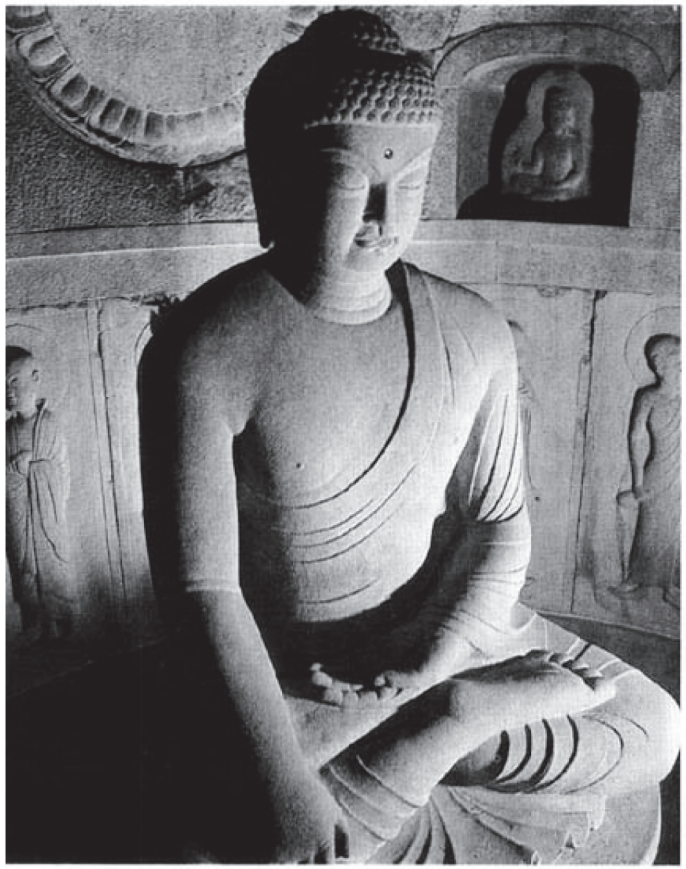


PATTERN MOON-MOO
(MOON-MOO TUL)

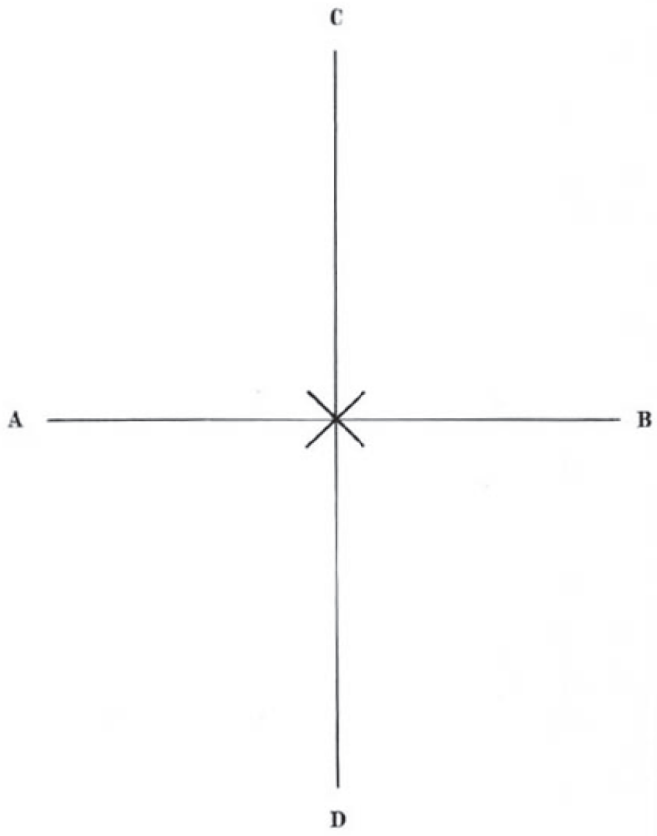
This pattern is practised by the 4th degree and above.

DIAGRAM: ┼

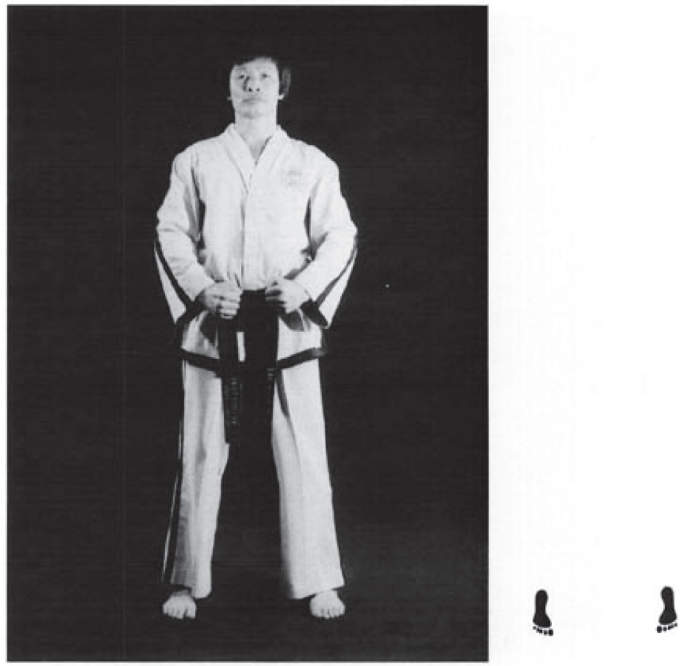
MOVEMENTS: 61

READY POSTURE: PARALLEL READY STANCE

DIAGRAM *(Yon Moo Son)*



Ready Posture *(Junbi Jase)*



Parallel ready stance toward D.

1. Turn the face to B while forming a right bending ready stance A toward B.
   Perform in a slow motion.





Right bending ready stance A toward B.

