

# **PATTERN YON-GAE**

## ***(YON-GAE TUL)***

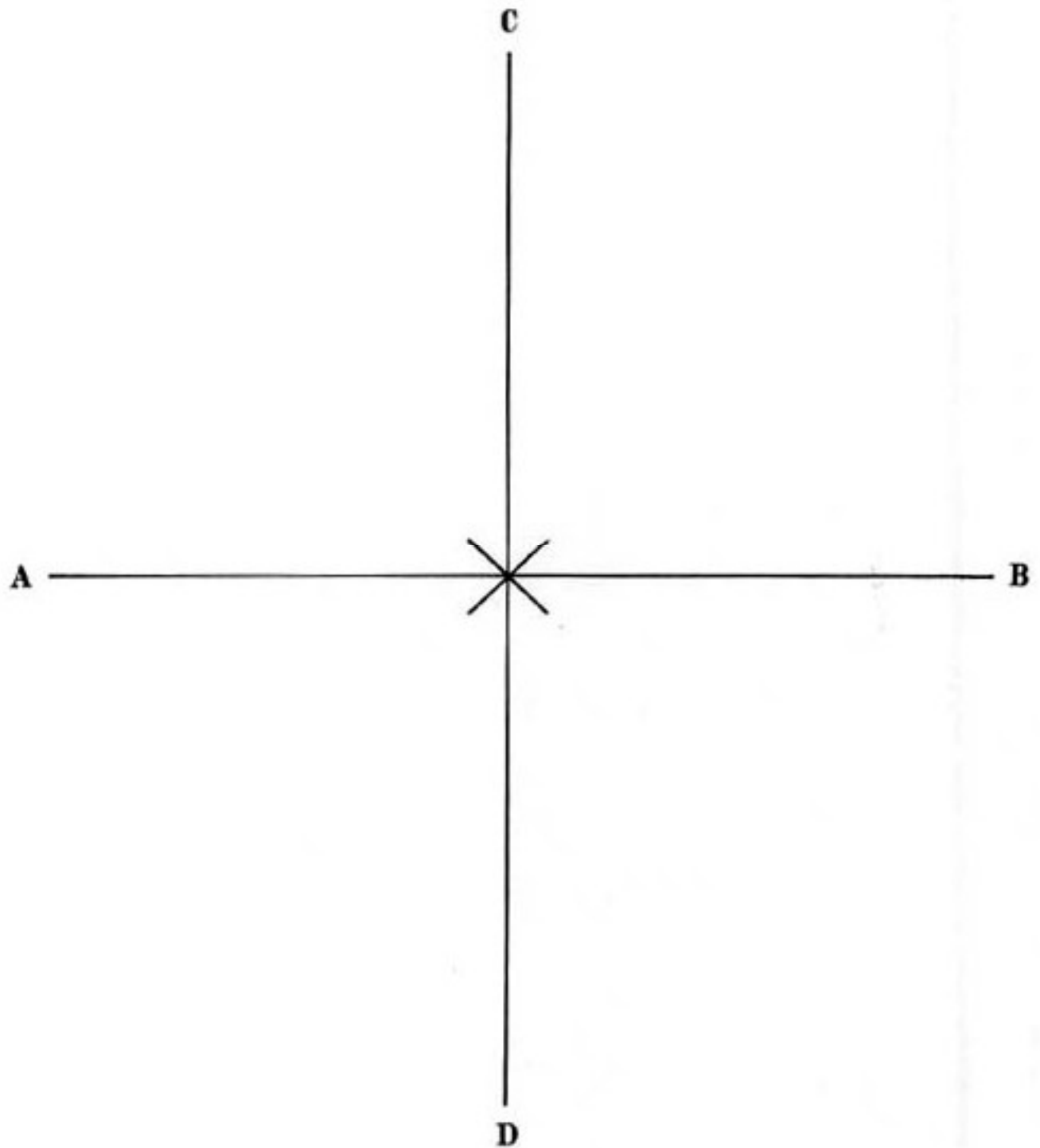
**This pattern is practised by the 4th degree and above.**

