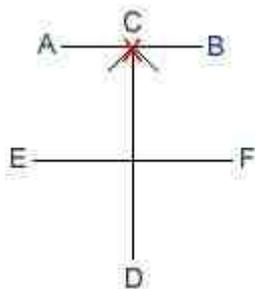


## ITF Taekwondo Yul-Gok Position Diagram



There are 38 movements in this ITF pattern.

Students start at C facing towards D (see position diagram below) and are in the parallel ready stance.

1. Move left foot towards B forming a sitting stance while extending the left fist horizontally
2. Middle punch towards D with the right fist while maintaining the sitting stance
3. Middle punch towards D with the left fist while maintaining the sitting stance - *Perform right & left punches in a rapid sequence.*
4. Bring left foot to the right foot and then move the right foot towards A forming a sitting stance towards D while extending the right fist horizontally
5. Middle punch towards D with the left fist while maintaining a sitting stance towards D
6. Middle punch towards D with the right fist while maintaining a sitting stance towards D - *Perform left & right punches in a rapid sequence.*
7. Move the right foot towards AD forming a right walking stance towards AD while executing a middle side block towards AD with the right inner forearm
8. Low front snap kick towards AD with the left foot - *Keep hands the same as they were in step 7.*
9. Lower the left foot to AD forming a left walking stance towards AD while executing a middle punch to AD with the left fist
10. Middle punch to AD with the right fist while maintaining a left walking stance toward AD - *Perform left & right punches in a rapid sequence.*
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm
12. Low front snap kick to BD with the right foot - *Keep hands the same as they were in step 11.*
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist
14. Middle punch to BD with the left fist while maintaining a right walking stance toward BD - *Perform right & left punches in a rapid sequence.*
15. Middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot
16. Middle hooking block to D with the left palm while maintaining a right walking stance toward D
17. Middle punch to D with the right fist while maintaining a right walking stance toward D - *Connect steps 16 and 17 as one motion.*
18. Move the left foot towards D forming a left walking stance toward D while executing a middle hooking block towards D with the left palm
19. Middle hooking block to D with the right palm while maintaining a left walking stance toward D
20. Middle punch to D with the left fist while maintaining a left walking stance toward D - *Connect steps 19 and 20 as one motion.*
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist
22. Turn face towards D forming a right bending ready stance A toward D
23. Middle side piercing kick towards D with the left foot
24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow

25. Turn face towards C forming a left bending ready stance A toward C
26. Middle side piercing kick towards C with the right foot
27. Lower the right foot towards C forming a right walking stance toward C while striking the right palm with the left front elbow
28. Move the left foot towards E forming a right L-stance toward E while executing a twin knife-hand block
29. Move the right foot towards E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip
30. Move the right foot towards F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block
31. Move the left foot towards F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip
32. Move the left foot towards C forming a left walking stance toward C while executing a high side block to C with the left outer forearm
33. Middle punch towards C with the right fist while maintaining a left walking stance toward C
34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm
35. Middle punch towards C with the left fist while maintaining a right walking stance toward C
36. Jump towards C forming a left X-stance towards B while executing a high side strike to C with the left back fist
37. Move the right foot to A forming a right walking stance towards A at the same time executing a high block with the right double forearm
38. Bring the right foot to the left foot and then move the left foot towards B forming a left walking stance while executing a high block with the left double forearm

Final step - Bring the left foot back and return to the ready position.