Patterns:

Eui-Am Choong-Chang Juche







Eui- Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.



Pattern: Eui-Am

Moves: 45

Ready Position:

Moa Chunbi Sogi D | Close ready stance D

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Technique

Step	English	
1	Left walking stance knife-hand low reverse	Wen gunnun so sonkal najunde bandae anuro
1	inward block.	makgi.
2	Right walking stance outer forearm high reverse	Orun gunnun so bakat palmok nopunde bandae
	side block.	yop makgi.
3	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
4	Left low twisting kick, keeping the position of the	Wen najunde bituro chagi, [keeping the position
4	hands as they were in 3.	of the hands as they were in 3].
5	Left walking stance X-fist downward block.	Wen gunnun so kyocha joomuk naeryo makgi.
6	Left walking stance knife-hand reverse rising block.	Wen gunnun so sonkal bandae chookyo makgi.
	Perform 5 and 6 in a continuous motion.	
7	Jump, right X-stance back fist high side strike, bringing the left finger belly to the right side fist.	Twigi, orun kyocha so dung joomuk nopunde yop taerigi, [bringing the left finger belly to the right side fist].
8	Right L-stance middle side punch.	Orun niunja so kaunde yop jirugi.
9	Right middle reverse turning kick.	Orun kaunde bandae dollyo chagi.
10	Stamping motion, sitting stance right knife-hand	[Stamping motion,] annun so orun sonkal kaunde
10	middle side strike.	yop taerigi.
11	Left middle side piercing kick, pulling both	Wen kaunde yopcha jirugi, [pulling both hands
11	hands in the opposite direction.	in the opposite direction].
12	Left walking stance high reverse crescent punch.	Wen gunnun so nopunde bandae bandal jirugi.
13	Parallel stance left fist middle turning punch.	Narani so wen joomuk kaunde dollyo jirugi.
13	Perform in a slow motion.	[Perform in a slow motion.]
14	Right walking stance knife-hand low reverse	Orun gunnun so sonkal najunde bandae anuro
1.4	inward block.	makgi.
15	Left walking stance outer forearm high reverse	Wen gunnun so bakat palmok nopunde bandae
13	side block.	yop makgi.



16	Left walking stance middle punch.	Wen gunnun so kaunde jirugi.
1 17 1	Right low twisting kick, keeping the position of	Orun najunde bituro chagi, [keeping the position
	the hands as they were in 16.	of the hands as they were in 16].
	Right walking stance X-fist downward block.	Orun gunnun so kyocha joomuk naeryo makgi.
1 19 1	Right walking stance knife-hand reverse rising block.	Orun gunnun so sonkal bandae chookyo makgi.
	Perform 18 and 19 in a continuous motion.	
1 20 1	Jump, left X-stance back fist high side strike, bringing the right finger belly to the left side fist.	Twigi, wen kyocha so dung joomuk nopunde yop taerigi, [bringing the right finger belly to the left side fist].
21	Left L-stance middle side punch.	Wen niunja so kaunde yop jirugi.
22	Left middle reverse turning kick.	Wen kaunde bandae dollyo chagi.
1 /.5	Stamping motion, sitting stance left knife-hand middle side strike.	[Stamping motion,] annun so wen sonkal kaunde yop taerigi.
24	Right middle side piercing kick, pulling both	Orun kaunde yopcha jirugi, [pulling both hands
24	hands in the opposite direction.	in the opposite direction].
75	Right walking stance high reverse crescent punch.	Orun gunnun so nopunde bandae bandal jirugi.
26	Parallel stance right fist middle turning punch.	Narani so orun joomuk kaunde dollyo jirugi.
20	Perform in a slow motion.	[Perform in a slow motion.]
///	Right walking stance knife-hand middle wedging block.	Orun gunnun so sonkal kaunde hechyo makgi.
1 /8 1	Right walking stance reverse knife-hand circular block.	Orun gunnun so sonkal dung dollimyo makgi.
79	Left rear foot stance alternate palm downward block.	Wen dwitbal so euhkallin sonbadak naeryo makgi.
30	Left L-stance middle obverse punch.	Wen niunja so kaunde baro jirugi.
1 31 1	Shifting motion, left L-stance reverse knife-hand low reverse inward block.	[Shifting motion,] wen niunja so sonkal dung najunde bandae anuro makgi.
1 3/	Left walking stance knife-hand middle wedging block.	Wen gunnun so sonkal kaunde hechyo makgi.
33 1	Left walking stance reverse knife-hand circular block.	Orun gunnun so sonkal dung dollimyo makgi.
34	Right rear foot stance alternate palm downward block.	Orun dwitbal so euhkallin sonbadak naeryo makgi.
35	Right L-stance middle obverse punch.	Orun niunja so kaunde baro jirugi.



