

Juche (Volume 12 273 to 367)

(index)

PATTERN JUCHE

This pattern is practised by the 2nd degree and above.

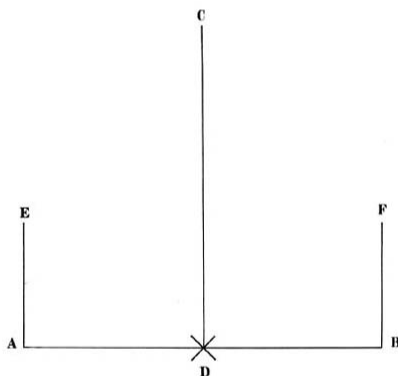
DIAGRAM: 

MOVEMENTS: 45

READY POSTURE: PARALLEL STANCE WITH FOREFISTS TO THE HIPS

273

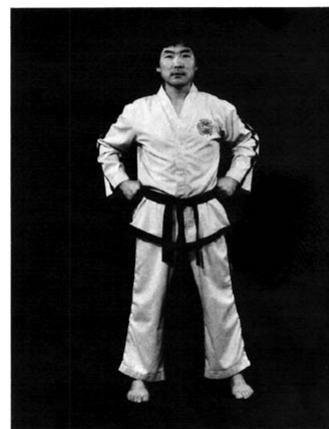
DIAGRAM (*Yon Moo Son*)



274

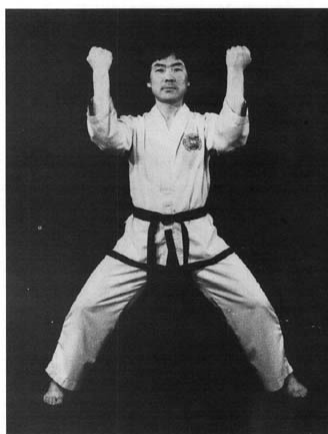
Ready Posture

Parallel stance with a heaven hand toward D.



275

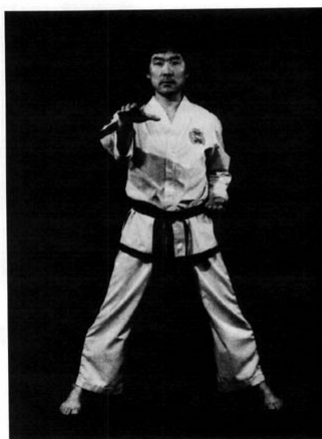
1. Move the left foot to B, forming a sitting stance toward D while executing a parallel block with the inner forearm.



Sitting stance toward D with inner forearm parallel block.

276

2. Execute a middle hooking block to D with the right palm while standing up toward D.



Right palm middle hooking block while standing up toward D.

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Side View



Previous Posture



Application



Top View

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Previous Posture



Raise the body slightly.



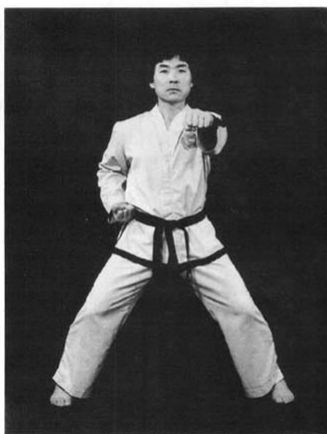
Application



Side View

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3. Execute a middle punch to D with the left fist while forming a sitting stance toward D. Perform 2 and 3 in a continuous motion.



Sitting stance middle punch with the left fist toward D.

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Previous Posture

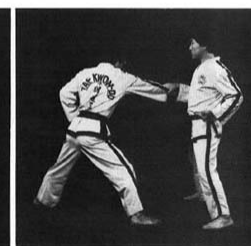


Raise the body slightly



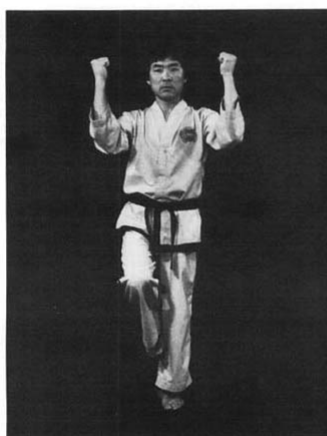
Application

Side View



281

4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.



