



# PHOENIX TAEKWON-DO

## STUDENT TRAINING BOOKLET

Student Name:

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Club Location:

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Date of First Class:

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## WELCOME TO THE PHOENIX TAEKWON-DO CLUB

### 천 리 길도 한 걸음부터

*Even a journey of a thousand miles begins with just one step.*

**T**here are many great benefits to practicing Taekwon-do. Maybe you joined because of the mystery of the martial arts. You wanted to learn the techniques that would enable you to become proficient in defending yourself and others from harm. Perhaps you joined to get in shape, meet people, or just to enjoy a different activity. Whatever the reason I am sure you will enjoy your time training the techniques of Taekwon-do. All of the above-mentioned reasons and many more are what you will get out of your training. Sometimes you will find the journey hard and sometimes it may frustrate you. Try to remember that anything worth having is worth working for. When you achieve your goal, whatever it may be, you will feel very satisfied in that you made it, and **that** feeling can never be taken from you.



**Craig Stanley**

Grandmaster Instructor  
IX Degree Black Belt

## PHOENIX INTRODUCTION

Classes are offered at different times and at different locations all around Edmonton. Please check the web site locations tab for times, addresses, and class cancellations. A member of any club is welcome to train as a guest at any other Phoenix location one time per month. This will expand your knowledge and enhance your skill levels. Mixing with other students from other clubs may very well help you in finding how to do that hard technique. If you wish to train more than your allotted days at two or more locations, please ensure that your membership fee is structured at the unlimited level so there are no difficulties. Each location has slightly different membership levels and not all memberships are all inclusive. Ask your administrator for more details.

No matter what the class start time, it is wise to show up **at least** 10 minutes early. This allows you to do a light warm up on your own and you can use the time to have answered any questions you might have. Please feel free to ask senior belts any questions you may have, whether it is on technique, etiquette, or procedure. You can also try for a marker stripe if a black belt is available to assist you.

The martial artist must always remember that your behaviour and attitude is what sets you apart from the rest of the world. When arriving at the *dojang*, keep your belongings in a neat and tidy place. If there are boot racks, ensure that your shoes and boots are placed up out of the way. Bags and coats must be put somewhere where they will not be in the way. Your garbage has its place too. Failing to treat the *dojang* with respect will result in a scolding from a senior belt. A martial art club is like a big family. The higher belts are responsible for teaching the lower belts all of the ins and outs of being a martial artist. If they fail to do so, they in turn will be spoken to by the senior instructors of the club.

Your student handbook is your guide through the training curriculum of our club. Inside you will find the information necessary for you to achieve the next level on your progression to black belt and beyond. The only thing holding you back from advancing through the belts is the time you can commit to training. Every question you have on Taekwon-do should be answered in your handbook. Those that are not there can be answered by any black belt.

Your advancement in Taekwon-do is an individual journey. Marker stripes are awarded to you as you perfect your techniques. Keep in mind that the marker stripes are not belt levels and are a record of your ability to perform certain techniques. Not getting a marker stripe is a good thing since you just got a 2-minute private lesson, one on one instruction to help you improve.

When you test you will be very happy that a marker stripe was not given to you lightly. Failing a test is not a comfortable place to be.



## HISTORY OF TAEKWON-DO



General Choi, Hong Hi  
(1918-2002)  
Founder of Taekwon-do

Taekwon-do is a relatively new martial art that has its roots in the martial arts of Korean Taek Kyon and Japanese Karate. It was developed by a Korean soldier named Choi, Hong Hi, while he was serving as an officer in the army of the Republic of South Korea.

Choi was born a small and weak child. While studying calligraphy in Korea as a youngster, Choi's teacher encouraged him to train in Taek Kyon to strengthen his body and sharpen his mind. In 1938, Choi left Korea to study calligraphy in Japan. While in Japan, Choi earned a black belt in Karate. At the outbreak of the Second World War Choi was conscripted into the Japanese army.

With the end of the war came the defeat of Japan and Korea was released from 36 years of Japanese occupation and rule. Choi immediately returned home to Korea and was commissioned as a second Lieutenant in the newly formed army of the Republic of South Korea.

Choi rose through the ranks and soon he was commanding a company of soldiers. He began to teach his troops karate as a means of physical and mental training. The Japanese military had suppressed the Korean martial arts during the time Japan occupied Korea so Choi desired to create a distinctly Korean martial art to dispel the remnants of Japanese rule and unify the Korean people.

In 1954, after several years of exhaustive researching, testing, and developing, Choi's art was born. On April 11, 1955, it was introduced to the world as Taekwon-do. In 1965, Choi, now a general, persuaded the South Korean government to proclaim Taekwon-do as Korea's national martial art. Taekwon-do became an international martial art when, on March 22, 1966, the International Taekwon-do Federation, (ITF) was formed in Seoul, Korea, with the consent of nine countries. Taekwon-do continues to be one of the fastest growing martial arts today with schools operating in almost every country in the world. General Choi, Hong Hi passed away on June 15, 2002, in the land of his birth, Korea.

## WHAT IS TAEKWON-DO?

Taekwon-do (태권도), literally translated, means:

<i>Tae</i> 태	Jumping or flying, to kick or smash with the foot
<i>Kwon</i> 권	Denotes the fist, chiefly to punch or destroy with the hand or fist,
<i>Do</i> 도	The art or the way

Taekwon-do, to put it simply, is a version of unarmed combat designed for the purpose of self-defence. However, it is more than that. It is the scientific use of the body in the method of self-defence: a body that has gained the ultimate use of its facilities through intensive physical and mental training. It is a martial art that has no equal in either power or technique.

Taekwon-do definitely enables the weak to possess a fine weapon, together with a confidence to defend him or herself successfully against an aggressor. Of course, wrongly applied Taekwon-do can be a lethal weapon, therefore mental training must always be stressed to prevent the student from misusing it.

## THE DIFFERENCE BETWEEN TAEKWON-DO AND OTHER MARTIAL ARTS

Taekwon-do does not rely on muscular strength alone to produce power. Smaller people using speed, proper technique, and sine wave can produce incredible force in all techniques. Also, Taekwon-do students use their legs much more than other martial arts. Taekwon-do is a dynamic martial art whose speed, power, and arsenal of flying, jumping, and spinning techniques are unrivalled by any other martial art. Taekwon-do is the most modern of all martial arts, being developed in the early 1940's. General Choi Hong Hi named the martial art in 1955. Prior to 1955 neither the name Taekwon-do nor the martial art existed.

## WHAT DO YOU WEAR TO TRAIN?

### UNIFORM

A *dobok* (training uniform) is the preferred training garment along with your bare feet. *Doboks* are available for purchase only through our Clubs and provides for comfortable movement. It is washed in warm water with regular detergent (NO bleach) and dried on normal heat setting. If you hang it up promptly after drying, no ironing should be required. The *dobok* is not mandatory until the student tests for their first belt grade (Yellow Stripe). The student is welcome to wear a white T-shirt, long sweatpants and bare feet for training classes.

### THE BELT

In Taekwon-Do we wrap the belt around our waist only once, unlike other martial arts who wrap their belt twice. This double wrap came from the art of Judo where they use the belt to grab and throw their opponent. In Taekwon-Do we don't grab and throw very often so once around the waist is all we need. The one wrap symbolizes the following 3 things:

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*Follow one master*

*Set one goal*

*Victory with one blow*







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White belts should have their belt tied by a senior belt. When the white belt reaches 9<sup>th</sup> *gup*, they must be able to tie their own belt and will be tested on this on the 9<sup>th</sup> *gup* test.

## MEANING OF BELT COLOURS

White	Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-do
Yellow	Signifies the seed on the Earth from which a plant sprouts and takes root as the Taekwon-do foundation is being laid
Green	Signifies the plant's growth (the leaves beginning to sprout) as the Taekwon-do skill begins to develop
Blue	Signifies the heaven or sky, towards which the plant matures into a towering tree as training in Taekwon-do progresses
Red	Signifies danger, cautioning the student to exercise control and warning others to stay away. It at the same time warns the wearer to exercise control over the self, as he/she has to journey quite a distance to understand Taekwon-do.
Black	Opposite of white, therefore, signifying maturity and proficiency in Taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

## SYSTEM OF RANK

Grade 10	white	
Grade 9	yellow stripe	
Grade 8	yellow	
Grade 7	green stripe	
Grade 6	green	
Grade 5	blue stripe	
Grade 4	blue	
Grade 3	red stripe	
Grade 2	red	
Grade 1	black stripe	

1 <sup>st</sup> degree to 3 <sup>rd</sup> degree	Assistant instructor	<i>Bu-sabeom-nim</i>
4 <sup>th</sup> degree to 6 <sup>th</sup> degree	Instructor	<i>Sabeom-nim</i>
7 <sup>th</sup> and 8 <sup>th</sup> degree	Master	<i>Sa-hyeon-nim</i>
9 <sup>th</sup> degree	Grand Master	<i>Sa-sung-nim*</i>

**Note:** Degrees of black belt are denoted by roman numerals embroidered near the end of the belt. Stripes for grade holders are placed horizontally on the belt, five centimetres from the belt end. The stripes and degree markers are only placed on the left end of the belt to signify humbleness. In the martial arts, the belt they are wearing denotes the level of any person.

\***Grandmaster Stanley** is a grandmaster but also the senior rank in Phoenix, so his title is *Kwan-Jang-Nim*, leader or head of the school.

## DOJANG RULES AND ETIQUETTE

Taekwon-do adheres to a system of rules and regulations to protect students and maintain order and discipline. Taekwon-do students are reminded of the peaceful and harmonious nature of Taekwon-do and are expected to carry themselves with the highest bearing and self-control at all times. Although not comprehensive, the following list is to be observed at all times. If in doubt of the reason for a particular regulation, ask your instructor. Remember, the only stupid question is the one left unasked.

- No student may teach others without asking a black belt.
- Refrain from idle chatter.
- No talking on training floor while class is in progress.
- No food or drink on the training floor. (Water bottles are okay).
- Do not wear jewelry while training.
- No horse play in the *dojang*. (e.g., running around, throwing things etc.)
- Bow when entering and leaving the training area.
- Always bow before and after addressing the instructor directly.
- All black belts are to be addressed by their last name or sir/ma'am.
- Do not talk when the instructor is talking or demonstrating techniques.
- Use equipment properly or privileges will be suspended.
- No shoes on training floor.
- Shirts worn under the *dobok* must be **white** in colour.
- Do not lean on walls.
- Leave valuables at home.
- No swearing.
- Do not stand with hands on hips or arms crossed.
- When leaving an instructor take a few steps backward before turning around.
- When shaking hands support your right elbow with your left palm.
- When bowing to a person, say "*Taekwon*".
- Memorize the student oath and the tenets of Taekwon-do.
- Study the training secrets of Taekwon-do.
- If arriving late, wait until the instructor sees you, then bow and join the class.

If the instructor enters the room, stand if you are sitting, and remain so until told otherwise. In a room with many black belts take your leads from the senior black belt. Unless other black belts direct you to do something different.

It is incumbent upon the junior to respect the senior. A display by the middle rank towards a senior rank will set the example for the juniors. Any student who shows incorrect courtesy, respect or honour of a senior will find that the juniors display the same attitude towards them in turn. The more respect shown to the senior ranks, the more respect juniors will show to you. Being a martial artist is not really about the self but is about how the self deals with everyone else.

Etiquette demands that proper respect be shown to all members whether they are senior or junior to you. The senior black belt has complete authority on all matters and cannot be contradicted. If you have a concern, voice it to the senior black belt privately so that it can be dealt with in the proper manner. Those people that do not follow proper protocol will be asked to leave the club.

Senior colour belt students are responsible for the behaviour and attitude of junior belts. The senior belt in any situation has the duty to ensure that the junior belts are acting correctly. If an instructor enters a room the senior belt, no matter what level they are, should call the other belts to attention and direct them to bow to the instructor. While the senior colour belt does not have the authority to punish junior belts for infractions, their word must be followed in regard to proper behaviour. Not listening to the senior belt will cause the instructor to deal severely with the offending student.

## STUDENT / INSTRUCTOR RELATIONSHIP

### INSTRUCTORS (*SABEOM* 사범)

- 1) Never tire of teaching. A good instructor can teach anywhere, any time, and always be ready to answer questions.
- 2) An instructor should be eager for his students to surpass him. A student should never be held back. If the instructor finds that his student has developed beyond his teaching capabilities the student should be sent to a higher-ranking instructor.
- 3) An instructor must always set a good example for his students.
- 4) The development of students should take precedence over commercialism.
- 5) Instructors should teach scientifically and theoretically to save time and energy
- 6) Instructors should help students develop good contacts outside the dojang.
- 7) Students should be encouraged to visit other clubs and study other techniques.
- 8) All students should be treated equally. There should be no favorites.
- 9) If the instructor does not know an answer, he must attempt to find the answer and not fabricate one.
- 10) An instructor should not seek any favours from his students.
- 11) An instructor should not exploit his students.
- 12) Always be honest with the students and never break a trust.

