#### Patterns:

Kwang-Gae Ge-Baek Po-Eun





**Kwang-Gae** is named after the famous Kwang-Gae -T'o-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories, including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory, and the 39 moves refer to the years of his reign.

**Ge-Baek** is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

**Po-Eun** is the pseudonym of the loyal subject Chong Mong-Chu (1400 A.D.) who was a famous poet, and whose poem "I would not serve a second master though I be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of Physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



Pattern: Kwang-Gae

Moves: 39

**Ready Position:** 

Narani so Hanulson | Parallel stance heaven hand



### Technique

Step	English	Korean
1	Close ready stance B, bringing both hands in a	Moa junbi sogi B, [bringing both hands in a
	circular motion.	circular motion].
2	Left walking stance reverse upset punch. Perform	Wen gunnun so bandae dwijibo jirugi. [Perform
	in a slow motion.	in a slow motion.]
3	Right walking stance reverse upset punch.	Orun gunnun so bandae dwijibo jirugi. [Perform
	Perform in a slow motion.	in a slow motion.]
4	Double stepping motion, right walking stance	[Double stepping motion,] orun gunnun so
	palm high hooking block.	sonbadak nopunde golcho makgi.
5	Sliding motion, right L-stance knife-hand low	[Sliding motion,] orun niunja so sonkal najunde
	guarding block.	daebi makgi.
6	Double stepping motion, left walking stance palm	[Double stepping motion,] wen gunnun so
	high hooking block.	sonbadak nopunde golcho makgi.
7	Sliding motion, left L-stance knife-hand low	[Sliding motion,] wen niunja so sonkal najunde
	guarding block.	daebi makgi.
8	Right rear foot stance knife-hand high guarding	Orun dwitbal so sonkal nopunde daebi makgi.
	block.	oran awittan so sonikan nopanae aaesi makai.
9	Left rear foot stance knife-hand high guarding	Wen dwitbal so sonkal nopunde daebi makgi.
	block.	·
	Double step-turning motion, left walking stance	[Double step-turning motion,] wen gunnun so
10	palm reverse upward block. Perform in a slow	sonbadak bandae ollyo makgi. [Perform in a slow
	motion.	motion.]
11	Right walking stance palm reverse upward block.	Orun gunnun so sonbadak bandae ollyo makgi.
11	Perform in a slow motion.	[Perform in a slow motion.]
12	Close stance right knife-hand low front block, in a	Moa so orun sonkal najunde ap makgi, [in a
12	circular motion, hitting the left palm.	circular motion, hitting the left palm].
13	Left outward (pressing) kick, keeping the	Wen bakuro (noollo) chagi, [keeping the position
1.0	position of the hands as they were in 12.	of the hands as they were in 12].