36	Shifting motion, right L-stance reverse knife-hand	[Shifting motion,] orun niunja so sonkal dung
30	low reverse inward block.	najunde bandae anuro makgi.
37	Right high reverse turning kick.	Orun nopunde bandae dollyo chagi.
38	Left rear foot stance forearm middle guarding	YA7 d:(11
36	block.	Wen dwitbal so palmok kaunde daebi makgi.
39	Left high reverse turning kick.	Wen nopunde bandae dollyo chagi.
40	Right rear foot stance forearm middle guarding	Orun dwitbal so palmok kaunde daebi makgi.
40	block.	Ordin dwittbar so paintok kaunde daebi makgi.
41	Double-stepping motion, right L-stance knife-	[Double-stepping motion,] orun niunja so sonkal
41	hand low reverse block.	najunde bandae makgi.
42	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
43	Left L-stance knife-hand low reverse block.	Wen niunja so sonkal najunde bandae makgi.
44	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
45	Right walking stance high punch.	Orun gunnun so nopunde jirugi.
End	Bring the right foot back to ready posture	

Pattern: Choong-Jang

Moves: 52

Ready Position:

Moa Chunbi Sogi C | Close ready stance C

충장

Technique

Step	English	
1	Sitting stance right inner forearm side front block,	Annun so orun anpalmok yobap makgi,
	extending the left forearm side-downward.	[extending the left forearm side-downward].
2	Sitting stance left inner forearm side front block,	Annun so wen anpalmok yobap makgi,
	extending the right forearm side-downward.	[extending the right forearm side-downward].
3	Close stance left fist angle punch. Perform in a	Moa so wen joomuk giokja jirugi. [Perform in a
3	slow motion.	slow motion.]
4	Left walking stance double finger high reverse	Wen gunnun so doo songarak nopunde bandae
4	thrust.	tulgi.
5	Right walking stance double finger high reverse	Orun gunnun so doo songarak nopunde bandae
	thrust.	tulgi.
6	Right walking stance back fist front strike.	Orun gunnun so dung joomuk ap taerigi.



