

Moon-Moo
Parallel Ready Stance

1. Draw left foot into a right bending ready stance (facing west).
- 2a. Maintain right bending ready stance while executing a (middle, left leg) measured side-piercing kick to the west.
- 2b. Maintain right bending ready stance while executing a (high, left leg) measured side-piercing kick to the west.
- 3a. Maintain right bending ready stance while executing a (middle, left leg) side-piercing kick to the west.
- 3b. Maintain right bending ready stance while executing a (high, left leg) side-piercing kick to the west.
4. Set down into a straddle stance (facing north) while executing a (middle) right flat-finger strike.
- 5a. Spin clockwise on left foot while executing a (high, right leg) reverse turning kick to the west.
- 5b. Set down by jumping to the west into a right X-stance (facing south) while executing a (middle, outward) straight knife-hand strike to the west.
6. Step left foot into a left walking stance (facing east) while executing a straight pressing block.
7. Maintaining hand positions, step into a right walking stance (facing east) while executing a straight pressing block.
8. Draw left foot into a right one legged stance (facing north), then simultaneously execute a (high, outward) left knife-hand block to the north and a (low, rearward) right side block (with the knife-hand) to the east (hands start crossed in front).
9. Set left foot down beside right foot and draw right foot into a left bending ready stance (facing east).
- 10a. Maintain left bending ready stance while executing a (middle, right leg) measured side-piercing kick to the east.
- 10b. Maintain left bending ready stance while executing a (high, right leg) measured side-piercing kick to the east.
- 11a. Maintain left bending ready stance while executing a (middle, right leg) side-piercing kick to the east.
- 11b. Maintain left bending ready stance while executing a (high, right leg) side-piercing kick to the east.
12. Set down into a straddle stance (facing north) while executing a (middle) left flat-fingertip strike.
- 13a. Spin counterclockwise on right foot while executing a (high, left leg) reverse turning kick to the east.
- 13b. Set down by jumping to the east into a left X-stance (facing south) while executing a (middle, outward) straight knife-hand strike to the east.
14. Step right foot into a right walking stance (facing west) while executing a straight pressing block.
15. Maintaining hand positions, step into a left walking stance (facing west) while executing a straight pressing block.
16. Draw right foot into a left one legged stance (facing north), then simultaneously execute a (high, outward) right knife-hand block to the north and a (low, rearward) left side block (with the knife-hand) to the west (hands start crossed in front).

17. Snap hands into a kicking position while looking over right shoulder and lowering stance by bending left knee.
- 18a. Execute a (high, right leg) side piercing kick to the south.
- 18b. Set down rearward into a left walking stance (facing north) while executing a (middle) reverse punch.
19. Snap hands into a kicking position while forming a (lowered) right one legged stance (facing north) while looking over left shoulder.
- 20a. Execute a (high, left leg) side piercing kick to the south.
- 20b. Set down rearward into a right walking stance (facing north) while executing a (middle) reverse punch.
21. Step right foot rearward and scoot rearward to the south into a right rear foot stance (facing north) while executing a (downward, guarded) left palm block at the hip (right side-fist to left shoulder).
- 22a. Maintain palm block while executing a (high, left leg) front-snap kick to the north.
- 22b. Set down by half-stepping left foot to the north, turn clockwise and step right foot into a straddle stance (facing east) while executing a right side punch to the south.
23. Maintaining straddle stance, scoot half a stance to the south while executing a (forward) left scooping block to the east.
24. Maintain straddle stance while executing a (middle) right hand punch to the east.
25. Maintain straddle stance while executing a (low) left knife-hand block to the north.
- 26a. Maintaining hand positions, step left foot to right foot and execute a (high, right leg) side piercing kick to the south.
- 26b. Set down beside left foot and spin counterclockwise while executing a (high, left leg) reverse turning kick to the south.
- 26c. Set down into a left walking stance (facing south) while executing a (straight, outward) single knife-hand block.
27. Step left foot rearward and scoot rearward to the north into a left rear foot stance (facing south) while executing a (downward, guarded) right palm block at the hip (left side-fist to right shoulder).
- 28a. Maintain palm block while executing a (high, right leg) front-snap kick to the south.
- 28b. Set down by half-stepping right foot to the south, turn counterclockwise and step left foot into a straddle stance (facing east) while executing a left side punch to the north.
29. Maintaining straddle stance, scoot half a stance to the north while executing a (forward) right scooping block to the east.
30. Maintain straddle stance while executing a (middle) left hand punch to the east.
31. Maintain straddle stance while executing a (low) right knife-hand block to the south.
- 32a. Maintaining hand positions, step right foot to left foot and execute a (high, left leg) side piercing kick to the north.
- 32b. Set down beside right foot and spin clockwise while executing a (high, right leg) reverse turning kick to the north.
- 32c. Set down into a right walking stance (facing north) while executing a (straight, outward) single knife-hand block.
- 33a. Maintaining hand positions, step left foot over right foot and execute a (middle, right leg) twisting kick to the northeast.
- 33b. Set down rearward into a left walking stance (facing north) while executing a reverse double-motion back-fist (right foot is retracted to left knee while stepping

- for first back-fist; second back-fist is completed in walking stance).
- 34a. Maintaining hand positions, step right foot over left foot and execute a (middle, left leg) twisting kick to the northwest.
 - 34b. Set down rearward into a right walking stance (facing north) while executing a reverse double-motion back-fist (left foot is retracted to right knee while stepping for first back-fist; second back-fist is completed in walking stance).
 35. Execute a left leg sweeping kick to the north while snapping into a right bending ready stance (facing north).
 - 36a. Maintain right bending ready stance while executing a (low, left leg) side piercing kick to the north.
 - 36b. Maintain right bending ready stance while executing a (high, left leg) side piercing kick to the north.
 37. Set down into a right L-stance (facing north) while executing a (high, outward) straight knife-hand strike to the north.
 38. Execute a right leg sweeping kick to the north while snapping into a left bending ready stance (facing north).
 - 39a. Maintain left bending ready stance while executing a (low, right leg) side piercing kick to the north.
 - 39b. Maintain left bending ready stance while executing a (high, right leg) side piercing kick to the north.
 40. Set down into a left L-stance (facing north) while executing a (high, outward) straight knife-hand strike.
 41. Move right foot to left foot while pivoting counterclockwise and stepping right foot rearward into a left walking stance (facing south) while executing a reverse punch.
 42. Jump to the south into a (low) right X-stance (facing south) while executing a (downward, guarded) reverse punch (right side-fist to the left shoulder).
 43. Turning counterclockwise, jump to the north into a (low) left X-stance (facing north) while executing a (downward, guarded) reverse punch (left side-fist to the right shoulder).
 - 44a. Jump upward executing a (right leg) jump back-side-piercing kick to the north landing in a left bending ready stance (facing north).
 - 44b. Set down into a left L-stance (facing north) while executing a double knife hand block.
 45. Step right foot over left then step left foot rearward into a right walking stance (facing north) while executing a (high) reverse arc hand strike.
 46. Maintaining right walking stance while executing a (high) straight punch to the north.

Move Right Foot To Paro

Pattern Count: 46

(Techniques: 65)

Definition: **Moon-Moo:** The student who performs this pattern should strive to recognize the dignity and honor of every person.
 (4th. Degree Pattern with Blue Dot.)