



## **Important notes**

These guidelines have been written to help you to get the most from your first few lessons. If you have any questions or concerns about any aspect of your training, please do not hesitate to speak to any of the senior students or instructor.

### **Please do ...**

... consume plenty of non-alcoholic drinks prior to training. This will prepare your body for the training session.

... show courtesy to other students and senior grades. Courtesy and discipline play a very important part in martial arts training. Without these, training sessions may become unruly and dangerous.

... remove all jewellery prior to training. Any loose jewellery (such as watches, rings, bracelets, etc) can cause injury to yourself and your training partners. If rings cannot be removed, they should be covered in tape to avoid injury.

### **Please do not ...**

... use the techniques taught in the lesson outside of training unless their use is absolutely necessary. Demonstrating on friends can be dangerous and may lead to serious injury.

... eat during the lesson. If you need to stop for a drink, please speak to the instructor first.

... walk around the training hall (Dojang) during the training session. Please wait for the instructor to come to you.

## **What Is Tae Kwon Do?**

It is a version of an ancient form of unarmed combat practised for many centuries in the orient. Tae Kwon Do became perfected in its present form in Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means 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 use of skilled movements. It implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

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.

## **The Tenets of Tae Kwon Do**

Courtesy : To be polite to one's instructors, seniors and fellow students.

Integrity : To be honest with oneself. One must be able to define right and wrong.

Perseverance : To achieve a goal, whether it is a higher grade or any technique, one must not stop trying; one must persevere.

Self Control : To lose one's temper when performing techniques against an opponent can be very dangerous and shows lack of control. To be able to live, work and train within one's capability shows good self control.

Indomitable spirit : To show courage when you and your principles are pitted against overwhelming odds.

### **Three step sparring**

Three step sparring is designed for the beginner to learn the basic techniques. Three step sparring teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

All attackers start in left walking stance, obverse Low Section Outer Forearm Block. All defenders start in parallel ready stance.

### **Two step sparring**

Two step sparring is designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as in three step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations.

All attackers start in right L Stance, Forearm guarding block. All defenders start in parallel ready stance.

### **One step sparring**

One step sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring. I.e. take down techniques, arm locks, joint breaking techniques etc., are practiced.

Both students normally begin in parallel Stance, but this may be varied at the instructors' discretion.

### **Three step semi-free sparring**

This form of sparring is designed as a step forward from basic three step sparring. It involves three consecutive attacks (hand or feet) and three blocks or evasions, plus a counter attack. Three step semi-free sparring should not be hurried, the secret is reaction force and quick, intelligent movements. This is where the true art of sparring is learnt.

Defending students start in right L Stance, guarding block. Attacking students start in right L Stance guarding block.

### **One for one sparring**

This is mainly used for stamina training between intermediate and advanced students. Both students start in fighting position and when the command is given, one student will start with one technique, as soon as his technique is over, the other student attacks immediately, and so on. Because this is a stamina exercise, it does not mean that techniques should be sloppy, they should be crisp and well executed.

### **Free sparring**

Free sparring is basically putting what has been learnt so far into practice, with no pre-warning of attack. Therefore, not as many defending techniques can be practised as in the other forms of sparring. Free sparring can be practised without pads and should be strictly non-contact. Semi-contact sparring is allowed only with adequate protection (i.e. safety boots and gloves). This type of sparring must only be carried out under strict supervision of a qualified instructor.

## Three Step Sparring (Basic Set)

Attacker starts with left leg forward in Low Section Outer Forearm Block. Defender starts in Parallel Ready Stance. Sequence begins when defender gives a verbal command.

### Defence 1

- 1) Right leg back in Walking Stance, Left Middle Section Inner Forearm Block
- 2) Left leg back in Walking Stance, Right Middle Section Inner Forearm Block
- 3) Right leg back in Walking Stance, Left Middle Section Inner Forearm Block

Counter: Without stepping, Right Reverse Punch

### Defence 2

- 1) Left leg back in 'L' Stance, Right Middle Section Inner Forearm Block
- 2) Right leg back in 'L' Stance, Left Middle Section Inner Forearm Block
- 3) Left leg back in 'L' Stance, Right Middle Section Inner Forearm Block

Counter: Drop right leg into Sitting Stance, Right Knifehand Strike

### Defence 3

- 1) Right Leg back in 'L' Stance, Left Middle Section Outer Forearm Block
- 2) Left Leg back in 'L' Stance, Right Middle Section Outer Forearm Block
- 3) Right Leg back in 'L' Stance, Left Middle Section Outer Forearm Block

Counter: Move right leg into Sitting Stance, Double Punch (right hand then left)

### Defence 4

- 1) Right Leg back in 'L' Stance, Forearm guarding block
- 2) Left Leg back in 'L' Stance, Forearm guarding block
- 3) Right Leg slide back in 'L' Stance, No Block

Counter: Left Leg Side Kick

### Defence 5

- 1) Right Leg back in 'L' Stance, Middle Section Knifehand Block
- 2) Left Leg back in 'L' Stance, Middle Section Knifehand Block
- 3) Right Leg back and across in 'L' Stance, Middle Section Knifehand Block

Counter: Left Leg Front Snap Kick to groin then land in Left Walking Stance and perform Double Punch (left hand then right)

## Defence 6

- 1) Right Leg back in 'L' Stance, Middle Section Inward Palm Block
- 2) Left Leg back in 'L' Stance, Middle Section Inward Palm Block
- 3) Step through with the Right Leg, then step across with Left Leg into Sitting Stance to the opponents Right side, Middle Section Inward Palm Pushing Block

Counter: Double Punch (right hand then left)

## Defence 7

- 1) Left Leg back in 'L' Stance, Middle Section Inward Outer Forearm Block
- 2) Right Leg back in 'L' Stance, Middle Section Inward Outer Forearm Block
- 3) Left Leg back in 'L' Stance, Middle Section Inward Outer Forearm Block