Left one-leg stance toward D with outer forearm parallel block.

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Application



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5. Execute a middle side piercing kick to A, and then a high reverse hooking kick to B consecutively with the right foot, keeping the position of the hands as they were in 4. Perform in a slow motion.



Middle side piercing kick to A with the right foot.



High reverse turning kick to B with the right foot.

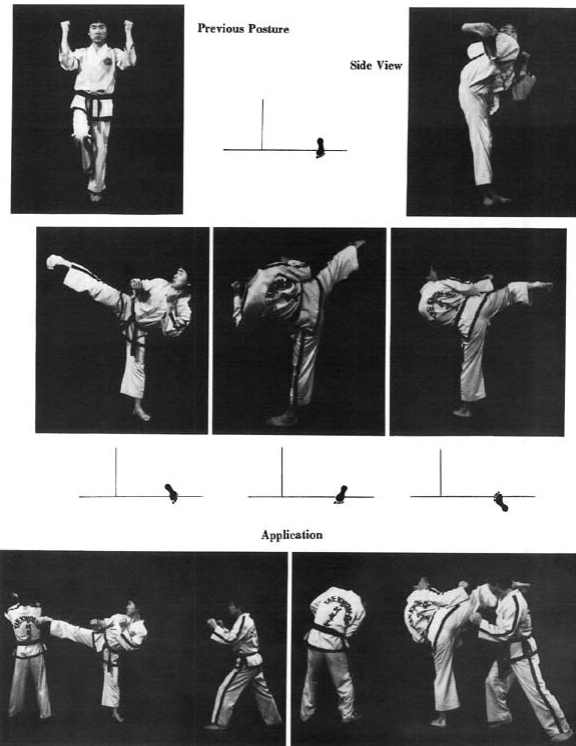
284

6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.

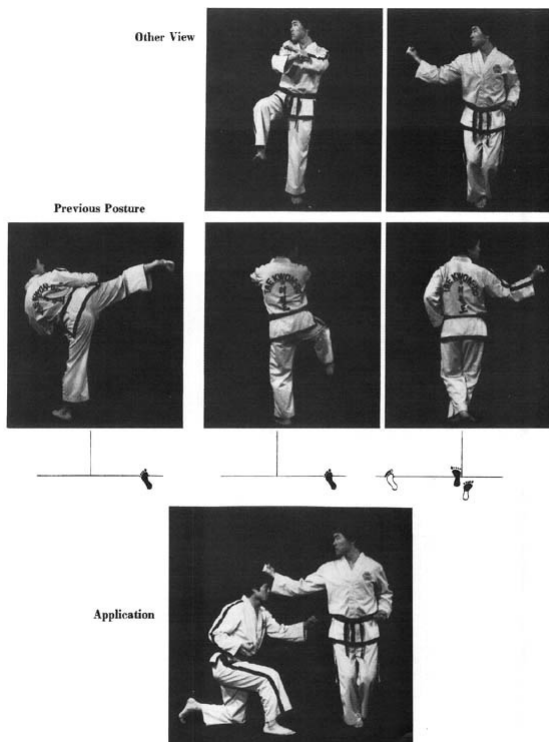


Right X-stance toward F with a right back fist downward strike to B.

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7. Execute a middle hooking kick, and then a high side piercing kick to F consecutively with the left foot.



Previous Posture



Top View



Application



Middle hooking kick to F with the left foot.



High side piercing kick to F with the left foot.



Side View

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8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat fingertip.



Sitting stance toward B with a left flat fingertip high outward cross-cut to F.



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Application



Top View



Side View

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9. Execute a right high elbow strike to BF, pressing the right side fist with the left palm while forming a left walking stance toward BF.



Left walking stance high elbow strike toward BF.

292

10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.



Right X-stance low front block with the left reverse knife-hand toward B.

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Application



Side View

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Keep both heels slightly off the ground.



Side View



Side View



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Application



Top View

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Front View



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11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



Left L-stance knife-hand middle guarding block toward A.

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Application



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12. Execute a mid-air strike to A with a left knife-hand while spinning counter-clockwise, and then land to A forming a right L-stance toward A with the left arm extended.



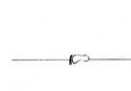
Mid-air strike to A with the left knife-hand.



Right L-stance toward A with the left arm extended to A.

