



+ shaped pattern

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	
1	N	Move L forward foot to	R cat stance	Outer-forearm guarding block
2	N			L upper-section middle knuckle punch
3	S	Step L foot back to	L cat stance	Outer-forearm guarding block
4	S			R upper-section middle knuckle punch
5	S	Move R foot back	L front stance	L upper-section knife-hand block
6	S			R circular inner forearm block
7	S			L mid-section lunge punch
8	N	Move L foot back	R front stance	R upper-section knife-hand block
9	N			L circular inner-forearm block
10	N			R mid-section lunge punch
11	N	Step back on R foot	R back stance	Lower-section knife-hand guarding block
12	N			R mid-section turning kick
13	N	Lower R foot down to L foot		L upper-section spinning hook kick followed quickly by L upper-section hook kick followed quickly by
14	N			L mid-section double side kick
15	N	Step down to	L front stance	R front elbow strike to L palm
16	S	Move L foot across & turn 180°	L back stance	Lower-section knife-hand guarding block
17	S			L mid-section turning kick
18	S	Lower L foot down to R foot		R upper-section spinning hook kick followed quickly by R upper-section hook kick followed quickly by
19	S			R mid-section double side kick
20	S	Step down to	R front stance	L front elbow to R palm

#	+	Move	Stance	Action
21	S	Step forward	L front stance	Fast R palm pressing block <i>followed quickly by</i>
22	S	Step forward	R front stance	Fast L palm pressing block
23	N	Step R foot back to L foot & pivot 180° CC on R foot into	L front stance	Knife-hand W-shaped block ¹
24	N			R front kick ²
25	N	Pull R foot back	R back stance	Outer-forearm guarding block
26	N	Step forward	R front stance	Knife-hand W-shaped block
27	N			L front kick ³
28	S	Step down on L foot & turn 180° to	L back stance	Outer-forearm guarding block
29	N	Step forward on L foot then R foot then slide to S turning 180° CC into	L back stance	Outer-forearm guarding block
30	N	Step forward to	L front stance	L upper-section spearhand
31	S	Move L foot across & turn 180 to	R front stance	R upper-section spearhand
32	W	Pivot C on L foot pulling R foot back and around to	Parallel stance	R mid-section hooking block <i>followed quickly by</i>
33	W			L mid-section punch
34	E	Turn your face to E	L crane stance	Outer-forearm guarding block
35	E			R mid-section side kick
36	E	Step down R foot with a <i>stamp</i> then into	R X stance ⁴	R upper-section vertical backfist with L fingers to side of R fist
37	W	Turn 180° C		R upper-section reverse hook kick

¹ Block runs E-W

² Keep hands in same position

³ Keep hands in same position

⁴ L foot crosses behind

Choi-Yong

#	+	Move	Stance	Action
38	W	Lower R foot with a <i>stamp</i> to	L back stance	R mid-section knife-hand strike
39	E	Move L foot to N & turn CC to	Parallel stance	L hooking block <i>followed quickly by</i>
40	E			R mid-section punch
41	W	Turn the face to W	R crane stance	Outer-forearm guarding block
42	W			L mid-section side kick
43	W	Step down L foot with a <i>stamp</i> then into	L X-stance	L upper-section vertical backfist with R fingers to side of L fist
44	E	Turn 180° CC		L upper-section reverse hook kick
45	E	Lower L foot with a <i>stamp</i> to	R back stance	L mid-section knife-hand strike KIUP
	N	On "keuman" bring R foot up	Closed ready stance C	