Counter: Drop forward into Right Walking Stance, High Section Back Fist Strike

## Defence 8

- 1) Left Leg back in 'L' Stance, Downward Forearm Block
- 2) Right Leg back in 'L' Stance, Downward Forearm Block
- 3) Left Leg back in 'L' Stance, Downward Forearm Block

Counter: High Section Left Leg Reverse Turning Kick. Partner blocks with Checking Block

## Defence 9

- 1) Right Leg back in 'L' Stance, Middle Section Forearm Guarding Block
- 2) Left Leg back in 'L' Stance, Middle Section Forearm Guarding Block
- 3) Right Leg slide back in 'L' Stance, No Block

Counter: Left Leg Side Piercing Kick followed by Right Leg Jumping Back Kick

## Defence 10

- 1) Right Leg back in 'L' Stance, Knifehand Guarding Block
- 2) Left Leg back in 'L' Stance, Knifehand Guarding Block
- 3) Right Leg back in 'L' Stance, Knifehand Guarding Block

Counter: Right Archand Thrust to throat then grab behind neck with right hand, Right Knee Strike to solar plexus.

## Two Step Sparring (Basic Set)

1. Attack: High right punch, Left Front Snap Kick.

Defense: Left leg back, walking stance, rising Forearm Block, right leg back, walking stance, x fist pressing block.

Counter: Twin vertical punch.

2. Attack: Right Side punch in fixed stance, left leg turning kick.

Defense: Right leg back, L Stance, upward palm block, left leg back, L Stance waist block.

Counter: Slide forward into right L Stance, right side elbow.

3. Attack: Right Front kick, twin vertical punch.

Defense: Right leg back, walking stance, x fist pressing block left leg back, walking stance, outer forearm Wedging Block.

Counter: Knee strike at the same time pull opponent's shoulders downwards.

4. Attack: Right Flat fingertip thrust, left leg side kick.

Defense: Right leg back, walking stance, knife hand Rising Forearm Block, left leg back, L Stance inward waist block.

Counter: Front Snap Kick to coccyx, twin upset punch to kidneys.



## Two Step Sparring (Advanced Set)

5. Attack: Right Front Snap Kick. Left foot turning kick.

Defense: Slide back to avoid the snap kick with the right foot back. Right hand, High Section Outer Forearm Block.

Counter: Left hand punch.

6. Attack: Left foot side kick, right foot side kick.

Defense: Right leg back downward block.

Counter: Right leg back, left leg side kick to solar plexus.

7. Attack: Right leg Front Snap Kick and consecutive turning kick, left leg turning kick.

Defense: Slide back with the right leg and avoid the first two kicks.

Counter: Right leg reverse turning kick.

8. Attack: Right leg turning kick, left leg back kick.

Defense: Right leg back, left High Section Outer Forearm Block, sliding left leg back, right hand waist block against back kick.

Counter: Left hand ridge hand strike to neck, right hand upset punch to kidneys.

## ONE STEP SPARRING

- 1 Left Knifehand Block, Right Reverse Punch
- 2 Left Hand Rising Forearm Block, Right Reverse Punch
- 3 Right Hand Outer Forearm Block, Sitting Stance Double Punch
- 4 Side Step To Left, Right Leg Side Kick
- 5 Right Leg Stepping Back, Right Leg Front Snap Kick
- 6 Left Knifehand Block, Right Knifehand Attack, Draw Back Right Knifehand Attack to Neck
- 7 Left Leg Inside-Outside Crescent Kick, Right Leg Roundhouse Kick
- 8 Right Hand Outer Forearm Block, Sitting Stance Double Punch, Right Leg Roundhouse Kick
- 9 Right Hand Inward Hammer Block, Right Hand Backfist Strike
- 10 Right Hand Inward Hammer Block, Right Arm Elbow Strike, Left Arm Elbow Strike
- 11 Right Leg Jumping Front Snap Kick
- 12 Side Step Avoiding, Right Leg Back Turning Kick
- 13 Right Leg Front Snap Kick, Left Knife Hand Block, Right Hand Reverse Punch
- 14 Left Arm Rising Forearm Block, Step Behind Twisting Arm Grab, Right Knifehand Strike
- 15 Left Hand Block, Right Knifehand Attack To Neck, Right Leg Stepping Takedown
- 16 Right arm elbow strike, right knifehand strike, right leg stepping in takedown.
- 17 Right knifehand block, right leg hook kick, right leg hook kick takedown.
- 18 Right leg jumping roundhouse kick.
- 19 Right arm Rising Forearm Block, double hand twisting wrist hold, right leg Front Snap Kick.
- 20 Left leg stepping in, right leg spinning heel kick.
- 21 Right outside-inside crescent kick, right side kick.
- 22 Left leg outside-inside crescent kick, right leg jump spinning crescent kick.
- 23 Right leg jumping side kick.
- 24 Left leg jumping back turning kick.
- 25 Right leg outside-inside crescent kick, right leg jumping 360 roundhouse kick.

## **PATTERNS - TUL**

### **What is a pattern?**

A pattern is a set of fundamental movements, mainly defense and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

### **Why do we perform patterns?**

We practice patterns to improve our Tae Kwon Do techniques, to develop sparring techniques to improve flexibility of movement, master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

### **Why are there twenty four patterns?**

The reason for twenty four patterns in Tae Kwon Do is because the founder, major general Choi Hong Hi, compared the life of man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says.

The following points should be considered when performing patterns :

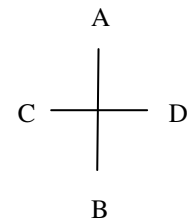
- 1 Patterns should begin and end on the same spot. This will indicate the performer's accuracy.
- 2 Correct posture and facing must be maintained at all times.
- 3 Muscles of the body should be tensed or relaxed at the proper critical moments in the pattern.
- 4 The exercise should be performed in a rhythmic movement with the absence of stiffness.
- 5 Each pattern should be accelerated or decelerated according to instruction.
- 6 Each pattern should be perfected before moving to the next.
- 7 Students should know the purpose of each movement.
- 8 Students should perform each movement with realism.

