

## Juche

### 53 Movements

*“Juche is the philosophical idea that man is 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 was 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 - 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 Hook Kick
8. Right Downward Back Fist - Right X Stance
9. Left Front Kick/Side Kick
10. Left Knife-hand Strike Middle - Sitting Stance
11. Right Reverse Horizontal Elbow Strike High - Left Front Stance
12. Left Knife-hand Low Block - Left X Stance
13. Right Double Knife-hand Block - Right Back Stance
14. Left Jump Spin Knife-hand Strike Middle - Left Back Stance
15. Twin Inner Forearm block - Sitting Stance
16. Left Hooking block - Sitting Stance
17. Right Punch Middle - Sitting Stance
18. Twin Outer Forearm Block - Left One Leg Balance Stance
19. Left Side Kick (Medium)
20. Right Double Fist Block - Right Back Stance
21. Left Hook Kick
22. Left Downward Back Fist - Left X Stance
23. Right Front Kick/Side Kick
24. Right Knife-hand Strike Middle - Sitting Stance
25. Left Reverse Horizontal Elbow Strike High - Right Front Stance
26. Right Knife-hand Low Block - Right X Stance
27. Left Double Knife-hand Block - Left Back Stance
28. Right Jump Spin Knife-hand Strike Middle - Right Back Stance
29. Left Leg Stretch
30. Left Double Fist Block - Left Cat Stance
31. Twin High Arc Hand - Closed Stance
32. Right Downward Elbow - Right Cat Stance
33. Left Reverse Ridge-hand - Right Front Stance
34. Left Downward Elbow - Left Cat Stance
35. Right Reverse Ridge-hand - Left Front Stance
36. Twin Outside Knife-hand Strike High - Right Front Stance
37. Right Reverse Punch Low - Left Front Stance
38. Left Low Block - Left Back Stance
39. Right Jump Spin Side Kick
40. Right Double Fist Block - Right Back Stance
41. Right Low Block - Right Back Stance
42. Left Jump Spin Side Kick
43. Left Double Fist Block - Left Back Stance
44. Right Jump Side Kick

45. Twin Palm Heel Press Block High - Sitting Stance
46. Right Reverse Backward Elbow Strike - Left Back Stance
47. Twin Low Block - Right One Leg Stance
48. Left Spin Side Kick
49. Left Back-fist - Left Back Stance
50. Right Ridge-hand Strike High - Shoulder Width Ready Stance
51. Right Jump Punch High/ Right Upset Punch - Closed Stance
52. Left Reverse Downward Knife-hand Strike - Right Front Stance
53. Right Reverse Punch Middle - Left Front Stance