

GORDON FEARN

T A E K W O N D O

BEGINNERS SHEET

TAE KWON DO is the Korean Art of Self-Defence and means 'Art of Hand and Foot Fighting'. It is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Tae Kwon Do came to be perfected in its present form in Korea. Translated from Korean, Tae literally means to jump, kick or smash with the foot. 'Kwon' denotes a fist, chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon Do indicates the technique of unarmed combat for Self-Defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people Tae Kwon Do is more than a mere physical use of skilled movements. It also implies a way of thinking and life, particularly in instilling concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.

Even if Tae Kwon Do is practised for exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise it is equally suitable for old as for the young, for men and for women.

TAE KWONDO WAS INAUGURATED IN SOUTH KOREA ON 11TH APRIL 1955. IT WAS INTRODUCED INTO THE U.K. IN 1967. THE TAGB WAS FORMED IN AUGUST 1983.

FOUNDER OF TAE KWON DO: RETIRED MAJOR GENERAL CHOI HONG HI (9th DAN) 1918 - 2002

CHIEF INSTRUCTOR : MASTER GORDON FEARN (6th DAN)

YOUR GRADING EXAMINERS: GRANDMASTER OLIVER 9th DAN, MASTER KENNY WALTON 8TH DAN or MASTER GIANNI PEROS 8th DAN

YOU ARE A MEMBER OF THE TAGB: TAE KWON DO ASSOCIATION OF GREAT BRITAIN

YOUR GRADE: 10TH KUP

Tenets of
TAE KWON DO
What we aim
to achieve
with training.

- | | |
|------------------------------|-----------------------|
| 1. COURTESY | : POLITE BEHAVIOUR |
| 2. INTEGRITY | : HONESTY |
| 3. PERSEVERANCE | : TO CONTINUE TRYING |
| 4. SELF-CONTROL | : TO RESTRAIN ONESELF |
| 5. INDOMITABLE SPIRIT | : UNYIELDING |

COUNTING

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Dasut
Six	Yasut
Seven	Ilgope
Eight	Yardol
Nine	Ahope
Ten	Yaul

WHITE BELT: The colour white signifies innocence as that of a beginning student who has no previous knowledge of Tae Kwon Do.

YELLOW BELT: The colour yellow signifies earth from which a plant sprouts and takes root. As the Tae Kwon Do foundation is being laid.

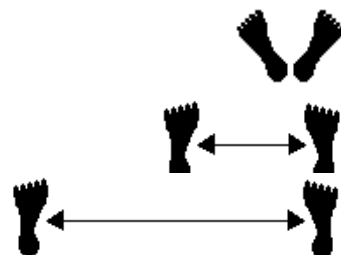
BASIC STANCES

- a) Attention Stance (**Charyot Sogi**)
Heels together, toes apart.
- b) Parallel Ready Stance (**Narani Junbi Sogi**)
One shoulder width apart, toes in, weight 50-50
- c) Sitting Stance (**Annun Sogi**)
One and a half shoulder widths apart, toes in,

a)

b)

c)

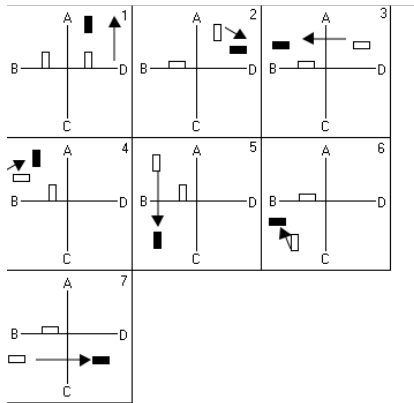


Weight 50-50

- d) Walking Stance (**Gunnun Sogi**)
 One shoulder width wide,
 one and a half shoulder widths long, weight 50-50

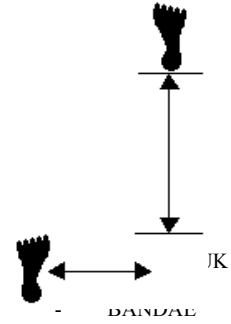
d)

SAJU JURUGI – FOUR DIRECTIONAL PUNCHING



PUNCHING

- Forefist
- Obverse
- Reverse



BLOCKING

- Forearm - MAKGI
- Inner - PALMOK
- Outer - AN PALMOK
- PALMOK - BAKAT

SECTIONS OF THE BODY

- High - NOPUNDE
- Middle - KAUDE
- Low - NAJUNDE

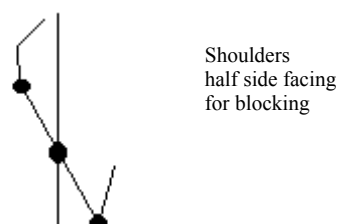
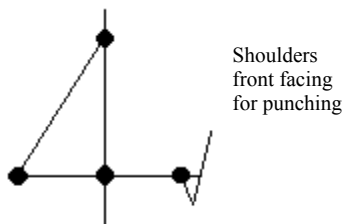
GENERAL TERMS

- Training suit – **Dobok** Outer - **Bakat**
- Training hall – **Dojang** Inner - **An**
- Belt – **Ti** Press ups – **momtong bachia**
- Instructor – **Sabum** Student- **Jeja**

**FOUR DIRECTIONAL PUNCH (NUMBER ONE WAY)
 RIGHT SIDE FOREARM LOW BLOCK**

1. FACE 'A' IN PARALLEL READY STANCE. SLIDE RIGHT FOOT TOWARD 'A' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH.
2. TURN HEAD TOWARD 'B', SLIDE RIGHT FOOT BACK TOWARD 'D' MAKING A WALKING STANCE, OUTER FOREARM LOW BLOCK.
3. SLIDE RIGHT FOOT TOWARD 'B' MAKING WALKING STANCE MIDDLE SECTION PUNCH.
4. TURN HEAD TOWARD 'C', SLIDE RIGHT FOOT BACK TO 'A' MAKING WALKING STANCE, OUTER FOREARM LOW BLOCK.
5. SLIDE RIGHT FOOT TOWARD 'C' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH.
6. TURN HEAD TOWARD 'D', SLIDE RIGHT FOOT BACK TO 'D' MAKING WALKING STANCE, OUTER FOREARM LOW BLOCK.
7. SLIDE RIGHT FOOT TOWARD 'D' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH. ON COMMAND BRING RIGHT FOOT TOWARD 'A' MAKING PARALLEL READY STANCE.

