



**Patterns:**

**Yong-Gae**



**UI-Ji**



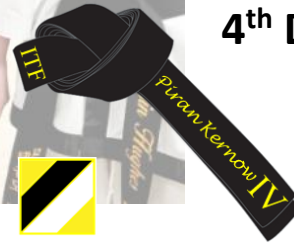
**Moon-Moo**



**Yong-Gae** is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung..

**UI- Ji** is named after general UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., UI-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

**Moon-Moo** honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.



4<sup>th</sup> Degree

## Pattern: Yong-Gae

Moves: 49

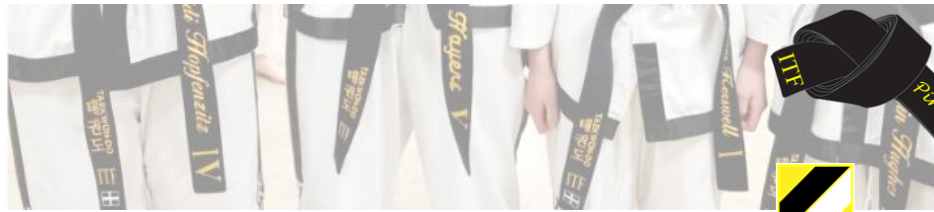
Ready Position:

Moosa chunbi sogi A | Warrior ready stance A

용개

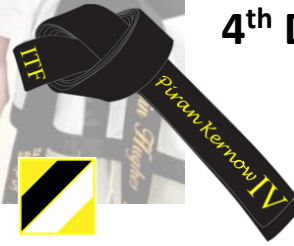
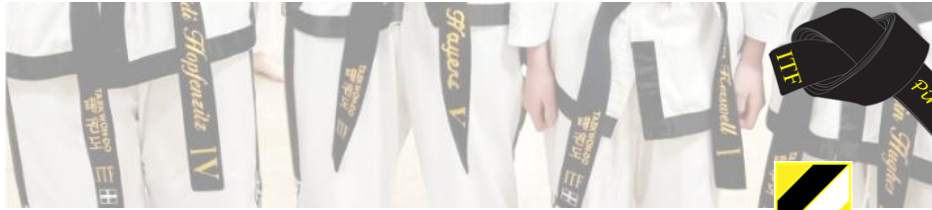
### Technique

Step	English	
1	Sliding motion, right L-stance reverse knife-hand low guarding block. Perform in a circular motion.	[Sliding motion], orun niunja so sonkal dung najunde daebi makgi. [Perform in a circular motion.]
2	Left walking stance long fist high reverse punch. Perform in a slow motion.	Wen gunnun so ghin joomuk nopunde bandae jirugi. [Perform in a slow motion.]
3	Sliding motion, left L-stance forearm middle guarding block.	[Sliding motion,] wen niunja so palmok kaunde daebi makgi.
4	Flying right knife-hand middle outward strike, landing in a left L-stance with the right knife-hand extended.	Twimyo orun sonkal kaunde bakuro taerigi, [landing in a left L-stance with the right knife hand extended].
5	Shifting motion, left L-stance X-fist checking block.	[Shifting motion,] wen niunja so kyocha joomuk momchau makgi.
6	Right walking stance flat fingertip high outward cross-cut.	Orun gunnun so opun sonkut nopunde bakuro ghutgi.
7	Left rear foot stance straight elbow reverse downward thrust.	Wen dwitbal so sun palkup bandae naeryo tulgi.
8	Jump, left X-stance back fist high side strike.	Twiggi, wen kyocha so dung joomuk nopunde yop taerigi.
9	Left walking stance knife-hand low reverse outward block.	Wen gunnun so sonkal najunde bandae bakuro makgi.
10	Parallel stance left palm middle hooking block.	Narani so wen sonbadak kaunde golcho makgi.
11	Parallel stance right fist middle punch.	Narani so orun joomuk kaunde jirugi.
12	Sliding motion, left L-stance reverse knife-hand low guarding block. Perform in a circular motion.	[Sliding motion], wen niunja so sonkal dung najunde daebi makgi. [Perform in a circular motion.]
13	Right walking stance long fist high reverse punch. Perform in a slow motion.	Orun gunnun so ghin joomuk nopunde bandae jirugi. [Perform in a slow motion.]



