

Yon Gae

4th Degree Black Belt

Left fist at waist, covered by right knife hand/Parallel Stance

Stepping		Technique	Stance	Target
1	Slide back	Circular double low inverted ridgehand block	Left Back L	Low
2	Shift rear foot	Right longfist - <i>Slow motion</i>	Left Front	High
3	Retreat left foot	Double outer forearm blocks	Right Back L	Middle
4	Jump forward	Right Side Knife-hand strike (strike in air)	Right Back L	Middle
5	Slide back	Upward outer forearm X-block (checking)	Right Back L	Middle
6	Shift front foot	Right eye rake	Right Front	High
7	Slide back pulling the right foot	Right downward elbow	Right Rear L	Low
8	Jump forward	Left side back fist	Left Reverse Rear	High
9	Shift the right foot back	Right reverse knifehand low block	Left Front	Low
10	Step fwd	Left downward grasp/hooking blk	Parallel	Middle
11		Right punch (Perform 10 & 11 in continuous motion)	Parallel	Middle
12	Slide back	Circular double low inverted ridgehand block	Right Back L	Low
13	Shift rear foot	Left longfist - <i>Slow motion</i>	Right Front	High
14	Retreat right foot	Double outer forearm blocks	Left Back L	Middle
15	Jump forward	Left ide Knife-hand strike (strike in air)	Left Back L	Middle
16	Slide back	Upward outer forearm X-block (checking)	Left Back L	Middle
17	Shift front foot	Left eye rake	Left Front	High
18	Slide back pulling the left foot	Left downward elbow	Left Rear L	Low
19	Jump forward	Right side back fist	Rt Reverse Rear	High
20	Shift the left foot back	Left reverse knifehand low block	Right Front	Low
21	Step fwd	Right downward grasp	Parallel	Middle
22		Left punch (Perform 21 & 22 in continuous motion)	Parallel	Middle
23	Step out to right side	Twin outward motion high side blocks with ridgehands (W-block)	Middle	High

	Stepping	Technique	Stance	Target
24	Step over with left foot	Twin horizontal side elbow strike with fists	Left Reverse Rear	Middle
25	Step out to right side	Twin pushing outer forearm block to the front	Middle	Middle
26	Step over w/lft foot	Right uppercut pulling the left hand to the chest (KIHAP)	Left Reverse Rear	High
27	Continuous on a straight line	Right Reverse Hookkick toward left		High
28	Continuous on a straight line	Left forward turning Sidekick toward left		Middle
29	Land kick in a jumping motion	Left downward backfist to the side	Left Reverse Rear	Middle
30	Step out to the left side	Twin outward motion high side blocks with ridgehands (W-block)	Middle	High
31	Step over with right	Twin horizontal side elbow strike with fists	Rt Reverse Rear	Middle
32	Step out to the left	Twin pushing outer forearm block to the front	Middle	Middle
33	Step over w/rgt foot	Left uppercut pulling the right hand to the chest (KIHAP)	Rt Reverse Rear	High
34	Continuous on a straight line	Left Reverse Hookkick toward right side		High
35	Continuous on a straight line	Right forward turning Sidekick to right side		Middle
36	Land kick in a jumping motion	Right downward backfist to the side	Rt Reverse Rear	Middle
37	Retreat the left foot	Double outer forearm blocks to front	Right back L	Middle
38	Turn counterclockwise to the rear, pivot on right foot	Right Horizontal upward inner forearm block to rear	Right Rear L	Middle
39	Dbl step, right then left, turn counterclockwise to front-in a stamping motion	Left knifehand strike to front	Left Back L	High
40	Dbl step retreat	Double outer forearm blocks to front	Left Back L	Middle
41	Turn clockwise to rear, pivoting on the left foot	Left horizontal upward inner forearm block to rear	Left Rear L	Middle
42	Dbl step, left then right, turn clockwise to front-stamp	Right knifehand strike to front	Right Back L	High

	Stepping	Technique	Stance	Target
43	Turn counterclockwise to front, pivoting on left foot	Double outer forearm blocks to front	Left Back L	Middle
44		Right Jump reverse sidekick to front		Middle
	Land	Double knife hand blocks to front	Right Back L	Middle
45		Left Jump reverse sidekick to front		Middle
	Land	Double knife hand blocks to front	Right Back L	Middle
46	Shift right	Right inward reverse low block with ridgehand to front	Left front	Low
47	Retreat left	Left back elbow to rear	Right back L	Middle
48	Shift left	Left inward reverse low block with ridgehand to front	Right front	Low
49	Retreat right	Right back elbow to rear (KIHAP)	Left back L	Middle
		49 moves, Right Foot Returns		

Yon Gae is named after a famous general during the Koguryo dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D. , the year he forced the Tang dynasty to quit Korea after destroying nearly 300,000 of its troops at Ansi Sung. (49 movements)