



West Coast Taekwondo

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3rd Degree Black Belt Pattern YON-GAE (51 movements)

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

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| | Ready Stance E | |
| 1 | Left Circular Double Ridgehand Block Low | Left Back Stance |
| 2 | Right Reverse Punch High | Left Front Stance |
| 3 | Right Double Fist Block | Right Back Stance |
| 4 | Right Jump Spin Knifehand Strike High (Clockwise) | Right Back Stance |
| 5 | X Block High | Right Back Stance |
| 6 | Right Spearhand Strike High | Right Front Stance |
| 7 | Right Downward Elbow Strike | Right Cat Stance |
| 8 | Left Jump Backfist High (Yell) | Left X-Stance |
| 9 | Right Reverse Knifehand Low Block | Left Front Stance |
| 10 | Left Hooking Block (Medium) | Parallel Stance |
| 11 | Right Punch High | Parallel Stance |
| 12 | Right Circular Double Ridgehand Block Low | Right Back Stance |
| 13 | Left Reverse Punch High | Right Front Stance |
| 14 | Left Double Fist Block | Left Back Stance |
| 15 | Right Jump Spin Knifehand Strike High (Counterclockwise) | Left Back Stance |
| 16 | X Block High | Left Back Stance |
| 17 | Left Spearhand Strike High | Left Front Stance |
| 18 | Left Downward Elbow Strike | Left Cat Stance |
| 19 | Right Jump Backfist High (Yell) | Right X-Stance |
| 20 | Left Reverse Knifehand Low Block | Right Front Stance |
| 21 | Right Hooking Block (Medium) | Parallel Stance |
| 22 | Left Punch High | Parallel Stance |
| 23 | Twin Ridgehand Block | Sitting Stance |
| 24 | Twin Elbow Strike | Left X-Stance |
| 25 | Twin Inner Forearm Block | Sitting Stance |
| 26 | Right Reverse Upset Punch Middle | Left X-Stance |
| 27 | Right Spin Hook Kick | |
| 28 | Left #2 Side Kick | |
| 29 | Left Jump Backfist High (Yell) | Left X-Stance |
| 30 | Twin Ridgehand Block | Sitting Stance |
| 31 | Twin Elbow Strike | Right X-Stance |
| 32 | Twin Inner Forearm Block | Sitting Stance |
| 33 | Left Reverse Upset Punch Middle | Right X-Stance |
| 34 | Left Spin Hook Kick | |

35	Right #2 Side Kick	
36	Right Jump Backfist High (Yell)	Right X-Stance
37	Right Double Fist Block	Right Back Stance
38	Right Low Block	Right Cat Stance
39	Left Knifehand Strike High	Left Back Stance
40	Left Double Fist Block	Left Back Stance
41	Left Low Block	Left Cat Stance
42	Right Knifehand Strike High	Right Back Stance
43	Left Double Fist Block	Left Back Stance
44	Right Jump Spin Side Kick	
45	Right Double Knifehand Block	Right Back Stance
46	Left Jump Spin Side Kick	
47	Left Double Knifehand Block	Left Back Stance
48	Right Reverse Spearhand Strike Low	Left Front Stance
49	Left Reverse Elbow Strike	Right Back Stance
50	Left Reverse Spearhand Strike Low	Right Front Stance
51	Right Reverse Elbow Strike	Left Back Stance