### STUDENTS (*JEJA* 제자)

- 1) Never tire of learning. A good student can learn anywhere, any time.



- 2) A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues and are unwilling to take part in demonstrations, teaching, and work around the *dojang*.
- 3) Always set a good example for lower ranking students.
- 4) Always be loyal and never criticize the instructor, Taekwon-do or the teaching methods.
- 5) If an instructor teaches a technique, then practice it and attempt to utilize it.
- 6) Remember that a student's conduct outside the dojang reflects on the art and the instructor.
- 7) If a student adopts a technique from another club and the instructor disapproves of it the student must discard it immediately.
- 8) Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
- 9) A student must always be eager to learn and ask questions.
- 10) Never betray the instructor.

## TERMINOLOGY

<i>Tae</i>	To kick or hit with the feet
<i>Kwon</i>	To punch or strike with the hand
<i>Do</i>	The art or the way
<i>Dojang</i>	Training hall
<i>Dobok</i>	Uniform
<i>Charyeot</i>	Attention
<i>Sabum-nim</i>	Instructor
<i>Bu-sabum-nim</i>	Assistant Instructor
<i>Sa-hyoung-nim</i>	Master
<i>Kwanjang-nim</i>	Head of the school
<i>Geuman</i>	Stop
<i>Gyeongnye</i>	Bow
<i>Junbi</i>	Assume the ready stance
<i>Seogi</i>	Stance
<i>Sijak</i>	Begin
<i>Baro</i>	Return to junbi
<i>Shi-eo</i>	Relax
<i>Hana</i>	One
<i>Dool</i>	Two
<i>Set</i>	Three
<i>Net</i>	Four
<i>Daseot</i>	Five
<i>Yeoseot</i>	Six
<i>Ilgop</i>	Seven
<i>Yeodeol</i>	Eight
<i>Ahop</i>	Nine
<i>Yeol</i>	Ten
<i>Saju</i>	Four directions
<i>Jireugi</i>	Punch
<i>Makgi</i>	Block
<i>Tul</i>	Pattern
<i>Matseogi</i>	Sparring
<i>Jayu Matseogi</i>	Free sparring
<i>Gup</i>	Grade or colour belt (10 to 1)
<i>Dan</i>	Degree of black belt (1 to 9)

## STANCES

<i>Moa Seogi</i>	Closed stance
<i>Naranhi Seogi</i>	Parallel stance
<i>Palja Seogi</i>	Open stance
<i>Geonneun Seogi</i>	Walking stance
<i>Wen</i>	Left
<i>Oreun</i>	Right
<i>Nieunja Seogi</i>	L stance
<i>Gojeong Seogi</i>	Fixed stance
<i>Anneun Seogi</i>	Sitting stance
<i>Saseon Seogi</i>	Diagonal stance
<i>Ogeuryeo Seogi</i>	Crouched stance
<i>Gyocha Seogi</i>	X stance
<i>Webal Seogi</i>	One leg stance
<i>Guburyeo Seogi</i>	Bending stance
<i>Sujik Seogi</i>	Vertical stance
<i>Dwitbal Seogi</i>	Rear foot stance
<i>Natchueo Seogi</i>	Low stance
<i>Junbi Seogi</i>	Ready stance
<i>Charyeot Seogi</i>	Attention stance
<i>Naranhi Junbi Seogi</i>	Parallel ready stance
<i>Palja Junbi Seogi</i>	Open ready stance
<i>Moa Junbi Seogi</i>	Closed ready stance
<i>Geonneun Junbi Seogi</i>	Walking ready stance
<i>Guburyeo Junbi Seogi</i>	Bending ready stance
<i>Gyocha Junbi Seogi</i>	X ready stance

## COMMANDS

*Charyeot, sabeom-nim ke gyeongnye*

Attention, face the instructor, bow

*Naranhi Seo Jireugi* parallel stance punch

*Anneun Seo Jireugi* sitting stance punch

*Dwiro dora* turn around

*Haesan* dismissed

## TENETS OF TAEKWONDO

### **Courtesy**

예의 *yeui*

### **Integrity**

염치 *yeomchi*

### **Perseverance**

인내 *innae*

### **Self-Control**

극기 *geukgi*

### **Indomitable Spirit**

백절불굴 *baekjeolbulgul*

태  
권  
도

## STUDENT OATH

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*I shall observe the tenets of Taekwon-do*

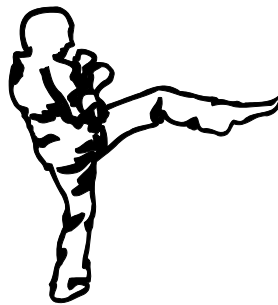
*I shall respect the instructors and seniors*

*I shall never misuse Taekwon-do*

*I shall be a champion of freedom and justice*

*I shall build a more peaceful world.*

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# FACINGS AND BODY LINES

## FACINGS

The body can be turned in various ways when executing any given technique. The facing is determined by where the person's face is turned to.

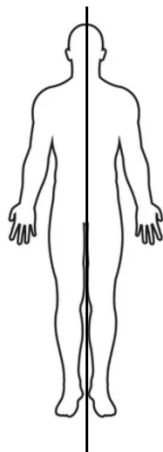
The **three** main facings are:

Full face	Body is square. Walking stance or sitting stance, etc.
Half face	Body is turned about 45 degrees. Only facing possible in any L-stance or similar stances.
Side face	Body is turned completely sideways, but eyes are on the target to the side. Sitting stance, etc.

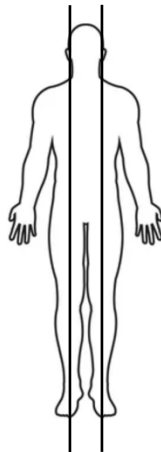
## BODY LINES

Body lines are 5 imaginary lines that divide the body into vertical sections. They are:

Solar Plexus (Centre) line



Chest lines



Shoulder lines



## WHAT IS A SHADOW WARRIOR?

In the Phoenix Taekwon-do Club a Shadow Warrior is a child between the ages of 4 and 8 years. The Shadow Warriors are the youngest group in our club learning the martial art of Taekwon-do. Most kids come to our club with visions of Ninja turtles and Power rangers spinning in their heads. The Shadow Warrior does get to do some neat stuff but first they must learn the basics. This program and the following structure are exclusive to the Phoenix Taekwon-do Clubs.

Master Stanley discovered that while many young people wanted to learn Taekwon-do it was very difficult to integrate them into the regular program. Their age presented a few challenges for instructors. First many youngsters did not have the motor skills required to keep up with the pace of class. Also, the comprehension level for younger students was not always in keeping with the black belt's explanations. Attention span also entered into the equation.

Keeping all of these things in mind, Master Stanley created the Shadow Warrior program. It is used to prepare the young student for entry into the regular belt program. The Shadow Warrior program itself mirrors the regular belt system too. Starting at white the student learns skills and memorizes routines as well as rules and history of Taekwon-do. They progress through levels until they reach the grey belt. The Grey belt is symbolic of reaching the highest level of Shadow Warrior; it is in fact the Shadow of a black belt.

## OUR CLASS STRUCTURE

Our classes are divided into three different levels:

The **Orange** level, or beginner level, teaches the children the rules, etiquette, and basic moves of Taekwon-do. At this stage they are taught proper stretches as well as how to behave in a martial arts class.

The **Purple** level, or intermediate level, teaches the children more complex moves as well as some memorization of the tenets of Taekwon-do.

The **Grey** level, or advanced level, teaches the children the hardest moves of all. Here is where they get to do some of the techniques they might see on television.

All three levels are further divided into three degrees of achievement. First is the first stripe degree where they get a stripe on their belt to mark their proficiency in the colour they are working on. Next is the second stripe degree. Here they are awarded a second coloured stripe corresponding to the colour of their level. Finally, they are awarded a new belt. This is a coloured belt signifying that they have reached the highest degree in that particular colour, and they proceed on to their next colour level.

The Shadow Warriors are tested on their skills during the last class(es) of every second month. In the orange level the Shadow Warrior can make up to three mistakes and still be awarded the next degree. In the purple level they can only make two mistakes. In the grey level no mistakes are allowed if they want to move on. This teaches the children to appreciate things that they work for. It also prepares them for the realization that not everything will be handed to them for nothing.

At the third degree of the grey level the students are tested for their grey belt. Once achieved, this signifies that they are a Shadow of a black belt. Here they can now train for the regular belt system, actually moving towards their black belt or if they need a bit more time as a Shadow Warrior, they can enter the Grey Belt leadership program.

All exams have a **\$10 test fee** for which the Shadow Warrior will receive, their exam sheet, their stripe or belt and the exam conducted by the black belt instructors. Exam months are October, December, February, April, June, and August. Each student will receive a black stripe at the end of the other months. If a student does not have a black stripe, they cannot test. This would mean they just started or re-started and have yet to train for the minimum 2 months prior to testing. It may be that a student who starts in a test month will get a black stripe that month and then another black stripe the next month. This will just give them more experience and when they test in the 3<sup>rd</sup> month, they very well may be able to double grade. This can occur at any level but is more common at the white belt level when obtaining any orange stripe or the orange belt.

## MISUSE OF TAEKWON-DO

The children are continually asked where they can use Taekwon-do. They are told of the three places: At the club, at home with parents' permission, and in Self-defence. The penalty for abusing this rule may be suspension from the club. Any issues parents might have at home with their Shadow Warrior should be discussed with the instructors.



## GENERAL Demeanor

Taekwon-do will help build a child's self-esteem, self-confidence, and self-control. The overall co-ordination of the martial arts will transfer ability into other activities that the children participate in. The discipline of the martial arts the children receive helps to control their sometimes-uncontrollable energy.

## PARENTS PARTICIPATION

It is very important that parents keep in mind the goals we are seeking when training in the martial arts. Failure is part of life and in the Shadow Warrior program we try to ease the children into understanding that failing to accomplish something is not the end of the world. Learning to get back up and try again is extremely important. This is why we make the levels harder to achieve, with fewer mistakes allowed as you move up in the belts. Perseverance and Indomitable Spirit are two of the tenets of Taekwon-do that the children memorize as Shadow Warriors.

A child's will power is usually less than that of an adult. You are needed to ensure that the student goes to class regularly and arrives on time. The last class of every second month is testing day and if missed, the Shadow Warrior cannot test until the next testing month. This enforces the discipline of training and attending class. As well, you can imagine if there was someone wanting to test every class because they missed the regular testing, it would certainly confuse the entire cycle of training, not to mention the time taken out of regular class to accommodate one person.

During regular class we ask that all parents keep out of the main gym, so you do not distract your child. We need their attention to be on the instructors at all times. During test day we would love to have you come in and watch your child do their thing. If grandparents are in town, they are always welcome to come and watch, at any time.

If you have any questions or concerns the instructors are always ready to listen to you. They may not have an answer right away, but they will get the answer by the next class. Please do not hesitate to talk to the instructors about anything.

**FOR MORE TRAINING AIDS GO TO [WWW.PHOENIXTAEKWON-DO.CA](http://WWW.PHOENIXTAEKWON-DO.CA) THERE ARE VIDEOS OF THE SHADOW WARRIOR TECHNIQUES AVAILABLE TO YOU THERE, ALONG WITH A WRITTEN LIST OF THE REQUIREMENTS.**

# TRAINING SECRETS OF TAEKWON-DO

**Power** Study the theory of power thoroughly.

**Purpose** Understand the purpose and method of each movement clearly.

**Focus** Bring the movement of eyes, hands, feet and breath into a single coordinated action.

**Relax** Keep both the arms and legs bent slightly while the movement is in motion.

**Motion** All movement must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.

**Sine wave** Create a sine wave during the movement by utilizing the knee spring properly.

**Breath** Exhale briefly at the moment of each blow except a connecting motion.

**Tools** Choose the appropriate attacking tool for each vital spot.

**Position** Become familiar with the correct angle and distance for attack and defense.

Don't memorize just the word, memorize the entire sentence. The word underlined is to help you remember the entire definition.

## THEORY OF POWER

**Reaction Force** Example: Pulling the left hand to the hip when you punch with the right hand

**Concentration** The smaller the focal point of your weapon the more force there will be on a given target.

Example: A slap with flat of your hand or a strike with the edge.

**Equilibrium** To have maximum power you must maintain your balance. Without balance your power can be easily diverted. The center of balance must be on a straight line midway between both legs.

