

# PATTERNS

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## YUL - GOK

# The Virtual Dojang

## Introduction

Finally a patterns training tool that makes sense!

Learning a pattern has never been easier. Unlike other products, The Virtual Dojang's patterns training tool actually follows you around the dojang while you move.

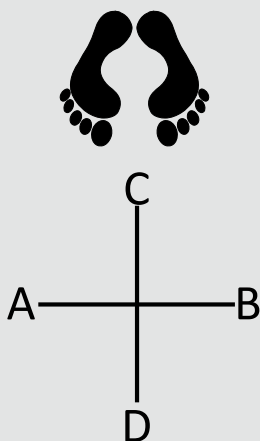
When you turn, the orientation of the diagram on the screen/page turns with you. So rather than having to concentrate on which way you are facing compared to the instructions, you only have to focus on the movement itself.

Complete the movement, turn the page, and you will find the diagram is pointing in the right direction. Your current foot position is shown with white feet, and your finishing position with black feet. Lines and arrows help you understand how the feet should move.

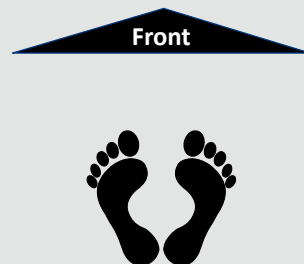
On top of all that, there are pictures and helpful hints. There's even a helpful arrow pointing to where the front of the dojang is, to help you maintain correct orientation. At the start of every movement, check that the arrow is pointing to the front - if it is you know you are on track.

We have also simplified the movement and technique descriptions, the aim being to aid learning Taekwon-Do outside the Dojang.

Of course, nothing replaces learning Taekwon-Do from a qualified instructor. By all means use our tool, but for more detailed and technical help please see your instructor.



Traditional diagram



The Virtual Dojang diagram

This pattern, Yul-Gok is for 5th Kup and above

38 Movements

Ready position : Parallel Ready Stance

New Stances :

New Techniques :

- Sitting Stance Middle Punch

- L-Stance Twin Knife-hand Block

- Walking Stance Palm Hooking Block

- Reverse Hooking Block

- Walking Stance Front Elbow Strike

- X- Stance Back Fist High Side Strike

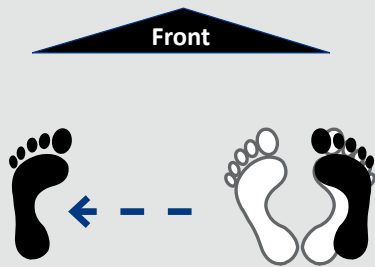
- Walking Stance Double Forearm High Block

Meaning

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar"

# Ready position

## Parallel Ready Stance



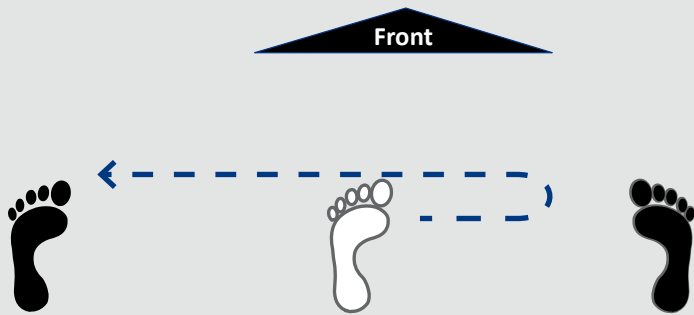
- If in attention stance move your left foot to the left to form a parallel ready stance toward the front.



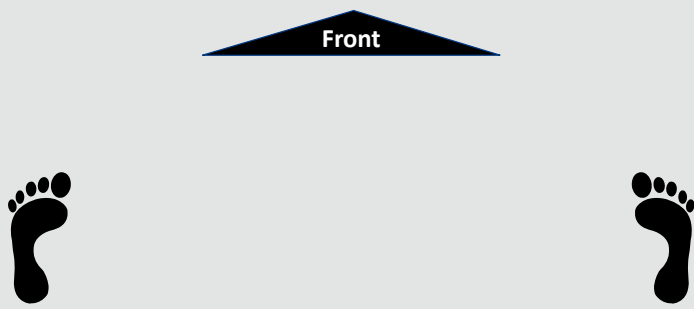
# Pattern movements and techniques

1. Step your left foot out into sitting stance while raising your left fist to the side front

- The arm moves in an arc, and is not a punch.



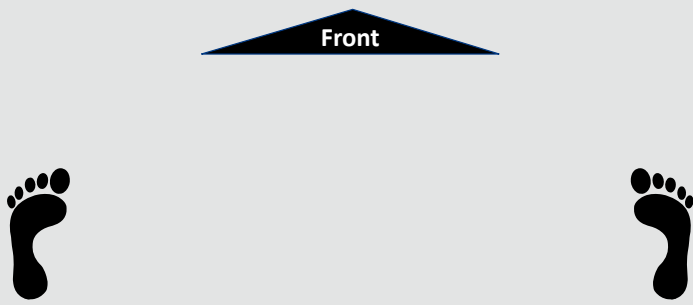
## 2. Right middle punch and in fast motion ...



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again as you punch.
- This movement is followed immediately by the next movement in one count (fast motion).



### 3. Left middle punch

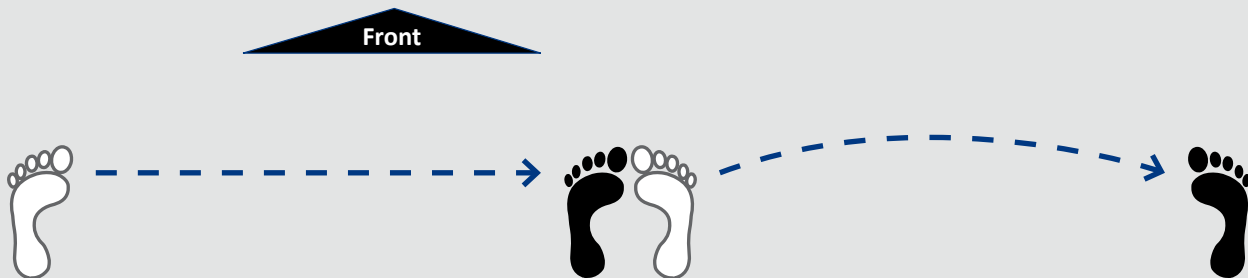


- Leave your feet where they are.
- Drop your weight, raise it up, then drop again as you punch.
- This movement is done immediately after the last movement in one count (fast motion).