PUNCHING Shoulders must be kept front facing. Punch shoulder high, to centre of the body. Twisting at the end of the punch and keeping the opposite fist on the hip with palm facing up.



BLOCKING - LOW BLOCK

Shoulders should be half side facing, blocking hand starts palm up, level with solar plexus on the top of the other arm. Bring fist down covering abdomen and groin. Fist facing the knee cap, arm slightly bent. Opposite fist palm up on the hip.

BLOCKING - Shoulders should be half side facing, start arms out straight to the side, palms down.
MIDDLE Blocking arm underneath. Bring the fist round across the body, palm facing the face,
BLOCK level with your shoulder, arm bent at 90 degrees. Opposite fist palm up on the hip.
NOTE: STANCE – POSITION – BLOCK STANCE – POSITION – PUNCH

Commands

Attention – **Charyot** Bow – **Kyong ye** Ready – **Chunbi** Dismiss- **Haessan**
Start – **Si jak** Stop – **Goman** Return to ready- **Barrol** About turn- **Dwiyro torro**

Basic movements

Walking stance low section outer forearm block – **Gunnun sogi + najunde+bakat palmok+makgi**
Walking stance middle section inner forearm block-**Gunnun sogi+kaunde+an palmok+makgi**
Obverse punch-**Baro Jirugi** Reverse punch-**Bandae jirugi**
4 directional punch – **Saju jirugi** Front rising kick- **Ap chaolligi**
Forwards- **apro kaggi** Backwards- **Dwiyro kaggi**

REQUIREMENTS FOR BEGINNERS FIRST GRADING

ATTENTION STANCE

RAISE RIGHT HAND, NAME AND GRADE (Loud and Clear)

PARALLEL READY STANCE

SITTING STANCE 10 PUNCHES (Counting each one)

WALKING READY STANCE, 10 RISING KICKS, RIGHT LEG THEN LEFT LEG (Counting each one)

10 PRESS UPS (Counting each one)

MOVING FORWARDS AND BACKWARDS, WALKING STANCE, MIDDLE PUNCHES

MOVING FORWARDS BACKWARDS, LOW BLOCK, REVERSE PUNCH COMBINATION

MOVING FORWARD AND BACKWARDS, MIDDLE BLOCK, REVERSE PUNCH COMBINATION

4 DIRECTIONAL PUNCHING (SAJUL JURIGI)

NUMBER (1) WAY : STEP FORWARD PUNCH THEN TURN LOW BLOCK. RIGHT LEG THEN LEFT LEG

NUMBER (2) WAY : STEP FORWARD PUNCH THEN TURN MIDDLE BLOCK, RIGHT LEG THEN LEFT LEG

STAND IN ATTENTION STANCE READY TO ANSWER QUESTIONS - SAMPLE QUESTIONS:

WHAT DOES TAE KWON DO MEAN?
WHAT ARE THE FIVE TENETS OF TAE KWON DO?
WHAT DOES THE COLOUR WHITE / YELLOW SIGNIFY?
WHERE DID TAE KWON DO ORIGINATE FROM?
WHAT ARE PUNCHES, STANCES AND BLOCKS IN KOREAN?
WHAT IS THE KOREAN NAME FOR THE FOUR DIRECTIONAL PUNCH EXERCISE?
WHO IS THE FATHER AND FOUNDER OF TAE KWON DO?
WHAT DOES T.A.G.B. STAND FOR?
WHAT IS YOUR INSTRUCTORS NAME AND GRADE?

Gradings take place every 3 months. If you are ready to grade, Master Fearn will tell you. To grade, you must have a white TAGB uniform, TAGB licence, 3 passport size photos, have a good attendance and the grading fee of £30.00.

Various Theory books are available to buy from £5.00

9TH KUP - WHITE BELT YELLOW STRIPE

PATTERN CHON-JI

NO. OF MOVEMENTS 19

NO. OF STANCES 3

INTERPRETATION

CHON-JI literally means “the Heaven and the Earth”. It is in the Orient, interpreted as the creation of the World or the beginning of Human History. It is therefore the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent Heaven and the other the Earth.

READY POSITION PARALLEL READY STANCE NARANI JUNBI SOGI

1. 90° FACE C, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 2. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 3. 180° FACE D, RIGHT WALKING STANCE, LOW OUTER FOREARM BLOCK
 4. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 5. 90° FACE A, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 6. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 7. 180° FACE B, RIGHT WALKING STANCE, LOW OUTER FOREARM BLOCK
 8. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 9. 90° FACE D, RIGHT L STANCE, MIDDLE INNER FOREARM BLOCK
 10. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 11. 180° FACE C, LEFT L STANCE, MIDDLE INNER FOREARM BLOCK
 12. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 13. 90° FACE B, RIGHT L STANCE, MIDDLE INNER FOREARM BLOCK
 14. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 15. 180° FACE A, LEFT L STANCE, MIDDLE INNER FOREARM BLOCK
 16. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 17. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 18. STEP BACKWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 19. STEP BACKWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
- END BRING LEFT LEG BACK TO READY STANCE ON COMMAND

KOREAN WORDS

FRONT SNAP KICK - AP CHA BUSIGI

DOUBLE MIDDLE PUNCH - DOO KAUNDE JURIGI

INNER FOREARM MIDDLE BLOCK - AN PALMOK KAUNDE MAKGI

MIDDLE SECTION REVERSE BLOCK - KAUNDE BANDAE JURIGI

OUTER FOREARM LOW BLOCK - BAKAT PALMOK NAJUNDE MAKGI

OUTER FOREARM RISING BLOCK - BAKAT PALMOK CHOOKYO MAKGI

BACK FIST - DUNG JOOMUK

L STANCE - NIUNJA SOGI

3 STEP SPARRING - SAMBO MATSOKI

GYMNASIUM - DOJANG TAE KWON-DO SUIT - DOBOK

BELT - TI INSTRUCTOR - SABUM

KNIFE HAND - SONKAL PALM - SONBADAK

FINGERTIP - SONKUT ELBOW - PALKUP

BALL OF THE FOOT - APKUMCHI

SAGU JURIGI – FOUR DIRECTIONAL PUNCH IS ONLY AN EXERCISE, NOT A PATTERN

Yellow

Signifies earth from which a plant sprouts and takes root as the Tae Kwon Do Foundation is being laid.

