


PATTERN JUCHE

This pattern is practised by the 2nd degree and above.

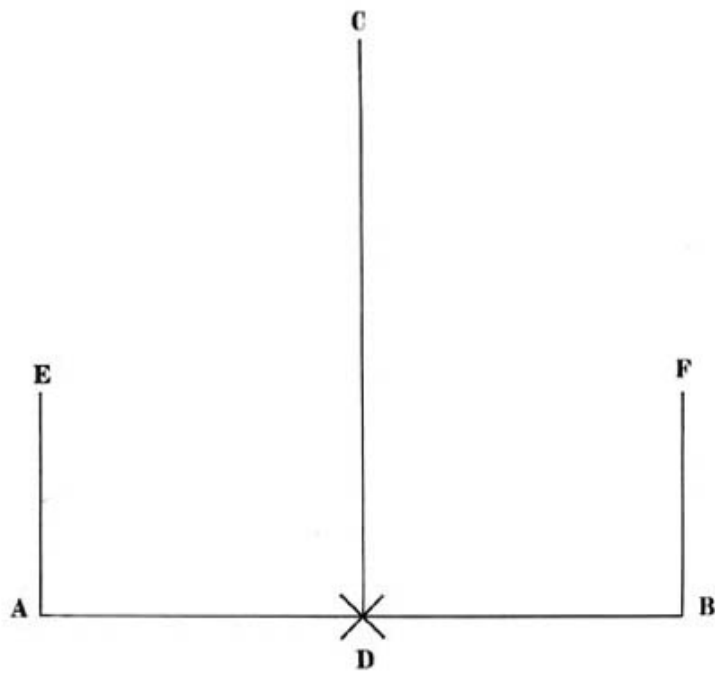
DIAGRAM: 

MOVEMENTS: 45

READY POSTURE: PARALLEL STANCE WITH
FOREFISTS TO THE HIPS

Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain.

DIAGRAM (*Yon Moo Son*)

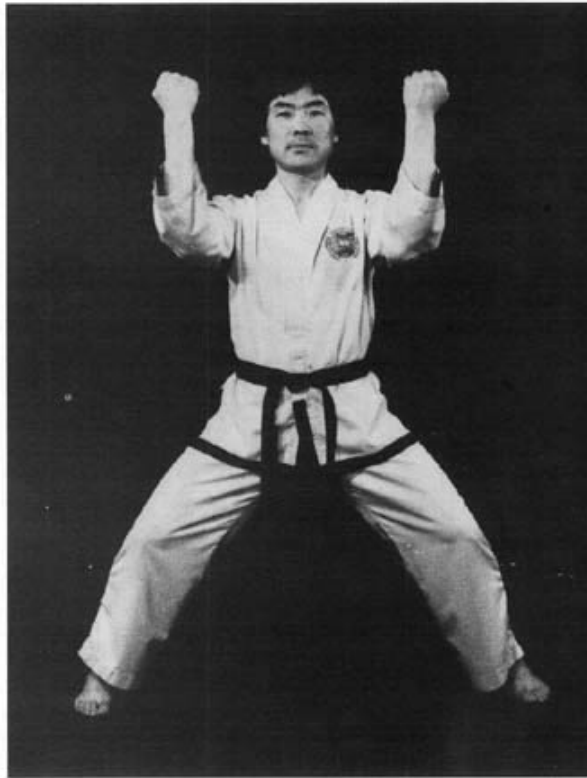


Ready Posture

**Parallel stance with a heaven
hand toward D.**



1. Move the left foot to B, forming a sitting stance toward D while executing a parallel block with the inner forearm.

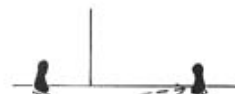
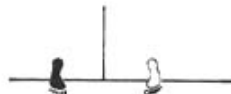


Sitting stance toward D with inner forearm parallel block.

Side View



Previous Posture

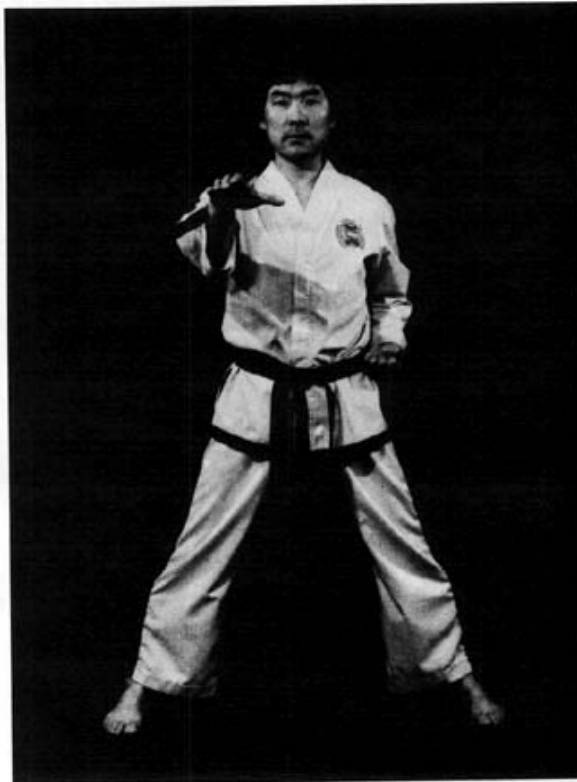


Application



Top View

2. Execute a middle hooking block to D with the right palm while standing up toward D.



Right palm middle hooking block
while standing up toward D.

Previous Posture



Raise the body slightly.

