

STUDENT INFORMATION BOOKLET



PANTERA SCHOOLS OF TAEKWON-DO

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COURTESY – INTEGRITY – PERSEVERANCE – SELF CONTROL – INDOMITABLE SPIRIT

NAME _____

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WHAT IS TAEKWON-DO?

Taekwon-Do is a Martial Art of Self Defence founded by a Korean General named Choi Hong Hi.

After exhaustive technical research, experimenting and developing, General Choi proclaimed Taekwon-Do to the world as a completely valid and unique Martial Art having a basic Korean origin.

Literally translated 'Tae' stands for jumping or flying, to kick or smash with the foot. 'Kwon' denotes the fist, to punch or destroy with the hand. 'Do' means 'the art of' or 'the way of'.

Taekwon-Do is a Martial Art that has no equal in either power or technique as it has been developed using the principles of modern science.

Tenets of Taekwon-Do

Taekwon-Do aims to achieve

- **Courtesy** (*Ye Ui*)
- **Integrity** (*Yom Chi*)
- **Perseverance** (*In Nae*)
- **Self Control** (*Guk Gi*)
- **Indomitable Spirit** (*Beakjul Boolgool*)

The TAEKWON-DO Oath

- **I shall observe the tenets of Taekwon-Do**
- **I shall respect my 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**

PROTOCOL

- Monthly training fees should be brought forward on the first lesson of the month. This will help with the smooth running of the classes and the club in general.
- Smoking, eating or drinking alcohol is prohibited in the training hall (Do-Jang)
- All jewellery should be removed during class and long hair should be tied back.
- Once the class has started, students should gain the instructor's permission before breaking off.
- The practice suit (Do-Bok) should be clean at the start of each session.
- No idle talking during class except to ask questions.
- Always address an instructor as Sir or Miss or by their surname.
- When fixing your Do-Bok or belt, face the back of the hall by turning to your right.
- Any student entering the Do-Jang should wait at the door and bow to the instructor once he/she has been acknowledged.
- Before leaving the Do-Jang, students must turn and bow towards the instructor.
- Please keep your toe and finger nails short and clean.
- Please observe these rules in order to maintain an efficient and orderly class.

ATTACKING AND BLOCKING TOOLS

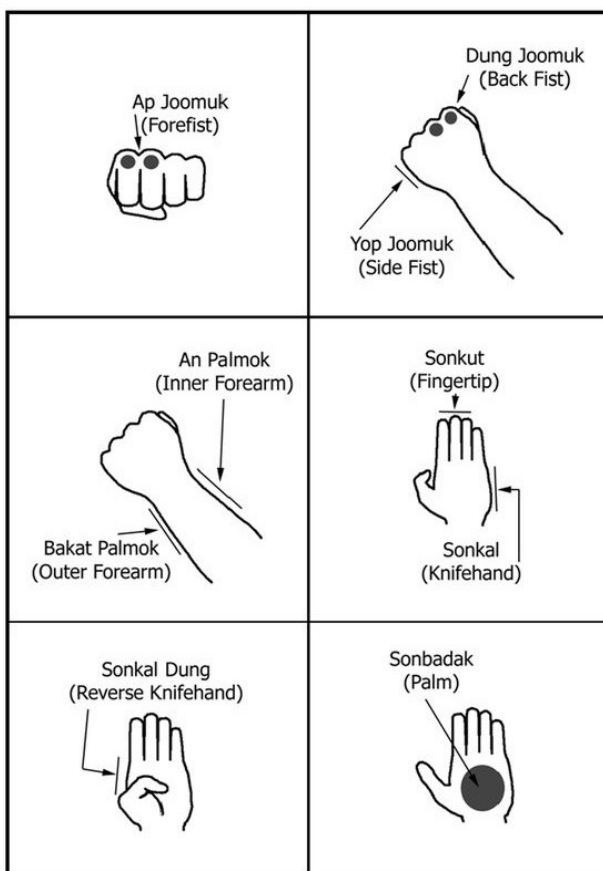
The part or surface through which the shock or power is transmitted to the opponent's body is called the attacking tool, and any part or surface which intercepts or defends against the attack is called the blocking tool.

Theoretically, all locations of the concentration of strength are considered attacking tools, most of which serve also as blocking tools, but there are some parts or positions where the strength can be easily concentrated, toughened and developed.