8TH KUP - YELLOW BELT

PATTERN DAN GUN

No. OF MOVEMENTS 21

No. OF STANCES 3

INTERPRETATION

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the Year 2333BC.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI

1. 90° FACE A, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 2. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
 3. 180° FACE B, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 4. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
 5. 90° FACE E, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 6. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
 7. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
 8. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
 9. 270° FACE D, RIGHT L STANCE, TWIN OUTER FOREARM BLOCK
 10. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
 11. 180° FACE C, LEFT L STANCE, TWIN OUTER FOREARM BLOCK
 12. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
 13. 90° FACE F, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 14. STAY IN SAME STANCE, OUTER FOREARM RISING BLOCK
 15. STEP FORWARD, RIGHT WALKING STANCE, OUTER FOREARM RISING BLOCK
 16. STEP FORWARD, LEFT WALKING STANCE, OUTER FOREARM RISING BLOCK
 17. STEP FORWARD, RIGHT WALKING STANCE, OUTER FOREARM RISING BLOCK
 18. 270° FACE A, RIGHT L STANCE, MIDDLE KNIFE HAND STRIKE
 19. STEP FORWARD, RIGHT WALKING STANCE, HIGH OBVERSE PUNCH
 20. 180° FACE B, LEFT L STANCE, MIDDLE KNIFE SIDE STRIKE.
 21. STEP FORWARD, LEFT WALKING STANCE, HIGH OBVERSE PUNCH
- END BRING LEFT LEG BACK TO READY STANCE.

Why do we practise pre-arranged sparring? To improve focus, distance and timing against a constant attack.

3 step	-	SAMBO MATSOKI
Semi Free Sparring	-	BAN JAYOO MATSOKI
Knife hand guarding block	-	SONKAL DAEBI MAKGI
Twin forearm block	-	SANG PALMOK MAKGI
Knife Hand Side Strike	-	SONKAL YOP TAERIGI
Inward	-	ANERO
Outward	-	BAKERO
Upward	-	OLLYO

<u>KICK</u>	<u>NAME</u>	<u>TOOL</u>
SIDE	YOP	BALKAL
TURNING	DOLLYO	APKUMCHI
REVERSE	BANDAE	DWITCH
HOOK		
CRESCENT	BANDAL	BALDUNG / YOP BALDUNG
BACK	DWITCH	DWITCH HOOK

Green - signifies the plants growth as the Tae Kwon Do seed begins to develop, so the student's skill develops.

7TH KUP - YELLOW BELT GREEN STRIPE

PATTERN **DO SAN**

No. OF MOVEMENTS **24**

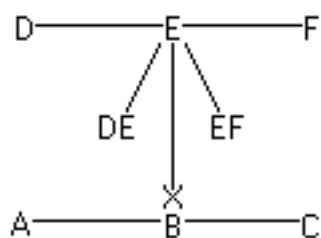
No. OF STANCES **4**

INTERPRETATION

Do San is the pseudonym of the patriot Ahn Chang Ho (1876-1938), who devoted his entire life to furthering the education of Korea and its independent movement.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI

DIAGRAM



1. LEFT LEG TO A, LEFT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
2. SAME STANCE, REVERSE MIDDLE SECTION PUNCH
3. STEP TURN TO C, RIGHT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK.
4. SAME STANCE, REVERSE MIDDLE SECTION PUNCH
5. LEFT LEG TO E, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
6. STEP FORWARD TO E, RIGHT WALKING STANCE, STRAIGHT FINGERTIP THRUST – RELEASE
7. PIVOT ANTI-CLOCKWISE, FACE E, LEFT WALKING STANCE, LEFT BACKFIST SIDE STRIKE
8. STEP FORWARD TO E, RIGHT WALKING STANCE, RIGHT BACKFIST STRIKE
9. PIVOT ANTI-CLOCKWISE, FACE F, LEFT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK.
10. SAME STANCE, MIDDLE SECTION REVERSE PUNCH
11. STEP TURN, FACE D, RIGHT WALKING STANCE, HIGH SECTION OUTER FOREARM BLOCK
12. SAME STANCE, MIDDLE SECTION REVERSE PUNCH
13. FACE EF, LEFT WALKING STANCE, WEDGING BLOCK
14. KEEPING BLOCK IN POSITION, RIGHT MIDDLE SECTION FRONT SNAP KICK TO EF
- 15 + 16. PLACE RIGHT FOOT DOWN INTO RIGHT WALKING STANCE, DOUBLE PUNCH
17. FACE DE, RIGHT WALKING STANCE, WEDGING BLOCK
18. KEEPING BLOCK IN POSITION, LEFT MIDDLE SECTION FRONT SNAP KICK TO DE

19 + 20. PLACE RIGHT FOOT DOWN INTO LEFT WALKING STANCE, DOUBLE PUNCH
21. MOVE DIAGONAL TO FACE B, LEFT WALKING STANCE, RISING BLOCK.
22. STEP FORWARD TO B, RIGHT WALKING STANCE, RISING BLOCK.
23. PIVOT ANTI-CLOCKWISE TO A, SITTING STANCE, KNIFE HAND SIDE STRIKE
24. FEET TOGETHER, RIGHT FOOT TO C, SITTING STANCE, KNIFE HAND SIDE STRIKE
END BRING RIGHT FOOT BACK TO PARALLEL READY STANCE.

COMPONENT PARTS

STANCE - SOGI

PARALLEL READY STANCE - NARANI JUNBI SOGI

WALKING STANCE - GUNNUN SOGI

L-STANCE - NIUNJA SOGI

SITTING STANCE - ANNUN SOGI

BLOCK - MAKGI

OUTWARD MOVING OUTER FOREARM BLOCK - BAKERO BAKAT PALMOK MAKGI

WEDGING BLOCK - HECHYO MAKGI

RISING BLOCK - CHOOKYO MAKGI

KNIFEHAND GUARDING BLOCK - SONKAL DAEBI MAKGI

RELEASE FROM GRAB - JAPP YOSUL TAE

STRAIGHT FINGERTIP THRUST - SUN SONKUT TULGI

BACKFIST SIDE STRIKE - DUNG JOOMUK YOP TAERIGI

KNIFEHAND SIDE STRIKE - SONKAL YOP TAERIGI

THREE STEP SPARRING - SAMBO MATSOKI

THREE STEP SEMI FREE SPARRING - BAN JAYOO MATSOKI

TWO STEP SPARRING - IBO MATSOKI

FREE SPARRING - JAYOO MATSOKI

6TH KUP - GREEN BELT

PATTERN **WON HYO**

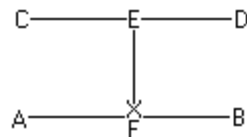
No. OF MOVEMENTS **28**

No. OF STANCES **5**

INTERPRETATION **WON HYO** was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D..