**Breath Control** Controlled breathing is important for a few reasons. It protects the body against attack and creates more power in your techniques by tightening the muscles. It can be turned into a yell to bolster your courage and startle your opponent. It can also affect one's stamina and speed.

**Mass** Use sine wave and hip jerk to utilize mass.

**Speed** Speed is the most essential factor to create power.

## SPARRING

There are several different types of sparring in Taekwon-do. The two more important types are three-step and one-step. In three-step sparring, you are learning the basics of stance, focus, attack, and defense sequences. In one-step sparring, you are approaching street type situations that occur quickly. Here, you are practicing reaction, concentration, targeting, and attack and defense sequences. Below are the rules and the movements for sparring that you may be tested on in our club.

### SEMI-FREE

The attacker may do any three attacks of your own choosing. The defender simply changes from one L-stance to another executing a forearm guarding block each step backwards. After the attacker throws their third attack the defender retaliates with one attack of their own, along with a kia. The sequence now ends, and the two participants return to a parallel ready stance.

### THREE-STEP

The attacker must always check distance with the right foot. From the attention stance move your right foot for checking distance. Return to attention stance. Lastly move your right foot backwards to form a left walking stance. Execute a low outer forearm block and ki-ya. The defender waits in an attention stance while the distance is checked. Then move your left foot to a parallel ready stance. Ki-ya to signify that the attacker should begin the attack. When finished both partners continue moving in the same direction as they were when performing the techniques, to return to the parallel ready stance.

**'A' signifies attack    'D' signifies defense**

Three-Step Sparring  #1	A - Step forward into a right walking stance and execute a middle obverse punch. D - Step backwards into a left walking stance executing an inner forearm middle block with the left hand.  Repeat for three steps. At the end the defender retaliates with a middle punch remaining on spot.
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<p>Three-Step Sparring #2</p>	<p>A - Step forward into a right walking stance and execute a middle obverse punch. D - Step backwards into a left walking stance executing a middle knife-hand block with the left hand.</p> <p>Repeat for three steps. At the end the defender retaliates with a middle punch remaining on spot</p>
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<p>Three-Step Sparring #3</p>	<p>A - Step forward into a right walking stance and execute a downward knife-hand strike with the right hand. D - Step backwards into a left walking stance executing a rising block with the left forearm.</p> <p>Repeat for three steps. At the end the defender retaliates with a downward knife-hand strike remaining on spot.</p>
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<p>Three-Step Sparring #4</p>	<p>A - Step forward into a left L-stance executing a middle side punch. D - Step backwards into a left L-stance executing a middle inward block with the right forearm.</p> <p>Repeat for three steps. At the end the defender retaliates with a knife-hand strike to the neck using the right hand. Slide in slightly as you strike.</p>
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### THREE-STEP TWO-WAY

The entire sequence for two-way is the same as regular three-step sparring. The only additional difficulty is that you must repeat the attack and defence actions moving in the opposite direction. For example, on number 1 after the defender retaliates the attacker steps backwards and punches with the defender moving forward and blocking. After three steps the defender does another retaliation but with the left hand.

## ONE-STEP

Both partners begin by bowing in the attention stance. The attacker moves the right foot to a parallel ready stance. The defender moves the left foot to a parallel ready stance. The defender tells the attacker what attack to do and then waits. The attacker gives a ki-ya to announce they are ready. The defender yells to signal the start and does one block and one retaliation with a loud ki-ya on the retaliation. At the end of this sequence both partners return to the parallel ready stance.

## TWO-STEP

Checking distance is the same as that in three-step sparring. Attacks will alternate between hand and foot. The attacker starts in an L-stance Forearm guarding block. Two-step sparring is very similar to three-step sparring in all other aspects. When finished both partners move in the direction, they were both going to return to the parallel ready stance.

**'A' signifies attack    'D' signifies defense**

<p>Two-Step Sparring #1</p>	<p>A - Step forward into a right walking stance and execute a middle obverse punch. D - Step backwards into a left walking stance executing a middle knife-hand block with the left hand.</p> <p>A - Step forward executing a middle front snap kick with the left foot. D - Step backwards into a right walking stance executing a middle pressing X-block. Retaliate with a left flat finger thrust to the right eye.</p>
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<p>Two-Step Sparring #2</p>	<p>A - Step forward into a right walking stance and execute a high obverse punch. D - Step backwards into a left walking stance executing a high outward block with the left forearm.</p> <p>A - Step forward executing a middle side piercing kick with the left foot. D - Step backwards into a left L-stance executing a middle inward forearm block. Pull the front foot then retaliate with a front snap kick to the tail bone with your left foot.</p>
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<p>Two-Step Sparring #3</p>	<p>A - Step forward executing a middle front snap kick with the right foot.  D - Step backwards into a right walking stance executing a middle pressing X-block.</p> <p>A - Step forward into a left walking stance executing a twin front punch.  D - Step backwards into a left walking stance executing a wedging block.  Retaliate with a right knee to the solar plexus.</p>
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<p>Two-Step Sparring #4</p>	<p>A - Step forward to a left L-stance middle reverse punch.  D - Slide backwards to a right L-stance executing an upward block with the left palm.</p> <p>A - Step forward to a right L-stance executing a middle turning kick.  D - Step backwards into a left L-stance executing a low outer forearm block with the right hand. Shift to a right L-stance sliding in to retaliate with a right elbow to the solar plexus. Ki-ya.</p>
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### FREE SPARRING (*JAYU MATSEOGI*)

Sparring is the physical application of attack and defense techniques gained from pattern and fundamental exercise, used against actual moving opponents. It is indispensable to promote the fighting spirit and courage, to train the eyes to read the opponents tactics, to learn manoeuvring, to forge the attacking and blocking tools, to test your skills and ability, and to learn other movements not obtained from pattern or fundamental exercise.

# TESTING

## PROCEDURE FOR TESTING

To be eligible for testing, certain requirements must be met. The technical knowledge for each level is outlined on the following pages. Prior to your test you must make sure the following items are taken care of:

- All membership dues must be paid up to date.
- Make sure your marker stripes have been obtained.
- Make sure you know your techniques properly.
- Be sure you have attended classes regularly, with no large time frames of inactivity.
- Think back to ensure that your etiquette and behavior have been correct.
- Sign up at the admin desk to confirm your attendance to the exam.
- Testing fee is to be paid prior to the test.

All tests are generally run the same way. Your test sheet is to be given to the examiner. Make sure your name is on the test sheet. The order of grading is from the lowest belts to the highest. Exceptions can be made in extreme circumstances. Once your belt level is completely done you may leave. Test scores run on a percentage basis. To pass you must obtain a 75. Those people who receive 95 percent or higher **may** be double graded. Those who receive 60 or less may be demoted.

## TESTING REQUIREMENTS FOR GRADES 9 TO 1

### For Grade 9, Yellow Stripe

- 4 direction Punch
- 4 direction Block
- Semi-free sparring
- Self-defence
  - Rear choke (jump, spin)
  - Front choke (bow)
- 2 Oral questions
- Etiquette

### For Grade 8, Yellow Belt

- 4 Direction Block
- Chon-ji
- Three-step sparring (#1 or #2 of 4)
- Self-defence
  - Front chokes
- Free sparring
- Oral question



**For Grade 7, Green Stripe** 

- Chon-ji and Dan-gun
- Three-step sparring (1 to 4)
- Self-defence
  - Wrist grabs, 4 possible ones
- Board breaks
  - 1 board stomp kick (2 boards for adults)
- Free sparring
- Oral question

**For Grade 6, Green Belt** 

- Dan-gun and Do-san
- Three-step sparring two-way (#1 or # 2 of 4)
- Self-defence
  - Wrist grabs
- Free sparring
- Board breaks
  - 1 board standing back kick
- Oral question

**For Grade 5, Blue Stripe** 

- Do-san and Won-hyo
- Three-step sparring two-way (1 to 4)
- Self-defence
  - Two-hand choke from front to headlock
  - Bearhug from behind (arms free or held)
  - Two hands from behind
- Two-step sparring (#1 or # 2 of 4)
- Free sparring
- Board breaks
  - 1 board side kick
  - 1 board jump back kick
- Oral question

**For Grade 4, Blue Belt** 

- Won-Hyo and Yul-Gok
- Self-defence
  - 1 full nelson
  - 1 headlock.
- Two-step sparring (#1 or # 2 of 4)
- Free sparring
- Board breaks
  - 1 board spinning back kick
  - 1 board elbow strike (13+ only).
- Oral question
- Written question 3 or 4 sentences why you like TKD.

**For Grade 3, Red Stripe** 

- Yul-Gok and Joon-Gun
- Self-defence
  - 1 ground attack
  - 1 knife attack
- Two-step sparring (1 to 4)
- Free sparring
- Board breaks
  - 1 board front kick
  - 1 board turning kick
  - 1 board hand technique (13 + only)
- Oral question
- Written question 3 or 4 sentences what your TKD goal(s) are in the next 4 months.

**For Grade 2, Red Belt** 

- Joong-Gun and Toi-Gye
- Self-defence
  - Haymaker swing
  - Double lapel grab
- One-step sparring
- Free sparring
- Board breaks
  - 2 boards any kick
  - 1 board any hand (13+)
  - 2 boards combo kick (2 targets) (-12) jump or flying kick
- Oral question
- Written question 3 or 4 sentences what student in your club is the most dedicated student and why.

## For Grade 1, Black Stripe

- Toi-Gye and Hwa-Rang and one junior pattern.
- Self-defence Any previous techniques.
- Model sparring
- Free sparring
- Board breaks
  - 2 boards combo break (1 hand technique, 1 foot technique)
  - 2 board foot technique
  - 1 board jump kick or flying kick over obstacle
- Oral question
- Written question one paragraph, how will you contribute to your club, or your instructor or the art of TKD.

## TESTING REQUIREMENTS FOR BLACK BELTS 1 *DAN* TO 6 *DAN*

### First Degree (I) Black Belt Test

2 Junior patterns, Hwa-Rang, Choong-Moo

Any step sparring

8 Self-defense (examiner's choice)

Free sparring

Board breaks

3 boards side piercing kick

8 boards 4-direction kick

2 boards hand technique

1 board jumping foot technique

1 board flying foot technique

2 boards back side kick

1 board jumping hand technique

Oral questions

### Second Degree (II) Black Belt Test

Junior pattern, Choong-Mu, Gwang-Gae, Po-Eun, Gae-Baek

8 self-defence (examiner's choice)

Model sparring

One-step sparring

Free sparring

Board breaks

- 4 boards side piercing kick (3 for ladies)

- 3 boards back kick

- 8 boards 4-direction elbow technique

- 360-degree kick (back kick or turning kick or other)

- 2 board suspended break (1 for ladies)

- 2 boards jumping combination kick.

- 3 oral questions

  - Etiquette (rules)

  - History (TKD)

  - Commands (procedures etc.)

### **Third Degree (III) Black Belt Test**

2 Junior patterns, Eui-am, Choong-Jang, Juche or Ko-dang.

8 self-defence examiners choice

3 Model sparring

3 one-step sparring

Free sparring

Board breaks

- 5 boards side piercing kick (4 for ladies)

- 3 boards jumping back kick

- 8 boards 4 direction hand/foot

- 2 twin hand technique

- 3 board downward hand technique

- 3 elbow (any)

- 1 suspended foot technique

- 2 consecutive foot technique

- 2 reverse turning

- 3 oral questions

  - Etiquette (rules)

  - History (TKD)

  - Commands (procedures etc.)

#### **Fourth Degree (IV) Black Belt Test**

2 Junior patterns, 2 Fourth degree patterns

Self-defense scenario of at least 10 moves

Board breaks

- 2 boards suspended, hand or foot

- 2 boards mid-air kicks, one board at each target

- 4 board stomp kick

- 3 boards turning kick

- 12 boards, 6 targets, all must be different techniques, using hand and foot.

Oral questions

#### **Fifth Degree (V) Black Belt Test**

1 *gup* pattern, one *bu-sabeom* level pattern, 2 Fifth degree patterns

Self-defense scenario of at least 12 moves

Board breaks

- 25 boards to be broken as a demonstration. All 25 must ultimately break to pass.

Oral questions

#### **Sixth Degree (VI) Black Belt Test**

Three patterns of student's choice, 2 Fifth degree patterns

Demonstrate either self-defence or breaking scenarios

Oral questions

## ORAL QUESTIONS (EXAMPLES)

### 9<sup>th</sup> *gup*

- Who is the founder of Taekwon-do?
- What do you do when you first see a black belt?
- How do you walk away from a black belt?
- What do you say to a black belt after answering a question?
- What is the significance of a white belt?
- What *gup* or numbered level are you?
- How do you say uniform in Korean?
- How do you say Training Hall or gym in Korean?
- Name one of the fundamental exercises.

