

Choi-Yong
Close Ready Stance C

1. Snap left foot into a right rear-foot stance (facing north) while executing a guarding block.
2. Maintain rear-foot stance while executing a (high) straight middle knuckle punch to the north (right hand maintains guard).
3. Turn clockwise and snap right foot into a left rear-foot stance (facing south) while executing a guarding block.
4. Maintain rear-foot stance while executing a (high) straight middle knuckle punch to the south (left hand maintains guard).
5. Turn counterclockwise and step left foot into a left walking stance (facing north) while executing a (straight) high-rising block (with the knife-hand).
6. Maintain left walking stance while executing a (reverse) circle block to the north.
7. Maintain left walking stance while executing a (middle) straight punch to the north.
8. Half-step left foot to the east, step right foot into a right walking stance (facing south) while executing a (straight) high-rising block (with the knife-hand).
9. Maintain right walking stance while executing a (reverse) circle block to the south.
10. Maintain right walking stance while executing a (middle) straight punch to the south.
11. Half-step right foot to the east, step left foot into a right L-stance (facing north) while executing a (low) double knife-hand block.
- 12a. Pivot left foot to the northwest and execute a (high, right leg) turning kick to the northeast.
- 12b. Set down (half a stance width) to the north and execute a (high, left leg) reverse turning kick to the north-northeast.
- 12c. Execute a (high, left leg) side-piercing kick to the north.
- 12d. Set down into a left walking stance (facing north) while executing a reverse #2 elbow strike while pulling left palm to right elbow (right fist is palm down in crook of left elbow).
13. Half-step left foot to the east, step right foot into a left L-stance (facing south) while executing a (low) double knife-hand block.
- 14a. Pivot right foot to the southwest and execute a (high, left leg) turning kick to the southeast.
- 14b. Set down (half a stance width) to the south and execute a (high, right leg) reverse turning kick to the south-southeast.
- 14c. Execute a (high, right leg) side-piercing kick to the south.
- 14d. Set down into a right walking stance (facing south) while executing a reverse #2 elbow strike while pulling right palm to left elbow (left fist is palm down in crook of right elbow).
15. Step left foot into a left walking stance (facing south) while executing a (measured) straight pressing block.
16. Step right foot into a right walking stance (facing south) while executing a (measured) straight pressing block.
17. Step right foot rearward (crossing) left foot, spin counterclockwise on right foot and step left foot into a left walking stance (facing north) while executing a (high, rearward) wedging block to the sides (with the knife-hands; arms are like W-block

- with palms facing outward).
- 18a. Maintain block while executing a (high, right leg) front snap kick to the north.
 - 18b. Set down rearward into a right L-stance (facing north) while executing a guarding block.
 19. Step right foot into a right walking stance (facing north) while executing a (high, rearward) wedging block to the sides (with the knife-hands; arms are like W-block with palms facing outward).
 - 20a. Maintain block while executing a (high, left leg) front snap kick to the north.
 - 20b. Pivot clockwise on right foot and set down rearward into a left L-stance (facing south) while executing a guarding block.
 21. In a continuous motion, step right foot to the east (approximate right diagonal stance); Step left foot behind right foot to the south (approximate right X-stance); Step right foot to the south (half stance length). Spin counterclockwise on right foot and scoot rearward to the south into a left L-stance (facing north) while executing a guarding block.
 22. Step left foot into a left walking stance (facing north) while executing a (high) straight flat-finger strike.
 23. Half step left foot to the east, step right foot into a right walking stance (facing south) while executing a (high) straight flat-finger strike.
 - 24a. Step left foot into a parallel stance (facing east) while executing a (high) left hooking block.
 - 24b. Maintain parallel stance while executing a (middle) right hand punch to the west.
 25. Snap left leg into a right bending ready stance facing east.
 - 26a. Execute a (high, left leg) side piercing kick to the east.
 - 26b. Set down by jumping to the east into a left X-stance (facing south) while executing a (high, forward) straight back-fist strike to the east (right finger-belly to left wrist).
 - 27a. Step right foot into a parallel stance (facing south) and execute a (high, left leg) reverse turning kick to the west.
 - 27b. Set down into a right L-stance facing west while executing a (high, outward) straight knife-hand strike.
 - 28a. Step right foot into a parallel stance (facing west) while executing a (high) right hooking block.
 - 28b. Maintain parallel stance while executing a (middle) left hand punch to the west.
 29. Snap right leg into a left bending ready stance facing west.
 - 30a. Execute a (high, right leg) side piercing kick to the west.
 - 30b. Set down by jumping to the west into a right X-stance (facing south) while executing a (high, forward) straight back-fist strike to the west (left finger-belly to right wrist).
 - 31a. Step left foot into a parallel stance (facing south) and execute a (high, right leg) reverse turning kick to the east.
 - 31b. Set down into a left L-stance facing east while executing a (high, outward) straight knife-hand strike.[right hand]

Pattern Count: 31

Move Left Foot To Paro

(Techniques: 45)

Definition: **Choi-Yong:** Performing this pattern reminds the student how important it is to have integrity and purity of intention, and how costly those values can be. (6th. Degree Pattern Plain Black Belt with no Dots.)