

PATTERN CHOI-YONG

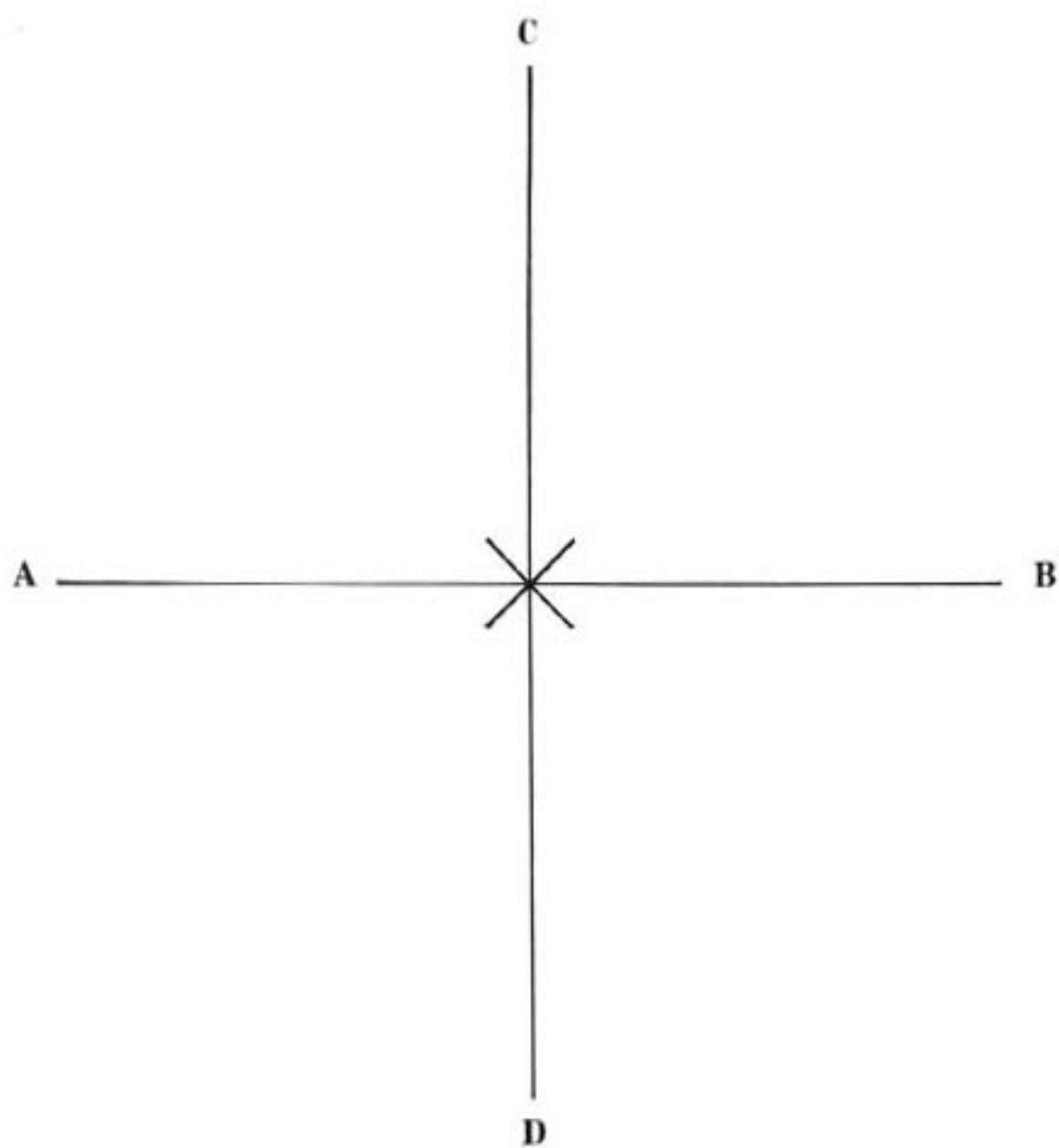
**This pattern is practised by the
3rd degree.**

DIAGRAM: +

MOVEMENTS: 46

READY POSTURE: CLOSE READY STANCE C

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Close ready stance C toward D.



1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.



Right rear foot stance forearm
middle guarding block toward D.

Previous Posture



Application



Side View

Other View



2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D.



Right rear foot stance high punch with the left middle knuckle fist toward D.

Previous Posture



Application



Side View

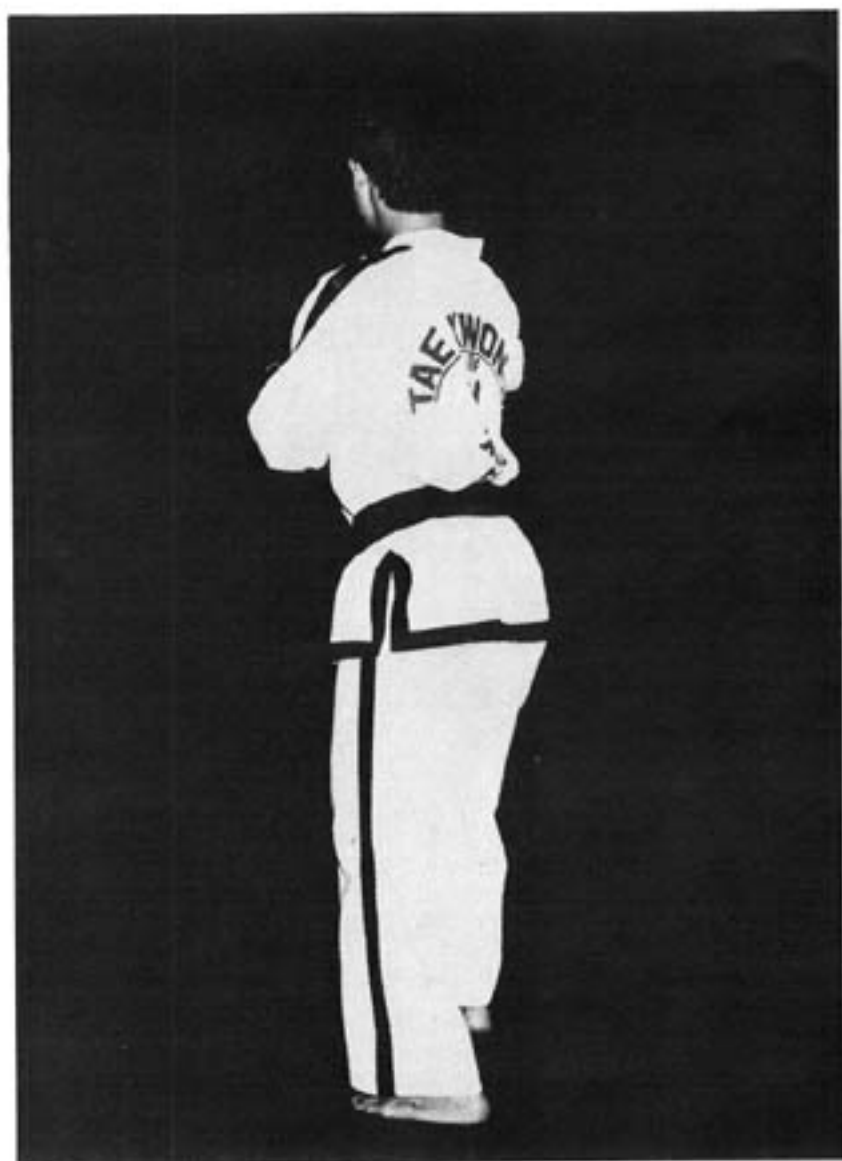
Raise the body slightly

Keep the side fist faced downward.



Side View

3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.



Left rear foot stance forearm middle guarding block toward C.



