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1st Degree Black Belt Patterns

Ge-Baek

Number of Movements: 44

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

Starting Position: **Parallel ready stance**

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D
8. Turn the face toward D while forming a right bending ready stance A toward D
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip
15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm
18. Move the right foot to D turning counter clockwise to form a right Lstance toward C while executing a middle guarding block to C with the forearm
19. Move the left foot to D turning counter clockwise to form a right Lstance toward D while executing a middle guarding block to D with a knife-hand
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand
22. Execute a middle turning kick to BC with the right foot and then lower it to C
23. Execute a flying side piercing kick to C with the right foot. Perform 22

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and 23 in a fast motion

24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist
 25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C
 26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C
 27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow
 28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm
 29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm
 30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion
 31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD
 32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knifehand
 33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot
 34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist
 35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right Lstance toward D pulling the left foot
 36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block
 37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B
 38. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion
 39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm
 40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm
 41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
 42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C
 43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm
 44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D
- END: Bring the right foot back to a ready posture.

Kwang-Gae

Number of Movements: 39

Meaning of Kwang-Gae: **KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne**

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Starting Position: **Parallel stance with a heaven hand**

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knifehand
6. Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion
22. Move the right foot to C, forming a right low stance toward C while

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- executing a pressing block with the left palm. Perform in a slow motion
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist
 24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot
 25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24
 26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion
 27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist
 28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot
 29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28
 30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C
 31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist
 32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist
 33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32
 34. Lower the right foot, and then move the left foot to A to form a left L stance toward B while executing a middle guarding block to B with a knife-hand
 35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist
 36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist
 37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36
 38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand
 39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist
- END: Bring the left foot back to a ready posture

Po-Eun

Number of Movements: 36

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

Starting Position: **Parallel stance with a heaven hand**

1. Move the left foot to B, forming a right L-stance toward B while executing a

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- middle guarding block to B with the forearm
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A
 3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2
 4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand
 5. Execute an angle punch with the left fist while maintaining a sitting stance toward D
 6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D
 7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D
 8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D
 9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D
 10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D
 11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D
 12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion
 13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm
 14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A
 15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion
 16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward
 17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist
 18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand
 19. Execute a forearm middle guarding block to A while forming a left L stance toward A pivoting with left foot
 20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B
 21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20
 22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
 23. Execute an angle punch with the right fist while maintaining a sitting stance toward D
 24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D
 25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D
 26. Execute a middle wedging block with the inner forearm while

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maintaining a sitting stance toward D

27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D

28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D

29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D

30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion

31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm

32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B

33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion

34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward

35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist

36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand

END: Bring the left foot back to a ready posture

2nd Degree Black Belt Patterns

Choong-Jang

Number of Movements: 52

Meaning of Choong-Jang: **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**

Starting Position: **Closed ready stance A**

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist

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9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C
26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion
30. Punch the left palm with the right fist while maintaining a right L-stance toward C
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand
32. Punch the right palm with the left fist while maintaining a left L-stance toward C
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion

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34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot
 35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion
 36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot
 37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot
 38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot
 39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand
 40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot
 41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand
 42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C
 43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42
 44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand
 45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44
 46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist
 47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion
 48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist
 49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knifehand
 50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B
 51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand
 52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A
- END: Bring the left foot back to a ready posture

Eui-Am

Number of Movements: **45**

Meaning of Eui-Am: **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**

Starting Position: **Closed ready stance D**

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand

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2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist
9. Execute a middle reverse turning kick to AC with the right foot
10. Lower 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 knifehand
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist
13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm
16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C
17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16
18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion
20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist
22. Execute a middle reverse turning kick to AD with the left foot
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand
24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot
30. Execute a middle punch to D with the left fist while forming a left Lstance

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toward D slipping the right foot

31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D

32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand

33. execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D

34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot

35. Execute a middle punch to D with the right fist while forming a right Lstance toward D slipping the left foot

36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D

37. Execute a high reverse turning kick to BD with the right foot

38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm

39. Execute a high reverse turning kick to AD with the left foot

40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm

41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand

42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot

43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand

44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot

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

END: Bring the right foot back to a ready posture

Ko-Dang

Number of Movements: 39

Meaning of Ko-dang: **Ko-Dang is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.**