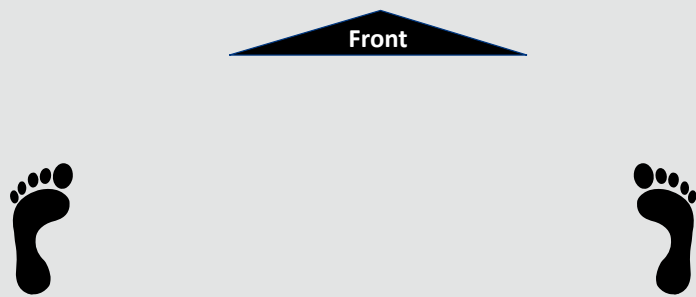
4. Bring your feet together then step your right foot out into sitting stance while raising your right fist to the side front

- The arm moves in an arc, and is not a punch..





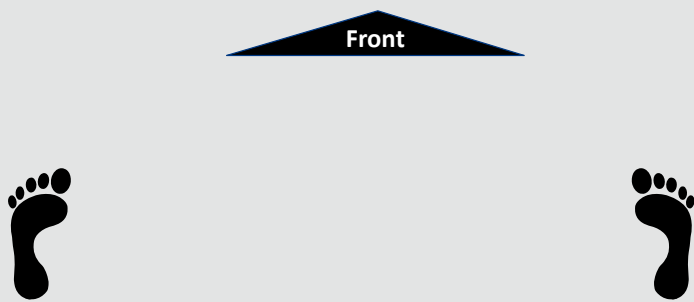
## 5. Left middle punch and- in fast motion ...



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again as you punch.
- This movement is followed immediately by the next movement in one count (fast motion).



## 6. Right middle punch

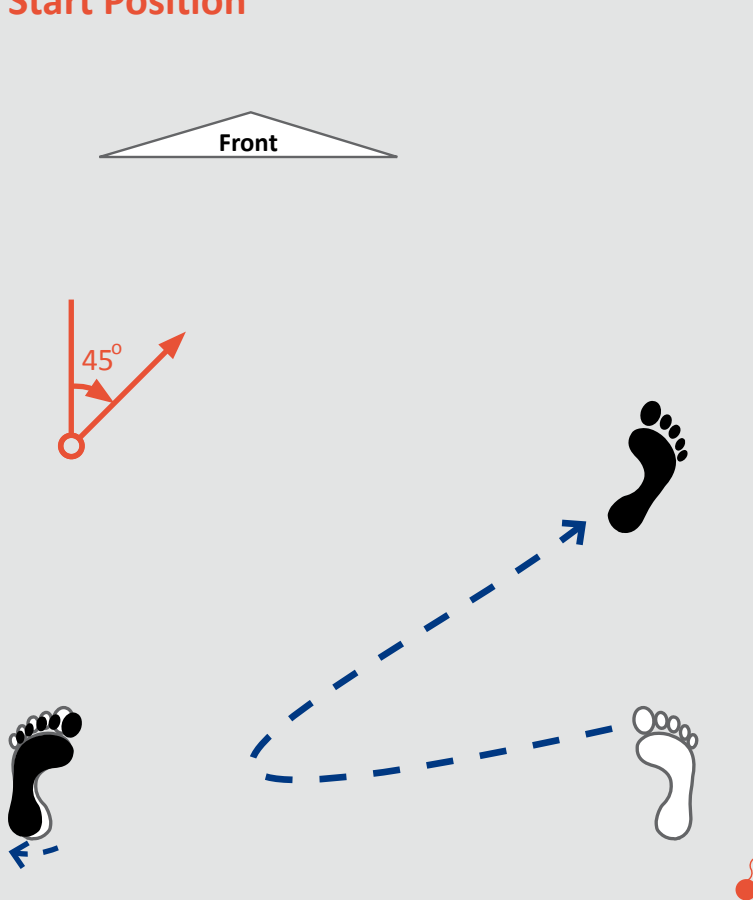


- Leave your feet where they are.
- Drop your weight, raise it up, then drop again as you punch.
- This movement is done immediately after the last movement in one count (fast motion).



7. Bring your right foot back towards your left foot, then step out left on the 45° angle into right walking stance inner forearm middle side block

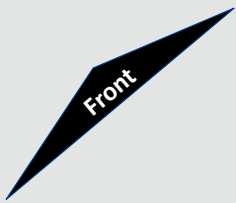
**Start Position**



**Finish Position**



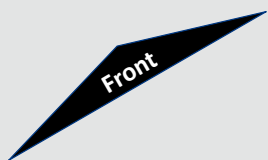
## 8. Left low front snap kick



- This movement is followed immediately by the next two movements in one count.



## 9. Step down into left walking stance middle punch and **in fast motion** ...



- This movement is followed immediately by the next movement (fast motion).



## 10. Right reverse punch



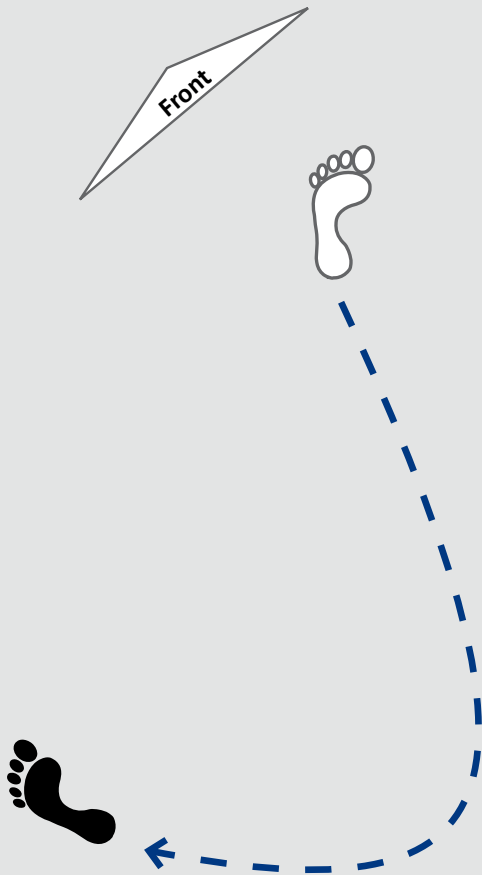
- Leave your feet where they are.
- Raise your weight up, then drop again as you punch.
- This movement is done immediately after the last movement (fast motion).



