

Yul-guk

Lf = Left Foot, Rf = Right Foot, cw = clockwise, ccw = counter clockwise
Punches are middle section unless otherwise noted

1. Joombi
2. Lf steps out, horse stance, tension left punch (5 count), double punch (r/l)
3. Lf matches to Rf, Rf steps out horse stance, tension right punch, double punch (l/r)
4. Rf steps up and out 45°, front stance right outside block
5. Lf front snap kick, front stance double punch (l/r)
6. Lf 90° ccw front stance left outside block
7. Rf front snap kick, front stance double punch (r/l)
8. Rf 45° (back to center line) front stance double tension arc hand (r/l, with thumb open, chambered at shoulder like outside forearm block), right punch
9. Lf front stance double tension arc hand (l/r, with thumb open, chambered at shoulder like outside forearm block), left punch
10. Rf front stance right punch. KIYAP!
11. Lf side kick with hammer fist, land front stance, right elbow smash
12. Lf matches to Rf, Rf side kick with hammer fist, land front stance, left elbow smash (facing back towards starting position)
13. Lf 90° cw to back stance, knife hand diamond block
14. Rf front stance, right spear hand strike
15. Rf 180° cw to back stance, knife hand diamond block
16. Lf front stance, left spear hand strike
17. Lf 90° ccw, front stance left outside forearm block, right punch
18. Rf front stance right outside forearm block, left punch
19. Slide forward to left twist stance, left vertical back fist. KIYAP!
20. Rf 270° cw to front stance right re-enforced outside block
21. Rf matches to Lf, Lf steps out front stance, left re-enforced outside block
22. Lf steps up. Ba-rol.