

Moon-Moo: Pattern honors 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed a'in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. in the year Moon Moo came to the throne.

00. Parallel Ready Stance (Narani Junbi Sogi)
 01. Bending Stance Forearm Guarding Block (Guburyo Sogi Palmok Daebi Makgi) (Slow)
 02. High Side Kick (Nopunde Yop Chagi) (Slow)
 03. Middle Side Kick (Kaunde Yop Chagi)
 04. Sitting Stance (SS) Flat Fingertip Middle section Thrust (Annun Sogi Opun Sonkut Kaunde Tulgi)
 05. High Reverse Turning Hooking Kick (Nopunde Bandae Dollyo Golcho Chagi) (Slow)
 06. Rt. X-Stance knifehand middle section side strike (Kyocha Sogi Songkal Kaunde Yop Taerigi)
 07. WS palm upward block palm pressing block (GS sombadak ollyo makgi sombadak nollyo makgi)
 08. WS palm upward block palm pressing block (GS sombadak ollyo makgi sombadak nollyo makgi)
 09. 1-Leg Stance KH low side block KH high outward block (Waebal Sogi S*kal Kaunde Yop Makgi/S*kal Nopunde bakuro Makgi)
 10. Bending Stance Forearm Guarding Block (Guburyo Sogi Palmok Daebi Makgi) (Slow) (Repeat 1-9)
 11. High Side Kick (Nopunde Yop Chagi) (Slow)
 12. Middle Side Kick (Kaunde Yop Chagi)
 13. Sitting Stance (SS) Flat Fingertip Middle section Thrust (Annun Sogi Opun Sonkut Kaunde Tulgi)
 14. High Reverse Turning Hooking Kick (Nopunde Bandae Dollyo Golcho Chagi) (Slow)
 15. Rt. X-Stance Knifehand middle section side strike (Kyocha Sogi Songkal Kaunde Yop Taerigi)
 16. WS palm upward block palm pressing block (GS sombadak ollyo makgi sombadak nollyo makgi)
 17. WS palm upward block palm pressing block (GS sombadak ollyo makgi sombadak nollyo makgi)
 18. 1-Leg Stance KH low side block KH high outward block (Waebal Sogi S*kal Kaunde Yop Makgi S*kal Nopunde bakuro Makgi)
 19. Lt. Bending Stance (Guburyo Sogi)
 20. Back Kick (Dwi Chagi)(slow)
 21. Walking Stance Middle Section Reverse Punch (Gunnan Sogi Kaunde Bandae Jirugi)
 22. Lt. Bending Stance (Guburyo Sogi) (Repeat 19-21)
 23. Back Kick (Dwi Chagi)(slow)
 24. Walking Stance Middle Section Reverse Punch (Gunnan Sogi Kaunde Bandae Jirugi)
 25. Rear Foot Stance Palm Downward Block (Dwitbal Sogi Sombadak Naeryo Makgi)
 26. Middle Section Front Snap Kick (Kaunde Ap Cha Busigi)
 27. SS Side Fist Mid Sect. Side backward strike (Annun Sogi Yop Joomuk Kaunde Yop Dwi Taerigi)(Stamping)
 28. SS Palm upward block (Annun Sogi Sombadak Ollyo Makgi)
 29. SS Middle Section Punch (Annun Sogi Kaunde Jirugi.)
 30. SS KH low sect. side block. (Annun Sogi Najunde Yop Makgi)
 31. (Sliding) Side Pushing Kick (Yop Cha Milgi)
 32. High Section Reverse Turning Kick (Nopunde Bandae Dollyo Chagi)
 33. WS KH high section outward block (Gunnan Sogi Songkal Nopunde Bakuro Makgi)
 34. Rear Foot Stance Palm Downward Block (Dwitbal Sogi Sombadak Naeryo Makgi) (Repeat 25-33)
 35. Middle Section Front Snap Kick (Kaunde Ap Cha Busigi)
 36. SS Side Fist Mid Sect. Side backward strike (Annun Sogi Yop Joomuk Kaunde Yop Dwi Taerigi)(Stamping)
 37. SS Palm upward block (Annun Sogi Sombadak Ollyo Makgi)
 38. SS Middle Section Punch (Annun Sogi Kaunde Jirugi.)
 39. SS KH low sect. Side block. (Annun Sogi Najunde Yop Makgi)
 40. (Sliding) Side Pushing Kick (Yop Cha Milgi)
 41. High Section Reverse Turning Kick (Nopunde Bandae Dollyo Chagi)
 42. WS KH high section outward block (Gunnan Sogi Songkal Nopunde Bakuro Makgi)
 43. High Section Twisting Kick (Nopunde Bituro Chagi)
 44. WS Back fist high section side back strike (GS Dung Joomuk Nopunde Yop Dwi Taerigi)
 45. WS Back Fist high section front strike. (GS Dung Joomuk Nopunde Ap Taerigi)
 46. High Section Twisting Kick (Nopunde Bituro Chagi) (Repeat 43-45)
 47. WS Back fist high section side back strike (GS Dung Joomuk Nopunde Yop Dwi Taerigi)
 48. WS Back Fist high section front strike. (GS Dung Joomuk Nopunde Ap Taerigi)
 49. Sweeping Kick, then L-stance Forearm Guarding Block (Suroh Chagi, Niun Sogi Palmok Daebi Makgi)
 50. Side Checking Kick, then Side Kick (Yop Momchau Chagi, Yop Chagi)
 51. L-Stance KH Middle Section Side Outward Strike (Niun Sogi Songkal Kaunde Bakuro Taerigi)
 52. Sweeping Kick, then L-stance Forearm Guarding Block (Suroh Chagi, Niun Sogi Palmok Daebi Makgi) (Rep. 49-51)
 53. Side Checking Kick, then Side Kick (Yop Momchau Chagi, Yop Chagi)
 54. L-Stance KH Middle Section Side Outward Strike (Niun Sogi Songkal Kaunde Bakuro Taerigi)
 55. Walking Stance Mid Section Reverse Punch (Gunnan Sogi Kaunde Bandae Jirugi)
 56. Rt. X-Stance Low Section Front Punch (Kyocha Sogi Najunde Ap Jirugi)
 57. Lf. X-Stance Low Section Front Punch (Kyocha Sogi Najunde Ap Jirugi) (Repeat 56)
 58. Jump Mid Sect. Back Kick (Twiggi Kaunde Dwi Chagi)
 59. L-Stance KH Mid Section Guarding Block (Niun Sogi Songkal Kaunde Daebi Makgi)
 60. WS left Arc-hand reverse Rising Block (Gunnan Sogi bandalson Bandae Chookyo Makgi)
 61. WS High Section front Punch (Gunnan Sogi Nopunde Ap Jirugi)
- End) Parallel Ready Stance (Narani Junbi Sogi) (Move Rt. foot back)

SS=Sitting Stance, AS=Annun Sogi, WS=Walking Stance, GS=Gunnan Sogi, KH=Knifehand