Previous Posture

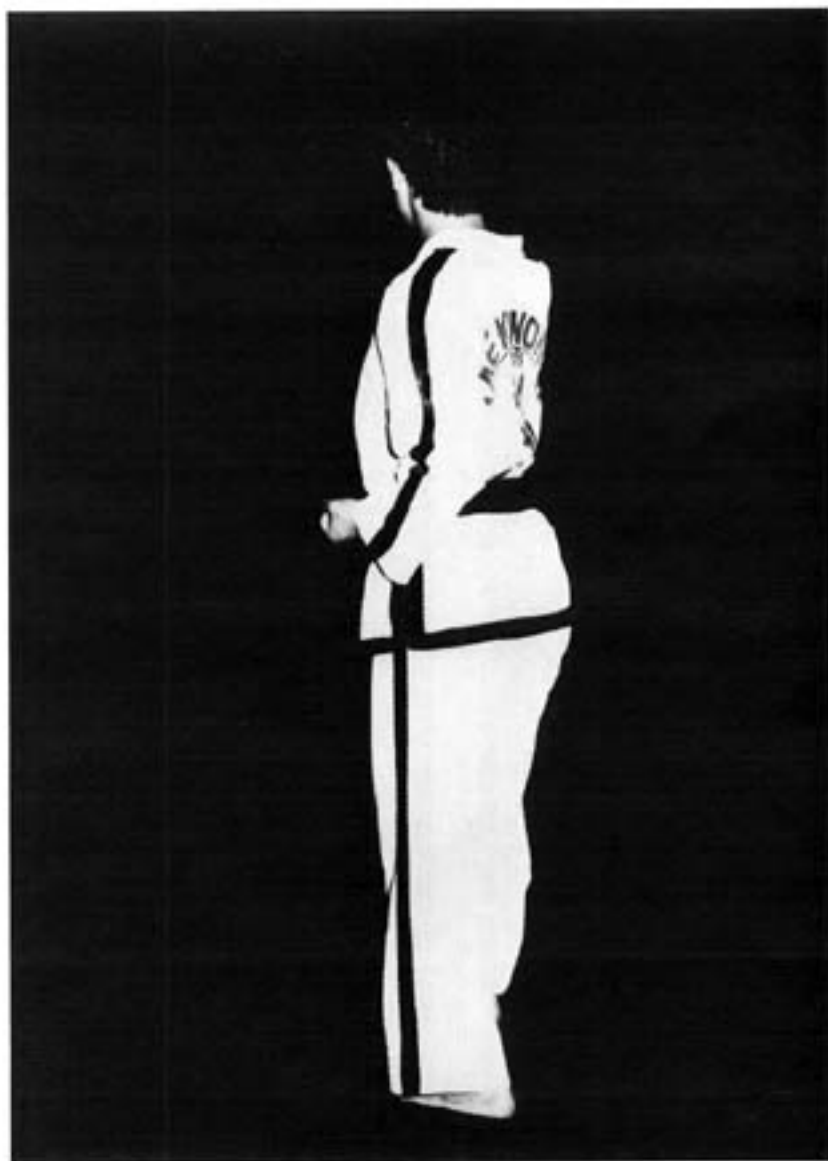
Keep the left heel slightly off the ground.



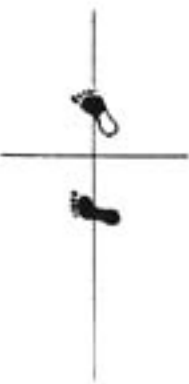
Other View



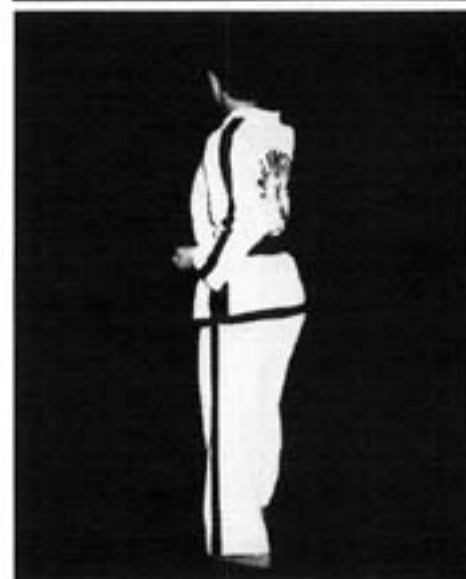
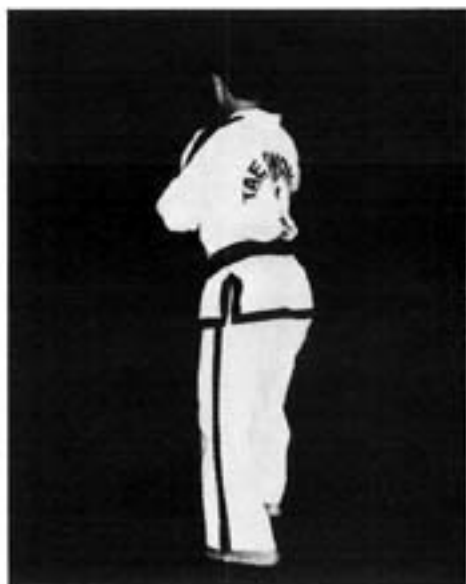
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C.



Left rear foot stance high punch with the right middle knuckle toward C.



Previous Posture



Application



Side View

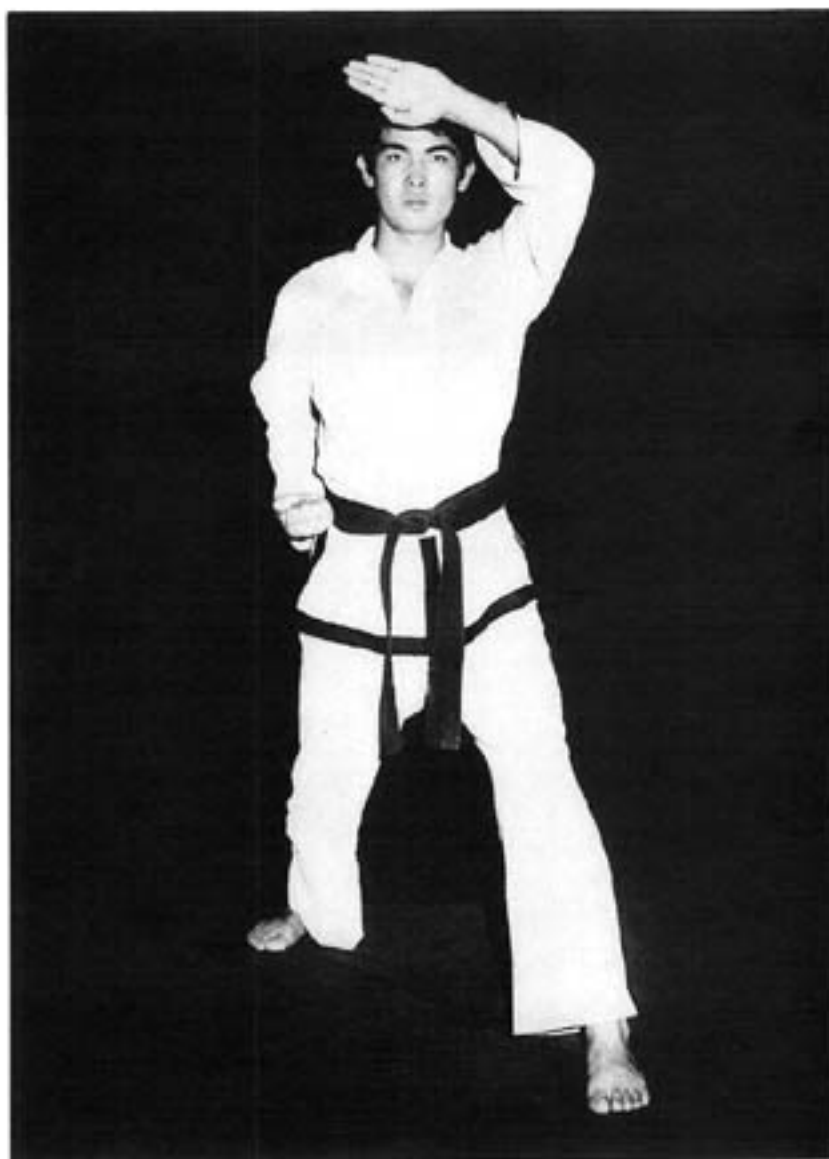
Raise the body slightly.

Keep the side fist faced downward

Other View



5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.



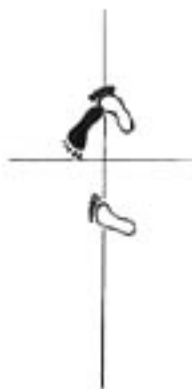
Left walking stance toward D with
a left knife-hand rising block.

Application

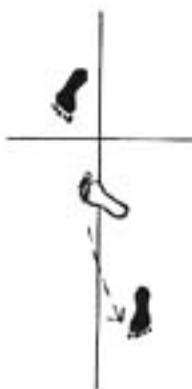
Previous Posture



Top View



Other View



Side View

6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward AD.

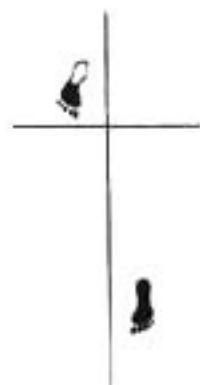


Left walking stance circular block with the right inner forearm toward AD.



Previous Posture

Keep the right heel slightly off the ground.

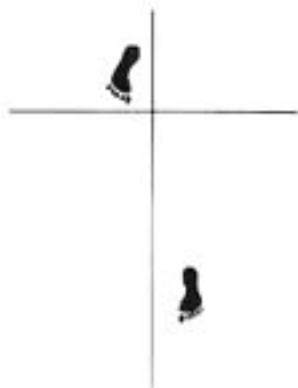


Side View

7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.



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

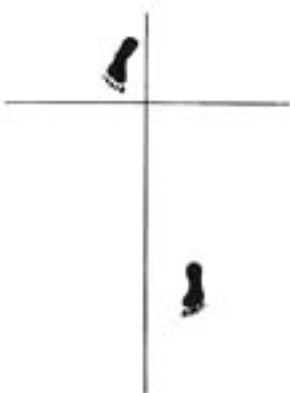


Previous Posture

Keep the right heel slightly off the ground.



side View



8. Move the left foot on line CD, forming a right walking stance toward C while executing a rising block with the right knife-hand.