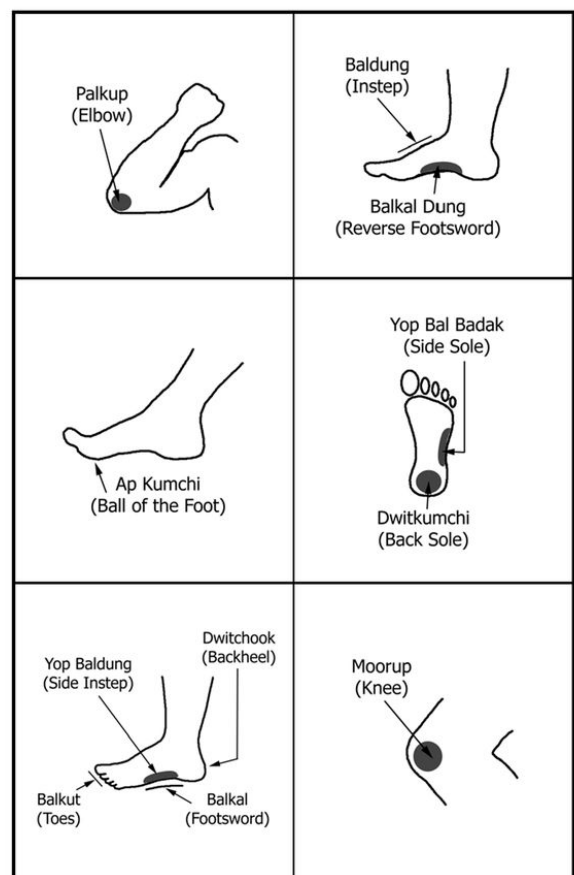
They are divided mainly into hand and foot parts with some miscellaneous parts also included. All of them need to be conditioned constantly and with rigorous training

Here is a list of some of the most commonly used attacking and blocking tools:

HAND PARTS (SANG BANSIN)



FOOT PARTS (HA BANSIN)



DIFFERENCE BETWEEN A PUNCH, A STRIKE AND A THRUST

- **Punch:** is used primarily to cause an internal haemorrhage rather than surface damage by twisting the attacking tool.
- **Strike:** Is used to break or destroy the bone, muscle or vital spots with minimal twisting of the attacking tool.
- **Thrust:** Is delivered with the intention of cutting through the vital spots with the least twisting of the attacking tool.

Attention Stance – Charyot Sogi

- Weight Distribution: 50% - 50%
- Leading Leg: None
- Angle between feet: 45 degrees



Attention Stance

Parallel Ready Stance – Narani Junbi Sogi

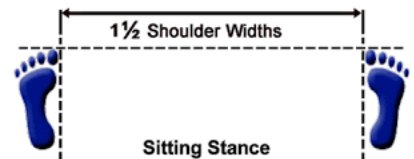
- Weight Distribution: 50% - 50%
- Leading Leg: None
- Feet Parallel
- Width: 1 shoulder width from the outside of the feet



Parallel Ready Stance

Sitting Stance – Annun Sogi

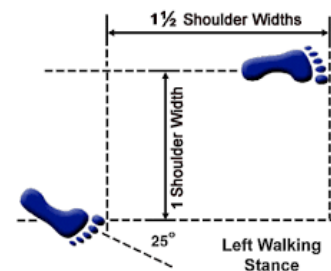
- Weight Distribution: 50% - 50%
- Leading Leg: None
- Feet Parallel
- Width: 1.5 shoulder width from the inside of the feet



Sitting Stance

Walking Stance – Gunnun Sogi

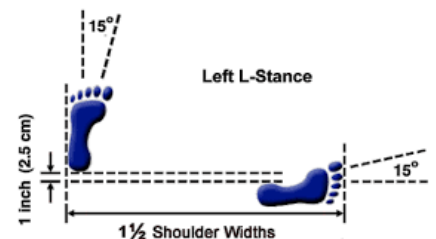
- Weight Distribution: 50% - 50%
- Width: One shoulder width wide, measured from the centre of the instep
- Length: One and a half shoulder widths long from toes to toes
- Keep the front leg bent and the back leg straight
- Front foot points forward, Rear foot points 25° outward



Left Walking Stance

L-Stance – (Niunja Sogi)

