

# Green Belt To Brown Stripe





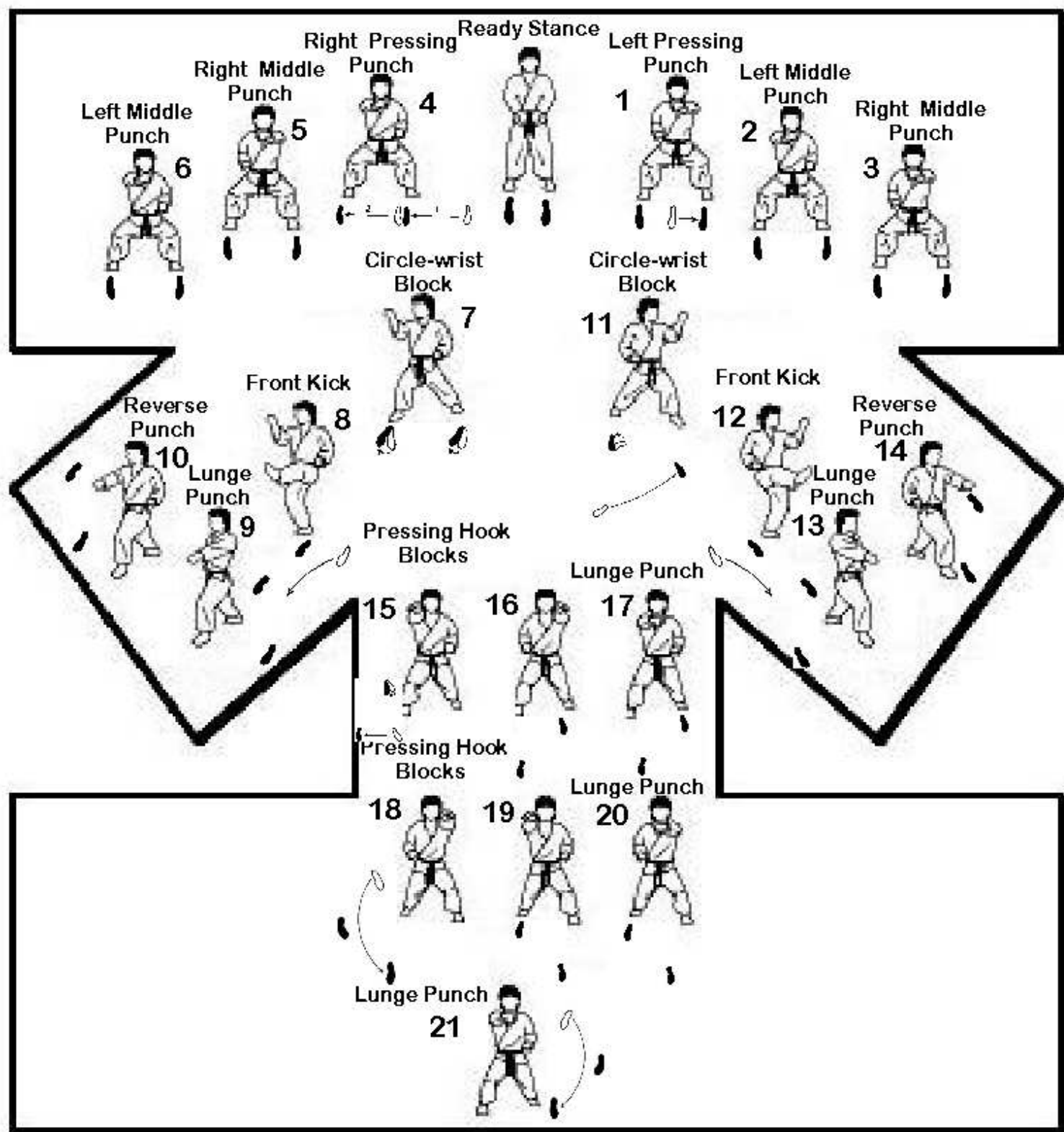
**Self Defense**  
**(Green Belt to Brown Stripe)**

