

# **PATTERN SE-JONG**

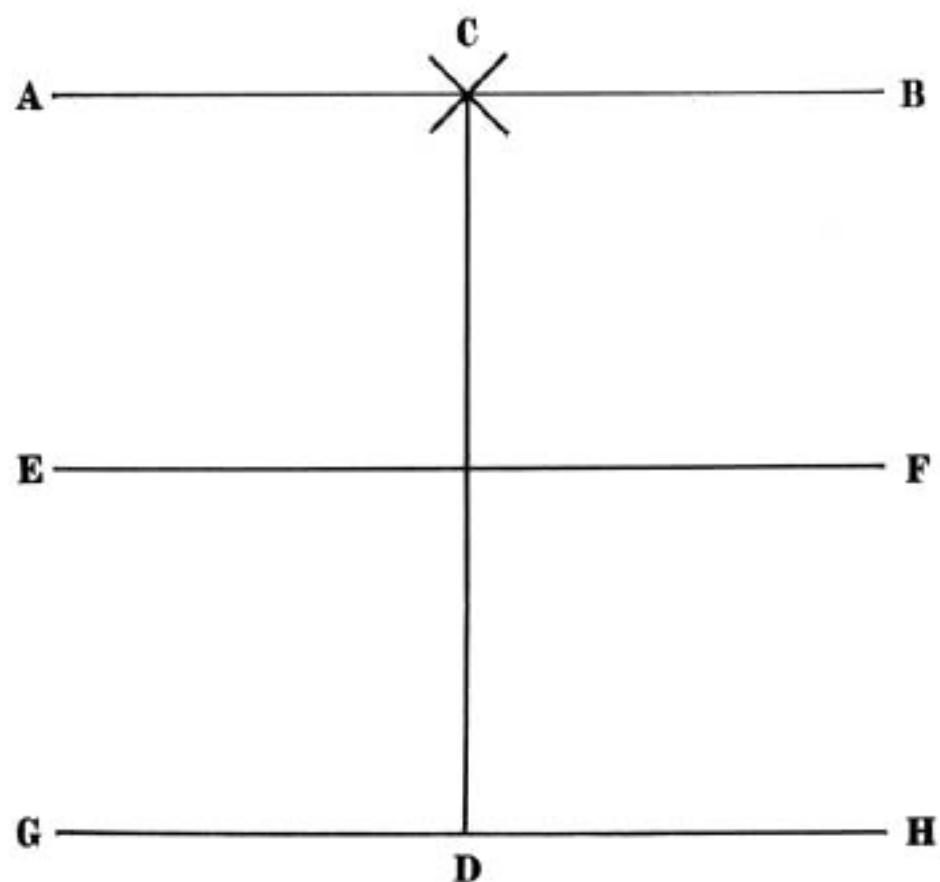
**This pattern is practised by the  
5th degree.**

**DIAGRAM:** 王

**MOVEMENTS:** 24

**READY POSTURE:** CLOSE READY STANCE B.

**DIAGRAM (*Yon Moo Son*)**

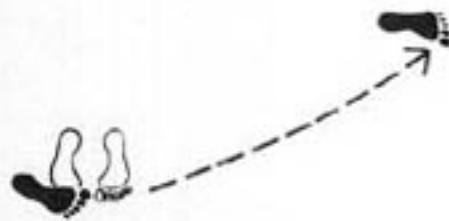


Ready Posture (*Junbi Jase*)



Close ready stance B toward D.

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.



Left walking stance low block with the left forearm toward B.

**Front View**



**Previous Posture**



**Application**



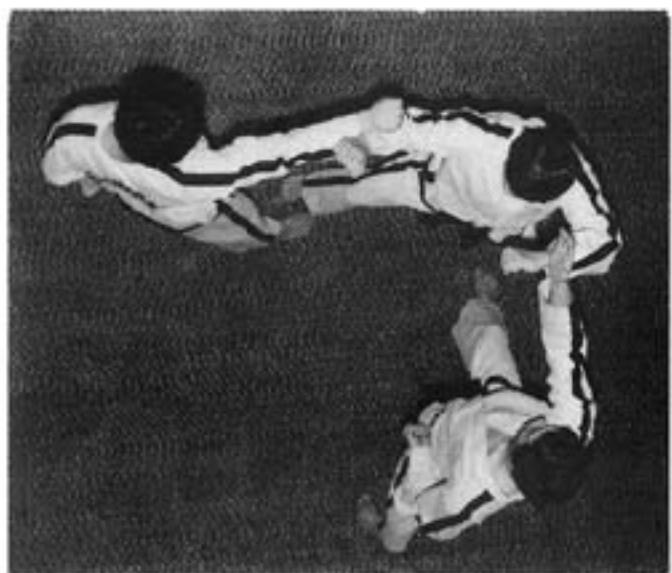
- 2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block to A.**



Left L-stance twin forearm block toward A.



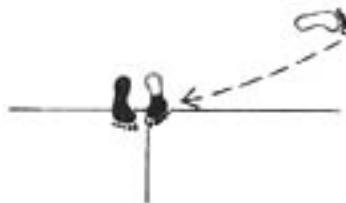
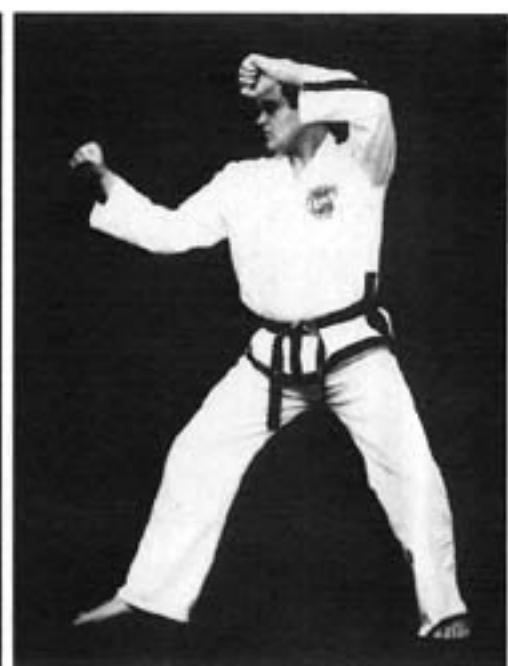
Application



Previous Posture



Top View

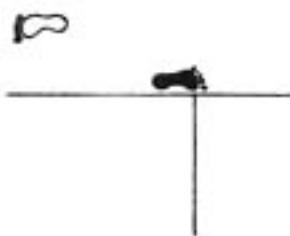


**3. Execute a middle side piercing kick to D with the right foot.**



Middle side piercing kick to D  
with the right foot.

Previous Posture



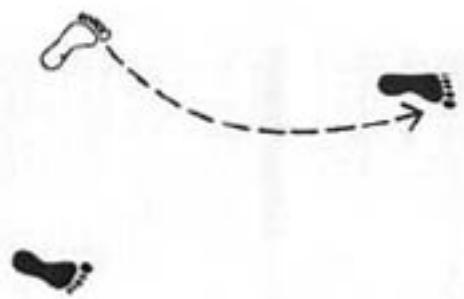
Application



Side View



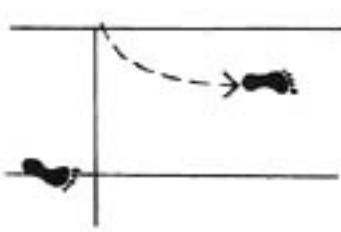
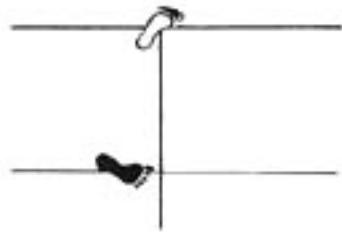
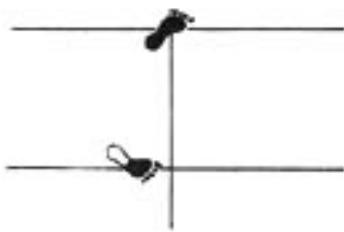
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.



Left walking stance toward F with  
a left forearm rising block.

**Application**

**Previous Posture**



**Keep the right heel slightly off the ground.**

**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 side strike to E with the right knife-hand.



Sitting stance toward D with a right  
knife-hand middle side strike to E.