Right walking stance toward C with
a right knife-hand rising block.

Application

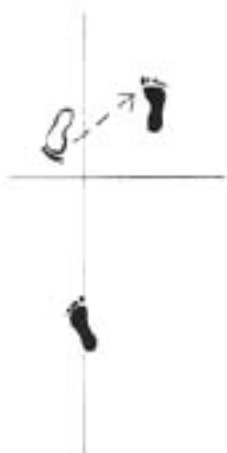
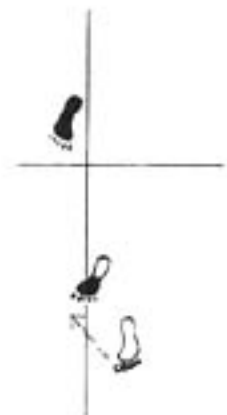
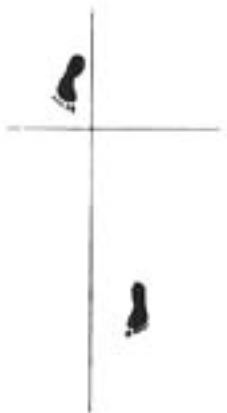


Side View

Previous Posture



Other View



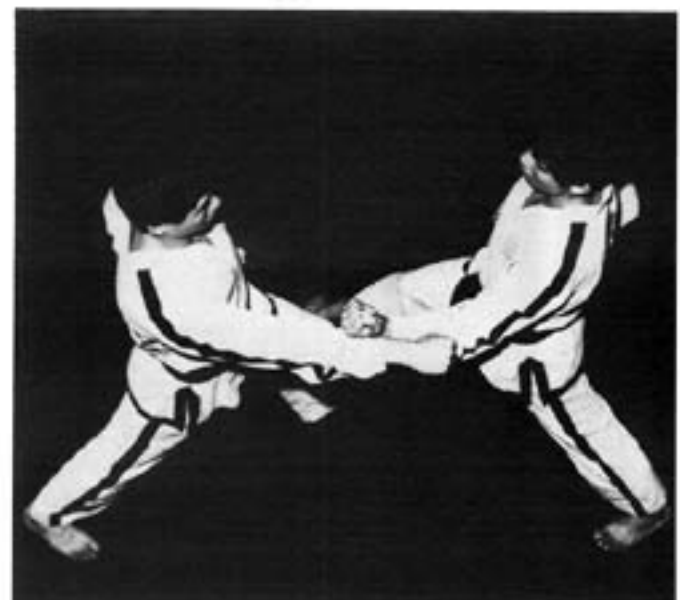
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward AC.



Right walking stance circular block with the left inner forearm toward AC.

Application

Previous Posture



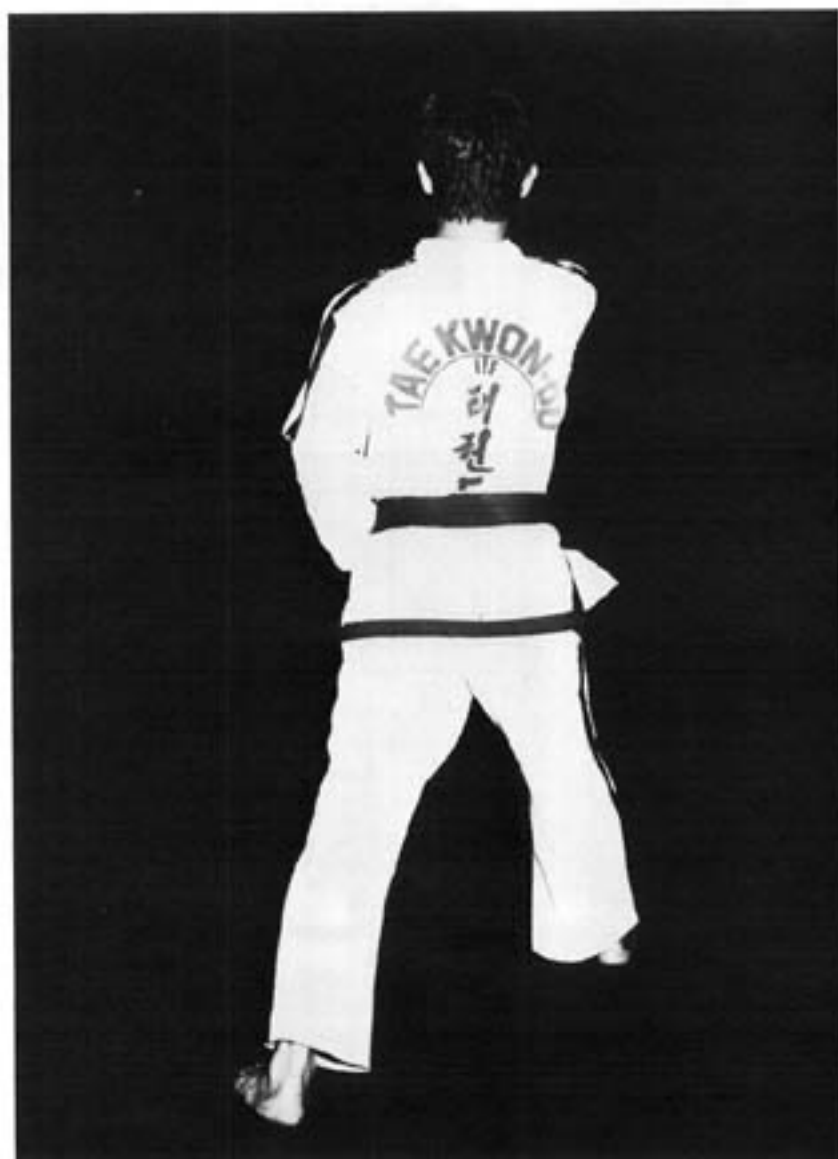
Top View

Keep the left heel slightly off the ground.



Side View

10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.



Right walking stance middle punch
with the right fist toward C.



Previous Posture

Keep the left heel slightly off the ground.



Side View



Application



Side View

11. Move the right foot on line CD, to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.

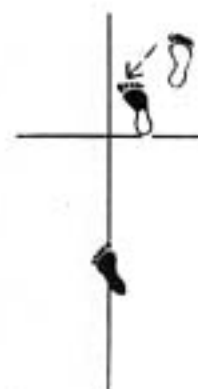


Right L-stance knife-hand low guarding block toward D.

Previous Posture



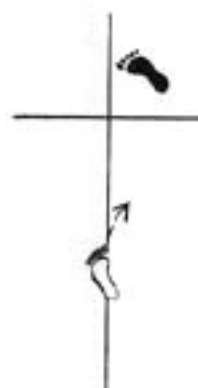
Keep the right heel slightly off the ground.



Application



Side View



12. Execute a middle turning kick to AD with the right foot, and then lower it to the side front of the left foot.



Middle turning kick to AD with the right foot.



Lowering the right foot to the side front of the left foot.