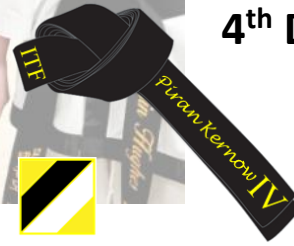
## 4<sup>th</sup> Degree

14	Sliding motion, right L-stance forearm middle guarding block.	[Sliding motion,] orun niunja so palmok kaunde daebi makgi.
15	Flying left knife-hand middle outward strike, landing in a right L-stance with the left knife-hand extended.	Twimyo wen sonkal kaunde bakuro taerigi, [landing in a right L-stance with the left knife-hand extended].
16	Shifting motion, right L-stance X-fist checking block.	[Shifting motion,] orun niunja so kyocha joomuk momchau makgi.
17	Left walking stance flat fingertip high outward cross-cut.	Wen gunnun so opun sonkut nopunde bakuro ghutgi.
18	Right rear foot stance straight elbow reverse downward thrust.	Orun dwitbal so sun palkup bandae naeryo tulgi.
19	Jump, right X-stance back fist high side strike.	Twiggi, orun kyocha so dung joomuk nopunde yop taerigi.
20	Right walking stance knife-hand low reverse outward block.	Orun gunnun so sonkal najunde bandae bakuro makgi.
21	Parallel stance right palm middle hooking block.	Narani so orun sonbadak kaunde golcho makgi.
22	Parallel stance left fist middle punch.	Narani so wen joomuk kaunde jirugi.
23	Sitting stance reverse knife-hand W-shape block.	Annun so sonkal dung san makgi.
24	Right X-stance twin elbow horizontal thrust.	Orun kyocha so sang palkup soopyong tulgi.
25	Sitting stance twin straight forearm checking block.	Annun so sang sun palmok momchau makgi.
26	Right X-stance obverse upward punch, pulling the left side fist in front of the right shoulder.	Orun kyocha so baro ollyo jirugi, [pulling the left side fist in front of the right shoulder].
27	Right high reverse hooking kick.	Orun nopunde bandae dollyo gorochagi.
28	Left high side piercing kick, pulling both fists in front of the chest.	Wen nopunde yopcha jirugi, [pulling both fists in front of the chest].
29	Jump, left X-stance back fist obverse downward strike.	Twiggi, wen kyocha so dung joomuk baro naeryo taerigi.
30	As 23.	As 23.
31	Left X-stance twin elbow horizontal thrust.	Wen kyocha so sang palkup soopyong tulgi.
32	As 25.	As 25.
33	Left X-stance obverse upward punch, pulling the right side fist in front of the left shoulder.	Wen kyocha so baro ollyo jirugi, [pulling the right side fist in front of the left shoulder].
34	Left high reverse hooking kick.	Wen nopunde bandae dollyo gorochagi.
35	Right high side piercing kick, pulling both fists in front of the chest.	Orun nopunde yopcha jirugi, [pulling both fists in front of chest].
36	Jump, right X-stance back fist obverse downward strike.	Twiggi, orun kyocha so dung joomuk baro naeryo taerigi.