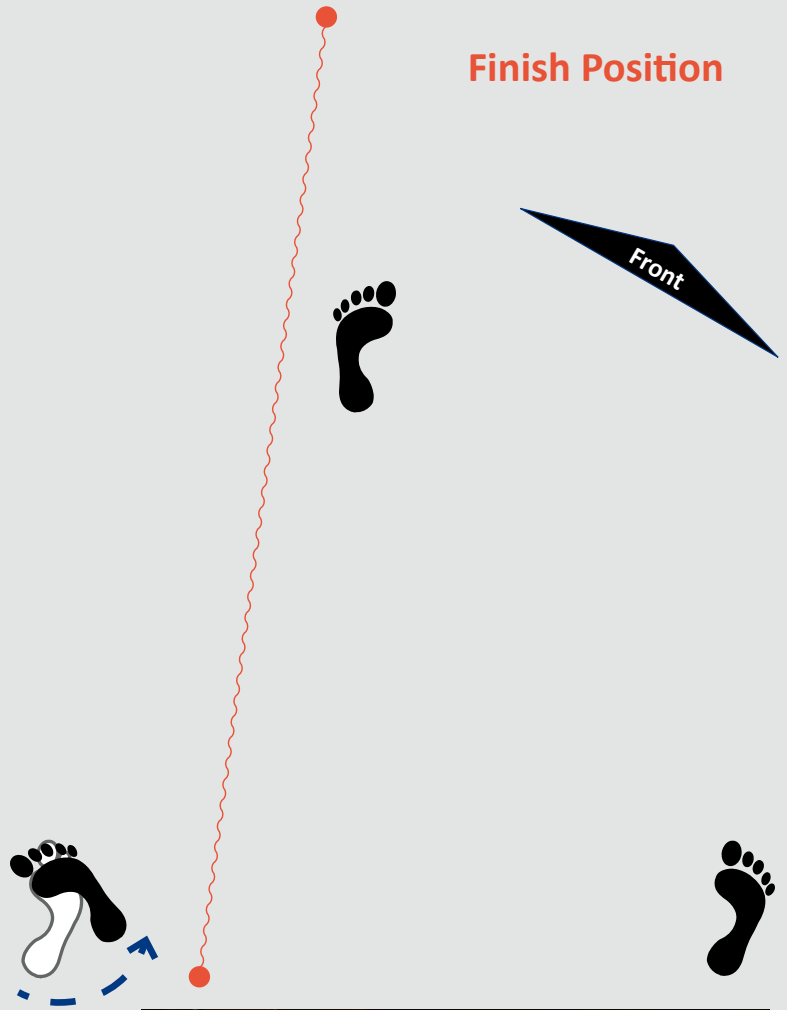


11. Bring your weight back onto your right foot, turn 90° (1/4 turn) to the left, into left walking stance inner forearm middle side block

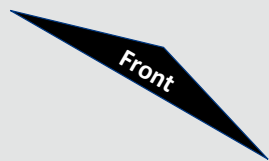
**Start Position**



**Finish Position**



## 12. Right low front snap kick

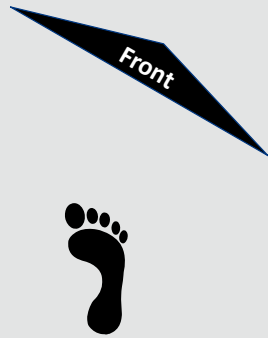


- This movement is followed immediately by the next two movements in one count.





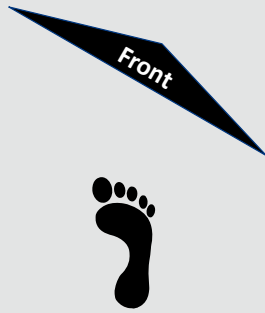
### 13. Step down into right walking stance middle punch and **in fast motion** ...



- This movement is followed immediately by the next movement (fast motion).



## 14. Left reverse punch

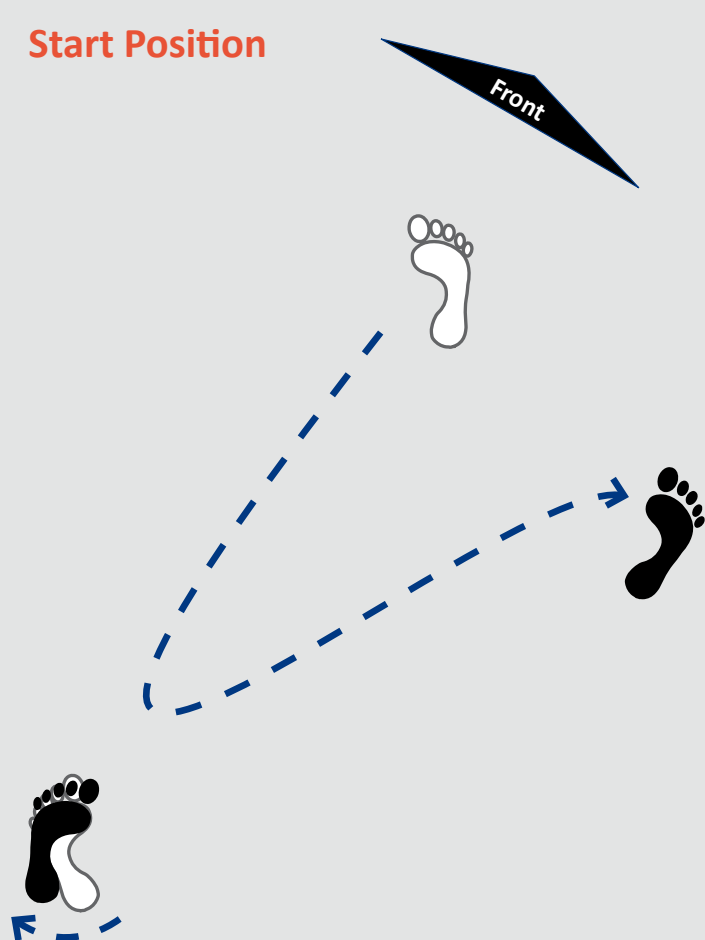


- Leave your feet where they are.
- Raise your weight up, then drop again as you punch.
- This movement is done immediately after the last movement (fast motion).