Previous Posture



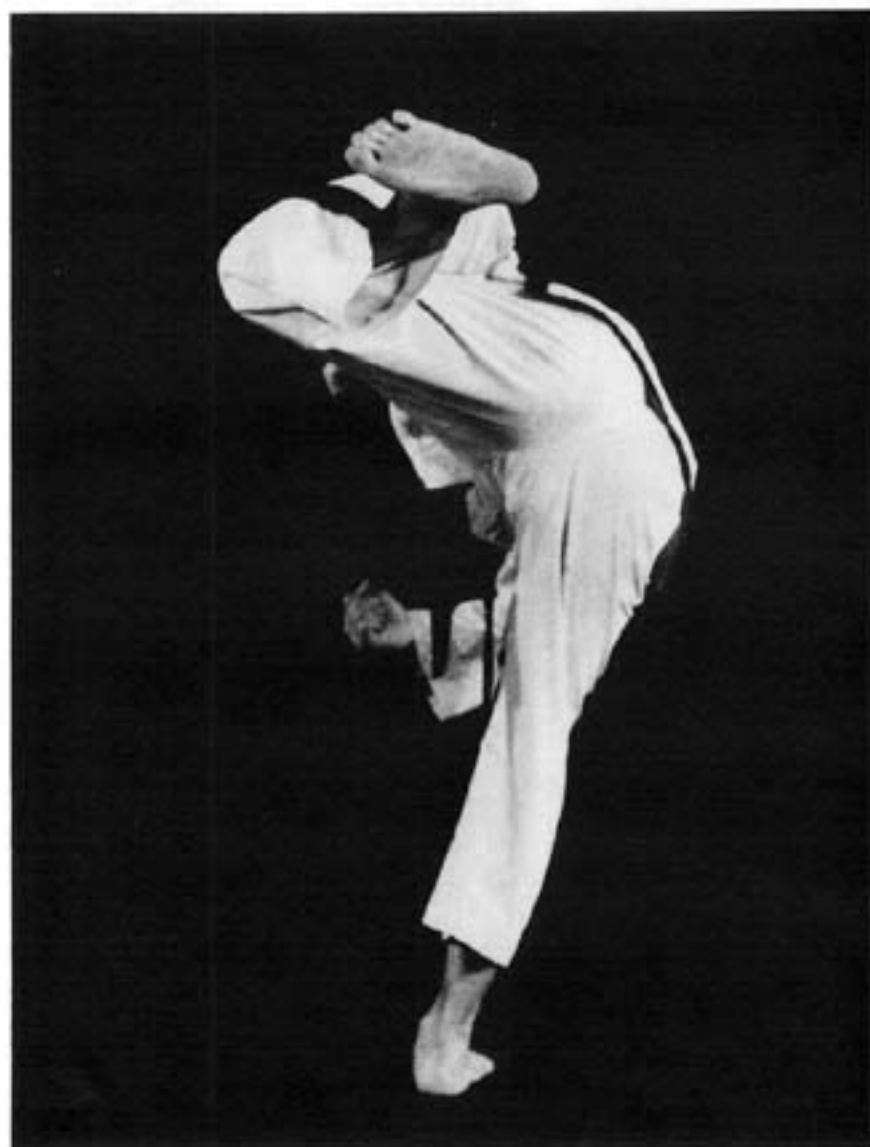
Top View



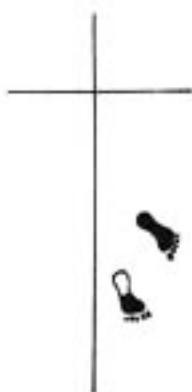
Keep the right heel slightly off the ground.



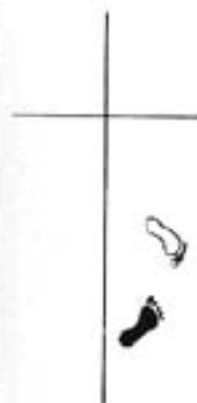
13. Execute a high reverse hooking kick to D with the left foot.



High reverse hooking kick to D with the left foot.



Previous Posture



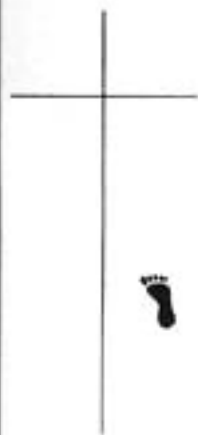
Application



Side View



Top View



14. Execute a middle side piercing kick to D with the left foot, forming a forearm guarding block. Perform 13 and 14 in a consecutive kick.



Middle side piercing kick to D
with the left foot.

Previous Posture

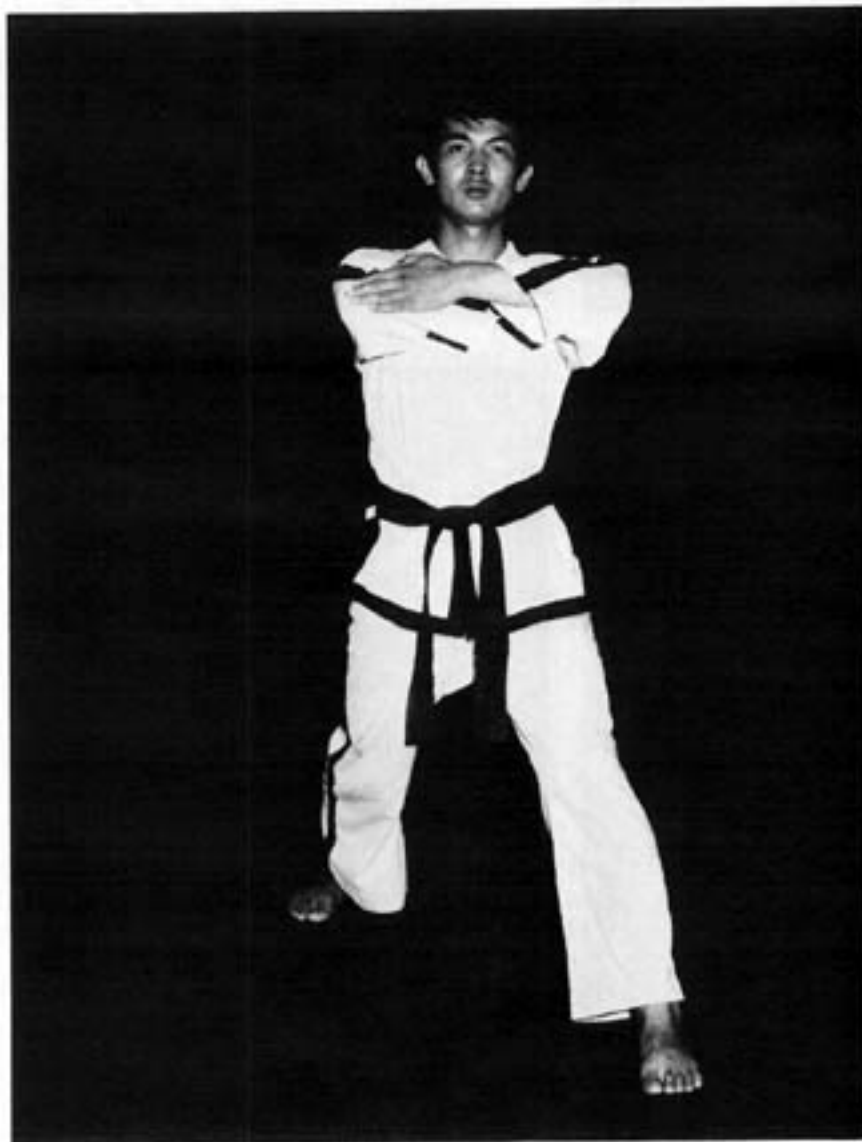


Application



Side View

15. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



Left walking stance right front
elbow strike toward D.

Previous Posture



Application



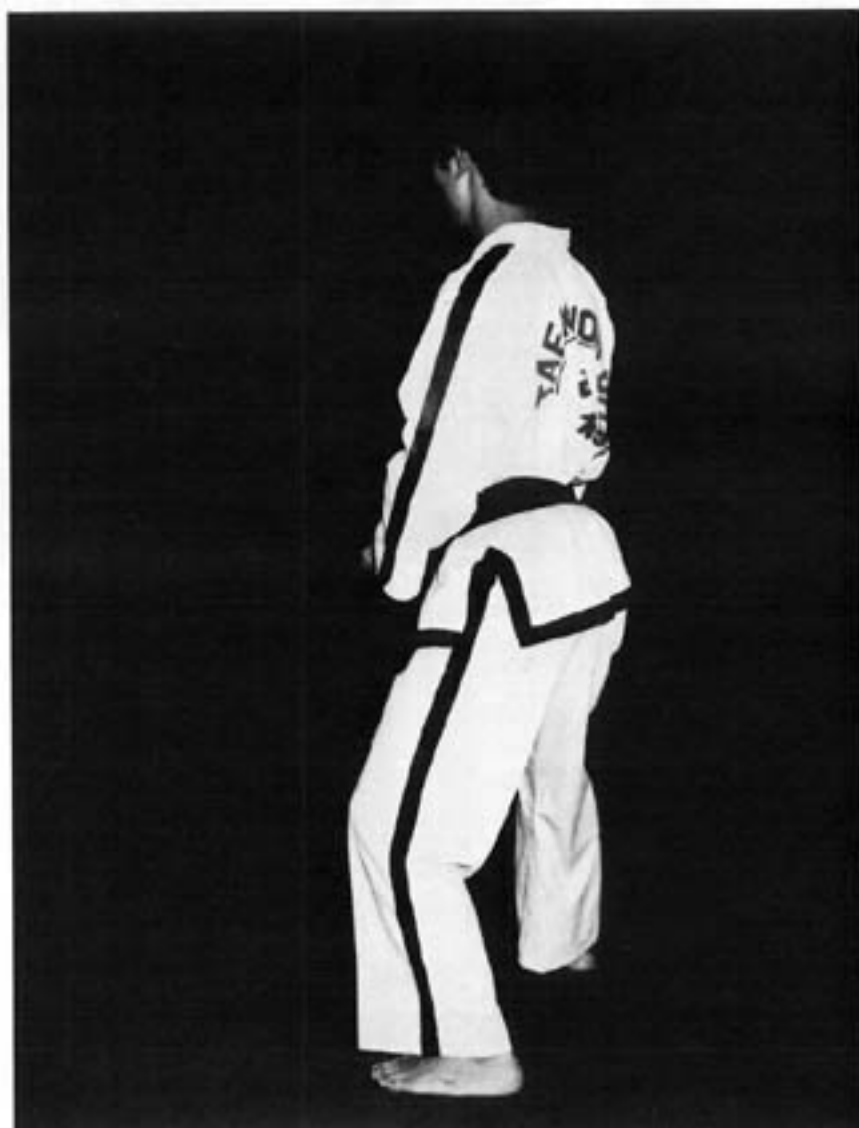
Top View



Side View



16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.



Left L-stance knife-hand low guarding block toward C.

Previous Posture



Keep the left heel slightly off the ground.