### 8<sup>th</sup> *gup*

- What year was Taekwon-do named?
- What is the definition of the pattern Chon-ji?
- How many moves in Chon-ji?
- What side of the belt does the stripe go on?
- Where do you face when fixing your *dobok*?
- What tool do you use for a front kick?
- What tool do you use for a knife-hand?
- How do you say instructor in Korean?
- How do you say bow in Korean?
- Count to 5 in Korean.

### 7<sup>th</sup> *gup*

- What is the definition of the pattern Dan-Gun?
- How many moves in Dan-Gun?
- Name the first move and stance in Dan Gun.
- Name 3 items in the theory of power.
- Name 3 facings that your body can create.
- Name the 5 body lines and show where they are.
- 1<sup>st</sup> line of the student oath is...
- What is the significance of the yellow belt?

### 6<sup>th</sup> *gup*

- What is the definition of the pattern Do-San?

- How many moves in Do-San?
- What motion is used on the 2 punches in Do-san?
- What is the tool for a side piercing kick?
- What tool is used for a turning kick?
- What does a low block protect?
- What are the first 3 lines of the student oath?
- What are the 5 tenets of Taekwon-do?

#### 5<sup>th</sup> *gup*

- What is the definition of the pattern Won-Hyo?
- How many moves in Won-Hyo?
- What is the significance of the colour green on your belt?
- What is the student oath?
- How do you say parallel stance in Korean?
- How do you say sitting stance in Korean?
- Stances, weight, length, and width.
- Name 2 training secrets of Taekwon-Do.

#### 4<sup>th</sup> *gup*

- What is the definition of the pattern Yul-Gok?
- How many moves in Yul-Gok?
- What does the pattern on the back of your *dobok* represent?
- What is the purpose of a hooking palm block?
- What motion is occurring with palm block/punch?
- What are the *gup* levels from white to black stripe?
- Can you remain sitting down if a senior belt enters the room?
- What does Tae Kwon and Do mean?

#### 3<sup>rd</sup> *gup*

- What is the definition of the pattern Joong-Gun?
- How many moves in Joong-Gun?
- Name the kick on move # 2 in Joong-Gun.
- What is the significance of the colour blue on your belt?
- Length of a rear foot stance?
- Name the 6 points in the theory of power.
- What tool(s) do you use for an elbow strike?
- What tool(s) do you use for an elbow thrust?

- Bow in the instructor.
- Count to ten in Korean.

### 2<sup>nd</sup> *gup*

- What is the definition of the pattern Toi-Gye?
- How many moves in Toi-Gye?
- What is the significance of the colour red on your belt?
- Why do we wrap our belt once around our waist?
- Define side block and front block.
- How do you say Master in Korean?
- The word used to “Dismiss” the class....
- Name stances in Korean.

### 1<sup>st</sup> *gup*

- *Any of the previous questions*
- What is the nickname of the 29<sup>th</sup> infantry division?
- What is the definition of the pattern Hwa-Rang?
- How many moves in Hwa-Rang?
- Name 5 types of fists or punches.
- What is your duty as senior belt towards the junior belts?

# PATTERNS (TUL)

## 24 PATTERNS

There are 24 patterns in total. If you look at time as a whole, the life of one person, which may last for 100 years, is like a day. A day has 24 hours and so there are 24 patterns in Taekwon-Do. All the patterns represent the life of one person, in this case, General Choi, Hong Hi, the founder of Taekwon-Do.

- Patterns should begin and end at exactly the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times
- Muscles of the body should either be tensed or relaxed at the proper critical moments in the exercise
- The exercise should be performed in a rhythmic movement with an absence of stiffness
- Movement should be accelerated or decelerated according to the instructions given.
- Each pattern should be perfected before moving to the next.
- Students should know the purpose of each movement.
- Students should perform each movement with realism.

## PATTERNS AND FUNDAMENTAL EXERCISES

All moves are described from the practitioner's point of view. In other words, whichever way you are facing is the point of reference for turning.

### **Walking Stance (*gunneun seogi*)**

- 1 and 1\2 shoulder width long
- Front knee bent
- 1 shoulder width wide
- Back knee straight
- Front foot straight forward
- Weight is equal on each leg (50/50)
- Back foot points 25 degrees out

### **L- Stance (*nieunja seogi*)**

- 1 and 1\2 shoulder width long
- Front knee bent
- Back knee bent
- Back knee directly above back foot
- can only be 1\2 facing
- Weight is 70 % on the back leg
- Both feet point 15 degrees in

## FUNDAMENTAL EXERCISES



## Four Direction Punch (*Saju Jireugi*)

Parallel ready stance (*naranhi junbi seogi*)

- 1) Step forward into a right walking stance and execute a middle obverse punch.
- 2) Moving the front foot, turn 90 degrees to the left, stepping backwards into a left walking stance, execute a low outer forearm block.

\* Repeat moves 1 and 2 until you have punched in four directions

\*\* Repeat the fundamental exercise using the left side and turning clockwise.

## Four Direction Block (*Saju Makgi*)

Parallel ready stance (*naranhi junbi seogi*)

- 1) Step backward into a left walking stance and execute a low knife-hand block.
- 2) Moving the back foot, step forward into a right walking stance and execute a middle inner forearm block.

\* Repeat these moves turning as in the four-direction punch

\*\* Repeat moves 1 and 2 until you have blocked in four directions

\*\*\* Repeat the exercise using the left side and turning clockwise.

**Notes:** Learn each move before trying to do it with power. Once learned always use good power in your techniques. Your stances are very important and must be practiced the most. Relax and only tighten your muscles at the last second when doing any technique. Study the training secrets of Taekwon-Do, they will help you perfect your moves.

## WHITE BELT & COLOUR BELT PATTERNS

### CHON-JI TUL (CHON-JI PATTERN)

Number of Moves	Starting Stance
19	Parallel ready stance ( <i>naranhi junbi seogi</i> )
<p><i>Chon-ji</i> means literally “the Heaven, the Earth”. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent Heaven and the other the Earth.</p>	

1. Move the left foot. Turn 90 degrees to the left and step into a left walking stance. Execute a low outer forearm block with the left arm.
2. Step forward into a right walking stance and execute a middle obverse punch.
3. Move the front foot. Turn 180 degrees to the right into a right walking stance. Execute a low outer forearm block with the right arm.
4. Step forward into a left walking stance and execute a middle obverse punch.
5. Move the front foot. Turn 90 degrees to the left and step into a left walking stance. Execute a low outer forearm block.
6. Step forward into a right walking stance and execute a middle obverse punch.
7. Move the front foot. Turn 180 degrees to the right into a right walking stance. Execute a low outer forearm block.
8. Step forward into a left walking stance and execute a middle obverse punch.
9. Move the front foot. Turn 90 degrees to the left and step into a right L-stance. Execute a middle inner forearm block.
10. Step forward into a right walking stance and execute a middle obverse punch.
11. Move the front foot. Turn 180 degrees to the right into a left L- stance. Execute a middle inner forearm block.
12. Step forward into a left walking stance and execute a middle obverse punch.
13. Move the front foot. Turn 90 degrees to the left and step into a right L-stance. Execute a middle inner forearm block.
14. Step forward into a right walking stance and execute a middle obverse punch.
15. Move the front foot. Turn 180 degrees to the right into a left L- stance. Execute a middle inner forearm block.
16. Step forward into a left walking stance and execute a middle obverse punch.

17. Step forward into a right walking stance and execute a middle obverse punch.
18. Step backward into a left walking stance and execute a middle obverse punch.
19. Step backward into a right walking stance and execute a middle obverse punch.

## DAN-GUN TUL (DAN-GUN PATTERN)

Number of Moves	Starting Stance
21	Parallel ready stance ( <i>naranhi junbi seogi</i> )
<i>Dan-Gun</i> is named after the holy <i>Dan-Gun</i> , the legendary founder of Korea in the year 2333 B. C.	

### Notes

- All punches in *Dan-Gun* are high punches.
  - When turning on moves 9 and 18 follow your face for 270 degrees, not your back foot.
  - Use sine wave with the back foot on move 14.
  - Once a technique starts moving, you must not stop it until it is finished.
1. Move the left foot. Step 90 degrees to the left into a right L-stance. Execute a knife-hand guarding block.
  2. Step forward into a right walking stance and execute a high obverse punch.
  3. Move the front foot. Turn 180 degrees to the right into a left L-stance. Execute a knife-hand guarding block.
  4. Step forward into a left walking stance and execute a high obverse punch.
  5. Move the front foot. Turn 90 degrees to the left into a left walking stance. Execute a low outer forearm block.
  6. Step forward into a right walking stance and execute a high obverse punch.
  7. Step forward into a left walking stance and execute a high obverse punch.
  8. Step forward into a right walking stance and execute a high obverse punch.
  9. Move the back foot. Turn to the left 270 degrees into a right L-stance. Execute a twin forearm block.
  10. Step forward into a right walking stance and execute a high obverse punch.
  11. Move the front foot. Turn 180 degrees to the right into a left L-stance. Execute a twin forearm block.
  12. Step forward into a left walking stance and execute a high obverse punch.
  13. Move the front foot. Turn 90 degrees to the left into a left walking stance. Execute a low outer forearm block with the left arm.

14. Stay in your left walking stance. Execute a rising block with the left arm.
15. Step forward into a right walking stance. Execute a rising block with the right arm.
16. Step forward into a left walking stance. Execute a rising block with the left arm.
17. Step forward into a right walking stance. Execute a rising block with the right arm.
18. Move the back foot. Turn 270 degrees to the left into a right L-stance. Execute a knife-hand strike with the left hand.
19. Step forward into a right walking stance and execute a high obverse punch.
20. Move the front foot. Turn 180 degrees to the right into a left L-stance. Execute a knife-hand strike with the right hand.
21. Step forward into a left walking stance and execute a high obverse punch.

## DO-SAN TUL (DO-SAN PATTERN)

Number of Moves	Starting Stance
24	Parallel ready stance ( <i>naranhi junbi seogi</i> )
<i>Do-San</i> is the pseudonym of the patriot <i>Ahn Chang-Ho</i> (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.	

### Notes

- All punches in *Do-San* are middle punches.
  - When doing sine wave on one spot, take your time and execute the techniques correctly.
1. Move the left foot. step 90 degrees to the left into a left walking stance. Execute a high side block with the left outer forearm.
  2. Stay in your left walking stance. Execute a middle reverse punch.
  3. 1/2 step turn into a right walking stance. Execute a high side block with the right outer forearm.
  4. Stay in your right walking stance. Execute a middle reverse punch.
  5. Move your back foot. Turn 90 degrees to the left into a right L- stance. Execute a double knife-hand guarding block.
  6. Step forward into a right walking stance. Execute a straight fingertip thrust with the right hand.
  7. Twist the right knife-hand together with your body counter-clockwise until your palm faces downward. Move the back foot. Turn 360 degrees into a left walking stance. Execute a high side strike with the left back fist.
  8. Step forward into a right walking stance. Execute a high side strike with the right back fist.
  9. Move the back foot. Turn 270 degrees to the left into a left walking stance. Execute a high side block with the left outer forearm.
  10. Stay in your left walking stance. Execute a middle reverse punch.
  11. 1/2 step turn into a right walking stance. Execute a high side block with the right outer forearm.

12. Stay in your right walking stance. Execute a middle reverse punch.
13. Move the back foot. turn 135 degrees to the left. Execute a high wedging block with the outer forearm.
14. Execute a middle front snap kick with the right foot. Keep the hands as they were in move 13.
15. Step into a right walking stance. Execute a middle obverse punch.
16. Stay in your right walking stance. Execute a middle reverse punch.  
(15 and 16 to be done in **fast motion**)
17. Move your right foot. turn 90 degrees to the right into a right walking stance. Execute a high wedging block with the outer forearm.
18. Execute a middle front snap kick with the left foot. Keep the hands as they were in move.
19. Step into a left walking stance. Execute a middle obverse punch.
20. Stay in your left walking stance. Execute a middle reverse punch.  
(19 and 20 to be done in **fast motion**)
21. Move your left foot. Turn 45 degrees to the left into a left walking stance. Execute a rising block with the left arm.
22. Step into a right walking stance. Execute a rising block with the right arm.
23. Move the left foot. Turn 270 degrees to the left into a sitting stance. Execute a knife-hand strike with the left hand.
24. Move the left foot. Bring your feet together and then move the right foot sideways into a sitting stance. Execute a knife-hand strike with the right hand.

## WON-HYO TUL (WON-HYO PATTERN)

Number of Moves	Starting Stance
28	Closed ready stance A ( <i>moa junbi seogi A</i> )
<i>Won-Hyo</i> was the noted monk who introduced Buddhism to the <i>Silla</i> dynasty in the year 686 AD.	