- 26) One Hand Cross Wrist Grab: Half fist to throat; snake hand; step in and push shoulder down with forearm; knee to chest; elbow to spine.**
- 27) Collar Grab And Body Punch: Clamp hand; step back and downward inward block; knee to groin; plant forward; rising elbow to jaw; tiger's claw to face.**
- 28) Front Wrist Grab And Head Punch: Side step; knife-hand block; palm thrust to face; rear horizontal hammer fist (same hand).**
- 29) One Hand Collar Grab And Knee To Groin: Clamp hand; knee check; plant forward; rising elbow to jaw; tiger's claw to face.**
- 30) Side Wrist Grab With Punch: Side step in; back hand block; palm thrust to face; grab and knee to groin.**

# Yul-gok

38

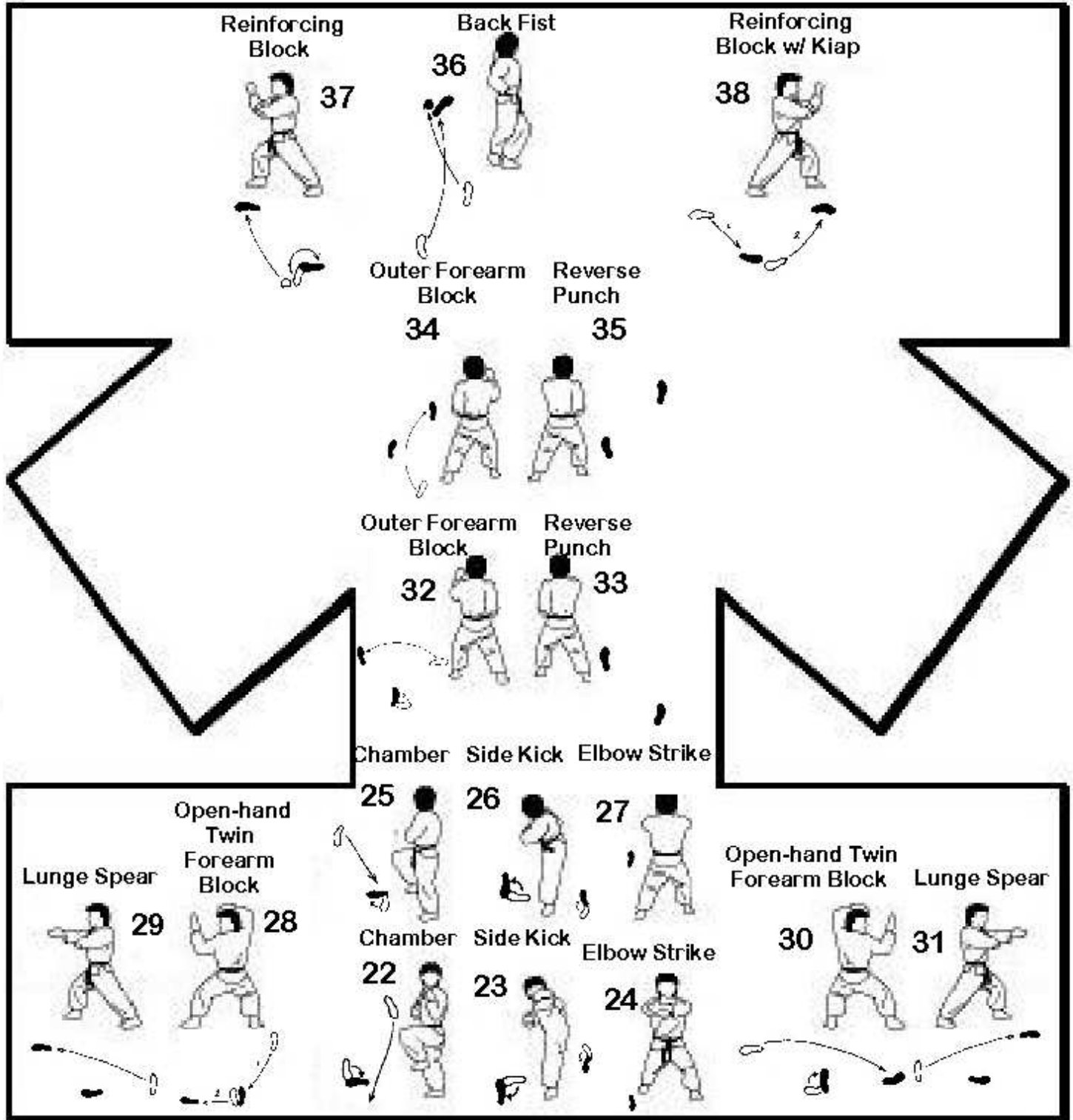
## Movements



The form Yul-gok is required for promotion from green belt (6th gup) to to brown stripe (5th gup). The pattern is named for Yi Yul Gok, a great Korean philosopher and scholar.