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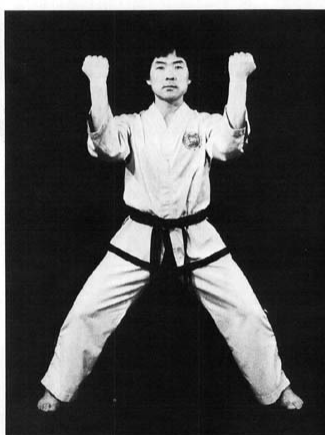
Application



Other View

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13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.



Sitting stance toward D with the inner forearm parallel block.



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Top View



Previous posture



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14. Execute a middle hooking block to D with the left palm while standing up toward D.

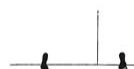


Left palm middle hooking block while standing up toward D.

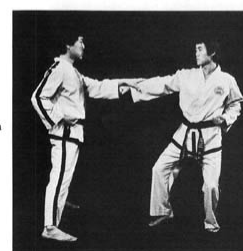
Previous Posture



Keep both legs straight



Application

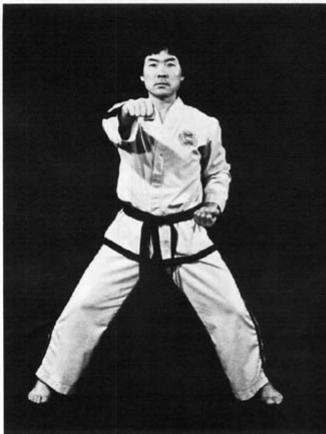


Side View

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303

15. Execute a middle punch to D with the right fist while forming a sitting stance toward D. Perform 14 and 15 in a continuous motion.



Sitting stance middle punch with the right fist toward D.

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Previous Posture



Raise the body slightly.



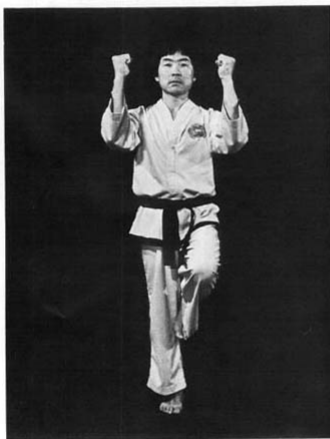
Application



Side View

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16. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward D while executing a parallel block with the outer forearm.



Right one-leg stance toward D with the outer forearm parallel block.

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Side View



Application

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17. Execute a middle side piercing kick to B, and then a high reverse hooking kick to A consecutively with the left foot, keeping the position of the hands as they were in 16. Perform in a slow motion.

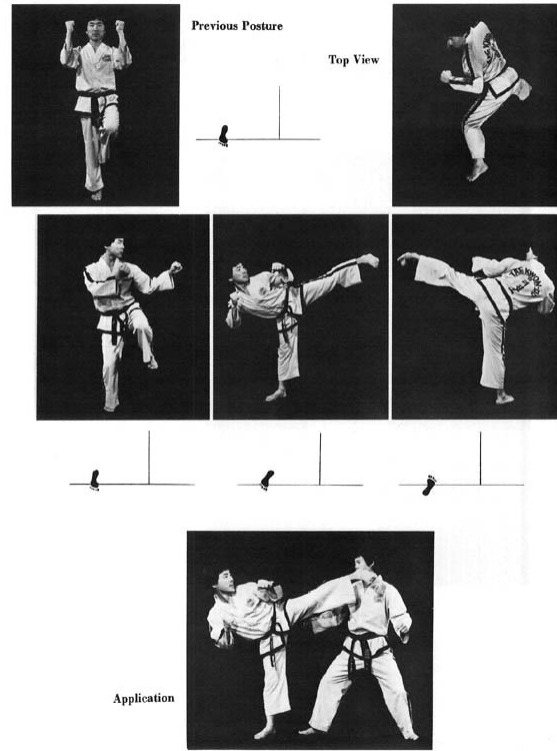


Middle side piercing kick to B with the left foot.



High reverse hooking kick to A with the left foot.