Starting Position: **Close ready stance C**

1. Move the right foot to AC to form a sitting stance, at the same time executing a middle pushing block with a left palm
2. Execute a middle punch with the right fist
3. Move the right foot on line CD, forming a right L stance while executing a middle guarding block with the forearm
4. Execute a low block with the right forearm and a middle side block with the left inner forearm
5. Move the left foot to BC forming a sitting stance at the same time executing a middle pushing block with a right palm
6. Execute a middle punch with the left fist
7. Move the left foot on line CD, forming a left L-stance while executing a middle guarding block with the forearm
8. Execute a low block with the left forearm and a middle side block with the right inner forearm
9. Turn the face toward C forming a left bending ready stance B

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10. Execute a middle back piercing kick to C with the right foot
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block with a left knife-hand
12. Turn the face toward C forming a right bending ready stance B
13. Execute a middle back piercing kick to C with the left foot
14. Lower the left foot to C forming a left L-stance toward D, while executing a middle block with a right knife-hand
15. Move the right foot to C forming a right L-stance while executing a downward thrust with a left straight elbow
16. Move the left foot to C, forming a left L-stance while executing a downward thrust with a right straight elbow
17. Move the left foot to D to form a left walking stance while executing a pressing block with a right palm. Perform in a slow motion
18. Move the right foot to D, forming a right walking stance, at the same time changing the position of the hands. Perform in a slow motion
19. Move the right foot to C forming a right L-stance, while executing a downward block with the left outer forearm
20. Move the right foot to D to form a left L-stance, while executing a downward block with the right outer forearm
21. Move the left foot to D, forming a right rear foot stance, at the same time executing an upward block with a left palm
22. Move the right foot to D to form a left rear foot stance, at the same time executing an upward block with a right palm
23. Move the right foot to C, forming a right rear foot stance, and then execute a middle front snap kick with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to D, forming a left walking stance while executing a high inward strike with both knife-hands
25. Execute a rising block with a left knife-hand
26. Execute a low guarding block with the knife-hand while forming a right L-stance, pulling the left foot
27. Execute a downward punch with the right fist while forming a left walking stance, slipping the left foot
28. 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 middle guarding block with a knife-hand
29. Jump to land on the same spot, forming a right L-stance while executing a middle guarding block with a knife-hand
30. Jump to D to form a right X-stance, while executing a high side strike to D with a right back fist
31. Move the left foot to C, forming a left walking stance, at the same time executing a high side block with the left outer forearm
32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block with the right outer forearm
33. Move the left foot to D, forming a right L-stance, at the same time executing an upset punch with the right fist and bringing the left side fist in front of the right shoulder
34. Execute a middle hooking kick to A with the right foot
35. Lower the right foot to A, forming a left L-stance while executing a high cross cut with a right flat fingertip
36. Bring the right foot to the left foot, and then execute a middle hooking kick to B with the left foot
37. Lower the left foot to B, forming a right L-stance, at the same time executing a high cross cut with a left flat fingertip
38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance, at the same time executing a high guarding block with a knife-hand
39. Bring the right foot to the left foot, and then move the left foot to B

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forming a right L-stance, at the same time executing a high guarding block with a knife-hand.
Perform 24 and 25 in a continuous motion.
End: Bring the left foot back to a ready stance

3rd Degree Black Belt Patterns

Choi-Yong

Number of Movements: **46**

Meaning of Choi-Jong: **CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty**

Starting Position: **Closed ready stance C**

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
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
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
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
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
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C
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
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot
13. Execute a high reverse hooking kick to D with the left foot
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow
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
17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot
18. Execute a high reverse hooking kick to C with the right foot
19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick
20. Lower the right foot to C forming a right walking stance toward C while

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striking the right palm with the left front elbow

21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm
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
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 Wshape block with a knife-hand
24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23
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
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
27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26
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
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
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
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
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
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B
34. Turn the face toward A while forming a left bending ready stance A toward A
35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block
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
37. Execute a high reverse hooking kick to B with the right foot
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
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
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A
41. Turn the face to B while forming a right bending ready stance A toward B
42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block
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
44. Execute a high reverse hooking kick to A with the left foot
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

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46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist
END: Bring the right foot back to a ready posture.

Sam-IL

Number of Movements: 33

Meaning of Sam-IL: **SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement**

Starting Position: **Closed ready stance C**

1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it
12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot
16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B
17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand
18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block
19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with

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the right front elbow

20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forearm with the right palm and turning the face to C
 21. Execute a pressing block with an X-fist while forming a right walking stance toward AD
 22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm
 23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block
 24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot
 25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm
 26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm
 27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist
 28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit
 29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder
 30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot
 31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion
 32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31
 33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist
- END: Bring the left foot back to a ready posture

Yoo-Sin

Number of Movements: 68

Meaning of Yoo-Sin: **YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation**