### Notes

- Pay close attention to your L-Stance! L-stance sine wave is done with the knees moving up and down.
  - Do not drop hands while executing knife-hand guarding blocks.
1. Move the left foot. Turn 90 degrees to the left into a right L-Stance. Execute a twin forearm block.
  2. Stay in your right L-stance. Execute a high inward strike with your right upset knife-hand. Bring your left side fist to your right shoulder.
  3. Shift your left foot into a left fixed stance. Execute a middle punch with your left hand.
  4. Move your left foot. While turning 180 degrees bring your feet together and then move your right foot into a left L-stance. Execute a twin forearm block.
  5. Stay in your left L-stance. Execute a high inward strike with your left upset knife-hand. Bring your right side fist to your left shoulder.
  6. Shift your right foot into a right fixed stance. Execute a middle punch with your right hand.
  7. Move your right foot. Bring your feet together as you turn 90 degrees to the left and form a right bending ready stance.
  8. Execute a middle side piercing kick with the left foot.
  9. Place your left foot down into a right L-stance. Execute a middle knife-hand guarding block.
  10. Step into a left L-stance. Execute a middle knife-hand guarding block.
  11. Step into a right L-stance. Execute a middle knife-hand guarding block.
  12. Step into a right walking stance. Execute a straight fingertip thrust with the right hand.



13. Move the left foot. Turn 270 degrees to the left into a right L-stance. Execute a twin forearm block.
14. Stay in your right L-stance. Execute a high inward strike with your right upset knife-hand. Bring your left side fist to your right shoulder.
15. Shift your left foot into a left fixed stance. Execute a middle punch with your left hand.
16. Move your left foot. While turning 180 degrees bring your feet together and then move your right foot into a left L-stance. Execute a twin forearm block.
17. Stay in your left L-stance. Execute a high inward strike with your left upset knife-hand. Bring your right side fist to your left shoulder.
18. Shift your right foot into a right fixed stance. Execute a middle punch with your right hand.
19. Move your right foot. bring your feet together as you turn 90 degrees to the left. move the left foot into a left walking stance. Execute a circular block with the right inner forearm.
20. Execute a low front snap kick with the right foot. Keep the hands as they were in 19.
21. Step into a right walking stance. Execute a middle reverse punch.
22. Stay in your right walking stance. Execute a circular block with the left inner forearm.
23. Execute a low front snap kick with the left foot. Keep the hands as they were in 22.
24. Step into a left walking stance. Execute a middle reverse punch.
25. Move the right foot. form a left bending ready stance.
26. Execute a middle side piercing kick.
27. Lower the right foot 45 degrees to the right while facing in the opposite direction. then move the left foot 135 degrees to the left into a right L-stance. Execute a middle forearm guarding block.
28. Move your left foot. While turning 180 degrees bring your feet together and then move your right foot into a left L-stance. Execute a middle forearm guarding block.

## YUL-GOK TUL (YUL-GOK PATTERN)

Number of Moves	Starting Stance
38	Parallel ready stance ( <i>naranhi junbi seogi</i> )
<i>Yul-Gok</i> is the pseudonym of a great philosopher and scholar <i>Yi I</i> (1536-1584), nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38 latitude and the diagram represents "scholar".	

### Notes

- Move 1 and move 4 are similar in that you must place your arm on the shoulder line.
  - Moves 2, 3, 5 and 6 are all on the solar plexus line.
  - After your side piercing kick, maintain balance, lower foot to just above the floor, and then step out to your elbow strike.
1. Move the left foot. Step sideways into a sitting stance bringing your left arm up onto the shoulder line.
  2. In your sitting stance, execute a middle punch with the right fist.
  3. In your sitting stance, execute a middle punch with the left fist.
  4. Move your left foot. Bring your feet together and then move your right foot into a sitting stance bringing your right arm up to the shoulder line.
  5. In your sitting stance, execute a middle punch with the left fist.
  6. In your sitting stance, execute a middle punch with the right fist.
  7. Move the right foot. Turn 45 degrees to the right into a right walking stance. Execute a middle side block with the right inner forearm.
  8. Execute a low front snap kick with the left foot. Keep the hands as they were in #7.
  9. Step into a left walking stance. Execute a middle obverse punch.
  10. Stay in your left walking stance. Execute a middle punch with the right fist.  
(9 and 10 to be done in **fast motion**)
  11. Move the left foot. Turn 90 degrees to the left into a left walking stance. Execute a middle side block with the left inner forearm.
  12. Execute a low front snap kick with the right foot. Keep the hands as they were in #7.
  13. Step into a right walking stance. Execute a middle obverse punch.
  14. Stay in your right walking stance. Execute a middle punch with the left fist

(13 and 14 to be done in **fast motion**)

15. Move the right foot. Turn 45 degrees to the right into a right walking stance. Execute a middle hooking block with the right palm.

16. Stay in your right walking stance. Execute a middle hooking block with your left palm.

17. Stay in your right walking stance. Execute a middle punch with your right fist.

(16 and 17 to be done in **connecting motion**)

18. Move the left foot into a left walking stance. Execute a middle hooking block with the left palm.

19. Stay in your left walking stance. Execute a middle hooking block with your right palm.

20. Stay in your left walking stance. Execute a middle punch with your left fist.

(19 and 20 to be done in **connecting motion**)

21. Move the right foot into a right walking stance. Execute a middle obverse punch.

22. Move the left foot. Form a right bending ready stance.

23. Execute a middle side piercing kick with the left foot.

24. Move the left foot into a left walking stance. strike the left palm with the right front elbow.

25. Move the right foot. Turn 180 degrees to the right. Form a left bending ready stance A.

26. Execute a middle side piercing kick with the right foot

27. Move the right foot into a right walking stance. strike the right palm with the left front elbow.

28. Move the left foot. turn 90 degrees to the left into a right L-stance. Execute a twin knife-hand block.

29. Move the right foot into a right walking stance. Execute a middle straight fingertip thrust with the right hand.

30. Move the right foot. Turn 180 degrees to the right into a left L-stance. Execute a twin knife-hand block.

31. Move the left foot into a left walking stance. Execute a middle straight fingertip thrust with the left hand.

32. Move the left foot. Turn 90 degrees to the left into a left walking stance. Execute a high side block with the left outer forearm.

33. Stay in your left walking stance. Execute a middle reverse punch.

34. Move the right foot into a right walking stance. Execute a high side block with the left outer forearm.

35. Stay in your right walking stance. Execute a middle reverse punch.

36. Jump forward to a left X-stance. Execute a high side strike with the left back fist.

37. Move the right foot. turn 270 degrees to the right into a right walking stance. Execute a high double forearm block.

38. Move the right foot. Bring your feet together and then move your left foot into a left walking stance. Execute a high double forearm block.

## JOONG-GUN TUL (JOONG-GUN PATTERN)

Number of Moves	Starting Stance
32	Close ready stance B ( <i>moa junbi seogi B</i> )
<i>Joong-Gun</i> is named after <i>Ahn Joong-Gun</i> who assassinated <i>Hirobumi Itō</i> , the first Japanese Governor General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 moves in this pattern to represent Mr. <i>Ahn's</i> age when he was executed at <i>Lui-Shung</i> prison (1910).	

### Notes

- The first 6 moves will determine if you get back to your starting point or not.
  - There are more new moves in this pattern than any other colour belt pattern. Know them before you do the pattern. It is easier that way.
  - After the backfist do not pull your foot towards you. Simply shift your foot into a walking stance.
  - Pressing blocks are performed full facing.
  - Do not lean into the U-shape blocks.
1. Move the left foot 90 degrees to the left into a right L-stance. Execute a middle reverse knife-hand block with the left hand.
  2. Execute a low side front snap kick with the left foot. Keep the hands as they were in move one.
  3. Lower the left foot and then move the right foot into a left rear foot stance. Execute an upward block with the right palm.
  4. Move the right foot. Turn 180 degrees to the right into a left L-stance. execute a middle reverse knife-hand block with the right hand.
  5. Execute a low side front snap kick with the right foot. Keep the hands as they were in move one.
  6. Lower the right foot and then move the left foot into a right rear foot stance. Execute an upward block with the left palm.
  7. Move the left foot. Turn 90 degrees to the left into a right L-stance. Execute a middle guarding block with a knife-hand.
  8. Slip the left foot into a left walking stance. Execute a right upper elbow strike.

9. Move the right foot. Step forward into a left L-stance. Execute a middle guarding block with a knife-hand.
10. Slip the right foot into a right walking stance. Execute a left upper elbow strike.
11. Move the left foot. Step forward into a left walking stance. Execute a high twin vertical punch.
12. Move the right foot. Step forward into a right walking stance. Execute a twin upset punch.
13. 1/2 step turn into a left walking stance. Execute a rising block with an X-fist.
14. Move the left foot. Turn 90 degrees to the left into a right L-stance. Execute a high side backfist strike with the left backfist.
15. Twist the left fist counter-clockwise until the backfist faces downward. At the same time slip the left foot forward into a left walking stance.  
(Perform 15 and 16 in **fast motion**)
16. Stay in your left walking stance. Execute a high reverse punch.
17. Move the left foot. Bring your feet together while turning 180 degrees to the right then move your right foot out into a left L-stance. Execute a high side backfist strike with the right backfist.
18. Twist the right fist clockwise until the backfist faces downward. At the same time slip the right foot forward into a right walking stance.
19. Stay in your right walking stance. Execute a high reverse punch.  
(Perform 18 and 19 in **fast motion**)
20. Move the right foot. Bring your feet together while turning 90 degrees to the left then move your left foot out into a left walking stance. Execute a high double forearm block.
21. Shift the left foot into a right L-stance. Execute a middle reverse punch.
22. Execute a middle side piercing kick with the right foot.
23. Lower the right foot into a right walking stance. Execute a high double forearm block.
24. Shift the right foot into a left L-stance. Execute a middle reverse punch.
25. Execute a middle side piercing kick with the left foot.
26. Lower the left foot into a right L-stance. Execute a forearm guarding block.
27. Slip the left foot into a low stance. Execute a pressing block with the right palm.
28. Move the right foot. Step forward into a left L-stance. Execute a forearm guarding block.
29. Slip the right foot into a low stance. Execute a pressing block with the left palm.
30. Move the left foot. Bring your feet together while turning 90 degrees to the left. Execute an angle punch with the right fist.
31. Move the right foot. Step forward into a right fixed stance. Execute a U-shape block
32. Move the right foot. Bring your feet together while turning 180 degrees to the left. then move the left foot into a left fixed stance. Execute a U-shape block.  
(Perform 27, 29 and 30 in **slow motion**)

## TOI-GYE TUL (TOI-GYE PATTERN)

Number of Moves	Starting Stance
37	Close ready stance B ( <i>moa junbi seogi B</i> )
<i>Toi-Gye</i> is the pen name of the noted scholar <i>Yi Hwang</i> (16th Century) an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37 <sup>th</sup> latitude. The floor diagram represents “scholar”.	

**Notes:** The upset fingertip thrust starts around head height, with the reaction hand down low. The back fist is performed slowly, and the other hand is simply for reaction. Moving from the L-stance to a walking stance and executing a circular block requires that you shift your foot towards you and then out into the walking stance. Maintain a full facing position until the last second.

1. Move the left foot 90 degrees to the left into a right L-stance. Execute a middle block with the left inner forearm.
2. Slip the left foot into a left walking stance. Execute a right upset fingertip thrust.
3. Bring the left foot to the right foot while turning 90 degrees to the right. Execute a side back strike with the right back fist extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot 90 degrees to the right into a left L-stance. Execute a middle block with the right inner forearm.
5. Slip the right foot into a right walking stance while executing a left upset fingertip thrust.
6. Bring the right foot to the left foot while turning 90 degrees to the left. Execute a side back strike with the left back fist extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot into a left walking stance. Execute a pressing X block
8. Stay in your stance and execute a twin vertical punch.
9. Execute a middle right front snap kick. Hold the hand positions.
10. Move the foot to a right walking stance execute a middle obverse punch
11. Stay in your stance and execute a middle reverse punch.
12. Move the left foot. Turn 90 degrees to the left bringing your feet together. Execute a twin side elbow thrust. Perform in slow motion.