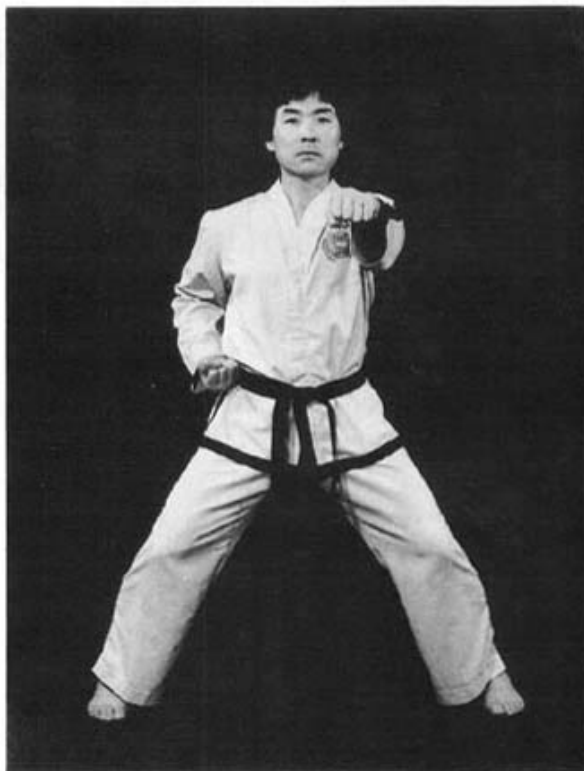


Application



Side View

3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
Perform 2 and 3 in a continuous motion.

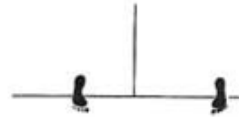
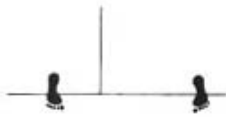


Sitting stance middle punch with the left fist toward D.

Previous Posture



Raise the body slightly

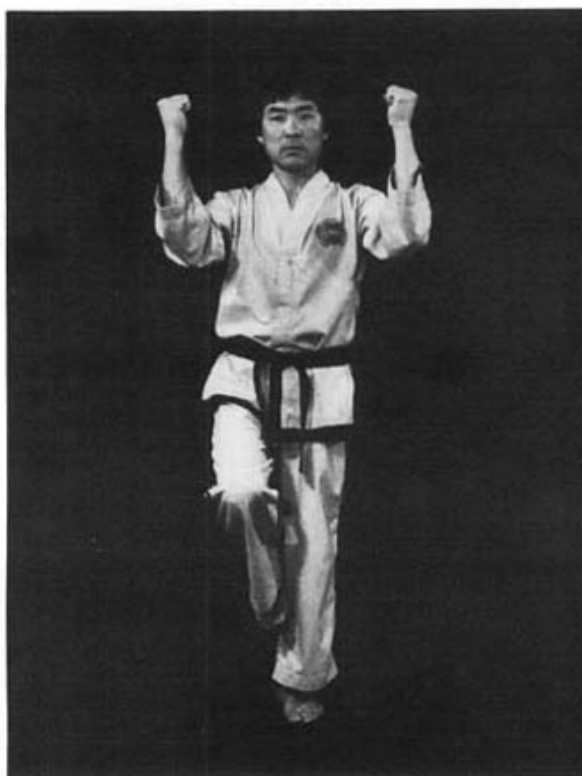


Application

Side View



4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.



Left one-leg stance toward D with outer forearm parallel block.

Previous Posture



Application



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 a slow motion.



Middle side piercing kick to A with the right foot.



High reverse turning kick to B with the right foot.



Previous Posture



Side View



Application



6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.



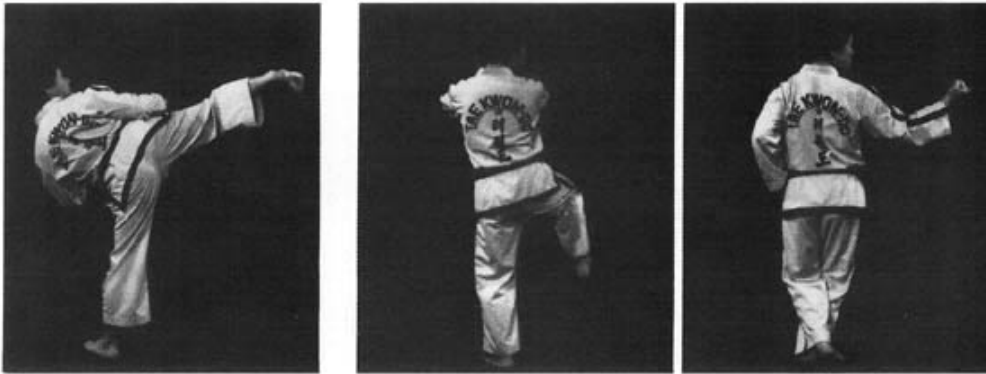
Right X-stance toward F with a right back fist downward strike to B.



Other View



Previous Posture



Application



7. Execute a middle hooking kick, and then a high side piercing kick to F consecutively with the left foot.



Middle hooking kick to F with the left foot.



High side piercing kick to F with the left foot.

Previous Posture



Top View



Application



Side View

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 fingertip.



Sitting stance toward B with a left flat fingertip high outward cross-cut to F.

Application



Previous Posture



Top View



Side View



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.



Left walking stance high elbow strike toward BF.

Application

Previous Posture



Side View

Keep both heels slightly off the ground.



Side View



Side View

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.

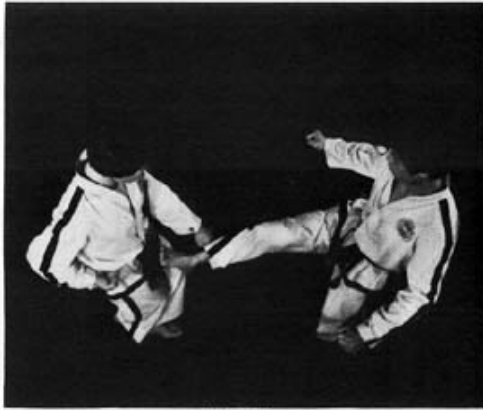


Right X-stance low front block with the left reverse knife-hand toward B.

Previous Posture



Application

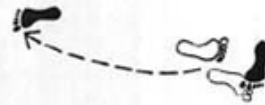


Top View

Front View



11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



Left L-stance knife-hand middle guarding block toward A.

Previous Posture



Application



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.



Mid-air strike to A with the left knife-hand.

