

## **Yul – Guk**

1. Step with left leg into middle stance - right arm bar & left tension punch – right punch – left punch
2. Shuffle step to the right (in middle stance) – right tension punch – left punch – right punch
3. Inner-forearm block while shifting to front stance at 45 degree angle
4. #2 advancing front kick - land in front stance – left punch – right punch
5. Step together – front stance & inner- forearm block at 45 degree angle
6. #2 advancing front kick – right punch – left punch
7. Right leg shift to front stance facing fwd. – fwd. tension knifehand – rvs. Tension knifehand – fwd. punch
8. Advance fwd. to left front stance – fwd. tension knifehand – rvs. Tension knifehand – fwd. punch
9. Advance to right front stance & fwd. punch (kihap)
10. Bring left foot to right foot facing east - #1 left sidekick – land in left front stance – rev. elbow strike
11. Bring left foot to right foot facing east – #1 right sidekick – land in right front stance – rev. elbow strike
12. Bring right foot to left foot – right back stance – square block
13. Advance to right front stance – fwd. spearhand (kihap)
14. Bring right foot to left foot – left back stance – square block
15. Advance to left front stance – fwd. spearhand (kihap)
16. Shift to left front stance facing south – fwd. Backfist – rev. punch
17. Advance to right front stance – fwd. Backfist – rev. punch
18. Advance into cross stance – left rolling Backfist
19. Turn 270 degrees into right front stance – right reinforced inner forearm block
20. Turn 180 degrees into left front stance – left reinforced inner forearm block