Side View



17. Execute a middle turning kick to AC with the left foot, and then lower it to the side front of the right foot.



Middle turning kick to AC with the left foot.

Previous Posture



Side View



Keep the left heel slightly off the ground.

18. Execute a high reverse hooking kick to C with the right foot.



High reverse hooking kick to C with the right foot.

Application



Previous Posture



Top View



19. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform and 18 and 19 in a consecutive kick.



Middle side piercing kick
to C with the right foot.

Application



Side View

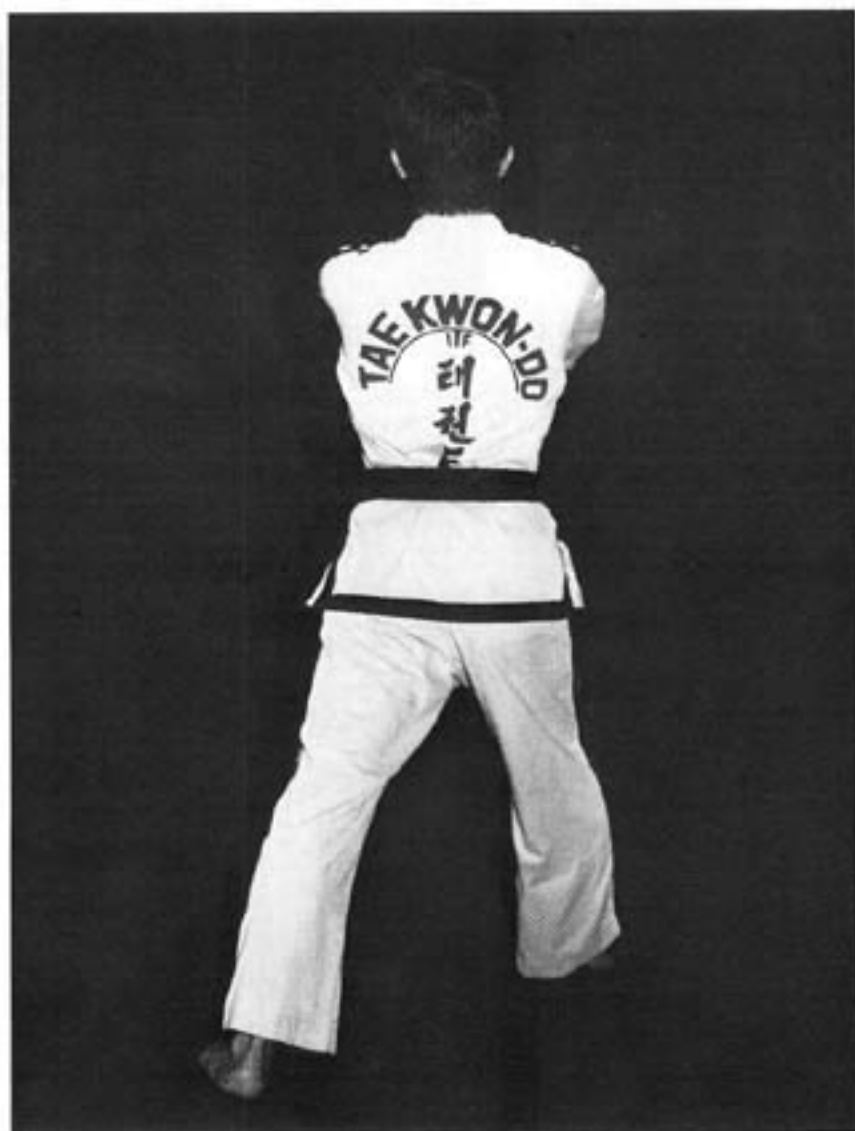
Side View



Previous Posture



20. Lower the right foot to C to form a right walking stance toward C while striking the right palm with the left front elbow.



Right walking stance left front
elbow strike toward C.

Application

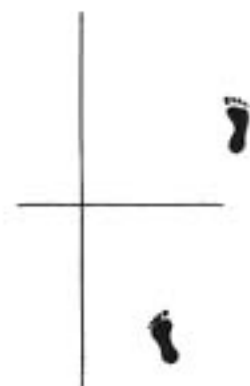


Side View

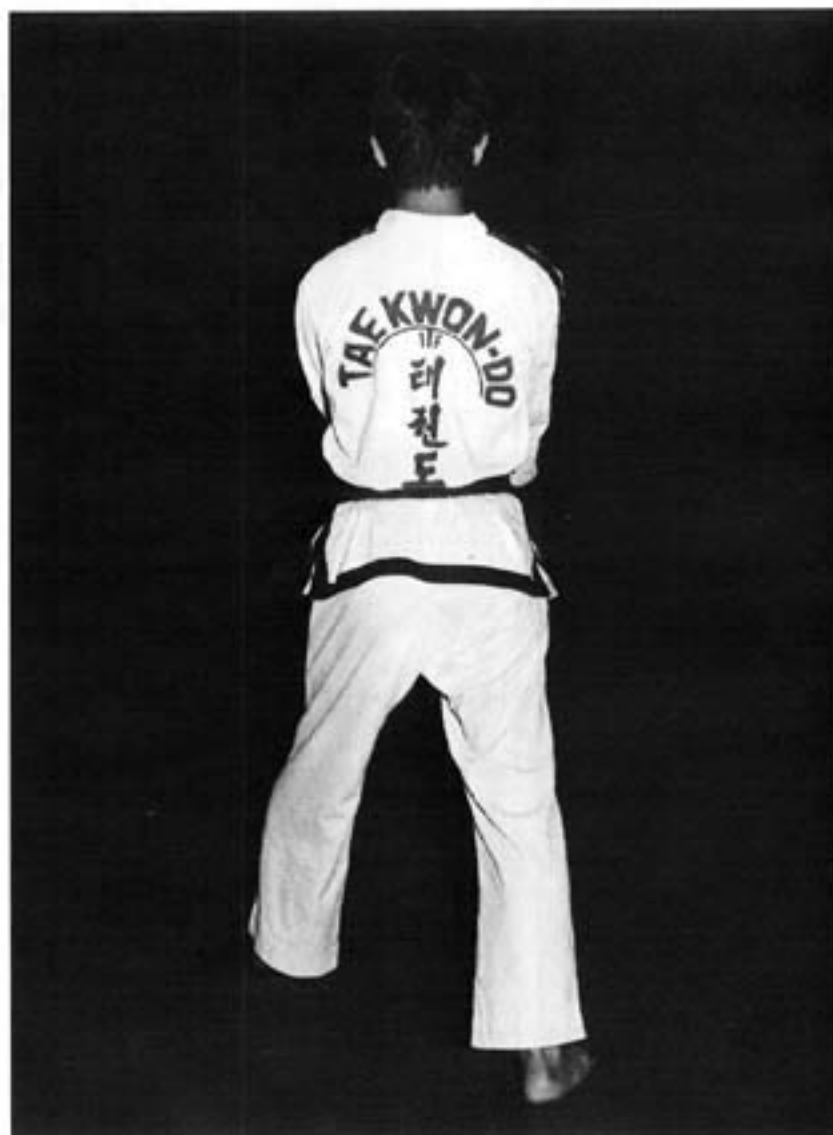
Other View



Previous Posture



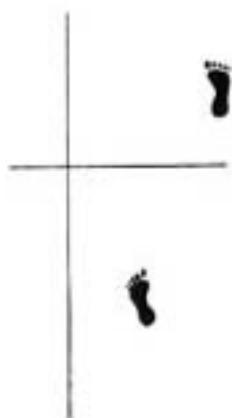
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.



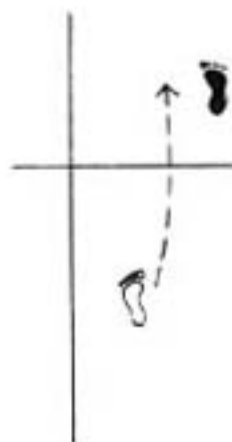
Left walking stance toward C with a right palm pressing block.



