

YON-GAE

Movements: 49

Ready Position: Warrior Ready Stance A (Moosa Chunbi Sogi A)

Is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last to figures of 649AD, the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of there troops at Ansi Sung.

New Moves

L Stance Reverse Knife-Hand Low Guarding Block
Niunja So Sonkal Dung Najunde Daebi Makgi

Walking Stance Long Fist High Punch
Gunnun So Ghin Joomuk Nopunde Jirugi

L Stance X-Fist Checking Block
Niunja So Kyocha Joomuk Momchau Makgi

Flying Knife-Hand Side Strike
Twimyo Sonkal Yop Taerigi

Walking Stance Knife-Hand Low Reverse Outward Block
Gunnun So Sonkal Najunde Bandae Bakuro Makgi

Rear Foot Stance Inner Forearm Waist Block
Dwitbal So An Palmok Hori Makgi

Sitting Stance Reverse Knife-Hand W-Shape Block
Annun So Sonkal Dung San Makgi

X-Stance Back Fist Downward Strike
Kyocha So Dung Joomuk Naeryo Taerigi

Sitting Stance Twin Straight Forearm Checking Block
Annun So Sang Son Palmok Momchau Makgi

X-Stance Forefist Upward Punch
Kyocha So Ap Joomuk Ollyo Jirugi

L Stance Knife-Hand High Outward Strike
Niunja So Sonkal Nopunde Bakuro Taerigi

Walking Stance Reverse Knife-Hand Low Inward Block
Gunnun So Sonkal Dung Najunde Anuro Makgi

UL-JI

Movements: 42

Ready Position: Parallel Stance with an X Back Hand

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 612AD, Ul-Ji employing hit and run guerrilla 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.

New Moves

Walking Stance Twin Side Fist Horizontal Strike
Gunnun So Sang Yop Joomuk Soopyong Taerigi

Walking Stance Knife-Hand High Reverse Front Strike
Gunnun So Sonkal Nopunde Bandae Ap Taerigi

Sitting Stance Front Elbow Strike
Annun So Ap Palkup Taerigi

Walking Stance Forearm Reverse Rising Block
Gunnun So Palmok Bandae Chookyo Makgi

Walking Stance High Reverse Punch
Gunnun So Nopunde Bandae Jirugi

Flying High Kick
Twimyo Nopi Chagi

Walking Ready Stance
Gunnun Chunbi Sogi

L Stance X-Fist Pressing Block
Niunja So Kyocha Joomuk Noollo Makgi

L Stance Inner Forearm Middle Wedging Block
Niunja So An Palmok Kaunde Hechyo Makgi

Fixed Stance Palm Pushing Block
Gojong So Sonbadak Miro Makgi

X Stance Twin Elbow Horizontal Thrust
Kyocha So Sang Palkup Soopyong Tulgi

Fixed Stance X-Knife-Hand Middle Checking Block
Gojong So Kyocha Sonkal Kaunde Momchau Makgi

L Stance Palm Upward Block
Niunja So Sonbadak Ollyo Makgi

Backward Double Step Jumping
Dwiro Ibo Omgyo Didimyo Twigi

MOON-MOO

Movements: 61

Ready Position: Parallel Ready Stance (Narani Junbi Sogi)

Honors 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 forever defend my land against the Japanese'. It is said that 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 symbolise the last two figures of 661AD when Moon Moo came to the throne.

New Moves

Sitting Stance Flat Fingertip Middle Thrust
Annun So Opun Sonkut Kaunde Tulgi

X Stance Knife-Hand Side Strike
Kyocho So Sonkal Yop Taerigi

One Leg Stance Knife-Hand Outward Block
Waebal So Sonkal Bakuro Makgi

Rear Foot Stance Palm Downward Block
Dwitbal So Sonbadak Naeryo Makgi

Sitting Stance Side Fist Middle Side Strike
Annun So Yop Joomuk Kaunde Yop Taerigi

Sitting Stance Knife-Hand Low Side Block
Annun So Sonkal Najunde Yop Makgi

Side Pushing Kick
Yopcha Milgi

High Twisting Kick
Nopunde Bituro Chagi

Side Checking Kick
Yopcha Momchoogi

Side Thrusting Kick
Yopcha Tulgi

X Stance Low Punch
Kyocho So Najunde Jirugi

Walking Stance Arc-Hand Reverse Rising Block
Gunnun So Bandalson Bandae Chookyo Makgi