

Ko-Dang
Close Ready Stance C

1. Step right foot into a straddle stance (facing northeast) while executing a (middle, inward) left pushing block (fingers upright facing east-southeast).
2. Maintain straddle stance while executing a (middle) right hand punch to the northeast.
3. Step right foot rearward into a right L-stance (facing north) while executing a guarding block.
4. Maintain right L-stance while simultaneously executing a straight inner forearm block and a reverse low defense.
5. Step left foot rearward into a straddle stance (facing northwest) while executing a (middle, inward) right pushing block (fingers upright facing west-southwest).
6. Maintain straddle stance while executing a (middle) left hand punch to the northwest.
7. Step left foot rearward into a left L-stance (facing north) while executing a guarding block.
8. Maintain left L-stance while simultaneously executing a straight inner forearm block and a reverse low defense.
9. Snap hands into a kicking position while forming a (lowered) left one legged stance (facing north) while looking over right shoulder.
- 10a. Execute a (high, right leg) side piercing kick to the south.
- 10b. Set down rearward into a right L-stance (facing north) while executing a (straight) single knife-hand block.
11. Snap hands into a kicking position while forming a (lowered) right one legged stance (facing north) while looking over left shoulder.
- 12a. Execute a (high, left leg) side piercing kick to the south.
- 12b. Set down rearward into a left L-stance (facing north) while executing a (straight) single knife-hand block.
13. Step right foot rearward into a right L-stance (facing north) while executing a (downward) block at the waist with the left elbow.
14. Step left foot rearward into a left L-stance (facing north) while executing a (downward) block at the waist with the right elbow.
15. Step left foot into a left walking stance (facing north) while executing a (measured) straight pressing block.
16. Step right foot into a right walking stance (facing north) while executing a (measured) straight pressing block.
17. Step right foot rearward into a right L-stance (facing north) while executing a (straight) low defense.
18. Step right foot into a left L-stance (facing north) while executing a (straight) low defense.
19. Snap left foot into a right rear-foot stance (facing north) while executing a (straight, inward) scooping block (elbow at point of hip, palm extended north-northeast).
20. Snap right foot into a left rear-foot stance (facing north) while executing a (straight, inward) scooping block (elbow at point of hip, palm extended north-northwest).
- 21a. Maintain block while executing a (high, left leg) front snap kick to the north.
- 21b. Set down into a left walking stance (facing north) while simultaneously executing (high, inward) knife-hand strikes.

22. Maintain left walking stance while executing a (straight) high rising block to the north (with the knife-hand).
23. Shift left foot into a right L-stance (facing north) while executing a (straight) low defense to the north (with the knife-hand).
24. Shift left foot into a left walking stance (facing north) while executing a (low, downward) reverse punch (punch toward floor while lowering upper body).
25. Step left foot behind right foot, then step right foot rearward into a right L-stance (facing north) and scoot rearward to the south (maintaining stance) while executing a guarding block.
26. Jump straight up and set down into a right L-stance (facing north) while executing a guarding block.
27. Jump to the north into a right X-stance (facing west) while executing a (high, forward) straight back-fist strike to the north.
28. Turn counterclockwise and step left foot into left walking stance (facing south) while executing a straight outer forearm block.
29. Half step left foot to the west, turn clockwise and step right foot into right walking stance (facing north) while executing a straight outer forearm block.
30. Step left foot into a right L-stance (facing north) while executing a (middle, guarded) reverse (middle-knuckle) uppercut (left side-fist to right shoulder).
- 31a. Execute a (high, right leg) hooking kick to the east.
- 31b. Set down into a left L-stance (facing east) while executing a (high, outward) straight knife-hand strike.
- 32a. Turn counterclockwise, step right foot across left foot and execute a (high, left leg) hooking kick to the west.
- 32b. Set down into a right L-stance (facing west) while executing a (high, outward) straight knife-hand strike.
33. Step left foot to right foot then step right foot into a left L-stance (facing east) while executing a double knife-hand block.
34. Step right foot to left foot then step left foot into a right L-stance (facing west) while executing a double knife-hand block.

Move Left Foot To Paro

Pattern Count: 34

(Techniques: 39)

Definition: **Ko-Dang**: This pattern, reminds the Se-Jong student to ask themselves if they are proud and as knowledgeable of their history as they should be. (7th. Degree & Above.)