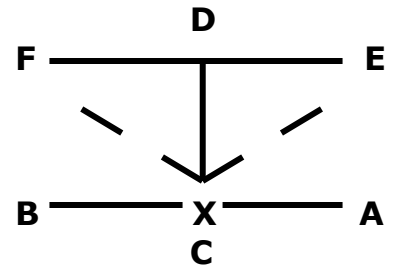


YUL-GOK: 5TH GRADE HIGH-GREEN BELT FORM

NEW BLOCKS: Hooking Block, Reverse Hooking Block,
Knifehand Square Block,
Double Inner Forearm Block Strike
NEW STRIKES: Reverse Horizontal Elbow
NEW STANCES: X-Stance



READY STANCE: Left Parallel Ready Stance

1. Left foot steps to B into middle stance (facing D), left punch (slow) to mid section.
2. No step. Right punch to mid section.
3. No step. Left punch to mid section.

4. Left foot steps to right foot. Right foot steps to A into middle stance (facing D), right punch (slow) to mid section.
5. No step. Left punch to mid section.
6. No step. Right punch to mid section.

7. Right foot steps to AD into right front stance, right inner forearm block.
8. Left #2 front kick.
9. Left foot steps down to AD into left front stance, left punch to mid section.
10. No step. Right reverse punch to mid-section.

11. Left foot steps to BD into left front stance, left inner forearm block.
12. Right #2 front kick.
13. Right foot steps down to BD into right front stance, right punch to mid section.
14. No step. Left reverse punch to mid-section.

15. Right foot steps to D into right front stance, right hooking block to mid section.
16. No step. Left reverse hooking block to mid section.
17. No step. Right punch to mid section.

18. Left foot steps to D into left front stance, left hooking block to mid section.
19. No step. Right reverse hooking block to mid section.
20. No step. Left punch to mid section.

21. Right foot steps to D into right front stance, right punch to mid section. **KIHAP**
22. Pull left foot to right knee pivoting clockwise to D into one leg stance, left double outer forearm block.
23. Left #1 side kick.
24. Left foot steps down to D into left front stance, right reverse horizontal elbow (left hand extended, then strikes right elbow) to mid section.

25. No step. Turn clockwise to C, pulling right foot to knee into one leg stance, right double outer forearm block.
26. Right #1 side kick.
27. Right foot steps down to C into right front stance, left reverse horizontal elbow (right hand extended, then strikes left elbow) to mid section.

28. Left foot steps to E into right back stance, left knifehand square block.
29. Right foot steps to E into right front stance, right vertical spearhand (back of left open hand is placed under right elbow) to mid section.

30. Right foot steps clockwise to F into left back stance, right knifehand square block.
31. Left foot steps to F into left front stance, left vertical spearhand (back of right open hand is placed under left elbow) to mid section.

32. Left foot steps to C into left front stance, left outer forearm block.
33. No step. Right reverse punch to mid section.

34. Right foot steps to C into right front stance, right outer forearm block.
35. No step. Left reverse punch to mid section.

36. Left foot jumps to C one stance length into left X-stance, left side backfist strike to high section. **KIHAP**
37. Right foot steps clockwise to A into right front stance, right double inner forearm block.
38. Right foot steps to left foot. Left foot steps to B into left front stance, left double inner forearm block.

END: Left foot steps back to ready stance.