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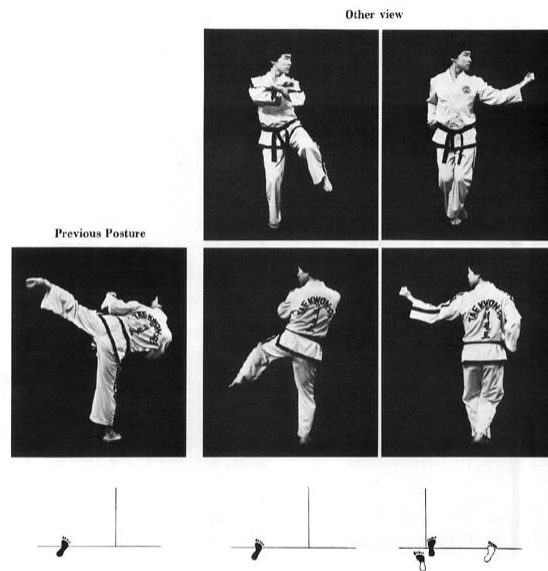
309

18. Lower the left foot to a in a jumping motion to form a left X-stance toward E while executing a downward strike with the left back fist.



Left X-stance toward E with a left back fist downward strike.

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19. Execute a middle hooking kick, and then a high side piercing kick to E consecutively with the right foot.



Middle hooking kick to E with the right foot.



High side piercing kick to E with the right foot.

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Other View



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20. Lower the right foot to E in a stamping motion to form a sitting stance toward A, at the same time executing a high outward cross-cut to E with the right flat fingertip.



Sitting stance toward A with a right flat fingertip high outward cross-cut to E.

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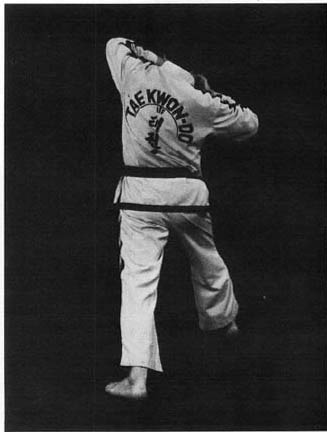
Previous posture



Front View

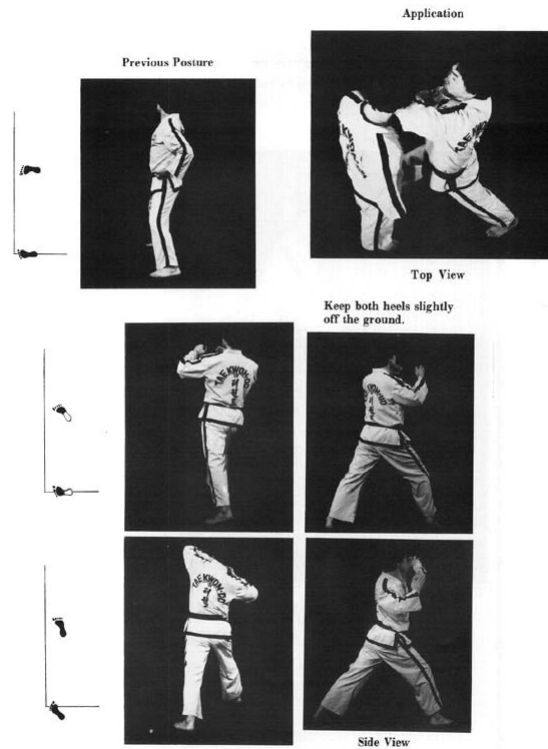
315

21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.



Right walking stance high strike with the left elbow toward AE.