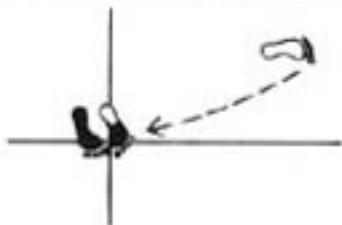


**Application**

**Previous Posture**

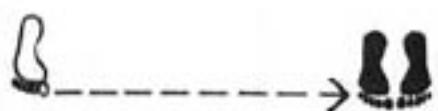


**Side View**



**Keep the left heel slightly off the ground.**

**6. Bring the right foot to the left foot, forming a close ready stance B toward D.**



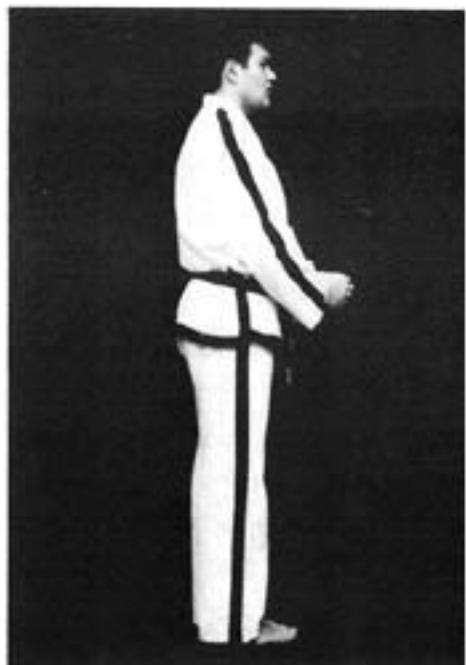
**Close ready stance B toward D.**

**Application**

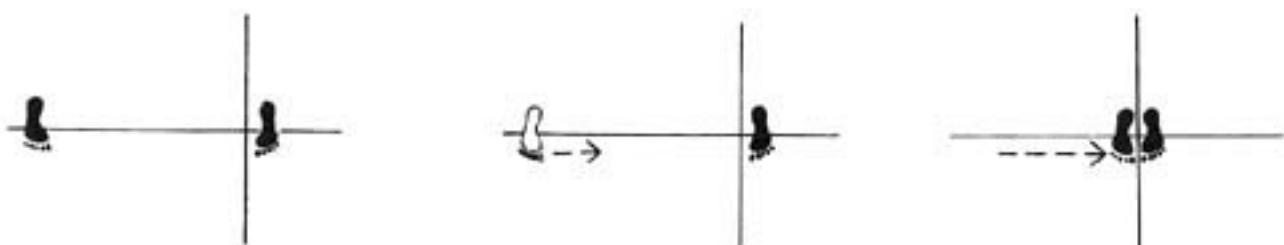


Side View

Side View



Previous Posture



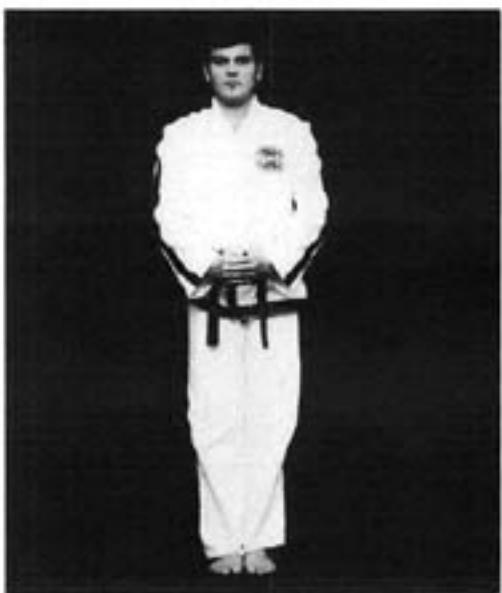
**7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.**



**Left X-stance toward DG with a left back fist high side strike to D.**

**Application**

**Previous Posture**



**Side View**

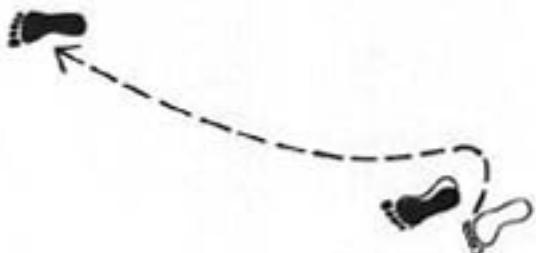


**Side View**

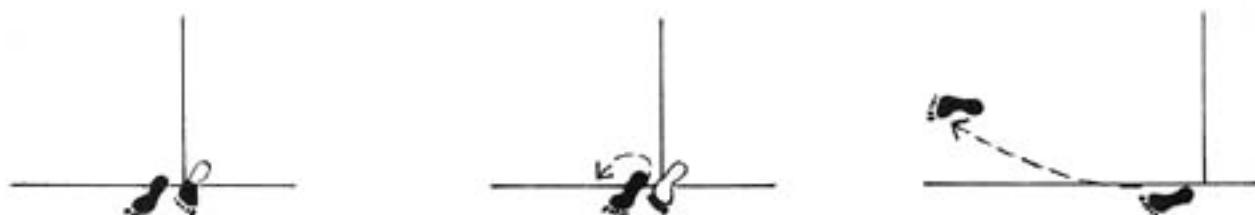
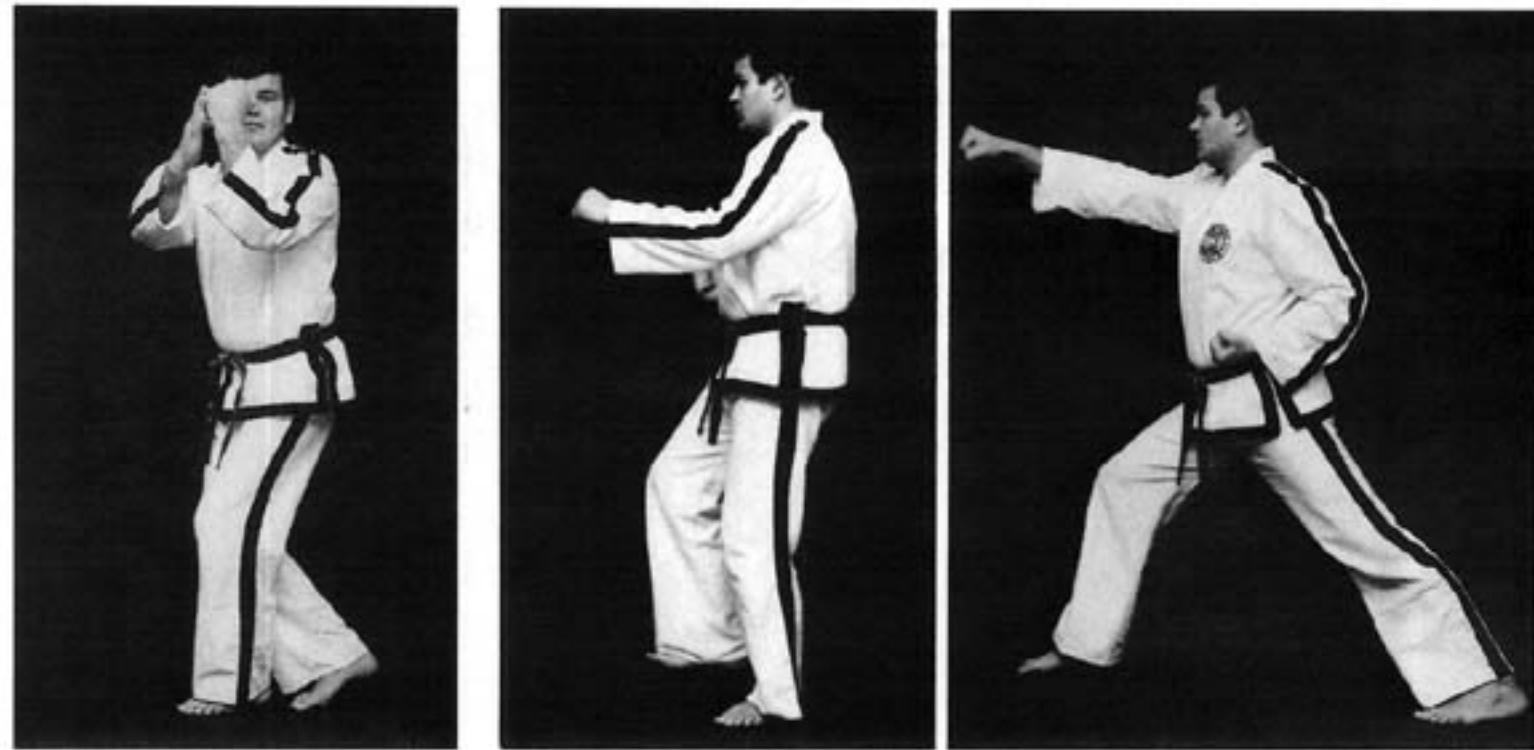
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.



