



Pattern CY

CY is the fifth ensodo empty hand pattern, and is learnt by students who have achieved their 7th Kup (green stripe belt).

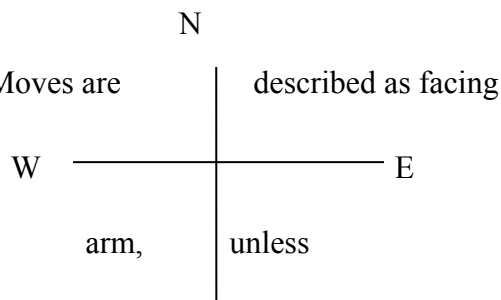
Pattern CY is named after Christine Yau, Chair of the London Chinese Community Centre, without whom London Chinatown TaeKwonDo, and its art for older students, Ensodo, would not exist. The 28 movements denote 28 Gerrard Street, address of the Community Centre, where LCTKD was born.

Christine Yau has been a leading light in London's Chinatown for many years, working tirelessly for the good of the community. The pattern honours her not only in using CY, which she commonly signs herself, but also representing her spirit with its compact form and dynamic movements, easily and seamlessly responding to things in many directions.

Notes about the pattern description.

The pattern is designed as if an imaginary combat against one or more opponents. Sometimes the description refers to the action of the moves on the imaginary opponent.

Use points of the compass to learn direction. Moves are N, S, E, or W.



All blocks are obverse – i.e. with the lead stated as reverse.

L stances are named by the back foot – i.e. a right L stance has the right foot back.

Walking stances are named by the front foot – i.e. a right walking stance has the right foot forward.

Pattern CY is not performed in “creative” and “strong” forms, but the aim of the student should be to achieve a flow through the movements at speed, whilst emphasising the circularity of the movements.



Pattern Moves

Starting position: closed ready stance A, over the starting mark, facing N.

1. Take right leg back towards S, into a right L stance, with an inward moving left pushing block, and slide back half a step into a back L stance, with the aim to...
2. bounce forward, stepping the right leg forward into a right walking stance on the NE diagonal, with a wedging block.
3. With a twist forward of the right hip and shoulder, execute a push and pull block with the right arm pushing forward and the left arm pulling back.
4. Stepping anti-clockwise with a lifting step, taking the left foot back until in a left L stance facing S, circling into take down.
5. Draw left foot forward and replace to the left, finishing in a right L stance facing E, with an inner forearm block.
6. Bright left leg back anti-clockwise into a left L stance facing E, executing a right palm pushing block.
7. Circle right arm down and up anti-clockwise in “snake arm” fashion, and
8. step in with left foot into a left arm obverse elbow strike in right L stance, facing E.
9. Bright right foot forward anti-clockwise into sitting stance facing N, but with head turned to E, executing a right arm downward elbow strike to E.
10. Turn to face W, drawing left foot in and replacing into a right L stance, with a knife hand guard.
11. Execute a lead hand hooking block while maintaining stance and facing W.
12. Maintaining the hooking block, lift back (right) leg up and forward anti-clockwise into a low section turning kick, and hold it in position.
13. Still maintaining the hooking block with the left hand, put right foot down into a left L stance facing W, applying a right arm waist block to the W (i.e. collapsing the opponent’s elbow) and
14. circle the right hand up and step forward with the left foot moving clockwise into a sitting stance facing N and raise the left hand while maintaining the hooking block. (This leaves the opponent in a hammer lock.) You should now be back over your starting mark.
15. Draw right foot in and replace it into a left L stance facing E, at the same time executing a right arm outer forearm strike.
16. Raise right hand upwards and to the left, hooking it back to execute a back of head or hair grab.
17. Step forward with left foot into a right L stance facing E, maintaining the back of head grab, and execute a right upward knee strike while pulling right hand down.
18. Replace right leg down and back into a left L stance facing W, with a knife hand guard.
19. Swivelling the right foot and slipping the left in and then out, turn into a right L stance facing E.



20. Execute a left hooking block.
21. With the lead (left) leg, execute a middle section side kick to the E, holding the leg out and maintaining the hooking block.
22. Place left foot down into a left walking stance facing E, pulling the hooking hand down and up in a clockwise circle.
23. Step forward into a right walking stance to the E, executing a two-handed push.
24. Turn to face W, pivoting on the right foot and slipping the left foot in and back, into a right L stance with a knife hand guard.
25. Execute a left inward moving outer forearm block without changing stance, and
26. using the momentum from the block, continue into a clockwise spin, bringing the right shoulder back and around until in a right L stance facing E, and
27. continue with the clockwise spin, bringing the left shoulder forward and the left foot around until in a right L stance facing W. Keep the hands high through 26 and 27, which should be done in a single movement, and is known as “spinning off.” Your left foot should now be back over your starting mark.
28. Turn face to N, and draw the right foot in to the left, lifting body up and replacing into closed ready stance A, over your starting mark.