Perform 13 and 14 in a consecutive kick.  Right L-stance knife-hand high inward strike, bringing the left side fist in front of the right shoulder.  16 Close stance left side fist downward strike.  17 Right outward (pressing) kick, keeping the position of the hands as they were in 16.  18 Right middle side piercing kick, keeping the position of the hands as they were in 17.  19 Perform 17 and 18 in a consecutive kick.  10 Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  20 Close stance right side fist downward strike, bringing the right side fist in front of the left shoulder.  21 Left low stance palm reverse pressing block. Perform in a slow motion.  22 Right low stance palm reverse pressing block. Perform in a slow motion.  23 Stamping motion, sitting stance right back fist high side strike.  24 Right walking stance double forearm middle block.  25 Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  26 Stamping motion, sitting stance left back fist high side strike.  27 Stamping motion, sitting stance forearm low reverse block, keeping the position of the right hand as it was in 28.  28 Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform in a slow motion.  29 Left low stance flat fingertip high thrust. Perform in a slow motion.  20 Stamping motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  20 Close stance right side fist downward strike.  21 Left walking stance double forearm middle block.  22 Stamping motion, sitting stance flat fingertip high thrust. Perform in a slow motion.  23 Stamping motion, sitting stance flat fingertip high thrust. Perform in a slow motion.  24 Stamping motion, sitting stance flat fingertip high thrust. Perform in a slow motion.	14	Left middle side piercing kick, keeping the position of the hands as they were in 13.	Wen kaunde yopcha jirugi, [keeping the position of the hands as they were in 13].
15 bringing the left side fist in front of the right shoulder.     16 Close stance left side fist downward strike.     17 Right outward (pressing) kick, keeping the position of the hands as they were in 16.     18 Right middle side piercing kick, keeping the position of the hands as they were in 17.     18 Perform 17 and 18 in a consecutive kick.     19 Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.     20 Close stance right side fist in front of the left shoulder.     21 Left low stance palm reverse pressing block. Perform in a slow motion.     22 Right low stance palm reverse pressing block. Perform in a slow motion.     23 Stamping motion, sitting stance forearm low reverse block, keeping the position of the right and as it was in 24.     26 Right low stance flat fingertip high thrust. Perform in a slow motion.     27 Stamping motion, sitting stance left back fist high side strike.     28 Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     28 Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     28 Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     28 Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     29 Left low stance flat fingertip high thrust. Perform high thand as it was in 28.     20 Left low stance flat fingertip high thrust. Perform high thand as it was in 28.		-	or are range as are, were an rej.
Shoulder.   Shoulder].		Right L-stance knife-hand high inward strike,	Orun niunja so sonkal nopunde anuro taerigi,
16 Close stance left side fist downward strike.  17 Right outward (pressing) kick, keeping the position of the hands as they were in 16.  18 Right middle side piercing kick, keeping the position of the hands as they were in 16.  18 Perform 17 and 18 in a consecutive kick.  19 Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  20 Close stance right side fist downward strike.  21 Left low stance palm reverse pressing block. Perform in a slow motion.  22 Right low stance palm reverse pressing block. Perform in a slow motion.  23 Stamping motion, sitting stance right back fist high side strike.  24 Right low stance flat fingertip high thrust. Perform in a slow motion.  25 Stamping motion, sitting stance left back fist high side strike.  26 Left walking stance double forearm middle block.  27 Stamping motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  28 Left walking stance double forearm middle block.  29 Stamping motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  29 Left low stance flat fingertip high thrust. Perform  20 Proving motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  20 Left low stance flat fingertip high thrust. Perform  21 Proving motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  22 Stamping motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  23 Left low stance flat fingertip high thrust. Perform  24 Proving motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  25 Left low stance flat fingertip high thrust. Perform	15	bringing the left side fist in front of the right	[bringing the left side fist in front of the right
Right outward (pressing) kick, keeping the position of the hands as they were in 16.     Right middle side piercing kick, keeping the position of the hands as they were in 16.     Right middle side piercing kick, keeping the position of the hands as they were in 17.     Perform 17 and 18 in a consecutive kick.     Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.     Close stance right side fist downward strike.     Left low stance palm reverse pressing block. Perform in a slow motion.     Right low stance palm reverse pressing block. Perform in a slow motion.     Stamping motion, sitting stance right back fist high side strike.     Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.     Stamping motion, sitting stance left back fist high side strike.     Stamping motion, sitting stance left back fist high side strike.     Stamping motion, right walking stance forearm low reverse block, keeping the position of the hands as they were in 16.     Orun kaunde yopcha jirugi, [keeping the position of the left hands as they were in 16].     Orun kaunde yopcha jirugi, [keeping the position of the laft shoulder].     Wen niunja so sonkal nopunde anuro taerigi, [bringing the right side fist in front of the left shoulder].     Wen nachuo so sonbadak bandae noollo makgi. [Perform in a slow motion.]     Stamping motion, sitting stance forearm middle block.			shoulder].