READY POSITION **Close Ready Stance 'A'** **MOA JUNBI SOGI 'A'**

DIAGRAM



- 1) FACE A, RIGHT L STANCE, TWIN OUTER FOREARM BLOCK
 - 2) SAME STANCE, HIGH INWARD KNIFE HAND FRONT STRIKE (RIGHT HAND)
 - 3) SLIP INTO A RIGHT FIXED STANCE, SIDE PUNCH
 - 4) TAKE LEFT FOOT TO RIGHT FOOT, FACE B, LEFT L STANCE, TWIN OUTER FOREARM BLOCK
 - 5) SAME STANCE, HIGH INWARD KNIFE HAND FRONT STRIKE (LEFT HAND)
 - 6) SLIP INTO A LEFT FIXED STANCE, SIDE PUNCH
 - 7) BRING RIGHT FOOT TO LEFT FOOT, THEN FORM A RIGHT BENDING READY STANCE, FACING E
 - 8) EXECUTE A MIDDLE SIDE KICK WITH LEFT FOOT, TOWARDS E
 - 9) PLACE FOOT INTO A RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 - 10) STEP FORWARD INTO LEFT L STANCE, KNIFE HAND GUARDING BLOCK
 - 11) STEP FORWARD INTO RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 - 12) STEP FORWARD, RIGHT WALKING STANCE, MIDDLE DOWNWARD BLOCK, STRAIGHT FINGERTIP THRUST
 - 13) 270° FACE D, RIGHT L STANCE, TWIN OUTER FOREARM BLOCK
 - 14) SAME STANCE, HIGH INWARD KNIFE HAND FRONT STRIKE (RIGHT HAND)
 - 15) SLIP INTO A RIGHT FIXED STANCE, SIDE PUNCH
 - 16) TAKE LEFT FOOT TO RIGHT FOOT, FACE C, LEFT L STANCE TWIN OUTER FOREARM BLOCK
 - 17) SAME STANCE, HIGH INWARD KNIFE HAND FRONT STRIKE (LEFT HAND)
 - 18) SLIP INTO A LEFT FIXED STANCE, SIDE PUNCH
 - 19) BRING RIGHT FOOT TO LEFT FOOT, STEP FORWARD INTO LEFT WALKING STANCE TOWARDS F, CIRCULAR BLOCK WITH LEFT HAND.
 - 20) EXECUTE A LOW FRONT SNAP KICK WITH RIGHT FOOT TOWARDS F.
 - 21) LOWER FOOT INTO A RIGHT WALKING STANCE, MIDDLE REVERSE PUNCH (LEFT HAND)
 - 22) SAME STANCE, CIRCULAR BLOCK WITH LEFT HAND
 - 23) EXECUTE A LOW FRONT SNAP KICK WITH LEFT FOOT TOWARDS F
 - 24) LOWER FOOT INTO A LEFT WALKING STANCE, REVERSE MIDDLE PUNCH (RIGHT HAND)
 - 25) BRING RIGHT FOOT TO LEFT FOOT INTO A BENDING READY STANCE TOWARDS F
 - 26) EXECUTE A MIDDLE SIDE KICK WITH RIGHT FOOT, PLACE RIGHT FOOT DOWN
 - 27) 270° FACE A, RIGHT L STANCE, FOREARM GUARDING BLOCK
 - 28) BRING LEFT FOOT TO RIGHT FOOT, FACE B, LEFT L STANCE, FOREARM GUARDING BLOCK
- END **BRING RIGHT LEG BACK TO CLOSE READY STANCE A**

BLUE Signifies the Heaven towards which the plant matures into a towering tree as the training in Tae Kwon Do progresses

TWO STEP SPARRING **IBO MATSOKI**

FREE SPARRING **JAYOO MATSOKI**

WON HYO TUL

CLOSE READY STANCE A
MOA JUMBI SOGI A

INWARD KNIFE HAND STRIKE
ANERO SONKAL TARIGI

FIXED STANCE
GOJUNG SOGI

SIDE PUNCH
YOP JURIGI

BENDING READY STANCE
GUBURYO JUMBI SOGI

SIDE KICK
YOP CHAGI

CIRCULAR BLOCK
DOLIMIO MAKI

5TH KUP - GREEN BELT BLUE STRIPE

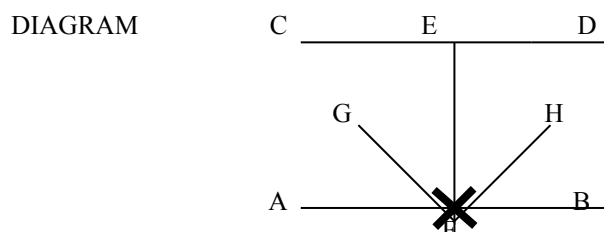
PATTERN **YUL GOK**

No. OF MOVEMENTS **38**

No. OF STANCES **6**

INTERPRETATION YUL GOK is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584 AD) nicknamed the “Confucious of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram represents “scholar”.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI



- 1) TAKE LEFT LEG TO A, FACE E, SITTING STANCE, LEFT MEASURE PUNCH
- 2+3) EXECUTE A MIDDLE SECTION DOUBLE PUNCH
- 4) TAKE LEFT FOOT TO RIGHT FOOT, PLACE RIGHT FOOT TO B, FACE E, SITTING STANCE, RIGHT MEASURE PUNCH
- 5+6) EXECUTE A MIDDLE SECTION DOUBLE PUNCH
- 7) 45° FACE H, RIGHT WALKING STANCE, HIGH INNER FOREARM BLOCK
- 8) EXECUTE A LOW FRONT SNAP KICK WITH THE LEFT LEG TOWARDS H
- 9) LOWER FOOT INTO A LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
- 10) EXECUTE A MIDDLE REVERSE PUNCH (PERFORM 9 + 10 FAST)
- 11) 90° FACE G, LEFT WALKING STANCE, HIGH INNER FOREARM BLOCK
- 12) EXECUTE A LOW FRONT SNAP KICK WITH THE RIGHT LEG TOWARDS G
- 13) LOWER FOOT INTO A RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
- 14) EXECUTE A MIDDLE REVERSE PUNCH (PERFORM 13 + 14 FAST)
- 15) 45° FACE E, RIGHT WALKING STANCE, HIGH HOOKING BLOCK WITH RIGHT PALM
- 16) SAME STANCE, HIGH REVERSE HOOKING BLOCK WITH LEFT PALM
- 17) SAME STANCE, MIDDLE OBVERSE PUNCH (PERFORM 16 + 17 AS ONE MOVEMENT)
- 18) STEP FORWARD, LEFT WALKING STANCE, HIGH HOOKING BLOCK WITH LEFT PALM
- 19) SAME STANCE, HIGH REVERSE HOOKING BLOCK WITH RIGHT PALM
- 20) SAME STANCE, MIDDLE OBVERSE PUNCH (PERFORM 19 + 20 AS ONE MOVEMENT)
- 21) STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
- 22) BRING LEFT FOOT UP INTO A RIGHT BENDING READY STANCE, FACING E
- 23) EXECUTE A MIDDLE SIDE KICK TO E WITH THE LEFT LEG
- 24) LOWER LEFT FOOT TO E, LEFT WALKING STANCE, REVERSE RIGHT FRONT ELBOW STRIKE
- 25) STEP LEFT FOOT IN LINE WITH RIGHT (ON LINE EF), BRING RIGHT FOOT INTO A LEFT BENDING READY STANCE FACING F
- 26) EXECUTE A MIDDLE SIDE KICK TO F WITH THE RIGHT LEG
- 27) LOWER RIGHT FOOT TO F, RIGHT WALKING STANCE, REVERSE LEFT FRONT ELBOW STRIKE
- 28) 90° FACE D, RIGHT L STANCE, TWIN KNIFE HAND BLOCK
- 29) STEP FORWARD, RIGHT WALKING STANCE, STRAIGHT FINGERTIP THRUST
- 30) 180° FACE C, LEFT L STANCE, TWIN KNIFE HAND BLOCK
- 31) STEP FORWARD, LEFT WALKING STANCE, STRAIGHT FINGERTIP THRUST
- 32) 90° FACE F, LEFT WALKING STANCE, HIGH OUTER FOREARM BLOCK
- 33) SAME STANCE, MIDDLE REVERSE PUNCH
- 34) STEP FORWARD, RIGHT WALKING STANCE, HIGH OUTER FOREARM BLOCK
- 35) SAME STANCE, MIDDLE REVERSE PUNCH
- 36) JUMP TO F, LEFT X STANCE, HIGH BACKFIST STRIKE
- 37) 270° FACE B, RIGHT WALKING STANCE, HIGH SECTION DOUBLE FOREARM BLOCK

- 38) BRING RIGHT FOOT TO LEFT FOOT, FACE A, LEFT WALKING STANCE HIGH SECTION DOUBLE FOREARM BLOCK
 END BRING LEFT LEG BACK TO PARALLEL READY STANCE

YUL GOK TUL

PALM HOOKING BLOCK
SONBADAK GOLCHO MAKGI

FRONT ELBOW STRIKE
AP PALKUP TAERIGI

TWIN KNIFEHAND BLOCK
SANG SONKAL MAKGI

X STANCE
KYOCHA SOGI

DOUBLE FOREARM BLOCK
DOO PALMOK MAKGI

4TH KUP - BLUE BELT

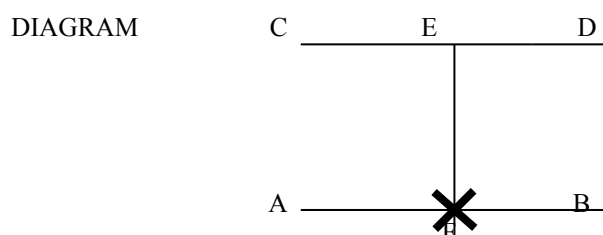
PATTERN **JOONG GUN**

No. OF MOVEMENTS **32**

No. OF STANCES **5**

INTERPRETATION Joong Gun is named after the patriot An Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part on the Korea-Japan merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed in Lui Shung prison in 1910.

READY POSITION **CLOSED READY STANCE ‘B’ MOA JUNBI SOGI ‘B’**



- 1) 90° FACE A, RIGHT L STANCE, LEFT REVERSE KNIFEHAND MIDDLE BLOCK
- 2) EXECUTE A LOW FRONT SNAP KICK WITH THE LEFT FOOT WHILE KEEPING ARM IN SAME POSITION
- 3) LOWER FOOT TO A, STEP FORWARD, REAR FOOT STANCE, UPWARD PALM BLOCK WITH RIGHT PALM
- 4) 180° FACE B, LEFT L STANCE, RIGHT REVERSE KNIFEHAND MIDDLE BLOCK
- 5) EXECUTE A LOW FRONT SNAP KICK WITH THE RIGHT FOOT WHILE KEEPING ARM IN SAME POSITION
- 6) LOWER FOOT TO B, STEP FORWARD, REAR FOOT STANCE, UPWARD PALM BLOCK WITH LEFT PALM
- 7) 90° FACE E, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
- 8) SLIP FRONT FOOT FORWARD INTO LEFT WALKING STANCE, HIGH REVERSE UPPER ELBOW STRIKE
- 9) STEP FORWARD, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK

- 10) SLIP FRONT FOOT FORWARD INTO RIGHT WALKING STANCE, HIGH REVERSE UPPER ELBOW STRIKE
 - 11) STEP FORWARD, LEFT WALKING STANCE, HIGH TWIN VERTICAL PUNCH
 - 12) STEP FORWARD, RIGHT WALKING STANCE, MIDDLE TWIN UPSET PUNCH
 - 13) STEP TURN 180°, FACE F, LEFT WALKING STANCE, X-FIST RISING BLOCK TOWARDS F
 - 14) TAKE LEFT LEG TO D, RIGHT L STANCE, HIGH BACKFIST STRIKE
 - 15) TWIST LEFT ARM BACK, RELEASE AND SLIP INTO A LEFT WALKING STANCE
 - 16) EXECUTE A HIGH REVERSE PUNCH WITH THE RIGHT FIST
 - 17) LEFT FOOT TO RIGHT FOOT, 180° TURN, LEFT L STANCE, HIGH BACKFIST STRIKE
 - 18) TWIST RIGHT ARM BACK, RELEASE AND SLIP INTO A RIGHT WALKING STANCE
 - 19) EXECUTE A HIGH REVERSE PUNCH WITH THE LEFT FIST
 - 20) RIGHT FOOT TO LEFT FOOT, 90° FACE F, LEFT WALKING STANCE, HIGH DOUBLE FOREARM BLOCK
 - 21) PULL FRONT FOOT BACK TO FORM A RIGHT L STANCE, LEFT SIDE PUNCH
 - 22) EXECUTE A MIDDLE SIDE KICK WITH RIGHT FOOT TOWARDS F
 - 23) STEP FORWARD, RIGHT WALKING STANCE, HIGH DOUBLE FOREARM BLOCK
 - 24) PULL FRONT FOOT BACK TO FORM A LEFT L STANCE, RIGHT SIDE PUNCH
 - 25) EXECUTE A MIDDLE SIDE KICK WITH LEFT FOOT TOWARDS F
 - 26) LOWER FOOT INTO A RIGHT L STANCE, FOREARM GUARDING BLOCK
 - 27) SLIP FRONT FOOT FORWARD, LEFT LOW STANCE, TWIN PALM PRESSING BLOCK (SLOW MOTION)
 - 28) STEP FORWARD INTO A LEFT L STANCE, FOREARM GUARDING BLOCK
 - 29) SLIP FRONT FOOT FORWARD, RIGHT LOW STANCE, TWIN PALM PRESSING BLOCK (SLOW MOTION)
 - 30) BRING LEFT FOOT TO RIGHT FOOT MAKING CLOSED STANCE, RIGHT HAND TURNING PUNCH
POSITION FACING B
 - 31) 90° STEP TO B, LEFT FIXED STANCE, U SHAPED BLOCK
 - 32) BRING RIGHT FOOT TO LEFT FOOT, RIGHT FIXED STANCE, TOWARDS B, U SHAPED BLOCK
- END BRING LEFT LEG BACK TO CLOSED READY STANCE B

RED Signifies “danger” cautioning the student to exercise control and the opponent to stay away.

JOONG GUN TUL

REVERSE KNIFEHAND BLOCK
SONKAL DUNG MAKI

REAR FOOT STANCE
DWIT BAL SOGI

UPWARD PALM BLOCK
SONBADAK OLLYO MAKI

UPPER ELBOW STRIKE
WI PALKUP TAERIGI

TWIN VERTICAL PUNCH
SANG SEWO JURIGI

TWIN UPSET PUNCH
SANG DWIJIBO JURIGI

X FIST RISING BLOCK
KYOCHA JOOMUK CHOOKYO MAKI

TWIN PALM PRESSING BLOCK
SANG SONBADAK NOOLO MAKI

**CLOSED STANCE TURNING PUNCH
MOA SOGI DOLLYO JURIGI**

U BLOCK
DIGUTCHA MAKI

ONE STEP SPARRING
ILBO MATSOKI

3RD KUP - BLUE BELT RED STRIPE

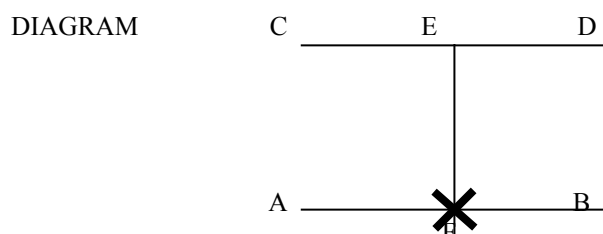
PATTERN **TOI GYE**

No. OF MOVEMENTS **37**

No. OF STANCES **4**

INTERPRETATION Toi Gye is the pen name of the noted scholar Yi Hwang (16th century A.D.), an authority on neo-confucianism. The 37 movements of this pattern refer to his birthplace on a 37 degree latitude and the diagram represents scholar.

READY POSITION **CLOSED READY STANCE 'B' MOA JUNBI SOGI 'B'**



- 1) 90° FACE A, RIGHT L STANCE, LEFT MIDDLE INNER FOREARM BLOCK
- 2) SLIP FRONT FOOT FORWARD, LEFT WALKING STANCE, UPSET FINGERTIP THRUST
- 3) BRING LEFT FOOT TO RIGHT FOOT, MAKE CLOSED STANCE FACING E, LEFT OUTER FOREARM WAIST BLOCK, RIGHT HIGH BACKFIST STRIKE (SLOW)
- 4) 90° FACE B, LEFT L STANCE, RIGHT MIDDLE INNER FOREARM BLOCK
- 5) SLIP FRONT FOOT FORWARD, RIGHT WALKING STANCE, UPSET FINGERTIP THRUST
- 6) BRING RIGHT FOOT TO LEFT FOOT, MAKE CLOSED STANCE FACING E, RIGHT OUTER FOREARM WAIST BLOCK, LEFT HIGH BACKFIST STRIKE (SLOW)
- 7) STEP FORWARD TO E, LEFT WALKING STANCE, LOW X-FIST PRESSING BLOCK
- 8) SAME STANCE, TWIN VERTICAL PUNCH (7 & 8 AS ONE MOVEMENT)
- 9) STEP FORWARD, EXECUTE LOW FRONT SNAP KICK WITH RIGHT LEG WHILE PULLING BOTH HANDS BACK
- 10+11) LOWER RIGHT FOOT TO E, RIGHT WALKING STANCE, MIDDLE SECTION DOUBLE PUNCH
- 12) BRING LEFT FOOT TO RIGHT FOOT, FACE C, COLSED STANCE POSTURE POSITION, BRINGING FOREFISTS ONTO HIPS SIMULTANEOUSLY (SLOW)
- 13) RIGHT SITTING STANCE TO C, OUTER FOREARM W-SHAPED BLOCK
- 14) LEF T FOOT 180° TO C, FACE E, SITTING STANCE, OUTER FOREARM W-SHAPED BLOCK
- 15) LEF T FOOT 180° TO D, FACE F, SITTING STANCE, OUTER FOREARM W-SHAPED BLOCK
- 16) RIGHT FOOT 180° TO D, FACE E, SITTING STANCE, OUTER FOREARM W-SHAPED BLOCK
- 17) LEF T FOOT 180° TO D, FACE F, SITTING STANCE, OUTER FOREARM W-SHAPED BLOCK
- 18) LEF T FOOT 180° TO C, FACE E, SITTING STANCE, OUTER FOREARM W-SHAPED BLOCK