Right walking stance high punch  
with the right fist toward G.



**Previous Posture**



**Application**



**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.**



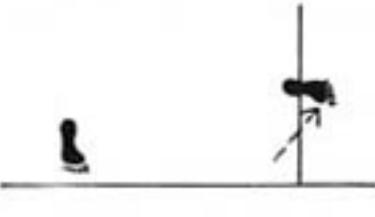
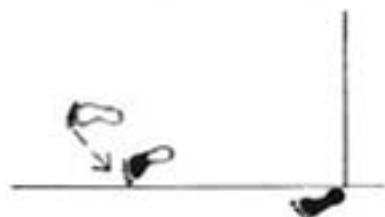
Left fixed stance forearm high guarding block toward H.



**Previous Posture**



**Front View**



Keep the right heel slightly off the ground.

**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 fingertip.**



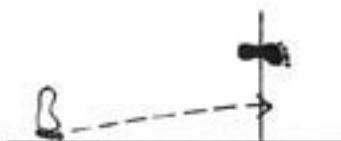
Right walking stance middle thrust with the right straight fingertip toward H.





Front View

Previous Posture



Application



Top View

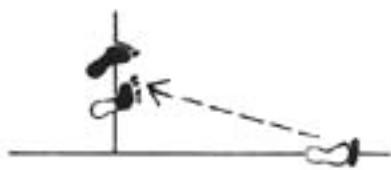
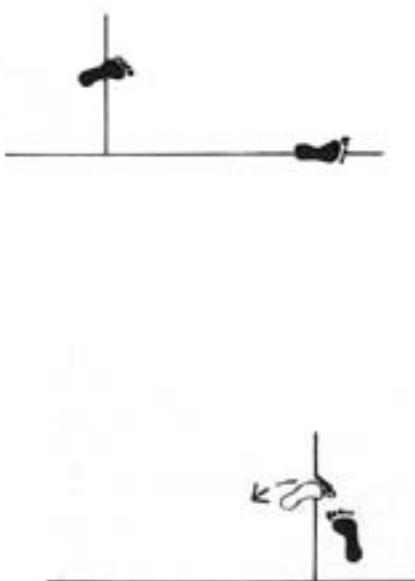
- 11.** Bring the right foot to the left foot, and then move the left foot to G to Form a left walking stance toward G while executing a high side strike to G with the left back fist.



Left walking stance high side strike  
with the left back fist toward G.

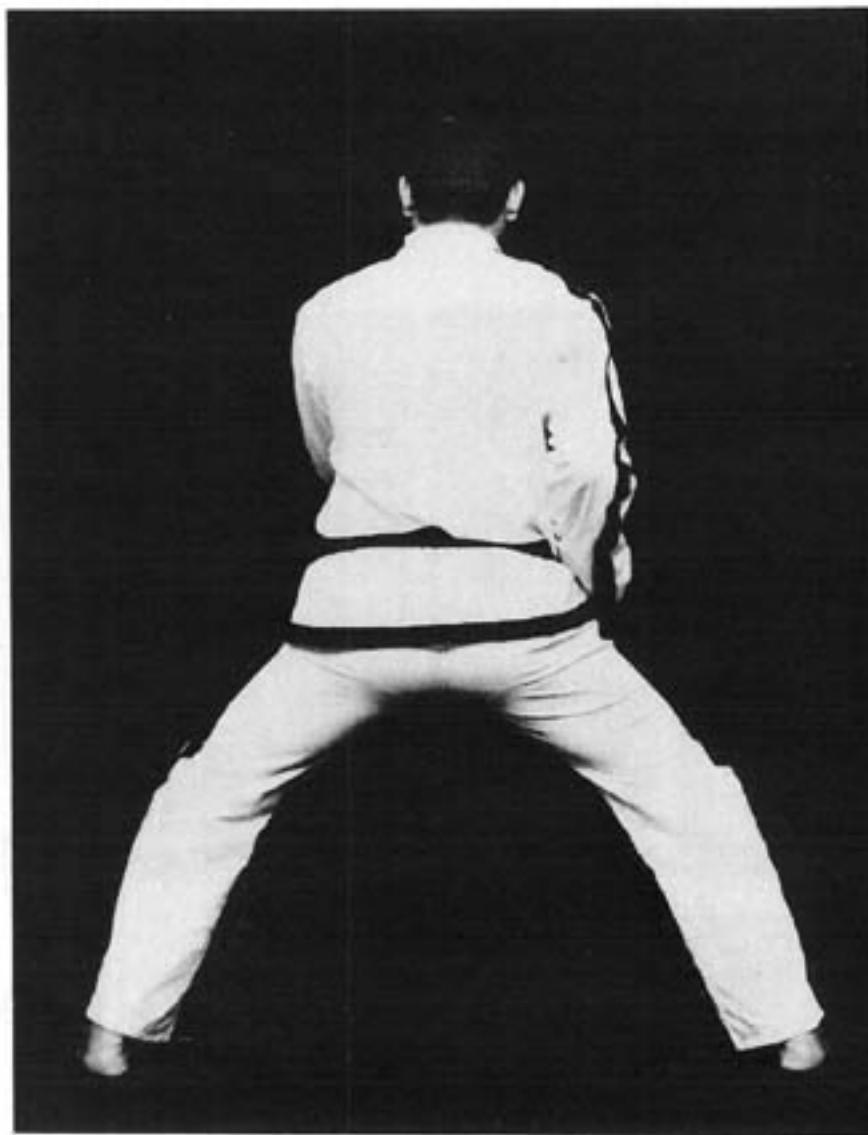


**Previous Posture**



**Other View**

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



Sitting stance toward C with a left palm scooping block.