**DIAGRAM: +**

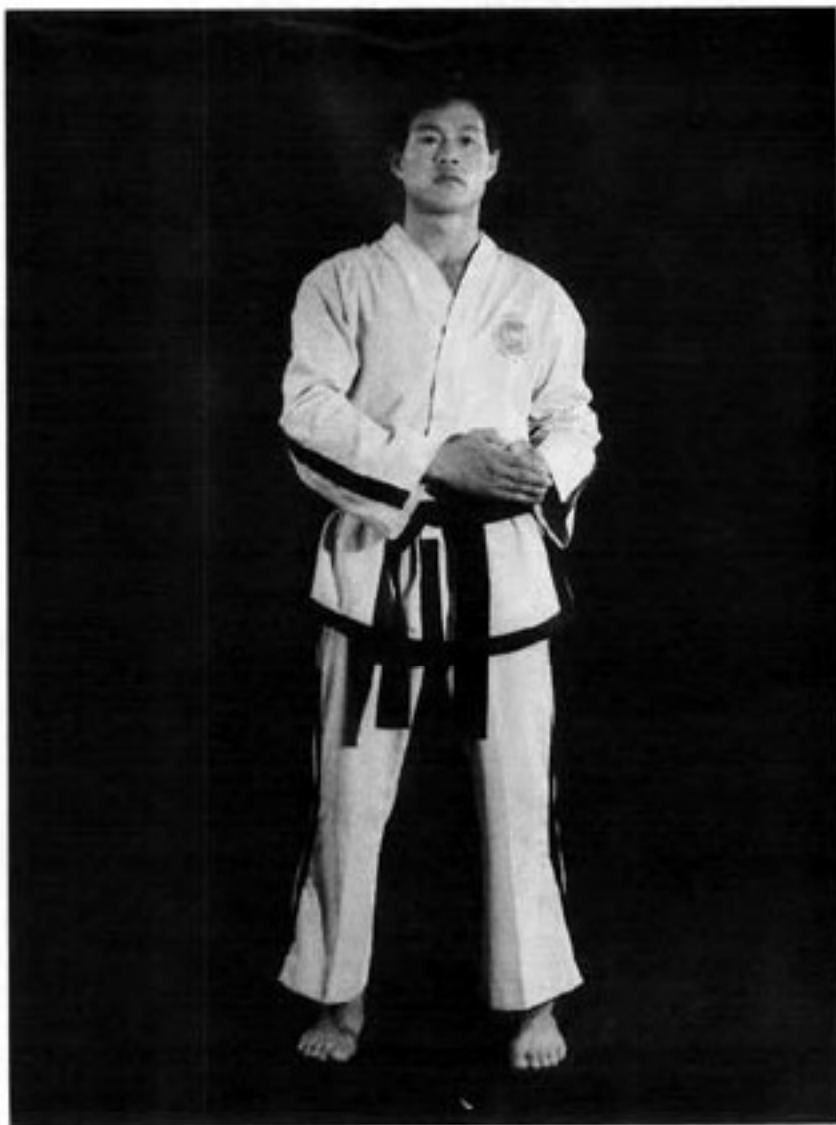
**MOVEMENTS: 49**

**READY POSTURE: SEE THE PICTURE.**

**DIAGRAM** (*Yon Moo Son*)



**Ready Posture (*Junbi Jase*)**

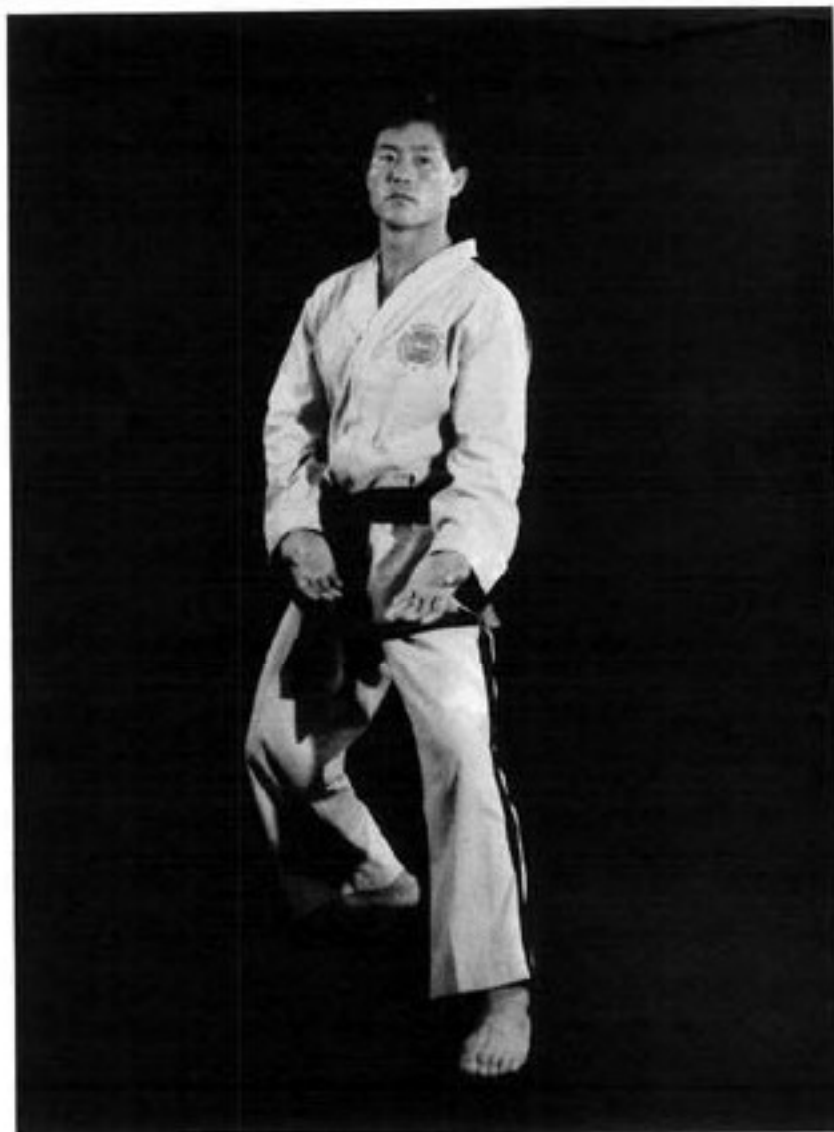


**Parallel stance toward D.**



1. Slide to **C** to form a right L-stance toward **D** while executing a low guarding block to **D** with a reverse knife-hand.

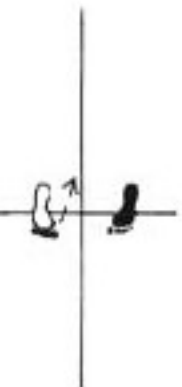
Perform in a circular motion.



Right L-stance reverse knife-hand  
low guarding block toward **D**.



**Previous Posture**



**Application**



**Side View**

- 2. Execute a high punch to D with the right long fist while forming a left walking stance toward D, pivoting with the left foot. Perform in a slow motion.**



**Left walking stance right long fist  
high punch toward D.**

Previous Posture



Application



Side View



Side View

3. Slide to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.



Left L-stance forearm middle guarding block toward D.





Previous Posture



Side View



4. Execute a middle strike to D with the right knife-hand while flying to D, and then land to D, maintaining a left L-stance toward D with the right knife-hand extended to D.



Right knife-hand middle strike while flying to D.



Left L-stance toward D with the right knife-hand extended to D.



Previous Posture



Application



5. Shift to C, maintaining a left L-stance toward D while executing a checking block to D with an X-fist.



Left L-stance X-fist checking block toward D.



Previous Posture



Application



Side View



6. Execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.

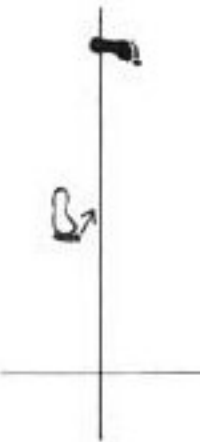


Right walking stance right flat fingertip  
high outward cross-cut toward D.

Previous Posture



Side View



Application



7. Execute a downward block to D with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.



Left rear foot stance toward D with a right straight elbow downward block.





