



# West Coast Taekwondo

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## 5th Degree Black Belt Pattern MOON-MOO (69 movements)

Moon-Moo honors the 30<sup>th</sup> king of the Silla Dynasty, his body was buried near Dae Wang Am (Great Kings Rock). According to his will the body was placed in the sea “where my soul shall forever defend my land against the Japanese.” It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb.

- |    |  |                              |
|----|--|------------------------------|
|    | Ready Stance A   |                              |
| 1  | Left Double Fist Block                                   | Right One Leg Balance Stance |
| 2  | Left Side Kick (Medium)                                  |                              |
| 3  | Left Side Kick (Fast)                                    |                              |
| 4  | Right Spearhand High                                     | Sitting Stance               |
| 5  | Right Jump Spin Hook Kick                                |                              |
| 6  | Left Double Fist Block                                   | Left Back Stance             |
| 7  | Right Knifehand Strike High (Yell)                       | Right X-Stance               |
| 8  | Left Double Press Block (Medium)                         | Left Front Stance            |
| 9  | Right Double Press Block (Medium)                        | Right Front Stance           |
| 10 | Right Knifehand Low Block / Left Reverse Knifehand Block | Right One Leg Balance Stance |
| 11 | Right Double Fist Block                                  | Left One Leg Balance Stance  |
| 12 | Right Side Kick (Medium)                                 |                              |
| 13 | Right Side Kick (Fast)                                   |                              |
| 14 | Left Spearhand High                                      | Sitting Stance               |
| 15 | Left Jump Spin Hook Kick                                 |                              |
| 16 | Right Double Fist Block                                  | Right Back Stance            |
| 17 | Left Knifehand Strike High (Yell)                        | Left X-Stance                |
| 18 | Right Double Press Block (Medium)                        | Right Front Stance           |
| 19 | Left Double Press Block (Medium)                         | Left Front Stance            |
| 20 | Left Knifehand Low Block / Right Reverse Knifehand Block | Left One Leg Balance Stance  |
| 21 | Twin Low Block   | Left One Leg Balance Stance  |
| 22 | Right Side Kick  |                              |
| 23 | Right Reverse Punch High                                 | Left Front Stance            |
| 24 | Twin Low Block   | Right One Leg Balance Stance |
| 25 | Left Side Kick   |                              |
| 26 | Left Reverse Punch High                                  | Right Front Stance           |
| 27 | Left Press Block Low                                     | Left Cat Stance              |
| 28 | Left #1 Front Kick                                       |                              |
| 29 | Right Outside Crescent Kick                              |                              |
| 30 | Right Hammerfist Middle (Yell)                           | Sitting Stance               |
| 31 | Left Palm Heel Upset Strike High                         | Sitting Stance               |
| 32 | Right Punch Middle                                       | Sitting Stance               |
| 33 | Left Knifehand Low Block                                 | Sitting Stance               |
| 34 | Right #3 Jump Side Kick                                  |                              |

35	Left Jump Spin Heel Kick	
36	Right Double Fist Block	Right Back Stance
37	Left Hooking Block (Medium)	Left Front Stance
38	Right Press Block Low	Right Cat Stance
39	Right #1 Front Kick	
40	Left Outside Crescent Kick	
41	Left Hammerfist Middle (Yell)	Sitting Stance
42	Right Palm Heel Upset Strike High	Sitting Stance
43	Left Punch Middle	Sitting Stance
44	Right Knifehand Low Block	Sitting Stance
45	Left #3 Jump Side Kick	
46	Right Jump Spin Heel Kick	
47	Left Double Fist Block	Left Back Stance
48	Right Hooking Block (Medium)	Right Front Stance
49	Right #2 Twist Kick (step forward)	
50	Left Low Block / Right Reverse Backfist High	Left Back Stance
51	Right Reverse Outside Block (left fist under elbow)	Left Front Stance
52	Left #2 Twist Kick (step forward)	
53	Right Low Block / Left Reverse Backfist High	Right Back Stance
54	Left Reverse Outside Block (right fist nder elbow)	Right Front Stance
55	Left Leg Sweep	
56	Left Double Knifehand Block	Left Back Stance
57	Left #1 Double Side Kick	
58	Left Knifehand Strike High	Left Back Stance
59	Right Leg Sweep	
60	Right Double Knifehand Block	Right Back Stance
61	Right #1 Double Side Kick	
62	Right Knifehand Strike High	Right Back Stance
63	Right Reverse Punch High (Doublestep)	Left Front Stance
64	Left Jump Reverse Reinforced Upset Punch Low (Yell)	X-Stance (Right foot in front)
65	Right Jump Reverse Reinforced Upset Punch Low (Yell)	X-Stance (Left foot in front)
66	Right Jump Spin Side Kick	
67	Right Double Knifehand Block	Right Back Stance
68	Left Reverse Arc Hand Grab High	Right Front Stance
69	Right Punch High	Right Front Stance