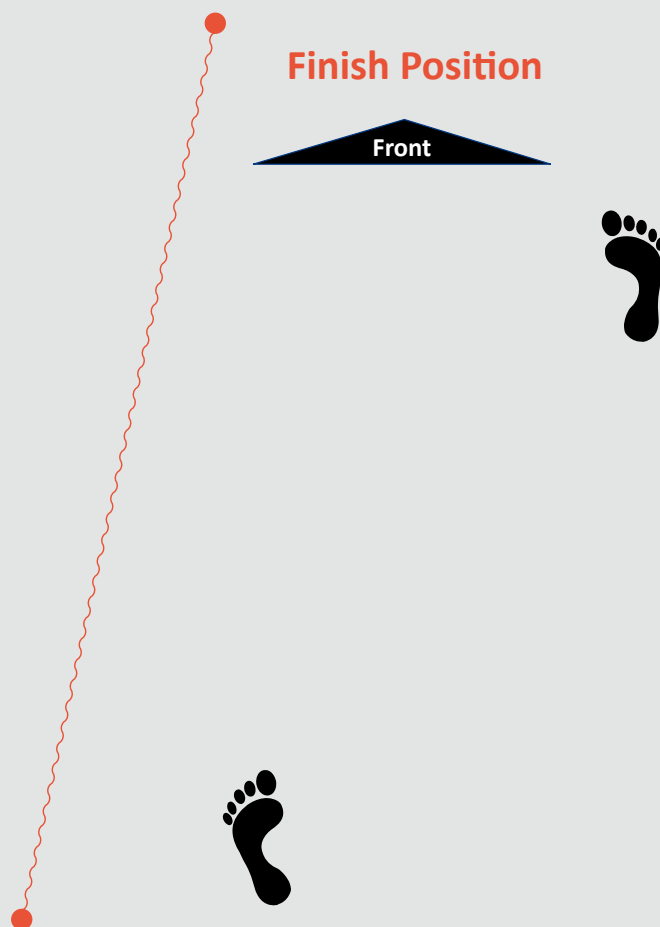


15. Bring your weight back on your left foot, then step towards the front into a right walking stance middle hooking block

**Start Position**



**Finish Position**



## 16. Left middle hooking block and in connecting motion ...



- Slightly raising the back heel.
- This movement is followed immediately by the next movement in one count (connecting motion).
- Leave the feet where they are



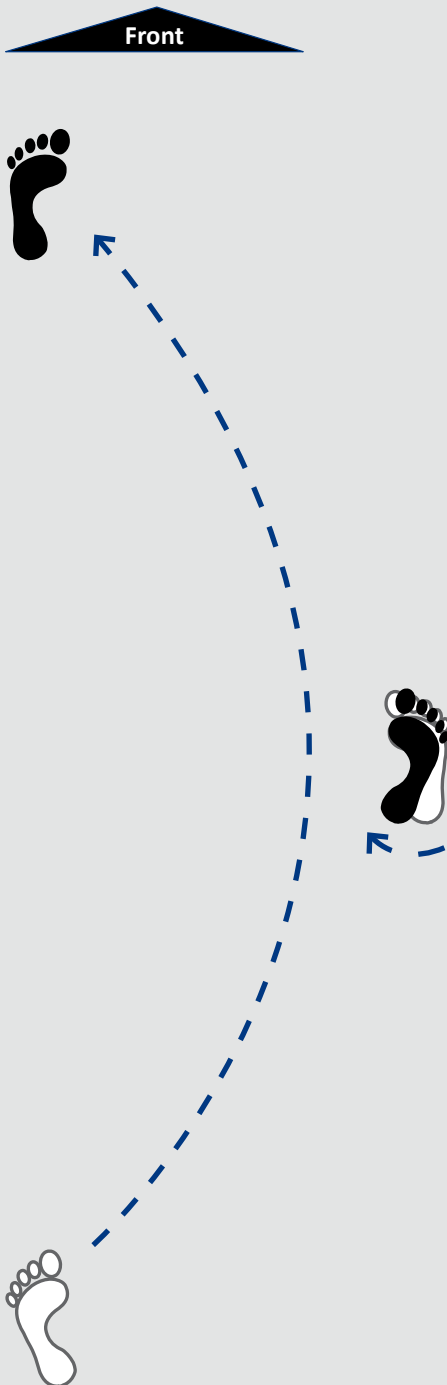
## 17. Right punch



- Drop back down into walking stance.
- This movement is followed immediately by the previous movement (connecting motion).
- Leave the feet where they are



## 18. Step forward into a left walking stance middle hooking block with the left hand





## 19. Right middle hooking block and in connecting motion ...



- Slightly raising the back heel.
- This movement is followed immediately by the next movement in one count (connecting motion).
- Leave the feet where they are



## 20. Left punch



- Drop back down into walking stance.
- This movement is followed immediately by the previous movement (connecting motion).
- Leave the feet where they are





## 21. Step forward into a right walking stance middle punch



22. Shift your weight onto your right foot,  
and then do right bending ready stance A



## 23. Left middle side piercing kick



- This movement is followed immediately by the next movement in one count.





## 24. Drop down into a left walking stance front elbow strike

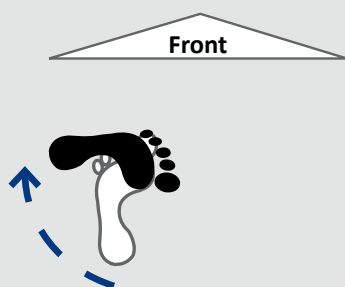


- Strike with the right elbow.
- The left palm comes to the right elbow.

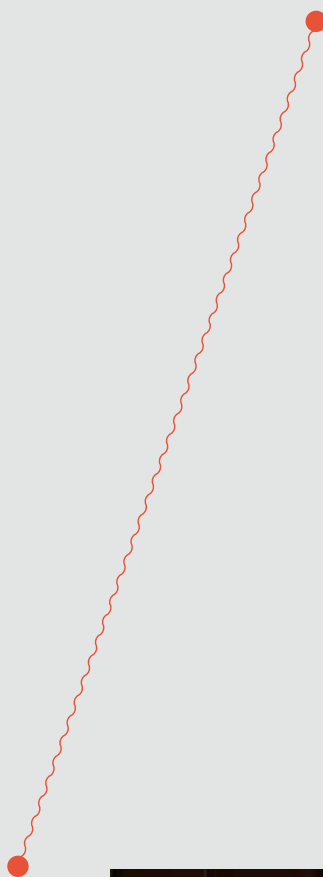


25. Shift your weight onto your left foot, turn to face the back, and then do left bending ready stance A

**Start Position**



**Finish Position**



## 26. Right middle side piercing kick



- This movement is followed immediately by the next movement in one count.