Position of the hands as they were in 16.	16		, , ,
Right middle side piercing kick, keeping the position of the hands as they were in 16.  Perform 17 and 18 in a consecutive kick.  Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Shifting motion, right walking stance forearm low right hand as it was in 24.  Right low stance flat fingertip high thrust. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right and as it was in 28.  Left low stance flat fingertip high thrust. Perform  of the hands as they were in 16.  Orun kaunde yopcha jirugi, [keeping the position of the hands as they were in 17].  Orun kaunde yopcha jirugi, [keeping the position of the hands as they were in 17].  Wen natunds os onkal nopunde anuro taerigi, [bringing the right side fist in front of the left shoulder].  Wen natunde yopcha jirugi, [keeping the position of the left shoulder].  Wen niunja so sonkal nopunde anuro taerigi, [bringing the right side fist in front of the left shoulder].  Wen natunde yopcha jirugi, [keeping the position of the left shoulder].  Wen natunde yopcha jirugi, [keeping the position of the left shoulder].  Wen natunde yopcha jirugi, [keeping the position of the left shoulder].  Wen natunde yopcha jirugi, [keeping the position of the left shoulder].  Wen natunde yop taerigi.  Orun nachuo so sonbadak bandae noollo makgi.  [Stamping motion,] annun so orun dung joomuk nacryo taerigi.  Wen nachuo so sonbadak bandae noollo makgi.  [Stamping motion,] annun so orun dung joomuk nacryo taerigi.  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] orun gunnun so doo palmok kaunde makgi.  [Stamping motion,] orun gunnun so doo palmok nacryo taerigi.  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] orun	17		
position of the hands as they were in 17.  Perform 17 and 18 in a consecutive kick.  Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high slow reverse block, keeping the position of the right hand as it was in 24.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance double forearm middle block. Shifting motion, right walking stance forearm low reverse block, keeping the position of the hands as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stance flat fingertip high thrust. Perform thand as it was in 28.  Left low stanc			The state of the s
Perform 17 and 18 in a consecutive kick.  Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  Left walking stance double forearm middle block.  Shifting motion, left walking stance left back fist hand as it was in 28.  Left low stance flat fingertip high thrust. Perform in a slow motion.  Left low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left Lost ack kinfe-hand high inward strike.  Wen niunja so sonkal nopunde anuro taerigi, [bringing the right side fist in front of the left shoulder].  Wen nachuo so sonbadak bandae noollo makgi. [Perform in a slow motion.]  Stamping motion, sitting stance forearm low rounde yop taerigi.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left low stance flat fingertip high thrust. Perform  Orun nachuo so opalmok kaunde makgi. [Shifting motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi. [Shifting motion,] wen gunnun so palmok napunde bandae makgi, [Keeping the position of the right hand as it was in 28].	18		
Left L-stance knife-hand high inward strike, bringing the right side fist in front of the left shoulder.  Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right mad as it was in 24.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance forearm low reverse block, keeping the position of the right motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left L-stance knife-hand high inward strike.  Moa so orun yop joomuk naeryo taerigi.  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  [Stamping motion,] annun so orun dung joomuk najunde bandae makgi, [keeping the position of the right hand as it was in 24].  Orun nachuo so opun sonkut nopunde tulgi.  [Perform in a slow motion.]  [Shifting motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  [Stamping motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].		-	of the hands as they were in 17].
19 bringing the right side fist in front of the left shoulder.     20 Close stance right side fist downward strike.     21 Left low stance palm reverse pressing block. Perform in a slow motion.     22 Right low stance palm reverse pressing block. Perform in a slow motion.     23 Stamping motion, sitting stance right back fist high side strike.     24 Right walking stance double forearm middle block.     25 Shifting motion, right walking stance flat fingertip high thrust. Perform in a slow motion.     26 Right low stance flat fingertip high thrust. Perform in a slow motion.     27 Stamping motion, left walking stance double forearm middle block.     28 Left walking stance double forearm middle block.     29 Shifting motion, left walking stance forearm low reverse block, keeping the position of the hand as it was in 28.     20 Left low stance flat fingertip high thrust. Perform     21 Defform in a slow motion.     