- Weight Distribution: 70% on the back leg - 30% on the front
- Length: One and a half shoulder widths long from the outside of the rear foot to the toes of the front foot, with the feet almost forming a right angle.
- Both feet point 15 degrees inward
- Place the heel of the front foot 2.5cm beyond the heel of the rear foot.
- Leading Leg: Rear leg
- Bend the rear leg until the knee is above the toes, bending the front leg proportionally



Left L-Stance

Close Stance – (Moa Sogi)

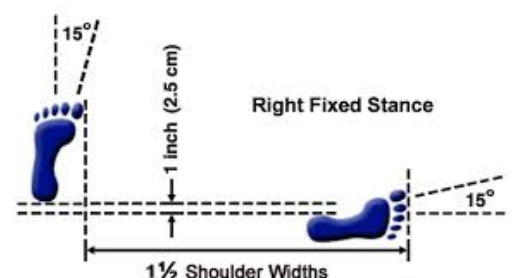
- Weight Distribution: 50% - 50%. Feet together. Leading Leg: None
- Left hand over right.
- "A" – The distance between the philtrum and the fists is approximately 30cm.
- "B" – The distance between the fists and the navel is approximately 15cm.
- "C" – The distance between the hands and the abdomen is approximately 10cm.



Close Ready Stance type A

Fixed Stance – (Gojung Sogi)

- Weight Distribution: 50% - 50%
- Length: 1.5 shoulder widths long, from the inside of the rear foot to the toes of the front foot
- Weight distribution: 50% - 50%
- Both feet are turned inwards by 15 degrees
- The rear leg is bent so that the knee-cap is over the toes of the rear foot, the front leg is bent proportionally
- Leading Leg: Front leg



Right Fixed Stance

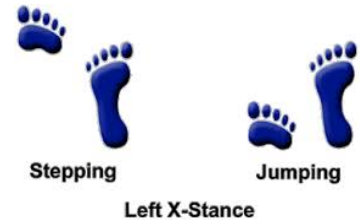
Bending Ready Stance – (Guburyo Junbi Sogi)

- Bending stance is a preparatory stance for side and back kicks, and also for defence techniques.
- Leading Leg: Standing leg. It bears all the body weight and is slightly bent.
- The other foot is placed at the knee.
- When standing on the right leg the stance is called a right bending stance, and vice-versa.
- It is performed either full facing or half facing.



X-Stance – (Kyocha Sogi)

- Weight Distribution: Almost 100% of the weight on the balancing leg
- Leading Leg: The one with most weight
- It has two variations. Variation one is used for landing distance or height jumps, such as in patterns Yul-gok and Toi-gye. Variation two is used for stepping sideways in a defensive position, such as in pattern Po-Eun.



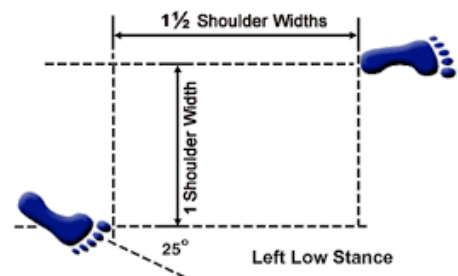
Rear Foot Stance – (Dwitbal Sogi)

- Weight Distribution: 90% - 10%. (90% on the rear leg)
- Length: One shoulder width long from the outside of the back foot to the toes
- Front Foot point inwards 25°, back Foot points inwards 15°
- Leading Leg: Rear leg



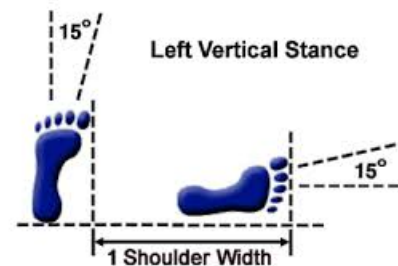
Low Stance – (Nachuo Sogi)

- Weight Distribution: 50% - 50%
- Width: One shoulder width from the centre of the insteps.
- Length: One and a half shoulder widths long, from the heel of the front foot to the toes of the back foot.
- The back leg is straight with the back foot pointed outward 25 degrees
- The front leg is bent with the knee over the heel of the front foot pointed straight forward



Vertical Stance – (Soojik Sogi)

- Weight Distribution: 60% - 40% (60% on the back Leg)
- Leading Leg: Rear Leg
- Length: One shoulder from the inside of the foot to the toes
- The stance has the heel of the rear foot slightly beyond the heel of the front foot and therefore has no width
- Both feet are turned inwards 15°. Both legs are straight.