- 19) BRING RIGHT FOOT TO LEFT FOOT, SLIP LEFT FOOT FORWARD, RIGHT L STANCE, FACE E, LOW DOUBLE FOREARM PUSHING BLOCK
 - 20) SLIP FRONT FOOT FORWARD, LEFT WALKING STANCE, SEND BOTH HANDS FORWARD TO HIGH SECTION AS IF TO GRAB
 - 21) KICK UPWARDS WITH THE RIGHT KNEE WHILE PULLING BOTH HANDS DOWNWARDS
 - 22) LOWER RIGHT FOOT TO LEFT FOOT, FACE F, 180° RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 - 23) EXECUTE A LOW FRONT SNAP KICK WITH THE LEFT FOOT (HANDS SAME AS STEP 22)
 - 24) SLIP FORWARD, FACE F, LEFT WALKING STANCE, LEFT HIGH FLAT FINGERTIP THRUST
 - 25) STEP FORWARD, LEFT L STANCE, KNIFE HAND GUARDING BLOCK
 - 26) EXECUTE A LOW FRONT SNAP KICK WITH THE RIGHT FOOT (HANDS SAME AS STEP 25)
 - 27) SLIP FORWARD, FACE F, RIGHT WALKING STANCE, RIGHT HIGH FLAT FINGERTIP THRUST
 - 28) SLIDE BACKWARDS TO E, RIGHT L STANCE, HIGH BACKFIST FRONT STRIKE WITH RIGHT HAND, AND LOW LEFT OUTER FOREARM BLOCK
 - 29) JUMP TO F, FACE B, RIGHT X STANCE, X PRESSING BLOCK TO LOW SECTION
 - 30) STEP FORWARD WITH RIGHT LEG, RIGHT WALKING STANCE, HIGH DOUBLE FOREARM BLOCK
 - 31) SPIN 270° FACE A, RIGHT L STANCE, LOW KNIFE HAND GUARDING BLOCK
 - 32) SLIP FRONT FOOT FORWARD TO LEFT WALKING STANCE, RIGHT CIRCULAR BLOCK FACING A
 - 33) BRING LEFT FOOT TO RIGHT FOOT, 180°, LEFT L STANCE, LOW KNIFE HAND GUARDING BLOCK
 - 34) SLIP FRONT FOOT FORWARD TO RIGHT WALKING STANCE, LEFT CIRCULAR BLOCK, FACING B
 - 35) PIVOT ON THE SAME SPOT, LEFT WALKING STANCE, RIGHT CIRCULAR BLOCK FACING E
 - 36) PIVOT ON THE SAME SPOT, RIGHT WALKING STANCE, LEFT CIRCULAR BLOCK FACING B
 - 37) SLIP RIGHT FOOT BACK TO SITTING STANCE ON LINE AB, FACE E, RIGHT MIDDLE FOREFIST PUNCH
- END BRING RIGHT LEG BACK TO CLOSED READY STANCE B

TOI GYE TUL

CLOSED READY STANCE B
MOA CHUMBI SOGI B

UPSET FINGERTIP THRUST
 DWIJIBO SONKUT TULGI

WAIST BLOCK, BACKFIST STRIKE
 HORI MAKI, DUNG JOOMUK TAERIGI

X FIST PRESSING BLOCK
 KYOCHA JOOMUK NOOLO MAKI

W BLOCK - SAN MAKI

DOUBLE FOREARM PUSHING BLOCK
 DOO PALMOK MIRO MAKI

GRASP / KNEE KICK
GAPCHI / MOORUP CHAGI

FLAT FINGERTIP THRUST
OPUN SONKUT TULGI

2ND KUP - RED BELT

PATTERN HWA RANG

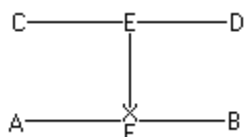
No. OF MOVEMENTS 29

No. OF STANCES 6

INTERPRETATION Hwa Rang means “flowering youth”, and is named after the Hwa Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

READY POSITION CLOSED READY STANCE ‘C’ MOA JUNBI SOGI ‘C’

DIAGRAM



1. STEP TO A, FACE E, LEFT SITTING STANCE, LEFT PALM PUSHING BLOCK
 2. EXECUTE A MIDDLE PUNCH WITH THE RIGHT FIST TOWARDS E
 3. EXECUTE A MIDDLE PUNCH WITH THE LEFT FIST TOWARDS E (PERFORM 2 & 3 FAST)
 4. MOVE RIGHT FOOT TO FACE B, LEFT L STANCE, TWIN OUTER FOREARM BLOCK
 5. SAME STANCE, UPWARD PUNCH WITH THE LEFT FIST, RIGHT FIST TO LEFT SHOULDER
 6. SLIP FORWARD, LEFT L STANCE TO B WITH RIGHT SIDE PUNCH
 7. BRING FRONT FOOT BACK INTO A LEFT VERTICAL STANCE, RIGHT DOWNWARD KNIFE HAND STRIKE
 8. STEP FORWARD TO B, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 9. 90° FACE E, LEFT WALKING STANCE, LEFT HAND LOW OUTER FOREARM BLOCK
 10. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 11. PULL THE LEFT FOOT TO THE RIGHT FOOT, BRING LEFT PALM TO RIGHT FRONT FIST
 12. PULL RIGHT FIST BACK WITH LEFT HAND, AT THE SAME TIME EXECUTE A MIDDLE SIDE KICK WITH THE RIGHT FOOT TOWARDS E, PLACE FOOT DOWN FORMING LEFT L STANCE, RIGHT MIDDLE KNIFE HAND STRIKE
 13. STEP FORWARD, LEFT WALKING STANCE, MIDDLE OBVERSE PUNCH
 14. STEP FORWARD, RIGHT WALKING STANCE, MIDDLE OBVERSE PUNCH
 15. 270° FACE D, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 16. STEP FORWARD, RIGHT WALKING STANCE, STRAIGHT FINGERTIP THRUST
 17. STEP TURN, FACE C, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 18. EXECUTE A RIGHT TURNING KICK TO C
 19. EXECUTE A LEFT TURNING KICK TO C, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK TO C
 20. TURN 90° FACE F, LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK
 21. PULL LEFT FOOT BACK TO RIGHT L STANCE, MIDDLE OBVERSE PUNCH
 22. STEP FORWARD, LEFT L STANCE, MIDDLE OBVERSE PUNCH
 23. STEP FORWARD, RIGHT L STANCE, MIDDLE OBVERSE PUNCH
 24. SLIP LEFT FOOT FORWARD, LEFT WALKING STANCE, X FIST PRESSING BLOCK TOWARDS F
 25. SLIP REAR FOOT FORWARD, RIGHT L STANCE, RIGHT BACK ELBOW TO F
 26. BRING LEFT FOOT TO RIGHT TURNING COUNTER CLOCKWISE, CLOSED STANCE, RIGHT INNER FOREARM MIDDLE BLOCK, LEFT OUTER FOREARM WAIST BLOCK FACING B
 27. SAME STANCE SWAP POSITION OF ARMS
 28. STEP LEFT FOOT FORWARD TO A, RIGHT L STANCE, KNIFE HAND GUARDING BLOCK
 29. BRING LEFT FOOT TO RIGHT FOOT, STEP RIGHT FOOT FORWARD TO FACE B, LEFT L STANCE, KNIFE HAND GUARDING BLOCK
- END – BRING RIGHT FOOT BACK TO CLOSED READY STANCE ‘C’.