Side View



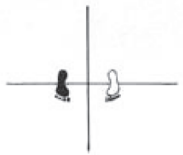
Previous Posture













2. Execute a middle side piercing kick to B with the left foot.
Perform in a slow motion.





Middle side piercing kick to B with the left foot.

Previous Posture

















3. Execute a middle side piercing kick to B again with the left foot.
Perform 2 and 3 in a double kick.



Middle side piercing kick to B with the left foot.

Previous Posture





Application



4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.







Sitting stance middle thrust with the right flat fingertip toward D.

Application



Side View



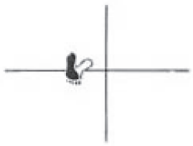
Previous Posture

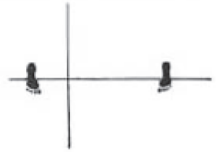












5. Execute a high reverse hooking kick to B with the right foot.
Perform in a slow motion.



High reverse hooking kick to B with the right foot.



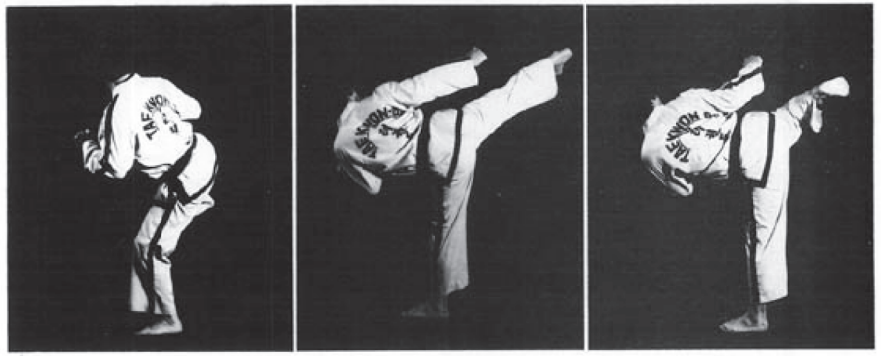
Application

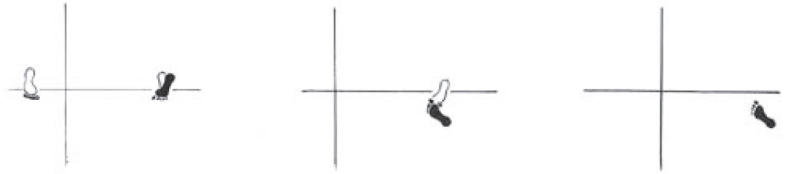
Previous Posture











6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.

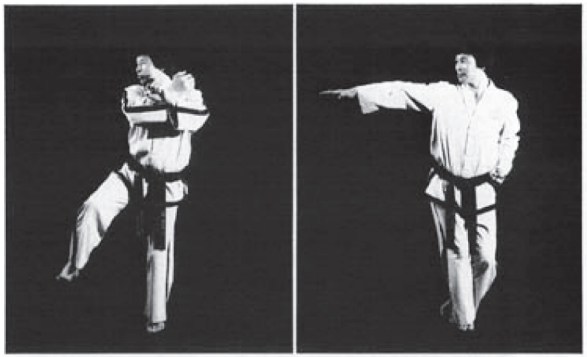






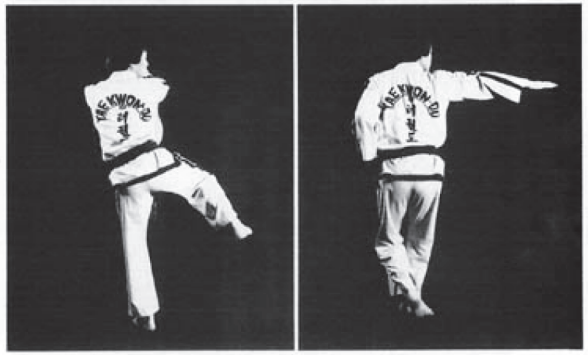
Right X-stance toward C with a right knife-hand middle side strike to B.

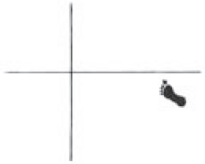
Other View



Previous Posture







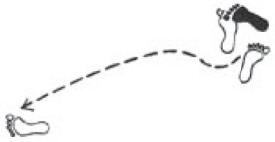




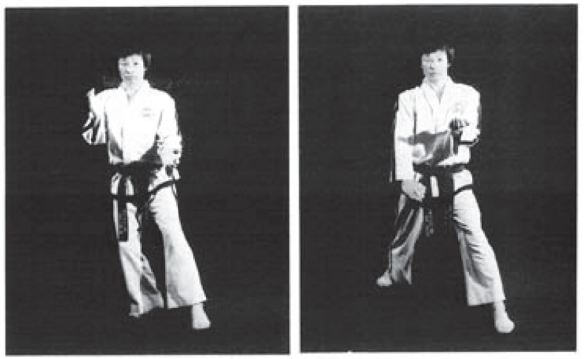
7. Move the left foot to A, forming a left walking stance toward A while executing a pressing block to A with the right palm.



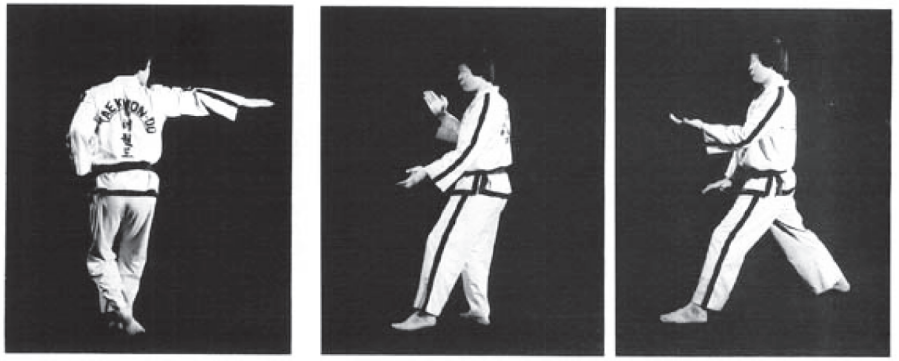
Left walking stance toward A with a right palm pressing block.



