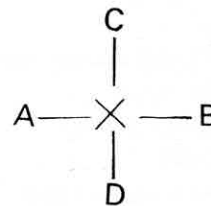


PATTERN MOON-MOO (*Moon-Moo Tul*)

DIAGRAM: +

MOVEMENTS: 61

READY POSTURE: PARALLEL READY STANCE



1. Turn the face to B while forming a right bending ready stance A toward B. Perform in a slow motion.
2. Execute a high side piercing kick to B with the left foot. Perform in a slow motion.
3. Execute a high side piercing kick to B again with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A, forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.

6



4

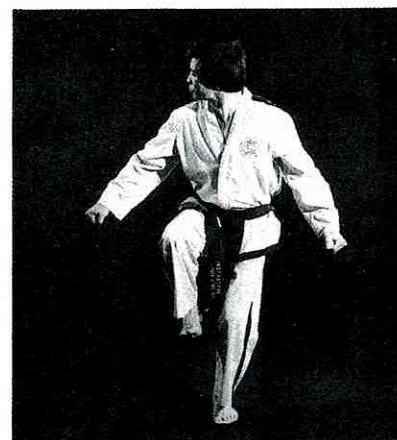


9



9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footward to the right knee joint. Perform in a slow motion.
10. Lower the left foot to the right foot, and then turn the face to A while forming a left bending ready stance A toward A. Perform in a slow motion.
11. Execute a high side piercing kick to A with the right foot. Perform in a slow motion.
12. Execute a high side piercing kick to A again with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to A, forming a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.
14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C, at the same time executing a middle side strike to A with the left knife-hand.
16. Move the right foot to B, forming a right walking stance toward B while executing a pressing block with the left palm.
17. Move the left foot to B, forming a left walking stance toward B while executing a pressing block with the right palm.
18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footward to the left knee joint. Perform in a slow motion.

19. Turn the face to C while forming a left bending ready stance B toward D.
20. Execute a high back piercing kick to C with the right foot.
Perform in a slow motion.
21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
22. Turn the face to C while forming a right bending ready stance B toward D.
23. Execute a high back piercing kick to C with the left foot.
Perform in a slow motion.
24. Lower the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the left fist.
25. Slide to C, forming a right rear foot stance toward D while executing a downward block with the left palm.
26. Execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 25.
27. Lower the left foot to D, and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
28. Slide to C, maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A.
Perform 28 and 29 in a connecting motion.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
32. Lower the right foot to C, and then execute a high reverse turning kick to C with the left foot.
33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
34. Slide to D to form a left rear foot stance toward C at the same time executing a downward block with the right palm.
35. Execute a middle side front snap kick to C with the right foot, keeping the position of the hands as they were in 34.
36. Lower the right foot to C and then move the left foot to D in a stamping motion forming a sitting stance toward A while executing a middle side strike to D with the left side fist.
37. Slide to D, maintaining a sitting stance toward A while executing a scooping block with the right palm.
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A.
Perform 37 and 38 in a connecting motion.
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
41. Lower the left foot to D, and then execute a high reverse turning kick to D with the right foot.
42. Lower the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right knife-hand.
43. Move the left foot to D, and then execute a high twisting kick to AD with the right foot.
44. Lower the right foot to C, forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.



Side View

25



Side View

27



30



43



44



53



45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.
 46. Move the right foot to D, and then execute a high twisting kick to BD with the left foot.
 47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.
 48. Execute a front strike to D with the left back fist while shifting to C, maintaining a right walking stance toward D.
 49. Execute a sweeping kick to D with the left side sole, keeping the position of the hands as they were in 48 and then lower it to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
 50. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the left foot, forming a forearm guarding block.
- Perform in a consecutive kick.
51. Lower the left foot to D, forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.
 52. Execute a sweeping kick to D with the right side sole, and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
 53. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the right foot, keeping the position of the hands as they were in 52.
- Perform in a consecutive kick.
54. Lower the right foot to D to form a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
 55. Move the right foot to C and then turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.
 56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.
 57. Jump to D, forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.
 58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.
 59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
 60. Move the right foot to the side rear of the left foot, and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.
 61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

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

56



60



Side View