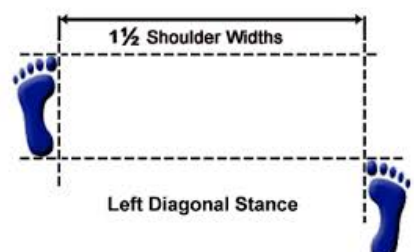
One-Leg Stance – (Waebal Sogi)

- The stationary leg is kept straight while the reverse foot sword of the other foot is brought to the knee.
- When standing on the right foot the stance is called a right one-leg stance, and vice-versa. It can be either full facing or half facing both in attack and defence.



Diagonal Stance – (Sasun Sogi)

- The stance is 1.5 shoulders width wide measured from the balls of the feet
- The feet are parallel with the heel of the front foot in line with the toes of the rear foot
- Weight: 50/50 with the knees bent over the balls of the feet
- This stance is determined by the front foot
- This is performed full or side facing



GRADING SYSTEM AND REQUIREMENTS

Grading Etiquette

A promotional grading is a formal event in which the participating candidates demonstrate their knowledge and understanding of Taekwon-Do in order to be promoted to the next level.

When reaching Blue Belt Status, the students must do a Pre-Grading before attempting to go for promotion.

During large gradings there may be periods of sitting down prior to your test. Please be quiet during these periods.

Uniforms (Do-Boks) will be clean and pressed with belts tied correctly.

Membership booklets must be up to date and handed in 7 days in advance along with the grading fees.

Grading Requirements

In order to qualify for a promotional grading you must ensure you have done enough studying and practising up to your current grade **including all previous theory**.

You must have a good record of attendance in order to comply with the **minimum** waiting time (see chart below)

Grade	No of Sessions	Months (training twice a week)
10th Kup White Belt	16	2
9th Kup Yellow Tag	16	2
8th Kup Yellow Belt	24	3
7th Kup Green Tag	24	3
6th Kup Green Belt	32	4
5th Kup Blue Tag	32	4
4th Kup Blue Belt	40	5
3rd Kup Red Tag	40	5
2nd Kup Red Belt	48	6
1st Kup Black Tag	48	6

The explanation of Belt Colours

WHITE	Signifies innocence, as that of a beginner who has no previous knowledge of Taekwon-Do.
YELLOW	Signifies the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.
GREEN	Signifies the plant's growth as the Taekwon-Do skills begin to develop.
BLUE	Signifies the Heaven, 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 the opponent to stay away.
BLACK	Opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

PATTERNS (TUL)

A Pattern or Tul is a series of fundamental movements both offensive and defensive against an imaginary opponent. The name of the pattern, the number of movements and the diagrammatic symbol of each pattern symbolises either heroic figures in Korean history, or instances relating to historical events.

The ancient law in the Orient was similar to the law of Hamurabi: “an eye for an eye, a tooth for a tooth”, and was rigorously enforced even if death was caused accidentally. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of Martial Arts to practice or test his or her individual skill of attack and defence against actual moving opponents. Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. In this way, pattern practice enables the student to go through many fundamental movements in series in order to develop sparring and self defence techniques, improve flexibility, master body shifting, build muscles and breath control, develop fluid and smooth actions and gain rhythmical movements.

THE 24 PATTERNS OF TAEKWON-DO

Coloured-Belt Patterns

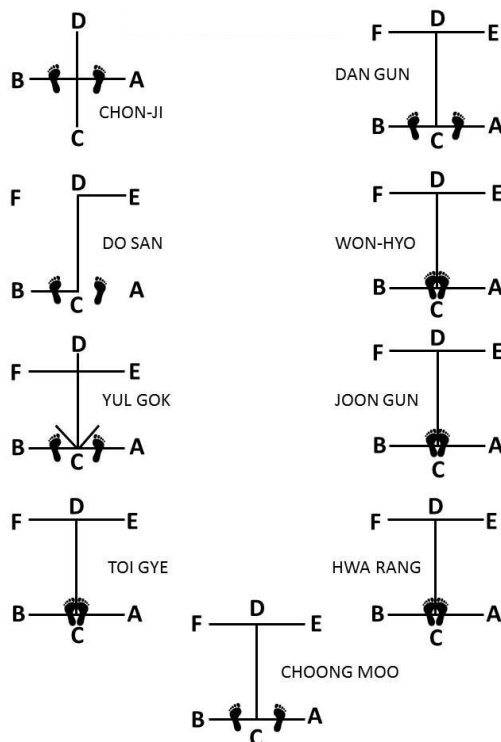
<i>Chon-Ji</i>	<i>9th Kup</i>
<i>Dan-Gun</i>	<i>8th Kup</i>
<i>Do-San</i>	<i>7th Kup</i>
<i>Won-Hyo</i>	<i>6th Kup</i>
<i>Yul-Gok</i>	<i>5th Kup</i>
<i>Joong-Gun</i>	<i>4th Kup</i>
<i>Toi-Gye</i>	<i>3rd Kup</i>
<i>Hwa-Rang</i>	<i>2nd Kup</i>
<i>Choong-Moo</i>	<i>1st Kup</i>

