



# West Coast Taekwondo

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## 3rd Degree Decided Black Belt Pattern JUCHE (53 movements)

Juche is the philosophical idea that man is the master of everything and decides everything; in other words, the idea that man is the master of the world, and his own destiny. It is said that this idea is rooted in Baekdu Mountain, which symbolizes the spirit of the Korean people.

	Ready Stance A	
1	Twin Inner Forearm Block	Sitting Stance
2	Right Hooking Block (Medium)	Sitting Stance
3	Left Punch Middle	Sitting Stance
4	Twin Outer Forearm Block	Left One Leg Balance Stance
5	Right Side Kick (Medium)	
6	Left Double Fist Block	Left Back Stance
7	Right #2 Hook Kick	
8	Right Jump Backfist High (Yell)	Right X-Stance
9	Left #1 Front Kick / Side Kick	
10	Left Knifehand Strike Middle	Sitting Stance
11	Right Reverse Horizontal Elbow Strike	Left Front Stance
12	Left Knifehand Low Block	Left X-Stance
13	Right Double Knifehand Block	Right Back Stance
14	Left Jump Spin Knifehand Strike Middle	Left Back Stance
15	Twin Inner Forearm Block	Sitting Stance
16	Left Hooking Block (Medium)	Sitting Stance
17	Right Punch Middle	Sitting Stance
18	Twin Outer Forearm Block	Right One Leg Balance Stance
19	Left Side Kick (medium)	
20	Right Double Fist Block	Right Back Stance
21	Left #2 Hook Kick	
22	Left Jump Backfist High (Yell)	Left X-Stance
23	Right #1 Front Kick / Side Kick	
24	Right Knifehand Strike Middle	Sitting Stance
25	Left Reverse Horizontal Elbow Strike	Right Front Stance
26	Right Knifehand Low Block	Right X-Stance
27	Left Double Knifehand Block	Left Back Stance
28	Right Jump Spin Knifehand Strike Middle	Right Back Stance
29	Left #2 Leg Stretch Kick	
30	Left Double Fist Block	Left Cat Stance
31	Twin Arc Hand High (Medium)	Closed Stance
32	Slide Back Right Downward Vertical Elbow Strike	Right Cat Stance
33	Left Reverse Ridgehand Strike High	Right Front Stance
34	Slide Back Left Downward Vertical Elbow Strike	Left Cat Stance

35	Right Reverse Ridgehand Strike High	Left Front Stance
36	Twin Outside Knifehand Strike High	Right Front Stance
37	Right Reverse Downward Punch Low	Left Front Stance
38	Double Step Back and Slide Left Low Block	Left Back Stance
39	Right Jump Spin Side Kick	
40	Right Double Fist Block	Right Back Stance
41	Double Step Back and Slide Right Low Block	Right Back Stance
42	Left Jump Spin Side Kick	
43	Left Double Fist Block	Left Back Stance
44	Double Step Right Jump Side Kick (Yell)	
45	Twin Palm Heel Section Block High	Sitting Stance
46	Right Reverse Slide Elbow	Left Back Stance
47	Twin Low Block	Right One Leg Balance Stance
48	Left Spin Side Kick	
49	Left Backfist High	Left Back Stance
50	Right Ridgehand Strike High	Parallel Stance
51	Jump Forward Right Punch High / Right Upset Punch Middle (Yell)	Closed Stance
52	Left Reverse Downward Knifehand Strike High	Right Front Stance
53	Right Reverse Punch Middle	Left Front Stance