Siding motion, right L-stance forearm middle guarding block. Siding motion, right L-stance forearm middle guarding block. Sight low front snap kick, keeping the position of the hands as they were in 9. Orun najunde apcha busigi, [keeping the position of the hands as they were in 9. Orun najunde apcha busigi, [keeping the position of the hands as they were in 9. Orun najunde apcha busigi, [keeping the position of the hands as they were in 9]. Orun nachuo so opun sonkut nopunde tulgi. Body dropping, right high turning kick, supporting the body with both hands and the left knee. Body dropping,] orun nopunde dollyo chagi, [supporting the body with both hands and the left knee. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jurgi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jurgi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jurgi, [supporting the body with the left palm, the right foot, and the left knee]. Orun minija so sonbadak bandae daebi makgi. Orun minija so sonbadak bandae daebi makgi. Orun ninija so sonbadak noollo makgi. Orun ninija so opun sonkut nopunde popunde popunde popunde popunde popunde popunde popunde p	7	Left walking stance forearm rising block.	Wen gunnun so palmok chookyo makgi.
guarding block. Right low front snap kick, keeping the position of the hands as they were in 9. Grun najunde apcha busigi, [keeping the position of the hands as they were in 9.] Right low stance flat fingertip high thrust. Body dropping, right high turning kick, supporting the body with both hands and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right L-stance side elbow thrust. Left L-stance forearm middle guarding block. Right L-stance palm reverse scooping block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Right middle side piercing kick, pulling both hands in the opposite direction. Right walking stance vin palm preverse thrust. Right L-stance knife-hand middle guarding block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance farefort stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform	8	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
guarding block. Right low front snap kick, keeping the position of the hands as they were in 9. 11 Right low stance flat fingertip high thrust. Body dropping, right high turning kick, supporting the body with both hands and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. 14 Left L-stance side elbow thrust. 15 Left L-stance forearm middle guarding block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. Right middle side piercing kick, pulling both hands in the opposite direction. 23 Right rear foot stance twin palm pressing block. Right walking stance verification. 24 Right walking stance twin palm pressing block. Right L-stance falfingertip high treverse thrust. 25 Right L-stance forearm high front block, back fist high side strike. 26 Right L-stance falf fingertip high treverse thrust. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform] Right low front snap kick, bringing the right palm on the left back hand.	9	Sliding motion, right L-stance forearm middle	[Sliding motion,] orun niunja so palmok kaunde
the hands as they were in 9. for the left back hand, for the hands as they were in 9. for the hands as they were in 9. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the left back hand. for the hands as they were in 9. for the left back hand. for the hands and the left back hand. for the hands as they were in ple body with both hands and the left back hand. for the left back hand. for the hands as they were in ple front the left back hand. for the hands as they were in spl. flowdy dropping, jornun nopunde dolyon thands and the left knee. flowd with the left back hand. flowd ropping, jornun nopunde hald ballet these. flowd with the left back hand. flowd ropping, jornun nopunde hald ballet these. flowd with the left		guarding block.	daebi makgi.
the hands as they were in 9. Right low stance flat fingertip high thrust. Body dropping, right high turning kick, supporting the body with both hands and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Left L-stance side elbow thrust. Left L-stance forearm middle guarding block. Right L-stance palm reverse scooping block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust, placing the left knee]. Orun nachuo so opun sonkut nopunde tulgi. Body dropping,] orun nopunde dolly ornapime dolly orun popunde jorun nopunde dolly ornapime, supporting the body with both hands and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde jirugi, [supporting the body with the left palm, the right foot, and the left knee]. Orun joomuk nopunde balvigi. Wen niunja so yop palkup tulgi. Wen niunja so sonkal kaunde daebi makgi. Orun ni	10	Right low front snap kick, keeping the position of	Orun najunde apcha busigi, [keeping the position
Body dropping, right high turning kick, supporting the body with both hands and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right L-stance side elbow thrust. Ceft L-stance forearm middle guarding block. Right L-stance knife-hand middle outward strike. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Right motion, right L-stance side elbow thrust. Right motion, right L-stance side elbow thrust. Right middle side piercing kick, pulling both hands in the opposite direction. Right walking stance verse thrust, placing the left side fist on the right fist. Perform Right L-stance knife-hand middle guarding block. Right walking stance beack elbow reverse thrust, placing the left side fist on the right fist. Perform Right low front snap kick, bringing the right palm on the left back hand. Right walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform	10	the hands as they were in 9.	of the hands as they were in 9].
supporting the body with both hands and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. 14 Left L-stance side elbow thrust. Wen niunja so yop palkup tulgi. 15 Left L-stance forearm middle guarding block. Wen niunja so sonbadak bandae duro makgi. 16 Right L-stance palm reverse scooping block. Orun niunja so sonbadak bandae duro makgi. 17 Left L-stance knife-hand middle outward strike. Wen niunja so sonbadak bandae duro makgi. 18 Left walking stance X-fist pressing block. Wen gunnun so kyocha joomuk noollo makgi. 19 hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Slidding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right valking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform]	11	Right low stance flat fingertip high thrust.	Orun nachuo so opun sonkut nopunde tulgi.
Right Knee left Left Lestance side elbow thrust. Left Lestance side elbow thrust. Left Lestance palm reverse scooping block. Right Lestance palm reverse scooping block. Right Left Lestance knife-hand middle outward strike. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right Lestance knife-hand middle guarding block. Right Lestance knife-hand middle guarding block. Right Lestance knife-hand middle guarding block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right Lestance knife-hand middle guarding block. Sliding motion, right Lestance side elbow thrust. Left Lestance knife-hand middle guarding block. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right walking stance outer forearm high front block, back fist high side strike. Right Lestance fraft fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform		Body dropping, right high turning kick,	[Body dropping,] orun nopunde dollyo chagi,
Right fist high punch, supporting the body with the left palm, the right foot, and the left knee. Right L-stance side elbow thrust. Eeft L-stance forearm middle guarding block. Right L-stance knife-hand middle outward strike. Right L-stance low front snap kick, pulling both hands in the opposite direction. Left L-stance knife-hand middle guarding block. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right middle side piercing kick, pulling both hands in the opposite direction. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance knife-hand middle guarding block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance knife-thand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform	12	supporting the body with both hands and the left	[supporting the body with both hands and the
the left palm, the right foot, and the left knee. 14 Left L-stance side elbow thrust. 15 Left L-stance forearm middle guarding block. 16 Right L-stance palm reverse scooping block. 17 Left L-stance knife-hand middle outward strike. 18 Left walking stance X-fist pressing block. 19 hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right L-stance forearm middle guarding block, back fist high side strike. 26 Right L-stance falt fingertip high reverse thrust, body with the left palm, the right foot, and the left knee]. Wen niunja so yop palkup tulgi. Wen niunja so sonkal kaunde daebi makgi. Orun moorup najunde apcha busigi, [pulling both hands in the opposite direction as if grabbing the opponent's leg]. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gumnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opp palkup tulgi. Wen niunja so sonkal kaunde daebi makgi. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gumnun so bakat palmok nopunde ap makgi, dung joomuk nopunde bandae tulgi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun niunja so opun sonkut nopunde bandae tulgi. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform		knee.	left knee].
the left palm, the right foot, and the left knee. 14 Left L-stance side elbow thrust. 15 Left L-stance forearm middle guarding block. 16 Right L-stance palm reverse scooping block. 17 Left L-stance knife-hand middle outward strike. 18 Left walking stance X-fist pressing block. 19 Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right walking stance outer forearm high front block, back fist high side strike. 25 Right L-stance flat fingertip high reverse thrust. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform 19 Left L-stance fine left walking stance outer forearm high fist. Perform 10 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform		Pight figt high punch supporting the hody with	Orun joomuk nopunde jirugi, [supporting the
Left L-stance side elbow thrust. Left L-stance forearm middle guarding block. Right L-stance knife-hand middle outward strike. Left walking stance X-fist pressing block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Left L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Left L-stance knife-hand middle guarding block. Right middle side piercing kick, pulling both hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform	13		body with the left palm, the right foot, and the