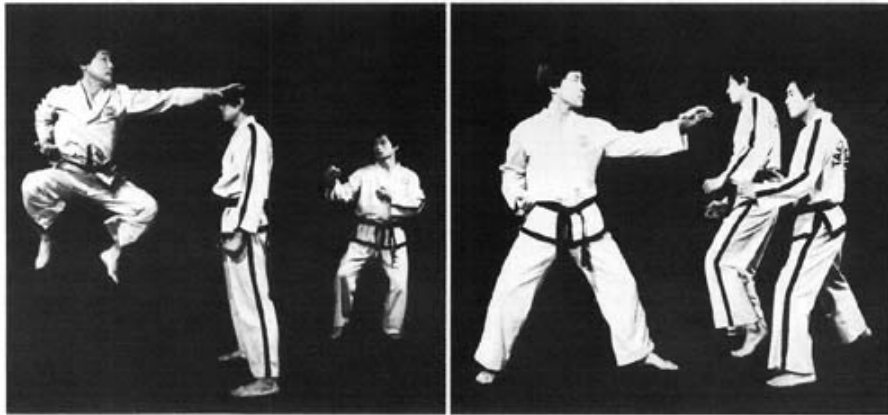


Right L-stance toward A with the left arm extended to A.

Previous Posture

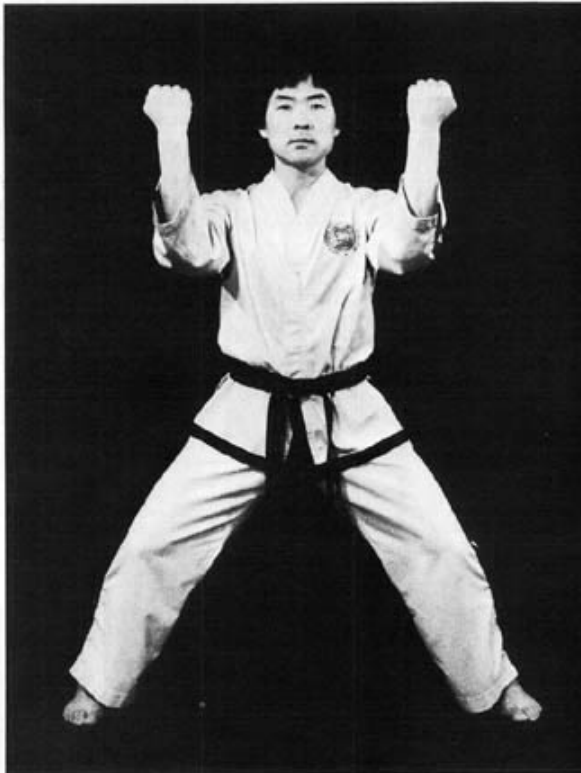


Application



Other View

13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.



Sitting stance toward D with the inner forearm parallel block.



Top View



Previous posture



14. Execute a middle hooking block to D with the left palm while standing up toward D.

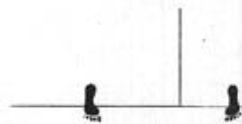
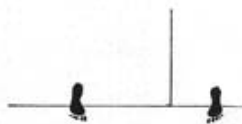


Left palm middle hooking block while standing up toward D.

Previous Posture



Keep both legs straight

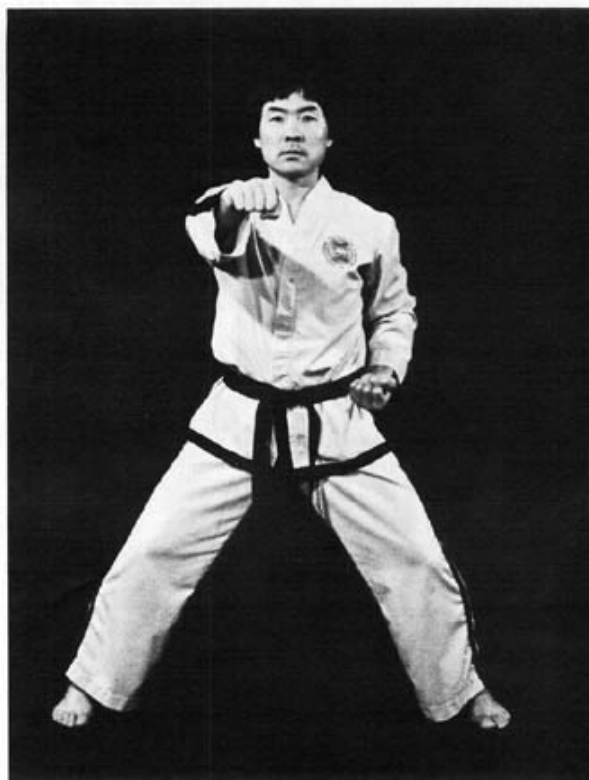


Application



Side View

- 15. Execute a middle punch to D with the right fist while forming a sitting stance toward D. Perform 14 and 15 in a continuous motion.**



Sitting stance middle punch with the right fist toward D.

Previous Posture



Raise the body slightly.



Application



Side View

16. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward D while executing a parallel block with the outer forearm.

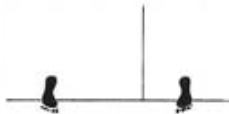


Right one-leg stance toward D with the outer forearm parallel block.

Side View



Previous Posture



Application

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 a slow motion.



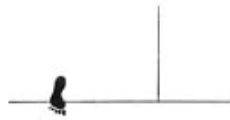
Middle side piercing kick to B with the left foot.



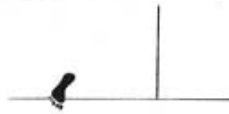
High reverse hooking kick to A with the left foot.



Previous Posture



Top View



Application



18. Lower the left foot to a in a jumping motion to form a left X-stance toward E while executing a downward strike with the left back fist.



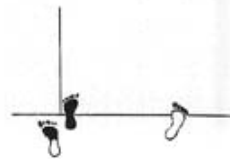
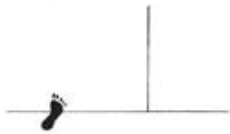
Left X-stance toward E with a left back fist downward strike.



