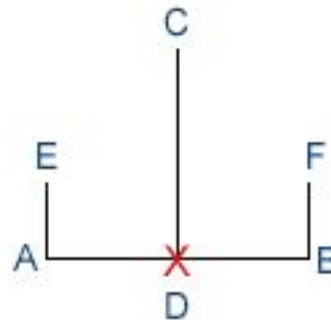




### KODANG

#### Movements - 45

#### Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW



- 1 Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
- 2 Execute a middle hooking block to D with the right palm while standing up toward D.
- 3 Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 4 Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
- 5 Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
- 6 Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
- 7 Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
- 8 Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
- 9 Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
- 10 Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
- 11 Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- 12 Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
- 13 Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.

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# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 14 Execute a middle hooking block to D with the left palm while standing up toward D.
- 15 Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 16 Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
- 17 Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
- 18 Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
- 19 Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
- 20 Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
- 21 Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
- 22 Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
- 23 Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 24 Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
- 25 Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
- 26 Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
- 27 Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
- 28 Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
- 29 Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
- 30 Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
- 31 Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.



# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

- 32 Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
  - 33 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 downward block with the left outer forearm.
  - 34 Execute a dodging reverse HOOKING kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
  - 35 Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
  - 36 Execute a dodging reverse HOOKING kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
  - 37 Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
  - 38 Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
  - 39 Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
  - 40 Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
  - 41 Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
  - 42 Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
  - 43 Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
  - 44 Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
  - 45 Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.
- END: Bring the right foot back to a ready posture.