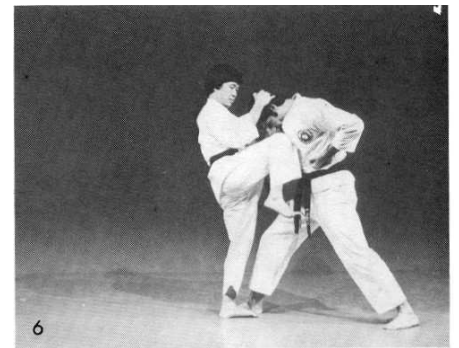
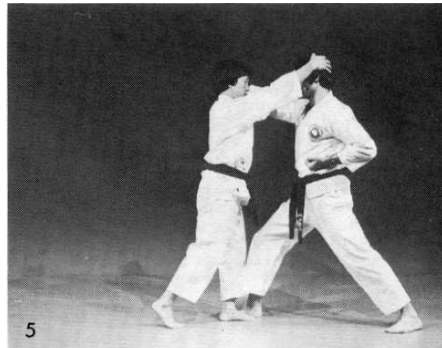
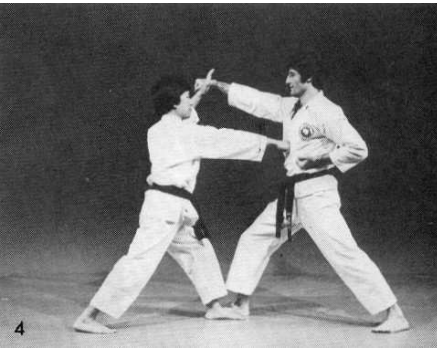
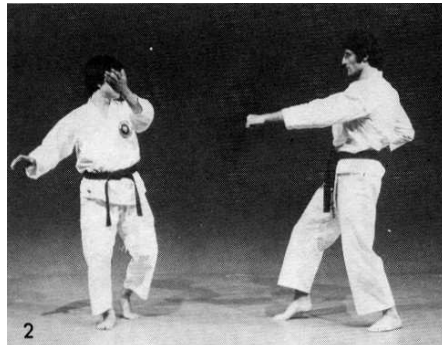
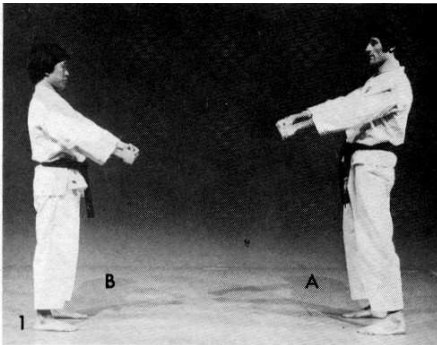
유복

