



# West Coast Taekwondo

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## Purple Belt Pattern YUL-GUK (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.

|    |                                      |                    |
|----|--------------------------------------|--------------------|
|    | Ready 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 #2 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 #2 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 Reverse Hooking Block (Medium)  | Right Front Stance |
| 17 | Right Punch Middle                   | Right Front Stance |
| 18 | Left Hooking Block (Medium)          | Left Front Stance  |
| 19 | Right Reverse Hooking Block (Medium) | Left Front Stance  |
| 20 | Left Punch Middle                    | Left Front Stance  |
| 21 | Right Punch Middle (Yell)            | Right Front Stance |

### STRIPES:

|        |  |
|--------|--|
| Black  | I Wills (for Junior Students)                              |
| Yellow | Do-San   |
| Green  | Spin Hook, #3 Jump Axe, #2 Hook / Round / Round Combo      |
| Blue   | Yul-Guk Half Form, Name of Form, Number of Moves & Meaning |
| Red    | Free Spar with Belt Rank Kicks                             |