

**Pattern Choi-Yong** is name after General Choi Yong (1316-1388). Premier and Commander-in-Chief of the Armed forces during the 14<sup>th</sup> century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae who later became the first king of the Lee Dynasty. (46 steps)

Start: Moa Sogi Position C (Closed Stance Position C)

1. DS Palmok Daebi Makgi (RFS Forearm Guarding Block)
  2. (DS) Sagarak Joomuk Nopunde Jirugi ((RFS) Middle Knuckle HS Punch)
  3. DS Palmok Daebi Makgi (RFS Forearm Guarding Block) (Rep 1&2)
  4. (DS) Sagarak Joomuk Nopunde Jirugi ((RFS) Middle Knuckle HS Punch)
  5. GS Sonkal Chookyo Makgi (WS Knifehand Rising Block)
  6. (GS) Inner Forearm Dollimyo Makgi ((WS) An Palmok Circular Block)
  7. (GS) Kaunde Jirugi ((WS) Middle Section Punch)
  8. GS Sonkal Chookyo Makgi (WS Knifehand Rising Block) (Rep 5-7)
  9. (GS) Inner Forearm Dollimyo Makgi ((WS) An Palmok Circular Block)
  10. (GS) Kaunde Jirugi ((WS) Middle Section Punch)
  11. NS Sonkal Najunde Daebi Makgi (LS Low Section Knifehand Guarding Block)
  12. Kaunde Dollyo Chagi (Middle Section Round Kick)
  13. Nopunde Golcho Chagi (High Section Hooking Kick)
  14. Kaunde Yop Chagi (Middle Section Side Kick)
  15. GS Palkop Bandae Taerigi (WS Elbow Reverse Strike)
  16. NS Sonkal Najunde Daebi Makgi (LS Low Section Knifehand Guarding Block) (Rep 11-15)
  17. Kaunde Dollyo Chagi (Middle Section Round Kick)
  18. Nopunde Golcho Chagi (High Section Hooking Kick)
  19. Kaunde Yop Chagi (Middle Section Side Kick)
  20. GS Palkop Bandae Taerigi (WS Elbow Reverse Strike)
  21. GS Sombadak Nollyo Makgi, Ollyo Makgi (WS Palm Pressing Block, Upward Block)
  22. GS Sombadak Nollyo Makgi, Ollyo Makgi (Repeat 21)
  23. GS Sonkal San Makgi (WS Knifehand W-Shaped Block)
  24. Kaunde Ap Cha Busigi (Middle Section Front Snap Kick)
  25. NS Palmok Daebi Makgi (L-Stance Forearm Guarding Block)
  26. GS Sonkal San Makgi (WS Knifehand W-Shaped Block) (Repeat 23-25)
  27. Kaunde Ap Cha Busigi (Middle Section Front Snap Kick)
  28. NS Palmok Daebi Makgi (L-Stance Forearm Guarding Block)
  29. NS Palmok Daebi Makgi (L-Stance Forearm Guarding Block)
  30. GS Nopunde Opun Sonkut Tulgi (WS High Section Flat Fingertip Thrust)
  31. GS Nopunde Opun Sonkut Tulgi (Repeat 30)
  32. Narani Sogi Golcho Makgi (Parallel Stance Hooking Block)
  33. (Narani Sogi) Kaunde Jirugi (Middle Section Punch)
  34. Guburyo Sogi Palmok Daebi Makgi (Bending Stance Forearm Guarding Block)
  35. Kaunde Yop Chagi (Middle Section Side Kick)
  36. Twimyo KS Dung Joomuk Nopunde Yop Taerigi (Flying XS back fist high section side strike)
  37. Nopunde Golcho Chagi (High Section Hooking Kick)
  38. NS Sonkal Taerigi (LS Knifehand Strike) (Stomping)
  39. Narani Sogi Golcho Makgi (Parallel Stance Hooking Block) (Repeat 32-38)
  40. (Narani Sogi) Kaunde Jirugi (Middle Section Punch)
  41. Guburyo Sogi Palmok Daebi Makgi (Bending Stance Forearm Guarding Block)
  42. Kaunde Yop Chagi (Middle Section Side Kick)
  43. Twimyo KS Dung Joomuk Nopunde Yop Taerigi (Flying XS back fist high section side strike)
  44. Nopunde Golcho Chagi (High Section Hooking Kick)
  45. NS Sonkal Taerigi (LS Knifehand Strike) (Stomping)
  46. Gojung Sogi Kaunde Jirugi (Fixed Stance Middle Section Punch)
- End: Return right foot to Moa Junbi Sogi.

XS=X-stance, KS=Kyocha Sogi, LS=L-Stance, NS=Niun Sogi, SS=sitting stance, AS=Anun Sogi, GS=Gunnan Sogi, WS=walking Stance; DS=Dwitbal Sogi; RFS=Rear Foot Stance; KS=Kyocha Sogi; XS=X-Stance