22 Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     23 Left walking stance double forearm middle block.     24 Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.     25 Left walking stance flat fingertip high thrust. Perform in a slow motion.     26 Stamping motion, sitting stance left back fist high side strike.     27 Stamping motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.     28 Left walking stance double forearm middle block.     29 Left low stance flat fingertip high thrust. Perform     20 Left low stance flat fingertip high thrust. Perform     21 Perform in a slow motion.     22 Shifting motion, left walking stance left back fist high side strike.     24 Corun nachuo so opun sonkut nopunde tulgi.     25 Stamping motion, sitting stance flat fingertip high thrust.     26 Perform in a slow motion.     27 Stamping motion, sitting stance left back fist high side strike.     28 Left walking stance			
Shoulder.  Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Left low stance flat fingertip high thrust. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left low stance flat fingertip high thrust. Perform  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  [Stamping motion,] annun so orun dung joomuk nopunde walgi.  [Stamping motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 24].  Orun nachuo so opun sonkut nopunde tulgi.  [Perform in a slow motion.]  [Stamping motion,] annun so wen dung joomuk nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] annun so opun sonkut nopunde tulgi.  [Perform in a slow motion.]  [Stamping motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.		e e	
Close stance right side fist downward strike.  Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Left walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left walking stance double forearm middle block.  Left walking stance double forearm middle block.  Left low stance flat fingertip high thrust. Perform  Low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left low stance flat fingertip high thrust. Perform  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  Stamping motion, annun so orun dung joomuk nopunde bandae makgi, [keeping the position of the right hand as it was in 24].  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.	19	bringing the right side fist in front of the left	[bringing the right side fist in front of the left
Left low stance palm reverse pressing block. Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Right low stance flat fingertip high thrust. Stamping motion, sitting stance forearm low reverse block, keeping the position of the hand as it was in 28.  Left low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  Stamping motion, sitting stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Left low stance flat fingertip high thrust. Perform  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  Stamping motion, sitting stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  Stamping motion, janunu so orun dung joomuk nopunde bandae makgi, [keeping the position of the right part of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so sonbadak bandae noollo makgi.  [Perform in a slow motion.]  Orun nachuo so opulmok kaunde makgi.  [Shifting motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right part		shoulder.	shoulder].
Perform in a slow motion.  Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high slove strike.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Right low stance flat fingertip high thrust. Stamping motion, sitting stance forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Left walking stance double forearm middle block.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Shifting motion, left walking stance forearm low the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen gunnun so doo palmok kaunde makgi.  Shifting motion, left walking stance forearm low the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.	20	Close stance right side fist downward strike.	Moa so orun yop joomuk naeryo taerigi.
Right low stance palm reverse pressing block. Perform in a slow motion.  Stamping motion, sitting stance right back fist high sloek. Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, right walking stance forearm low reverse block, keeping the position of the hand as it was in 28.  Left walking stance double forearm middle block.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  Corun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] orun gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 24].  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.	21	Left low stance palm reverse pressing block.	Wen nachuo so sonbadak bandae noollo makgi.
Perform in a slow motion.  Stamping motion, sitting stance right back fist high side strike.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Perform in a slow motion.  Stamping motion, right walking stance forearm low reverse block, keeping the position of the side strike.  Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  Left low stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  [Shifting motion,] annun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] annun so pounde yop taerigi.  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] annun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.	21	Perform in a slow motion.	[Perform in a slow motion.]