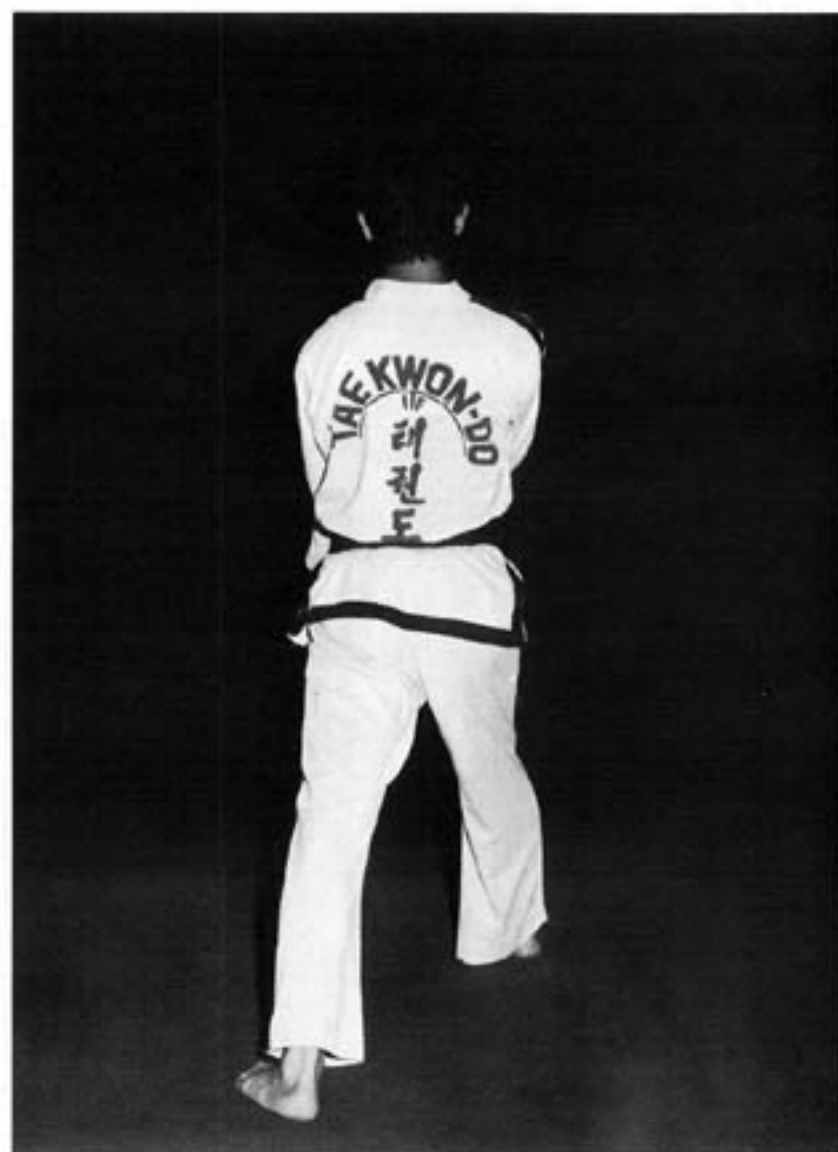
Previous Posture



Other View



22. Move the right foot to C, forming a right walking stance toward C while executing a pressing block with the left palm.
Perform 21 and 22 in a fast motion.



Right walking stance toward C with
a left palm pressing block.

Application

Previous Posture

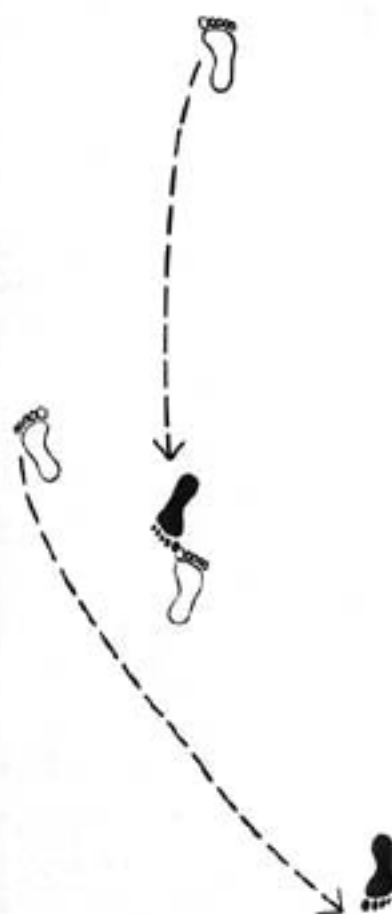


Side View



Side View

- 23. Move the right foot to D, and then the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.**

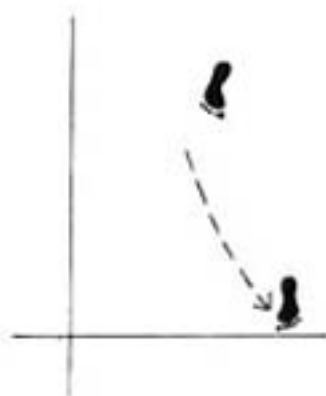


Left walking stance toward D with a knife-hand W-shape block.



Previous Posture

Keep the right heel slightly off the ground.



24. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 23.



Middle front snap kick to D
with the right foot.

Previous Posture



Application



Side View



Side View



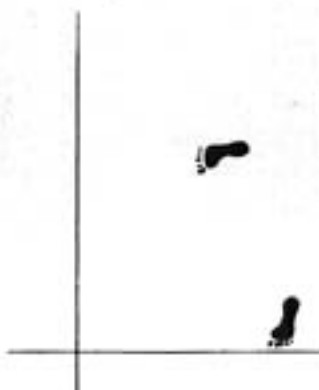
25. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle
guarding block toward D.



Previous Posture



Application

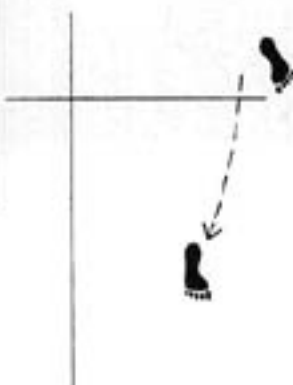
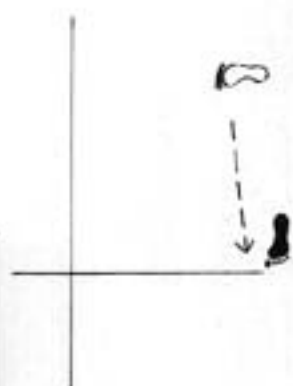
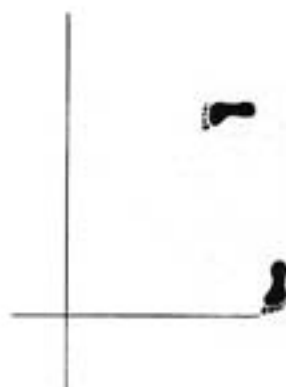


- 26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.**



Right walking stance toward D with
a knife-hand W-shape block.

Previous Posture



- 27. Execute a middle front snap kick to D with the left foot, keeping the position of the hands as they were in 26.**



**Middle front snap kick to D
with the left foot.**

Previous Posture



Side View



Application



Side View

28. Lower the left foot to D, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.



Left L-stance forearm middle guarding block toward C.

Previous Posture



Side View



29. Move the left foot to C and the right foot to C, then slide to C, turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



Left L-stance forearm middle guarding block toward D.



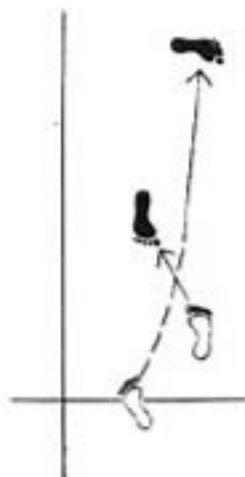


Previous Posture

Keep the left heel slightly off the ground.



Application



30. Move the left foot to D, forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.



Left walking stance high thrust with the left flat fingertip toward D.

Previous Posture



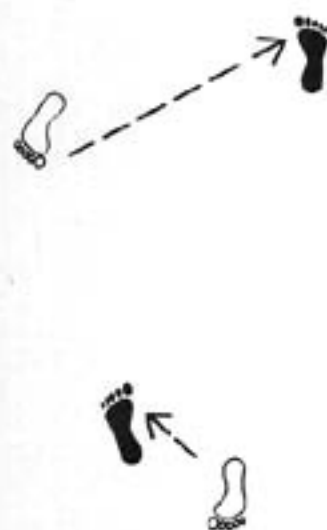
Application



Side View



31. Move the left foot on line CD, forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.



Right walking stance high thrust with the right flat fingertip toward C.

Previous Posture



Application



Top View

Keep the left heel slightly off the ground.



Other View



32. Move the right foot to D, turning clockwise, to form a parallel stance toward B while executing a middle hooking block to B with the right palm.



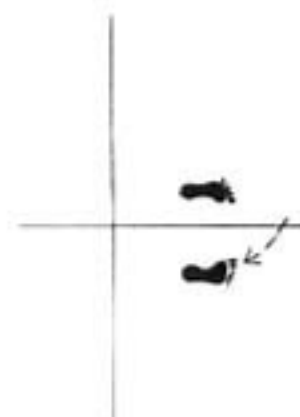
Parallel stance middle hooking block
with the right palm toward B.



Previous Posture



Side View

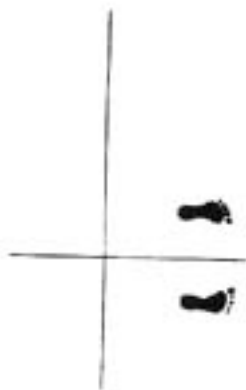


Front View

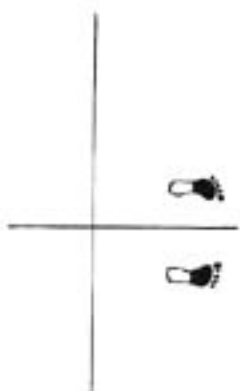
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.
Perform 32 and 33 in a continuous motion.