Front View



Previous Posture





8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.



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





Front View

Previous Posture

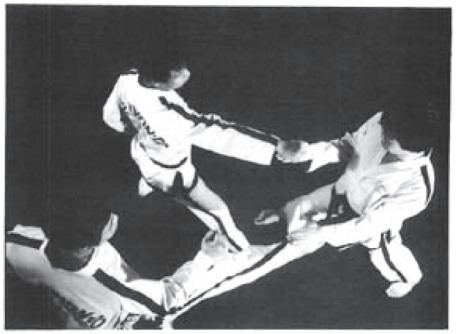








Application



9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint.
Perform in a slow motion.







Application



Side View



Previous Posture













10. Lower the left foot to the right foot, and then turn the face to A while forming a left bending ready stance A toward A.
Perform in a slow motion.





Left bending ready stance A toward A.

Previous Posture

Side View



















Keep the left heel slightly off the ground.

11. Execute a middle side piercing kick to A with the right foot.
Perform in a slow motion.





Middle side piercing kick to A with the right foot.

Front View

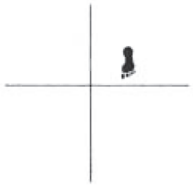


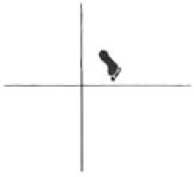
Previous Posture

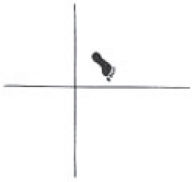












12. Execute a middle side piercing kick to A again with the right foot.
Perform 11 and 12 in a double kick.





Middle side piercing kick to
A with the right foot.

Previous Posture

















13. Lower the right foot to A, forming a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.







Sitting stance middle thrust with a left flat fingertip toward D.

Application



Side View

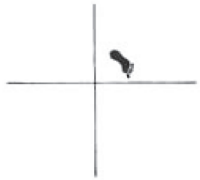


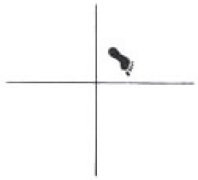
Previous Posture

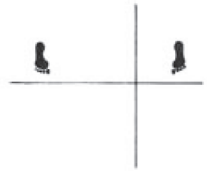












14. Execute a high reverse hooking kick to A with the left foot.
Perform in a slow motion.



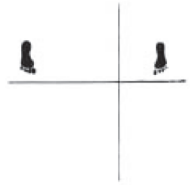


High reverse hooking kick to A with the left foot.

Application

Previous Posture



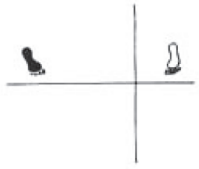








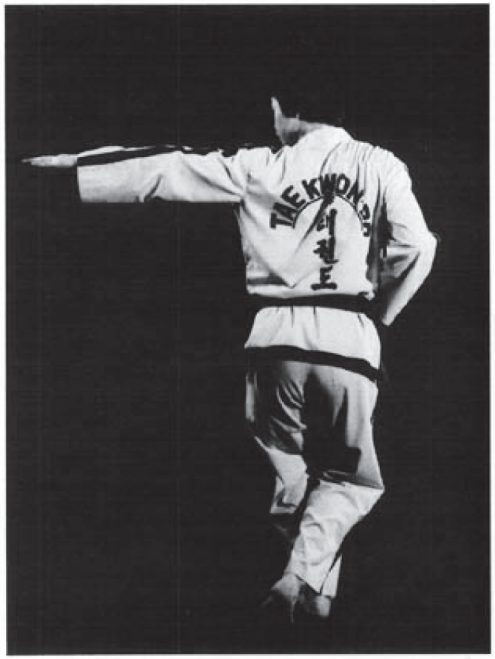








15. Lower the left foot to A in a jumping motion to form a left X-stance toward C, at the same time executing a middle side strike to A with the left knife-hand.







Left X-stance toward C with a left knife-hand middle side strike to A.



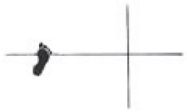
Other View













Application



16. Move the right foot to B, forming a right walking stance toward B while executing a pressing block with the left palm.

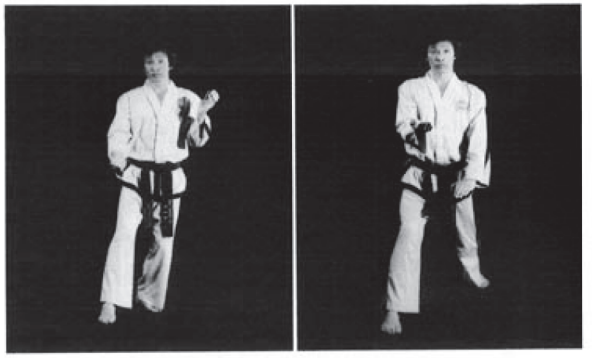




Right walking stance toward B with a left palm pressing block.

Front View

Previous Posture



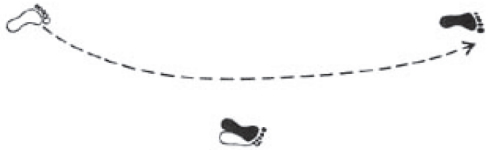




17. Move the left foot to B, forming a left walking stance toward B while executing a pressing block with the right palm.



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



Front View



Previous Posture













18. **Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint.**
Perform in a slow motion.



Left one-leg stance toward D with knife-hand side blocks to A and B.





