

Yong Gom

Green/Blue Belt Parallel Ready Stance

Technique			Stance	Target
1	Retreat right foot	Left outward motion inner forearm block	(L) Back L	Middle
2	Retreat left foot	Right inward motion outer forearm block	(R) Back L	Middle
3	Shift right foot	Left reverse punch	(R) Front	Middle
4		Left turning round kick		Middle
5	Land kick	Left side knifehand strike	(L) Back L	Middle
6	Shift left foot	(R) Reverse Punch	(L) Front	Middle
7		Right turning round kick		Middle
8	Land kick	Right side knifehand strike	(R) Back L	Middle
9	Shift right foot	(L) Reverse Punch	(R) Front	Middle
10	Perform 9 & 10 in Continuous Motion – Double punching	(R) Front Punch		Middle
11	Pivot turn – stepping right foot onto a straight line with the left foot while pivoting the left foot and facing rear	Double inner forearm blocks	(L) Back L	Middle
12	Retreat left foot	Right outward motion inner forearm block	(R) Back L	Middle
13	Retreat right foot	Left inward motion outer forearm block	(L) Back L	Middle
14	Shift left foot	(R) Reverse Punch	(L) Front	Middle
15		Right turning round kick		Middle

16	Land kick	Right side knifehand strike	(R) Back L	Middle
17	Shift right foot	(L) Reverse Punch	(R) Front	Middle
18		Left turning round kick		Middle
19	Land kick	Left side knifehand strike	(L) Back L	Middle
20	Shift left foot	(R) Reverse Punch	(L) Front	Middle
21	Perform 20 & 21 in Continuous Motion – Double punching	(L) Front Punch		Middle
22	Step forward with right foot while pivoting counterclockwise with the left foot to face front	Left Low Block/Right Backfist Strike to the rear	(L) Back L	Low/High
23	Shift left foot	(R) Reverse Inward Motion outer forearm block	(L) Front	Middle
24		(L) Front Punch	(L) Front	Middle
25		Left Reverse turn (spin) hookkick		Middle
26	Land kick	Left side backfist strike	Middle	High
27	Step forward with the right foot	Right straight punch to the shoulder	Parallel	Middle
28	Perform 27 & 28 in continuous motion	Left straight punch to the shoulder	Parallel	Middle
29	Retreat the left foot	Right Low Block/Left Backfist Strike to rear	(R) Back L	Low/High
30	Shift the right foot	(L) Reverse Inward Motion outer forearm block	(R) Front	Middle
31		(R) Front Punch	(R) Front	Middle
32		Right Reverse turn (spin) hookkick		Middle

33	Land kick	Right side backfist strike	Middle	High
34	Step forward with the left foot	Left shoulder punch	Parallel	Middle
35		Right shoulder punch Perform 34 & 35 in continuous motion	Parallel	Middle
36	Retreat the right foot	Double knifehand blocks	(L) Back L	Middle
37	Step the left foot to face rear while pivoting clockwise on the right foot	Right reverse circular inner forearm block (scooping block)	(L) Front	Middle
38		(L) Front Punch	(L) Front	Middle
39	Step together – moving the left foot to right	Right sidekick		Middle
40	Land kick	(L) Reverse punch (Kihap)	(R) Front	High
40 moves, Left Foot Returns				

Yong Gom: (40 moves) means literally “Inspiration”. With goals firmly in mind the students must learn to inspire themselves into action as they develop a sense of self-worth. Without this one may never strive for success as they may not feel they deserve the rewards that accompany achievement. (Left Foot Returns)

Yong Gom is the second pattern in the “Discipline” series. All four discipline patterns are performed on a straight line (I).