# Yul-gok



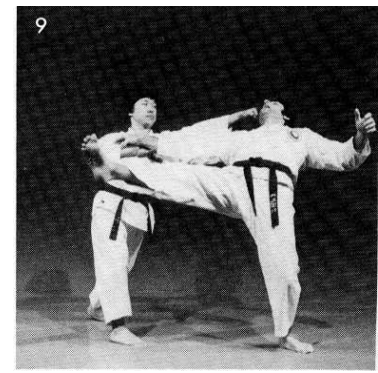
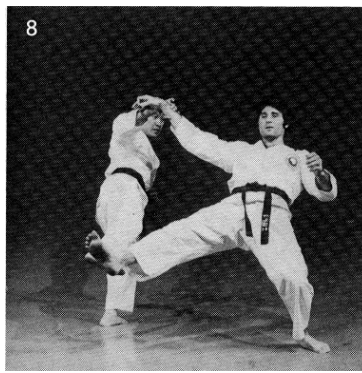
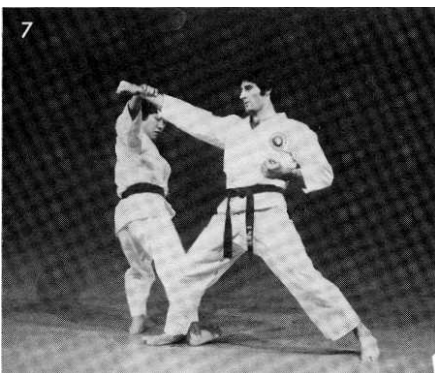
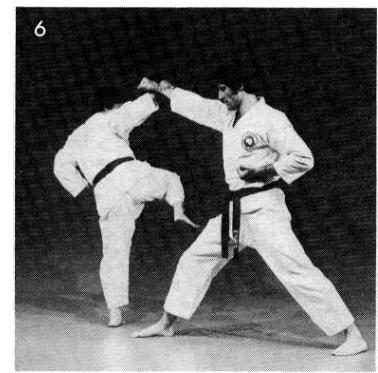
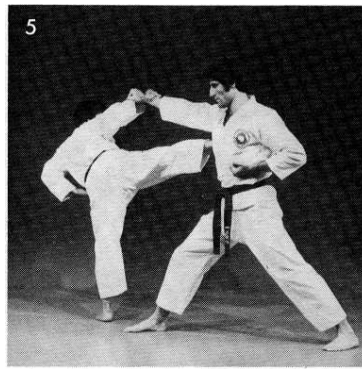
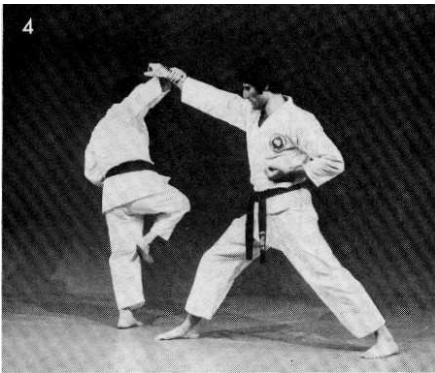
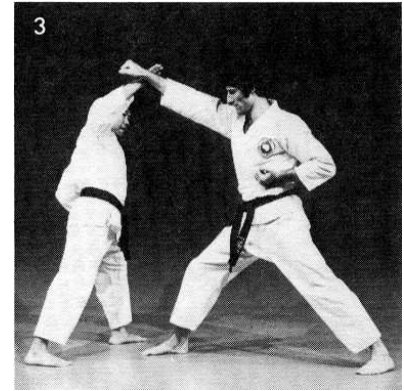
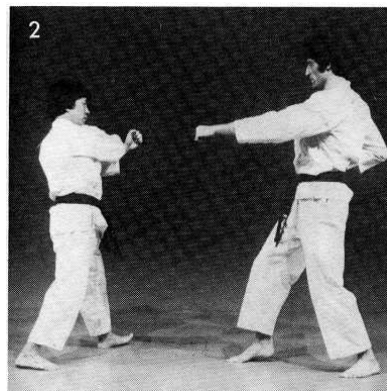
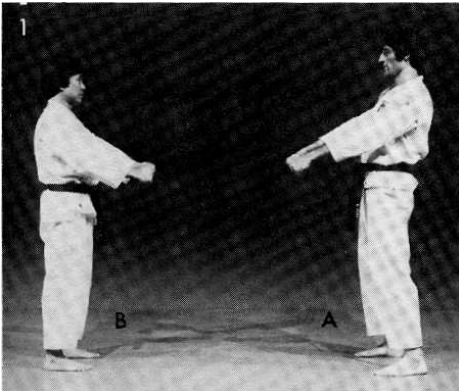
The 38 movements represent his birthplace on the 38th latitude. The floor diagram of this form is the Chinese character for "scholar".