Application



Side View



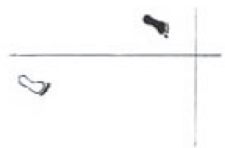
Previous Posture





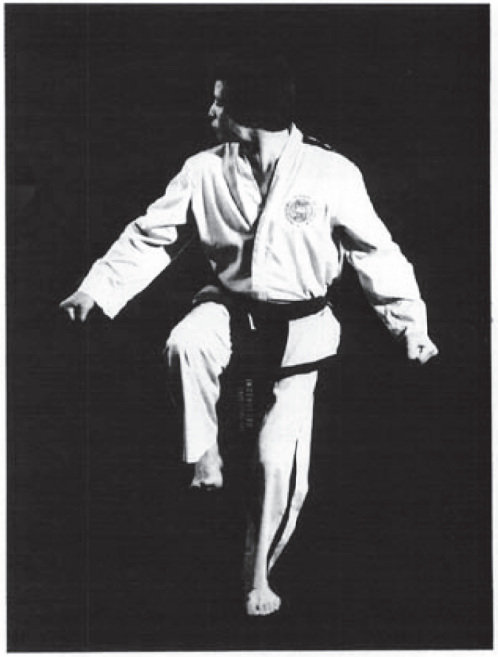








19. Turn the face to C while forming a left bending ready stance B toward D.

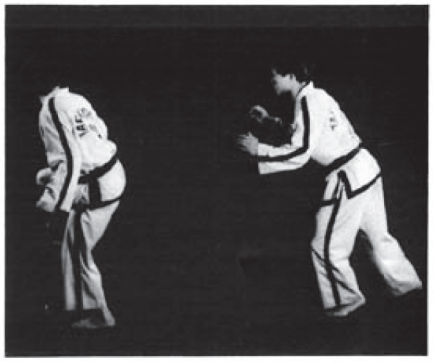


Left bending ready stance B toward D.

Previous Posture



Application



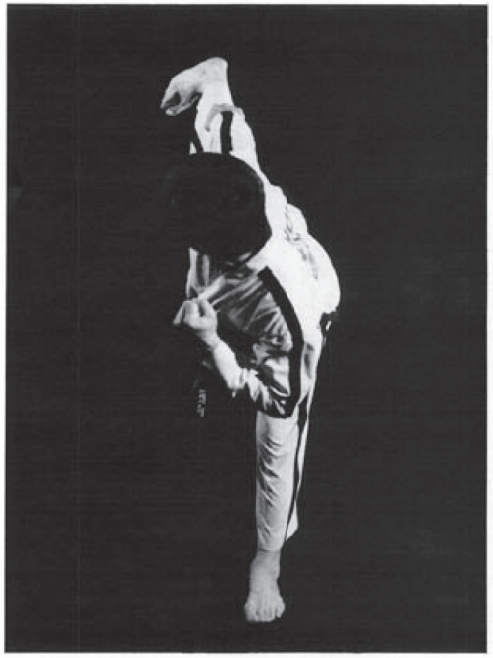






Side View

20. Execute a middle back piercing kick to C with the right foot.
Perform in a slow motion.



Middle back piercing kick to C with the right foot.

Previous Posture

Application









Side View





Side View

21. **Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.**

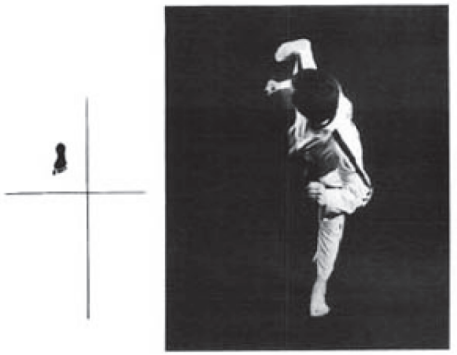






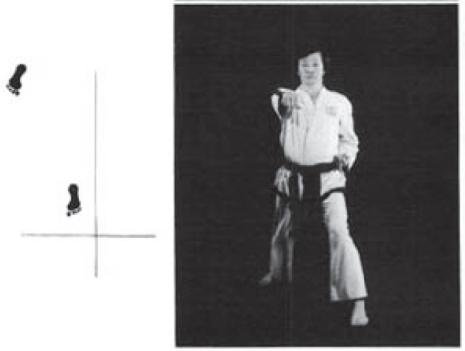
Left walking stance middle punch with the right fist toward D.

Previous Posture









Application





Side View

22. Turn the face to C while forming a right bending ready stance B toward D.







Right bending ready stance B toward D.

Previous Posture





Side View





23. Execute a middle back piercing kick to C with the left foot.
Perform in a slow motion.



Middle back piercing kick to C
with the left foot.

Previous Posture



Side View









24. Lower the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the left fist.



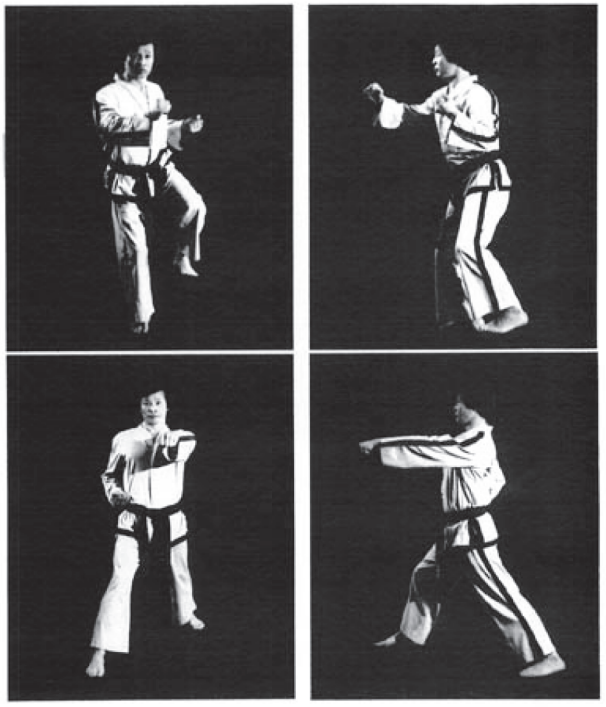


Right walking stance middle punch with the left fist toward D.

