

Ko-Dang

55 Movements

“Ko-Dang is the pseudonym of the patriot Cho Man Ik, who dedicated his life to the secession and education of his nation”

Ready Stance C

1. Left Palm Heel Block Middle (Medium) - Sitting Stance
2. Right Punch Middle - Sitting Stance
3. Right Hook Kick/Round Kick
4. Left Double Fist Block - Left Back Stance
5. Left Inner Forearm Block/Right Reverse Low Block - Left Back Stance
6. Right Palm Heel Block Middle (Medium) - Sitting Stance
7. Left Punch Middle - Sitting Stance
8. Left Hook Kick/Round Kick
9. Right Double Fist Block - Right Back Stance
10. Right Inner Forearm Block/Left Reverse Low block - Right Back Stance
11. Twin Inner Forearm Block - Right Back Stance
12. Right Jump Spin Side Kick
13. Left Double Knife-hand Block - Left Back Stance
14. Twin Inner forearm Block - Left Back Stance
15. Left Jump Spin Side Kick
16. Right Double Knife-hand Block - Right Back Stance
17. Left Downward Elbow Strike - Left Cat Stance
18. Right Downward Elbow Strike - Right Cats Stance
19. Left Double Knife-hand Press Block - Left Front Stance
20. Right Double Knife-hand Press Block - Right Front Stance
21. Left Low Block - Left Back Stance
22. Right Double Round Kick
23. Left Jump Spin Crescent Kick
24. Right Double Fist Block - Right Back Stance
25. Right Low Block - Right Back Stance
26. Left Double Round Kick
27. Right Jump Spin Crescent Kick
28. Left Double Fist Block - Left Back Stance
29. Right Upset Palm Heel Strike High - Right Cat Stance
30. Left Upset Palm Heel Strike High - Left Cat Stance
31. Right Front Kick
32. Twin Outside Knife-hand Strike High - Right Front Stance
33. Left Knife-hand High Block - Left Front Stance
34. Left Knife-hand Low Block - Left Back Stance
35. Right Reverse Punch Middle - Left Font Stance
36. Left Double Fist Block - Left Back Stance
37. Left Jump Front Kick
38. Left Double Knife-hand Block - Left Back Stance
39. Right Downward Back-fist - Right X Stance
40. Left Outer Forearm Block - Left Front Stance
41. Right Reverse Middle Punch - Left Front Stance
42. Right Outer Forearm Block - Right Front Stance
43. left Reverse Punch Middle - Right Front Stance
44. Right Reverse Upset Punch High - Left Back Stance
45. Right Leg Sweep

46. Right Downward Knife-hand Strike - Right Back Stance
47. Right Side Kick (Medium)
48. Left Double Fist Block - Left Back Stance
49. Left Reverse Upset Punch High - Right Back Stance
50. Left Leg Sweep
51. Left Downward Knife-hand Strike - Left Back Stance
52. Left Side Kick (Medium)
53. Right Double Fist Block - Right Back Stance
54. Right Double Knife-hand Block - Right Back Stance
55. Left Double Knife-hand Block - Left Back Stance