



## YUL GOK

Parallel Ready Stance-Start On C Facing D

1. Move left foot to B sitting stance extend left fist to D horizontally
2. Middle punch with the right fist.
3. Middle punch with the left fist.
- Perform 2 & 3 in a continuous motion.
4. Move left foot to right foot, right foot to A sitting stance extend right fist to D horizontally.
5. Middle punch with the left fist.
6. Middle punch with the right fist.
- Perform 5 & 6 in a continuous motion.
7. Move right foot to AD right walking stance obverse middle inner forearm block.
8. Low front snap kick left foot keeping hands as they are.
9. Lower left foot to AD left walking stance middle obverse punch.
10. Middle punch with the right fist.
- Perform 9 & 10 in a continuous motion.
11. Move left foot to BD left walking stance obverse middle inner forearm block.  
Perform in a fast action.
12. Low front snap kick right foot keeping hands as they are.
13. Lower right foot to BD right walking stance middle obverse punch.
14. Middle punch with the left fist.

Perform 13 & 14 in a fast action.

15. Move right foot to D right walking stance high obverse palm hooking block.
16. High reverse palm hooking block.
17. Middle obverse punch.
18. Move left foot to D left walking stance high obverse palm hooking block.
19. High reverse palm hooking block.
20. Middle obverse punch.
21. Move right foot to D right walking stance middle obverse punch.
22. Turn face towards D right bending ready stance A.
23. Middle side piercing kick to D left foot.
24. Lower left foot to D left walking stance front elbow strike to left palm.
25. Move left foot to line CD left bending ready stance A.
26. Middle side piercing kick to C right foot.
27. Lower right foot to C right walking stance front elbow strike to right palm.
28. Move left foot to E right L-stance twin knifehand block.
29. Move right foot to E right walking stance middle obverse straight fingertip thrust.
30. Move right foot to F left L-stance twin knifehand block.
31. Move left foot to F left walking stance middle obverse straight fingertip thrust.
32. Move left foot to C left walking stance outer forearm high obverse side block.
33. Middle reverse punch.
34. Move right foot to C right walking stance outer forearm high obverse side block.
35. Middle reverse punch.
36. Jump to C left X-stance towards B high side strike with left back fist.
37. Move right foot to A right walking stance double forearm high block.

38. Move right foot to left foot, left foot to B left walking stance double forearm high block.

END - Bring left foot back to parallel ready stance.

