

YONG-GOM (Left foot returns, 40 moves)

GROUP PATTERN # 2 PARALLEL READY STANCE

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
1	L	INNER FOREARM BLOCK	R	BACK	M
2	R	OUTER FOREARM BLOCK, INWARD	L	BACK	M
3	L	REVERSE PUNCH	R	FRONT	M
4	L	TURNING ROUND KICK			H
5	L	KNIFEHAND STRIKE	R	BACK	H
6	R	REVERSE PUNCH	L	FRONT	M
7	R	TURNING ROUND KICK			H
8	R	KNIFEHAND STRIKE	L	BACK	H
9	L	REVERSE PUNCH	R	FRONT	M
10	R	FRONT PUNCH		SAME	M
11	L	DOUBLE OUTER FOREARM BLOCK	R	BACK	M
12	R	INNER FOREARM BLOCK	L	BACK	M
13	L	OUTER FOREARM BLOCK, INWARD	R	BACK	M
14	R	REVERSE PUNCH	L	FRONT	M
15	R	TURNING ROUND KICK			H
16	R	KNIFE HAND STRIKE	L	BACK	H
17	L	REVERSE PUNCH	R	FRONT	M
18	L	TURNING ROUND KICK			H
19	L	KNIFE HAND STRIKE	R	BACK	H
20	R	REVERSE PUNCH	L	FRONT	M
21	L	FRONT PUNCH		SAME	M
22	R	BACKFIST/LOW BLOCK	R	BACK	H/L
23	R	OUTER FOREARM BLOCK, INWARD	L	FRONT	M
24	L	FRONT PUNCH		SAME	M
25	L	SPIN HOOKING KICK			H
26	L	BACK FIST		MIDDLE	H
27	R	PUNCH		PARALLEL	M
28	L	PUNCH		SAME	M
29	L	BACK FIST/LOW BLOCK	L	BACK	H/L
30	L	OUTER FOREARM BLOCK, INWARD	R	FRONT	H
31	R	FRONT PUNCH		SAME	M
32	R	SPIN HOOKING KICK			H
33	R	BACK FIST		MIDDLE	H
34	L	PUNCH		PARALLEL	M
35	R	PUNCH		SAME	H
36	L	DOUBLE KNIFE HAND BLOCK	R	BACK	H
37	R	REVERSE SCOOPING BLOCK	L	FRONT	M
38	L	FRONT PUNCH		SAME	M
39	R	STEP UP SIDE KICK			M
KIHAP	40	L REVERSE PUNCH	R	FRONT	H

FORM MEANING: Yong Gom means inspiration. With goals firmly in mind, the students must learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they feel they do not deserve the rewards that accompany achievement.