13. Move the right foot into a sitting stance turning 90 degrees to the left. Execute a W-shape block with the right outer forearm. (Perform 13, 14, 15, 16, 17 and 18 in a stamping motion.)
14. Move the left foot into a sitting stance turning 180 degrees to the right. Execute a W-shape block with the left outer forearm.
15. Move the left foot into a sitting stance turning 180 degrees to the right. Execute a W-shape block with the left outer forearm.
16. Move the right foot into a sitting stance turning 180 degrees to the left. Execute a W-shape block with the right outer forearm.
17. Move the left foot into a sitting stance turning 180 degrees to the right. Execute a W-shape block with the left outer forearm.
18. Move the left foot into a sitting stance turning 180 degrees to the right. Execute a W-shape block with the left outer forearm.
19. Move the right foot to the left foot and then the left foot into a right L-stance. Execute a low pushing block with a left double forearm.
20. Slip the left foot into a left walking stance while extending your hands as if to grab the opponent's head.
21. Do an upward kick with the right knee while pulling both hands down.
22. Lower the right foot to the left foot and then turn 180 degrees to the left moving the left foot into a right L-stance. Execute a middle knife-hand guarding block.
23. Do a middle side front snap kick with the left foot.
24. Lower the left foot into a left walking stance. Execute a high flat fingertip thrust with the left hand.
25. Move the right foot into a left L-stance. Execute a middle knife-hand guarding block.
26. Do a middle side front snap kick with the right foot.
27. Lower the right foot into a right walking stance. Execute a high flat fingertip thrust with the right hand.
28. Move the right foot backwards into a right L-stance. Execute a side back strike with the right backfist and a low block with the left forearm.
29. jump into a right X-stance turning 90 degrees to the left. Execute a pressing X-block.
30. Move the right foot into a right walking stance turning 90 degrees to the right. Execute a high double forearm block with the right arm.
31. Move the left foot into a right L-stance turning 270 degrees to the left. Execute a low double knife-hand block.
32. Slip the left foot into a left walking stance. Execute a circular block.
33. Move the left foot. Bring your feet together turning 180 degrees to the right. Move the right foot into a left L-stance executing a low double knife-hand block.
34. Slip the right foot into a right walking stance. Execute a circular block.



35. Pivot 135 degrees to the left in a walking stance do a circular block.
36. Pivot 135 degrees to the right in a walking stance do a circular block.
37. Shift the right foot in then out into a sitting stance while turning 90 degrees to the left.  
Execute a middle punch with the right fist.

## HWA-RANG TUL (HWA-RANG PATTERN)

Number of Moves	Starting Stance
29	Close ready stance C ( <i>moa junbi seogi C</i> )
<i>Hwa-Rang</i> is named after the <i>Hwa-Rang</i> youth group which originated in the <i>Silla</i> dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division where Taekwondo developed into maturity.	

### Notes

- Move 11 is 50/50 for weight distribution.
  - Proper turning kick targets are off about 45 degrees to either side.
  - Use sine wave (2 heels up) on move 27.
1. Move the left foot to the left into a sitting stance. Execute a middle pushing block with the left hand.
  2. Execute a middle punch with the right fist.
  3. Execute a middle punch with the left fist.
  4. Shift the right foot in then out as you turn 90 degrees to the right into a left L-stance. Execute a twin forearm block.
  5. Hold your stance. Execute an upward punch with the left fist while pulling the right fist to the left shoulder.
  6. Execute a middle punch with the right fist while sliding forward slightly.
  7. Execute a downward strike with the right knife-hand pulling the right foot into a vertical stance.
  8. Move the left foot. Step into a left walking stance and do a middle obverse punch.
  9. Move the left foot. Turn 90 degrees to the left into a left walking stance and execute a low obverse forearm block.
  10. Move the right foot into a right walking stance. Execute a middle obverse punch.
  11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist. Bend the right elbow about 45 degrees.
  12. Execute a middle side piercing kick with the right foot while pulling both hands in the opposite direction, and then lower your foot into a left L-stance and do a middle knife-hand strike with the right hand.

13. Move the left foot. Step into a left walking stance and execute a middle obverse punch.
14. Move the right foot. Step into a right walking stance and execute a middle obverse punch.
15. Move the left foot. Turn 270 degrees to the left into a right L-stance and do a middle knife-hand guarding block.
16. Move the right foot into a right walking stance and do a middle straight fingertip thrust with the right hand.
17. 1/2 step turn 180 degrees to the left into a right L-stance and execute a middle knife-hand guarding block.
18. Execute a high turning kick with the right foot.
19. Lower the right foot and execute a high turning kick with the left foot. Lower the left foot into a right L-stance and do a middle knife-hand guarding block. (Perform 18 and 19 in fast motion)
20. Move the left foot. Turn 90 degrees to the left into a left walking stance and execute a low outer forearm block with the left hand.
21. Pull the left foot into a right L-stance and execute a middle obverse punch.
22. Move the right foot into a left L-stance and execute a middle obverse punch.
23. Move the left foot into a right L-stance and execute a middle obverse punch.
24. Slip the left foot into a left walking stance and execute a pressing block with an X-fist.
25. Move the right foot. Slide forward into a right L-stance while turning 180 degrees to the left execute a right side elbow.
26. Move the left foot. Turn 90 degrees to the left into a closed stance and execute a side front block with the right inner forearm and extend the left arm to the side front downward.
27. Maintain your stance and execute a side front block with the left inner forearm and extend the right arm to the side front downward.
28. Move the left foot into a right L-stance and execute a middle knife-hand guarding block.
29. Move the left foot. Turn 180 degrees to the right bringing your feet together then move the right foot out into a left L-stance and execute a middle knife-hand guarding block.

## CHOONG-MOO TUL (CHOONG-MOO PATTERN)

Number of Moves	Starting Stance
30	Parallel ready stance ( <i>naranhi junbi seogi</i> )
<p><i>Choong-Moo</i> was the name given to the great admiral <i>Yi Soon-Sin</i> of the Yi dynasty. He was reputed to have invented the first armoured battleship (<i>geobukseon</i>) in 1592 which is said to be the precursor of the modern-day submarine. The pattern ends in a left-handed attack to signify his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.</p>	

1. Move the left foot. Turn 90 degrees to the left into a right L-stance. Execute a twin knife-hand block.
2. Move the right foot. Step into a right walking stance and execute a high front strike with the right upset knife-hand and bring the left backhand in front of the forehead.
3. Move the right foot. Turn 180 degrees to the right into a left L-stance. Execute a middle knife-hand guarding block.
4. Move the left foot. Step into a left walking stance and execute a high flat fingertip thrust with the left hand.
5. Move the left foot. Turn 90 degrees to the left into a right L-stance. Execute a middle knife-hand guarding block.
6. Form a left bending ready stance turning to face 180 degrees to the right.
7. Execute a middle side piercing kick with the right foot.
8. Lower the foot and turn 180 degrees to the left into a right L-stance. Execute a middle knife-hand guarding block.
9. Move the right foot. Take one-step then execute a flying side piercing kick with the right foot. Land to form a left L-stance with a knife-hand guarding block.
10. Move the left foot. Turn 270 degrees to the left into a right L-stance. Execute a low outer forearm block with the left forearm.
11. Slip the left foot into a left walking stance while extending your hands as if to grab the opponent's head.
12. Do an upward kick with the right knee while pulling both hands down
13. Lower the right foot to the left foot and turn 180 degrees to the left. Move the left foot into a left walking stance and execute a high front strike with the right reverse knife-hand. Bring the left backhand under the right elbow.
14. Execute a high turning kick with the right foot then lower it to the left foot.

15. Execute a middle back piercing kick with the left foot. (Perform 14 and 15 in a fast motion.)
16. Lower the left foot into a left L-stance while turning 180 degrees to the right. Execute a middle forearm guarding block.
17. Execute a middle turning kick with the left foot.
18. Lower the left foot to the right foot then move the right foot into a right fixed stance turning 90 degrees to the right. Execute a U-shape block.
19. Jump and spin 360 degrees to the left. Land in a Left L-stance and execute a middle knife-hand guarding block.
20. Move the left foot into a left walking stance. Execute a low upset fingertip thrust with the right hand.
21. Pull the left foot into a right L-stance. Execute a side back strike with the right backfist and a low outer forearm block with the left forearm.
22. Move the right foot into a right walking stance and do a middle straight fingertip thrust with the right hand.
23. Move the left foot. Turn 270 degrees to the left into a left walking stance. Execute a high double forearm block.
24. Move the right foot. Turn 90 degrees to the left into a sitting stance. Execute a middle front block with the right forearm and then a high side strike with the right backfist.
25. Execute a middle side piercing kick to your left with your right foot.
26. Execute a middle side piercing kick with your left foot.
27. Lower the left foot and then turn to the right 180 degrees into a left L-stance. Execute an X knife-hand checking block. Pivot on the left foot.
28. Move the left foot into a left walking stance. Execute a twin palm upward block.
29. 1/2 step turn to the right into a right walking stance. Execute a rising block with the right forearm.
30. Execute a middle reverse punch.

## BLACK BELT PATTERNS

The following patterns have been copied and adapted from General Choi's Taekwon-do encyclopedia. The letters each movement describe the direction as shown in the diagram.

### GWANG-GAE

Number of Moves	Starting Stance	Diagram
39	Parallel stance with a Heaven hand	
<p><i>Gwang-Gae</i> is named after the famous <i>Gwang-Gae-Toh-Wang</i>, the 19th King of the <i>Goguryeo</i> Dynasty, who regained all the lost territories including the greater part of Manchuria. The floor diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.</p>		

1. Pull both hands rapidly to the side, describing a straight line, lifting the left foot to the side. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.

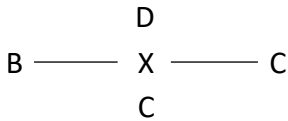
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.

25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

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



## PO-EUN

Number of Moves	Starting Stance	Diagram
36	Parallel stance with a Heaven hand	
<p><i>Po-Eun</i> is the pseudonym of a loyal subject <i>Jeong Mong-Ju</i> (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the <i>Goryeo</i> Dynasty.</p>		

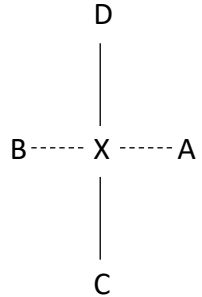
1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.  
Perform 6 through 12 in a continuous motion.

13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.

31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

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

## GYAE-BAEK

Number of Moves	Starting Stance	Diagram
44	Parallel ready stance ( <i>naranhi junbi seogi</i> )	
<p><i>Gye-Baek</i> is named after <i>Gye-Baek</i>, a great general in the <i>Baekje</i> Dynasty (660 AD). The diagram (I) represents his severe and strict military discipline.</p>		

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it, maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.

14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it, maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.

33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

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

## EUI-AM

Number of Moves	Starting Stance	Diagram
45	Closed ready stance ( <i>moa junbi seogi</i> )	<p style="text-align: center;">D   B-----X-----A   C</p>
<p><i>Eui-am</i> is the pseudonym of <i>Son Byeong Hi</i>, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of <i>Dong Hak</i> (Oriental Culture) to <i>Cheondo-gyo</i> (Heavenly Way Religion) in 1905. The diagram (I) represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.</p>		

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
9. Execute a middle reverse turning kick to AC with the right foot.
10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.

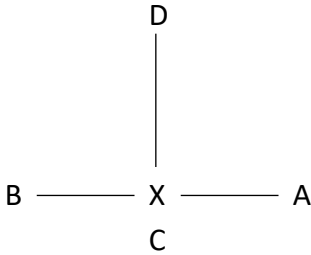
13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
22. Execute a middle reverse turning kick to AD with the left foot.
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.



32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
33. execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
37. Execute a high reverse turning kick to BD with the right foot.
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
39. Execute a high reverse turning kick to AD with the left foot.
40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

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

## CHOONG-JANG

Number of Moves	Starting Stance	Diagram
52	Closed Ready Stance A ( <i>moa junbi seogi A</i> )	
<p><i>Choong-Jang</i> is the pseudonym given to General <i>Kim Deok Ryeong</i> who lived during the <i>Lee</i> Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.</p>		

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat fingertip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.

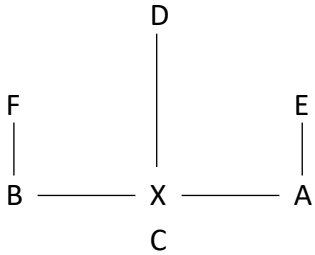
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.

33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.

52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

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

## JUCHE

Number of Moves	Starting Stance	Diagram
45	Parallel Ready Stance with a twin side elbow	
<p><i>Juche</i> 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 <i>Baekdu</i> Mountain which symbolizes the spirit of the Korean people. The diagram (W) represents <i>Baekdu</i> mountain.</p>		

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 fingertip.
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 fingertip.
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 a 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 fingertip 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.