15 Left L-stance forearm middle guarding block. 16 Right L-stance palm reverse scooping block. 17 Left L-stance knife-hand middle outward strike. 18 Left walking stance X-fist pressing block. 19 Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction and in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right L-stance flat fingertip high reverse thrust. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Placing the elft side fist on the right fist. Perform in lunija so sonkal kaunde daebi makgi. Wen niunja so sonkal kaunde bakuro taerigi. Wen niunja so sonkal kaunde bakuro taerigi. Orun moorup najunde apcha busigi, [pulling both hands in the opposite direction as if grabbing the opponent's leg]. Orun niunja so sonkal kaunde daebi makgi. Orun niunja so sonkal kaunde daebi makgi. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun quinun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform		the left paint, the right foot, and the left knee.	left knee].
16 Right L-stance palm reverse scooping block. 17 Left L-stance knife-hand middle outward strike. 18 Left walking stance X-fist pressing block. 19 Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right L-stance flat fingertip high reverse thrust. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Placing the left side fist on the right fist. Perform 29 Placing the left side fist on the right fist. Perform 20 Crun niunja so sonkal kaunde daebi makgi. 21 Orun niunja so sonkal kaunde daebi makgi. 22 Orun niunja so sonkal kaunde daebi makgi. 23 Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. 24 Orun dwitbal so sang sonbadak noollo makgi. 25 Orun niunja so opun sonkut nopunde ap makgi, dung joomuk nopunde yop taerigi. 26 Orun niunja so opun sonkut nopunde bandae tulgi. 27 Orun niunja so opun sonkut nopunde bandae tulgi. 28 Placing the left side fist on the right fist. Perform	14	Left L-stance side elbow thrust.	Wen niunja so yop palkup tulgi.
17 Left L-stance knife-hand middle outward strike. 18 Left walking stance X-fist pressing block. 19 Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right Walking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Left Walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform	15	Left L-stance forearm middle guarding block.	Wen niunja so palmok kaunde daebi makgi.
18 Left walking stance X-fist pressing block. Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction as if grabbing the opponent's leg]. 24 Right middle side piercing kick, pulling both hands in the opposite direction. 25 Right rear foot stance twin palm pressing block. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Placing the left side fist on the right fist. Perform Wen gunnun so kyocha joomuk noollo makgi. Orun moorup najunde apcha busigi, [pulling both hands in the opposite direction as if grabbing the opponent's leg]. Orun niunja so sonkal kaunde daebi makgi. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	16	Right L-stance palm reverse scooping block.	Orun niunja so sonbadak bandae duro makgi.
Right knee low front snap kick, pulling both hands in the opposite direction as if grabbing the opponent's leg. Right L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Left L-stance knife-hand middle guarding block. Sliding motion, right L-stance side elbow thrust. Left L-stance knife-hand middle guarding block. Right middle side piercing kick, pulling both hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Orun moorup najunde apcha busigi, [pulling both hands in the opposite direction as if grabbing the opponent's leg]. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun un kaunde daebi makgi. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun miunja so sonkal kaunde daebi makgi. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun niunja so sonkal kaunde daebi makgi. Orun kaunde vopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun niunja so opun sonkut nopunde yopcha jirugi, [pulling both hands in the opposite direction].	17	Left L-stance knife-hand middle outward strike.	Wen niunja so sonkal kaunde bakuro taerigi.
19 hands in the opposite direction as if grabbing the opponent's leg. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right walking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform 20 Drun niunja so sonkal kaunde daebi makgi. 21 Sliding motion,] orun niunja so yop palkup tulgi. 22 Wen niunja so sonkal kaunde daebi makgi. 23 Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. 24 Orun dwitbal so sang sonbadak noollo makgi. 25 Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. 26 Orun niunja so opun sonkut nopunde bandae tulgi. 27 Orun najunde apcha busigi, [bringing the right palm on the left back hand]. 28 Urun niunja so opun sonkut nopunde bandae tulgi. 29 Orun najunde apcha busigi, [bringing the right palm on the left back hand]. 20 Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	18	Left walking stance X-fist pressing block.	Wen gunnun so kyocha joomuk noollo makgi.
opponent's leg. grabbing the opponent's leg]. 20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. [Sliding motion,] orun niunja so yop palkup tulgi. 22 Left L-stance knife-hand middle guarding block. Wen niunja so sonkal kaunde daebi makgi. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 2 Right rear foot stance twin palm pressing block. Orun dwitbal so sang sonbadak noollo makgi. 25 Right walking stance outer forearm high front block, back fist high side strike. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform]		Right knee low front snap kick, pulling both	Orun moorup najunde apcha busigi, [pulling
20 Right L-stance knife-hand middle guarding block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right walking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Right walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform 29 Porun niunja so sonkal kaunde daebi makgi. 20 Orun niunja so sonkal kaunde daebi makgi. 21 Orun niunja so sonkal kaunde daebi makgi. 22 Orun niunja so sonkal kaunde daebi makgi. 23 Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. 24 Orun dwitbal so sang sonbadak noollo makgi. 25 Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. 26 Orun niunja so opun sonkut nopunde bandae tulgi. 27 Orun najunde apcha busigi, [bringing the right palm on the left back hand]. 28 Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	19	hands in the opposite direction as if grabbing the	both hands in the opposite direction as if
block. 21 Sliding motion, right L-stance side elbow thrust. 22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 24 Right rear foot stance twin palm pressing block. 25 Right walking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right palm on the left back hand. 28 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform 29 Drun niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Ven gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform		opponent's leg.	grabbing the opponent's leg].
Sliding motion, right L-stance side elbow thrust. [Sliding motion,] orun niunja so yop palkup tulgi. Left L-stance knife-hand middle guarding block. Wen niunja so sonkal kaunde daebi makgi. Right middle side piercing kick, pulling both hands in the opposite direction. Right rear foot stance twin palm pressing block. Orun dwitbal so sang sonbadak noollo makgi. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform]	20	Right L-stance knife-hand middle guarding	Orun njunja sa sankal kaunda daahi makaj
22 Left L-stance knife-hand middle guarding block. 23 Right middle side piercing kick, pulling both hands in the opposite direction. 2 Right rear foot stance twin palm pressing block. 25 Right walking stance outer forearm high front block, back fist high side strike. 26 Right L-stance flat fingertip high reverse thrust. 27 Right low front snap kick, bringing the right on the left back hand. 28 Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform 29 Perform Wen niunja so sonkal kaunde daebi makgi. Orun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	20	block.	Orum munga so sonkai kaunde daebi makgi.
Right middle side piercing kick, pulling both hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Porun kaunde yopcha jirugi, [pulling both hands in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	21	Sliding motion, right L-stance side elbow thrust.	[Sliding motion,] orun niunja so yop palkup tulgi.
hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform in the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	22	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
hands in the opposite direction. Right rear foot stance twin palm pressing block. Right walking stance outer forearm high front block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform In the opposite direction]. Orun dwitbal so sang sonbadak noollo makgi. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	23	Right middle side piercing kick, pulling both	Orun kaunde yopcha jirugi, [pulling both hands
Right walking stance outer forearm high front block, back fist high side strike. Orun gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi. Orun niunja so opun sonkut nopunde bandae tulgi. Right low front snap kick, bringing the right palm on the left back hand. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	23	hands in the opposite direction.	in the opposite direction].
block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Borun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform]	2	Right rear foot stance twin palm pressing block.	Orun dwitbal so sang sonbadak noollo makgi.
Block, back fist high side strike. Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Bright L-stance flat fingertip high reverse thrust. Orun niunja so opun sonkut nopunde bandae tulgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform]	25	Right walking stance outer forearm high front	Orun gunnun so bakat palmok nopunde ap
Right L-stance flat fingertip high reverse thrust. Right low front snap kick, bringing the right palm on the left back hand. Corun najunde apcha busigi, [bringing the right palm on the left back hand]. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Perform Tugi. Wen gunnun so dwit palkup bandae tulgi, placing the left side fist on the right fist. Perform		block, back fist high side strike.	makgi, dung joomuk nopunde yop taerigi.
Right low front snap kick, bringing the right palm on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform Turgi. Orun najunde apcha busigi, [bringing the right palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	26	Right I stance flat fingertin high reverse thrust	Orun niunja so opun sonkut nopunde bandae
on the left back hand. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform palm on the left back hand]. Wen gunnun so dwit palkup bandae tulgi, [placing the left side fist on the right fist. Perform	20	Right L-stance flat fingertip high reverse thrust.	tulgi.
on the left back hand. palm on the left back hand]. Left walking stance back elbow reverse thrust, placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform]	27	Right low front snap kick, bringing the right palm	Orun najunde apcha busigi, [bringing the right
placing the left side fist on the right fist. Perform [placing the left side fist on the right fist. Perform		on the left back hand.	palm on the left back hand].
		Left walking stance back elbow reverse thrust,	Wen gunnun so dwit palkup bandae tulgi,
in a slow motion	28	placing the left side fist on the right fist. Perform	[placing the left side fist on the right fist. Perform
it a slow motion.		in a slow motion.	in a slow motion.]