Previous Posture



Side View



25. Slide to C, forming a right rear foot stance toward D while executing a downward block with the left palm.





Right rear foot stance toward D with a left palm downward block.

Previous Posture



Application









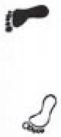




Side View

26. Execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 25.





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

Application

Previous Posture









Side View





Side View

27. Lower the left foot to D, and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.





Sitting stance toward A with a right side fist middle side strike to C.

Previous Posture





Keep the left heel slightly off the ground.





Side View







Side View







28. Slide to C, maintaining a sitting stance toward A while executing a scooping block with the left palm.

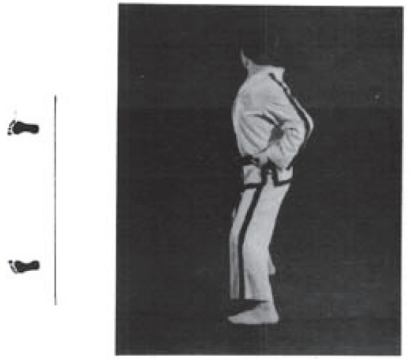




Sitting stance toward A with a left palm scooping block.

Previous Posture

Application









Front View





Front View

29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A.
Perform 28 and 29 in a continuous motion.



Sitting stance middle punch with the left fist toward A.

Previous Posture







Application



Front View



30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.



Sitting stance toward A with a left knife-hand low side block to D.

Application

Previous Posture





Front View







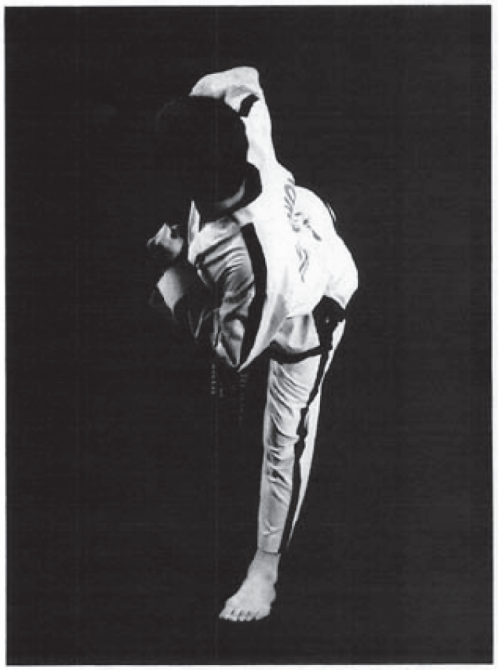


Raise the body slightly.

31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.

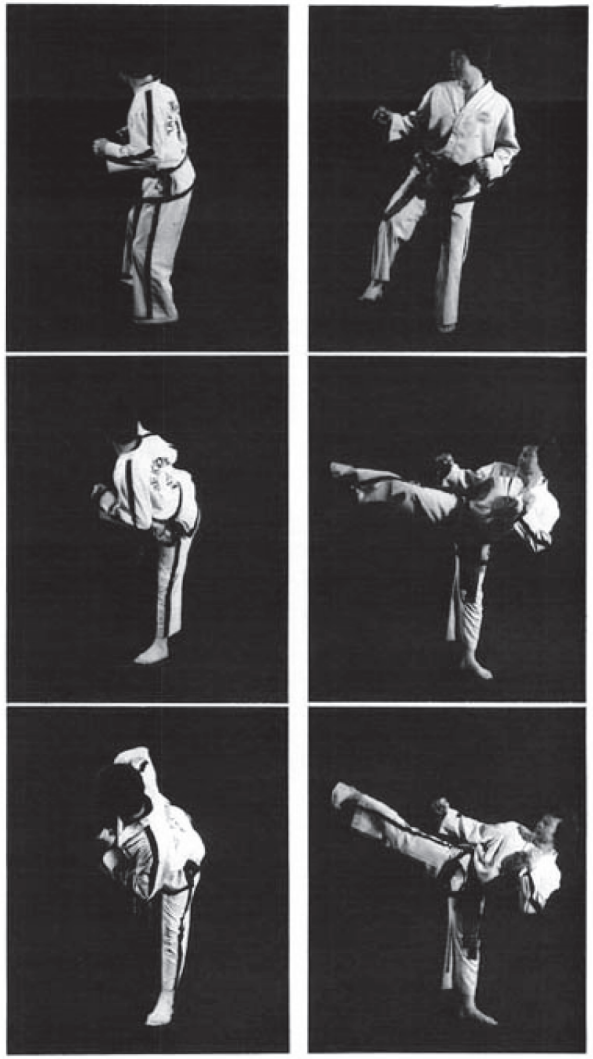


Previous Posture



Middle side pushing kick to C with the right foot.

Front View



32. Lower the right foot to **C**, and then execute a high reverse turning kick to **C** with the left foot.







High reverse turning kick to **C** with the left foot.

Previous Posture





Keep the right heel slightly off the ground.









Application

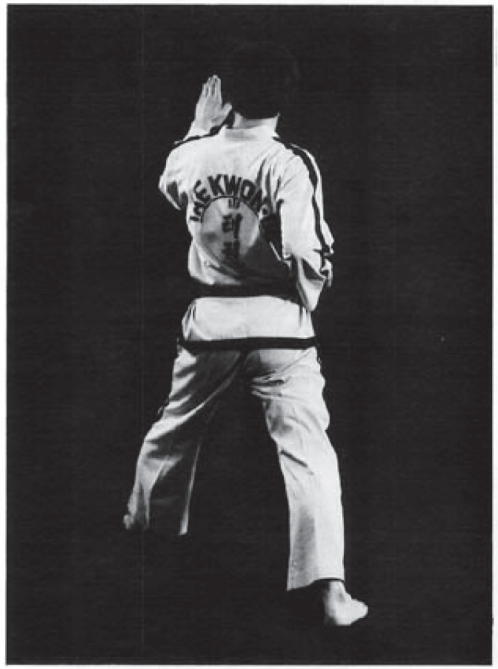








33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.



