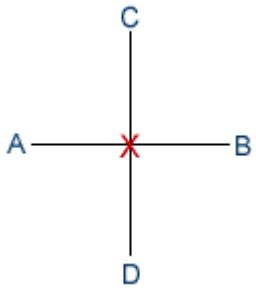
YONG-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

YONG-GAE
Movements - 49
Ready Posture - WARRIOR READY STANCE A



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.
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 slow motion.
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
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.
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.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.
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.
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. Perform in slow motion.
14. Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.
16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
19. Jump to D forming a right X-stance toward BD while executing a high side strike to D with the right back fist.
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.

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YONG-GAE continued

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.
24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
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.
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.
27. Execute a high reverse hooking kick to B with the right foot.
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist.
30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.
32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
33. Cross the right foot over the left foot to form 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.
34. Execute a high reverse hooking kick to A with the left foot.
35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.
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.
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.
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 outward strike to D with the left knife-hand.
40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
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.
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 outward strike to D with the right knife-hand.
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.
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 toward D while executing a middle guarding block to D with a knife-hand.
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 toward D while executing a middle guarding block to D with a knife-hand.
46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.
47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.
48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.
49. Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.

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

Athlone Taekwon-do Academy