# Technique Sixteen



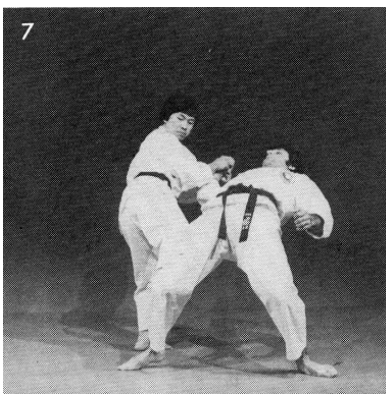
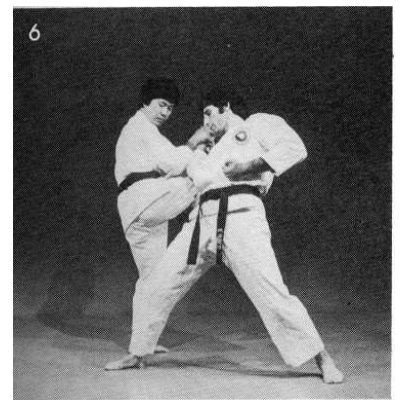
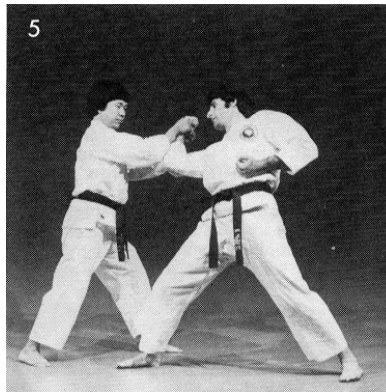
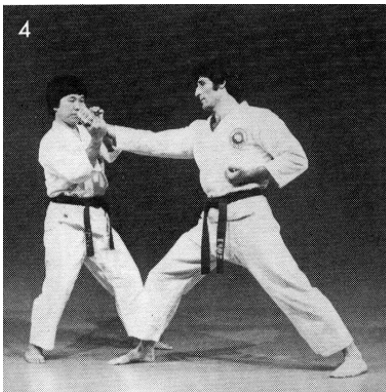
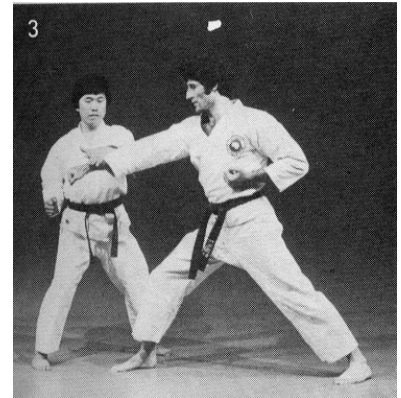
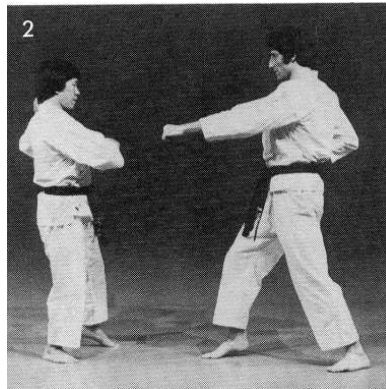
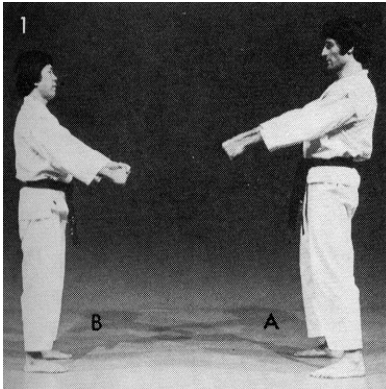
(1) From the ready position, (2&3) step forward with the left foot into a left back stance and execute a left double knife-hand block. (4) Sliding the left foot sideways to shift into a left forward stance, deliver a right reverse punch to the midsection while keeping the left hand in an open-hand blocking position. (5) Grab A's head with both hands. (6) While pulling A's head down, execute a strike to the face with the right knee.

# Technique Seventeen



(1) From the ready position, (2&3) with the left foot, step across A's right leg into a left straddle stance while executing a right open-hand outward block to his outside wrist. (4&5) Grab A's wrist and deliver a side kick to the rib cage. (6-8) Stepping down from the kick, execute a right foot sweep to the back of A's right foot, and (9) twisting into a right forward stance, follow with a left reverse punch to the face.