Other view



Previous Posture



19. Execute a middle hooking kick, and then a high side piercing kick to E consecutively with the right foot.



Middle hooking kick to E with the right foot.



High side piercing kick to E with the right foot.

Previous Posture



Other View



20. Lower the right foot to E in a stamping motion to form a sitting stance toward A, at the same time executing a high outward cross-cut to E with the right flat fingertip.



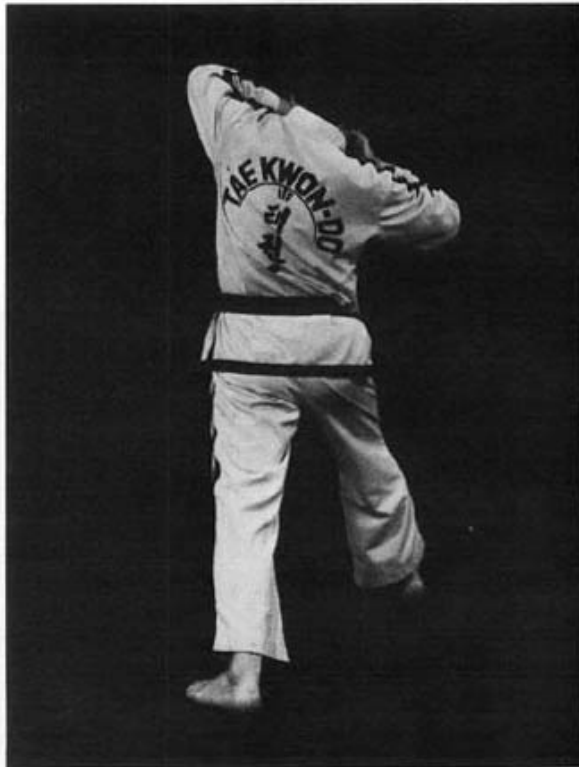
Sitting stance toward A with a right flat fingertip high outward cross-cut to E.

Previous posture



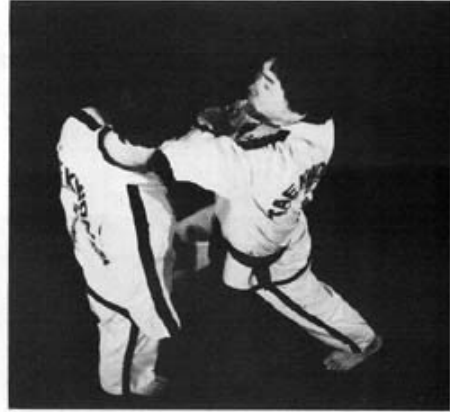
Front View

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.



Right walking stance high strike
with the left elbow toward AE.

Application



Top View

Keep both heels slightly off the ground.

Previous Posture



Side View

22. Cross the right foot over the left, forming 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.



Left X-stance low front block with the right reverse knife-hand toward A.

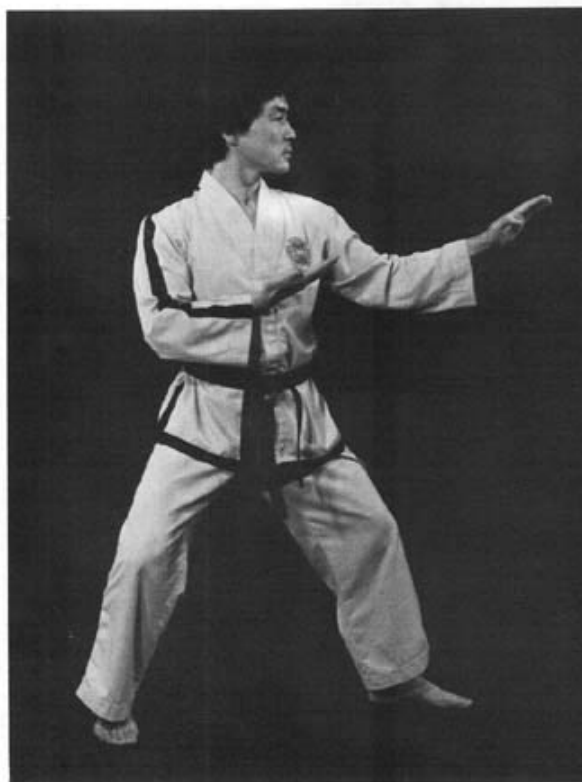
Previous Posture



Front View



23. Move the left foot to B to form a right L-stance toward B while executing a middle guarding block to B with a knife-hand.



Right L-stance knife-hand middle guarding block toward B.

Previous Posture



Application



Front View



24. Execute a mid-air strike to B with the right knife-hand while spinning clockwise, and then land to B, forming a left L-stance toward B with the right arm extended.



Mid-air strike to B with the right knife-hand.



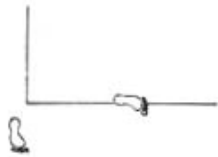
Left L-stance toward B with the right arm extended to B.



Previous Posture



Front View



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 guarding block with the forearm.



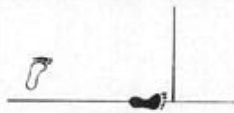
Pick-shape kick to B with the left foot.



Right rear foot stance toward middle guarding block toward B.



Front View



Application



26. Bring the right foot to the left foot, forming a close stance with a heaven hand toward D.
Perform in a slow motion.

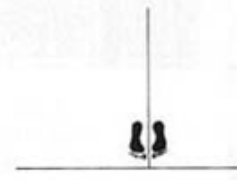
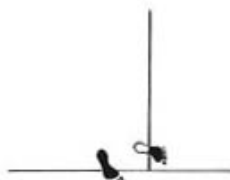


Close stance with a heaven hand toward D.

