

Dark Green Belt

Form Name: Yul-Gok (Pronounced: Yule Goke)
 Yul-Gok was a great scholar who was nicknamed
 "The Confucius of Korea".

38 Movements 2 Yells

The dark green belt represents the intermediate growth of the plant. The student is still growing.

ONE-STEPS

1. Right side kick. Right tornado kick. Left spinning side kick. Double outer forearm block.
2. Left palm block, right middle punch, left middle punch, right knifehand strike, right crescent kick, right jump spin crescent kick. Double outer forearm block.
3. Double outer forearm block. Right middle punch, left high punch, right high ridgehand, left middle ridgehand, left knifehand strike. Right jumping side kick. Double outer forearm block.

FORM

TECHNIQUE	STANCE
1. Left middle punch (Tension)	Middle
2. Right middle punch	Middle
3. Left middle punch (Tension)	Right Front
4. Left middle punch	Left Front
5. Right middle punch	Left Front
6. Right single inner forearm block	Right Front
7. Left front kick	Right Front
8. Left middle punch	Left Front
9. Right middle punch	Left Front
10. Left single inner forearm block	Right Front
11. Right front kick	Right Front
12. Right middle punch	Left Front
13. Left middle punch	Left Front
14. Right hooking block (Tension)	Right Front
15. Left hooking block (Tension)	Right Front
16. Right middle punch	Left Front
17. Left hooking block (Tension)	Left Front
18. Right hooking block (Tension)	Right Front
19. Left middle punch	Left Front
20. Right middle punch (Kihap!)	Right Front
21. Left double outer forearm block	R. One-legged
22. Left side kick	Left Front
23. Right elbow strike	Left One-legged
24. R double outer forearm block	Right Front
25. Left knifehand square block	Right Back
26. Right knifehand square block	Right Front
27. Left spearhand strike	Left Back
28. Right spearhand strike	Left Front
29. Left single outer forearm block	Left Front
30. Right single outer forearm block	Right Front
31. Left middle punch	X-stance
32. Right middle punch	Right Front
33. Left backfist strike (Kihap!)	Left Front
34. Right Sang-soo block	Left Front
35. Left Sang-soo block	
36. Ba-roh! Left foot steps up to ready position	