## Application



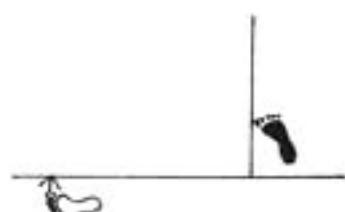
Side View

Raise the body slightly

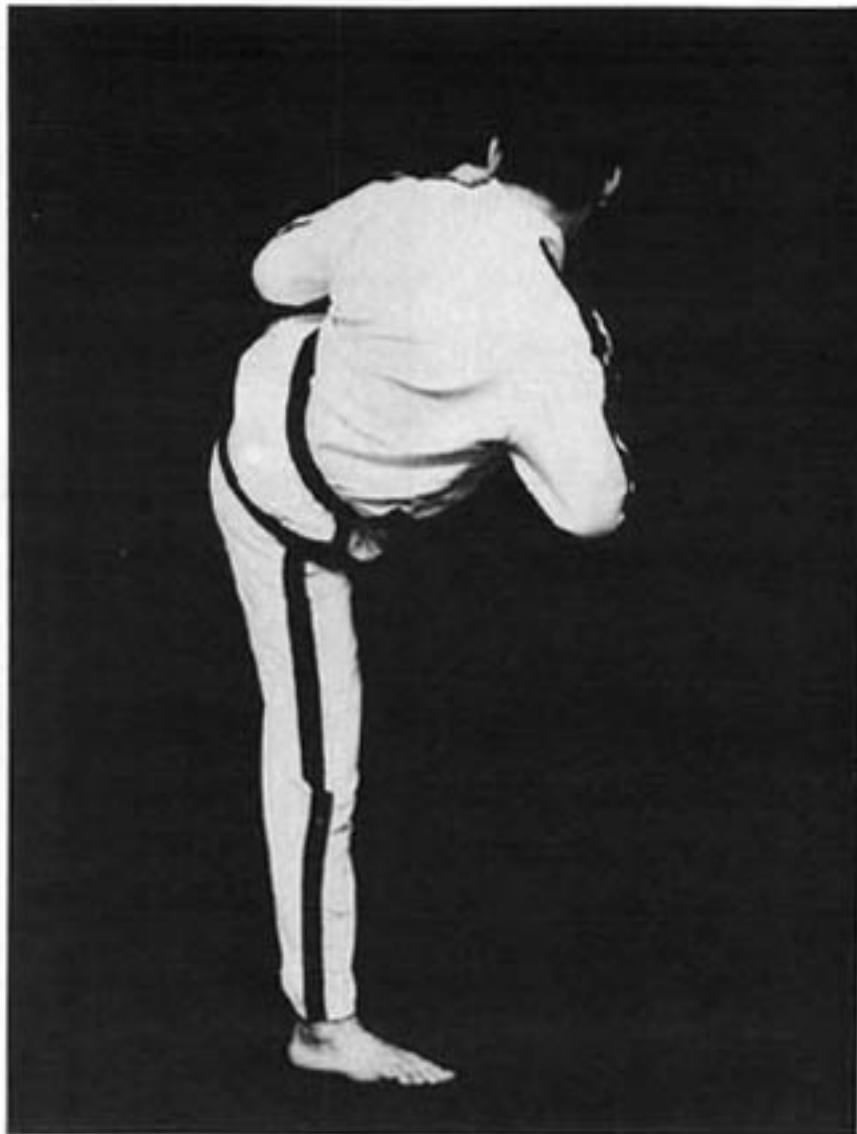


Other View

Previous Posture

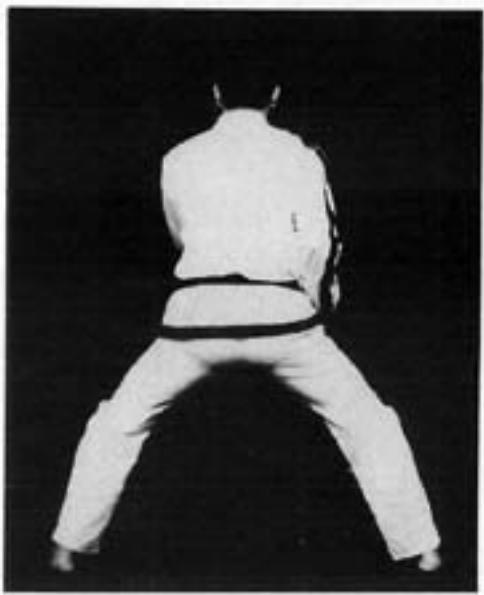


**13. Execute a middle turning kick to C with the left foot.**



**Middle turning kick to C with the  
left foot.**

**Previous Posture**



**Other View**



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.



**Left X-stance toward CF with a double forearm high block to C.**

**Application**

**Previous Posture**

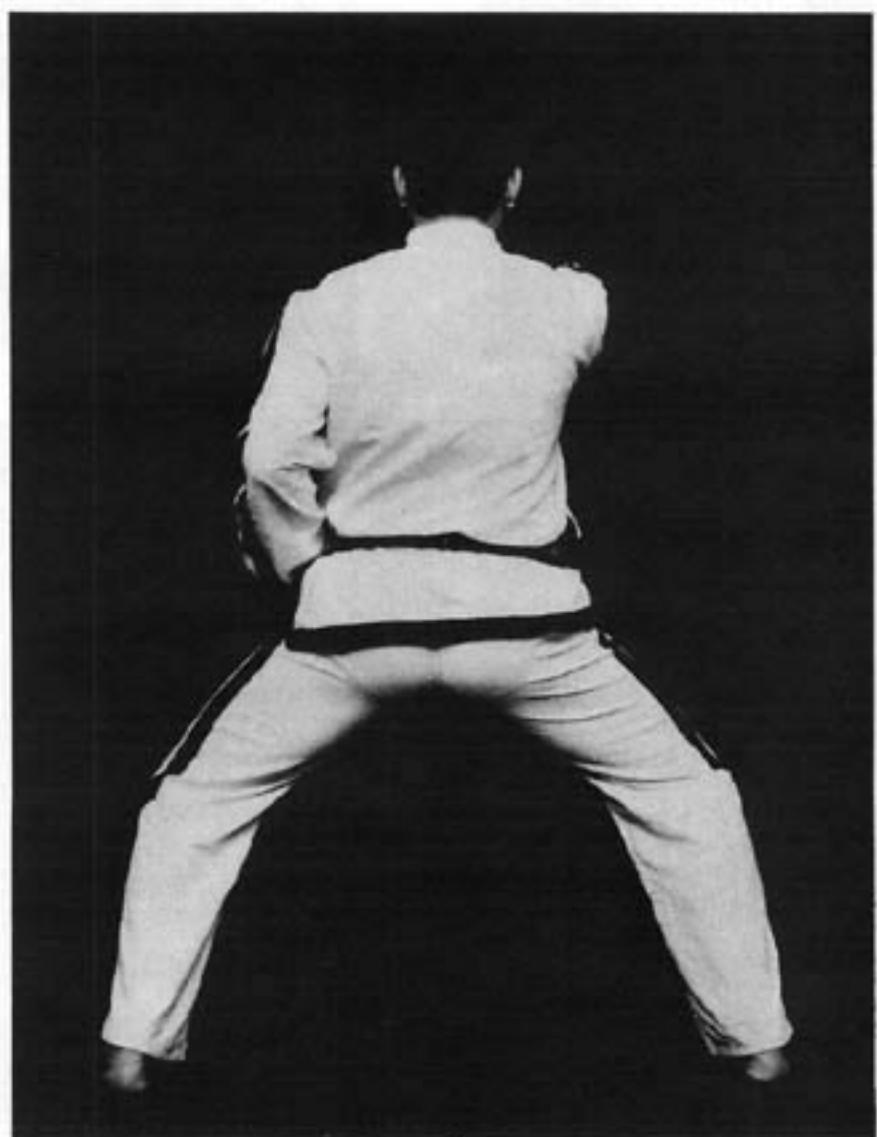


**Side View**

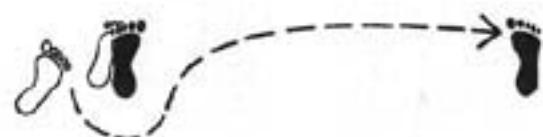


**Other View**

**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.**



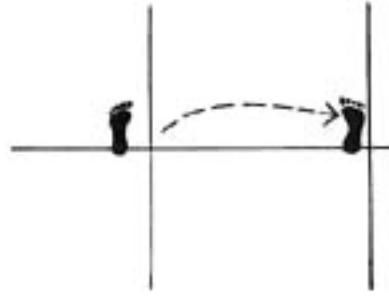
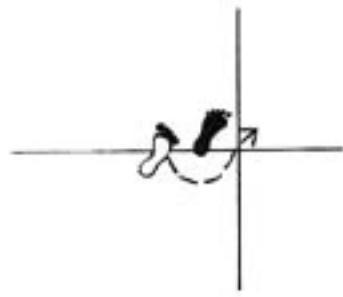
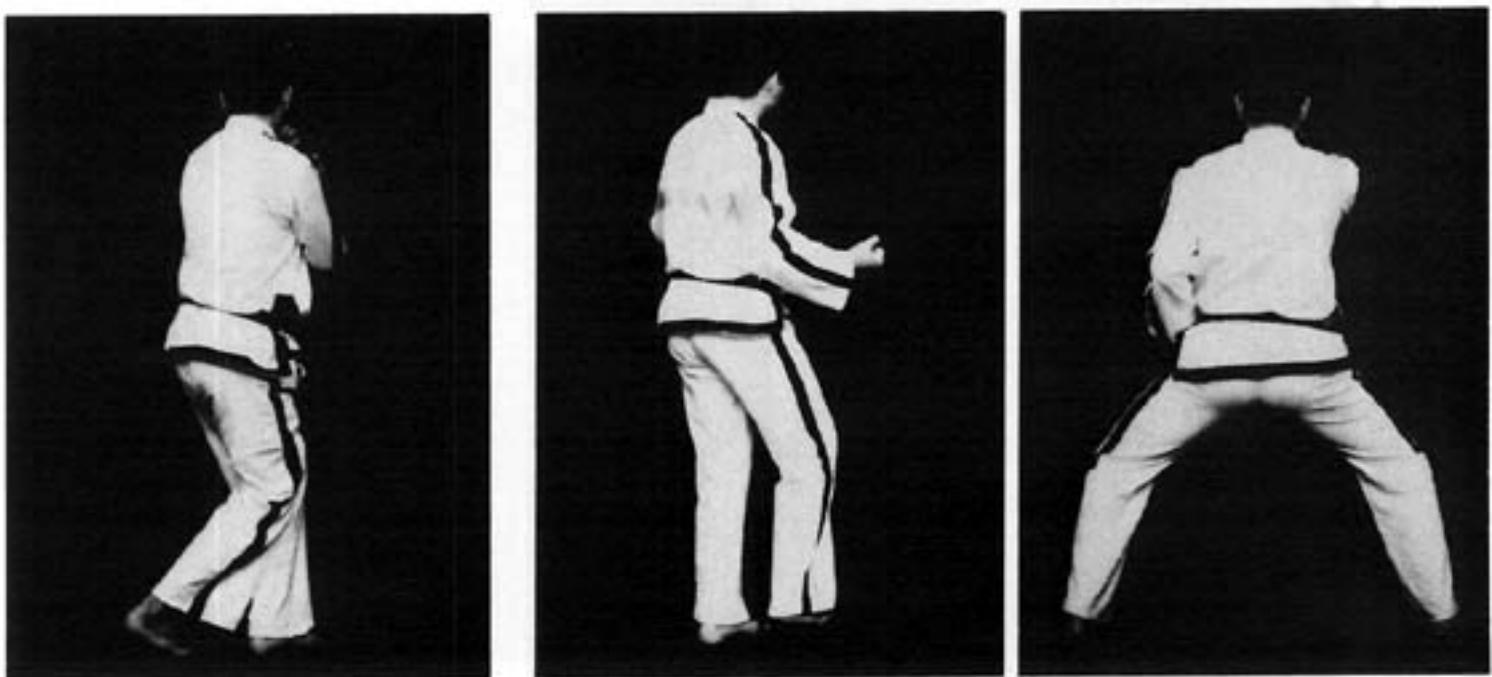
**Sitting stance with the right fist extended horizontally toward C.**



**Other View**



**Previous Posture**



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



Sitting stance front strike with  
the left back fist toward C.

