

Yon-Gae Step by Step

Ready posture: warrior ready stance A

1. slide forming L stance while executing a low guarding block to B with a reverse knife-hand
Perform in a circular motion.
2. walking stance while executing a high punch with the long fist
2. slow motion
3. slide forming L stance while executing a middle guarding block with the forearm
4. a flying knife-hand side strike
5. shifting forming L stance while executing a checking block with an X-fist
6. walking stance while executing a high outward cross-cut with the flat fingertip
7. rear foot stance while executing a reverse downward thrust with a straight elbow
8. jump forming X stance while executing a high side strike with the back fist
9. walking stance while executing a reverse low block with the knife-hand
10. parallel stance while executing a middle hooking block with the palm
11. parallel stance while executing a front punch
12. slide forming L stance while executing a low guarding block to B with a reverse knife-hand
Perform in a circular motion.
13. walking stance while executing a high punch with the long fist
13. slow motion
14. slide forming L stance while executing a middle guarding block with the forearm
15. a flying knife-hand side strike
16. shifting forming L stance while executing a checking block with an X-fist
17. walking stance while executing a high outward cross-cut with the flat fingertip
18. rear foot stance while executing a reverse downward thrust with a straight elbow
19. jump forming X stance while executing a high side strike with the back fist
20. walking stance while executing a reverse low block with the knife-hand
21. parallel stance while executing a middle hooking block with the palm
22. parallel stance while executing a front punch
23. sitting stance while executing a W-Shape block with the reverse knife-hand
24. X stance while executing a horizontal thrust with a twin elbow
25. sitting stance while executing a checking block with a twin straight forearm
26. X stance while executing an upward punch with the fist
27. a high reverse hooking kick

28. a high side piercing kick
29. jump forming X stance while executing a downward strike with the back fist
30. sitting stance while executing a W-Shape block with the reverse knife-hand
31. X stance while executing a horizontal thrust with a twin elbow
32. sitting stance while executing a checking block with a twin straight forearm
33. X stance while executing a upward punch with the fist
34. a high reverse hooking kick
35. a high side piercing kick
36. jump forming X stance while executing a downward strike with the back fist
37. L stance while executing a middle guarding block with the forearm
38. rear foot stance while executing a waist block with the inner forearm
39. stamping motion forming L stance while executing a high outward strike
40. shifting forming L stance while executing a middle guarding block with the forearm
41. rear foot stance while executing a waist block with the inner forearm
42. stamping motion forming L stance while executing a high outward strike
43. L stance while executing a middle guarding block with the forearm
44. a mid-air kick, L stance while executing a middle guarding block
45. a mid-air kick, L stance while executing a middle guarding block
46. walking stance while executing a reverse low inward block with the reverse knife-hand
47. slide forming L stance while executing a thrust with the side elbow
48. walking stance while executing a reverse low inward block with the reverse knife-hand
49. slide forming L stance while executing a thrust with the side elbow

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