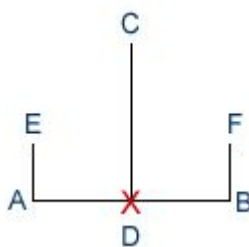


Kodang



Kodang is the Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people. The 45 movements represent the last two figures of 1945, the year Korea was liberated from Japanese occupation.



Movements - 45

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW

1. Move the left foot to B forming a sitting stance toward D while executing an inner forearm parallel block.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a left fist middle punch to D while forming a sitting stance toward D.
4. Pull the right reverse foot sword to the left knee joint forming a left one-leg stance toward D while executing an outer forearm parallel block.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4.
Perform in slow motion.
6. Lower the right foot to B **in a jumping motion** to form a right X-stance toward F while executing a right back fist downward strike to B.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F **in a stamping motion** to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle knife-hand guarding block to A.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing an inner forearm parallel block.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a right fist middle punch to D while forming a sitting stance toward D.
16. Pull the left reverse foot sword to the right knee joint forming a right one-leg stance toward D while executing an outer forearm parallel block.

17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. **Perform in slow motion.**
18. Lower the left foot to A **in a jumping motion** to form a left X-stance toward E while executing a left back fist downward strike to A.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E **in a stamping motion** to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
23. Move the left foot to B forming a right L-stance toward B while executing a middle knife-hand guarding block to B.
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle forearm guarding block.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D **Perform in slow motion.**
27. **Slide to C** to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
29. **Slide to C** to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
31. Move the left foot to C forming a right walking stance toward D while executing a high twin knife-hand inward strike to D.
32. Move the right foot to C forming a left walking stance toward D while executing a right fist downward punch.
33. Move the left foot to the side rear of the right foot and then **slide to C** forming a right L-stance toward D while executing a downward block with the left outer forearm.
34. Execute a dodging reverse **HOOKING** kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle forearm guarding block to D.
35. Move the right foot to the side rear of the left foot and then **slide to C** forming a left L-stance toward D while executing a downward block with the right outer forearm.
36. Execute a dodging reverse **HOOKING** kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle forearm guarding block to D.

Kodang



37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
39. **Slide to D** forming a right rear foot stance toward C while executing a right elbow side thrust to D.
40. Turn the face to D while forming a right bending ready stance B toward C and then execute a left foot middle back piercing kick to D. **Perform in slow motion.**
41. Lower the left foot to D forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist. **Perform in a stamping motion**
42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
44. Move the right foot to D forming a right walking stance toward D while executing a front left knife-hand downward strike.
45. Move the left foot to D forming a left walking stance toward D while executing a right fist middle punch to D.

END: Bring the right foot back to a ready posture.