



INTERNATIONAL MOON MOO KWAN

Youk Ki Gong

37 Upper Body Movements

37 Lower Body Movements

Start in Horse Stance with your right hand in a fist loaded at your hip and your left hand in a fist in front of your solar plexus.

1. With both hands open and load to your hips.
Pushing forward as you extend your arms forward.
2. With both hands in a fist (palms up). Pulling back to your hips.
3. **Inner Cross** - With both hands in a fist punching to the inside line of your body.
Left hand high right hand low.
4. **Inner Cross** - Do the opposite action.
5. **Outer Cross** - With both hands in a fist. The right arm will do a low block to the outside.
Right arm will do a high outside block.
6. **Outer Cross** - Do the opposite.
7. **Side Pushing** - With both hands open loaded over the shoulders.
Push out to the sides in both directions. Your arms will extend all the way out.
8. With both hands open pull them together in front of your solar plexus.
9. **Up and Down Pushing** - With both hands open.
Your left will push up and your right will push down.
10. **Up and Down Pushing** - Do the opposite.
11. **Twisting** - With your hand stacked right hand on top.
Make fists and twist your wrist in as you make a tight fist.

12. **Double Side Punch** - With your hands in fists. Load your left hand to your hip and your right hand stacked over top. Punch to the front. Middle target.
13. **Double Side Punch** - Do the opposite.
14. **Snapping up** - With your hands in fists.
Circle your arms out to the sides and up over your head.
With the back of your hand facing each other.
15. **Snapping Down** - With your hands in fists and palms up.
Snap your fist down in front of your waist.
16. **Pick Up** - With both hands open. Like your picking something up in front of your waist.
17. **Pushing Up** - With both hands open. Push your hands up over you head with your palms facing up.
18. **Pulling Down** - With both hands in a fist. Pull down to the outside of your chest open. Your elbows will stop at the shoulder leave fist pointing up. (like a mountain block)
19. **Crossing Knife Hands** - With both hands open. Cross your hands in front of your face with your right hand on top.
20. **Pushing Hands** - With both hands open.
Your left hand will go up and right will go down.
21. **Turning Break** - With both hands in a fist. With your right hand low and your left hand high stacked one over the other in front of your chest. In a turning motion. Your right hand will come toward your chest moving in a circle going up and your left will follow.
22. **Turning Break** - Repeat the action in the opposite direction.
23. **Hugging** - With your hands in a fist and your Left arm on top.
Bring your arms across your chest in a hugging position.
24. With both hands open. Circle your arms up and to the outside. Bring them down and together in front of your waist. The blades of your hands will be touching.
Your palms will be up and to the front.
25. Circle your arms to the outside and over your head.
With your fingertips pressed to your thumbs.
Your fingers will be facing downward in front of your forehead.
26. With your hands in a fist. Circle your arms to the outside going down. then bring them to the front into a double uppercut poission. With your knuckle flexed in toward your four arms.

27. Snapping Up - With your fingertips pressed to your thumbs and pointing down. Pull your arms up over your head.
28. With both hands open. Push your palms down in front of your waist.
29. With your hands in a fist. Both elbows sticking to the rear fists in front of your shoulders.
30. With your hands in a knife hand. Open your arms to the outside. Palms down.
31. With your hands in a fist. Bring them both down together in front of your waist. Palms up
32. With both hands open. Pull your elbows up to the sides even with your shoulders. Your palms facing back.
33. With both hands open. Swing both arms to the left. Make a complete circle then push with both hands to the left.
34. Repeat to the right.
35. With your left hand do a palm strike to the front. Recharmer to the center.
36. Repeat on the right.
37. With both hands open. Go to attention stance. Then circle your arms to the outside over you head. Bring your hands together in front of your face. Interlocking your thumbs with your right hand on top. Bring your arms down in front of your waist.

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