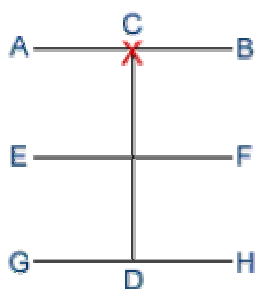


Se - Jong

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The digram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Movements - 24

Ready Posture - CLOSED READY STANCE B



- 1 Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.
- 2 Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block.
- 3 Execute a middle side piercing kick to D with the right foot.

- 4 Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.
- 5 Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand.
- 6 Bring the right foot to the left foot, forming a closed ready stance B toward D.
- 7 Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.
- 8 Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.
- 9 Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.
- 10 Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip.
- 11 Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G

while executing a high side strike to G with the left back fist.

12 Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.

13 Execute a middle turning kick to C with the left foot.

14 Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.

15 Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.

16 Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.

17 Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.

18 Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.

19 Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the

right outer forearm and a low side block to E with the left forearm.

20 Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion.

21 Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.

22 Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.

23 Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.

24 Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.

END: Bring the left foot back to a ready posture