316



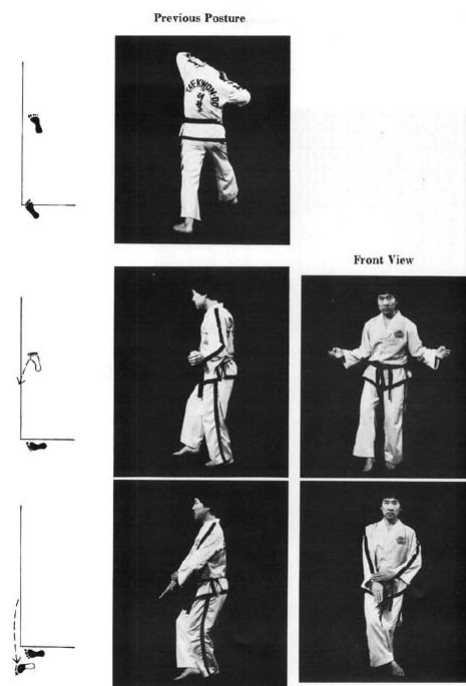
317

22. Cross the right foot over the left, forming a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.



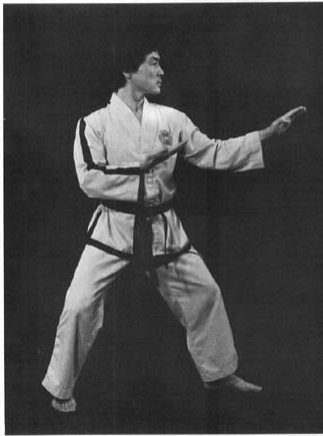
Left X-stance low front block with the right reverse knife-hand toward A.

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23. Move the left foot to B to form a right L-stance toward B while executing a middle guarding block to B with a knife-hand.



Right L-stance knife-hand middle guarding block toward B.



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Application



Front View



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24. Execute a mid-air strike to B with the right knife-hand while spinning clockwise, and then land to B, forming a left L-stance toward B with the right arm extended.



Mid-air strike to B with the right knife-hand.



Left L-stance toward B with the right arm extended to B.



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Previous Posture



Front View



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25. Execute a pick-shape kick to B with the left foot, and then lower it to B, forming a right rear foot stance toward B while executing a middle guarding block toward B with the forearm.



Pick-shape kick to B with the left foot.

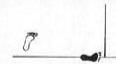


Right rear foot stance toward middle guarding block toward B.



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Front View



Application



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26. Bring the right foot to the left foot, forming a close stance with a heaven hand toward D. Perform in a slow motion.



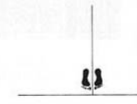
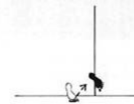
Close stance with a heaven hand toward D.



Previous Posture



Side View



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27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.



Left rear foot stance toward D with a right straight elbow downward thrust.



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Previous Posture



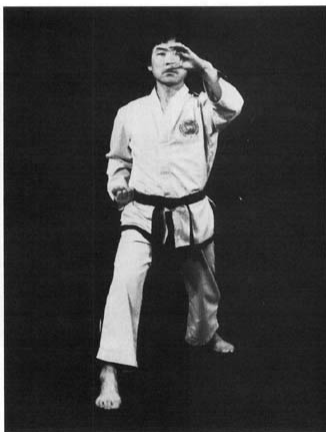
Application



Side View

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28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.



Right walking stance toward D with a left arc-hand high crescent strike.



Previous Posture



Application



Side View

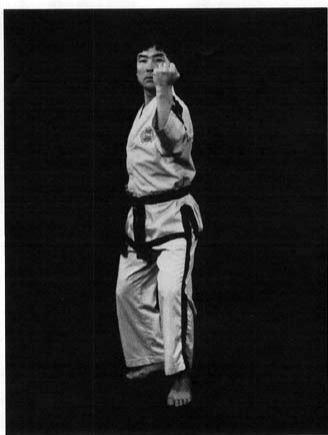
Top View



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29. Slide to C, forming a right rear foot stance toward D while executing a downward thrust with a left straight elbow.



Right rear foot stance toward D with a left elbow downward strike.

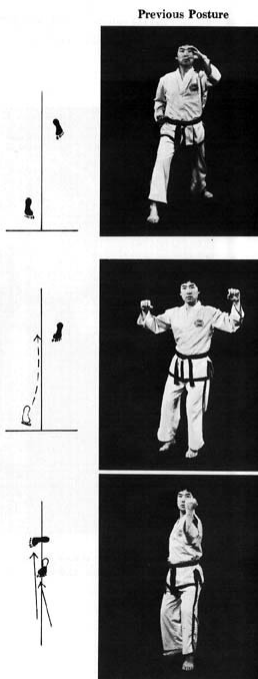


332

Application

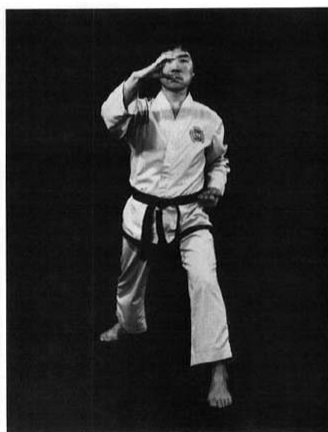


Top View



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30. Execute a high crescent strike D with the right arc-hand while forming a left walking stance toward D, slipping the left foot.



