



West Coast Taekwondo

Gary & Lynn Williams, Owner/Senior Instructors — 714.505.3220

Purple Senior 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
22	Left #2 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 Knifehand Square Block	Left Back Stance
27	Right Spearhand Middle	Right Front Stance
28	Right Knifehand 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	Left Backfist High (Yell)	Left X-Stance (left leg in front)
35	Right Double Inner Forearm Block	Right Front Stance
36	Left Double Inner Forearm Block	Left Front Stance

STRIPES:

Black	I Wills (for Junior Students)
Yellow	Won-Hyo
Green	#1 Jump Side, #2 Twist Kick, #1 Jump Round / #2 Jump Round Combo
Blue	Yul-Guk Full Form, Name of Form, Number of Moves & Meaning
Red	Free Spar with Belt Rank Kicks