Left walking stance high side block with the left knife-hand toward C.

Previous Posture



Application







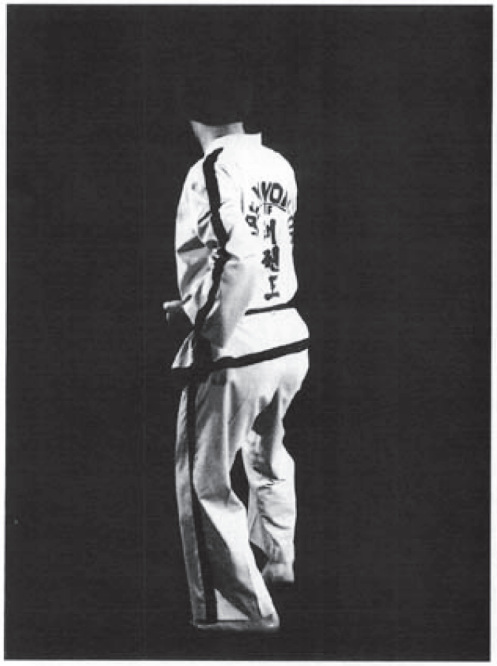
Other View





Other View

34. Slide to D to form a left rear foot stance toward C at the same time executing a downward block with the right palm.





Left rear foot stance toward C with a left palm downward block.

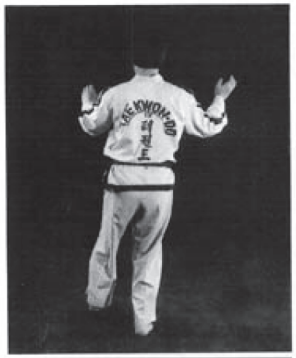


Previous Posture



Application







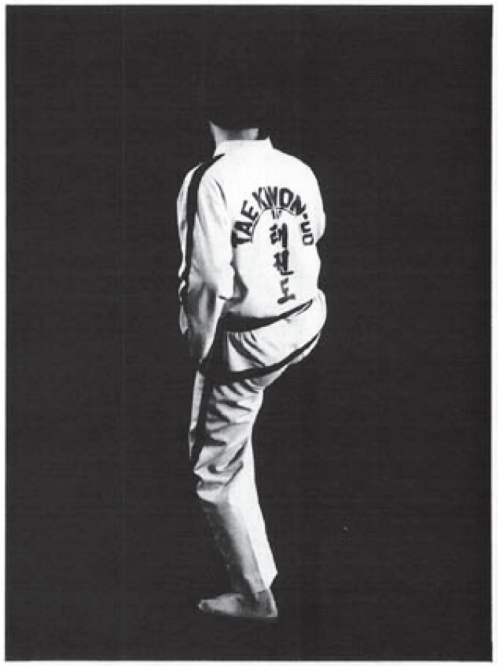
Side View





Side View

35. Execute a middle side front snap kick to C with the right foot, keeping the position of the hands as they were in 34.

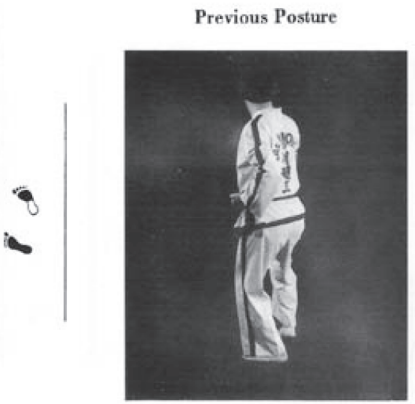




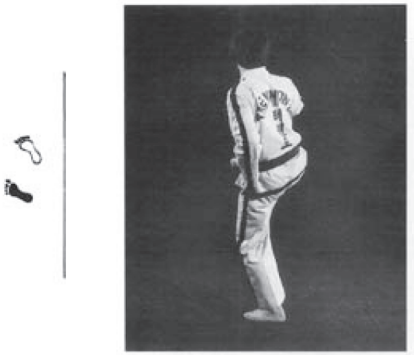
Middle side front snap kick to C with the right foot.

Application

Previous Posture









Side View





Side View

36. Lower the right foot to C and then move the left foot to D in a stamping motion forming a sitting stance toward A while executing a middle side strike to D with the left side fist.



Sitting stance toward A with a left side fist middle side strike to D.

Previous Posture





Keep the right heel slightly off the ground.





Side View





Side View





Side View

37. Slide to D, maintaining a sitting stance toward A while executing a scooping block with the right palm.





Sitting stance toward A with a right palm scooping block.

Previous Posture





Front View









38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A.
Perform 37 and 38 in a continuous motion.



Sitting stance middle punch with the left fist toward A.

Previous Posture



Front View

Raise the body slightly.









39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.







Sitting stance toward A with a right knife-hand low side block to C.

Previous Posture





Raise the body slightly.









Side View

40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.



Middle side pushing kick to D with the left foot.













Previous Posture







Application







Side View

41. Lower the left foot to D, and then execute a high reverse turning kick to D with the right foot.







High reverse turning kick to D with the right foot.

Previous Posture



Keep the left heel slightly off the ground.







Side View







Top View







42. Lower the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right knife-hand.



Right walking stance high side block with the right knife-hand toward D.

