



HED TKD

TAE KWON-DO SCHOOLS

Se Jong – This pattern is practiced by 4th Dan students (and above)

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Pattern: **Se-Jong**

No. of Movements: 24

Starting Position: Closed Ready Stance B – (Facing towards D)

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block
3. Execute a middle side piercing kick to D with the right foot
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm
5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand
6. Bring the right foot to the left foot, forming a closed ready stance B toward D
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist
9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm
10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip
11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist
12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm
13. Execute a middle turning kick to C with the left foot
14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm
15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion
16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C
17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm
18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE
19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm
20. Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion
21. Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm
22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow
23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand
24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.

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