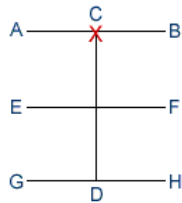


SE-JONG

is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



SE-JONG

Movements – 24

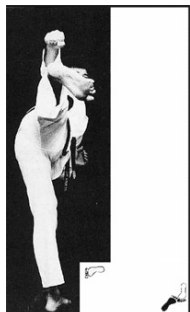
Ready Posture – CLOSED READY STANCE B



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.



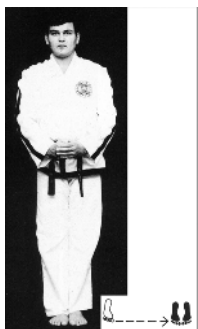
3. Execute a middle side piercing kick to D with the right foot.



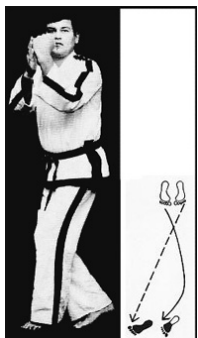
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.



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.



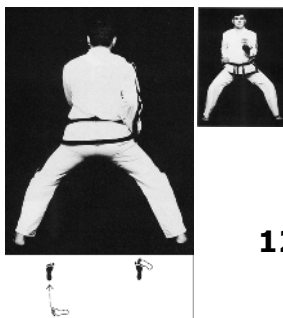
- 9.** Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.



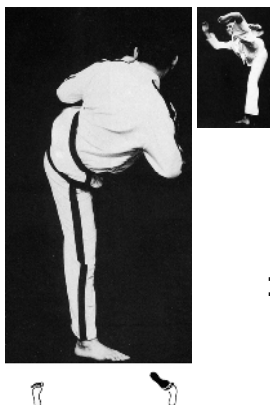
- 10.** Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip.



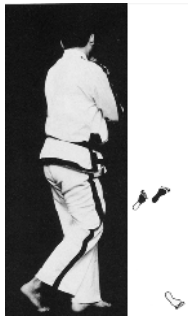
- 11.** Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist.



- 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.

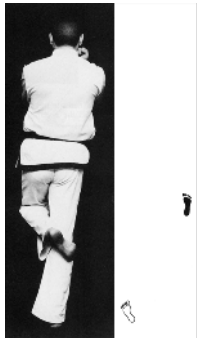


- 19.** Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.



- 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.



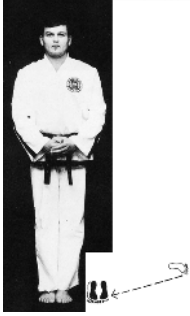
- 22.** Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.



- 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.