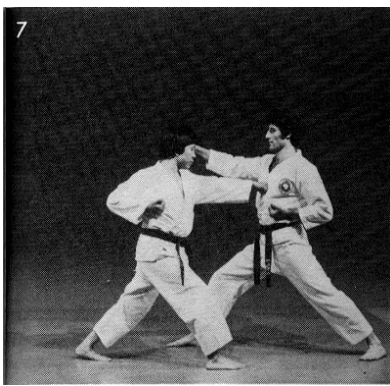
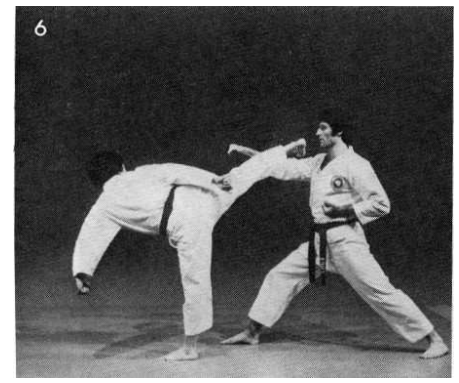
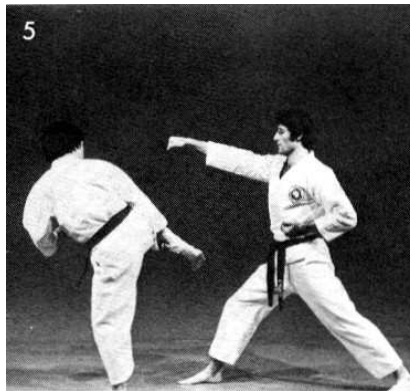
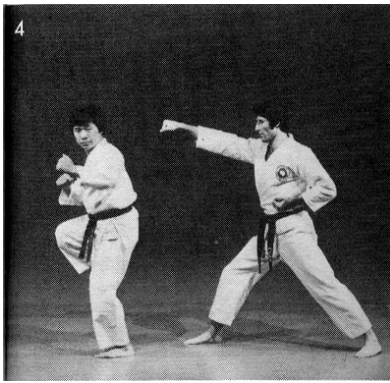
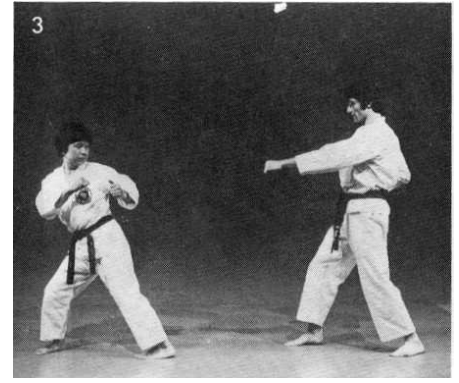
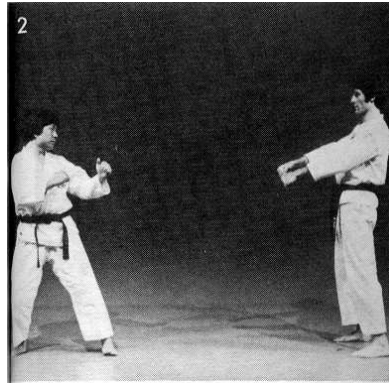
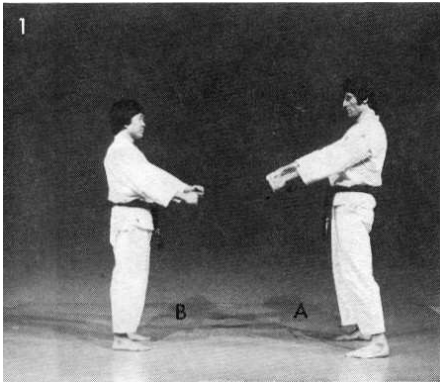
# Technique Eighteen



(1) From a ready position, (2&3) with the left foot, step across A's right leg into a left straddle stance as you execute a left open-hand inward block, pushing A's hand downward. (4) Twisting into a left forward stance, bring the right hand upward near the left and grab A's hand with both hands. (5) Twist A's hand towards his back. (6&7) As A loses balance, continue twisting his hand backwards, and deliver a sidekick to the back of his knee.

