

Moon-Moo

69 Movements

"Moon-Moo honors the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am. 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 was built to guard his tomb."

Ready Stance A

1. Left Double Fist Block - Right One Leg Stance
2. Left Side Kick (Medium)
3. Left Side Kick
4. Right Horizontal Spear-hand High - Sitting Stance
5. Right Jump Spin Hook Kick
6. Left Double Fist Block - Left Back Stance
7. Right Knife-hand Strike - Right X Stance
8. Left Knife-hand Double Press Block (Medium) - Left Front Stance
9. Right Knife-hand Double Press Block (Medium) - Right Front Stance
10. Right Knife-hand Low Block/Left Reverse Knife-hand Block - Right One Leg Stance
11. Right Double Fist Block - Left One Leg Stance
12. Right Side Kick (Medium)
13. Right Side Kick
14. Left Horizontal Spear-hand High - Sitting Stance
15. Left Jump Spin Hook Kick
16. Right Double Fist Block - Right Back Stance
17. Left Knife-hand Strike - Left X Stance
18. Right Knife-hand Double Press Block (Medium) - Right Front Stance
19. Left Knife-hand Double Press Block (Medium) - Left Front Stance
20. Left Knife-hand Low Block/Right Reverse Knife-hand Block - Left One Leg Stance
21. Twin Low Block - Left One Leg Stance
22. Right Side Kick
23. Right Reverse Punch High - Left Front Stance
24. Twin Low block - Right One Leg Stance
25. Left Side Kick
26. Left Reverse Punch High - Right Front Stance
27. Left Palm Heel Press Block Low - Left Cat Stance
28. Left Front Kick
29. Right Crescent Kick
30. Right Hammer-fist Middle - Sitting Stance
31. Left Palm Heel Upset Strike High - Sitting Stance
32. Right Punch Middle - Sitting Stance
33. Left Knife-hand Low Block - Sitting Stance
34. Right Jump Side Kick
35. Left Jump Spin Heel Kick
36. Right Double Fist Block
37. Left Hooking Block (Medium) - Right Back Stance
38. Right Palm Heel Press Block Low - Left Front Stance
39. Right Front Kick - Right Cat Stance
40. Left Crescent Kick
41. Right Horizontal Hammer-fist Middle - Sitting Stance
42. Right Palm Heel Upset Strike High - Sitting Stance
43. Left Punch Middle - Sitting Stance
44. Right Knife-hand Low Block - Sitting Stance

45. Left 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 Twist Kick
50. Left Low Block/Right Reverse Downward Back-fist - Left Back Stance
51. Right Reverse Supported Back-fist - Right Front Stance
52. Left Twist Kick
53. Right Low Block/Left Reverse Downward Back-fist - Right Back Stance
54. Left Reverse Supported Back-fist - Right Front Stance
55. Left Leg Sweep
56. Left Double Knife-hand Block - Left Back Stance
57. Left Double Side Kick
58. Left Knife-hand Strike High - Left Back Stance
59. Right Leg Sweep
60. Right Double Knife-hand Block - Right Back Stance
61. Right Double Side Kick
62. Right Knife-hand Strike High - Right Back Stance
63. Right Reverse Punch High - Left Front Stance
64. Left Jump Reverse Reinforced Upset Punch Low - Right X Stance
65. Right Jump Reverse Reinforced Upset Punch Low - Left X Stance
66. Right Jump Spin Side Kick
67. Right Double Knife-hand Block - Right Back Stance
68. Left Reverse Arc Hand Grab - Right Front Stance
69. Right Punch High - Right Front Stance