Starting Position: **Warrior ready stance B**

1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion
4. Execute a middle hooking block to D with the right palm while standing up toward D
5. Execute a middle punch to D with the left fist while forming a sitting stance

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toward D

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

7. Execute a middle punch to D with the right fist while forming a sitting stance toward D

8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm

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

10. Execute a scooping block with the left palm while forming a sitting stance toward AD

11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion

12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm

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

14. Execute a scooping block with the right palm while forming a sitting stance toward BD

15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion

16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC

17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD

18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD

19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion

20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist

21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion

22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D

23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22

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

25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D

26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D

27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D

28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27

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

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

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

32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand

33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand

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34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion
36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion
38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist
39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand
40. Bring the right foot to the left foot to form a closed ready stance C toward C
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CG at the same time executing an upset punch to CF with a twin fist
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm
44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F
45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist
46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm
47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E
48. Bring the right foot to the left foot to form a closed stance toward C while executing an angle punch with the left fist
49. Move the left foot to the right foot, and then move the right foot to E while executing a U-shape punch to E
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist
52. Execute a waving kick to D with the right foot, and then a high outward block to Ac with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E
55. Execute a middle crescent kick to the right palm with the left foot
56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand
58. Execute a middle crescent kick to the left palm with the right foot

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59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick
 60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block
 61. Change the position of the hands while maintaining a sitting stance toward A
 62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block
 63. Change the position of the hands while maintaining a sitting stance toward B
 64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot
 65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist
 66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist
 67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand
 68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand
- END: Bring the right foot back to a ready stance

4th Degree Black Belt Patterns

Se-Jong

Number of Movements: 24

Meaning of Se-Jong: **SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet**

Starting Position: **Closed ready stance B**

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block
3. Execute a middle side piercing kick to D with the right foot
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm
5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand
6. Bring the right foot to the left foot, forming a closed ready stance B toward D
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist
9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm
10. Move the right foot to H, forming a right walking stance toward H while

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- executing a middle thrust to H with the right straight finger tip
11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist
 12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm
 13. Execute a middle turning kick to C with the left foot
 14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm
 15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion
 16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C
 17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm
 18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE
 19. Pull the left reverse footsword to the right knee joint to form a right oneleg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm
 20. Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion
 21. Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm
 22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow
 23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand
 24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist
- END: Bring the left foot back to a ready posture

Tong-IL

Number of Movements: **56**

Meaning of Tong-IL: **TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race**

Starting Position: **Parallel stance with an overlapped back hand**

1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder
5. Move the right foot to D, forming a left L-stance toward D while executing a

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- middle punch to D with the right fist
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion
 7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand
 8. Execute an inward vertical kick to the left palm with the right reverse footsword
 9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand
 10. Execute an inward vertical kick to the right palm with the left reverse footsword
 11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion
 12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion
 13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion
 14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
 15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
 16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15
 17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist
 18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17
 19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist
 20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot
 21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion
 22. move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist
 23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist
 24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm
 25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion
 26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand
 27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand
 28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D
 29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder
 30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip
 31. Move the left foot on line CD to form a right walking stance toward C

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- while executing a rising block with the right knife-hand
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C
 33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder
 34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip
 35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot
 36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot
 37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot
 38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist
 39. Pull the right reverse footsword to the left knee joint, forming a left oneleg stance toward D while striking the left palm with the right back forearm
 40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction
 41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm
 42. Slide to C maintaining a sitting stance toward A while executing a Wshape block with the outer forearm
 43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm
 44. Slide to C, maintaining a sitting stance toward B while executing a Wshape block with the outer forearm
 45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm
 46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction
 47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist
 48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist
 49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist
 50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C
 51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD
 52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm
 53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD
 54. Move the right t C forming a right walking stance, at the same time executing a rising block with the right forearm
 55. Move the right foot on the line CD forming a left walking stance towards D, at the same time executing a rising block with the left forearm
 56. Execute a middle punch with the right fist.

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END: Bring the left foot back to a ready stance.