BLACK opposite of White, therefore signifying maturity and proficiency in Tae Kwon-do. Also indicates the wearers imperviousness to darkness and fear.

HWA RANG TUL

CLOSED READY STANCE C
MOA CHUMBI SOGI C

PALM PUSHING BLOCK
SONBADAK MIRO MAKI

UPWARD PUNCH
OLLYO JURIGI

DOWNWARD KNIFEHAND STRIKE
NAERYO SONKAL TAERIGI

VERTICAL STANCE
SOOJIK SOGI

L STANCE, OBVERSE PUNCH
NIUNJA SOGI, BARO JURIGI

SIDE ELBOW STRIKE
YOP PALKUP TAERIGI

CLOSED STANCE, MIDDLE BLOCK/WAIST BLOCK
MOA SOGI, KAUNDE MAKI/WAIST BLOCK

1ST KUP - RED BELT BLACK STRIPE

PATTERN **CHOONG MOO**

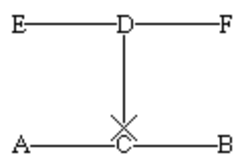
No. OF MOVEMENTS **30**

No. OF STANCES **6**

INTERPRETATION CHOONG MOO was the given name to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left hand attack is to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

READY POSITION Parallel Ready Stance NARANI JUNBI SOGI

DIAGRAM



1. LEFT FOOT TO A, RIGHT L STANCE, TWIN KNIFE HAND BLOCK
2. MOVE RIGHT FOOT TO A, RIGHT WALKING STANCE, EXECUTE HIGH INWARD KNIFE HAND STRIKE WITH RIGHT HAND, BRING LEFT HAND, PALM OUTWARDS, IN FRONT OF FOREHEAD
3. RIGHT FOOT TO B, LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
4. LEFT FOOT TO B, LEFT WALKING STANCE, FLAT FINGERTIP THRUST
5. LEFT FOOT TO D, RIGHT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
6. TURN TO FACE C, FORMING LEFT BENDING READY STANCE

7. EXECUTE MIDDLE SIDE KICK TO C WITH THE RIGHT FOOT
 8. LOWER FOOT TO C, RIGHT L STANCE TOWARDS D, MIDDLE KNIFE HAND GUARDING BLOCK
 9. EXECUTE RIGHT JUMPING SIDE KICK (WITH SCISSOR MOTION) TO D, LAND TO D FORMING LEFT L STANCE, MIDDLE KNIFE HAND GUARDING BLOCK
 10. MOVE LEFT FOOT TO F, RIGHT L STANCE, LOW BLOCK WITH LEFT OUTER FOREARM
 11. STEP INTO LEFT WALKING STANCE, EXTEND HANDS AS IF TO GRAB OPPONENTS HEAD
 12. RIGHT KNEE KICK WHILE PULLING HANDS DOWNWARDS
 13. LOWER RIGHT FOOT TO LEFT, THEN MOVE LEFT FOOT TO E FORMING LEFT WALKING STANCE AT THE SAME TIME EXECUTING A HIGH FRONT STRIKE WITH RIGHT REVERSE KNIFE HAND (LEFT HAND UNDER ELBOW JOINT)
 14. EXECUTE HIGH SECTION TURNING KICK WITH RIGHT FOOT TO E, LOWER IT TO LEFT FOOT
 15. EXECUTE MIDDLE BACK KICK TO E WITH LEFT FOOT
 16. LOWER LEFT FOOT TO E, LEFT L STANCE, MIDDLE FOREARM GUARDING BLOCK TOWARDS F
 17. EXECUTE MIDDLE TURNING KICK WITH LEFT FOOT
 18. LOWER LEFT FOOT TO RIGHT FOOT, THEN MOVE RIGHT FOOT TO C FORMING LEFT L STANCE, TOWARDS C EXECUTE U-SHAPE BLOCK WITH REVERSE KNIFE HAND
 19. JUMP COUNTER CLOCKWISE 360°, LANDING IN LEFT L STANCE , MIDDLE KNIFE HAND GUARDING BLOCK
 20. LEFT FOOT TO C, LEFT WALKING STANCE, EXECUTE UPSET FINGER TIP THRUST
 21. SLIP BACK INTO RIGHT L STANCE, RIGHT BACKFIST / LEFT LOW BLOCK
 22. RIGHT FOOT TO C, RIGHT WALKING STANCE, STRAIGHT FINGER TIP THRUST
 23. LEFT FOOT TO A, 270°, LEFT WALKING STANCE, DOUBLE FOREARM BLOCK
 24. RIGHT FOOT TO A, SITTING STANCE TOWARDS C, EXECUTE INWARD MOVING MIDDLE BLOCK, SAME STANCE, HIGH BACKFIST STRIKE TO A.
 25. EXECUTE MIDDLE SIDE KICK TO B WITH RIGHT FOOT
 26. EXECUTE MIDDLE SIDE KICK TO B WITH LEFT FOOT
 27. LOWER LEFT FOOT TO B, LEFT L STANCE, KNIFE HAND CHECKING BLOCK TOWARDS A.
 28. LEFT FOOT TO A, LEFT WALKING STANCE, TWIN PALM UPWARD BLOCK
 29. STEP TURN, RIGHT WALKING STANCE, RIGHT FOREARM RISING BLOCK, TOWARDS B
 30. SAME STANCE, REVERSE PUNCH
- END – BRING LEFT FOOT BACK TO READY STANCE.

CHOONG MOO TUL

JUMPING SIDE KICK TWIMYO YOP CHAGI

REVERSE KNIFE HAND STRIKE SONKAL DUNG TAERIGI

INWARD BLOCK ANERO MAKI

X KNIFE HAND CHECKING BLOCK KYOCHA SONKAL MOMCHAU MAKI

TWIN PALM UPWARD BLOCK SANG SONBADAK OLLYO MAKI