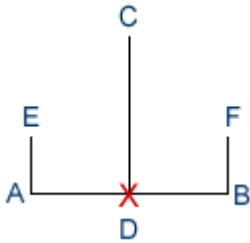


**JUCHE** is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents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



## **JUCHE**

### **Movements - 45**

#### **Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW**

1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
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.
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 slow motion.
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.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
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 finger tip.
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.
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.
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.
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.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
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 slow motion.
18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
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.
22. Cross the right foot over the left foot to form 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.

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

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

**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.

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

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

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

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

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

**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-hand.

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

**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.

**34.** Execute a dodging 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.

**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.

**36.** Execute a dodging 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.

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

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

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

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

**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.

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

**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 closed stance toward D with the right fist extended.

**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.

**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.

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