## THE PATTERNS

Chon Ji	19 Movements
Dan Gun	21 Movements
Do San	24 Movements
Won Hyo	28 Movements
Yul Gok	38 Movements
Chung Gun	32 Movements
Toi Gye	37 Movements
Hwa Rang	29 Movements
Chung Mu	30 Movements

## Chon Ji - 19 Moves

Chon Ji literally means “Heaven and 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 performed by the beginner. The pattern consists of two similar parts – one to represent Heaven and the other to represent Earth.



Ready Position : Narani Chunbi Sogi

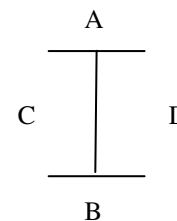
Step	Move	Facing	Stance	Technique
1	Left	C	Lt Walking (Wen Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
2	Fwd	C	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
3	Right	D	Rt Walking (Oren Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
4	Fwd	D	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
5	Left	A	Lt Walking (Wen Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
6	Fwd	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
7	Right	B	Rt Walking (Oren Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
8	Fwd	B	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
9	Left	D	Rt 'L' (Oren Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
10	Fwd	D	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
11	Right	C	Lt 'L' (Wen Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
12	Fwd	C	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
13	Left	B	Rt 'L' (Oren Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
14	Fwd	B	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
15	Right	A	Lt 'L' (Wen Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
16	Fwd	A	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
17	Fwd	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
18	Bwd	A	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
19	Bwd	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)

Left foot back to Narani Chunbi Sogi facing A

## Dan Gun – 21 Moves

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.

Ready Position : Narani Chunbi Sogi



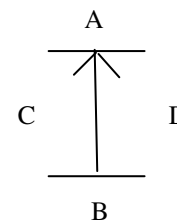
Step	Move	Facing	Stance	Technique
1	Left	C	Rt 'L' (Oren Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
2	Fwd	C	Rt Walking (Oren Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
3	Right	D	Lt 'L' (Wen Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
4	Fwd	D	Lt Walking (Wen Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
5	Left	A	Lt Walking (Wen Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
6	Fwd	A	Rt Walking (Oren Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
7	Fwd	A	Lt Walking (Wen Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
8	Fwd	A	Rt Walking (Oren Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
9	Turn 270°	C	Rt 'L' (Oren Niunja)	Twin Forearm Block (Sang Palmok Maki)
10	Fwd	C	Rt Walking (Oren Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
11	Left	D	Lt 'L' (Wen Niunja)	Twin Forearm Block (Sang Palmok Maki)
12	Fwd	D	Lt Walking (Wen Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
13	Right	B	Lt Walking (Wen Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
14	-	B	Lt Walking (Wen Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
15	Fwd	B	Rt Walking (Oren Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
16	Fwd	B	Lt Walking (Wen Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
17	Fwd	B	Rt Walking (Oren Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
18	Turn 270°	C	Rt 'L' (Oren Niunja)	High Section Knifehand Strike (Nopunde Sonkal Taerigi)
19	Fwd	C	Rt Walking (Oren Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)
20	Right	D	Lt 'L' (Wen Niunja)	High Section Knifehand Strike (Nopunde Sonkal Taerigi)
21	Fwd	D	Lt Walking (Wen Gunnun)	High Section Obverse Punch (Nopunde Baro Jirugi)

Left foot back to Narani Chunbi Sogi facing A

## Do San – 24 Moves

Do San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to the furthering of the education of Korea and it's independent movement.

Ready Position : Narani Chunbi Sogi



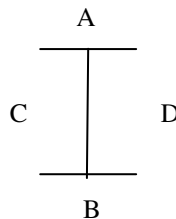
Step	Move	Facing	Stance	Technique
1	Left	C	Lt Walking (Wen Gunnun)	Middle Section Outer Forearm Block (Kaunde Bakat Palmok Maki)
2	-	C	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
3	Right	D	Rt Walking (Oren Gunnun)	Middle Section Outer Forearm Block (Kaunde Bakat Palmok Maki)
4	-	D	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
5	Left	A	Rt 'L' (Oren Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
6	Fwd	A	Rt Walking (Oren Gunnun)	Straight Spearfinger Thrust (Son Sonkut Tulgi)
7		A	Rt Walking (Oren Gunnun)	Thrust Right Arm Forwards And Twist
	Spin 180°	A	Lt Walking (Wen Gunnun)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi)
8	Fwd	A	Rt Walking (Oren Gunnun)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi)
9	Turn 270°	D	Lt Walking (Wen Gunnun)	Middle Section Outer Forearm Block (Kaunde Bakat Palmok Maki)
10	-	D	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
11	Right	C	Rt Walking (Oren Gunnun)	Middle Section Outer Forearm Block (Kaunde Bakat Palmok Maki)
12	-	C	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
13	45°	B/D	Lt Walking (Wen Gunnun)	Wedging Block (Haechyo Maki)
14	-	B/D	Lt Walking (Wen Gunnun)	Front Snap Kick (Ap Cha Busigi)
15	Fwd	B/D	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
16	-	B/D	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
17	45°	B/C	Rt Walking (Oren Gunnun)	Wedging Block (Haechyo Maki)
18	-	B/C	Rt Walking (Oren Gunnun)	Front Snap Kick (Ap Cha Busigi)
19	Fwd	B/C	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
20	-	B/C	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
21	Fwd	B	Lt Walking (Wen Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
22	Fwd	B	Rt Walking (Oren Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
23	Turn 270°	A	Sitting (Annun (Sitting))	Left Knifehand Strike (Wen Sonkal Taerigi)
24	Step right	A	Sitting (Annun (Sitting))	Right Knifehand Strike (Oren Sonkal Taerigi)