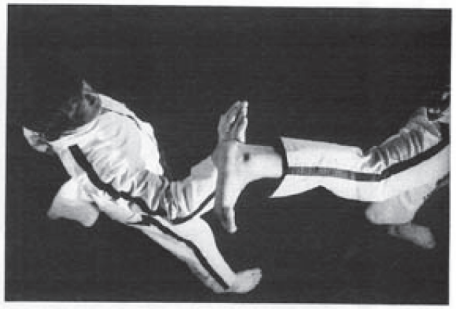
Previous Posture







Application





Side View

43. Move the left foot to D, and then execute a high twisting kick to AD with the right foot.



High twisting kick to AD with the right foot.



Ready Posture







Application



Keep the left heel slightly off the ground.



Side View

44. Lower the right foot to C, forming a left walking stance toward D while executing a high side back strike to C with the right back fist and extending the left fist to D horizontally.



Left walking stance toward D with a right back fist high side back strike to C.

Application

Previous Posture









Side View





Side View

45. **Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.**



Left walking stance front strike with the right back fist toward D.



Previous Posture



Application









Side View

46. Move the right foot to D, and then execute a high twisting kick to BD with the left foot.





High twisting kick to BD with the left foot.

Previous Posture









Other View









47. Lower the left foot to C to form a right walking stance toward D while executing a high side back strike to C with the left back fist and extending the right fist to D.

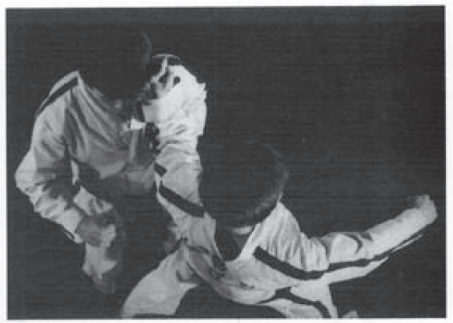


Right walking stance toward D with a left back fist high side back strike to C.

Previous Posture



Application





Other View





48. **Execute a front strike to D with the left back fist while shifting to C, maintaining a right walking stance toward D.**







Right walking stance front strike with the left back fist toward D.

Previous Posture





Top View

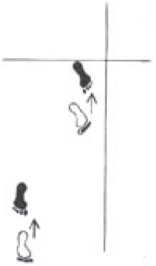












49. Execute a sweeping kick to D with the left side sole and then lower it to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



Sweeping kick to D with the left side sole.



Right L-stance forearm middle guarding block toward D.





Previous Posture



Application



Side View

50. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the left foot, keeping the position of the hands as they were in 49. Perform in a consecutive kick.



Previous Posture



Side checking kick to D
with the left foot.



Side thrusting kick to D
with the left foot.



Side View







Application





51. Lower the left foot to D, forming a right L-stance toward D while executing a middle strike to D with the left knife-hand.



Right L-stance middle strike with the left knife-hand toward D.

Previous Posture



Side View









52. Execute a sweeping kick to D with the right side sole, and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



Sweeping kick to D with the right side sole.



Left L-stance forearm middle guarding block toward D.

Previous Posture



Application







Side View





Side View

53. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the right foot, keeping the position of the hands as they were in 52.
Perform in a consecutive kick.



Previous Posture



Side checking kick to D with the right foot.



Side thrusting kick to D with the right Foot.







Application





Side View

54. Lower the right foot to D to form a left L-stance toward D while executing a middle strike to D with the right knife-hand.



Left L-stance middle strike with the right knife-hand toward D.

Previous Posture



Application



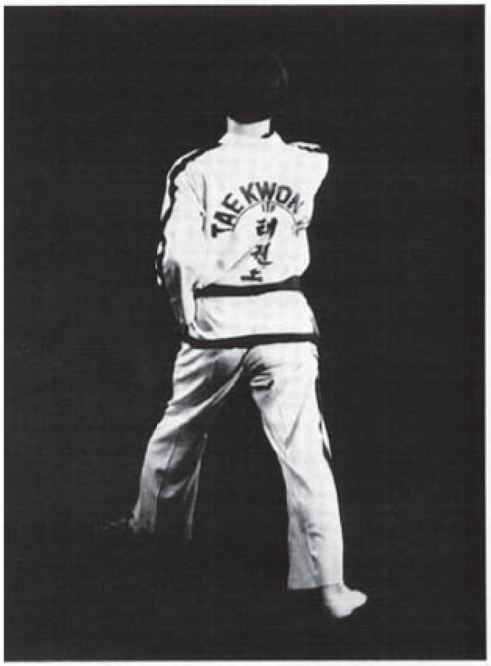






Other View

55. Move the right foot to C and then turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.



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

Previous Posture





Keep the right heel slightly off the ground.





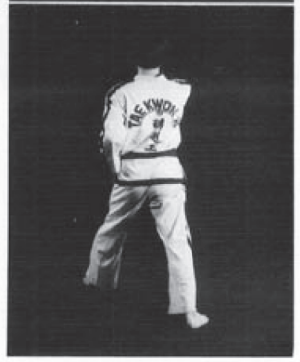


Other View





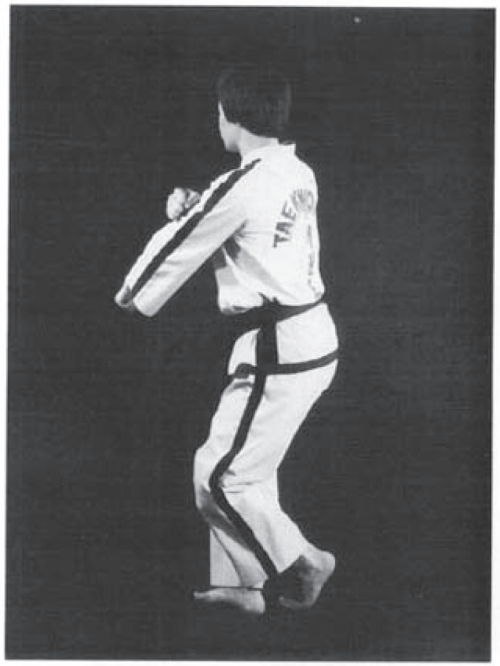








56. Jump to C to form a right X-stance toward BC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.



Right X-stance toward BC with a left fist low punch to C.