Stamping motion, sitting stance right back fist high side strike.  24 Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low right hand as it was in 24.  26 Right low stance flat fingertip high thrust. Perform  27 Stamping motion, sitting stance left back fist high reverse block, keeping the position of the side strike.  28 Left walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  28 Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi. [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the right hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.  Stamping motion, sitting stance forearm low reverse block, keeping the position of the right hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	22	Right low stance palm reverse pressing block.	Orun nachuo so sonbadak bandae noollo makgi.
high side strike.  Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low reverse block, keeping the position of the right side strike.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  Corun nachuo so opun sonkut nopunde tulgi. [Perform in a slow motion.]  [Stamping motion, annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.			
Right walking stance double forearm middle block.  Shifting motion, right walking stance forearm low right hand as it was in 24.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 24].  Corun nachuo so opun sonkut nopunde tulgi. [Perform in a slow motion.]  [Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  Wen gunnun so doo palmok saunde tulgi.  Wen gunnun so doo palmok saunde makgi.	23	Stamping motion, sitting stance right back fist	[Stamping motion,] annun so orun dung joomuk
Shifting motion, right walking stance forearm low reverse block, keeping the position of the right hand as it was in 24.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Wen nachuo so opun sonkut nopunde tulgi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] annun so wen dung joomuk nopunde yop taerigi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	25	_	nopunde yop taerigi.
25 low reverse block, keeping the position of the right hand as it was in 24.  26 Right low stance flat fingertip high thrust. Perform in a slow motion.  27 Stamping motion, sitting stance left back fist high side strike.  28 Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  28 Left low stance flat fingertip high thrust. Perform  29 Left low stance flat fingertip high thrust. Perform  29 Left low stance flat fingertip high thrust. Perform  29 Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	24		Orun gunnun so doo palmok kaunde makgi.
right hand as it was in 24.  Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Left walking stance double forearm middle block. Shifting motion, left walking stance forearm low reverse block, keeping the position of hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  the right hand as it was in 24].  Orun nachuo so opun sonkut nopunde tulgi.  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.		Shifting motion, right walking stance forearm	[Shifting motion,] orun gunnun so palmok
Right low stance flat fingertip high thrust. Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of thand as it was in 28.  Left low stance flat fingertip high thrust. Perform in a slow motion.  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.  Wen nachuo so opun sonkut nopunde tulgi.	25	low reverse block, keeping the position of the	najunde bandae makgi, [keeping the position of
Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of thand as it was in 28.  Left low stance flat fingertip high thrust. Perform  [Perform in a slow motion.]  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.		right hand as it was in 24.	the right hand as it was in 24].
Perform in a slow motion.  Stamping motion, sitting stance left back fist high side strike.  Shifting motion, left walking stance forearm low reverse block, keeping the position of thand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Stamping motion, a slow motion.  [Perform in a slow motion.]  [Stamping motion,] annun so wen dung joomuk nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	26	Right low stance flat fingertip high thrust.	Orun nachuo so opun sonkut nopunde tulgi.
side strike.  28 Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of thand as it was in 28.  Left low stance flat fingertip high thrust. Perform  nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	20	Perform in a slow motion.	[Perform in a slow motion.]
Left walking stance double forearm middle block.  Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Side strike.  Nopunde yop taerigi.  Wen gunnun so doo palmok kaunde makgi.  [Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	27	Stamping motion, sitting stance left back fist high	[Stamping motion,] annun so wen dung joomuk
Shifting motion, left walking stance forearm low reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  Shifting motion,] wen gunnun so palmok najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	21	side strike.	nopunde yop taerigi.
reverse block, keeping the position of the right hand as it was in 28.  Left low stance flat fingertip high thrust. Perform  najunde bandae makgi, [keeping the position of the left hand as it was in 28].  Wen nachuo so opun sonkut nopunde tulgi.	28	Left walking stance double forearm middle block.	Wen gunnun so doo palmok kaunde makgi.
hand as it was in 28. the left hand as it was in 28].  Left low stance flat fingertip high thrust. Perform Wen nachuo so opun sonkut nopunde tulgi.		Shifting motion, left walking stance forearm low	[Shifting motion,] wen gunnun so palmok
Left low stance flat fingertip high thrust. Perform Wen nachuo so opun sonkut nopunde tulgi.	29	reverse block, keeping the position of the right	najunde bandae makgi, [keeping the position of
30		hand as it was in 28.	the left hand as it was in 28].
in a slow motion. [Perform in a slow motion.]	30	Left low stance flat fingertip high thrust. Perform	Wen nachuo so opun sonkut nopunde tulgi.
	30	in a slow motion.	[Perform in a slow motion.]