## SAM-IL

Number of Moves	Starting Stance	Diagram
33	Closed Ready Stance C ( <i>moa junbi seogi C</i> )	
<p><i>Sam-Il</i> denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.</p>		

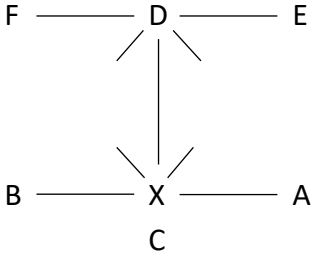
1. Slide to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
2. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with a right double forearm.
3. Move the left foot to D, forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
4. Execute a middle twisting kick to A with the right foot, keeping the position of the hands as they were in 3.
5. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
7. Execute a low thrust to C with a right upset fingertip while forming a left walking stance toward C, pivoting with the right foot.
8. Execute a high block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
11. Move the left foot to C, forming a left walking stance toward C while executing a high block toward BC with a double arc-hand and looking through it.
12. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.

13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
16. Execute a sweeping kick to B with the right side sole, and then lower it to B forming a right fixed stance toward B while executing a U-shape block to B.
17. Jump and spin counter-clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.
19. Lower the right foot to the left foot, and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.
20. Move the right foot to A, turning counter-clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.
21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.
22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.
23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.
24. Lower the left foot to A, forming a left L-stance toward B while executing a low guarding block to B with a knife-hand.
25. Move the left foot to B, forming a right rear foot stance toward B while executing an upward block with a left palm.
26. Move the right foot to B, forming a left rear foot stance toward B while executing a pressing block with a twin palm.
27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.
28. Move the right foot to C, forming a left L-stance toward C while executing a low block to C while the right forearm, pulling the left fist under the left armpit.
29. Execute a middle punch to C with the left fist while maintaining the left L-stance toward C, bringing the right fist over the left shoulder.
30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.
31. Execute a high punch to D with the left fist while maintaining the left walking stance toward D. Perform 30 and 31 in a continuous motion.

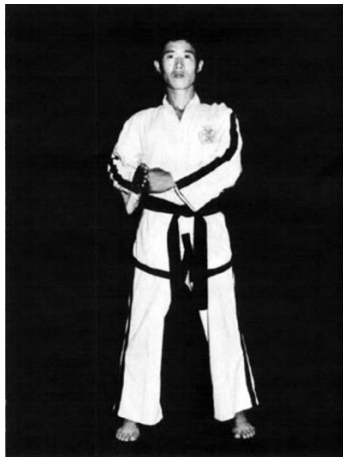
32. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 31.
33. Lower the left foot to D, and then move the right foot to D in a stamping motion, forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

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

## YOO-SIN

Number of Moves	Starting Stance	Diagram
68	Parallel Ready Stance (See photo)	
<p><i>Yoo-Sin</i> is named after General <i>Kim Yoo Sin</i>, a commanding general during the <i>Silla</i> Dynasty. The 68 movements refer to the last two figures of 668 AD, the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing <i>Yoo Sin</i>'s mistake of following his king's orders to fight with foreign forces against his own nation.</p>		

Ready Stance for Yoo-Sin



1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward, D.
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to D with the right palm while standing up toward D.
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D. Perform 4 and 5 in a continuous motion.
6. Execute a middle hooking block to D with the left palm while standing up toward D.

7. Execute a middle punch to D with the right fist while forming a sitting stance toward D. Perform 6 and 7 in a continuous motion.
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
9. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward BD.
10. Execute a scooping block with the left palm while forming a sitting stance toward AD.
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a continuous motion.
12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
13. Execute a circular block to BD with the left inner forearm while maintaining a right walking stance toward AD.
14. Execute a scooping block with the right palm while forming a sitting stance toward BD.
15. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 14 and 15 in a continuous motion.
16. Execute a high hooking block to B with the right palm while forming a left walking stance toward BC.
17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
18. Execute a high hooking block to BD with the left palm while forming a right walking stance toward AD.
19. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.
20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.
21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.
22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.
23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.
25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.
26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.

27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
30. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
39. Move the left foot on line CD, and then turn counter-clockwise to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
40. Bring the right foot to the left foot to form a close ready stance C toward C.
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CF at the same time executing an upset punch to CF with a twin fist.
42. Bring the right foot to the left foot, and then move the left foot to CD in a stamping motion, forming a left walking stance, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
45. Bring the left foot to the right foot to form a close stance toward C while executing an angle punch with the right fist. Perform in a slow motion.

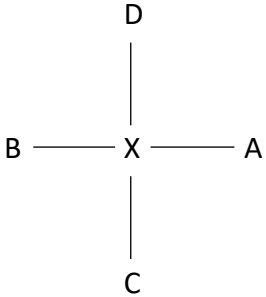
46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.
47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
49. Move the left foot to E to form a left fixed stance toward E while executing U-shape punch to E.
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
52. Execute a waving kick to D with the right foot, and then a high outward block to C with the right outer forearm, keeping the left as it was in 51 while forming a sitting stance toward E.
53. Execute a waving kick to C with the left foot, and then a high outward block to D with the right outer forearm, keeping the left hand as it was in 52 while forming a sitting stance toward E.
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
55. Execute a middle crescent kick to the right palm with the left foot.
56. Execute a middle side piercing kick to C with the left foot pulling both fists in the opposite direction. Perform 55 and 56 in a consecutive kick.
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
58. Execute a middle crescent kick to the left palm with the right foot.
59. Execute a middle side piercing kick to C with the right foot pulling both fists in the opposite direction. Perform 58 and 59 in a consecutive kick.
60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.
61. Change the position of the hands while maintaining a sitting stance toward A.
62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.
63. Change the position of the hands while maintaining a sitting stance toward B.
64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward D, pulling the left foot.
65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.

66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.
67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.
68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.

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



## CHOI-YONG

Number of Moves	Starting Stance	Diagram
46	Close Ready Stance C ( <i>moa junbi seogi C</i> )	
<p><i>Choi-Yong</i> is named after General <i>Choi Yong</i>, Premier and Commander-in-Chief of the armed forces during the 14<sup>th</sup> century <i>Goryeo</i> Dynasty. <i>Choi Yong</i> was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General <i>Yi Sung Gae</i>, who later became the first king of the <i>Yi</i> Dynasty.</p>		

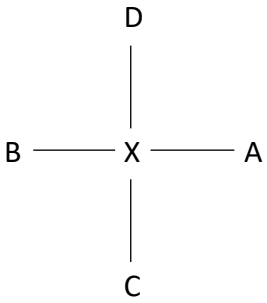
1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D.
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C.
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward AD.
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
8. Move the left foot on line CD, forming a right walking stance toward C while executing a rising block with the right knife-hand.
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward AC.
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
11. Move the right foot on line CD, to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.

12. Execute a middle turning kick to AD with the right foot, and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to D with the left foot.
14. Execute a middle side piercing kick to D with the left foot, forming a forearm guarding block. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.
16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
17. Execute a middle turning kick to AC with the left foot, and then lower it to the side front of the right foot.
18. Execute a high reverse hooking kick to C with the right foot.
19. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 18 and 19 in a consecutive kick.
20. Lower the right foot to C to form a right walking stance toward C while striking the right palm with the left front elbow.
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
22. Move the right foot to C, forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
23. Move the right foot to D, and then the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
24. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 23.
25. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
27. Execute a middle front snap kick to D with the left foot, keeping the position of the hands as they were in 26.
28. Lower the left foot to D, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Move the left foot to C and the right foot to C, then slide to C, turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
30. Move the left foot to D, forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
31. Move the left foot on line CD, forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.

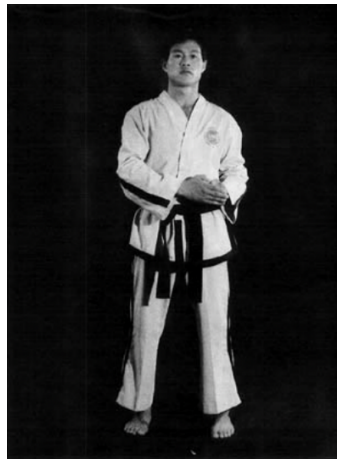
32. Move the right foot to D, turning clockwise to form a parallel stance towards B while executing a middle hooking block to B with the right palm.
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B. Perform 32 and 33 in a continuous motion.
34. Turn the face toward A while forming a left bending ready stance A toward A.
35. Execute a middle side piercing kick to A with the right foot, forming a forearm guarding block.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.
37. Execute a high reverse hooking kick to B with the right foot.
38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.
39. Move the left foot to D, turning counter-clockwise to form a parallel stance toward A, at the same time executing a middle hooking block to A with the left palm.
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A. Perform 39 and 40 in a continuous motion.
41. Turn the face to B while forming a right bending ready stance A toward B.
42. Execute a middle side piercing kick to B with the left foot, forming a forearm guarding block.
43. Lower the left foot to B in a jumping motion, forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
44. Execute a reverse hooking kick to A with the left foot.
45. Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.
46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.

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

## YON-GAE

Number of Moves	Starting Stance	Diagram
49	Parallel Ready Stance (See photo)	
<p><i>Yon-Gae</i> is named after a famous general during the <i>Goguryeo</i> Dynasty, <i>Yon Gae Somoon</i>. The 49 movements refer to the last two figures of 649 AD, the year he forced the <i>Tang</i> Dynasty to quit Korea after destroying nearly 300,000 of their troops at <i>Ansi Sung</i>.</p>		

Ready Stance for *Yon-Gae*



1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D, pivoting with the left foot. Perform in a slow motion.
3. Slide to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle strike to D with the right knife-hand while flying to D, and then land to D, maintaining a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C, maintaining a left L-stance toward D while executing a checking block to D with an X-fist.

6. Execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward block to D with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D, forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
9. Move the right foot to C for form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D. Perform 10 and 11 in a continuous motion.
12. Slide to C, forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot.
14. Slide to C to form a right L-stance toward D while executing a middle guarding block to D with the left forearm.
15. Execute a middle strike to D with the left knife-hand while flying to D, and then land to D, maintaining a right L-stance toward D with the left knife-hand extended to D.
16. Shift to C, maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
17. Execute a high outward cross-cut with the left flat fingertip to D while forming a left walking stance toward D, slipping the left foot.
18. Execute a downward block to D with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
19. Jump to D to form a right X-stance toward BD while executing a high side strike to D with the right back fist.
20. Move the left foot to C, forming a right walking stance toward D while executing a low outward block to D with the left knife-hand.
21. Move the left foot on line AB, forming a parallel stance toward D while executing a middle hooking block to D with the right palm.
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D. Perform 21 and 22 in a continuous motion.
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
24. Cross the left foot over the right foot to form a right X-stance toward D while thrusting with a twin horizontal elbow.

25. Move the right foot to A, forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
27. Execute a high reverse hooking kick to B with the right foot.
28. Lower the right foot to B, and then execute a middle side piercing kick to B with the left foot while turning clockwise.
29. Lower the left foot to B in a jumping motion to form a left X-stance toward D while executing a downward strike with the left back fist.
30. Move the left foot to B, forming a sitting stance toward D while executing a W-shape block with a reverse knife-hand.
31. Cross the right foot over the left foot, forming a left X-stance toward D while executing a twin side elbow thrust.
32. Move the left foot to B to form a sitting stance toward D while executing a checking block to D with a twin straight forearm.
33. Cross the right foot over the left foot, forming a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.
34. Execute a high reverse hooking kick to A with the left foot.
35. Lower the left foot to A, and then execute a middle side piercing kick to A with the right foot while turning counter-clockwise.
36. Lower the right foot to A in a jumping motion, forming a right X-stance toward AD while executing a downward strike to A with the right back fist.
37. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
38. Move the left foot to D, turning counter-clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left knife-hand.
40. Shift to C, maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
41. Move the right foot to D, turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
42. Move the left foot to C slightly, and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high strike to D with the right knife-hand.
43. Move the right foot to C, turning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise, and then land to D to form a left L-stance with a knife-hand middle guarding block toward D.
45. Jump to execute a mid-air kick to D with the left foot while spinning counter-clockwise, and then land to D to form a right L-stance with a knife-hand middle guarding block toward D.
46. Execute a low inward block to D with the right reverse knife-hand while forming a left walking stance toward D, slipping the right foot to C.
47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.
48. Execute a low inward block to D with the left reverse knife-hand while forming a right walking stance toward D, slipping the left foot to C.
49. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.

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

## UL-JI

Number of Moves	Starting Stance	Diagram
42	Parallel Ready Stance (See photo)	<div style="text-align: center;"> <p>D</p> <p>F ——— X ——— E</p> <p> </p> <p>B ——— C ——— A</p> </div> <p><i>Ul-Ji</i> is named after general <i>Ul-Ji Moon Dok</i> who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by <i>Yang Je</i> in 612 AD, <i>Ul-Ji</i> employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.</p>

Ready Stance for *Ul-Ji*



1. Move the left foot to C, forming a right walking stance toward D while executing a horizontal strike with both side fists.
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
5. Move the left foot to C to form a sitting stance toward B while executing a middle side strike to C with the left back hand.