Left foot back to Narani Chunbi Sogi facing A

## Won Hyo – 28 Moves

Won Hyo was a noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

Ready Position : Closed (Moa) Ready Stance A



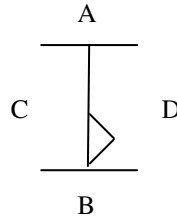
Step	Move	Facing	Stance	Technique
1	Left	C	Rt 'L' (Oren Niunja)	Twin Forearm Guarding Block (Sang Palmok Maki)
2	-	C	Rt 'L' (Oren Niunja)	High Section Inward Knifehand Strike (Nopunde Annero Sonkal Taerigi)
3	Slip Left	C	Lt Fixed (Wen Gojong)	Middle Section Side Punch (Kaunde Yop Jirugi)
4	Lt to Rt	D	Lt 'L' (Wen Niunja)	Twin Forearm Guarding Block (Sang Palmok Maki)
5	-	D	Lt 'L' (Wen Niunja)	High Section Inward Knifehand Strike (Nopunde Annero Sonkal Taerigi)
6	Slip Right	D	Rt Fixed (Oren Gojong)	Middle Section Side Punch (Kaunde Yop Jirugi)
7	Rt to Lt	A	Rt Bending (Oren Goburyo)	Forearm Guarding Block (Palmok Daebi Maki)
8	-	A	-	Middle Section Side Piercing Kick (Kaunde Yop Cha Jirugi)
9	Land in	A	Rt 'L' (Oren Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
10	Fwd	A	Lt 'L' (Wen Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
11	Fwd	A	Rt 'L' (Oren Niunja)	Knifehand Guarding Block (Sonkal Daebi Maki)
12	Fwd	D	Rt Walking (Oren Gunnun)	Middle Section Straight Spearfinger Thrust (Son Sonkut Tulgi)
13	Turn 270°	D	Rt 'L' (Oren Niunja)	Twin Forearm Block (Sang Palmok Maki)
14	-	D	Rt 'L' (Oren Niunja)	High Section Inward Knifehand Strike (Nopunde Annero Sonkal Taerigi)
15	Slip Lt Ft	C	Rt Fixed (Oren Gojong)	Middle Section Side Punch (Kaunde Yop Jirugi)
16	Lt to Rt to	C	Lt 'L' (Wen Niunja)	Twin Forearm Guarding Block (Palmok Daebi Maki) (Sang Palmok Maki)
17	-	C	Lt 'L' (Wen Niunja)	High Section Inward Knifehand Strike (Nopunde Annero Sonkal Taerigi)
18	Slip Rt Ft		Rt Walking (Oren Gunnun)	Middle Section Side Punch (Kaunde Yop Jirugi)
19	Rt to Lt, Lt to	B	Lt Walking (Wen Gunnun)	Circular Block (Dollymyo Maki)
20	Fwd	B	-	Low Section Front Snap Kick (Ap Cha Busigi)
21	Land in	B	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
22	Keep Position	B	Rt Walking (Oren Gunnun)	Circular Block (Dollymyo Maki)
23	Fwd	B	-	Low Section Front Snap Kick (Ap Cha Busigi)
24	Land in	B	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
25	Rt Fwd	B	Lt Bending (Wen Goburyo) (Wen Goburyo)	Forearm Guarding Block (Palmok Daebi Maki)
26	-	B	-	Middle Section Side Piercing Kick (Kaunde Yop Cha Jirugi)
27	Land feet apart turn 270° moving Lt to	C	Rt 'L' (Oren Niunja)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
28	Lt to Rt to	D	Lt 'L' (Wen Niunja)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)

Right foot back to Closed (Moa) ready stance facing A



## Yul Gok – 38 Moves

Yul Gok is the pseudonym of the great philosopher and scholar Yi-I (1536-1584 AD) nick named the “Confucius of Korea”. The 38 movements refer to his birth place on the 38° Latitude and the diagram represents Scholar.



Ready Position : Parallel Ready Stance

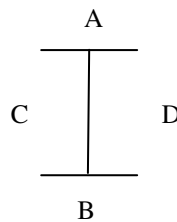
Ste	Move	Facing	Stance	Technique
P				
1	To Lt	A	Sitting (Annun (Sitting))	Lt Hand Focus Punch
2	-	A	Sitting (Annun (Sitting))	Right Middle Section Punch (Oren Kaunde Jirugi)
3	-	A	Sitting (Annun (Sitting))	Left Middle Section Punch (Wen Kaunde Jirugi)
4	Lt ft to Rt to	A	Sitting (Annun (Sitting))	Rt Hand Focus Punch
5	-	A	Sitting (Annun (Sitting))	Left Middle Section Punch (Wen Kaunde Jirugi)
6	-	A	Sitting (Annun (Sitting))	Right Middle Section Punch (Oren Kaunde Jirugi)
7	Rt ft 45°	D	Rt Walking (Oren Gunnun)	High Section Inner Forearm Block (Nopunde An Palmok Maki)
8	Fwd	D	-	Low Section Front Snap Kick (Najunde Ap Cha Busigi)
9	Land in	D	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
10	-	D	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
11	Lt ft 90°	C	Lt Walking (Wen Gunnun)	High Section Inner Forearm Block (Nopunde An Palmok Maki)
12	Fwd	C	-	Low Section Front Snap Kick (Ap Cha Busigi)
13	Land in	C	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
14	-	C	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
15	Rt ft to	A	Rt Walking (Oren Gunnun)	High Section Hooking Block (Nopunde Golcho Maki)
16	-	A	Rt Walking (Oren Gunnun)	High Section Reverse Hooking Block (Nopunde Bandae Golcho Maki)
17	-	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
18	Fwd	A	Lt Walking (Wen Gunnun)	High Section Hooking Block (Nopunde Golcho Maki)
19	-	A	Lt Walking (Wen Gunnun)	High Section Reverse Hooking Block (Nopunde Bandae Golcho Maki)
20	-	A	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
21	Fwd	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
22	Fwd	A	Rt Bending (Oren Goburyo)	Forearm Guarding Block (Palmok Daebi Maki)
23	-	A	-	Middle Section Side Piercing Kick (Kaunde Yop Cha Jirugi)
24	Land in	A	Lt Walking (Wen Gunnun)	Middle Section Front Elbow Strike (Kaunde Ap Palkup Taerigi)
25	About turn	B	Lt Bending (Wen Goburyo)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
26	-	B	-	Middle Section Side Piercing Kick (Kaunde Yop Cha Jirugi)
27	Land in	B	Rt Walking (Oren Gunnun)	Middle Section Front Elbow Strike (Kaunde Ap Palkup Taerigi)
28	Lt ft to	D	Rt 'L' (Oren Niunja)	Twin Knifehand Block (Sang Sonkal Maki)
29	Fwd	D	Rt Walking (Oren Gunnun)	Middle Section Straight Spearfinger Thrust (Son Sonkut Tulgi)