Left walking stance toward D with a right arc-hand high crescent strike.



Previous Posture



Application



Side View



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31. Move the left foot to C, forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hands.



Right walking stance high inward strike with a twin knife-hand toward D.



Previous Posture



Application



Side View

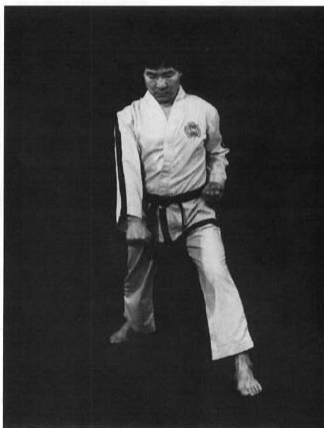
Top View



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337

32. Move the right foot to C, forming a left walking stance toward D while executing a downward punch with the right fist.



Left walking stance toward D with a right fist downward punch.



Previous Posture



Application



Side View

Back View



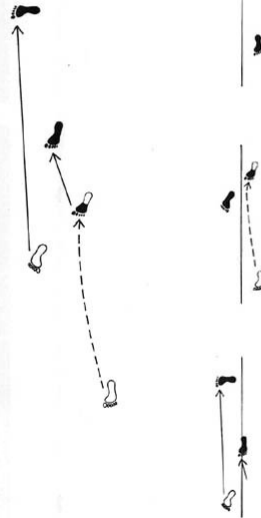
338

339

33. Move the left foot to the side rear of the right foot, and then slide to C, forming a right L-stance toward D while executing a downward block with the left outer forearm.



Right L-stance toward D with a left outer forearm downward block.



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Previous Posture



Application



Side View

Keep the left heel slightly off the ground.

Side View



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34. Execute a reverse turning kick to D with the right foot while flying away from D, and then land to C to form a left L-stance toward D, at the same time executing a middle guarding block to D with the forearm.



Dodging reverse turning kick to D with the right foot.



Left L-stance forearm guarding block toward D.



Previous Posture



Application



Side View

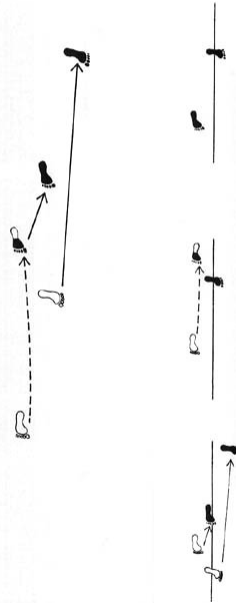
342

343

35. Move the right foot to the side rear of the left foot, and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.



Left L-stance toward D with a right outer forearm downward block.



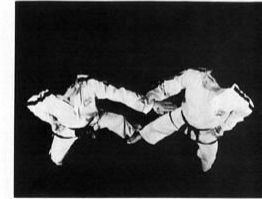
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Previous Posture



Keep the right heel slightly off the ground.

Application



Top View



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36. Execute a reverse turning kick to D with the left foot while flying away from D, and then land to C to form a right L-stance toward D, at the same time executing a middle guarding block to D with the forearm.



Dodging reverse turning kick to D with the left foot.



Right L-stance forearm middle guarding block toward D.



Previous Posture



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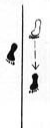
37. Move the right foot to D and the left foot to D, then execute a flying two direction kick (twisting kick with the left, side kick with the right foot) while flying to D.



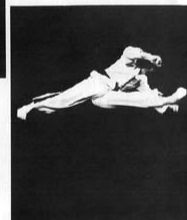
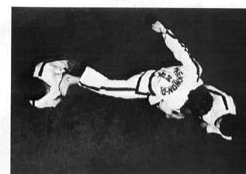
Flying side-twisting two direction kick.



Previous Posture



Application



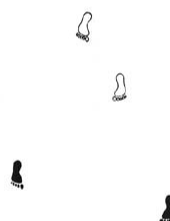
348

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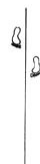
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.



Left diagonal stance toward D with a twin palm rising block.



