



West Coast Taekwondo

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4th Degree Decided Black Belt Pattern CHOI-YONG (50 movements)

Choi Yong is named after General Choi Yong, Premier and Commander-in Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.

	Ready Stance C	
1	Left Double Fist Block	Left Cat Stance
2	Left Vertical Punch High	Left Cat Stance
3	Right Double Fist Block	Right Cat Stance
4	Right Vertical Punch High	Right Cat Stance
5	Left Knifehand High Block	Left Front Stance
6	Right Reverse Inner Forearm Block	Left Front Stance
7	Left Punch High	Left Front Stance
8	Right Knifehand High Block	Right Front Stance
9	Left Reverse Inner Forearm Block	Right Front Stance
10	Right Punch High	Right Front Stance
11	Left Double Knifehand Block Low	Left Back Stance
12	Right #2 Round Kick	
13	Left Spin Hook Kick / Round Kick	
14	Right Reverse Horizontal Elbow Strike (to left palm) (Yell)	Left Front Stance
15	Right Double Knifehand Block Low	Right Back Stance
16	Left #2 Round Kick	
17	Right Spin Hook Kick / Round Kick	
18	Left Reverse Horizontal Elbow Strike (to right palm) (Yell)	Right Front Stance
19	Left Double Press Block(Medium)	Left Front Stance
20	Right Double Press Block (Medium)	Right Front Stance
21	Twin Outer Knifehand Block	Left Front Stance
22	Right #2 Front Kick	
23	Left Double Fist Block	Left Back Stance
24	Twin Outer Knifehand Block	Right Front Stance
25	Left #2 Front Kick	
26	Right Double Fist Block	Right Back Stance
27	Double Step-Sliding Right Double Fist Block	Right Back Stance
28	Left Spearhand High	Left Front Stance
29	Right Spearhand High	Right Front Stance
30	Right Hooking Block (Medium)	Parallel Stance
31	Left Punch High	Parallel Stance
32	Right Double Fist Block	Left One Leg Balance Stance
33	Right Side Kick	
34	Right Backfist High (side of fist to left palm) (Yell)	Right X-Stance

35	Right Double Fist Block	Right Back Stance
36	Left #2 Front Kick / Round Kick	
37	Right Jump Spin Heel Kick	
38	Left Double Fist Block	Left Back Stance
39	Right Knifehand Strike High	Right Back Stance
40	Left Hooking Block (Medium)	Parallel Stance
41	Right Punch High	Parallel Stance
42	Left Double Fist Block	Right One Leg Balance Stance
43	Left Side Kick	
44	Left Backfist High (side of fist to right palm) (Yell)	Left X-Stance
45	Left Double Fist Block	Left Back Stance
46	Right #2 Front Kick / Round Kick	
47	Left Jump Spin Heel Kick	
48	Right Double Fist Block	Right Back Stance
49	Left Knifehand Strike High	Left Back Stance
50	Right Punch High	Right Back Stance