

## Flying and Jumping distances in Patterns

Pattern	Mov.	Technique	Distance
Yul-Gok	#36	X-stance backfist strike	1 Low stance
Toi-Gye	#29	X-stance X-fist pressing block	1 Walking stance
Choong-Moo	#9	Flying side piercing kick	1 Walking stance
	#19	L-stance knifehand guarding block	On the spot
Ge-Baek	#23	Flying side piercing kick	1 Walking stance from back foot of the walking stance (or shoulder width from front foot)
	#28	X-stance double foerarm block	1 Walking stance
	#33	Turning kick	Half a shoulder width
Eui-AM	#7 & #20	X-stance backfist strike	1 Walking stance
Juche	#6 & #18	X-stance backfist downward strike	1 Walking stance
	#12 & #24	Mid-air strike	1 L-stance
	#34 & #36	Dodging reverse turning kick	1 L-stance
	#37	Two direction kick	1 Walking stance
	#43	Flying consecutive punch	1 L-stance
Sam-il	#17	L-stance knifehand guarding block	On the spot
Choi-Yong	#36 & #43	X-stance backfist strike	1 Walking stance
Yon-Gae	#4 & #15	Flying knifehand strike	1 L-stance
	#8 & #19	X-stance backfist strike	1 Walking stance
	#29 & #36	X-stance backfist downward strike	1 Walking stance
	#44 & #45	Mid-air kick	1 shoulder width from front foot
Ui-Ji	#17	Mid-air kick	1 Waking stance (front foot stays in the same place)
	#20	X-stance backfist strike	1 Walking stance
	#27	Flying high kick	Land 1 foot length back from front foot was in the Walking stance
	#34	L-stance guarding block	1 L-stance
Moon-Moo	#6 & #15	X-stance knifehand strike	1 Walking stance
	#56 & #57	X-stance low punch	1 Walking stance
	#58	Mid-air kick	1 shoulder width from front foot
So-san	#12 & #16	X-stance backfist strike	1 Walking stance
	#28	Flying front snap kick	1 Walking stance
	#51 & #56	Jump to L-stance guarding block	1 L-stance
Se-Jong	#7	X-stance backfist strike	1 Walking stance
	#14	X-stance double foerarm block	1 Walking stance
Tong-il	#47	X-stance X-fist pressing block	1 Walking stance