Previous Posture



Application



Side View

Side View



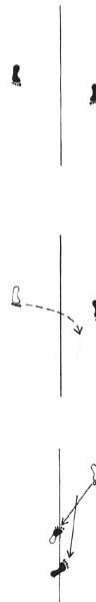
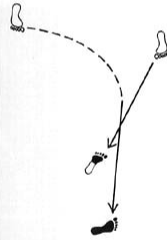
350

351

39. Slide to D, forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.



Rear foot stance toward C with a right side elbow thrust to D.



Previous Posture



Application



Side View



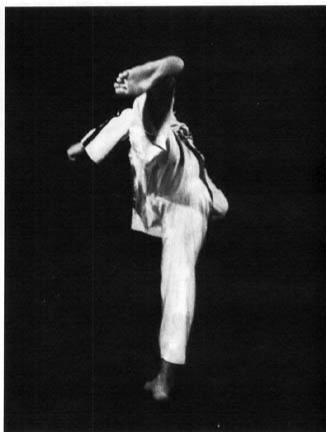
Other View



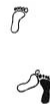
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353

40. Turn the face to D while forming a right bending ready stance toward C, and then execute a middle back piercing kick to D with the left foot. Perform in a slow motion.



Middle back piercing kick to D with the left foot.



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Application



Side View



Side View

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41. Lower the left foot to D in a stamping motion, forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.



Right L-stance horizontal strike with the left back fist toward D.

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Previous Posture



Application



Side View

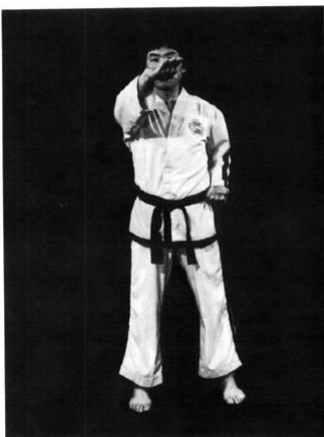
Keep the side fist faced downward.



Side View

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42. Execute a high inward cross-cut to D with the right flat fingertip while forming a parallel stance toward D, pulling the right foot.



Parallel stance high inward cross-cut with the right flat fingertip toward D.

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Previous Posture



Application



Top View

Side View

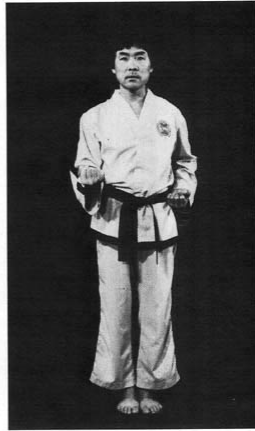


359

43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D, and then land to D forming a close stance toward D with the right fist extended.



Flying front and upset punch to D with the right fist.



Close stance toward D with the right fist extended.

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Previous Posture



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44. Move the right foot to D, forming a right walking stance toward D while executing a front downward strike with the left knife-hand.



Right walking stance toward D with a left knife-hand front downward strike.

Previous Posture



Application



Side View

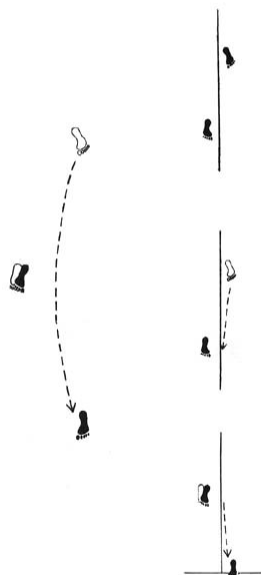
362

363

45. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the right fist.



Left walking stance middle punch with the right fist toward D.



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Previous Posture



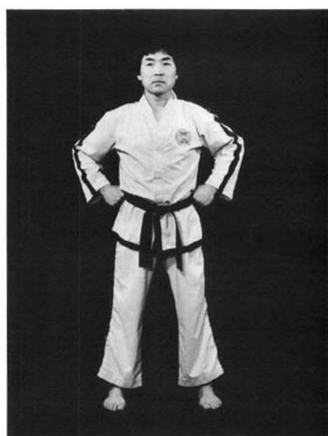
Application



Side View

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END: Bring the right foot back to a ready posture.



Parallel ready stance toward D.



Previous Posture



Side View

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