**Application**

**Previous Posture**



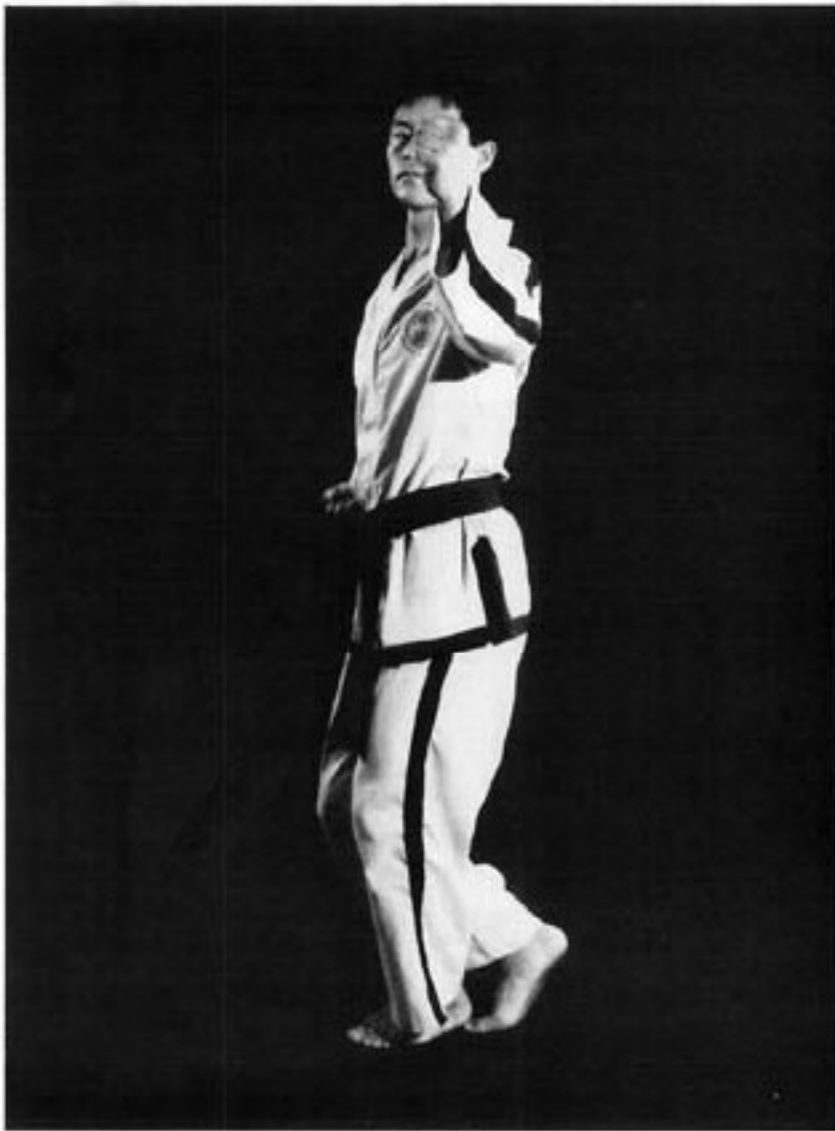
**Side View**



**Side View**



**8. Jump to D, forming a left X-stance toward AD while executing a high side strike to D with the left back fist.**



**Left X-stance toward AD with the left back fist high side strike to D.**

## Application

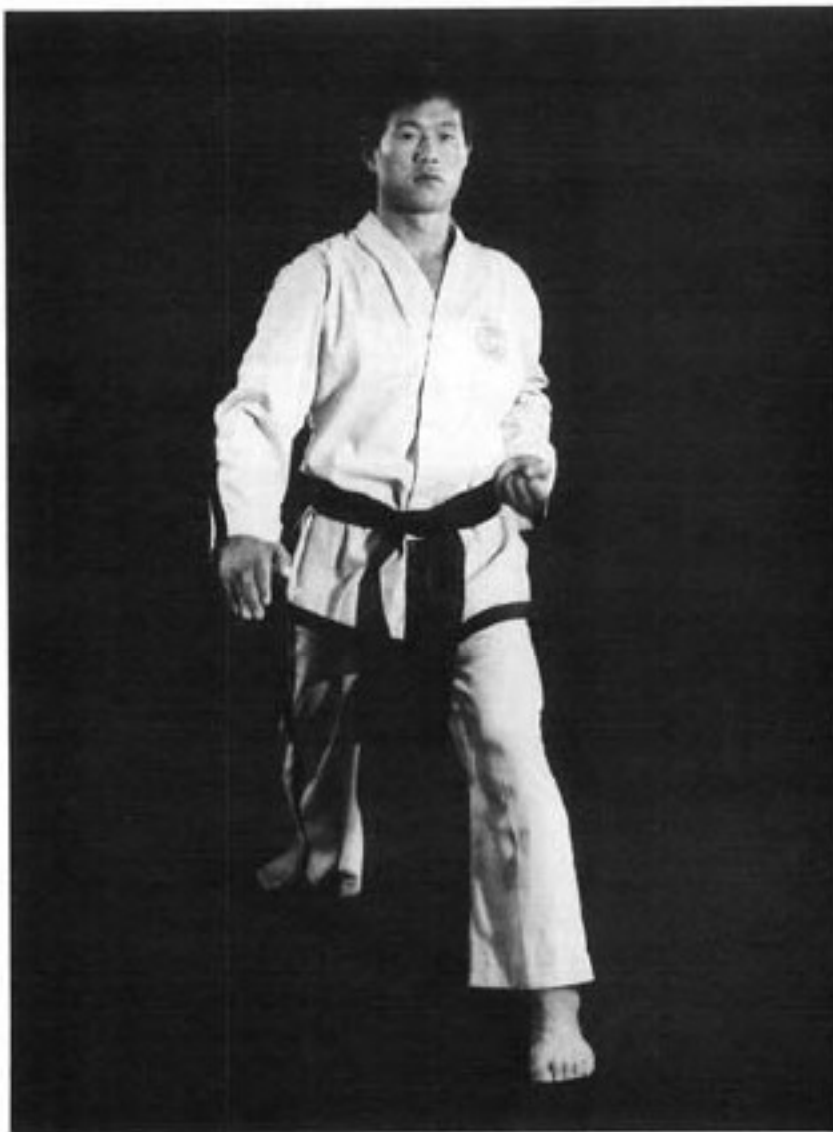
### Previous Posture



### Top View



9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.