4<sup>th</sup> Degree

37	Left L-stance forearm middle guarding block.	Wen niunja so palmok kaunde daebi makgi.
38	Left rear foot stance inner forearm reverse waist block.	Wen dwitbal so anpalmok bandae hori makgi.
39	Stamping motion, right L-stance knife-hand high outward strike.	[Stamping motion,] orun niunja so sonkal nopunde bakuro taerigi.
40	Shifting motion, right L-stance forearm middle guarding block.	[Shifting motion,] orun niunja so palmok kaunde daebi makgi.
41	Right rear foot stance inner forearm reverse waist block.	Orun dwitbal so anpalmok bandae hori makgi.
42	Stamping motion, left L-stance knife-hand high outward strike.	[Stamping motion,] wen niunja so sonkal nopunde bakuro taerigi.
43	Right L-stance forearm middle guarding block.	Orun niunja so palmok kaunde daebi makgi.
44	Right mid-air kick, left L- stance knife-hand middle guarding block.	Orun twio dolmyo chagi, wen niunja so sonkal kaunde daebi makgi.
45	Left mid-air kick, right L-stance knife-hand middle guarding block.	Wen twio dolmyo chagi, orun niunja so sonkal kaunde daebi makgi.
46	Left walking stance reverse knife-hand low reverse inward block, pulling the left side fist in front of the right shoulder.	Wen gunnun so sonkal dung najunde bandae anuro makgi, [pulling the left side fist in front of the right shoulder].
47	Sliding motion, left L-stance side elbow thrust.	[Sliding motion,] wen niunja so yop palkup tulgi.
48	Right walking stance reverse knife-hand low reverse inward block, pulling the right side fist in front of the left shoulder.	Orun gunnun so sonkal dung najunde bandae anuro makgi, [pulling the right side fist in front of the left shoulder].
49	Sliding motion, right L-stance side elbow thrust.	[Sliding motion,] orun niunja so yop palkup tulgi.
<b>End</b>	Bring the right foot back to ready posture	

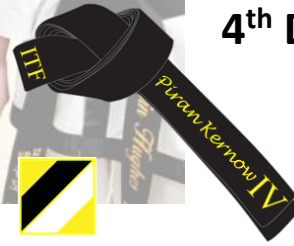


4<sup>th</sup> Degree

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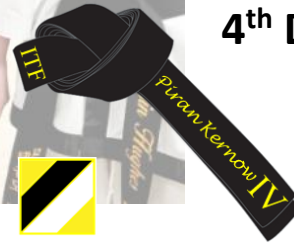
<b>Pattern: Ul-Ji</b>  <b>Moves: 42</b>  <b>Ready Position:</b> Narani so kyocha sondung   Parallel stance X-back hand		<h1>을지</h1>
<b>Technique</b>		
Step	English	
1	Right walking stance twin side fists horizontal strike.	Orun gunnun so sang yop joomuk soopyong taerigi.
2	Left walking stance X-fist pressing block.	Wen gunnun so kyocha joomuk noollo makgi.
3	Left walking stance X-knife-hand rising block.	Wen gunnun so kyocha sonkal chookyo makgi.
	Perform 2 and 3 in a continuous motion.	
4	Left walking stance knife-hand high reverse front strike, bringing the left palm on the right elbow joint.	Wen gunnun so sonkal nopunde bandae ap taerigi, [bringing the left palm on the right elbow joint].
5	Sitting stance left back hand horizontal strike.	Annun so wen sondung soopyong taerigi.
6	Right middle crescent kick, to the left palm.	Orun kaunde bandal chagi, [to the left palm].
7	Sitting stance right front elbow strike, striking the left palm.	Annun so orun ap palkup taerigi, [striking the left palm].
8	Sitting stance left back elbow thrust, placing the right side fist on the left fist.	Annun so wen dwit palkup tulgi, [placing the right side fist on the left fist.]
9	Sitting stance right back fist side back strike, extending the left arm to the side-downward.	Annun so orun dung joomuk yopdwi taerigi, [extending the left arm to the side downward].
10	Close stance twin side elbow thrust.	Moa so sang yop palkup tulgi.
11	Right X-stance, turning the face to A, keeping the position of the hands as they were in 10. Perform in a fast motion.	Orun kyocha sogi, [turning the face to A, keeping the position of the hands as they were in 10. Perform in a fast motion.]
12	Right middle side piercing kick, keeping the position of the hands as they were in 11.	Orun kaunde yopcha jirugi, [keeping the position of the hands as they were in 11].
13	Right X-stance twin elbow horizontal thrust.	Orun kyocha so sang palkup soopyong tulgi.
14	Sitting stance right horizontal punch.	Annun so orun soopyong jirugi.





