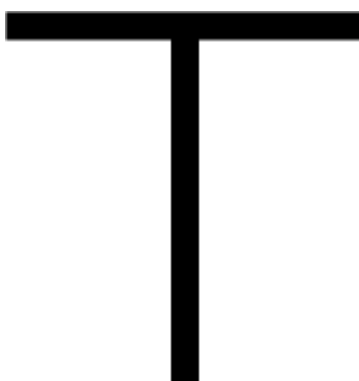


KO - DANG HYUNG

Pronounced (Ko Dong)

Ko Dang is the pseudonym of the patriot Cho Man – Sik who dedicated his life to the independence movement and education of Korea. The 39 movements of the pattern show the number of times of his imprisonment as well as the location of his birth on the 39th latitude.

The Pattern made by this form:



of Movements – 43

of Kihaps – 3

#27 Right Reverse Downward Punch

#30 Right backfist

#33 Right Reverse Knuckle Punch

No fear of the dark and greater respect for the light.

A Black Belt stands tall among the forest and shelters the weak for posterity and prosperity.



2nd DEGREE BLACK BELT-RECOMMENDED

KO - DANG HYUNG

TECHNIQUE

Closed ready position C

- | | |
|---|--------------------------------|
| 1. Left palm heel block | Middle |
| 2. Right middle punch | |
| 3. Double outer forearm block | Right back |
| 4. Left inner forearm - right low block | |
| 5. Right palm heel block | Middle |
| 6. Left middle punch | |
| 7. Double outer forearm block | Left back |
| 8. Right inner form - left low block | |
| 9. Twin low block | One leg (left) |
| 10. Right side kick (to the rear) | |
| 11. Left outer knifehand block | Right back |
| 12. Twin low block | One leg (right) |
| 13. Left side kick (to the rear) | |
| 14. Right outer knifehand block | Left back |
| 15. Left downward elbow strike | Right back |
| 16. Right downward elbow strike | Left back |
| 17. Tension double palm pressing block (chamber left down) | Left front |
| 18. Tension double palm pressing block (chamber right down) | Right front |
| 19. Left low block | Right back |
| 20. Right low block | Left back |
| 21. Left upset palm block | Right rear |
| 22. Right upset palm block | Left rear |
| 23. Left front kick | |
| 24. Twin upset knifehand strike (high) | Left front |
| 25. Left knifehand high block | Left front |
| 26. Left knifehand low block | Right back |
| 27. Right reverse downward punch (kihap) | Left front |
| 28. Left double outer forearm block | Right back |
| 29. (Vertical jump) Left double knifehand block | Right back |
| 30. Right high backfist (kihap) | X-stance (right) |
| 31. Left outer forearm block | Left front |
| 32. Right out forearm block | Right front (from 2 step turn) |
| 33. Right reverse upset knuckle punch (kihap) | Right rear |
| 34. Right hook kick | |
| 35. Right round kick | |
| 36. Right sidekick (34, 35, 36 in combination) | |
| 37. Right side upset ridgehand strike | Left back |
| 38. Left hook kick | |

STANCE



2nd DEGREE BLACK BELT-RECOMMENDED

KO - DANG HYUNG

TECHNIQUE

- 39 Left round kick
 - 40. Left sidekick (38, 39, 40 in combination)
 - 41. Left side upset ridgehand strike
 - 42. Right double knifehand block
 - 43. Left double knifehand block
- Move left foot back to ready position

STANCE

- Right back
- Left back
- Right back

