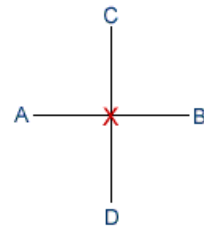


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39 moves
Closed Ready Stance

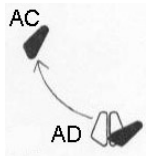


Moa chunbi sogi C



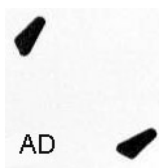
1. Move the right foot to AC to form a sitting stance toward AD, at the same time executing a middle pushing block to AD with the left palm.

Annun so sonbatak kaunde yopap miro makgi



2. Execute a middle punch to AD with the right fist, maintaining a sitting stance toward AD.

Anuun so ap jumok kaunde ap jirugi



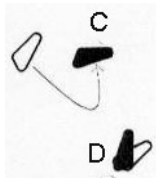
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3. Move the right foot on line CD, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

Niuja so palmok kaunde daebi makgi



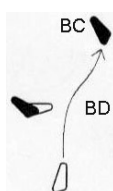
4. Execute a low block to AD with the right outer forearm and a middle side block to D with the left inner forearm, maintaining a right L-stance toward D.

Niunja so an palmok kaunde bandae bakuro makgi palmok najunde barao makgi



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.

Annun so sonbadak kaunde yopap miro makgi



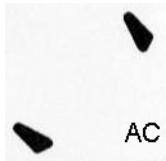
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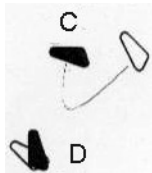
6. Execute a middle punch to BD with the right fist, maintaining a sitting stance toward BD.

Annun so ap jumok kaunde ap jirugi



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.

Niunja so palmok kaunde daebi makgi



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.

**Niunja so an palmok kaunde bandae bakuro makgi
palmok najunde baro makgi**



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9. Turn the face toward C forming a left bending ready stance B toward D.

Guburio junbi sogi B



10. Execute a middle back piercing kick to C with the right foot.

Kaunde dwitscha jirugi



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

Niunja so sonkal kaunde bakuro makgi



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- 12.** Turn the face toward C forming a right bending ready stance B toward D.

Guburio junbi sogi B



- 13.** Execute a middle back piercing kick to C with the left foot.

Kaunde dwitsch jirugi



- 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.

Niunja so sonkal kaunde bakuro makgi



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- 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.

Niunja so sun palkup naeryo tulgi



- 16.** 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.

Niunja so sun palkup naeryo tulgi



- 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.
Perform in slow motion

Gunnun so sonbatak bandae nullo makgi



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- 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.

Perform in slow motion

Gunnun so sonbatak bandae nullo makgi



- 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.

Niunja so palmok naeryo makgi



- 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.

Niunja so palmok naeryo makgi



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- 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.

Dwitbal so sonbatak ollyo makgi



- 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.

Dwitbal so sonbatak ollyo makgi



- 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.

Kaunde yopapcha busigi



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- 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.

Gunnun so sang sonkal nopunde anuro taerigi



- 25.** Execute a rising block with the left knife hand, maintaining a left walking stance toward D

Perform 24 and 25 in a continuous motion

Gunnun so sonkal baro chukyo makgi



- 26.** Execute a low guarding block to D with a knife hand, while forming a right L-stance toward D, pulling the left foot.

Niunja so sonkal najunde daebi makgi



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- 27.** Execute a downward punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.

Gunnun so ap jumok bandae naeryo jirugi



- 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.

Dwiro ibo omgyo didimyo mikulgi, niunja so sonkal kaunde daebi makgi



- 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.

niunja so sonkal kaunde daebi makgi



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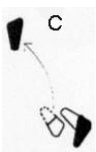
- 30.** Jump to D to form a right X-stance toward BD, while executing a high side strike to D with the right back fist.

Kyocha so dung jumok nopunde baro bakuro taerigi



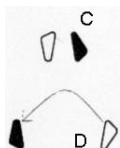
- 31.** Move the left foot to C, forming a left walking stance toward C, at the same time executing a high side block to C with the left outer forearm.

Gunnun so bakat palmok nopunde baro yop makgi



- 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.

Gunnun so bakat palmok nopunde baro yop makgi



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- 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.

Niunja so ap jumok baro dwijibo jirugi



- 34.** Execute a middle hook kick to A with the right foot.

Kaunde golcho chagi



- 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.

Niunja so opun sonkut nopunde bakuro gutgi



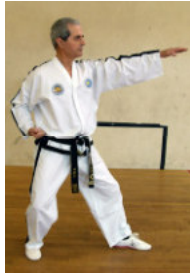
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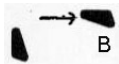
- 36.** Bring the right foot to the left foot and then execute a middle hook kick to B with the left foot.

Kaunde golcho chagi



- 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.

Niunja so opun sonkut nopunde bakuro gutgi



- 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.

Niunja so sonkal nopunde daebi makgi



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- 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.

Niunja so sonkal nopunde daebi makgi



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

Moa junbi sogi C