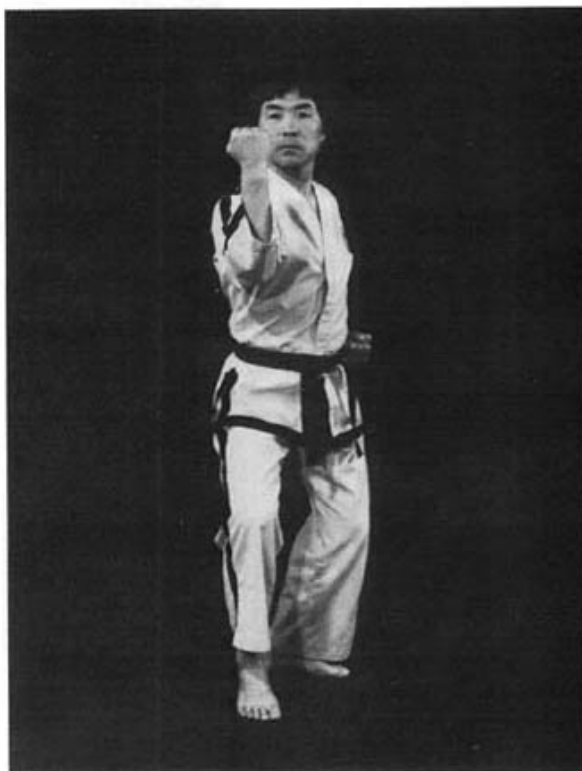
Side View



Previous Posture



27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.



Left rear foot stance toward D with a right straight elbow downward thrust.

Previous Posture

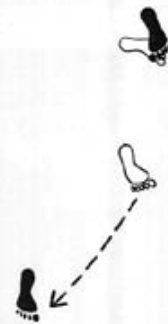
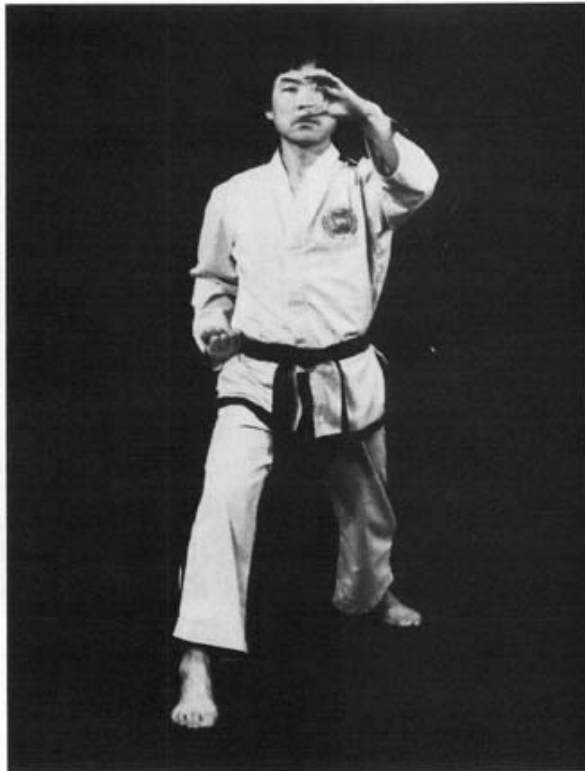


Application



Side View

28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.



Right walking stance toward D with a left arc-hand high crescent strike.

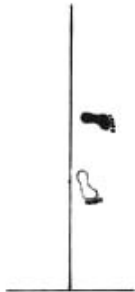
Previous Posture



Application



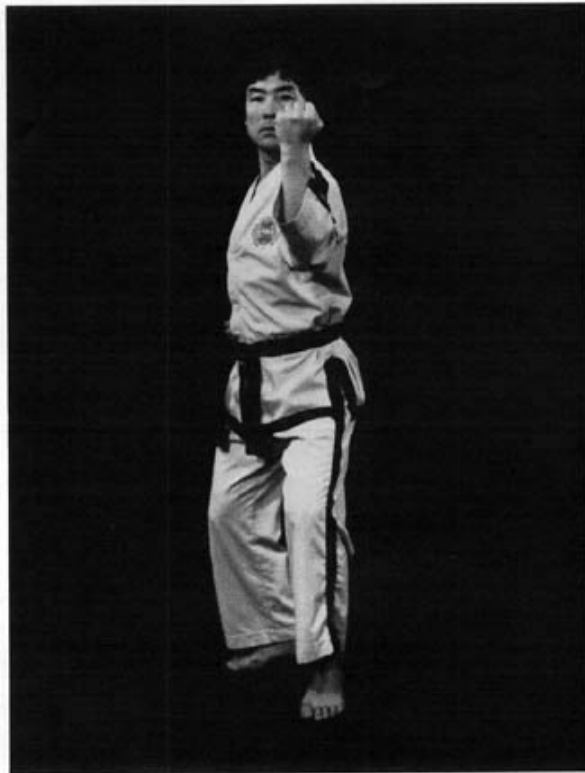
Side View



Top View



29. Slide to **C**, forming a right rear foot stance toward **D** while executing a downward thrust with a left straight elbow.



Right rear foot stance toward **D** with a left elbow downward strike.

Previous Posture



Application



Top View



30. Execute a high crescent strike D with the right arc-hand while forming a left walking stance toward D, slipping the left foot.



Left walking stance toward D with a right arc-hand high crescent strike.

Previous Posture



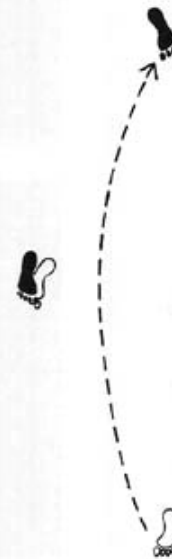
Application



Side View



31. Move the left foot to C, forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hands.



Right walking stance high inward strike with a twin knife-hand toward D.