			Gunnun)	
30	Rt ft to	C	Lt 'L' (Wen Niunja)	Twin Knifehand Block (Sang Sonkal Maki)
31	Lt ft to	C	Lt Walking (Wen Gunnun)	Middle Section Straight Spearfinger Thrust (Son Sonkut Tulgi)
32	Lt ft to	B	Lt Walking (Wen Gunnun)	High Section Outer Forearm Block (Nopunde Bakat Palmok Maki)
33	-	B	Lt Walking (Wen Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
34	Fwd	B	Rt Walking (Oren Gunnun)	High Section Outer Forearm Block (Nopunde Bakat Palmok Maki)
35	-	B	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
36	Jump forwards landing in	B	'X' (Kyocha)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi)
37	Turn 270° Rt fwd	D	Rt Walking (Oren Gunnun)	High Section Double Forearm Block (Nopunde Doo Palmok Maki)
38	Rt to Lt, Lt to	C	Lt Walking (Wen Gunnun)	High Section Double Forearm Block (Nopunde Doo Palmok Maki)

Right foot back to parallel ready stance facing A

## Chung Gun - 32 Moves

Chung Gun is named after the patriot An Chung Gun who assassinated Hiro Bumo Ito, the first Japanese Governor General of Korea, known as the man who played the leading part in the Korea – Japan merger. The 32 movements represent Mr An's age when he was executed in Lui-Shung prison in 1910.



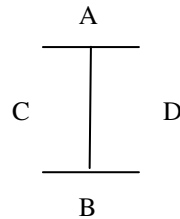
Ready Position : Closed (Moa) Ready Stance B

Ste	Move	Facing	Stance	Technique
1	To Lt	C	Rt 'L' (Oren Niunja)	Middle Section Reverse Knifehand Block (Kaunde Sonkal Dung Maki)
2	-	C	-	Low Section Front Snap Kick (Ap Cha Busigi)
3	Rt ft	C	Lt Rear Foot (Wen Dwit Bal)	Middle Section Upward Palm Block (Kaunde Ollyo Son Badak Maki)
4	Rt ft	D	Lt 'L' (Wen Niunja)	Middle Section Reverse Knifehand Block (Kaunde Sonkal Dung Maki)
5	-	D	-	Low Section Front Snap Kick (Ap Cha Busigi)
6	Lt ft	D	Rt Rear Foot	Middle Section Upward Palm Block (Kaunde Ollyo Son Badak Maki)
7	Lt ft	A	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
8	Slip fwd	A	Lt Walking (Wen Gunnun)	Upper Elbow Strike (Wi Palkup Taerigi)
9	Rt ft	A	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
10	Slip fwd	A	Rt Walking (Oren Gunnun)	Upper Elbow Strike (Wi Palkup Taerigi)
11	Ltd ft	A	Lt Walking (Wen Gunnun)	High Section Twin Vertical Punch (Nopunde Sang Sewo Jirugi)
12	Rt ft	A	Rt Walking (Oren Gunnun)	Middle Section Twin Upset Punch (Kaunde Sang Dwijibo Jirugi)
13	About turn	B	Lt Walking (Wen Gunnun)	Rising X Block (Chookyo Kyocha Maki)
14	Lt ft	D	Rt 'L' (Oren Niunja)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi)
15	Slip fwd	D	Lt Walking (Wen Gunnun)	Release (Hand To Hip)
16	Pivoting	D	Lt Walking (Wen Gunnun)	High Section Reverse Punch (Nopunde Bandae Jirugi)
17	Lt to Rt, Rt to	C	Rt 'L' (Oren Niunja)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi)
18	Slip fwd	C	Rt Walking (Oren Gunnun)	Release (Hand To Hip)
19	Pivoting	C	Rt Walking (Oren Gunnun)	High Section Reverse Punch (Nopunde Bandae Jirugi)
20	Rt to Lt, Lt to	B	Lt Walking (Wen Gunnun)	High Section Double Forearm Block (Nopunde Doo Palmok Maki)
21	Pull back	B	Rt 'L' (Oren Niunja)	Middle Section Side Punch (Kaunde Yop Jirugi)
22	-	B	-	Middle Section Side Kick (Kaunde Yop Chagi)
23	Land in	B	Rt Walking (Oren Gunnun)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
24	Pull back	B	Lt 'L' (Wen Niunja)	Middle Section Side Punch (Kaunde Yop Jirugi)
25	-	B	-	Middle Section Side Kick (Kaunde Yop Chagi)
26	Land in	B	Rt 'L' (Oren Niunja)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
27	Slow slip fwd	B	Lt Low (Wen Nacho)	Low Section Pressing Block (Najunde Noolyo Maki)
28	Rt ft	B	Lt 'L' (Wen Niunja)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
29	Slow slip fwd	B	Rt Low (Wen Nacho)	Low Section Pressing Block (Najunde Noolyo Maki)
30	Posture move	D	Closed (Moa)	Middle Section Right Turning Punch (Focus)
31	Rt ft	D	Rt Fixed (Oren Gojong)	U Shape Block (Digutja Maki)
32	Rt ft to Lt, Lt to	C	Lt Fixed (Wen Gojong)	U Shape Block (Digutja Maki)

Right foot back to Closed (Moa) ready stance facing A

## Toi Gye - 37 Moves

Toi Gye is the penname of the noted scholar Ti Hwang (16<sup>th</sup> century AD) an authority on neo-Confucianism, The 37 movements of the pattern refer to his birthplace on the 37<sup>th</sup> latitude, and the diagram represents Scholar.