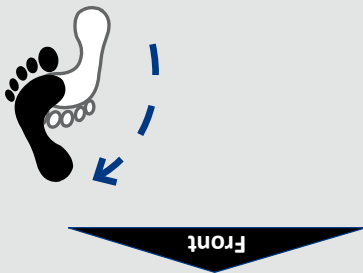




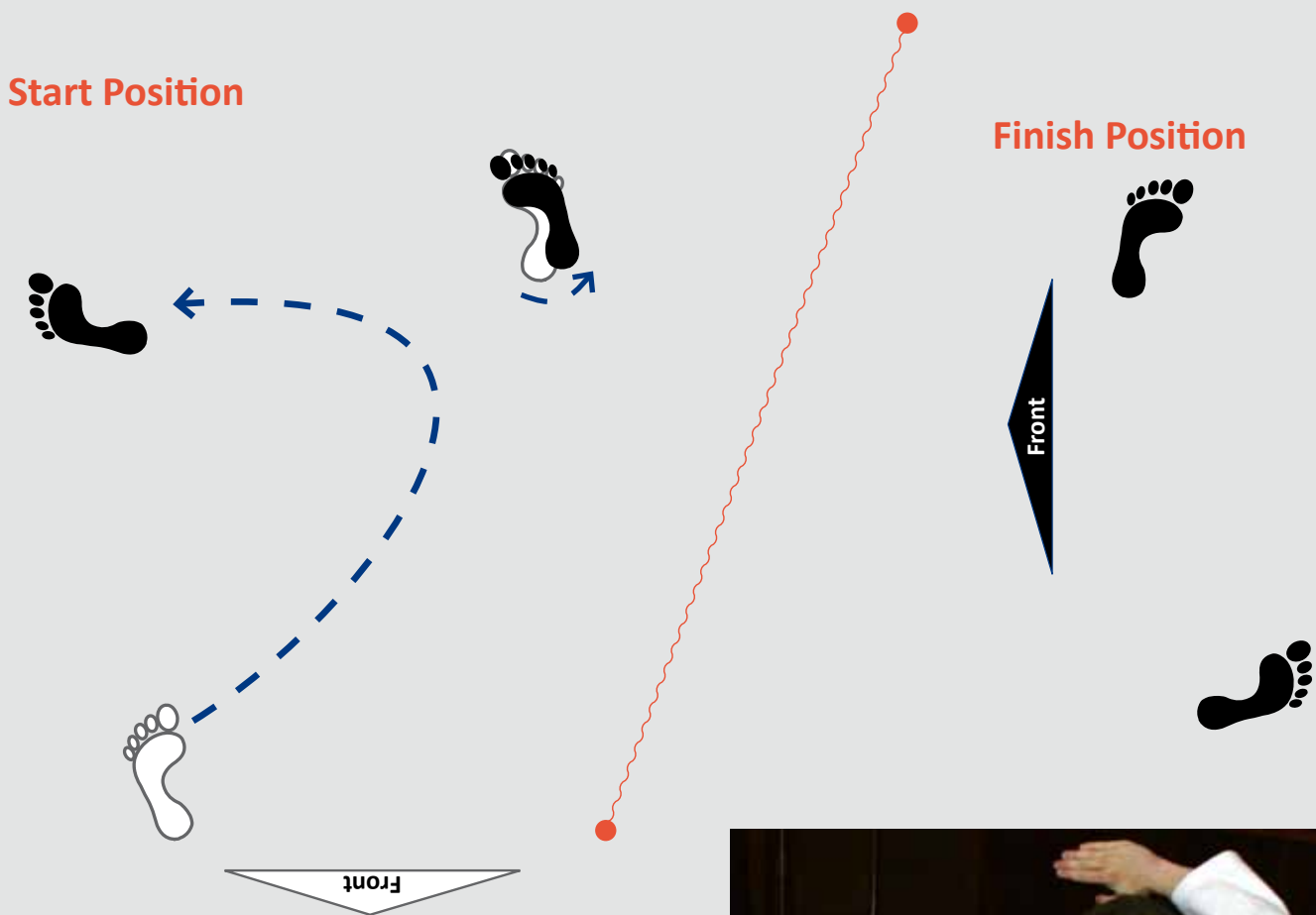
## 27. Drop down into a right walking stance front elbow strike



- Strike with the left elbow
- The right palm comes to the left elbow.