Previous Posture



Application



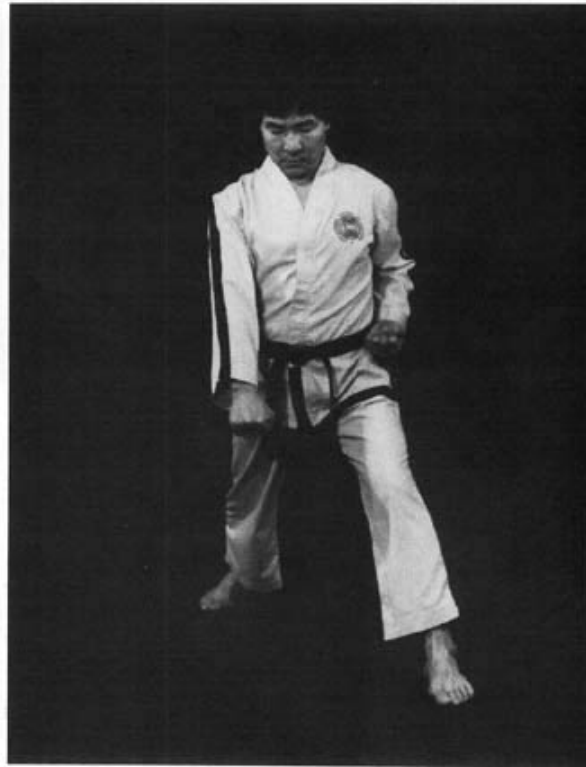
Side View



Top View



32. Move the right foot to C, forming a left walking stance toward D while executing a downward punch with the right fist.



Left walking stance toward D with a right fist downward punch.

Previous Posture



Application



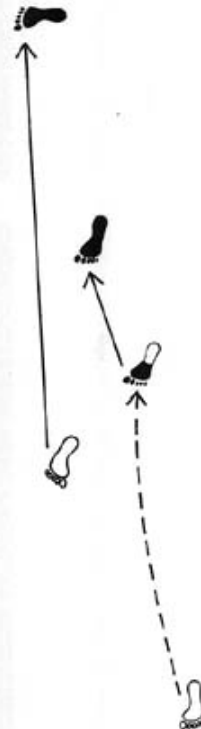
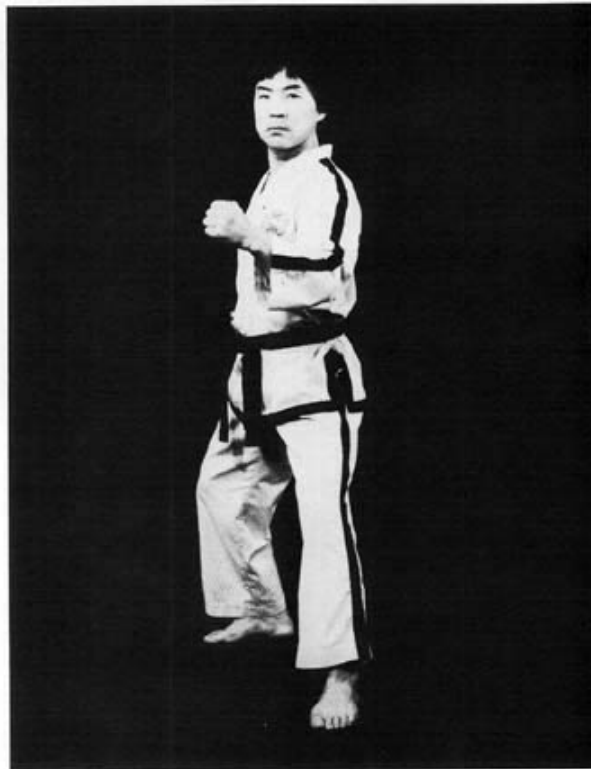
Side View



Back View



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.



Right L-stance toward D with a left outer forearm downward block.

Previous Posture



Application



Side View

Keep the left heel slightly off the ground.

Side View



34. Execute a reverse turning 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 guarding block to **D** with the forearm.



Dodging reverse turning kick to **D** with the right foot.



Left L-stance forearm guarding block toward **D**.

Previous Posture



Application



Side View

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.



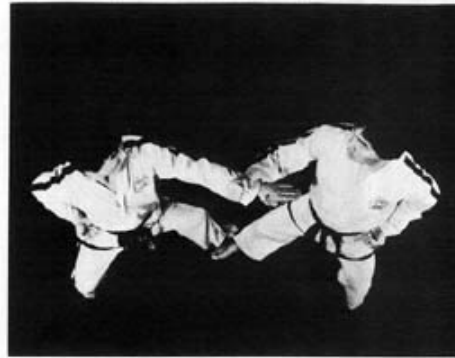
Left L-stance toward D with a right outer forearm downward block.

Previous Posture



Keep the right heel slightly off the ground.

Application



Top View



36. Execute a reverse turning 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 guarding block to D with the forearm.



Dodging reverse turning kick to D with the left foot.



Right L-stance forearm middle guarding block toward D.

Previous Posture



37. Move the right foot to D and the left foot to D, then execute a flying two direction kick (twisting kick with the left, side kick with the right foot) while flying to D.



Flying side-twisting two direction kick.

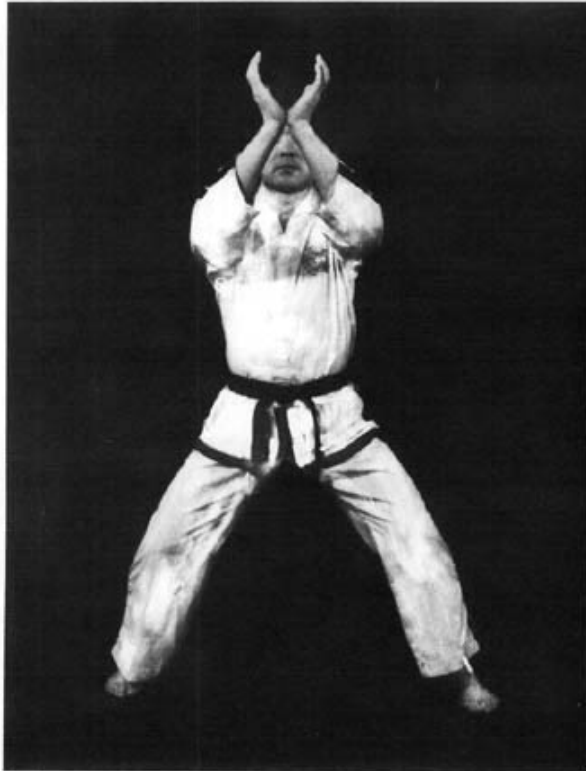


Application

Previous Posture



38. Land to **D** to form a left diagonal stance toward **D** while executing a rising block with a twin palm.



Left diagonal stance toward **D**
with a twin palm rising block.