Ready Position : Closed (Moa) Ready Stance B

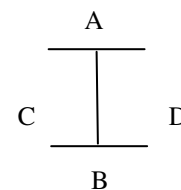
Step	Move	Facing	Stance	Technique
1	Lt ft	C	Rt 'L' (Oren Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
2	Lt ft	C	Lt Walking (Wen Gunnun)	Low Section Upset Spearfinger Thrust (Najunde Dwijibo Sonkut Tulgi)
3	Lt ft	A	Closed (Moa)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki) & High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi) (Posture)
	-	A	-	
4	Rt ft	D	Lt 'L' (Wen Niunja)	Middle Section Inner Forearm Block (Kaunde An Polmok Maki)
5	Rt ft	D	Rt Walking (Oren Gunnun)	Low Section Upset Spearfinger Thrust (Najunde Dwijibo Sonkut Tulgi)
6	Rt ft	A	Closed (Moa)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki) & High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi) (Posture)
	-	A	-	
7	Lt ft	A	Lt Walking (Wen Gunnun)	Low Section X Block (Najunde Kyocha Maki)
8	Lt ft	A	Lt Walking (Wen Gunnun)	High Section Twin Vertical Punch (Nopunde Sang Sewo Jirugi)
9	-	A	-	Low Section Front Snap Kick (Ap Cha Busigi)
10	Land in	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
11	-	A	Rt Walking (Oren Gunnun)	Middle Section Reverse Punch (Kaunde Bandae Jirugi)
12	Pull Lt ft	C	Closed (Moa)	Posture Move - Fist To Hips
13	Rt ft	C	Sitting (Annun (Sitting))	Right W Shape Block (Oren San Maki)
14	Lt ft	C	Sitting (Annun (Sitting))	Left W Shape Block (Wen San Maki)
15	Lt ft	D	Sitting (Annun (Sitting))	Left W Shape Block (Wen San Maki)
16	Rt ft	D	Sitting (Annun (Sitting))	Right W Shape Block (Oren San Maki)
17	Lt ft	D	Sitting (Annun (Sitting))	Left W Shape Block (Wen San Maki)
18	Lt ft	C	Sitting (Annun (Sitting))	Left W Shape Block (Wen San Maki)
19	Rt ft to Lt, Lt ft fwd	A	Rt 'L' (Oren Niunja)	Low Section Double Forearm Block (Najunde Doo Palmok Maki)
20	Slip Lt ft	A	Lt Walking (Wen Gunnun)	Shoulder Grab
21	Rt knee	A		Upward Knee Strike (Ollyo Moorup Taerigi) While Pulling Hands Down
22	Lt ft fwd	B	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
23	-	B	-	Low Section Front Leg Snap Kick (Najunde Ap Cha Busigi)
24	Land in	B	Lt Walking (Wen Gunnun)	High Section Flat Spearfinger Thrust (Nopunde Opun Sonkut Tulgi)
25	Rt ft fwd	B	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
26	-	B	-	Low Section Front Leg Snap Kick (Najunde Ap Cha Busigi)
27	Land in	B	Rt Walking (Oren Gunnun)	High Section Flat Spearfinger Thrust (Nopunde Opun Sonkut Tulgi)
28	Jump back	B	Rt 'L' (Oren Niunja)	High Section Back Fist Strike (Nopunde Dung Joomuk Taerigi) & Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
		B	Rt 'L' (Oren Niunja)	
29	Fwd jump	D	Rt 'X' (Kyocha)	Low Section X Block (Najunde Kyocha Maki)
30	Rt ft fwd	B	Rt Walking (Oren Gunnun)	High Section Double Forearm Block (Nopunde Doo Palmok Maki)

31	Turn 270°	C	Rt 'L' (Oren Niunja)	Low Section Double Knifehand Block (Najunde Doo Sonkal Maki)
32	Slip Lt ft fwd	C	Lt Walking (Wen Gunnun)	Circular Block (Dollymyo Maki)
33	Lt to Rt, Rt fwd	D	Lt 'L' (Wen Niunja)	Low Section Double Knifehand Block (Najunde Doo Sonkal Maki)
34	Slip Rt ft fwd	D	Rt Walking (Oren Gunnun)	Circular Block (Dollymyo Maki)
35	Pivot	A	Lt Walking (Wen Gunnun)	Circular Block (Dollymyo Maki)
36	Pivot	D	Rt Walking (Oren Gunnun)	Circular Block (Dollymyo Maki)
37	Move Rt ft	A	Sitting (Annun (Sitting))	Right Middle Section Front Punch (Oren Kaunde Ap Jirugi)

Right foot back to Closed (Moa) ready stance facing A

## Hwa Rang - 29 Moves

Hwa Rang is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Tae Kwon Do developed into maturity.



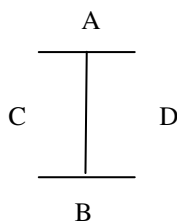
Ready Position : Closed (Moa) Ready Stance C