31	Stamping motion, right walking stance twin fist	[Stamping motion,] orun gunnun so sang joomuk
31	high vertical punch.	nopunde sewo jirugi.
32	Stamping motion, left walking stance twin fist	[Stamping motion,] wen gunnun so sang joomuk
32	upset punch.	dwijibo jirugi.
33	Right middle front snap kick, keeping the	Orun kaunde apcha busigi, [keeping the position
	position of the hands as they were in 32.	of the hands as they were in 32].
34	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
35	Left walking stance high punch.	Wen gunnun so nopunde jirugi.
36	Stamping motion, right walking stance twin fist	[Stamping motion,] orun gunnun so sang joomuk
30	upset punch.	dwijibo jirugi.
37	Left middle front snap kick, keeping the position	Wen kaunde apcha busigi, [keeping the position
37	of the hands as they were in 36.	of the hands as they were in 36].
38	Right L-stance knife-hand middle guarding	Orun niunja so sonkal kaunde daebi makgi.
38	block.	Orum munja so sonkai kaunde daebi makgi.
39	Right walking stance high punch.	Orun gunnun so nopunde jirugi.
End	Bring the left foot back to ready posture	



Pattern: Ge-Baek

Moves: 44

**Ready Position:** 

Narani Chunbi Sogi | Parallel ready stance

# 계

### Technique

Step	English	Korean
1	Right L-stance X-knife-hand checking block.	Orun niunja so kyocha sonkal momchau makgi.
2	Right low twisting kick, keeping the position of	Orun najunde bituro chagi, [keeping the position
	the hands as they were in 1.	of the hands as they were in 1].
3	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
4	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
	Perform 3 and 4 in a fast motion.	
5	Left walking stance forearm rising block.	Wen gunnun so palmok chookyo makgi.
6	Left walking stance forearm low block.	Wen gunnun so palmok najunde makgi.
	Perform 5 and 6 in a continuous motion.	
7	Left walking stance high double arc-hand block,	Wen gunnun so nopunde doo bandalson makgi,
,	while looking through it.	[while looking through it].
8	Right bending ready stance A.	Orun guburyo junbi sogi A.
9	Sitting stance left palm scooping block.	Annun so wen sonbadak duro makgi.
10	Sitting stance right fist middle punch.	Annun so orun joomuk kaunde jirugi.
	Perform 9 and 10 in a connecting motion.	
11	Sitting stance left back fist front strike.	Annun so wen dung joomuk ap taerigi.
12	Right L-stance knife-hand middle guarding block.	Orun niunja so sonkal kaunde daebi makgi.
13	Left low side front snap kick, keeping the	Wen najunde yobap cha busigi, [keeping the
13	position of the hands as they were in 12.	position of the hands as they were in 12].
14	Left low stance flat fingertip high thrust.	Wen nachuo so opun sonkut nopunde tulgi.
15	Loft law stance flat fingerties high revenues therest	Wen nachuo so opun sonkut nopunde bandae
15	Left low stance flat fingertip high reverse thrust.	tulgi.
16	Right middle side piercing kick, pulling both	Orun kaunde yopcha jirugi, [pulling both hands
10	hands in the opposite direction.	in the opposite direction].