Left walking stance right knife-hand  
low outward block toward D.

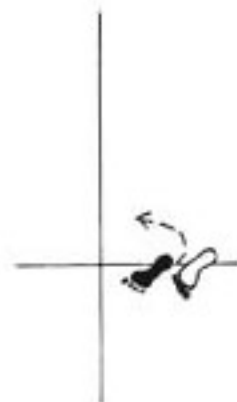
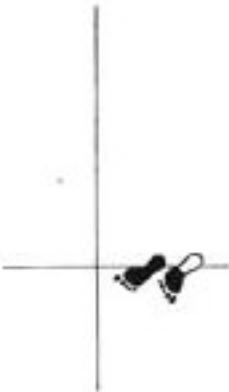
**Previous Posture**



**Application**



**Top View**



10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.



Parallel stance left palm middle hooking block toward D.

**Previous Posture**



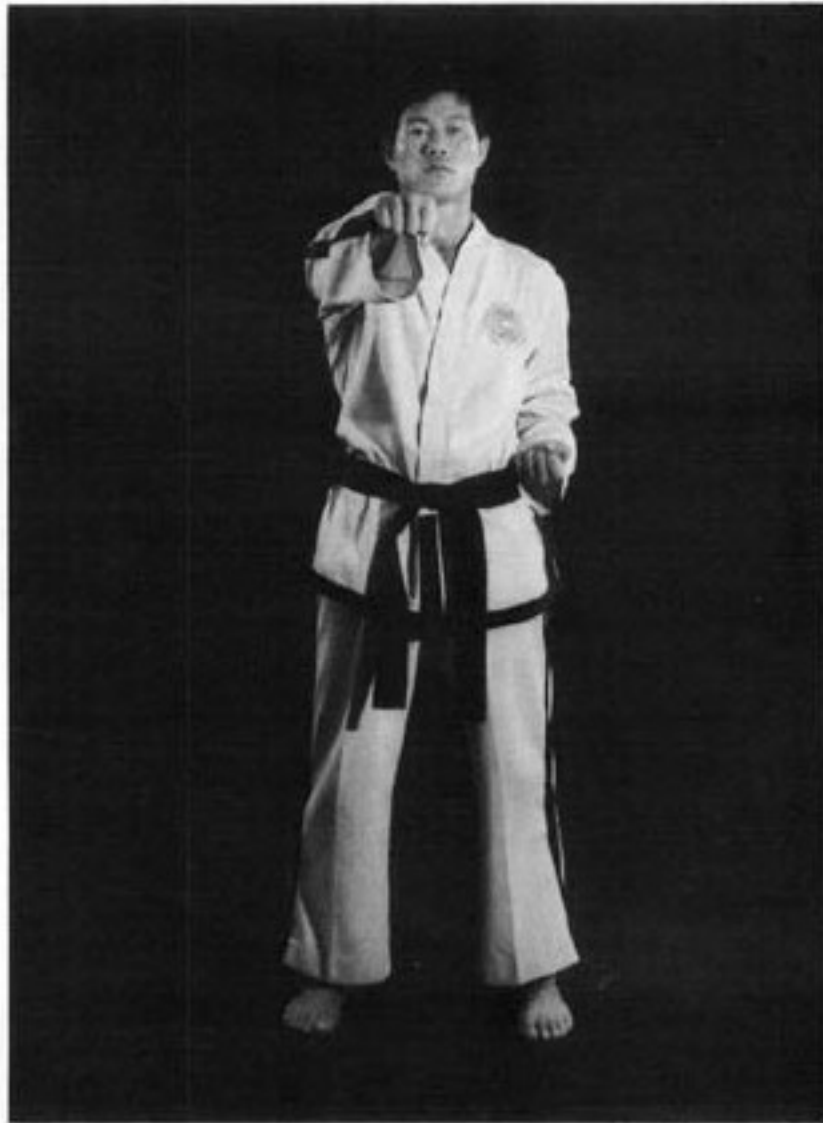
**Application**



**Top View**



- 11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D. Perform 10 and 11 in a continuous motion.**

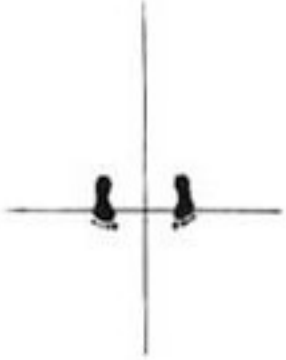


**Parallel stance middle punch  
with the right fist toward D.**

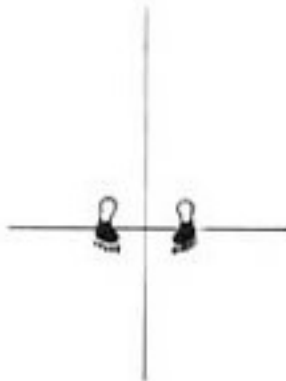




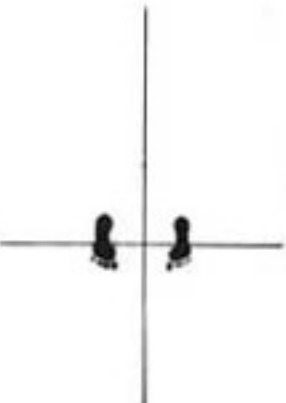
**Previous Posture**



**Keep both heels slightly off the ground.**



**Side View**



**Side View**

12. Slide to C, forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand.

Perform in a circular motion.



Left L-stance reverse knife-hand  
low guarding block toward D.

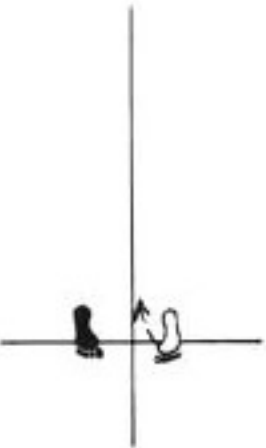


Application

Previous Posture



Side View



Side View



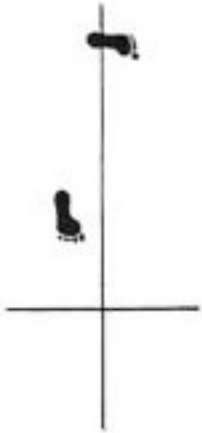
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot.



