

## Yon-Gae

### 51 Movements

*“Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon.”*

#### Ready Stance E

1. Left Circular Double Ridge-hand Block Low - Low Left Back Stance
2. Right Reverse Punch High - Left Front Stance
3. Right Double Fist Block - Right Back Stance
4. Right Jump Spin Knife Hand Strike High - Right Back Stance
5. Right X Block High - Right Back Stance
6. Right Horizontal Spear Hand Strike High - Right Front Stance
7. Right Downward Elbow Strike - Right Cat Stance
8. Left Downward Back Fist - Left X Stance
9. Right Reverse Knife Hand Low Block - Left Front Stance
10. Left Hooking Block - Parallel Stance
11. Right Punch High - Parallel stance
12. Right Circular Double Ridge-hand Block - Low Right Back Stance
13. Left Reverse Punch High - Right Front Stance
14. Left Double Fist Block - Left Back Stance
15. Left Jump Spin Knife Hand Strike High - Left Back Stance
16. Left X Block High - Left Back Stance
17. Left Horizontal Spear Hand Strike High - Left Front Stance
18. Left Downward Elbow Strike - Left Cat Stance
19. Right Downward Back-fist Strike High - Right X Stance
20. Left Reverse Knife Hand Low Block - Right Front Stance
21. Right Hooking Block (Medium) - Parallel Stance
22. Left Punch High - Parallel Stance
23. Twin Ridge-hand Block - Sitting Stance
24. Twin Elbow Strike - Sitting Stance
25. Twin Inner Forearm Block - Sitting Stance
26. Right Reverse Upset Punch Middle - Left X Stance
27. Right Spin Hook Kick
28. Left Side Kick
29. Left Downward Back-fist Strike High - Left X Stance
30. Twin Ridge-hand Block - Sitting Stance
31. Twin Elbow Strike - Right X Stance
32. Twin Inner Forearm Block - Sitting Stance
33. Left Reverse Upset Punch Middle - X Stance
34. Left Spin Hook Kick
35. Right Side Kick
36. Right Downward Back-fist Strike - Right X Stance
37. Right Double Fist Block - Right Back Stance
38. Right Low Block - Right Cat Stance
39. Left Knife Hand High - Left Back Stance
40. Left Double Fist Block - Left Back Stance
41. Left Low Block - Left Cat Stance
42. Right Knife Hand Strike High - Right Back Stance
43. Left Double Fist Block - Left Back Stance
44. Right Jump Spin Side Kick
45. Right Double Knife Hand Block - Right Back Stance
46. Left Jump Spin Side Kick

47. Left Double Knife Hand Block - Left Back Stance
48. Right Reverse Spearhand Low - Left Front Stance
49. Left Reverse Backward Elbow Strike - Right Back Stance
50. Left Reverse Spearhand Low - Right Front Stance
51. Right Reverse Backward Elbow Strike - Left Back Stance