Step	Move	Facing	Stance	Technique
1	Lt Ft	A	Annun (Sitting)	Middle Section Palm Pushing Block (Kaunde Son Badak Miro Maki)
2	-	A	Annun (Sitting)	Right Middle Section Front Punch (Oren Kaunde Ap Jirugi)
3	-	A	Annun (Sitting)	Left Middle Section Front Punch (Wen Kaunde Ap Jirui)
4	Rt Ft to	D	Lt 'L' (Wen Niunja)	Twin Forearm Block (Sang Palmok Maki)
5	-	D	Lt 'L' (Wen Niunja)	Left Upward Punch (Wen Dwijibo Jirugi)
6	Slide both feet	D	Rt Fixed (Oren Gojong)	Middle Section Right Side Punch (Kaunde Oren Yop Jirugi)
7	Pull Rt Ft back	D	Lt Vertical (Wen Soojik)	Downward Knifehand Strike (Naeryo Sonkal Taerigi)
8	Lt Ft	D	Lt Walking (Wen Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
9	Lt Ft	A	Lt Walking (Wen Gunnun)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
10	Rt Ft	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
11	Pull Lt Ft up	A	Lt Rear Ft (Wen Dwitbal)	Grab Right Fist With Left Hand
12	With Rt foot	A		Middle Section Side Piercing Kick (Kaunde Yop Chajirugi)
13	Land in Lt Ft Fwd	A	Lt 'L' (Wen Niunja) Lt Walking (Wen Gunnun)	Middle Section Knifehand Strike (Kaunde Sonkal Taerigi) Middle Section Obverse Punch (Kaunde Baro Jirugi)
14	Rt Ft Fwd	A	Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
15	Lt Ft 270°	D	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
16	Rt Ft	D	Rt Walking (Oren Gunnun)	Middle Section Straight Spearfinger Thrust (Son Sonkut Tulgi)
17	About turn	C	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
18	Rt Ft	C		High Section Turning Kick (Nopunde Dollyo Chagi)
19	Lt Ft	C		High Section Turning Kick (Nopunde Dollyo Chagi)
20	Land in Lt Ft 90°	C	Rt 'L' (Oren Niunja) Lt Walking (Wen Gunnun)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki) Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
21	Pull Lt Ft bk to	B	Rt 'L' (Oren Niunja)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
22	Rt Ft Fwd	B	Lt 'L' (Wen Niunja)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
23	Lt Ftf	B	Rt 'L' (Oren Niunja)	Middle Section Obverse Punch (Kaunde Baro Jirugi)
24	Slip Lt Ft fwd	B	Lt Walking (Wen Gunnun)	Low Section X Block (Najunde Kyocha Maki)
25	Rt Ft to	B	Rt 'L' (Oren Niunja)	Right Side Elbow Strike (Oren Yop Palkup Taerigi)
26	Lt Ft	C	Closed (Moa)	Right Middle Section Inner Forearm Block (Oren Kaunde An Palmok Maki) And ...
27		C		Left Low Section Outer Forearm Block (Wen Najunde Bakat Palmok Maki)
		C	Closed (Moa)	Repeat Move, Change Position Of Hands
28	Lt Ft	C	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
29	Rt ft to Lt ft to	D	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)

Right foot back to Closed (Moa) ready stance facing A

## Chung Mu – 30 Moves

Chung Mu was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (the Kobukson), which was the precursor of the present day submarine, in 1592 AD unjustly imprisoned by the King and assigned to battle as a soldier. The reason this pattern ends with a left hand attack is to symbolise his regrettable death in battle at the age of 54, having no chance to show his great potential checked by his forced reservation of his loyalty to the king.



Ste	Move	Facing	Stance	Technique
P				
1	Lt Ft to	C	Rt 'L' (Oren Niunja)	Twin Knifehand Block (Sang Sonkal Maki)
2	Rt Ft to	C	Rt Walking (Oren Gunnun)	High Section Front Knifehand Strike (Nopunde Ap Sonkal Taerigi) (Reaction Hand To Front Of Forehead)
3	Rt Ft to	D	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
4	Lt Ft to	D	Lt Walking (Wen Gunnun)	High Section Flat Spearfinger Thrust (Nopunde Opun Sonkut Tulgi)
5	Lt Ft to	A	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
6	Pull Rt Ft bk	B	Lt Bending (Wen Goburyo)	Forearm Guarding Block (Palmok Daebi Maki)
7	Rt Ft	B	-	Middle Section Side Kick (Kaunde Yop Chagi)
8	Lower Rt ft	A	Rt 'L' (Oren Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
9	Rt Ft Fwd	A	-	Flying Side Kick (Twimyo Yop Chagi)
	Land in	A	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
10	Turn Anti Clockwise 90°	D	Rt 'L' (Oren Niunja)	Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
11	Slip Rt Ft Fwd	D	Lt Walking (Wen Gunnun)	Grab Shoulders With Both Hands
12	Using Rt Knee	D	Lt Bending (Wen Goburyo)	Upward Knee Strike (Ollyo Moorup Taerigi) (Pull Hands In Opposite Direction)
13	Rt Ft to Lt. Lt Fwd	C	Lt Walking (Wen Gunnun)	High Section Front Reverse Knifehand Strike (Nopunde Ap Sonkal Dung Taerigi)
14	Rt Ft Fwd	C		High Section Turning Kick (Nopunde Dollyo Chagi)
15	Lower Rt Ft to Lower Lt Ft	C		Middle Section Back Kick (Kaunde Dwit Chagi)
16	Land In	D	Lt 'L' (Wen Niunja)	Middle Section Forearm Guarding Block (Palmok Daebi Maki)
17	Lt Ft	D		Middle Section Turning Kick (Kaunde Dollyo Chagi)
18	Lt to Rt. Rt fwd	B	Rt Fixed (Oren Gojong)	'U' Shape Block (Digutchu Maki)
19	Jump 360° Land In	B	Lt 'L' (Wen Niunja)	Middle Section Knifehand Guarding Block (Sonkal Daebi Maki)
20	Lt Ft Fwd	B	Lt Walking (Wen Gunnun)	Low Section Upset Spearfinger Thrust (Najunde Dwijibo Sonkut Tulgi)
21	Pull Lt Ft bk	B	Rt 'L' (Oren Niunja)	High Section Backfist Strike (Nopunde Dung Joomuk Taerigi) Low Section Outer Forearm Block (Najunde Bakat Palmok Maki)
22	Step Fwd		Rt Walking (Oren Gunnun)	Downward Palm Block (Naeryo Son Badak Maki) Middle Section Straight Spearfinger Thrust (Son Sonkut Tulgi)
23	Turn 270°	C	Lt Walking (Wen Gunnun)	High Section Double Forearm Block (Nopunde Doo Palmok Maki)
24	Rt Ft Fwd	C	Sitting (Annun (Sitting))	Middle Section Front Outer Forearm Block (Kaunde Ap Bakat Palmok Maki) Followed By High Section Backfist Strike (Nopunde Dung Joomuk Taerigi)
25	Turn Face	D		Middle Section Side Kick (Kaunde Yop Chagi) With Right Leg
26		D		Middle Section Side Kick (Kaunde Yop Chagi) With Left Leg
27	Land in	C	Lt 'L' (Wen Niunja)	Middle Section Rising Side 'X' (Kyocha) Checking Block
28	Lt Ft Fwd	C	Lt Walking (Wen Gunnun)	Upward Twin Palm Block (Ollyo Sang Son Badak Maki)
29	About face	D	Rt Walking (Oren Gunnun)	Rising Forearm Block (Chookyo Palmok Maki)
30			Rt Walking (Oren Gunnun)	Middle Section Obverse Punch (Kaunde Baro Jirugi)

