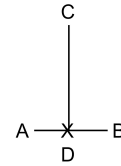


Ko-Dang Tul



The Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people. The pattern begins in Close Ready Stance 'C'.

1. Move the right foot towards AC forming a Sitting Stance towards AD. Perform a Middle Pushing Block with the Left Palm
2. Perform a middle punch to AD with the right fist maintaining a Sitting Stance towards AD
3. Move the right foot on line CD forming a right L stance towards D performing a forearm guarding block towards D
4. Perform a low block to AD with the right outer forearm and a middle block to D with the left inner forearm maintaining a right L stance towards D
5. Move the left foot towards BC forming a Sitting Stance towards BD. Perform a Middle Pushing Block with the Right Palm
6. Perform a middle punch to BD with the left fist maintaining a Sitting Stance towards BD
7. Move the left foot on line CD forming a left L stance towards D performing a forearm guarding block towards D
8. Perform a low block to BD with the left outer forearm and a middle block to D with the right inner forearm maintaining a left L stance towards D
9. Turn to face C firming a left Bending Ready Stance 'B' towards D
10. Perform a middle back piercing kick to C with the left foot
11. Lower the right foot towards C forming a right L stance towards D performing a middle left knife hand block to D
12. Turn to face C firming a right Bending Ready Stance 'B' towards D
13. Perform a middle back piercing kick to C with the right foot
14. Lower the left foot towards C forming a left L stance towards D performing a middle right knife hand block
15. Move the right foot to C forming a right L stance towards D performing a downward thrust to D with a left straight elbow
16. Move the left foot to C forming a left L stance towards D performing a downward thrust to D with right straight elbow
17. Move the left foot to D forming a left walking stance towards D performing a pressing block to D with the right palm
18. Move the right foot to D forming a right walking stance towards D performing a pressing block to D with the left palm
19. Move the right foot towards C forming a right L stance towards D performing a downward block to D with the left outer forearm
20. Move the right foot towards D forming a left L stance towards D performing a downward block to D with the right outer forearm
21. Move the left foot to D forming a right rear foot stance towards D performing an upward block to D with the left palm
22. Move the right foot to D forming a left rear foot stance towards D performing an upward block to D with the right palm
23. Move the right foot to C forming a right rear foot stance and then performing a middle front snap kick to D with the left foot keeping the position of the hands as they were in 22
24. Lower the left foot to D forming a left walking stance towards D while performing a high inward strike with a twin knife hand
25. Perform a left knife hand rising block maintaining a left walking stance towards D. Perform 24 and 25 in a continuous motion.
26. Perform a low knife hand guarding block towards D, pulling the left foot forming a right L stance
27. Perform a right forefist downward punch towards D, slipping the left foot into a left walking stance
28. Move the left foot towards the side rear of the right foot. Then slide to C forming a right L stance towards D performing a knife hand guarding block
29. Jump and land on the same spot performing a knife hand guarding block in a right L stance towards D
30. Jump to D to form a right X-stance toward BD. Perform a right back fist high side strike
31. Move the left foot to C, forming a left walking stance towards C, performing a high side block with the left outer forearm
32. Move the left foot on line CD forming a right walking stance towards D, performing a high side block with the right outer forearm
33. Move the left foot towards D forming a right L stance towards D. Perform an upwards punch to D with the right fist. Bring the left side fist in front of the right shoulder
34. Perform a middle hooking kick to A with the right foot
35. Lower the right foot to A, forming a left L stance towards A performing a high cross cut to A with the right flat fingertip
36. Bring the right foot to the left and then perform a middle hooking kick to B with the left foot
37. Lower the right foot to B, forming a right L stance towards B performing a high cross cut to B with the left flat fingertip
38. Bring the left foot to the right. Move the right foot to A. Form a left L stance performing a high knife hand guarding block.
39. Bring the right foot to the left. Move the left foot to B. Form a right L stance performing a high knife hand guarding block. Shout "Ko Dang" after the breath. Move the Left Foot back to a Ready Posture.