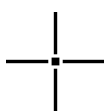


# KO-DANG HYUNG

2<sup>nd</sup> Dan Pattern #3

39 movements



**Ko-Dang is the pseudonym of the patriot Cho Man Sik, who dedicated his life to the independence movement and education of Korea. The 39 movements of the pattern show the number of times of his imprisonment, as well as the location of his birthplace on 39 degrees latitude.**

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	Feet together, hands folded flat in front of abdomen, L hand in front
1	NE	Step back and to side with R foot	Horse-riding stance	L 45° mid-section inside (horizontal) palm heel block
2	NE			R mid-section punch
3	N	Shift R foot	R back	Outer-forearm guarding block
4	N		R back	Simultaneously execute L mid-section inner-forearm block and R lower-section block
5	NW	Step back and to side with L foot	Horse-riding stance	R 45° mid-section inside palm heel block
6	NW	Maintain stance		L mid-section punch
7	N	Shift R foot	L back	Outer-forearm guarding block
8	N		L back	Simultaneously execute R mid-section inner-forearm block and L lower-section block
9	N	Pick up R foot and look over shoulder to S	Weight on L foot	Hold ready to do a R back kick
10	N			R back kick
11	N	Step down to	R back	Mid-section knife-hand block
12	N	Pick up L foot and look over shoulder to S	Weight on R foot	Hold ready to do a L back kick
13	N			L back kick
14	N	Step down to	L back	Mid-section knife-hand block
15	N	Step back	R back	Descending elbow
16	N	Step back	L back	Descending elbow
17	N	Step forward	L front	Scissor palm pressing block

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18	N	Step forward	R front	Scissor palm pressing block
19	N	Step back	R back	Inwards forearm block
20	N	Step forward	L back	Inwards forearm block
21	N	Step forward	L cat stance	L mid-section upward palm heel block
22	N	Step forward	R cat stance	R mid-section upward palm heel block
23	N	Pull R foot back	Weight on R foot for kick	L upper-section front kick
24	N	Step down to	L front	Double inward knife-hand strike to sides of neck
25	N	Pull L hand back	L front	Upper-section knife-hand block
26	N	Pull weight back	R back	Lower-section knife-hand guarding block
27	N	Slide forward	L front	R lower-section reverse punch
28	N	Step L (front) foot back just past R heel then step R foot back to	R back	Knife-hand guarding block
29	N	Jump and spin 360°	Landing in R back	Knife-hand guarding block
30	N	Big step forward on R foot	End in crossed stance with L foot behind R heel	R vertical back fist to nose
31	S	Turn 180° and step out with L foot	L front	L outer-forearm block
32	N	Turn 180° pivoting on R rear foot	R front	R outer-forearm block
33	N	Step through on L foot	R back	Lapel grab with L hand, R upset punch
34	E	Shift weight to L foot, pivot 90° clockwise to E		R upper-section hook kick, <i>followed quickly by</i>
35	E		L back	R eye rake <sup>1</sup>

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<sup>1</sup> Hand finishes wide of attacker – does not stop at neck like a knife-hand strike

## KO-DANG HYUNG

36	W	Turn 180° to face W, draw R foot in to L foot	End in R back	L upper-section hook kick <i>followed quickly by</i>
37	W		R back	L eye rake
38	E	Turn 180° to face E	L back	Upper-section knife-hand guarding block
39	W	Turn 180° to face W	R back	Upper-section knife-hand guarding block <b>KIUP</b>
	N	On “Keuman” L foot draws in to	Closed ready stance C	Hands folded in front of abdomen