

Se-Jong
Close Ready Stance B

1. Step left foot into a left walking stance (facing west) while executing a (straight) low defense.
2. Step left foot to right foot and step right foot into a left L-stance (facing east) while executing a twin forearm block.
- 3a. Maintain block while pivoting counterclockwise on left foot and executing a (high, right leg) side piercing kick to the north.
- 3b. In a continuous movement, set down into a straddle stance (facing west) and step left foot into a left walking stance (facing west) while executing a (straight) high rising block.
4. Step left foot to right foot and step right foot into a straddle stance (facing north) while executing a (outward) single knife-hand strike to the east.
5. Step right foot into a close ready stance B (facing north).
6. Jump to the north into a left X-stance (facing east) while executing a (high, forward) straight back-fist strike to the north (bring right fingers to left wrist).
7. Step right foot into a right walking stance (facing east) while executing a (middle) straight punch.
8. Half-step right foot to the north, turn counterclockwise and step left foot into a right L-stance (facing west) while executing a guarding block.
9. Step right foot into a right walking stance (facing west) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
10. Step right foot to left foot and step left foot into a left walking stance (facing east) while executing a (high, outward) straight back-fist strike.
11. Step left foot into a straddle stance (facing south) while executing a (forward) left scooping block.
- 12a. Execute a (high, left leg) turning kick to the south.
- 12b. Set down by jumping to the south into a left X-stance (facing south) while executing a (straight) double forearm block.
13. Step right foot into a straddle stance (facing south) while executing a (middle) measured right hand punch.
14. Maintain straddle stance (facing south) while executing a left double-motion back-fist.
15. Cross right foot behind left foot and step left foot into a left diagonal stance (facing south) while executing a (low, downward) double palm heel block.
16. Shift left foot into a left walking stance (facing south) while executing a (straight) redirection block (pivoting into a right walking stance facing west).
17. Snap left foot into a right one legged stance (facing south) while simultaneously executing a (low, rearward) left side block to the east and a (high, rearward) right outer forearm block to the west (both palms facing west).
18. Step left foot rearward into a right walking stance (facing south) while executing a reverse pressing block.
19. Snap left foot into a right one-legged stance (facing south) while simultaneously executing a (left leg) trapping block (left foot to back of right knee) and a (high, forward) right back-fist strike (left palm to back of right wrist).
20. Spin clockwise on right foot and step left foot rearward to the south into a left L-

- stance (facing north) while executing a left #3 elbow strike to the south.
21. Step right foot into a left L-stance (facing east) while executing a double knife-hand block.
 22. Step right foot to left foot and step left foot into a right L-stance (facing west) while executing a (middle) reverse punch.

Move Left Foot To Paro

Pattern Count: 22

(Techniques: 24)

Definition: **Se-Jong**: The 24 movements of this pattern reminds the student that they have learned their basics,(their alphabet so to speak).Now they can begin their study of Se-Jong in earnest.

(Designated School Pattern also for 1st.Degree.)