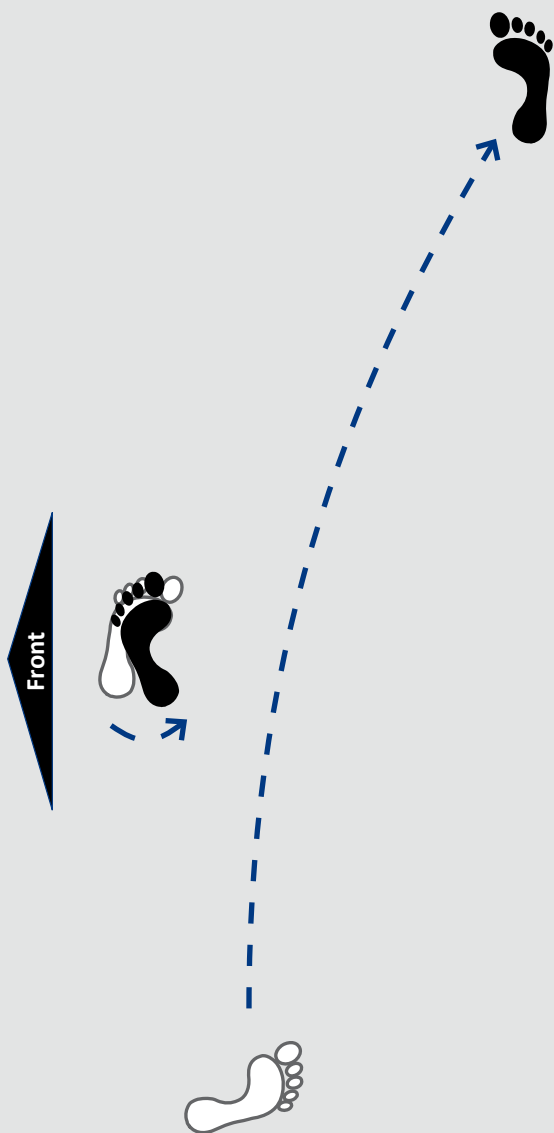


28. Shift your weight onto the right leg, then turn to the left, dropping into right L-stance twin knifehand block



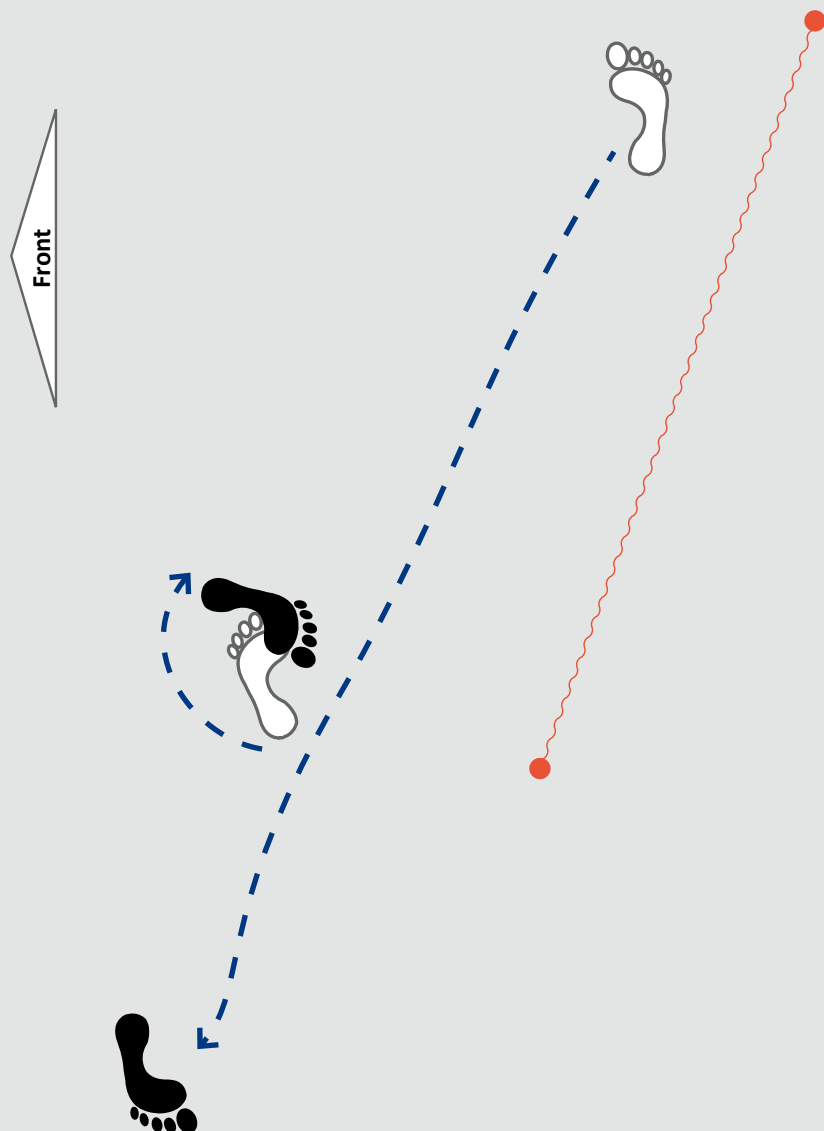


## 29. Step forward into a right walking stance straight fingertip thrust

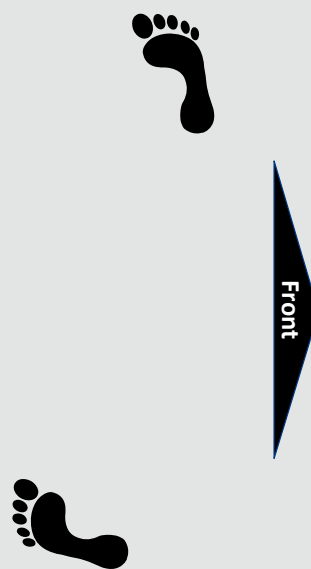


# 30. Turn 180 degrees (1/2 turn) clockwise landing in left L-stance twin knifehand block

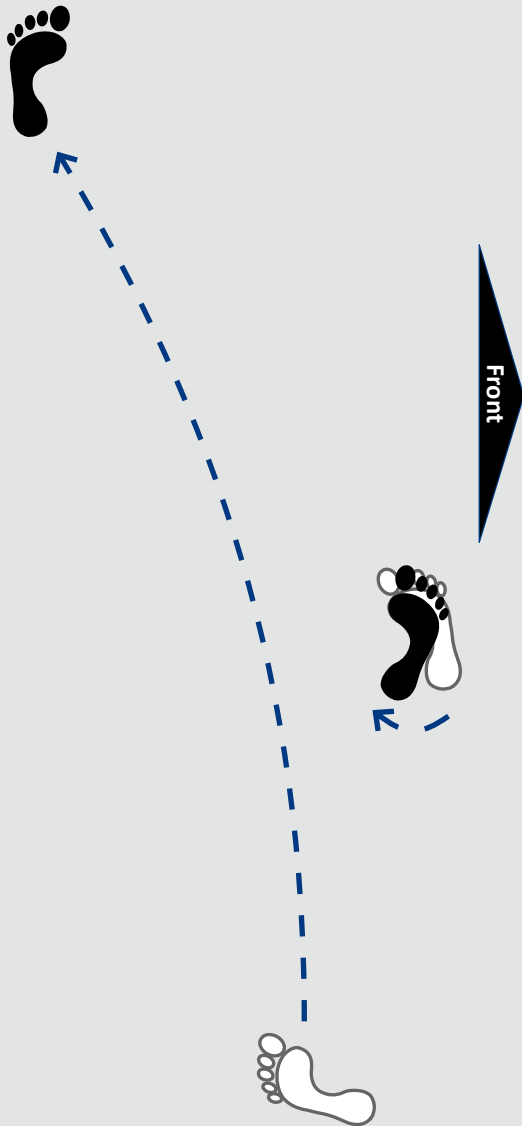
## Start Position



## Finish Position

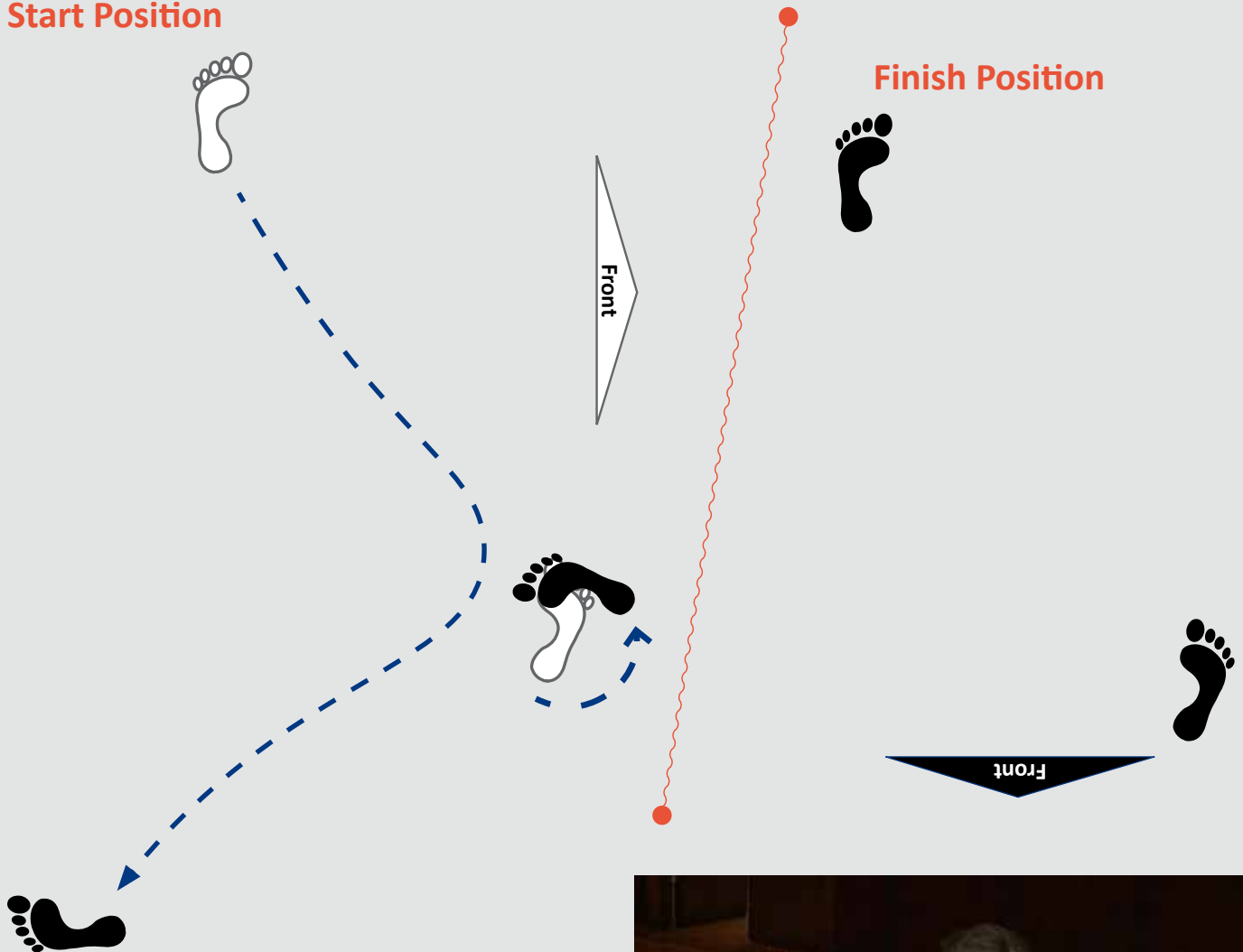