Left foot back to ready stance facing A



## Stances (Sogi)

### Stance :

- Parallel Stance (Narani Sogi)

### Characteristics :

- Stance should be one shoulder width wide
- Feet should point straight forwards

### Foot Position :



### Stance :

- Sitting Stance (Annun Sogi)

### Characteristics :

- Stance should be one and a half shoulders width wide
- Both feet should be flat on the floor
- Feet should point straight forwards
- Knees should be slightly bent so that you are in a sitting position
- Back should be straight and upright

### Foot Position :



**Stance :**

- Walking Stance (Gunnun Sogi)

**Characteristics :**

- Stance should be one shoulders width wide (side to side)
- Stance should be one and a half shoulders width long (front to back)
- Both feet should be flat on the floor
- Front foot should point straight forwards
- Rear foot should point outwards at an angle of approx 25°
- The front knee should be bent and in line with the heel
- The back leg should be locked straight

**Foot Position :****Stance :**

- L Stance (Niunja Sogi)

**Characteristics :**

- Stance should be one and a quarter shoulders width long (front to back)
- Both feet should be flat on the floor
- Front foot should point straight forwards
- Rear foot should point outwards at an angle of 90°
- The front knee should be bent
- The back knee should bent to form a vertical line down to the toes
- Weight should be distributed 70% on the back leg – 30% on the front

**Foot Position :**

**Stance :**

- Fixed Stance (Gojong Sogi)

**Characteristics :**

- Stance should be one and a half shoulders width long (front to back)
- Both feet should be flat on the floor
- Front foot should point straight forwards
- Rear foot should point outwards at an angle of 90°
- The front knee should be bent
- The back knee should bent to form a vertical line down to the toes
- Weight should be distributed 50% on the back leg – 50% on the front

**Foot Position :****Stance :**

- Rear Foot Stance (Dwit Bal Sogi)

**Characteristics :**

- Front foot should be lifted with only the ball of the foot on the ground
- Rear foot should be flat on the floor
- Rear foot should point outwards at an angle of 90°
- Rear knee should be slightly bent to compensate for bend in front knee
- Most of the body weight should be on the rear leg

**Foot Position :**

**Stance :**

- Closed Stance (Moa Sogi)

**Characteristics :**

- Both feet should be flat on the floor and pointing directly forwards

**Foot Position :****Stance :**

- Vertical Stance (Soojik Sogi)

**Characteristics :**

- Heels should be together
- Both feet should be flat on the floor
- Front foot should point straight forwards
- Rear foot should point outwards at an angle of 90°
- Weight should be distributed equally on both legs

**Foot Position :**

## Korean Terms

<b>Commands :</b>		<b>Stances :</b>	Sogi
Attention	Charyot	Attention	Charyot
Bow	Kyong Ye	Parallel	Narani
Ready	Chunbi	Walking	Gunnun
Start	Si Jak	Sitting	Annun
Stop	Haechyo	L	Niunja
Back To Ready Stance	Barrol	Fixed	Gojong
About Turn	Dwito Torro	Vertical	Soojik
Dismiss	Haessan	Closed (Moa)	Moa
		X	Kyocha
<b>Counting :</b>		Rear Foot	Dwit Bal
		Low	Nancho
One	Hanna	Diagonal	Sasson
Two	Dool	Bending	Goburyo
Three	Seth		
Four	Neth	<b>Terms :</b>	
Five	Dasaul		
Six	Yosaul	Low	Najunde
Seven	Ilgop	Middle	Kaunde
Eight	Yodall	High	Nopunde
Nine	Ahop	Front	Ap
Ten	Yoll	Back	Dwit
		Side	Yop
<b>General Terms :</b>		Left	Wen
		Right	Oren
Training Hall	Dojang	Obverse	Baro
Training Suit	Dobok	Reverse	Bandae
Patterns	Hyung or Tul	Up	Ollyo
Sparring	Matsoki	Down	Naeryo
		Inward	Annaero
		Outward	Backaero
<b>Body Parts :</b>		Turning	Dollyo
		Punch	Jirugi
Ball Of Foot	Ap Kumchi	Kick	Chagi
Footsword	Bal Kal	Strike	Taerigi
Reverse Footsword	Balkal Dung	Thrust	Tulgi
Back Heel	Dwit Chook	Block	Maki
Knee	Moorup	Guarding	Daebi
Forefist	Ap Joomuk	Inner	An
Knifehand	Sonkal	Outer	Bakat
Fingertips	Sonkut	Hooking	Golcho
Elbow	Palkup	Twin	Sang
Archand	Bandal Son	U Shape	Digutcha
Backfist	Dung Joomuk	W Shape	San
Sidefist	Yop Joomuk	Jump	Twiggi
Reverse Knifehand	Sonkal Dung	Upset	Dwijibo
Palm	Son Badak	Straight	Son
Forearm	Palmok	Rising	Chookyo
Two Finger	Son Garrak	Circular	Dollymyo
Single Knuckle	Un Ji And Chun Ji	Pushing	Miro
		Pressing	Noolyo
		Flat	Open
		Vertical	Sewo
		Upper	Wi