Raise the body slightly



Side View

Previous Posture

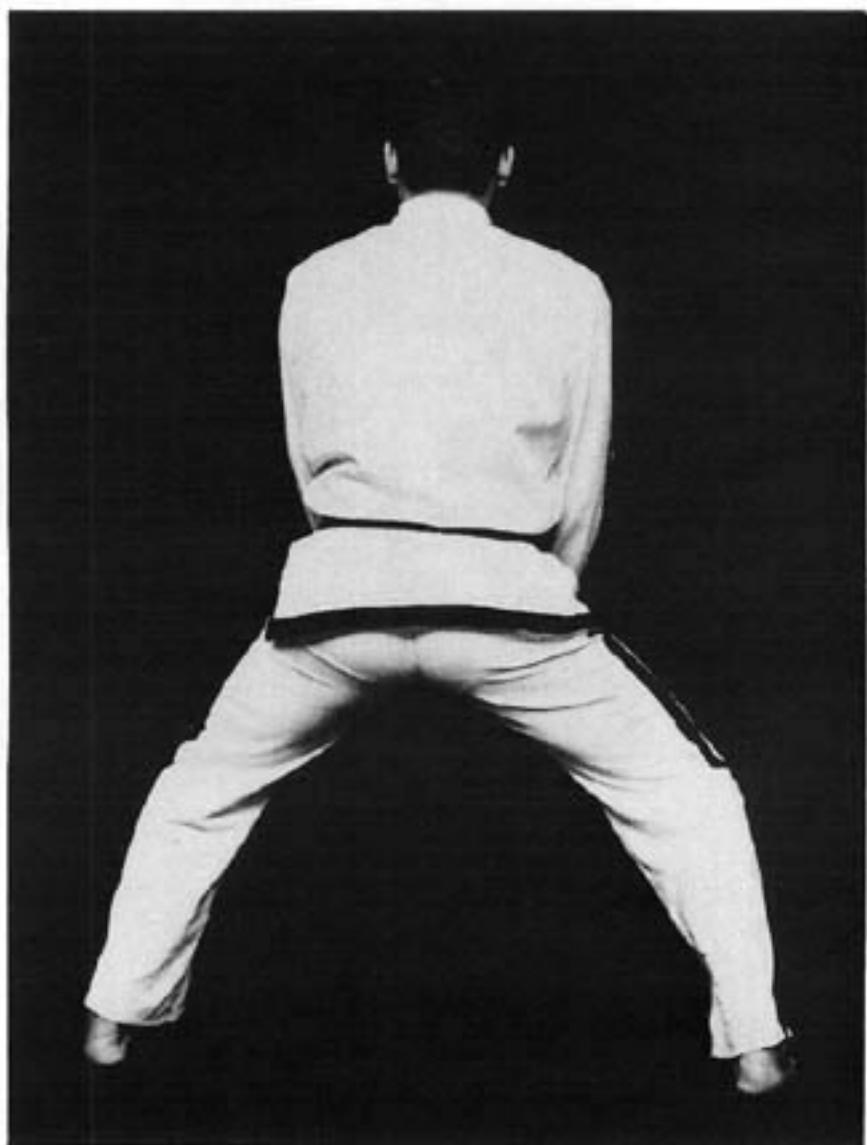


Application

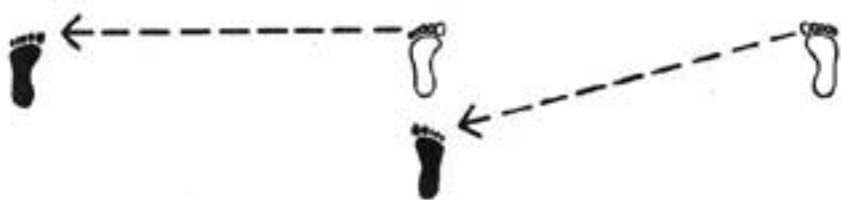


Side View

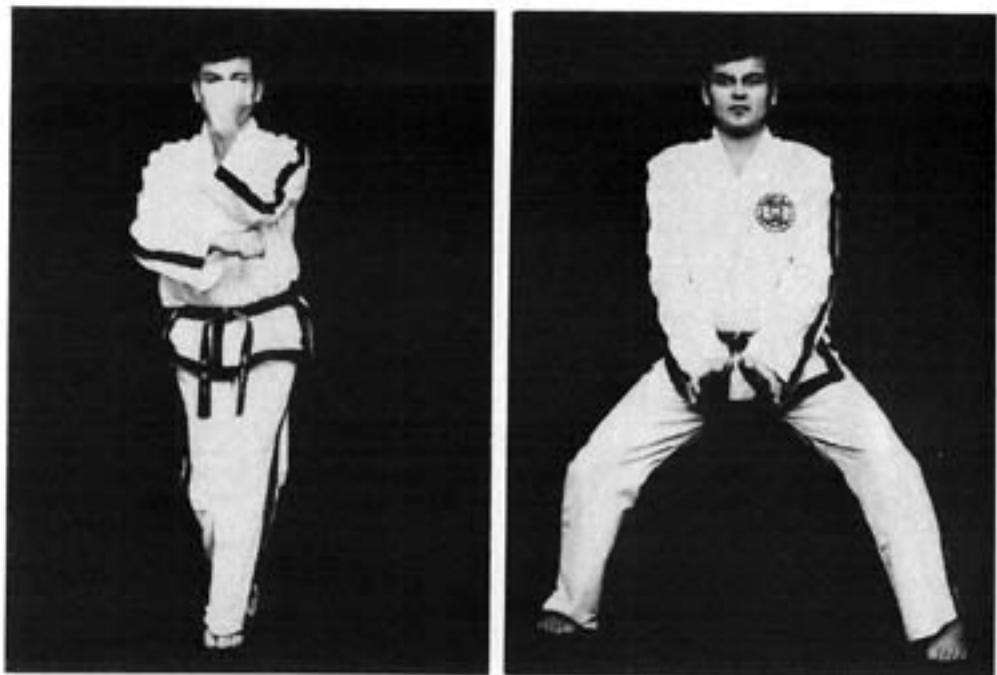
- 17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.**