Right walking stance high punch with the left long fist toward D.

Application

Previous Posture



Side View

Keep the left heel slightly off the ground.



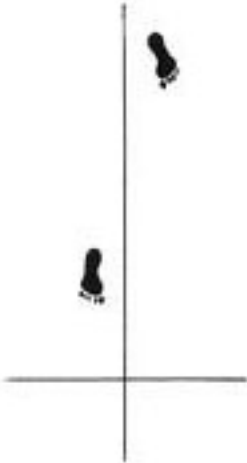
14. Slide to C to form a right L-stance toward D while executing a middle guarding block to D with the left forearm.



Right L-stance left forearm middle guarding block toward D.



Previous Posture



Side View



15. Execute a middle strike to D with the left knife-hand while flying to D, and then land to D, maintaining a right L-stance toward D with the left knife-hand extended to D.



Left knife-hand middle strike while flying to D.



# Application



# Side View



**16. Shift to C, maintaining a right L-stance toward D while executing a checking block to D with an X-fist.**



**Right L-stance X-fist checking block toward D.**





**Previous Posture**

Keep the left heel slightly off the ground.



**Side View**



**Application**

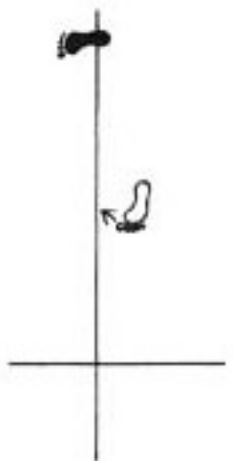


17. Execute a high outward cross-cut with the left flat fingertip to D while forming a left walking stance toward D, slipping the left foot.



Left walking stance high outward cross-cut with the left flat fingertip toward D.

**Previous Posture**



**Side View**



18. Execute a downward block to D with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.



Right rear foot stance toward D with a left straight elbow downward block.



**Previous Posture**



**Application**



**Side View**



19. Jump to D to form a right X-stance toward BD while executing a high side strike to D with the right back fist.



Right X-stance toward BD with the right back fist high side strike to D.



### Previous Posture



### Side View



20. Move the left foot to C, forming a right walking stance toward D while executing a low outward block to D with the left knife-hand.



Right walking stance low outward block with the left knife-hand toward D.

Previous Posture



Application



Other View

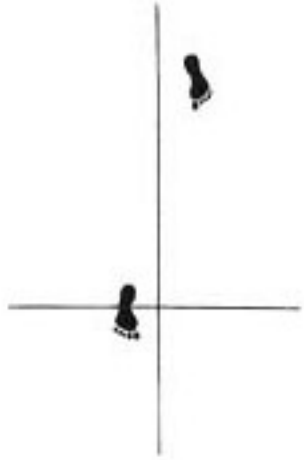


21. Move the left foot on line AB, forming a parallel stance toward D while executing a middle hooking block to D with the right palm.

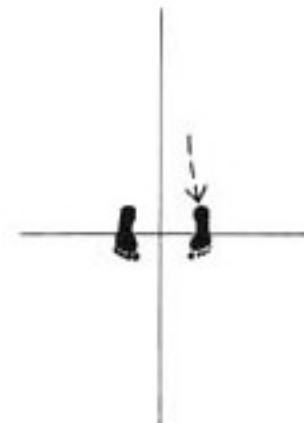
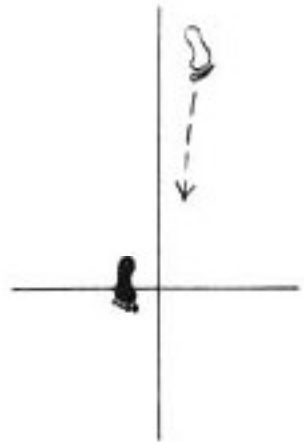


**Parallel stance middle hooking block with the right palm toward D.**

Previous Posture



Top View



- 22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D. Perform 21 and 22 in a continuous motion.**

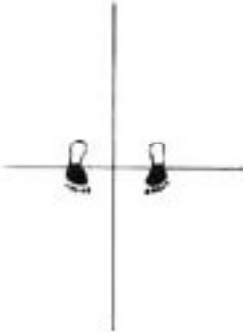


**Parallel stance middle punch with the left fist toward D.**

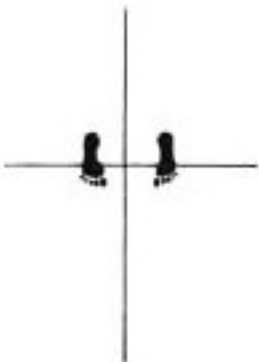
## Previous Posture



## Side View



Keep both heels slightly off the ground.



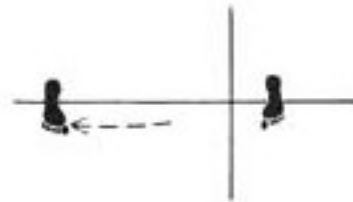
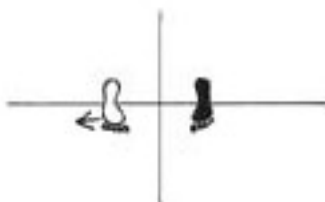
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.



Sitting stance toward D with a reverse knife-hand W-shape block.



Previous Posture



Side View



Application



24. Cross the left foot over the right foot to form a right X-stance toward D while thrusting with a twin horizontal elbow.



Right X-stance toward D with a twin horizontal elbow thrust.



Previous Posture



Side View



Application



25. Move the right foot to A, forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.



Sitting stance checking block with a twin straight forearm toward D.

Side View



Previous Posture



Application



26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.



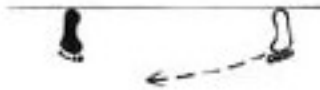
Right X-stance toward D with a right fist upward punch.