### 31. Step forward into a left walking stance straight fingertip thrust



32. Shift your weight back onto your right foot, then turn to the left, stepping out into a left walking ready stance high outer forearm block

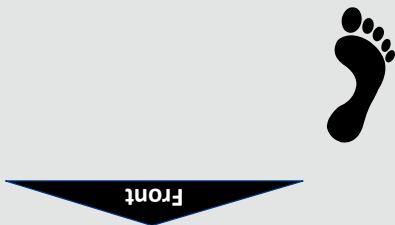
Start Position



### 33. Right middle reverse punch



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.



### 34. Step forward into a right walking ready stance high outer forearm block





## 35. Left middle reverse punch



- Leave your feet where they are.
- Drop your weight, raise it up, then drop again.



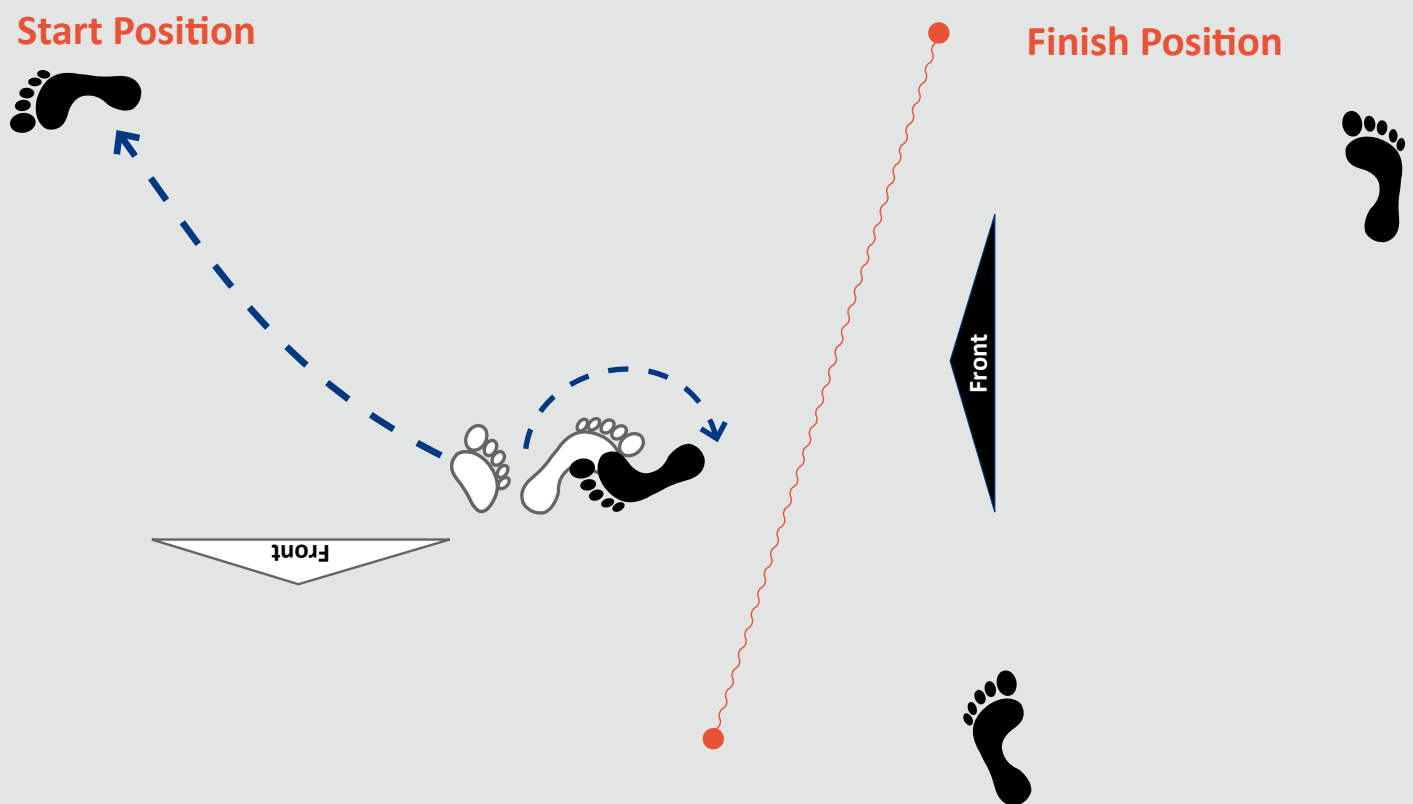
### 36. Jump to the front, landing in left X-stance backfist side strike