## 4<sup>th</sup> Degree

15	Right knife-hand high front strike, bringing the left back hand in front of the forehead while standing up.	Orun sonkal nopunde ap taerigi, [bringing the left back hand in front of the forehead, while standing up].
16	Right L-stance twin knife-hand block.	Orun niunja so sang sonkal makgi.
17	Right mid-air kick.	Orun twio dolmyo chagi.
18	Right walking stance double forearm middle block.	Orun gunnun so doo palmok kaunde makgi.
19	Close ready stance B.	Moa chunbi sogi B.
20	Jump, right X-stance back fist high obverse side strike, bringing the left finger belly to the right side fist.	Twiggi, orun kyocha so dung joomuk nopunde baro yop taerigi, [bringing the left finger belly to the right side fist].
21	Right walking stance forearm reverse rising block.	Orun gunnun so palmok bandae chookyo makgi.
22	Left middle front snap kick, keeping the position of the hands as they were in 21.	Wen kaunde apcha busigi, [keeping the position of the hands as they were in 21].
23	Left walking stance high reverse punch.	Wen gunnun so nopunde bandae jirugi.
24	Right walking stance straight fingertip middle thrust.	Orun gunnun so sun sonkut kaunde tulgi.
25	Sitting stance left back fist high side strike.	Annun so wen dung joomuk nopunde yop taerigi.
26	Right walking ready stance.	Orun gunnun chunbi sogi.
27	Right flying high kick.	Orun twimyo nopi chagi.
28	Right fixed stance X-knife-hand checking block.	Orun dwitbal so kyocha sonkal momchau makgi.
29	Right L-stance X-fist pressing block.	Orun niunja so kyocha joomuk noollo makgi.
30	Left middle side front snap kick and inner forearm middle wedging block.	Wen kaunde yobap cha busigi wa anpalmok kaunde hechyo makgi.
31	Left walking stance twin fist high vertical punch.	Wen gunnun so sang joomuk nopunde sewo jirugi.
32	Right fixed stance knife-hand middle outward obverse block and palm middle reverse pushing block.	Orun gojung so sonkal kaunde bakuro baro makgi wa sonbadak kaunde bandae miro makgi.
33	Sliding motion, right L-stance middle side punch.	[Sliding motion,] orun niunja so kaunde yop jirugi.
34	Double stepping, right L-stance, jump, right L-stance forearm middle guarding block.	[Double stepping], orun niunja sogi, twiggi, orun niunja so palmok kaunde daebi makgi.
35	Right middle turning kick.	Orun kaunde dollyo chagi.
36	Left middle back piercing kick.	Wen kaunde dwitcha jirugi.
37	Right L-stance forearm middle guarding block.	Orun niunja so palmok kaunde daebi makgi.



4<sup>th</sup> Degree

38	Left L-stance palm reverse upward block.	Wen niunja so sonbadak bandae ollyo makgi.
39	Right walking stance inner forearm circular block.	Orun gunnun so anpalmok dollimyo makgi.
40	Left walking stance inner forearm circular block.	Wen gunnun so anpalmok dollimyo makgi.
41	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
42	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
<b>End</b>	Bring the left foot back to ready posture	



4<sup>th</sup> Degree

## Pattern: Moon-Moo

Moves: 61

Ready Position:

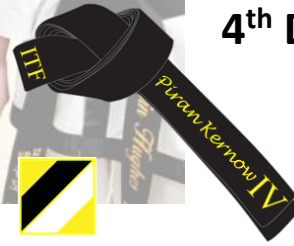
Narani chunbi sogi | Parallel ready stance

