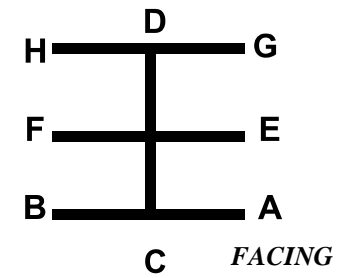









Se Jong (5th Degree Black Belt)

Ready Position—Closed Stance B Position facing D



<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING & DIRECTION</i>	<i>C</i> <i>FACING</i>
1	(L) Low block	Low	(L) Front	Step out to left side with the left foot	B ←
2	Double outer forearm block (Square Blk)	High	(R) Back L	Step together then step out with the right foot	A →
3	(R) Forward turning sidekick to front	Middle		Kick to front	D ↑
4	(L) High rising block	High	(L) Front	Step down with right foot and then out with the left	F ←
5	(R) Horizontal Side Knifehand Strike	Middle	Middle	Step left foot to right and then out with the right—strike to right side	E →
6	Closed stance—B position	Middle	Closed	Bring right foot to left	D ↑
7	(L) front backfist—bringing the right hand to the left side fist	High	(L) Reverse L (X stance)	Jump forward	D ↑
8	(R) Punch	High	(R) Front	Step out with right foot to side	G →
9	Double Guarding Blocks	Middle	(L) Fixed	Shift right foot while pivoting on the left	H ←
10	(R) Spear thrust while making a left downward block with the left palm	Middle	(R) Front	Step forward with the right foot	H ←
11	(L) Side Backfist	High	(L) Front	Step right foot to left and then step out with the left while turning counterclockwise	G →
12	(L) Upward scooping palm block	Middle	Middle	Shift left foot forward	C ↓
13	(L) Turning round kick	Middle		Kick to rear	C ↓
14	Double inner forearm blocks	High	(L) Reverse L	Land forward in a jumping motion	C ↓
15	(R) Slow motion punch	Middle	Middle	Step out to side with the right foot	C ↓
16	(L) Front Backfist strike while making a downward block with the right forearm	High	Middle	Stationery	C ↓
17	Twin palm pressing block	Low	(L) Diagonal	Step right foot behind left and then out with the left foot	CB ↙

<i>MOVE</i>	<i>TECHNIQUE</i>	<i>TARGET</i>	<i>STANCE</i>	<i>STEPPING & DIRECTION</i>	<i>FACING</i>
18	Double arc hand pushing block	Middle	(L) Front	Twist to a front stance	CB 
19	(L) Low block (R) Outer forearm blk	High/Low	(R) Bending	Bring left foot to outside of right knee	C 
20	(R) Downward palm pressing block SLOW MOTION	Low	(R) Front	Step back with the left foot	C 
21	(R) Back Forearm strike into (L) palm	High	(R) Bending	Bring left instep to the hollow of the right knee	C 
22	(L) Rear elbow strike	Middle	(L) Fixed	Step forward with the left foot, turning clockwise—strike is to rear—stance faces front	C 
23	Double knifehand blocks	High	(R) Back L	Shifting the right foot while pivoting on the left foot	A 
24	(R) Punch	Middle	(L) Back L	Step right foot to left and then out to side with left	B 

Left foot returns to Ready Position—
Closed Stance, B Position

Se Jong (24 movements, Left foot returns to ready) - Se Jong is named for the greatest Korean king, Se Jong, who invented the Korean alphabet in 1443 and was also a noted meteorologist. The diagram represents the king while the 24 movements represent the 24 letters of the Korean alphabet.

*Diagram of
the pattern Se Jong*