- Land on your left foot first with your right foot following in behind.



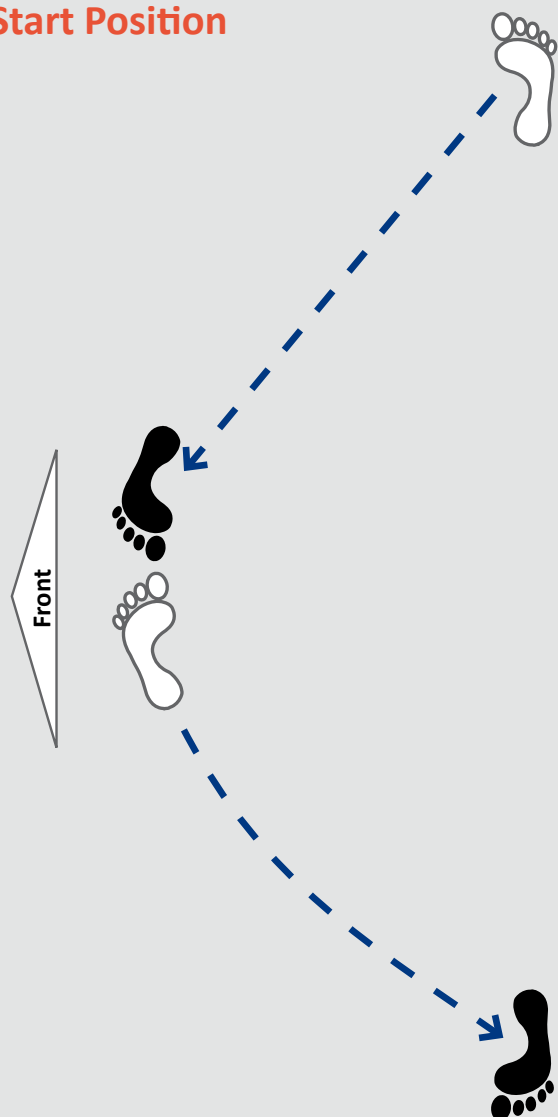


37. Rotate 270° (3/4 turn) clockwise, then step out into a right walking stance high double forearm block

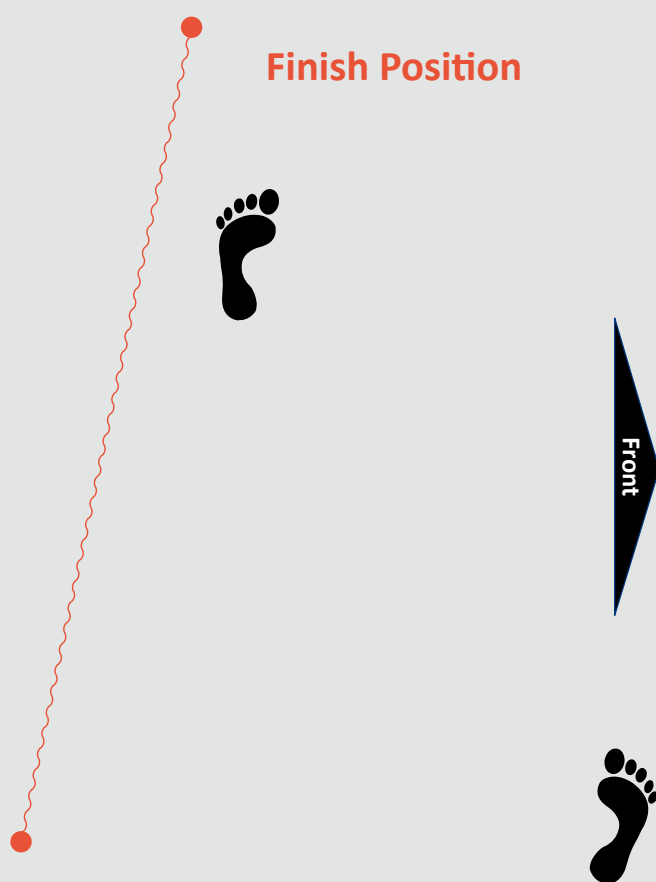


38. Bring your feet together then step your right foot out into left L-stance high double forearm block

Start Position

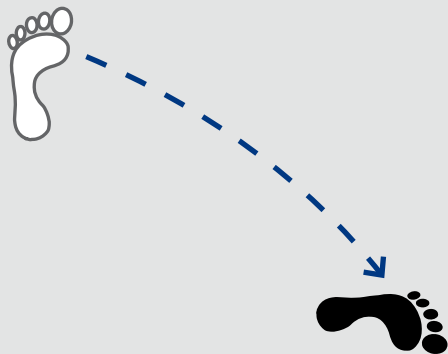


Finish Position



End. Bring your left foot back to the ready position

Start Position



Finish Position