29	Stamping motion, right L-stance back hand reverse downward strike.	[Stamping motion,] orun niunja so sondung bandae naeryo taerigi.
30	Right L-stance middle obverse punch, punching	Orun niunja so kaunde baro jirugi, [punching the
	the left palm.	left palm].
31	Stamping motion, left L-stance back hand reverse downward strike.	[Stamping motion,] wen niunja so sondung bandae naeryo taerigi.
32	Left L-stance middle obverse punch, punching the right palm.	Wen niunja so kaunde baro jirugi, [punching the right palm].
33	Stamping motion, right L-stance knife-hand middle outward strike.	[Stamping motion,] orun niunja so sonkal kaunde bakuro taerigi.
34	Left walking stance back fist high reverse side front strike, striking the left palm with the right elbow.	Wen gunnun so dung joomuk nopunde bandae yobap taerigi, [striking the left palm with the right elbow].
35	Stamping motion, left L-stance knife-hand middle outward strike.	[Stamping motion,] wen niunja so sonkal kaunde bakuro taerigi.
36	Right walking stance back fist high reverse side front strike, striking the right palm with the left elbow.	Orun gunnun so dung joomuk nopunde bandae yobap taerigi, [striking the right palm with the left elbow].
37	Right L-stance reverse knife-hand low guarding block.	Orun niunja so sonkal dung najunde daebi makgi.
38	Left walking stance reverse 9-shape block.	Wen gunnun so bandae gutja makgi.
39	Left L-stance reverse knife-hand low guarding block.	Wen niunja so sonkal dung najunde daebi makgi.
40	Right walking stance reverse 9-shape block.	Orun gunnun so bandae gutja makgi.
41	Left walking stance twin knife-hand horizontal strike.	Wen gunnun so sang sonkal soopyong taerigi.
42	Left walking stance arc-hand high reverse strike.	Wen gunnun so bandal son nopunde bandae taerigi.
43	Right middle front snap kick, keeping the position of the hands as they were in 42.	Orun kaunde apcha busigi, [keeping the position of the hands as they were in 42].
44	Right walking stance arc-hand high reverse strike.	Orun gunnun so bandal son nopunde bandae taerigi.
45	Left middle front snap kick, keeping the position of the hands as they were in 44.	Wen kaunde apcha busigi, [keeping the position of the hands as they were in 44].
46	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
47	Left walking stance middle punch.	Wen gunnun so kaunde jirugi.
	Perform 46 and 47 in a fast motion.	



