside forearm block
8	Left leg front kick	NE	Stand up and kick with left leg. Land in a left front stance.	Hands don't move
9	Double punch	NE	Left front stance	Aim with right and punch left then right.
10	Left outside forearm block	NW	Step with left foot turning 90 degrees to the left into a left front stance.	Left outside forearm block
11	Right leg front kick	NW	Stand up and kick with right leg. Land in a right front stance.	Hands don't move
12	Double punch	NW	Right front stance	Aim left and punch right then left.
13	Right knife-hand scrape block	N	Move right foot, turning 45 degrees to the right and step into a right front stance.	With left arm extended in a punch, knife-hand scrape with right hand.
14	Left knife-hand scrape block	N	Don't move feet.	With Right arm extended in a punch, knife-hand scrape with left hand.
15	Right hand punch	N	Don't move feet.	Right hand punch
16	Left knife-hand scrape block	N	Step foreword into a left front stance	With Right arm extended in a punch, knife-hand scrape with left hand.
17	Right knife-hand scrape block	N	Don't move feet.	With left arm extended in a punch, knife-hand scrape with right hand.
18	Left hand punch	N	Don't move feet.	Left hand punch
19	Right hand punch with yell	N	Step foreword into a right front stance	Right hand punch
20	Left leg side kick	N	Move left foot up to and in front of right foot. Side kick with left leg.	Right hand by ribs and left fist on top
21	Right elbow-smash	N	Re-chamber after the side kick and then step out into a left front stance	Reach out with left hand then bring right elbow up and slap with left hand
22	Right leg side kick	S	Step back with right foot to left foot. Side kick with right leg	Left hand by ribs and right fist on top
23	Left elbow-smash	S	Re-chamber after the side kick and then step out into a right front stance	Reach out with right hand then bring left elbow up and slap with right hand
24	Left knife-hand square block	E	Step up with left foot into a left back stance	Left knife-hand square block
25	Right hand spear-finger strike	E	Step foreword into a right front stance	Right hand spear-finger strike
26	Right knife-hand square block	W	Step back with right foot. Rotate on left foot 180 degrees into a right back stance	Right knife-hand square block
27	Left hand spear-finger strike	W	Step foreword into a left front stance	Left hand spear-finger strike
28	Left outside forearm block	S	Step back with left foot turning the left. Pivot on the right foot rotate 90 degrees to the left. Step out into a left front stance.	Left outside forearm block
29	Right reverse punch	S	Don't move feet.	Right reverse punch
30	Right outside forearm block	S	Step foreword into a right front stance	Right outside forearm block
31	Left reverse punch	S	Don't move feet.	Left reverse punch
32	Left leg stomp and left back fist	S	Step foreword into a left back stance, stomp the left foot as it lands. Then step foreword with right foot placing it behind left ankle.	Left back fist strike
33	Right reinforced outside forearm block	E	Pivot on left foot, rotating to the right 270 degrees. Step out with right foot into a right front stance.	Right reinforced outside forearm block
34	Left reinforced outside forearm block with yell	W	Step back with right foot to left, then step out with left foot into a left front stance.	Left reinforced outside forearm block