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### Technique

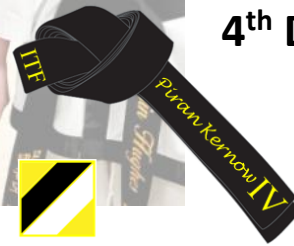
Step	English	
1	Right bending ready stance A. Perform in a slow motion.	Orun guburyo chunbi sogi A. [Perform in a slow motion.]
2	Left high side piercing kick. Perform in a slow motion.	Wen nopunde yopcha jirugi. [Perform in a slow motion.]
3	Left high side piercing kick.	Wen nopunde yopcha jirugi.
	Perform 2 and 3 in a double kick.	
4	Sitting stance right flat fingertip middle thrust.	Annun so orun opun sonkut kaunde tulgi.
5	Right high reverse hooking kick. Perform in a slow motion.	Orun nopunde bandae dollyo gorochagi. [Perform in a slow motion.]
6	Jump, right X-stance knife-hand middle side strike.	Twigi, orun kyocha so sonkal kaunde yop taerigi.
7	Left walking stance palm reverse pressing block.	Wen gunnun so sonbadak bandae noollo makgi.
8	Right walking stance palm reverse pressing block.	Orun gunnun so sonbadak bandae noollo makgi.
9	Right one-leg stance knife-hand low obverse side block and knife-hand high reverse side block, pulling the left reverse footsword to the right knee joint. Perform in a slow motion.	Orun waebal so sonkal najunde baro yop makgi wa sonkal nopunde bandae yop makgi, [pulling the left reverse footsword to the right knee joint. Perform in a slow motion.]
10	Left bending ready stance A. Perform in a slow motion.	Wen guburyo chunbi sogi A. [Perform in a slow motion.]
11	Right high side piercing kick. Perform in a slow motion.	Orun nopunde yopcha jirugi. [Perform in a slow motion.]
12	Right high side piercing kick.	Orun nopunde yopcha jirugi.
	Perform 11 and 12 in a double kick.	
13	Sitting stance left flat fingertip middle thrust.	Annun so wen opun sonkut kaunde tulgi.
14	Left high reverse hooking kick. Perform in a slow motion.	Wen nopunde bandae dollyo gorochagi. [Perform in a slow motion.]





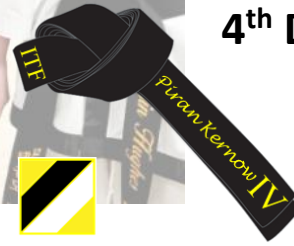
## 4<sup>th</sup> Degree

15	Jump, left X-stance knife-hand middle side strike.	Twigi, wen kyocha so sonkal kaunde yop taerigi.
16	Right walking stance palm reverse pressing block.	Orun gunnun so sonbadak bandae noollo makgi.
17	Left walking stance palm reverse pressing block.	Wen gunnun so sonbadak bandae noollo makgi.
18	Left one-leg stance knife-hand low obverse side block and knife-hand high reverse side block, pulling the right reverse footsword to the left knee joint. Perform in a slow motion.	Wen waebal so sonkal najunde baro yop makgi wa sonkal nopunde bandae yop makgi, [pulling the right reverse footsword to the left knee joint. Perform in a slow motion.]
19	Left bending ready stance B.	Wen guburyo chunbi sogi B.
20	Right high back piercing kick. Perform in a slow motion.	Orun nopunde dwitcha jirugi. [Perform in a slow motion.]
21	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
22	Right bending ready stance B.	Orun guburyo chunbi sogi B.
23	Left high back piercing kick. Perform in a slow motion.	Wen nopunde dwitcha jirugi. [Perform in a slow motion.]
24	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
25	Sliding motion, right rear foot stance palm reverse downward block.	[Sliding motion,] orun dwitbal so sonbadak bandae naeryo makgi.
26	Left middle side front snap kick, keeping the position of the hands as they were in 25.	Wen kaunde yobap cha busigi, [keeping the position of the hands as they were in 25].
27	Stamping motion, sitting stance right side fist middle side strike.	[Stamping motion,] annun so orun yop joomuk kaunde yop taerigi.
28	Sliding motion, sitting stance left palm scooping block.	[Sliding motion,] annun so wen sonbadak duro makgi.
29	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
	Perform 28 and 29 in a connecting motion.	
30	Sitting stance left knife-hand low side block.	Annun so wen sonkal najunde yop makgi.
31	Right middle side pushing kick.	Orun kaunde yopcha milgi.
32	Left high reverse turning kick.	Wen nopunde bandae dollyo chagi.
33	Left walking stance knife-hand high side block.	Wen gunnun so sonkal nopunde yop makgi.
34	Sliding motion, left rear foot stance palm reverse downward block.	[Sliding motion,] wen dwitbal so sonbadak bandae naeryo makgi.
35	Right middle side front snap kick, keeping the position of the hands as they were in 34.	Orun kaunde yobap cha busigi, [keeping the position of the hands as they were in 34].
36	Stamping motion, sitting stance left side fist middle side strike.	[Stamping motion,] annun so wen yop joomuk kaunde yop taerigi.