48	Close stance twin fore-knuckle fist high crescent punch.	Moa so sang inji joomuk nopunde bandal jirugi.
49	Left walking stance knife-hand low block.	Wen gunnun so sonkal najunde makgi.
50	Left walking stance open fist high reverse punch.	Wen gunnun so pyon joomuk nopunde bandae jirugi.
51	Right walking stance knife-hand low block.	Orun gunnun so sonkal najunde makgi.
End	Bring the left foot back to ready posture	

Pattern: Juche

Moves: 45

Ready Position:

Narani so sang yop palkup | Parallel stance twin

side elbow

주체

Technique

Step	English	
1	Sitting stance inner forearm parallel block.	Annun so anpalmok narani makgi.
2	Right palm middle hooking block, while standing	Orun sonbadak kaunde golcho makgi, [while
	up.	standing up].
3	Sitting stance left fist middle punch.	Annun so wen joomuk kaunde jirugi.
4	Left one-leg stance outer forearm parallel block.	Wen waebal so bakat palmok narani makgi.
	Right middle side piercing kick, right high	Orun kaunde yopcha jirugi, orun nopunde
5	reverse hooking kick, consecutively, keeping the	bandae dollyo gorochagi, [consecutively, keeping
3	position of the hands as they were in 4. Perform	the position of the hands as they were in 4.
	in a slow motion.	Perform in a slow motion.]
6	Jump, right X-stance back fist obverse downward	Twigi, orun kyocha so dung joomuk baro naeryo
0	strike.	taerigi.
	Left middle hooking kick, left high side piercing	Wen kaunde golcho chagi, wen nopunde yopcha
7	kick, consecutively, while pulling both fists in	jirugi, [consecutively, while pulling both fists in
	front of the chest.	front of the chest].
8	Stamping motion, sitting stance left flat fingertip	[Stamping motion,] annun so wen opun sonkut
	high outward cross-cut.	nopunde bakuro ghutgi.
9	Left walking stance high elbow reverse strike,	Wen gunnun so nopun palkup bandae taerigi,
9	pressing the right side fist with the left palm.	[pressing the right side fist with the left palm].



