



**TAEKWONDO AMERICA**

**PUPRLE BELT**

# PURPLE AND SENIOR PURPLE BELT

## PATTERN

### YUL-GOK

36 Movements

*Is the pseudonym of a great philosopher and scholar, Yi I (1536-1584 A. D.) nicknamed the "Confucius of Korea". The diagram (+) represents scholar.*

#### Stance A

- |  |                    |
|--|--------------------|
| 1. Left Punch Middle (Medium)                          | Sitting Stance     |
| 2. Right Punch Middle                                  | Sitting Stance     |
| 3. Left Punch Middle                                   | Sitting Stance     |
| 4. Right Punch Middle (Medium)                         | Sitting Stance     |
| 5. Left Punch Middle                                   | Sitting Stance     |
| 6. Right Punch Middle                                  | Sitting Stance     |
| 7. Right Inner Forearm Block                           | Right Front Stance |
| 8. Left Front Kick                                     |                    |
| 9. Left Punch Middle                                   | Left Front Stance  |
| 10. Right Reverse Punch Middle                         | Left Front Stance  |
| 11. Left Inner Forearm Block                           | Left Front Stance  |
| 12. Right Front Kick                                   |                    |
| 13. Right Punch Middle                                 | Right Front Stance |
| 14. Left Reverse Punch Middle                          | Right Front Stance |
| 15. Right Hooking Block (Medium)                       | Right Front Stance |
| 16. Left Hooking Block (Medium)                        | Right Front Stance |
| 17. Right Punch Middle                                 | Right Front Stance |
| 18. Left Hooking Block (Medium)                        | Left Front Stance  |
| 19. Right Hooking Block (Medium)                       | Left Front Stance  |
| 20. Left Punch Middle                                  | Left Front Stance  |
| 21. <b>Right Punch Middle (Ki-Hap)</b>                 | Right Front Stance |
| 22. Left Side Kick                                     |                    |
| 23. Right Reverse Horizontal Elbow Strike to Left Palm | Left Front Stance  |
| 24. Right Side Kick                                    |                    |



25. Left Reverse Horizontal Elbow Strike to Right Palm	Right Front Stance
26. Left Knife Hand Square Block	Left Back Stance
27. Right Spearhand Middle	Right Front Stance
28. Right Knife Hand Square Block	Right Back Stance
29. Left Spearhand Middle	Left Front Stance
30. Left Outer Forearm Block	Left Front Stance
31. Right Reverse Punch Middle	Left Front Stance
32. Right Outer Forearm Block	Right Front Stance
33. Left Reverse Punch Middle	Right Front Stance
34. <b>Left Downward Backfist (Ki-Hap)</b>	Left X Stance
35. Right Double Inner Forearm Block	Right Front Stance
36. Left Double Inner Forearm Block	Left Front Stance