Previous Posture



Other View









Keep the right back fist faced upward.



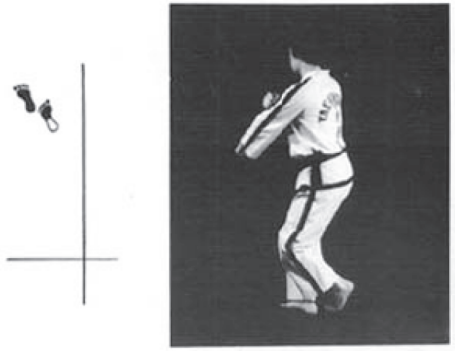
57. Jump to D, forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.





Left X-stance toward AD with a right fist low punch to D.

Previous Posture



Top View







Keep the left back fist faced upward.

58. **Jump to execute a mid-air kick to D with the right foot while spinning clockwise.**

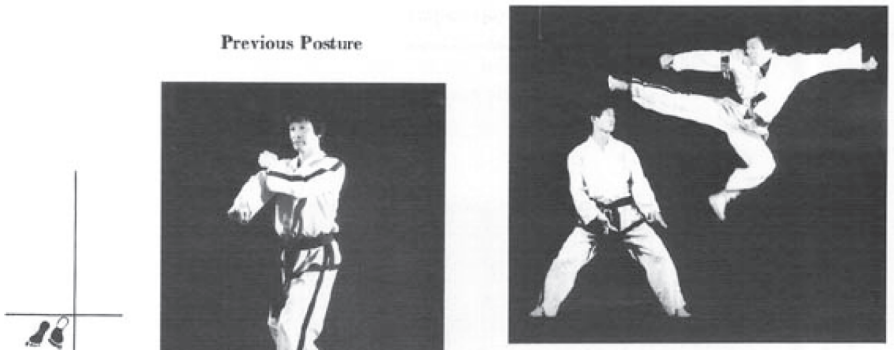




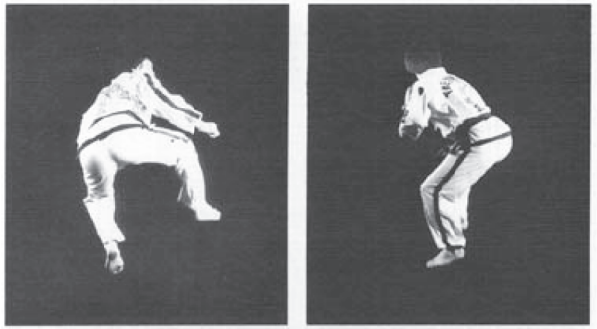
Mid-air kick (180 degrees) to D with the right foot.

Application

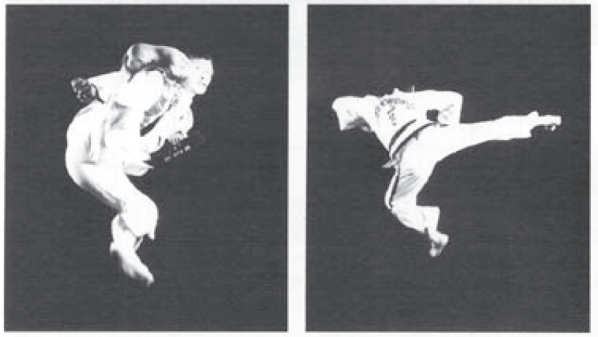
Previous Posture







Side View



Side View

59. **Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.**



Left L-stance middle guarding block with the knife-hand toward D.

Previous Posture







Application





Other View

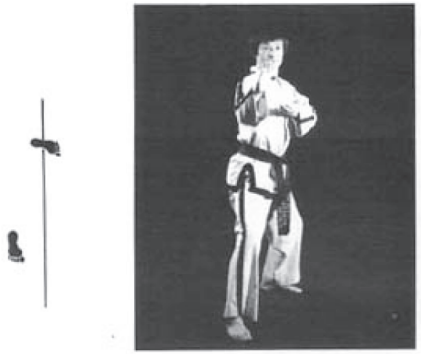
60. Move the right foot to the side rear of the left foot, and then the left foot to C to form a right walking stance toward D while executing a rising block to D with the left arc-hand.

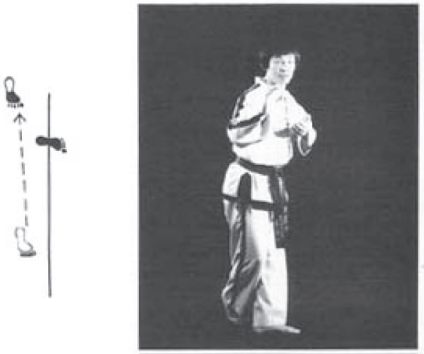


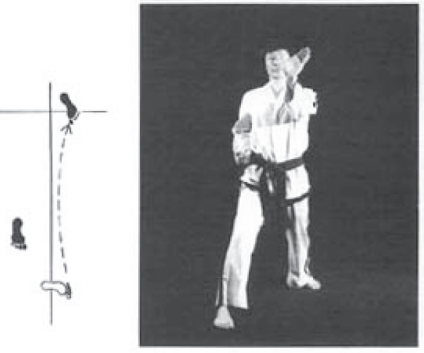


Right walking stance toward D with a left arc-hand rising block.

Previous Posture











Application



Keep the right heel slightly off the ground.



Side View

61. **Execute a high punch to D with the right fist while maintaining a right walking stance toward D.**



Right walking stance high punch with the right fist toward D.

Application

Previous Posture





Keep the left heel slightly off the ground.





Side View





Side View

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





Parallel ready stance toward D.

Previous Posture





Side View