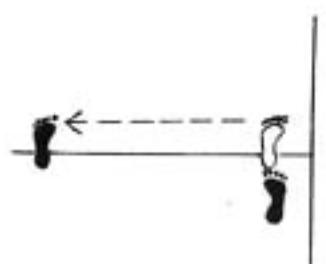
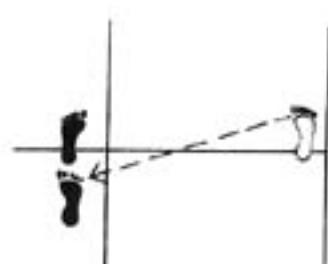
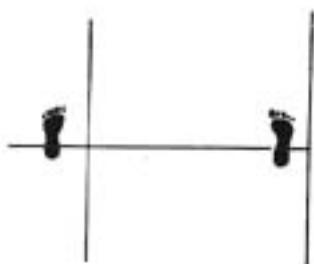
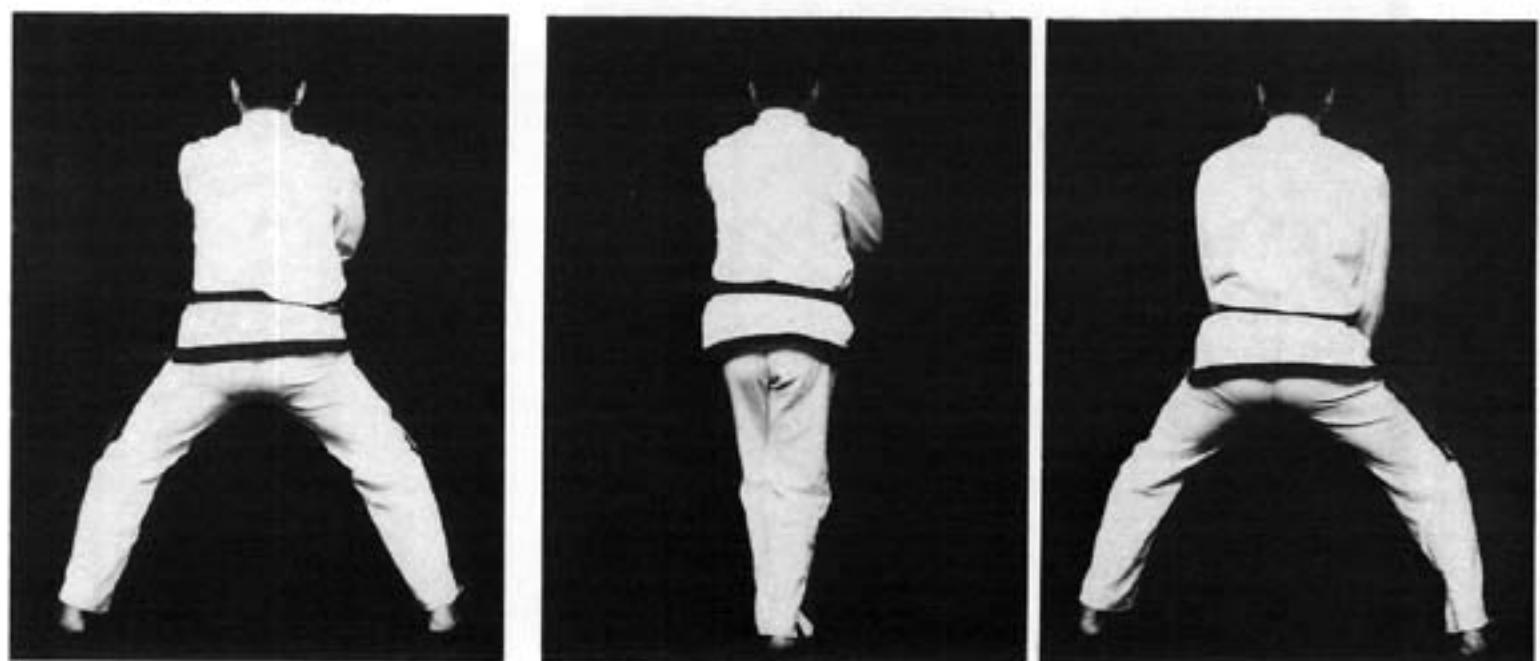
**Left diagonal stance toward C with  
a twin palm pressing block.**