Top View



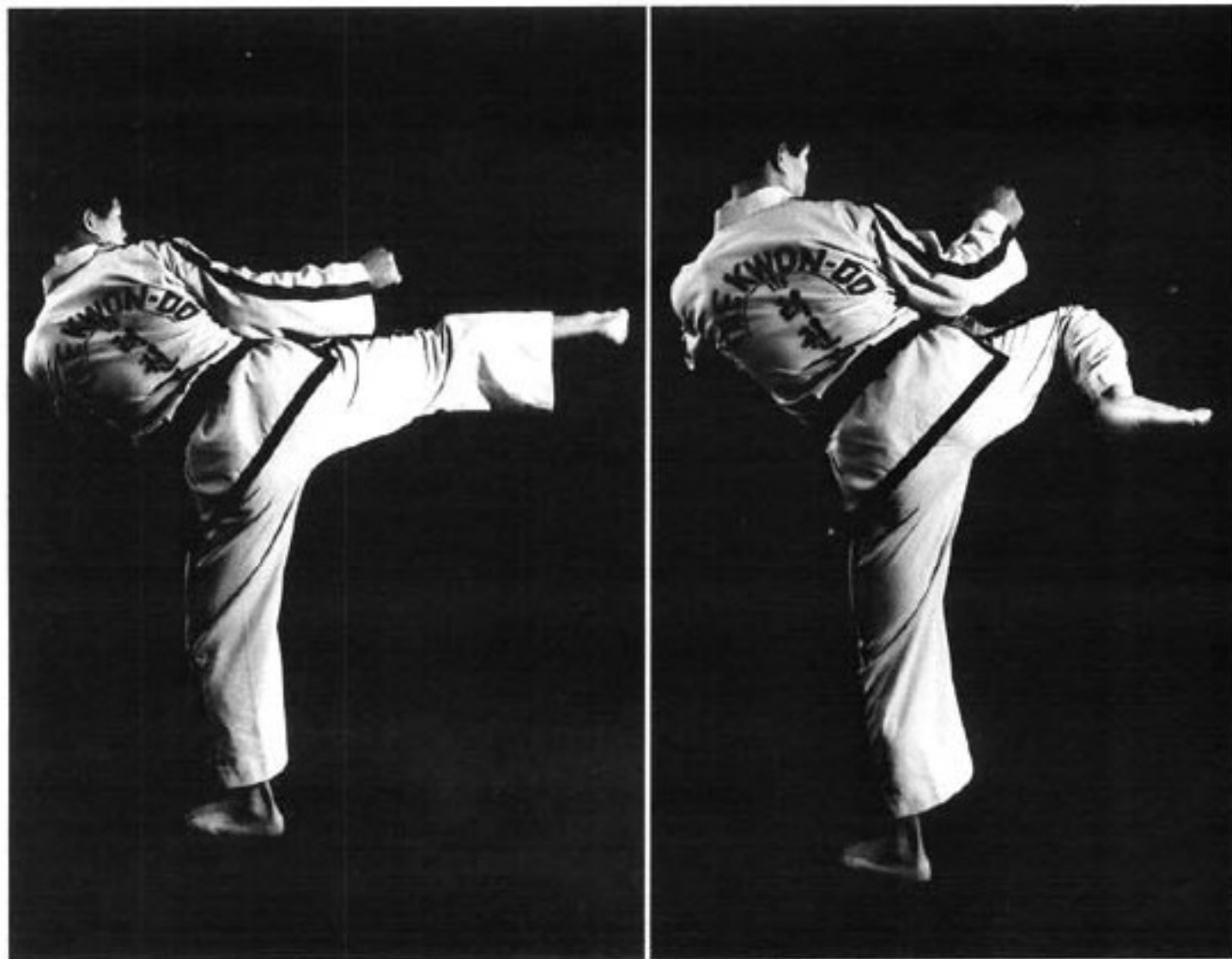
Previous Posture



Application



**27. Execute a high reverse hooking kick to B with the right foot.**



**High reverse hooking kick to B with the right foot.**





Previous Posture



Top View



Top View

28. Lower the right foot to B, and then execute a middle side piercing kick to B with the left foot while turning clockwise.



Middle side piercing kick to B with the left foot.





Keep the right heel slightly off the ground.



29. Lower the left foot to B in a jumping motion to form a left X-stance toward D while executing a downward strike with the left back fist.



Left X-stance toward D with a left back fist downward strike.

Side View



Previous Posture



Application



**30. Move the left foot to B, forming a sitting stance toward D while executing a W-shape block with a reverse knife-hand.**

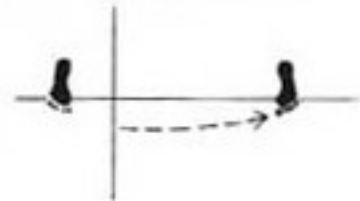
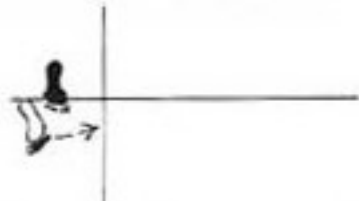


**Sitting stance toward D with a reverse knife-hand W-shape block.**

Other View



Previous Posture



Application



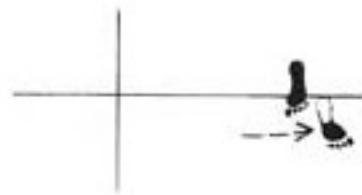
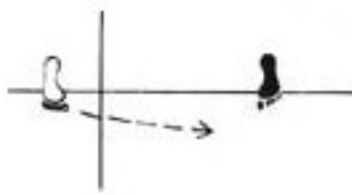
- 31. Cross the right foot over the left foot, forming a left X-stance toward D while executing a twin side elbow thrust.**



**Left X-stance toward D with a twin side elbow thrust.**



Top View



**Keep both back fists  
faced upward.**

32. Move the left foot to B to form a sitting stance toward D while executing a checking block to D with a twin straight forearm.



Sitting stance checking block with a twin straight forearm toward D.

**Previous Posture**



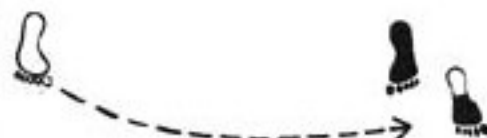
**Application**



33. Cross the right foot over the left foot, forming a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.



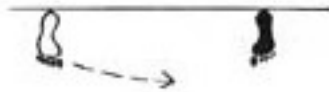
Left X-stance toward D with a left fist upward punch.



Side View



Previous Posture



34. Execute a high reverse hooking kick to A with the left foot.



High reverse hooking kick to B  
with the left foot.