17	Right L-stance forearm middle guarding block.	Orun niunja so palmok kaunde daebi makgi.
18	As 17.	As 17.
19	Right L-stance knife-hand middle guarding block.	Orun niunja so sonkal kaunde daebi makgi.
20	Sitting stance right 9-shape block.	Annun so orun gutja makgi.
21	Left walking stance knife-hand low block.	Wen gunnun so sonkal najunde makgi.
22	Right middle turning kick.	Orun kaunde dollyo chagi.
23	Right flying side piercing kick.	Orun twimyo yopcha jirugi.
	Perform 22 and 23 in a fast motion.	
24	Right walking stance twin fist high vertical	Orun gunnun so sang joomuk nopunde sewo
24	punch.	jirugi.
25	Right walking stance high double arc-hand block,	Orun gunnun so nopunde doo bandalson makgi,
23	while looking through it.	[while looking through it].
26	Right walking stance reverse upset punch.	Orun gunnun so bandae dwijibo jirugi.
27	Left walking stance front elbow reverse strike,	Wen gunnun so ap palkup bandae taerigi,
	striking the left palm.	[striking the left palm].
28	Jump, right X-stance double forearm high block.	Twigi, orun kyocha so doo palmok nopunde makgi.
29	Sitting stance right palm scooping block.	Annun so orun sonbadak duro makgi.
30	Sitting stance left fist middle front punch.	Annun so wen joomuk kaunde ap jirugi.
	Perform 29 and 30 in a connecting motion.	
31	Sitting stance right back fist front strike.	Annun so orun dung joomuk ap taerigi.
	Left walking stance reverse knife-hand high	Wen gunnun so sonkal dung nopunde bandae ap
32	reverse front strike, bringing the left back hand	taerigi, [bringing the left back hand under the
	under the right elbow joint.	right elbow joint].
	Move the left foot to A about half a shoulder	[Move the left foot to A about half a shoulder
33	width while executing a right middle turning	while executing] orun kaunde dollyo chagi.
	kick.	with executing oran Raunce donyo chagi.
34	Left walking stance twin fist high vertical punch.	Wen gunnun so sang joomuk nopunde sewo jirugi.
	Right L-stance middle knuckle fist middle	Orun niunja so joongji joomuk kaunde baro
35	obverse punch, bringing the left side fist in front	jirugi, [bringing the left side fist in front of the
	of the right shoulder.	right shoulder].
36	Sitting stance left 9-shape block.	Annun so wen gutja makgi.
37	Sitting stance reverse knife-hand low guarding	Annun so sonkal dung najunde C-bang daebi
	block to C.	makgi.



38	Sitting stance knife-hand low guarding block to D.	Annun so sonkal najunde D-bang daebi makgi.
	Perform 37 and 38 in a continuous motion.	
39	Stamping motion, sitting stance left outer forearm	[Stamping motion,] annun so wen bakat palmok
37	W-shape block.	san makgi.
40	As 39.	As 39.
41	Right walking stance forearm rising block.	Orun gunnun so palmok chookyo makgi.
42	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
43	Left walking stance forearm rising block.	Wen gunnun so palmok chookyo makgi.
44	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
End	Bring the right foot back to ready posture	



Pattern: Po-eun

Moves: 36

**Ready Position:** 

Narani so Hanulson | Parallel stance heaven hand



## Technique

Step	English	Korean
1	Right L-stance forearm middle guarding block.	Orun niunja so palmok kaunde daebi makgi.
2	Left one-leg stance, lifting both fists.	Wen waebal sogi, [lifting both fists].
3	Right outward (pressing) kick, keeping the	Orun bakuro (noollo) chagi, [keeping the position
3	position of the hands as they were in 2.	of the hands as they were in 2].
4	Sitting stance right knife-hand middle side strike.	Annun so orun sonkal kaunde yop taerigi.
5	Sitting stance left fist angle punch.	Annun so wen joomuk giokja jirugi.
6	Sitting stance left forefist pressing block and right	Annun so wen ap joomuk noollo makgi wa orun
0	inner forearm side front block.	anpalmok yobap makgi.
7	Sitting stance right forefist pressing block and left	Annun so orun ap joomuk noollo makgi wa wen
/	inner forearm side front block.	anpalmok yobap makgi.
8	Sitting stance inner forearm middle wedging	Annun so anpalmok kaunde hechyo makgi.
8	block.	Affilian so an paintok kaunde nechyo makgi.
9	Sitting stance right back elbow thrust, supporting	Annun so orun dwit palkup tulgi, [supporting
	the right forefist with the left palm.	the right forefist with the left palm].
10	Sitting stance right fist middle punch, slipping	Annun so orun joomuk kaunde jirugi, [slipping
10	the left palm up to the right elbow joint.	the left palm up to the right elbow joint].
11	Sitting stance left back elbow thrust, supporting	Annun so wen dwit palkup tulgi, [supporting the
11	the left forefist with the right palm.	left forefist with the right palm].
12	Sitting stance right horizontal punch.	Annun so orun soopyong jirugi.
	Perform 6 to 12 in a continuous motion.	
	Right X-stance outer forearm low obverse front	Orun kyocha so bakat palmok najunde baro ap
13	block, bringing the left finger belly on the right	makgi, [bringing the left finger belly on the right
	under forearm.	under forearm].
14	Left L-stance U-shape grasp.	Wen niunja so digutja japgi.
15	Close stance twin elbow horizontal thrust.	Moa so sang palkup soopyong tulgi. [Perform in
13	Perform in a slow motion.	a slow motion.]