**Front View**



**Previous Posture**

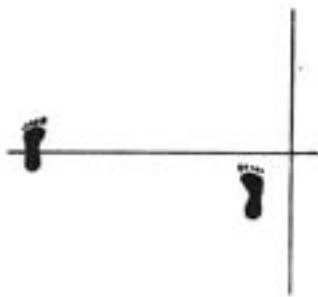


**18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.**

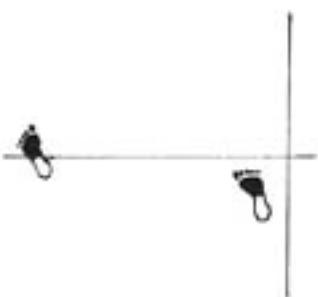


**Left walking stance toward CE with a double arc-hand middle block to C.**

**Previous Posture**

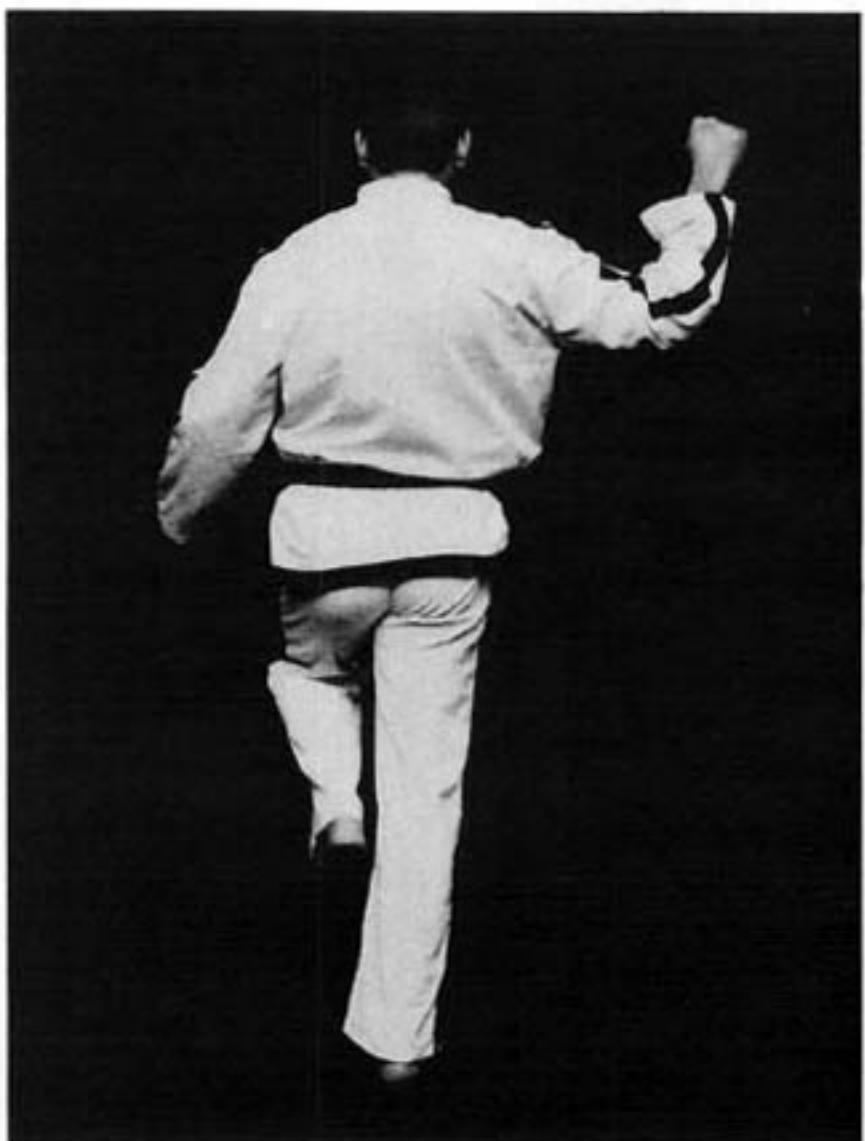


**Keep both heels slightly off the ground.**



**Other View**

**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.**

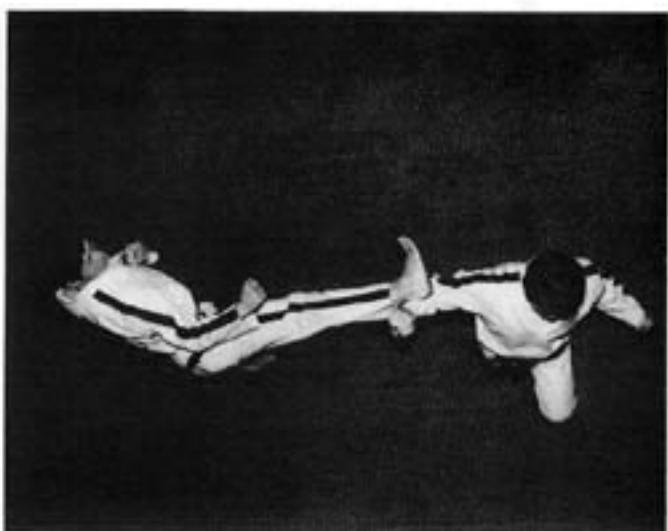


**Right one-leg stance toward C with a  
right outer forearm high side block.**

**Previous Posture**



**Application**



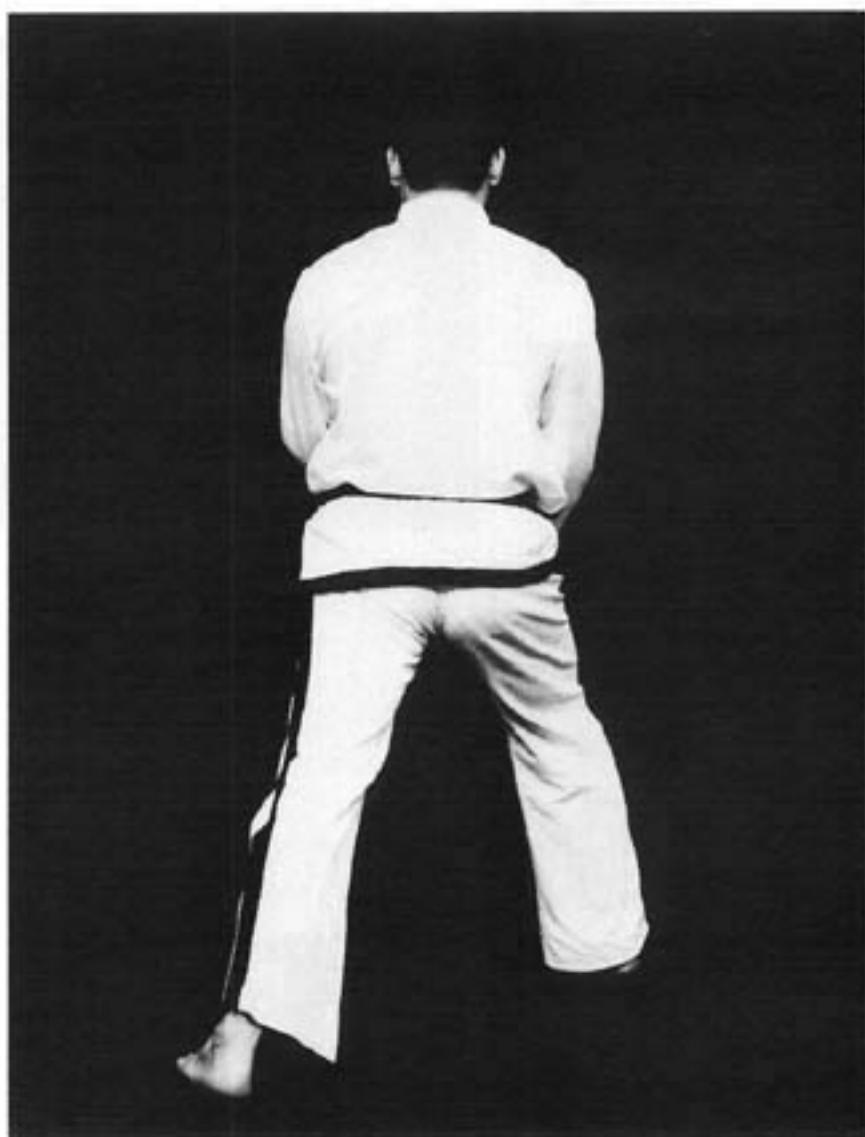
**Top View**



**Side View**



- 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.



Right walking stance toward **C** with  
a right palm pressing block.



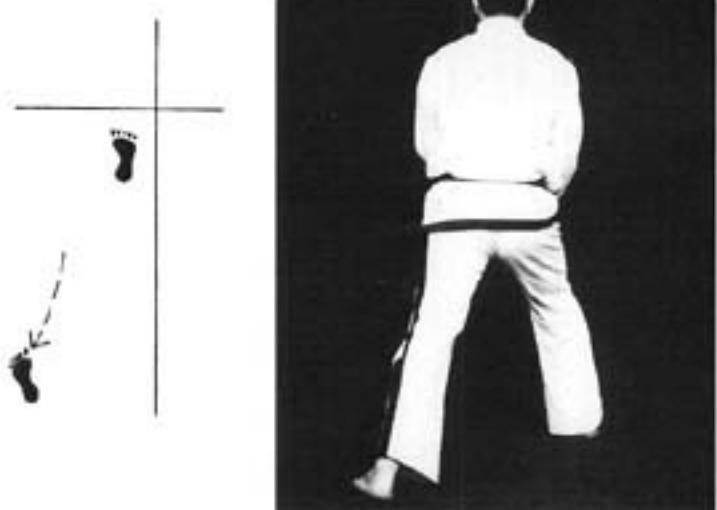
Application

Previous Posture



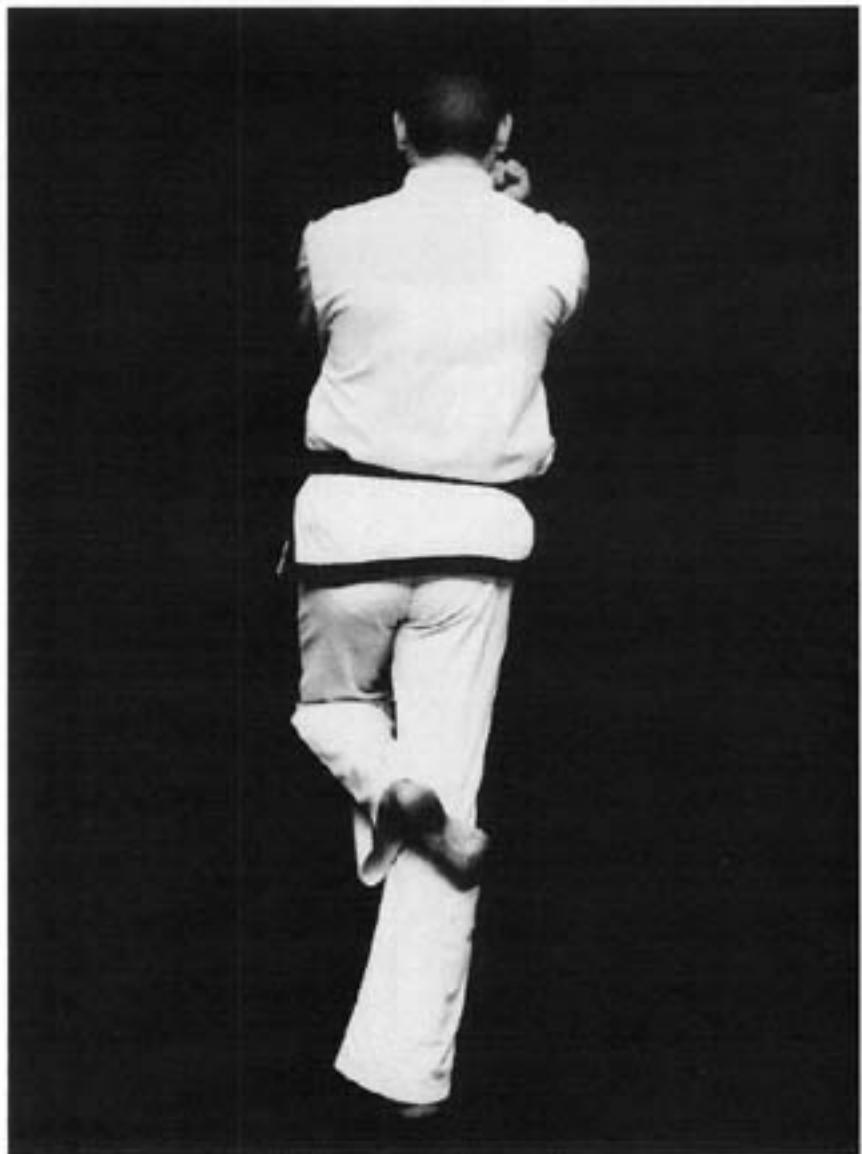
Side View

Keep the left heel slightly off the ground.



Side View

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



**Right one-leg stance high side front strike  
with the right back fist toward C.**

**Application**

**Previous Posture**



**Side View**



**Other View**



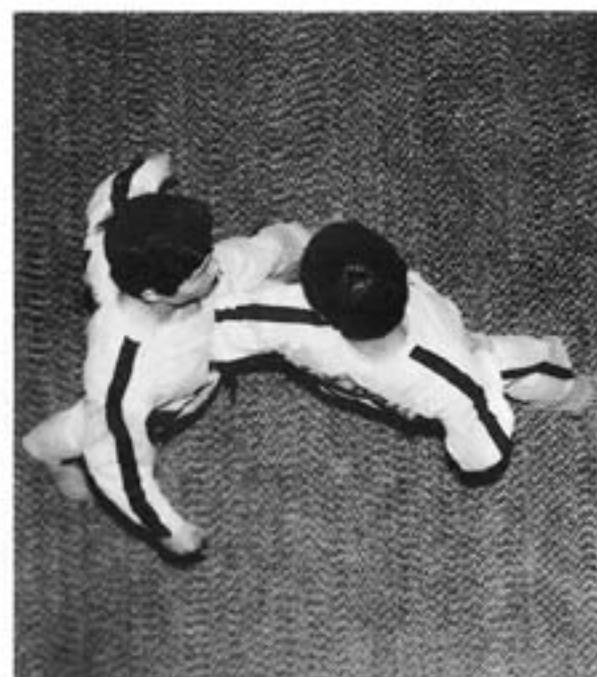
- 22.** Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.



