



# West Coast Taekwondo

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## 3rd Degree Senior Belt Pattern KO-DANG (55 movements)

Ko-Dang is the pseudonym of the patriot Cho Man Ik, who dedicated his life to the secession and education of his nation.

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|----|--|--------------------|
|    | Ready Stance C                                     |                    |
| 1  | Left Palm Heel Block Middle (Medium)               | Sitting Stance     |
| 2  | Right Punch Middle                                 | Sitting Stance     |
| 3  | Right Hook Kick / Round Kick                       |                    |
| 4  | Left Double Fist Block                             | Left Back Stance   |
| 5  | Left Inner Forearm Block / Right Reverse Low Block | Left Back Stance   |
| 6  | Right Palm Heel Block Middle (Medium)              | Sitting Stance     |
| 7  | Left Punch Middle                                  | Sitting Stance     |
| 8  | Left Hook Kick / Round Kick                        |                    |
| 9  | Right Double Fist Block                            | Right Back Stance  |
| 10 | Right Inner Forearm Block / Left Reverse Low Block | Right Back Stance  |
| 11 | Twin Inner Forearm Block                           | Right Back Stance  |
| 12 | Right Jump Spin Side Kick                          |                    |
| 13 | Left Double Knifehand Block                        | Left Back Stance   |
| 14 | Twin Inner Forearm Block                           | Left Back Stance   |
| 15 | Left Jump Spin Side Kick                           |                    |
| 16 | Right Double Knifehand Block                       | Right Back Stance  |
| 17 | Left Downward Vertical Elbow Strike                | Left Cat Stance    |
| 18 | Right Downward Vertical Elbow Strike               | Right Cat Stance   |
| 19 | Left Double Press Block                            | Left Front Stance  |
| 20 | Right Double Press Block                           | Right Front Stance |
| 21 | Left Low Block                                     | Left Back Stance   |
| 22 | Right #2 Double Round Kick                         |                    |
| 23 | Left Jump Spin Crescent Kick                       |                    |
| 24 | Right Double Fist Block                            | Right Back Stance  |
| 25 | Right Low Block (Double Step Back)                 | Right Back Stance  |
| 26 | Left #2 Double Round Kick                          |                    |
| 27 | Right Jump Spin Crescent Kick                      |                    |
| 28 | Left Double Fist Block                             | Left Back Stance   |
| 29 | Right Palm Heel Upset Strike High                  | Right Cat Stance   |
| 30 | Left Palm Heel Upset Strike High                   | Left Cat Stance    |
| 31 | Right Front Kick (step left foot back)             |                    |
| 32 | Twin Outside Knifehand Strike High                 | Right Front Stance |
| 33 | Left Knifehand High Block                          | Left Front Stance  |
| 34 | Left Knifehand Low Block                           | Left Back Stance   |
| 35 | Right Reverse Punch Middle                         | Left Front Stance  |

36	Left Double Fist Block (Double step back)	Left Back Stance
37	Left #1 Jump Front Kick	
38	Left Double Knifehand Block	Left Back Stance
39	Right Jump Backfist High (Yell)	Right X-Stance
40	Left Outer Forearm Block	Left Front Stance
41	Right Reverse Punch Middle	Left Front Stance
42	Right Outer Forearm Block	Right Front Stance
43	Left Reverse Punch Middle	Right Front Stance
44	Right Reverse Upset Punch High (Yell)	Left Back Stance
45	Right Leg Sweep	
46	Right Downward Knifehand Strike High	Right Back Stance
47	Right Side Kick (Medium)	
48	Left Double Fist Block	Left Back Stance
49	Left Reverse Upset Punch High (Yell)	Right Back Stance
50	Left Leg Sweep	
51	Left Downward Knifehand Strike High	Left Back Stance
52	Left Side Kick (Medium)	
53	Right Double Fist Block	Right Back Stance
54	Right Double Knifehand Block	Right Back Stance
55	Left Double Knifehand Block	Left Back Stance