

**Yon-Gae**  
**Parallel Stance, Hands in #3 Elbow Strike on Left Hip**

1. Step right foot rearward into a right L-stance (facing north) while simultaneously executing a (low) left ridge-hand block and a (low) right knife-hand guard to the west.
2. Shift right foot into a left walking stance (facing north) while executing a (high) reverse extended fist.
3. Step left foot rearward into a left L-stance (facing north) while executing a guarding block.
4. Jump (high) to the north while executing a (high, outward) straight knife-hand strike; maintaining hand positions, land in a left L-stance (facing north).
5. Scoot rearward maintaining left L-stance while executing a (middle) X-block to the north.
6. Shift right foot into a right walking stance (facing north) while executing a straight cross-cut (with the loose fingertips raking the eyes).
7. Draw right foot rearward into a left rear-foot stance (facing north) while executing a (downward) block at the hip with the right elbow.
8. Jump to the north into a left X-stance (facing north) while executing a (high, forward) straight back-fist strike to the north.
9. Step right foot rearward into a left walking stance (facing north) while executing a reverse low defense (with the knife hand).
10. Draw right foot forward into a parallel stance (facing north) while executing a (high) measured left hooking block.
11. Maintain parallel stance while executing a (middle) right hand punch to the north.
12. Step left foot rearward into a left L-stance (facing north) while simultaneously executing a (low) right ridge-hand block and a (low) left knife-hand guard to the west.
13. Shift left foot into a right walking stance (facing north) while executing a (high) reverse extended fist.
14. Step right foot rearward into a right L-stance (facing north) while executing a guarding block.
15. Jump (high) to the north while executing a (high, outward) straight knife-hand strike; maintaining hand positions, land in a right L-stance (facing north).
16. Scoot rearward maintaining right L-stance while executing a (middle) X-block to the north.
17. Shift left foot into a left walking stance (facing north) while executing a straight cross-cut (with the loose fingertips raking the eyes).
18. Draw left foot rearward into a right rear-foot stance (facing north) while executing a (downward) block at the hip with the left elbow.
19. Jump to the north into a right X-stance (facing north) while executing a (high, forward) straight back-fist strike to the north.
20. Step left foot rearward into a right walking stance (facing north) while executing a reverse low defense (with the knife hand).
21. Draw left foot forward into a parallel stance (facing north) while executing a (high) measured right hooking block.
22. Maintain parallel stance while executing a (middle) left hand punch to the north.
23. Step right foot into a straddle stance (facing north) while executing a W-block (with

- the right knife-hand and the left ridge hand).
24. Step left foot over right foot into a left X-stance (facing north) while thrusting both elbows to the sides (fists palm down; open hands start crossed in front of neck).
  25. Step right foot into a straddle stance (facing north) while executing a checking block (with both inner forearms).
  26. Step left foot over right foot into a left X-stance (facing north) while executing a (guarded) reverse uppercut to the north (left side-fist to right shoulder).
  - 27a. Step left foot into a parallel stance (facing north) and spin clockwise on left foot while executing a (high, right leg) reverse turning kick to the west.
  - 27b. Set down to the west the width of a straddle stance and execute a (high, left leg) side piercing kick to the west.
  - 27c. Set down by jumping to the west into a left X-stance (facing north) while executing a (middle, downward) back fist strike to the west.
  28. Step left foot into a straddle stance (facing north) while executing a W-block (with the left knife-hand and the right ridge hand).
  29. Step right foot over left foot into a right X-stance (facing north) while thrusting both elbows to the sides (fists palm down; open hands start crossed in front of neck).
  30. Step left foot into a straddle stance (facing north) while executing a checking block (with both inner forearms).
  31. Step right foot over left foot into a right X-stance (facing north) while executing a (guarded) reverse uppercut to the north (right side-fist to left shoulder).
  - 32a. Step right foot into a parallel stance (facing north) and spin counterclockwise on right foot while executing a (high, left leg) reverse turning kick to the east.
  - 32b. Set down to the east the width of a straddle stance and execute a (high, right leg) side piercing kick to the east.
  - 32c. Set down by jumping to the east into a right X-stance (facing north) while executing a (middle, downward) back fist strike to the east.
  33. Step left foot rearward into a left L-stance (facing north) while executing a guarding block.
  34. Spin counterclockwise on right foot into a parallel stance (facing east) and snap into a left rear foot stance (facing south) while executing a (downward) block at the waist with the right outer forearm (left fist to left hip).
  35. Half-step right foot to the south, turn counterclockwise and stomp left foot into a right L-stance (facing north) while executing a (high, outward) straight knife hand strike.
  36. Scoot to the south maintaining the right L-stance (facing north) while executing a guarding block.
  37. Spin clockwise on left foot into a parallel stance (facing west) and snap into a right rear foot stance (facing south) while executing a (downward) block at the waist with the left outer forearm (right fist to right hip).
  38. Half-step left foot to the south, turn clockwise and stomp right foot into a left L-stance (facing north) while executing a (high, outward) straight knife hand strike.
  39. Spin counterclockwise on left foot and step right foot rearward into a right L-stance (facing north) while executing a guarding block.
  - 40a. Execute a (right leg) jump back side piercing kick to the north, land in a left bending ready stance.
  - 40b. Set down in a left L-stance (facing north) while executing a double knife hand block.
  - 41a. Execute a (left leg) jump back side piercing kick to the north, land in a right

- bending ready stance.
- 41b. Set down in a right L-stance (facing north) while executing a double knife hand block.
  42. Shift right foot into a left walking stance (facing north) while executing a (low, inward, guarded) reverse ridge hand block (left side-fist to right shoulder).
  43. Step left foot rearward into a left L-stance (facing north) while executing a left #3 elbow-strike to the east.
  44. Shift left foot into a right walking stance (facing north) while executing a (low, inward, guarded) reverse ridge hand block (right side-fist to left shoulder).
  45. Step right foot rearward into a right L-stance (facing north) while executing a right #3 elbow-strike to the west.

### **Move Right Foot To Paro**

Pattern Count: 45

(Techniques: 51)

Definition: **Yong-Gae**: The student who practices Yong-Gae is reminded how important it is to be willing to do whatever is necessary in order to continue training.

**(3<sup>nd</sup>. Degree Pattern with Green Dot.)**