Right fixed stance toward D with  
a left side elbow thrust to C.

**Application**

**Previous Posture**



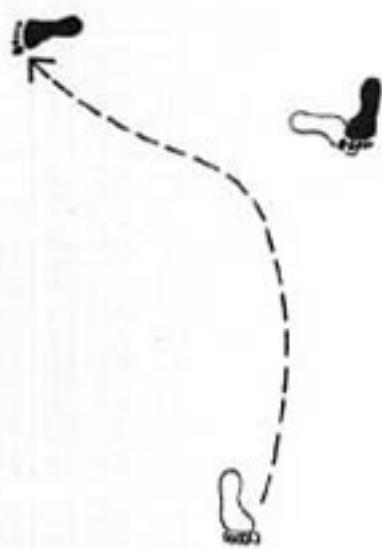
**Top View**



**Side View**



- 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.



Left L-stance knife-hand high  
guarding block toward A.

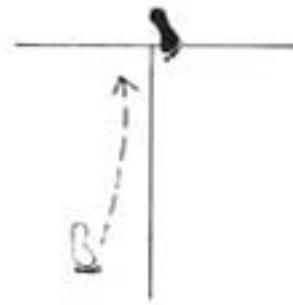
**Application**



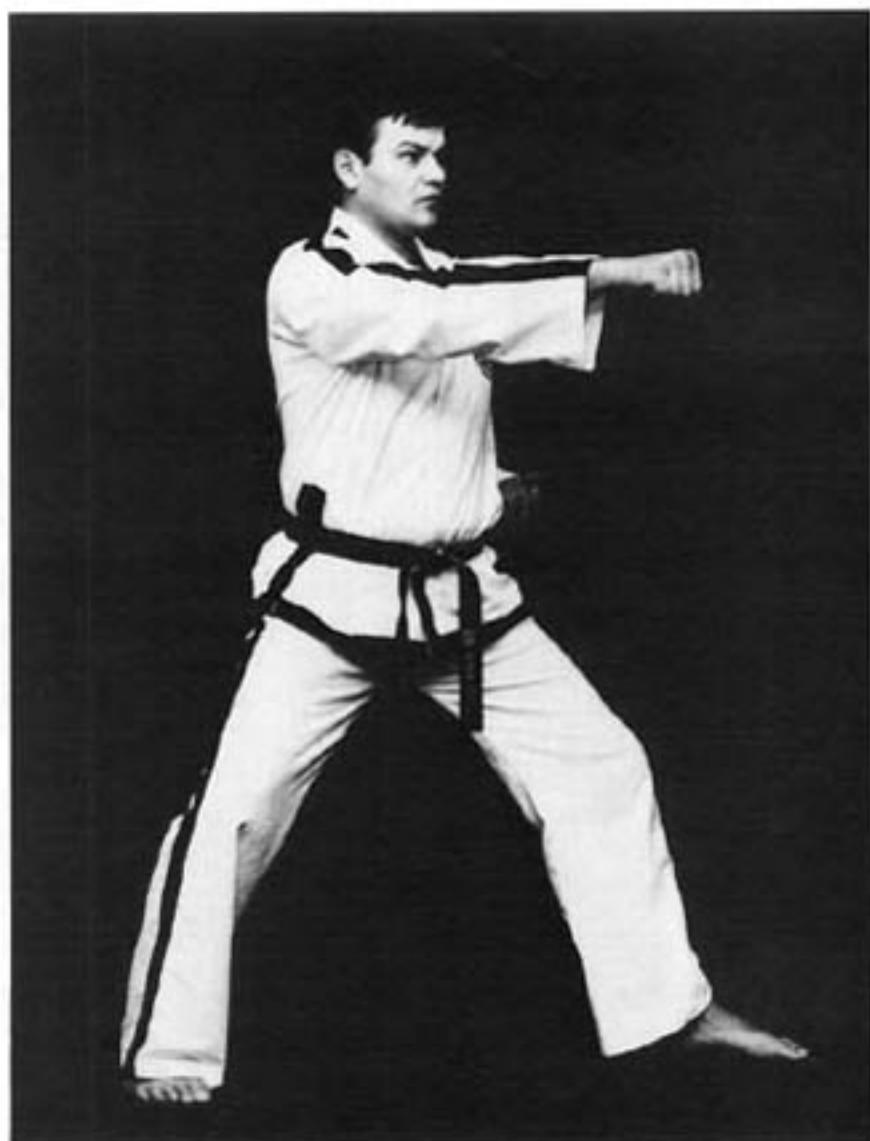
**Front view**



**Previous Posture**



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.

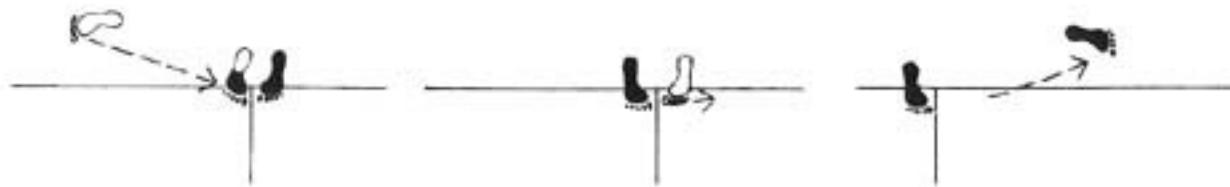


Right L-stance middle punch with  
the right fist toward B.

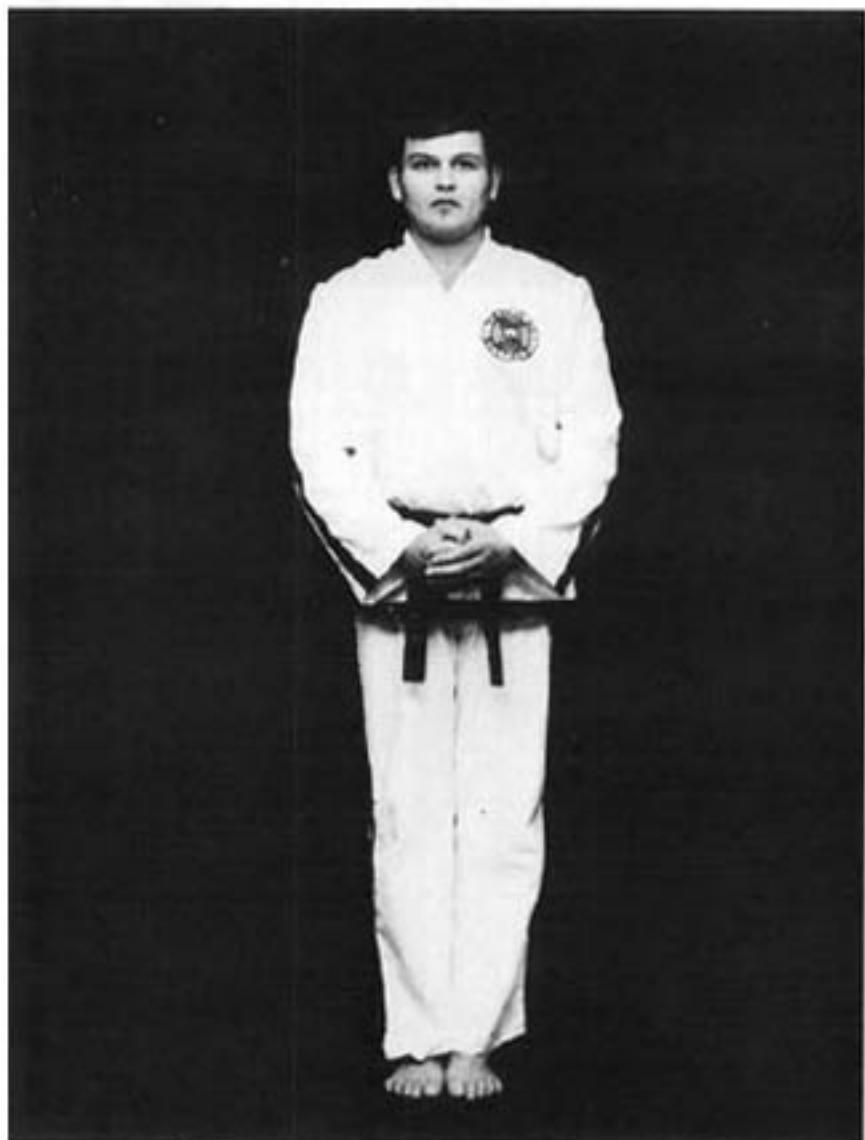


**Application**

**Previous Posture**



**END:** Bring the left foot back to a ready posture.



**Close ready stance B toward D.**

**Top View**



**Side View**

