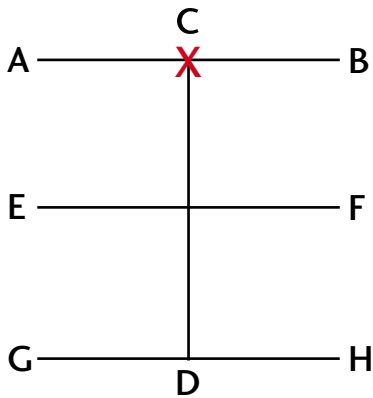


SE-JONG

(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 digram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.)



The descriptions for this pattern assume that the student starts standing on line AB and facing D.

READY POSTURE: 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 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 one-leg 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.