16	Sitting stance right back fist side back strike,	Annun so orun dung joomuk yopdwi taerigi,
10	extending the left arm to the side-downward.	[extending the left arm to the side downward].
	Left X-stance outer forearm low obverse front	Wen kyocha so bakat palmok najunde baro ap
17	block, bringing the right finger belly to the left	makgi, [bringing the right finger belly to the left
	side fist.	side fist].
10	Sitting stance reverse knife-hand low guarding	A many on control private P have deski medici
18	block to B.	Annun so sonkal najunde B-bang daebi makgi.
19	Left L-stance forearm middle guarding block.	Wen niunja so palmok kaunde daebi makgi.
20	Right one-leg stance, lifting both fists.	Orun waebal sogi, [lifting both fists].
21	Left outward (pressing) kick, keeping the	Wen bakuro (noollo) chagi, [keeping the position
21	position of the hands as they were in 20.	of the hands as they were in 20].
22	Sitting stance left knife-hand middle side strike.	Annun so wen sonkal kaunde yop taerigi.
23	Sitting stance right fist angle punch.	Annun so orun joomuk giokja jirugi.
24	Sitting stance right forefist pressing block and left	Annun so orun ap joomuk noollo makgi wa wen
24	inner forearm side front block.	anpalmok yobap makgi.
25	Sitting stance left forefist pressing block and right	Annun so wen ap joomuk noollo makgi wa orun
25	inner forearm side front block.	anpalmok yobap makgi.
26	As 8.	As 8.
27	Sitting stance left back elbow thrust, supporting	Annun so wen dwit palkup tulgi, [supporting the
27	the left forefist with the right palm.	left forefist with the right palm].
28	Sitting stance left fist middle punch, slipping the	Annun so wen joomuk kaunde jirugi, [slipping
20	right palm up to the left elbow joint.	the right palm up to the left elbow joint].
29	Sitting stance right back elbow thrust, supporting	Annun so orun dwit palkup tulgi, [supporting
29	the right forefist with the left palm.	the right forefist with the left palm].
30	Sitting stance left horizontal punch.	Annun so left soopyong jirugi.
	Perform 24 to 30 in a continuous motion.	
	Left X-stance outer forearm low obverse front	Wen kyocha so bakat palmok najunde baro ap
31	block, bringing the right finger belly on the left	makgi, [bringing the right finger belly on the left
	under forearm.	under forearm].
32	Right L-stance U-shape grasp.	Orun niunja so digutja japgi.
33	As 15.	As 15.
2.4	Sitting stance left back fist side back strike,	Annun so wen dung joomuk yopdwi taerigi,
34	extending the right arm to the side-downward.	[extending the right arm to the side downward].
	Right X-stance right outer forearm low obverse	Orun kyocha so bakat palmok najunde baro ap
35	front block, bringing the left finger belly to the	makgi, [bringing the left finger belly to the right
	right side fist.	side fist].



36	Sitting stance reverse knife-hand low guarding block to A.	Annun so sonkal najunde A-bang daebi makgi.
End	Bring the left foot back to ready posture	