



KO-DANG

Ready Posture - Closed ready stance C

Movements – 39

1. Move the right foot to AC to form a sitting stance toward AD, at the same time executing a middle pushing block to AD with the left palm.
2. Execute a middle punch to AD with the right fist, maintaining a sitting stance toward AD.
3. Move the right foot on line CD, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a low block to AD with the right outer forearm and a middle side block to D with the left inner forearm, maintaining a right L-stance toward D.
5. Move the left foot to BC forming a sitting stance toward BD, at the same time executing a middle pushing block to BD with the right palm.
6. Execute a middle punch to BD with the left fist, maintaining a sitting stance toward BD.
7. Move the left foot on line CD, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
8. Execute a low block to BD with the left outer forearm and a middle side block to D with the right inner forearm, maintaining a left L-stance toward D.
9. Turn the face toward C forming a left bending ready stance B toward D.
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 to D with the left knife hand
12. Turn the face toward C forming a right bending ready stance B toward D.
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 to D with the right knife hand
15. Move the right foot to C, forming a right L-stance toward D while executing a downward thrust to D with the left straight elbow.
16. Move the left foot to C, forming a left L-stance toward D while executing a downward thrust to D with the right straight elbow.

17. Move the left foot to D to form a left walking stance toward D while executing a pressing block to D with the right palm.
18. Move the right foot to D to form a right walking stance toward D while executing a pressing block to D with the left palm.
19. Move the right foot to C forming a right L-stance toward D, while executing a downward block to D with the left outer forearm.
20. Move the right foot to D forming a left L-stance toward D, while executing a downward block to D with the right outer forearm.
21. Move the left foot to D, forming a right rear foot stance toward D, at the same time executing an upward block to D with the left palm.
22. Move the right foot to D, forming a left rear foot stance toward D, at the same time executing an upward block to D with the right palm.
23. Move the right foot to C, forming a right rear foot stance toward D, and then execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 22.

Perform 24 and 25 in a continuous motion:

24. Lower the left foot to D, forming a left walking stance toward D while executing a high inward strike to D with a twin knife-hand.
25. Execute a rising block with the left knife hand, maintaining a left walking stance toward D
26. Execute a low guarding block to D with a knife hand, while forming a right L-stance toward D, pulling the left foot.
27. Execute a downward punch to D with the right fist while forming a left walking stance toward D, 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 to D with a knife hand.
29. Jump and land on the same spot, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.
30. Jump to D to form a right X-stance toward BD, while executing a high side strike to D with the right back fist.

31. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high side block to C 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 to D with the right outer forearm.
33. Move the left foot to D, forming a right L-stance toward D, at the same time executing an upset punch to D with the right fist and bringing the left side fist in front of the right shoulder.
34. Execute a middle hook kick to A with the right foot.
35. Lower the right foot to A, forming a left L-stance toward A while executing a high cross cut to A with the right flat finger tip.
36. Bring the right foot to the left foot and then execute a middle hook kick to B with the left foot.
37. Lower the left foot to B, forming a right L-stance toward B, at the same time executing a high cross cut to B with the left flat finger tip.
38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance toward A, at the same time executing a high guarding block to A with a knife hand.
39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance toward B, at the same time executing a high guarding block to B with a knife hand.

END: Move the left foot to a ready stance C facing D.