## 4<sup>th</sup> Degree

37	Sliding motion, sitting stance right palm scooping block.	[Sliding motion,] annun so orun sonbadak duro makgi.
38	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
	Perform 37 and 38 in a connecting motion.	
39	Sitting stance right knife-hand low side block.	Annun so orun sonkal najunde yop makgi.
40	Left middle side pushing kick.	Wen kaunde yopcha milgi.
41	Right high reverse turning kick.	Orun nopunde bandae dollyo chagi.
42	Right walking stance knife-hand high side block.	Orun gunnun so sonkal nopunde yop makgi.
43	Right high twisting kick.	Orun nopunde bituro chagi.
44	Left walking stance back fist reverse side back strike, extending the left fist to D.	Wen gunnun so dung joomuk bandae yopdwi taerigi, [extending the left fist to D].
45	Shifting motion, left walking stance back fist reverse front strike.	[Shifting motion,] wen gunnun so dung joomuk bandae ap taerigi.
46	Left high twisting kick.	Wen nopunde bituro chagi.
47	Right walking stance back fist reverse side back strike, extending the right fist to D.	Orun gunnun so dung joomuk bandae yopdwi taerigi, [extending the right fist to D].
48	Shifting motion, right walking stance back fist reverse front strike.	[Shifting motion,] orun gunnun so dung joomuk bandae ap taerigi.
49	Left side sole sweeping kick, keeping the position of the hands as they were in 48, right L-stance forearm middle guarding block.	Wen yop bal badak suroh chagi, [keeping the position of the hands as they were in 48], orun niunja so palmok kaunde daebi makgi.
50	Left side checking kick, left middle side thrusting kick, consecutively, forming a forearm guarding block.	Wen yopcha momchugi, wen kaunde yopcha tulgi, [consecutively, forming a forearm guarding block].
51	Right L-stance knife-hand middle outward strike.	Orun niunja so sonkal kaunde bakuro taerigi.
52	Right side sole sweeping kick, left L-stance forearm middle guarding block.	Orun yop bal badak suroh chagi, wen niunja so palmok kaunde daebi makgi.
53	Right side checking kick, right middle side thrusting kick, consecutively, keeping the position of the hands as they were in 52.	Orun yopcha momchugi, orun kaunde yopcha tulgi, [consecutively, keeping the position of the hands as they were in 52].
54	Left L-stance knife-hand middle outward strike.	Wen niunja so sonkal kaunde bakuro taerigi.
55	Double step-turning, left walking stance middle reverse punch.	[Double step-turning,] wen gunnun so kaunde bandae jirugi.
56	Jump, right X-stance low reverse punch, bringing the right fist on the left shoulder.	Twiggi, orun kyocha so najunde bandae jirugi, [bringing the right fist on the left shoulder].
57	Jump, left X-stance low reverse punch, bringing the left fist on the right shoulder.	Twiggi, wen kyocha so najunde bandae jirugi, [bringing the left fist on the right shoulder].
58	Right mid-air kick.	Orun twio dolmyo chagi.



4<sup>th</sup> Degree

59	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
60	Double stepping, right walking stance arc-hand reverse rising block.	[Double stepping,] orun gunnun so bandal son bandae choockyo makgi.
61	Right walking stance high punch.	Orun gunnun so nopunde jirugi.
<b>End</b>	Bring the right foot back to ready posture	