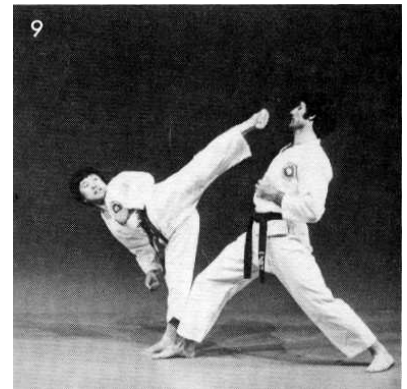
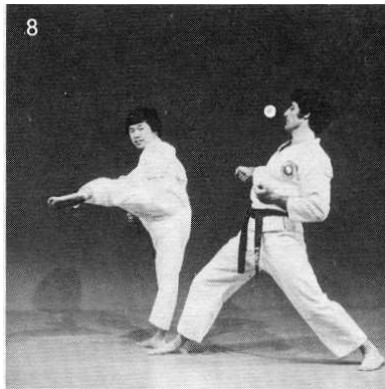
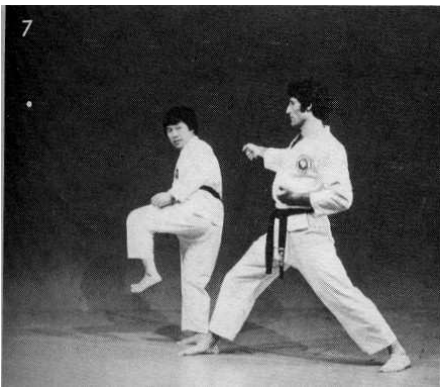
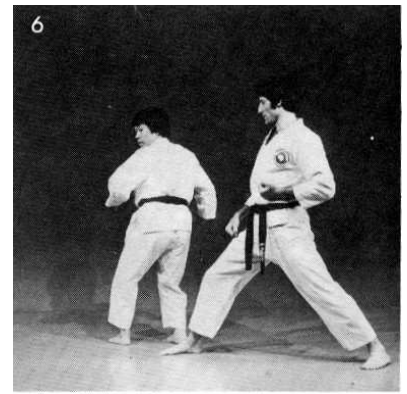
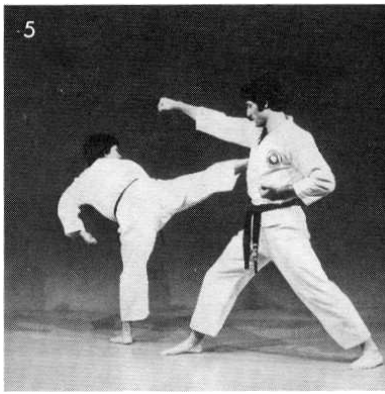
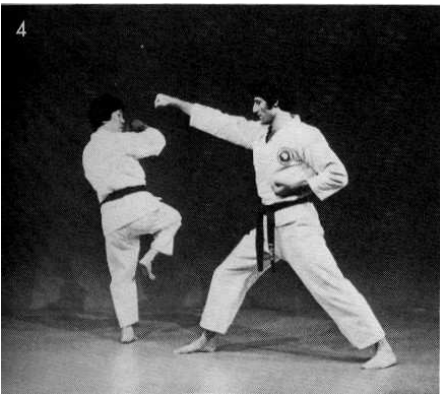
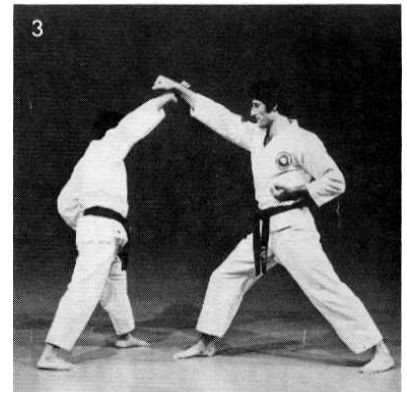
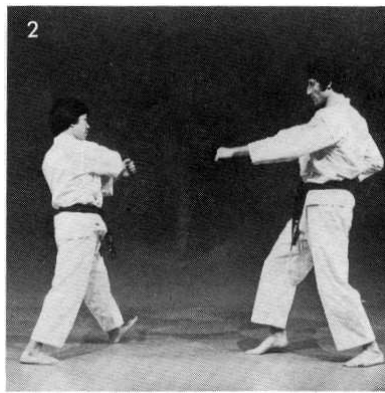
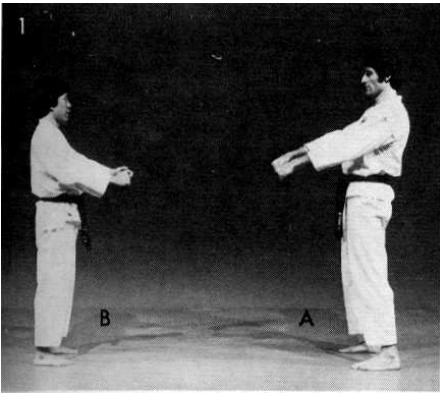


# Technique Nineteen



(1) Starting at the ready position, (2&3) step back with the right foot into a left fighting stance and (4-6) execute a right spinning back kick to the face. Stepping down into a right forward stance, (7) deliver a left reverse punch to the solar plexus.

# Technique Twenty



(1) From the ready position, (2&3) with the left foot step across A's right leg into a left forward stance while executing a right outward open-hand block to A's outside wrist, followed by a (4&5) right side kick to the rib cage. (6-9) Stepping the right foot down by the left, execute a left spinning wheel kick to the midsection or the face area.