Previous Posture



35. Lower the left foot to A, and then execute a middle side piercing kick to A with the right foot while turning counter-clockwise.



Middle side piercing kick to  
A with the right foot.







Previous Posture



Keep the left heel slightly off the ground.

- 36. Lower the right foot to A in a jumping motion, forming a right X-stance toward AD while executing a downward strike to A with the right back fist.**



**Right X-stance toward A D with a back fist downward strike to A.**

Top View



Previous Posture

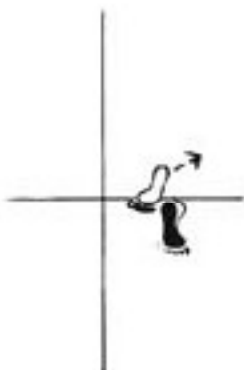


**37. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.**

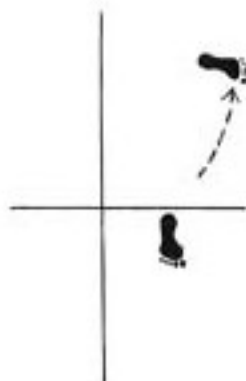


**Left L-stance forearm middle  
guarding block toward D.**

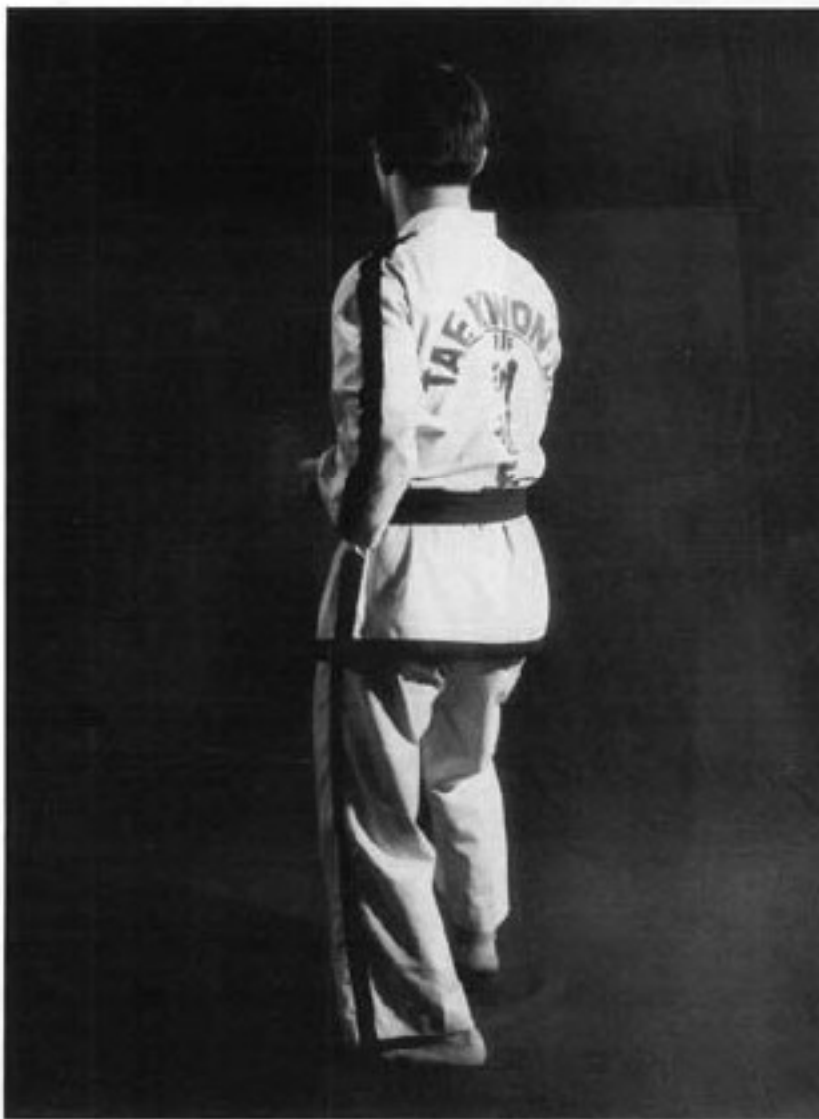
**Previous Posture**



**Side View**



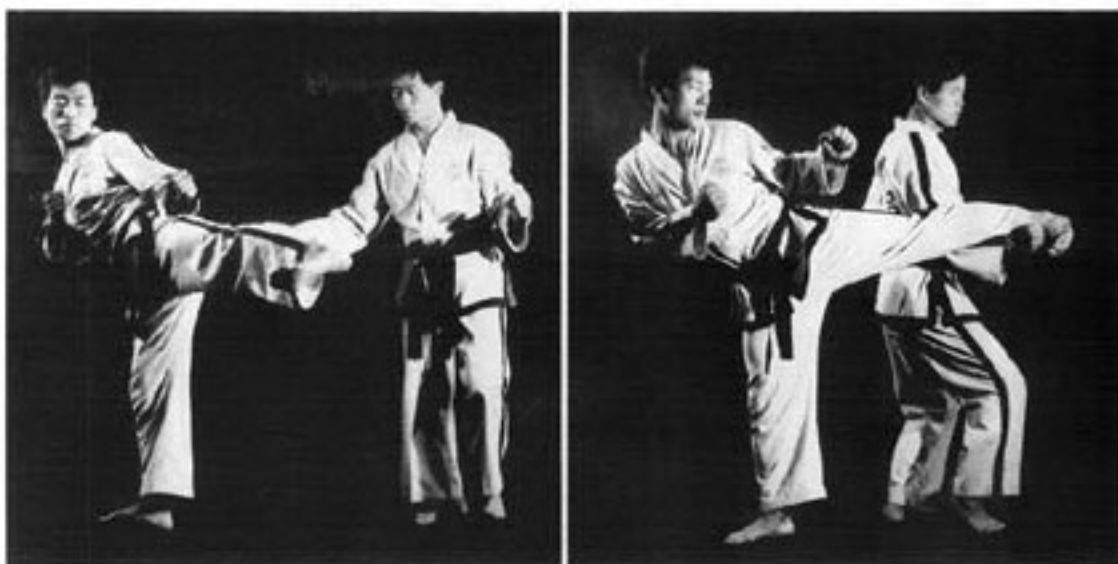
38. Move the left foot to D, turning counter-clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.