Application



Side View

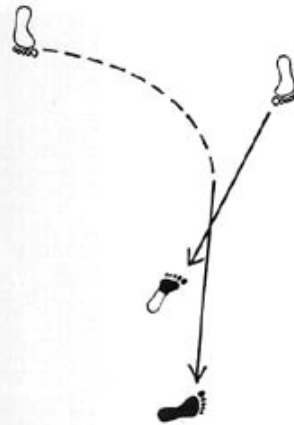
Previous Posture



Side View



39. Slide to D, forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.



Rear foot stance toward C with a right side elbow thrust to D.

Previous Posture



Application

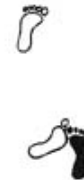
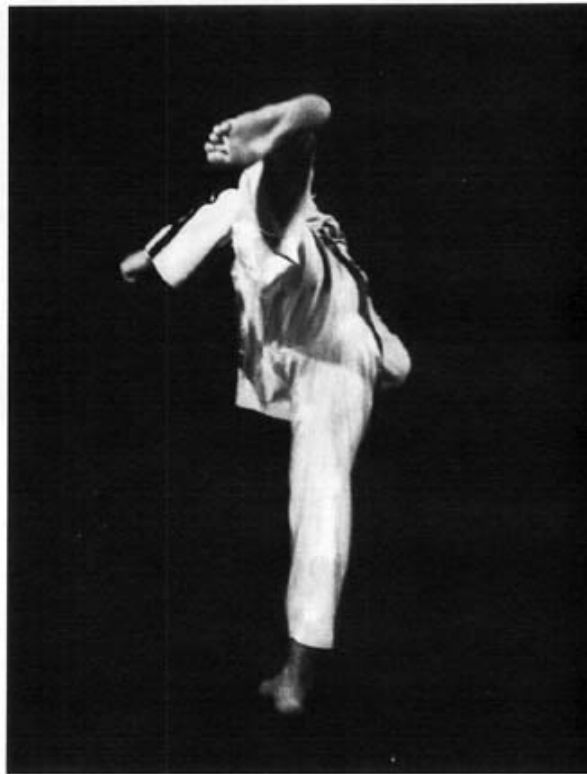


Side View

Other View



40. Turn the face to D while forming a right bending ready stance toward C, and then execute a middle back piercing kick to D with the left foot. Perform in a slow motion.



Middle back piercing kick to D with the left foot.

Previous Posture



Application



Side View



Side View

41. Lower the left foot to **D** in a stamping motion, forming a right L-stance toward **D** at the same time executing a horizontal strike to **D** with the left back fist.



Right L-stance horizontal strike with the left back fist toward **D**.

Previous Posture



Application



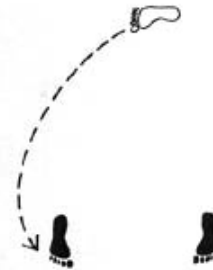
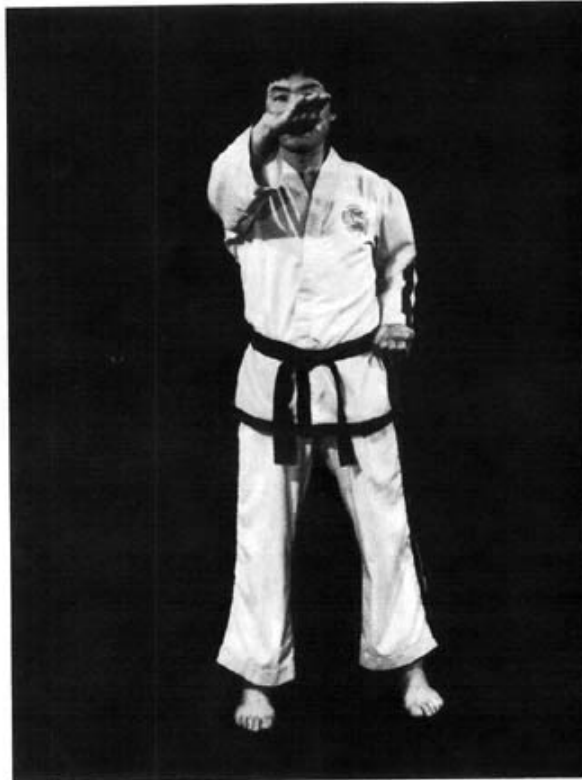
Side View

Keep the side fist faced downward.



Side View

42. Execute a high inward cross-cut to D with the right flat fingertip while forming a parallel stance toward D, pulling the right foot.



Parallel stance high inward cross-cut with the right flat fingertip toward D.

Previous Posture



Application



Top View

Side View



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 close stance toward D with the right fist extended.

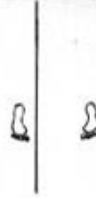


Flying front and upset punch to D with the right fist.



Close stance toward D with the right fist extended.

Previous Posture



44. Move the right foot to **D**, forming a right walking stance toward **D** while executing a front downward strike with the left knife-hand.



Right walking stance toward **D** with a left knife-hand front downward strike.



