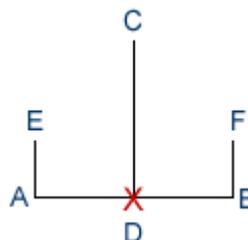


KO-DANG is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 45 movements represent the last two figures of 1945, the year Korea was liberated from Japanese occupation

Ko-Dang

Movements - 45

Ready Posture - PARALLEL STANCE WITH
A TWIN SIDE ELBOW



1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.

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23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
45. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

END: Bring the right foot back to a ready posture.

**Korean for each technique in
Ko-Dang**

01. Annun so anpalmok narani makgi
02. Sonbadak kaunde golcho makgi
03. Annun so ap joomuk kaunde jirugi
04. Waebal so bakat palmok narani makgi
05. Kaunde yopcha jirugi, nopunde bandae dollyo gorochagi
06. Kyocha so dung joomuk naeryo taerigi
07. Kaunde golcho chagi, Nopunde yopcha jirugi
08. Annun so opun sonkut nopunde bakuro ghutgi
09. Gunnun so nopun palkup bandae taerigi
10. Kyocha so sonkal dung najunde bandae ap makgi
11. Niunja so sonkal kaunde daebi makgi
12. Sonkal twio dolmyo taerigi
13. Annun so anpalmok narani makgi
14. Sonbadak kaunde golcho makgi
15. Annun so ap joomuk kaunde jirugi
16. Waebal so bakat palmok narani makgi
17. Kaunde yopcha jirugi, Nopunde bandae dollyo gorochagi
18. Kyocha so dung joomuk naeryo taerigi
19. Kaunde golcho chagi, nopunde yopcha jirugi
20. Annun so opun sonkut nopunde bakuro ghutgi
21. Gunnun so nopun palkup bandae taerigi
22. Kyocha so sonkal dung najunde bandae ap makgi
23. Niunja so sonkal kaunde daebi makgi
24. Sonkal twio dolmyo taerigi
25. Gokaeng-i chagi, Dwitbal so palmok kaunde daebi makgi
26. Moa so hanulson
27. Dwitbal so sun palkup bandae naeryo tulgi
28. Gunnun so bandal son nopunde bandae bandal taerigi
29. Dwitbal so sun palkup bandae naeryo tulgi
30. Gunnun so bandal son nopunde bandae bandal taerigi
31. Gunnun so sang sonkal nopunde anuro taerigi
32. Gunnun so bandae naeryo jirugi
33. Dwiro ibo omgyo didimyo mikulgi, Niunja so bakat palmok bandae naeryo makgi
34. Pihamyong bandae dollyo chagi, Niunja so palmok kaunde daebi makgi
35. Dwiro ibo omgyo didimyo mikulgi, Niunja so bakat palmok bandae naeryo makgi
36. Pihamyong bandae dollyo chagi, niunja so palmok kaunde daebi makgi
37. Twimyo sangbang chagi
38. Sasun so sang sonbadak chookyo makgi
39. Dwitbal so yop palkup tulgi
40. Guburyo junbi sogi, Kaunde dwitche jirugi
41. Niunja so dung joomuk bandae soopyong taerigi
42. Narani so opun sonkut nopunde anuro gutgi
43. Twimyo yonsok jirugi
44. Gunnun so sonkal bandae ap naeryo taerigi
45. Gunnun so kaunde bandae jirugi