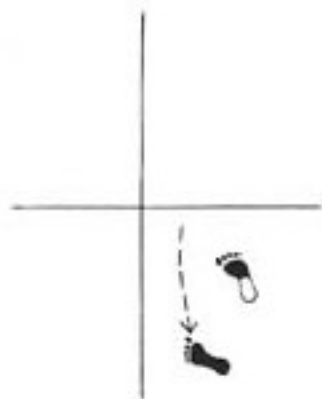
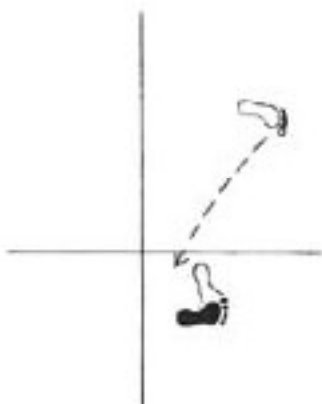
Left rear foot stance right inner forearm waist block toward C.



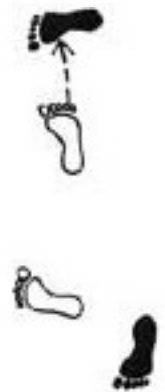
## Application



## Side View



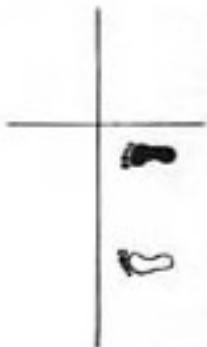
- 39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left knife-hand.**



**Right L-stance high strike with the left knife-hand toward D.**



Previous Posture



40. Shift to C, maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.

Previous Posture



Side View



Application



41. Move the right foot to D, turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.



Right rear foot stance waist block  
with the left forearm toward C.

Application

Previous Posture



Side View



42. Move the left foot to C slightly, and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high strike to D with the right knife-hand.



Left L-stance right knife-hand high outward strike toward D.

**Previous Posture**



**Application**



**Side View**

43. Move the right foot to C, turning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.







Previous Posture



Top View



Application



44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise, and then land to D to form a left L-stance with a knife-hand middle guarding block toward D.



Mid-air kick (180 degrees) to D with the right foot.



Left L-stance knife-hand middle guarding block toward D.



Previous Posture



Side View

45. **Jump to execute a mid-air kick to D with the left foot while spinning counter-clockwise, and then land to D to form a right L-stance with a knife-hand middle guarding block toward D.**



**Mid-air kick (180 degrees) to D with the left foot.**



**Right L-stance knife-hand middle guarding block toward D.**



Previous Posture



Side View



46. Execute a low inward block to D with the right reverse knife-hand while forming a left walking stance toward D, slipping the right foot to C.



Left walking stance low inward block with the right reverse knife-hand toward D.

Application

Previous Posture



Side View

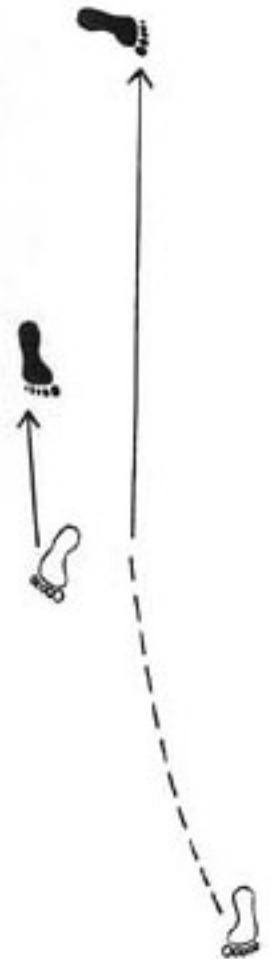


Side View

**47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.**



**Left L-stance toward D with the a left side elbow thrust to C.**





Previous Posture



Application



Top View

48. Execute a low inward block to D with the left reverse knife-hand while forming a right walking stance toward D, slipping the left foot to C.



Right walking stance low inward block with the left reverse knife-hand toward D.

Previous Posture



Application

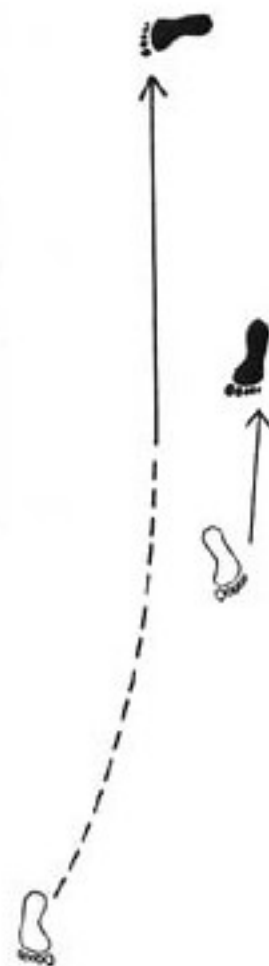


Top View

49. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.



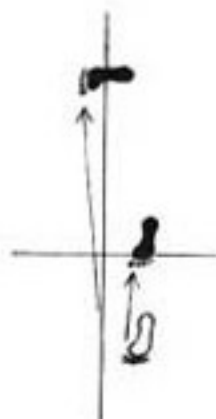
Right L-stance toward D with a right side elbow thrust to C.



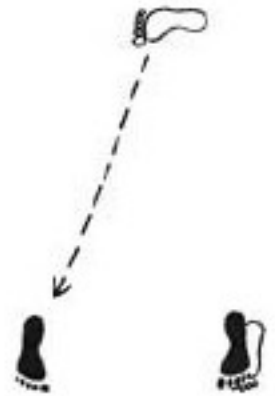
Previous Posture



Side View

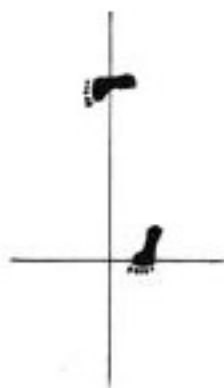


**END: Bring the right foot back to a ready posture.**



**Parallel stance toward D.**

**Previous Posture**



**Side View**



**Top View**