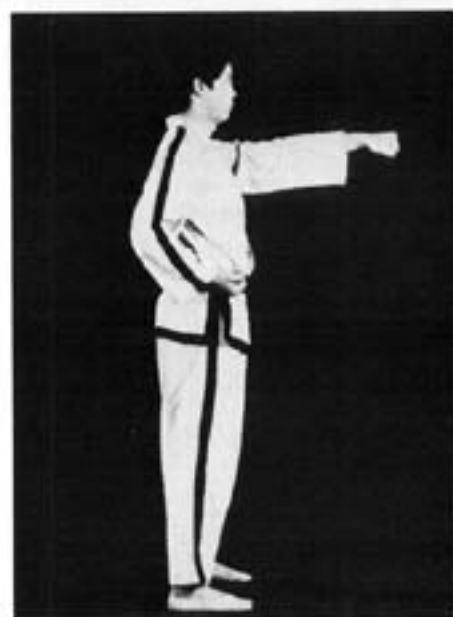
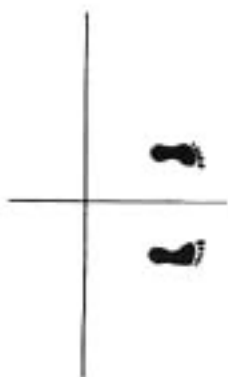
Parallel stance middle punch
with the left fist toward B.



Previous Posture



Back View



Keep both heels slightly off the ground.

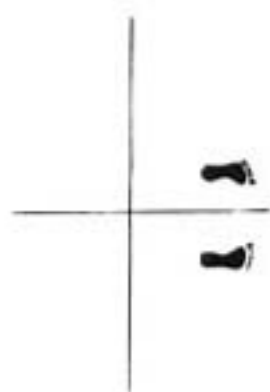
34. Turn the face toward A while forming a left bending ready stance A toward A.



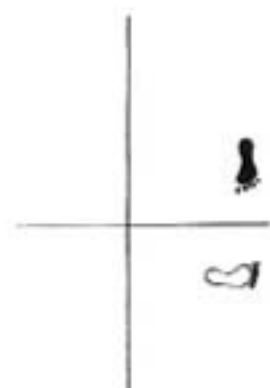
Left bending ready stance A toward A.



Previous Posture



Front View



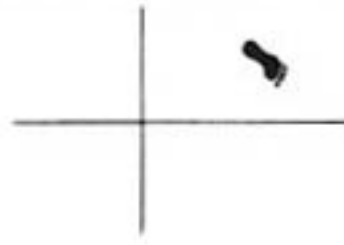
Front View

35. Execute a middle side piercing kick to A with the right foot, forming a forearm guarding block.



Middle side piercing kick to A
with the right foot.

Previous Posture



Application

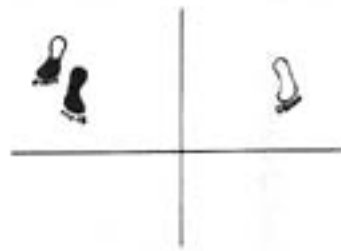


36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.



Right X-stance toward AD with a right back fist high side strike to A.

Previous Posture



Application

37. Execute a high reverse hooking kick to B with the right foot.



High reverse hooking kick to B
with the right foot.



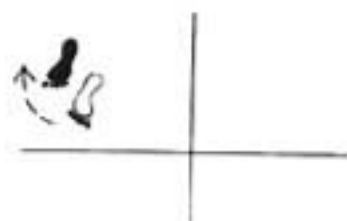
Previous Posture



Application



Top View



38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.

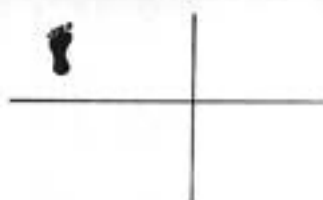


Left L-stance knife-hand middle outward strike toward B.

Previous Posture



Other View

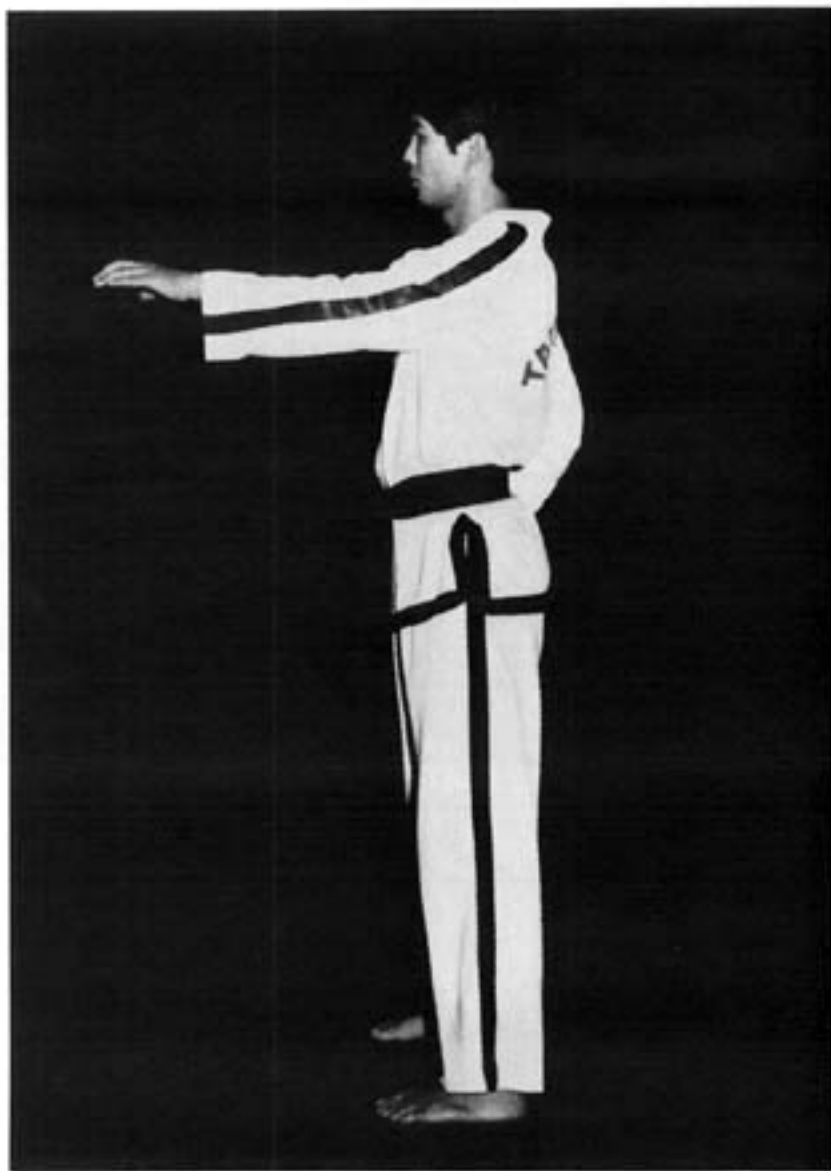


Application



Other View

39. Move the left foot to D, turning counter-clockwise to form a parallel stance toward A, at the same time executing a middle hooking block to A with the left palm.



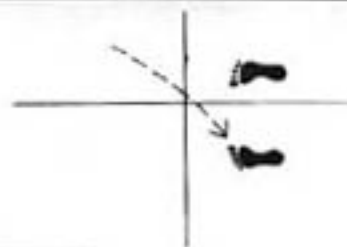
Parallel stance middle hooking block with the left palm toward A.



