



HED TKD

TAE KWON-DO SCHOOLS

Ko Dang – This pattern is practiced by 2nd Dan students (and above)

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 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

Pattern: **Ko Dang**

No. of Movements: 39

Starting Position: Close Ready Stance C – (Facing towards D)

1. Move the right foot to AC to form a sitting stance, at the same time executing a middle pushing block with a left palm.
2. Execute a middle punch with the right fist.
3. Move the right foot on line CD, forming a right L stance while executing a middle guarding block with the forearm.
4. Execute a low block with the right forearm and a middle side block with the left inner forearm.
5. Move the left foot to BC forming a sitting stance at the same time executing a middle pushing block with a right palm.
6. Execute a middle punch with the left fist.
7. Move the left foot on line CD, forming a left L-stance while executing a middle guarding block with the forearm.
8. Execute a low block with the left forearm and a middle side block with the right inner forearm.
9. Turn the face toward C forming a left bending ready stance B.
10. Execute a middle back piercing kick to C with the right foot.
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block with a left knife-hand.
12. Turn the face toward C forming a right bending ready stance B.
13. Execute a middle back piercing kick to C with the left foot.
14. Lower the left foot to C forming a left L-stance toward D, while executing a middle block with a right knife-hand.
15. Move the right foot to C forming a right L-stance while executing a downward thrust with a left straight elbow.
16. Move the left foot to C, forming a left L-stance while executing a downward thrust with a right straight elbow.
17. Move the left foot to D to form a left walking stance while executing a pressing block with a right palm. Perform in a slow motion.
18. Move the right foot to D, forming a right walking stance, at the same time changing the position of the hands. Perform in a slow motion.
19. Move the right foot to C forming a right L-stance, while executing a downward block with the left outer forearm.
20. Move the right foot to D to form a left L-stance, while executing a downward block with the right outer forearm.
21. Move the left foot to D, forming a right rear foot stance, at the same time executing an upward block with a left palm.
22. Move the right foot to D to form a left rear foot stance, at the same time executing an upward block with a right palm.
23. Move the right foot to C, forming a right rear foot stance, and then execute a middle front snap kick with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to D, forming a left walking stance while executing a high inward strike with both knife-hands.
25. Execute a rising block with a left knife-hand.
Perform 24 and 25 in a continuous motion.
26. Execute a low guarding block with the knife-hand while forming a right L-stance, pulling the left foot.
27. Execute a downward punch with the right fist while forming a left walking stance, slipping the left foot.



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28. 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 middle guarding block with a knife-hand.
29. Jump to land on the same spot, forming a right L-stance while executing a middle guarding block with a knife-hand.
30. Jump to D to form a right X-stance, while executing a high side strike to D with a right back fist.
31. Move the left foot to C, forming a left walking stance, at the same time executing a high side block with the left outer forearm.
32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block with the right outer forearm.
33. Move the left foot to D, forming a right L-stance, at the same time executing an upset punch with the right fist and bringing the left side fist in front of the right shoulder.
34. Execute a middle hooking kick to A with the right foot.
35. Lower the right foot to A, forming a left L-stance while executing a high cross cut with a right flat fingertip.
36. Bring the right foot to the left foot, and then execute a middle hooking kick to B with the left foot.
37. Lower the left foot to B, forming a right L-stance, at the same time executing a high cross cut with a left flat fingertip.
38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance, at the same time executing a high guarding block with a knife-hand.
39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance, at the same time executing a high guarding block with a knife-hand.

END: Bring the left foot back to the Ready Position.