left back forearm. Left L-stance knife-hand middle guarding block. Left knife-hand mid-air strike, landing in a right L-stance with the left arm extended. Sitting stance inner forearm parallel block. Left palm middle hooking block, while standing up. Left palm middle hooking block, while standing up. Sitting stance right fist middle punch. Right one-leg stance outer forearm parallel block. Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left palm middle hooking block. Wen sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance haven hand. Perform in a slow motion. Moa so hanulson. [Perform in a slow motion.]	10	Right X-stance reverse knife-hand low reverse front block, bringing the right finger belly on the	Orun kyocha so sonkal dung najunde bandae ap makgi, [bringing the right finger belly on the left
Left knife-hand mid-air strike, landing in a right L-stance with the left arm extended. Sitting stance inner forearm parallel block. Left palm middle hooking block, while standing up. Sitting stance right fist middle punch. Right one-leg stance outer forearm parallel block. Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse froat block, bringing the left finger belly on the right L-stance with the right arm extended]. Right L-stance with the left arm extended]. Annun so ornal pomuk kaunde golcho makgi, [while standing up]. Annun so orun joomuk kaunde jirugi. Orun waebal so bakat palmok narani makgi. Wen kaunde yopcha jirugi, wen nopunde bandae odlyo gorochagi, [consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion.] Twigi, wen kyocha so dung joomuk baro naeryo taerigi. Stamping motion, sitting stance right flat finger high outward cross-cut. Stamping motion, sitting stance right flat finger billy on the right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse froat stance with the right arm extended. Right L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Left pick-shape kick, right rear foot stance forearm middle guarding block. Left pick-shape kick, right rear foot stance forearm middle guarding block. Left pick-shape kick, right rear foot stance forearm middle guarding block. Left pick-shape kick, right r			
12 L-stance with the left arm extended. 13 Sitting stance inner forearm parallel block. 14 Left palm middle hooking block, while standing up. 15 Sitting stance right fist middle punch. 16 Right one-leg stance outer forearm parallel block. 17 Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. 19 Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. 22 Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. 23 Right Istance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the left arm extended. 25 Close stance heaven hand. Perform in a slow motion.] 26 Close stance heaven hand. Perform in a slow motion.] 27 Sliding motion, left rear foot stance forearm middle guarding block. 28 Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup	11	Left L-stance knife-hand middle guarding block.	Wen niunja so sonkal kaunde daebi makgi.
Left palm middle hooking block, while standing up. 15 Sitting stance right fist middle punch. 16 Right one-leg stance outer forearm parallel block. Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. 19 Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse front block, bringing the left finger belly on the right back forearm. 22 Right L-stance knife-hand middle guarding block. 23 Right knife-hand mid-air strike, landing in a left L-stance with the right ram extended. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance straight 28 Siding motion, left rear foot stance straight 29 Sliding motion, left rear foot stance straight 20 Sliding motion, left rear foot stance straight 20 Sliding motion, left rear foot stance straight 21 Sliding motion, left rear foot stance straight 22 Sliding motion, left rear foot stance straight 23 Sliding motion, left rear foot stance straight	12		1
14 up. standing up]. 15 Sitting stance right fist middle punch. 16 Right one-leg stance outer forearm parallel block. 17 Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. 19 Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. 12 Left X-stance reverse knife-hand low reverse right L-stance with the right arm extended. 23 Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right raar extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance straight Stamping motion, left rear foot stance straight Stamping motion, left rear foot stance straight Annun so orun joomuk kaunde jirugi. Annun so orun joomuk kaunde bandae ap wen kaunde yopcha jirugi, [consecutively, keeping the position of the hands as they were in 16. Perform in a slow hoalloy gorochagi, [consecutively, keeping the position of the hands as they were in 16. Perform in a slow notion.] 28 Titugi, [consecutively, while pulling both fists in front of the chest]. Stamping motion, left rear foot stance wind population population position of the hands as they were in 16. Perform in a slow motion.] Annun so orun joomuk kaunde jopch hands as they were in 16. Perform in a slow motion.] Wen kyocha so dung joomuk baro naeryo taerigi. Stamping motion, left rear foot stance with the right palm. Wen kyocha so dung joomuk laro naeryo taerigi.	13	Sitting stance inner forearm parallel block.	Annun so anpalmok narani makgi.
15 Sitting stance right fist middle punch. 16 Right one-leg stance outer forearm parallel block. 17 Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. 19 Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. 22 Left X-stance reverse knife-hand low reverse fright back forearm. 23 Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right rarm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance from parallel block. 28 Wen kaunde yopcha jirugi, wen nopunde bandae dollyo gorochagi, [consecutively, keeping the dollyo gorochagi, [consecutively, keeping the dollyo gorochagi, [consecutively, where in 16. Perform in a slow motion.] Wen kaunde yopcha jirugi, wen nopunde bandae dollyo gorochagi, [consecutively, keeping the dollyo gorochagi, [consecutively, where in 16. Perform in a slow motion.] Twigi, wen kyocha so dung joomuk baro naeryo taerigi. Orun kaunde golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest.] Stamping motion, sitting stance right flat [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen	14		
16 Right one-leg stance outer forearm parallel block. Left middle side piercing kick, left high reverse hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance knife-hand middle guarding block. 21 Right L-stance knife-hand middle guarding block. 22 Right L-stance with the right arm extended. 23 Right L-stance with the right arm extended. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance forearm middle guarding block. 28 Sliding motion, left rear foot stance forearm middle guarding block. 29 Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight Corun waebal so bakat palmok narani makgi. Wen kaunde yopcha jirugi, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion.] Wen kaunde yopcha jirugi, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion.] Wen kyocha so dung joomuk baro naeryo targie. Orrun kaunde golcho chagi, orun nopunde backuro glutgi. Orun saunda golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. Stamping motion, jamun so orun opun sonkut nopunde bakuro ghutgi. Stamping motion, jamun so orun opun sonkut nopunde bakuro ghutgi. Orun saunda so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi	15	-	9 1-
hooking kick, consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion. 18 Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. 20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. 22 Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. 23 Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right ram extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance straight dollyo gorochagi, [consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion.] dollyo gorochagi, [consecutively, keeping the position of the hands as they were in 16. Perform in a slow motion.]	16		, -
of the hands as they were in 16. Perform in a slow motion. Is Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Sliding motion, left rear foot stance stright flat finger belly on the right arm extended. Stamping motion, gitting stance right flat fists in front of the chest]. Stamping motion, annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so dung joomuk baro naeryo taerigi. Orun kaunde golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. Stamping motion, annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so dung joomuk baro naeryo taerigi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Sliding motion, left rear foot stance straight Moa so hanulson. [Perform in a slow motion.]		Left middle side piercing kick, left high reverse	
of the hands as they were in 16. Perform in a slow motion. Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Stamping motion, left rear foot stance forearm middle guarding block. Stamping motion, left rear foot stance straight Orun kaunde golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Sliding motion, left rear foot stance straight [Stiding motion,] wen dwitbal so sun palkup	17	hooking kick, consecutively, keeping the position	dollyo gorochagi, [consecutively, keeping the
Is Jump, left X-stance back fist obverse downward strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Sliding motion, left rear foot stance straight Sighting motion, left rear foot stance straight Sliding motion, left rear foot stance straight Twigi, wen kyocha so dung joomuk baro naeryo taerigi. Orun kaunde golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. Stamping motion, lamnun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]	17	of the hands as they were in 16. Perform in a slow	position of the hands as they were in 16. Perform
strike. Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Stamping motion, jannun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup		motion.	in a slow motion.]
Right middle hooking kick, right high side piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right ram extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Right grave with the rook of the chest]. Orun kaunde golcho chagi, orun nopunde yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.] Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup	18	_	1 - 1
piercing kick, consecutively, while pulling both fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight yopcha jirugi, [consecutively, while pulling both fists in front of the chest]. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]	10		taerigi.
fists in front of the chest. Stamping motion, sitting stance right flat fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight fists in front of the chest]. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]			
20 Stamping motion, sitting stance right flat fingertip high outward cross-cut. 21 Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. 22 Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. 23 Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, sitting stance right flat in purple finger belly on the right palm. [Stamping motion,] annun so orun opun sonkut nopunde bakuro ghutgi. [Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.] Moa so hanulson. [Perform in a slow motion.]	19		
fingertip high outward cross-cut. Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight fingertip high outward cross-cut. nopunde bakuro ghutgi. Orun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.] Moa so hanulson. [Perform in a slow motion.]		fists in front of the chest.	fists in front of the chest].
Right walking stance high elbow reverse strike, pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight Right walking stance high elbow reverse strike, Drun gunnun so nopun palkup bandae taerigi, [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Sliding motion, left rear foot stance straight Sliding motion,] wen dwitbal so sun palkup	20		
pressing the left side fist with the right palm. Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight [pressing the left side fist with the right palm]. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]			
Left X-stance reverse knife-hand low reverse front block, bringing the left finger belly on the right back forearm. Wen kyocha so sonkal dung najunde bandae ap makgi, [bringing the left finger belly on the right back forearm. Drun niunja so sonkal kaunde daebi makgi.	21		
front block, bringing the left finger belly on the right back forearm. Right L-stance knife-hand middle guarding block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight makgi, [bringing the left finger belly on the right back forearm]. Orun niunja so sonkal kaunde daebi makgi. Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]			
right back forearm. 23 Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance straight 28 In the stance with the right arm extended are left L-stance with the right arm extended. 29 Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. 20 Moa so hanulson. [Perform in a slow motion.]			
Right L-stance knife-hand middle guarding block. 24 Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. 25 Left pick-shape kick, right rear foot stance forearm middle guarding block. 26 Close stance heaven hand. Perform in a slow motion. 27 Sliding motion, left rear foot stance straight Crun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]	22		
block. Right knife-hand mid-air strike, landing in a left L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight Orun sonkal twio dolmyo taerigi, [landing in a left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]			back forearm].
L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight Left L-stance with the right arm extended]. Wen gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi. Moa so hanulson. [Perform in a slow motion.]	23		Orun niunja so sonkal kaunde daebi makgi.
L-stance with the right arm extended. Left pick-shape kick, right rear foot stance forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup	24	Right knife-hand mid-air strike, landing in a left	Orun sonkal twio dolmyo taerigi, [landing in a
forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup	∠ '1	L-stance with the right arm extended.	left L-stance with the right arm extended].
forearm middle guarding block. Close stance heaven hand. Perform in a slow motion. Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup	25	Left pick-shape kick, right rear foot stance	Wen gokaeng-i chagi, orun dwitbal so palmok
Moa so hanulson. [Perform in a slow motion.] Sliding motion, left rear foot stance straight [Sliding motion,] wen dwitbal so sun palkup		forearm middle guarding block.	kaunde daebi makgi.
77 5	26		Moa so hanulson. [Perform in a slow motion.]
elbow reverse downward thrust. bandae naeryo tulgi.	27	Sliding motion, left rear foot stance straight	[Sliding motion,] wen dwitbal so sun palkup
		elbow reverse downward thrust.	bandae naeryo tulgi.