Previous Posture



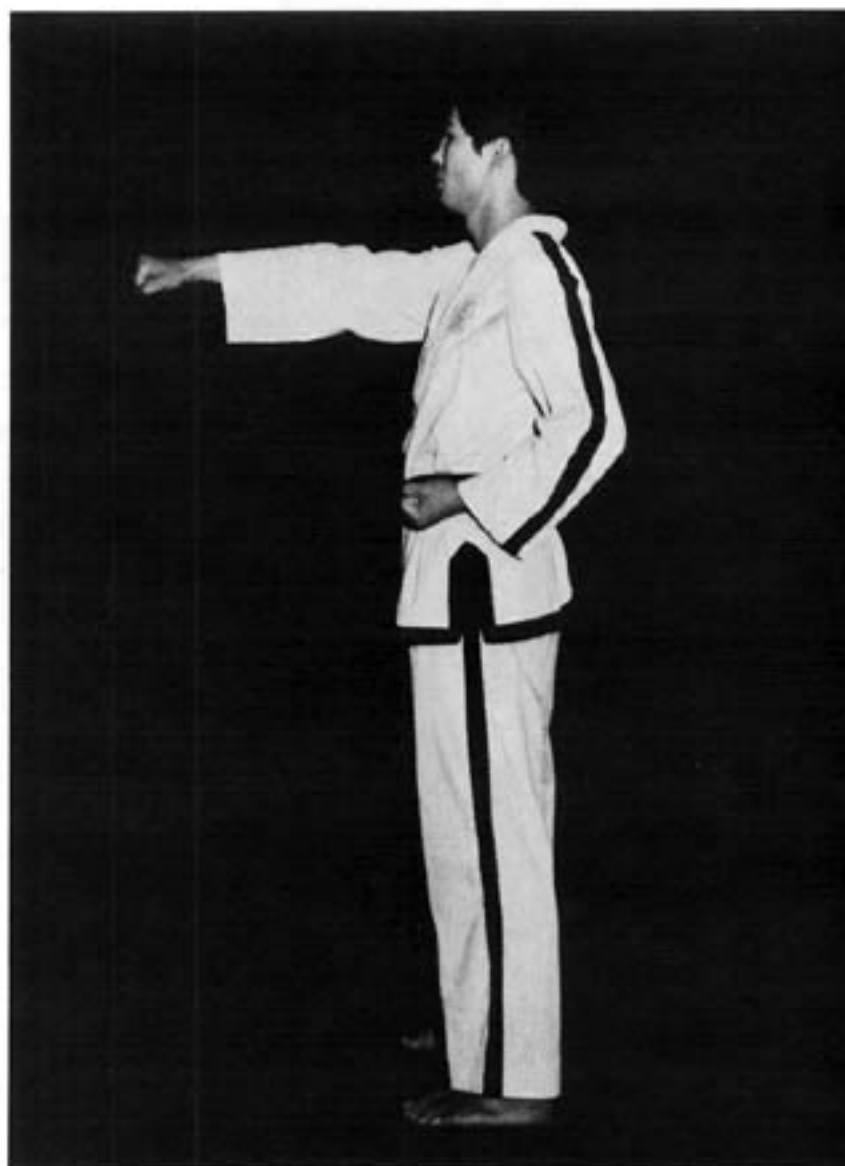
Other View



Application

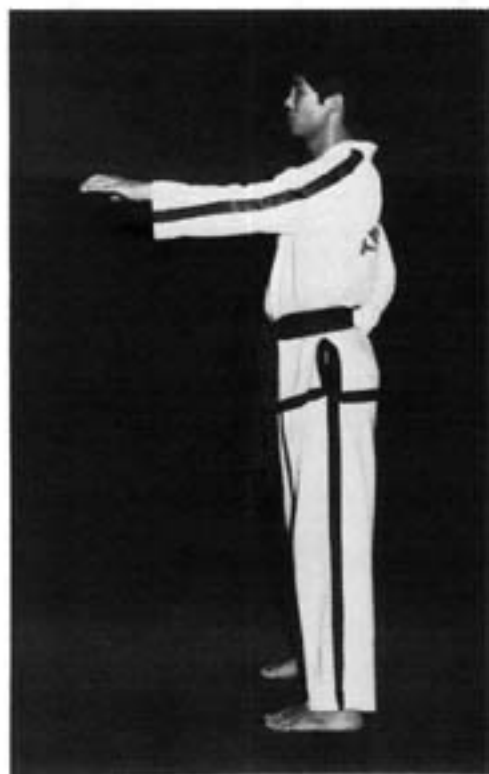


40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A. Perform 39 and 40 in a continuous motion.



Parallel stance middle punch with the right fist toward A.

Previous Posture



Keep both heels slightly off the ground.



Application



41. Turn the face to B while forming a right bending ready stance A toward B.



Right bending ready stance A
toward B.

Application



Side View



Previous Posture



- 42. Execute a middle side piercing kick to B with the left foot, forming a forearm guarding block.**



**Middle side piercing kick to B
with the left foot.**

Previous Posture

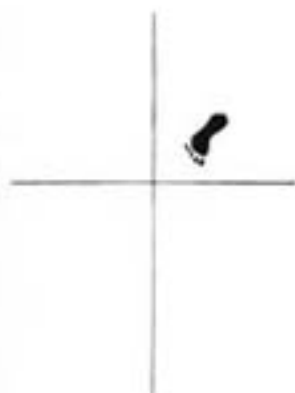


43. Lower the left foot to B in a jumping motion, forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.



Left X-stance toward BD with a left back fist high side strike to B.

Previous Posture



Side View



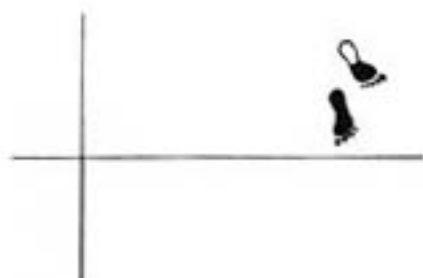
44. Execute a reverse hooking kick to A with the left foot.



High reverse hooking kick to A with the left foot.



Previous Posture



45. Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.



Right L-stance knife-hand middle outward strike toward A.



Previous Posture



Top View



Application

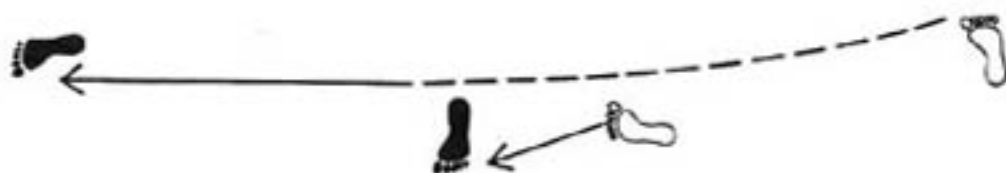


Other View

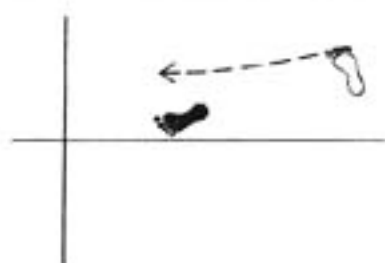
46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.



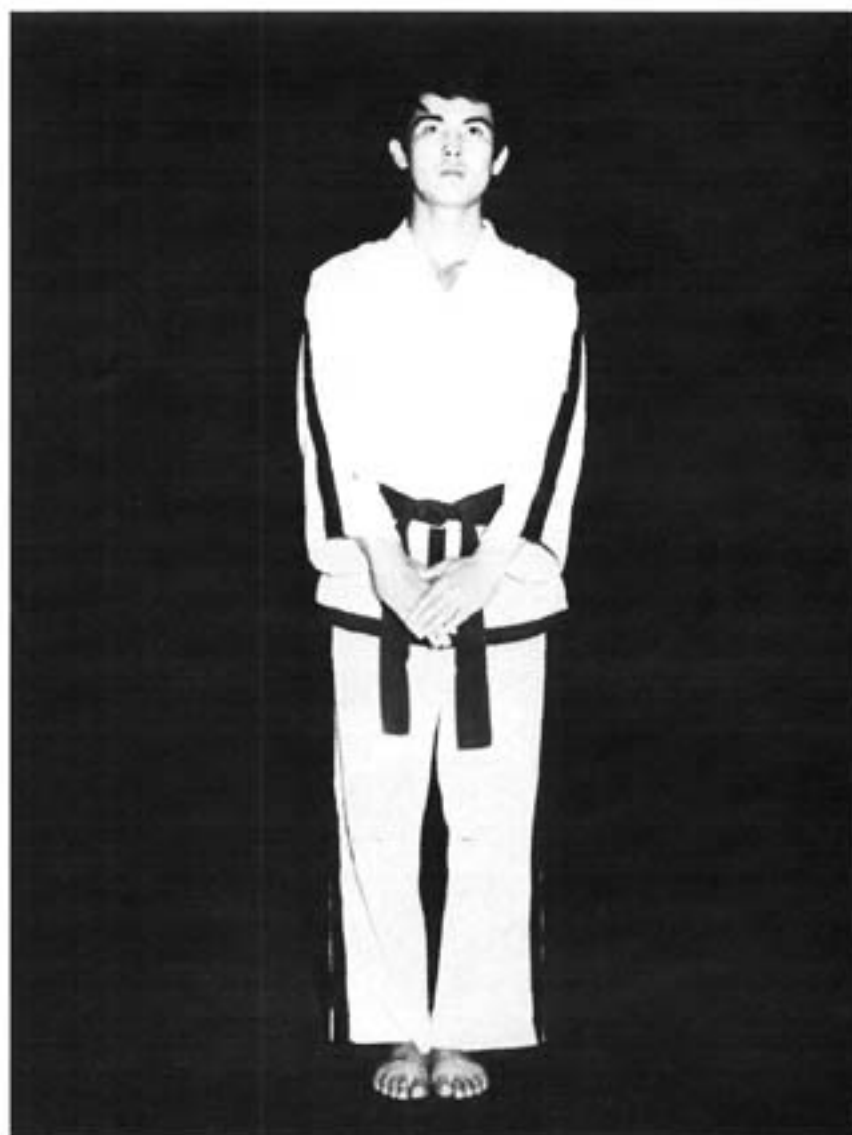
Right fixed stance middle punch with the right fist toward A.



Previous Posture



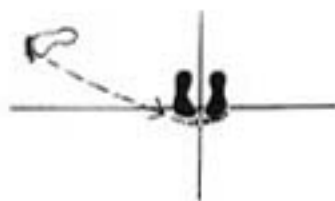
END. Bring the right foot back to a ready posture.



Close ready stance C
toward D.



Previous Posture



Side View