Previous Posture

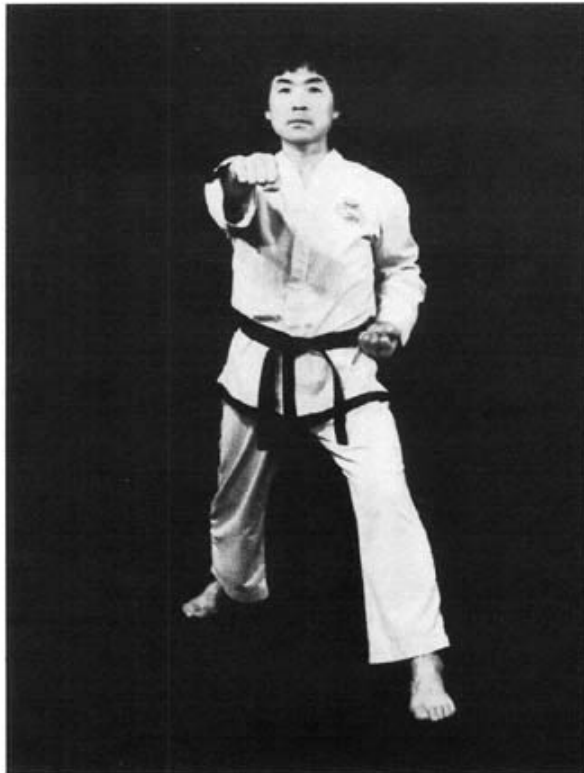


Application



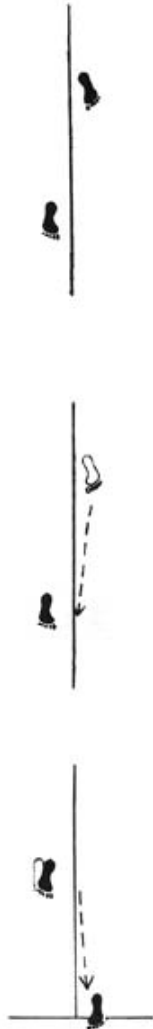
Side View

45. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the right fist.



Left walking stance middle punch
with the right fist toward D.

Previous Posture

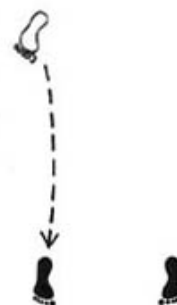


Application



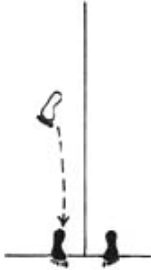
Side View

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



Parallel ready stance toward D.

Previous Posture



Side View

**ADDITIONAL TECHNIQUES
FOR
PATTERN JUCHE**

Sitting Stance Inner Forearm Parallel Block
(Annun So Anpalmok Narani Makgi)



Front View



Side View

The back fist faces front.

One-Leg Stance Outer Forearm Parallel Block
(Waebal So Bakat Palmok Narani Makgi)



Side View



Front View

X-Stance Back Fist Downward Strike
(Kyocha So Dung Joomuk Naeryo Taerigi)



Side View



Front View

Hooking Kick (Golcho Chagi)



Front View



Side View

Sitting Stance Flat Fingertip Outward Cross Cut
(Annun So Opun Sonkut Bakuro Gutgi)



Front View



Side View

X-Stance Reverse Knife-Hand Low Front Block
(Kyocha So Sonkal Dung Najunde Ap Makgi)



Front View



Side View

Walking Stance High Elbow Strike
(Gunnun So Nopun Palkup Taerigi)



Front View



Side View

Knife-Hand Mid-Air Strike *(Sonkal Twio Dolmyo Taerigi)*



Close Stance with a Heaven Hand (*Moa So Hanulson*)

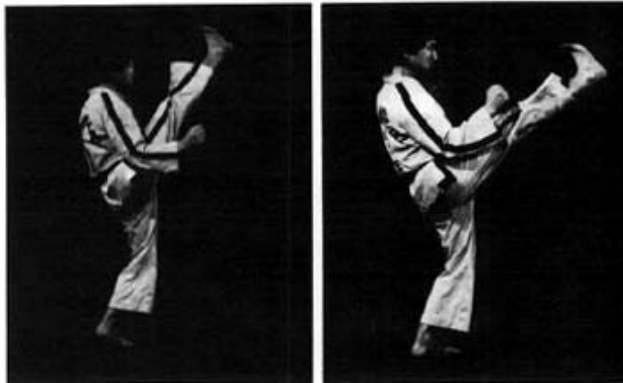
Front View



Side View

Pick-Shape Kick (*Gokgaeng-i Chagi*)

Side View



The back heel reaches the same level as shoulder of the attacker.

Front View



Walking Stance Arc-Hand Crescent Strike
(Gunnun So Bandalson Bandal Taerigi)



Front View

Side View



Rear Foot Stance Straight Elbow Downward Thrust
(Dwitbal So Sun Palkup Naeryo Tulgi)



Side View

Front View



- *1. The elbow reaches the same level as the solar plexus of the attacker.
- 2. The back fist faces forward.

Walking Stance Twin Knife-Hand Inward Strike
(Gunnun So Sang Sonkal Anuro Taerigi)



Front View



Side View

Walking Stance Downward Punch *(Gunnun So Naeryo Jirugi)*

Front View



Side View



The back fist faces front.

Backward Double Step-Sliding
(Dwiro Ibo Omgyo Didimyo Mikulgi)

Left walking stance toward D.



Left L-stance toward D.



L-Stance Outer Forearm Downward Block
(Niunja So Bakat Palmok Naeryo Makgi)



Front View

Side View



The outer forearm reaches the same level as the solar plexus of the defender.

Dodging Reverse Turning Kick (*Pihamyong Bandae Dollyo Chagi*)



Flying Two Direction Kick (*Twimyo Sangbang Chagi*)



Side View

Diagonal Stance Twin Palm Rising Block (*Sasun So Sang Sonbadak Chookyo Makgi*)



Front View

Side View



Rear Foot Stance Side Elbow Thrust
(Dwitbal So Yop Palkup Tulgi)



Side View



Back View

Bending Ready Stance B *(Guburyo Junbi Sogi B)*

Side View



Front View



Flying Consecutive Punch (*Twimyo Yonsok Jirugi*)



Front Punch



Upset Punch

Walking Stance Knife-Hand Front Downward Strike (*Gunnun So Sonkal Ap Naeryo Taerigi*)



Front View



Side View