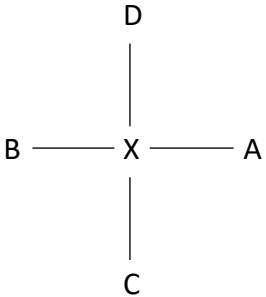


6. Execute a middle crescent kick to the left palm with the right foot.
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow thrust.
11. Cross the left foot over the right foot, forming a right X-stance toward D while turning the face to A, keeping a position of the hands as they were in 10. Perform in a fast motion.
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while thrusting with a twin horizontal elbow.
14. Move the right foot to A to form the sitting stance toward D while executing the right horizontal punch to A.
15. Execute a high front strike to D with the right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
18. Land to B, forming a right walking stance toward B while executing a middle block to B with the right double forearm.
19. Bring the left foot to the right foot to form a close ready stance B toward D.
20. Jump to D, forming a right X-stance toward BD while executing a high side strike to D with the right back fist, bringing the left finger belly to the right side fist.
21. Move the left foot to C to form a right walking stance toward D while executing a rising block to D with the left forearm.
22. Execute a middle front snap kick to D with the left foot, keeping the position of the hands as they were in 21.
23. Lower the left foot to D, forming a left walking stance toward D while executing a high punch to D with the right fist.
24. Move the right foot to D to form a right walking stance toward D while executing an idle thrust to D with the right straight fingertip.
25. Move the left foot to D, turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.

26. Move the right foot to F, turning counter-clockwise to form a right walking ready stance toward F.
27. Jump to execute a flying high kick to F with the right foot.
28. Land to F to form a right fixed stance toward F while executing a middle block to F with an X-knife-hand.
29. Move the left foot to F, forming a right L-stance toward D while executing a pressing block to F with an X-fist.
30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.
31. Lower the left foot to F, forming a left walking stance toward F, while executing a high vertical punch to F with a twin fist.
32. Move the right foot to F, to form a right fixed stance toward F while executing a high side block with the right knife-hand and a middle pushing block with the left palm.
33. Slide to F, forming a right L-stance toward F while executing a middle punch to F with the left fist.
34. Move the left foot to the side rear of the right foot and the right foot to E, to form a right L-stance toward F, and then jump to E, maintaining a right L-stance toward F while executing a middle guarding block to F with the forearm.
35. Execute a middle turning kick to DF with the right foot.
36. Lower the right foot to F, and then execute a middle back piercing kick to F with the left foot.
37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.
38. Move the left foot to E, forming a left L-stance toward F while executing an upward block to F with the right palm.
39. Move the right foot to E, forming a right walking stance toward E while executing a circular block to ED with the left inner forearm.
40. Execute a circular block to DE with the right inner forearm while forming a left walking stance toward DF.
41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.
42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

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

## MOON-MOO

Number of Moves	Starting Stance	Diagram
61	Parallel Ready Stance	
<p><i>Moon-Moo</i> honours the 30<sup>th</sup> king of the <i>Silla</i> Dynasty. His body was buried near <i>Daewangam</i> (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the <i>Seokguram</i> (Stone Cave) was built to guard his tomb. The <i>Seokguram</i> is a fine example of the culture of the <i>Silla</i> Dynasty. The 61 movements in this patten symbolize the last two figures of 661 AD when <i>Moon Moo</i> came to the throne.</p>		

1. Turn the face to B while forming a right bending ready stance A toward B. Perform in a slow motion.
2. Execute a middle side piercing kick to B with the left foot. Perform in a slow motion.
3. Execute a middle side piercing kick to B again with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A, forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in a slow motion.
10. Lower the left foot to the right foot, and then turn the face to A while forming a left bending ready stance A toward A. Perform in a slow motion.
11. Execute a middle side piercing kick to A with the right foot. Perform in a slow motion.

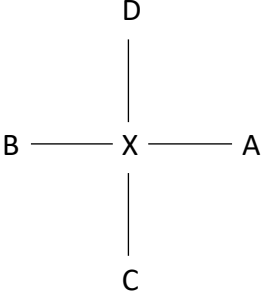
12. Execute a middle side piercing kick to A again with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to A, forming a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.
14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C, at the same time executing a middle side strike to A with the left knife-hand.
16. Move the right foot to B, forming a right walking stance toward B while executing a pressing block with the left palm.
17. Move the left foot to B, forming a left walking stance toward B while executing a pressing block with the right palm.
18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in a slow motion.
19. Turn the face to C while forming a left bending ready stance B toward D.
20. Execute a middle back piercing kick to C with the right foot. Perform in a slow motion.
21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
22. Turn the face to C while forming a right bending ready stance B toward D.
23. Execute a middle back piercing kick to C with the left foot. Perform in a slow motion.
24. Lower the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the left fist.
25. Slide to C, forming a right rear foot stance toward D while executing a downward block with the left palm.
26. Execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 25.
27. Lower the left foot to D, and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
28. Slide to C, maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a continuous motion.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
32. Lower the right foot to C, and then execute a high reverse turning kick to C with the left foot.

33. Lower the left foot to C to form a left walking stance toward. While executing a high side block to C with the left knife-hand.
34. Slide to D to form a left rear foot stance toward C at the same time executing a downward block with the right palm.
35. Execute a middle side front snap kick to C with the right foot, keeping the position of the hands as they were in 34.
36. Lower the right foot to C and then move the left foot to D in a stamping motion forming a sitting stance toward A while executing a middle side strike to D with the left side fist.
37. Slide to D, maintaining a sitting stance toward A while executing a scooping block with the right palm.
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a continuous motion.
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
41. Lower the left foot to D, and then execute a high reverse turning kick to D with the right foot.
42. Lower the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right knife-hand.
43. Move the left foot to D, and then execute a high twisting kick to AD with the right foot.
44. Lower the right foot to C, forming a left walking stance toward D while executing a high side back strike to C with the right back fist and extending the left fist to D horizontally.
45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.
46. Move the right foot to D, and then execute a high twisting kick to BD with the left foot.
47. Lower the left foot to C to form a right walking stance toward D while executing a high side back strike to C with the left back fist and extending the right fist to D.
48. Execute a front strike to D with the left back fist while shifting to C, maintaining a right walking stance toward D.
49. Execute a sweeping kick to D with the left side sole and then lower it to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
50. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the left foot, keeping the position of the hands as they were in 49. Perform in a consecutive kick.
51. Lower the left foot to D, forming a right L-stance toward D while executing a middle strike to D with the left knife-hand.

52. Execute a sweeping kick to D with the right side sole, and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
53. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the right foot, keeping the position of the hands as they were in 52. Perform in a consecutive kick.
54. Lower the right foot to D to form a left L-stance toward D while executing a middle strike to D with the right knife-hand.
55. Move the right foot to C and then turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.
56. Jump to C to form a right X-stance toward BC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.
57. Jump to D, forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.
58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.
59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
60. Move the right foot to the side rear of the left foot, and then the left foot to C to form a right walking stance toward D while executing a rising block to D with the left arc-hand.
61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

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

## SO-SAN

Number of Moves	Starting Stance	Diagram
72	Close Ready Stance A	
<p><i>So-San</i> is the pseudonym of the great monk <i>Choi Hyeon-Eung</i> (1520-1604) during the <i>Yi</i> Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil <i>Samyeongdang</i>. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.</p>		

1. Slide to C to form a right rear foot stance toward D while executing a high guarding block to D with the forearm.
2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
3. Slide to C, forming a left rear foot stance toward D while executing a high guarding block to D with the forearm.
4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.
5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.
6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion.
7. Execute a high side block to D with the left knife-hand while forming a right walking stance toward D.
8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 7 and 8 in a fast motion.
9. Move the right foot to C, turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.
10. Execute a middle side piercing kick to C with the right foot, keeping the position of the hands as they were in 9.
11. Execute a middle turning kick to D with the right foot. Perform 10 and 11 in a consecutive kick.

12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.
13. Move the left foot to C, forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.
14. Execute a middle side piercing kick to C with the left foot, keeping the position of the hands as they were in 13.
15. Execute a middle turning kick to D with the left foot. Perform 14 and 15 in a consecutive kick.
16. Lower the left foot to D in a jumping motion, forming a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.
17. Move the left foot to A, forming a right L-stance toward A while executing a low punch to A with a left double fist.
18. Bring the right palm on the left forefist and then twist them counter-clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion.
19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A.
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.
21. Bring the left palm on the right forefist, and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.
22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.
23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.
24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.
25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.
26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot.
27. Move the left foot to D, forming a right walking ready stance toward C.
28. Jump to execute a flying front snap kick to C with the right foot.



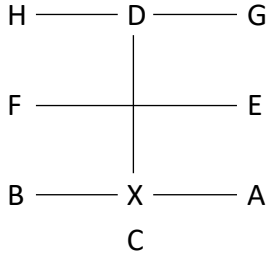
29. Land to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.
31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward DC.
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.
33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.
34. Execute a middle block to BD with a double arc-hand while forming a left walking stance toward BC and looking through the hands.
35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.
36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.
37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
38. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 37.
39. Lower the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
42. Execute a middle block to AD with a double arc-hand while forming a right walking stance toward AC and looking through the hands.
43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.
44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.
45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.
46. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 45.
47. Lower the right foot to D to form a right walking stance toward D while executing a middle punch to D with the right fist.

48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 47 and 48 in a fast motion.
49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.
50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.
51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
52. Execute a low block to D with the right knife-hand and a middle side front block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.
53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion.
54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.
55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
57. Execute a low block to D with the left knife-hand and a middle side front block to D with the right inner forearm while forming a right walking stance toward D, slipping the right foot.
58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion.
59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.
60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.
61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.
62. Turn clockwise while forming a left bending ready stance A toward C.
63. Execute a middle side piercing kick to C with the right foot.
64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.
68. Turn counter-clockwise while forming a right bending ready stance A toward D.
69. Execute a middle side piercing kick to D with the left foot.
70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.
71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot. Perform 71 and 72 in a continuous motion.

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

## SE-JONG

Number of Moves	Starting Stance	Diagram
24	Close Ready Stance B	
<p><i>Se-Jong</i> is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represented the king, while the 24 movements refer to the 24 letters of the Korean alphabet.</p>		

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block to A.
3. Execute a middle side piercing kick to D with the right foot.
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.
5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle side strike to E with the right knife-hand.
6. Bring the right foot to the left foot, forming a close ready stance B toward D.
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.
9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.
10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight fingertip.
11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist.
12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.
13. Execute a middle turning kick to C with the left foot.

14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.
15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.
16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.
17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.
18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.
19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.
20. Lower the left foot to D, forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion.
21. Pull the left instep to the follow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.
22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.
23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.
24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.

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

## TONG-IL

Number of Moves	Starting Stance	Diagram
56	See Photo	<div style="text-align: center;"> <p>D</p> <p> </p> <p>B X A</p> <p> </p> <p>C</p> </div>
<p><i>Tong-Il</i> denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.</p>		

Ready Stance for *Tong-Il*



1. Move the right foot to C to form a left walking stance toward D while executing a middle punch with a twin fist to D. Perform in a slow motion.
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in a slow motion.
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.

6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left back hand.
8. Execute an inward vertical kick to the left palm with the right reverse footsword.
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high strike to D with the right back hand.
10. Execute an inward vertical kick to the right palm with the left reverse footsword.
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion.
12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion.
14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
15. Execute a middle punch to D with the left Fist while maintaining a right walking stance toward D. Perform 14 and 15 in a fast motion.
16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.
17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.
20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.
21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.
22. Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.
23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.
24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.
25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm.

26. Bring the left foot to the right foot to form a close stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.
28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, and bringing the right side fist in front of the left shoulder.
30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust to D with the right angle fingertip.
31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.
33. Slide to C, forming a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.
34. Move the left foot to D to form a right walking stance toward C while executing a high thrust with the left angle fingertip.
35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.
37. Execute a low block with the right forearm and a middle side front block with the left knife-hand while forming a left walking stance toward D, slipping the left foot.
38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.
39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.
40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.
42. Slide to C, maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.
43. Move the right foot to D in a stamping motion, turning counter-clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.



44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.
45. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time striking the right palm with the left back forearm.
46. Execute a middle back piercing kick to D with the left foot, pulling both hands in the opposite direction.
47. Lower the left foot to C in a stamping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.
48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.
49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.
50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.
51. Execute a circular block to AD with the right knife-hand while forming a left walking stance toward AD.
52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.
53. Execute a circular block to BD with the left knife-hand while forming a right walking stance toward BD.
54. Execute a middle side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a close stance toward D while executing a twin side back elbow thrust.
55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.
56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.

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