Ul-Ji

Number of Movements: 42

Meaning of Ul-Ji: **UL-JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern**

Starting Position: **Parallel stance with an X-back hand**

1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D
5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand
6. Execute a middle crescent kick to the left palm with the right foot
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow
11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11
13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow
14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A
15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise
18. Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm
19. Bring the left foot to the right foot to form a closed ready stance B toward D
20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist

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21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm
 22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21
 23. Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist
 24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
 25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist
 26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F
 27. Jump to execute a flying high kick to F with the right foot
 28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand
 29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist
 30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm
 31. Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist
 32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm
 33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist
 34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm
 35. Execute a middle turning kick to DF with the right foot
 36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot
 37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm
 38. Move the left foot to E forming a left I-stance toward F while executing an upward block to F with the right palm
 39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm
 40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF
 41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist
 42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D
- END: Bring the left foot back to a ready posture

5th Degree Black Belt Patterns

Moon-Moo

Number of Movements: **61**

Meaning of Moon-Moo: **Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall**

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forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne

Starting Position: **Parallel ready stance**

1. Turn the face to B while forming a right bending ready A toward B. Perform in a slow motion
2. Execute a high side piercing kick to B with the left foot. Perform in a slow motion
3. Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick
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
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion
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
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
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
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 slow motion
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 slow motion
11. Execute a high side piercing kick to A with the right foot. Perform in a slow motion
12. Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a double kick
13. Lower the right foot to A to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip
14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand
16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm
17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm
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 slow motion
19. Turn the face to C while forming a left bending ready stance B toward D
20. Execute a high back piercing kick to C with the right foot. Perform in slow motion
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
22. Turn the face to C while forming a right bending ready stance B toward D
23. Execute a high back piercing kick to C with the left foot. Perform in slow motion

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24. Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist
25. Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm
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
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
28. Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A
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
32. Lower the right foot to C and then execute a high reverse turning kick to C with the left foot
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
34. Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm
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
36. Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist
37. Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A
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
41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot
42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand
43. Move the left foot to D and then execute a high twisting kick to AD with the right foot
44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D
45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D
46. Move the right foot to D and then execute a high twisting kick to BD with the left foot
47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D
48. Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D
49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm

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50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick
 51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand
 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
 53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick
 54. Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand
 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
 56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder
 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
 58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise
 59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand
 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 with the left arc-hand
 61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D
- END: Bring the right foot back to a ready posture

So San

Number of Movements: 72

Meaning of So San: **SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592**

Starting Position: **Closed ready stance A**

1. Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm
2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot
3. Slide to C to form a left rear foot stance toward D while executing a middle guarding block to D with the forearm
4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot
5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC
6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion
7. Execute a high side block to BD with the left knife-hand while forming a right

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walking stance toward BD

8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 7 and 8 in a fast motion
9. Move the right foot to C turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand
10. Execute a high side piercing kick to C with the right foot keeping the position of the hands as they were in 9
11. Execute a high turning kick to D with the right foot. Perform 10 and 11 in a continuous kick
12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist
13. Move the left foot to C forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand
14. Execute a high side piercing kick to C with the left foot keeping the position of the hands as they were in 13
15. Execute a high turning kick to D with the left foot. Perform 14 and 15 in a continuous kick
16. Lower the left foot to D in a jumping motion to form a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist
17. Move the left foot to A forming a right L-stance toward A executing a low punch to A with a left double fist
18. Bring the right palm on the left fore fist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion
19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist
21. Bring the left palm on the right fore fist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion
22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B
23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder
24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot
25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder
26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot
27. Move the left foot to D forming a right walking ready stance toward C
28. Jump to execute a flying front snap kick to C with the right foot
29. Land to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand
30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm
31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm
33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D

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34. Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands
35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC
36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D
37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D
38. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 37
39. Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist
40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D
42. Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands
43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC
44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D
45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D
46. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 45
47. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 47 and 48 in a fast motion
49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D
50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand
51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm
52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot
53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion
54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot
55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand
56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm
57. Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot
58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion
59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot

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60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm
 61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist
 62. Turn clockwise while forming a left bending ready stance A toward C
 63. Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62
 64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist
 65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand
 66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm
 67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist
 68. Turn counter-clockwise while forming a right bending ready stance A toward C
 69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68
 70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist
 71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand
 72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot. Perform 71 and 72 in a continuous motion
- END: Bring the right foot back to a ready posture

Yong-Gae

Number of Movements: 49

Meaning of Yong-Gae: **YON-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung**

Starting Position: **Warrior ready stance A**

1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in slow motion
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist

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9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D
12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in slow motion
14. Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D
16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist
17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot
19. Jump to D forming a right X-stance toward BD while executing a high side strike to D with the right back fist
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand
24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow
25. Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm
26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder
27. Execute a high reverse hooking kick to B with the right foot
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist
30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand
31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow
32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm
33. Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder
34. Execute a high reverse hooking kick to A with the left foot
35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning

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counter clockwise

36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist

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

38. Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm

39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand

40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm

41. Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm

42. Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand

43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm

44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand

45. Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand

46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C

47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow

48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C

49. Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow

END: Bring the right foot back to a ready posture