28	Right walking stance arc-hand high reverse	Orun gunnun so bandal son nopunde bandae
	crescent strike.	bandal taerigi.
20	Sliding motion, right rear foot stance straight	[Sliding motion,] orun dwitbal so sun palkup
29	elbow reverse downward thrust.	bandae naeryo tulgi.
30	Left walking stance arc-hand high reverse	Wen gunnun so bandal son nopunde bandae
30	crescent strike.	bandal taerigi.
31	Right walking stance twin knife-hand high	Orun gunnun so sang sonkal nopunde anuro
31	inward strike.	taerigi.
32	Left walking stance reverse downward punch.	Wen gunnun so bandae naeryo jirugi.
33	Double step-sliding motion, right L-stance outer	[Double step-sliding motion,] orun niunja so
33	forearm reverse downward block.	bakat palmok bandae naeryo makgi.
34	Right dodging reverse turning kick, left L-stance	Orun pihamyo bandae dollyo chagi, wen niunja
34	forearm middle guarding block.	so palmok kaunde daebi makgi.
35	Double step-sliding motion, left L-stance outer	[Double step-sliding motion,] wen niunja so
33	forearm reverse downward block.	bakat palmok bandae naeryo makgi.
36	Left dodging reverse turning kick, right L-stance	Wen pihamyo bandae dollyo chagi, orun niunja
30	forearm middle guarding block.	so palmok kaunde daebi makgi.
	Treble stepping, flying two direction kick, (side	[Treble stepping,] twimyo sangbang chagi, (yop
37	twisting kick) twisting kick with the left foot, side	bituro chagi) [twisting kick with the left foot, side
	kick with the right foot.	kick with the right foot].
38	Left diagonal stance twin palm rising block.	Wen sasun so sang sonbadak chookyo makgi.
39	Sliding motion, right rear foot stance side elbow	[Sliding motion,] orun dwitbal so yop palkup
	thrust.	tulgi.
40	Right bending ready stance B, left middle back	Orun guburyo junbi sogi B, wen kaunde dwitcha
10	piercing kick. Perform in a slow motion.	jirugi. [Perform in a slow motion.]
41	Stamping motion, right L-stance back fist reverse	[Stamping motion,] orun niunja so dung joomuk
	horizontal strike.	bandae soopyong taerigi.
42	Parallel stance right flat fingertip high inward	Narani so orun opun sonkut nopunde anuro
12	cross-cut.	ghutgi.
	Flying right fist front punch, right fist upset	Twimyo orun joomuk ap jirugi, orun joomuk
43	punch, consecutively, landing in a close stance	dwijibo jirigi, [consecutively landing in a close
	with the right fist extended.	stance with the right fist extended].
44	Right walking stance knife-hand reverse front	Orun gunnun so sonkal bandae ap naeryo taerigi.
	downward strike.	
45	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
End	Bring the right foot back to ready posture	