Black-Belt Patterns

<i>Kwang-Gae</i>	<i>I Degree</i>
<i>Po-Eun</i>	
<i>Gae-Bek</i>	
<i>Eui-Am</i>	<i>II Degree</i>
<i>Choong-Jang</i>	
<i>Juche</i>	
<i>Sam-Il</i>	<i>III Degree</i>
<i>Yoo-Sin</i>	
<i>Choi-Yong</i>	
<i>Yong-Gae</i>	<i>IV Degree</i>
<i>Ul-Ji</i>	
<i>Moon-Moo</i>	
<i>So-San</i>	<i>V Degree</i>
<i>Se-Jong</i>	
<i>Tong-Il</i>	<i>VI Degree</i>

THE DIAGRAM OF A PATTERN

The diagram of a pattern is the directional plan of the pattern. It should be followed closely as all patterns should start and finish at the same spot.



MOTIONS IN PATTERNS

When performing patterns, the student must observe the different motions used and execute them correctly. Here is a list of the most commonly employed motions in Taekwon-Do patterns:

Normal Motion: *Single movement, attack or defence, where the execution time is as fast as possible. Single short breath. Sine Wave movement with no special peculiarity.*

Continuous Motion: *(2, 4 or 7 movements) More than one movement whose main objective is to highlight the beauty of the movement. With 2 movements it refers to two different techniques performed continuously without stopping the movement with two sine waves and one breath.*

Fast Motion: *Two movements with the intention of increasing the speed between movements without rushing them individually. 2 short breaths and a small sine wave in between.*

Connecting Motion: *Two movements, generally one natural and one normal performed in a connected way, with one sine wave and one breath starting softly and ending powerfully.*

Slow Motion: *Refers to an unique movement either Normal or Natural executed in a slow way with the aim of accentuating its beauty and practising balance and muscle strength. The sine wave is reproduced at the same pace and it has one single breath accompanying the whole movement in a long exhalation.*

Sliding Motion: *Moving about one shoulder width.*

Natural Motion: *A unique movement that differs from an attack or defence, therefore with its own characteristic of speed and strength. In general, the hands' speed coincides with the velocity of advance of the feet. Normal sine wave and one single breath a little longer than normal.*

SEMI-FREE SPARRING (BAN JAYU MATSOGI)

Semi-Free Sparring is an exercise to improve coordinated movements during attack and defence, building confidence and technique for Free Sparring. Both practitioners face each other in an L-Stance with a Forearm Guarding Block.

Attacker advances forward 3 times executing 3 kicks.

Defender moves back blocking the attacks and counter attacking with a hand technique after the final kick.

- STEP SPARRING -

THREE STEP SPARRING (SAMBO MATSOGI)

Yellow Belt & Above

This kind of sparring is performed from beginner's stage all the way up to advanced level.

The main purpose of Three Step Sparring is to put into practice techniques and distances learnt during basic techniques exercises.

Sambo Matsogi is the only part of sparring where **the student must measure in advance** to ensure the right distances, both in attack and defence.

Counter attack must be performed with a single blow, either by hand or foot, to show the technique's effectiveness

Ready Positions:

ATTACKER: There are 3 Ready positions for the attacker, they are as follows:

Attacks 1 and 2: Right leg back into Walking Stance, Outer Forearm Low Block

Attack 3: Right leg back into L-Stance, Forearm Guarding Block

DEFENDER: Parallel Ready Stance on all 3 sequences.

1) ATTACK Right leg forward into Walking Stance, Fore-fist Middle Punch x 3
1) DEFENCE: Right leg back into Walking Stance, Inner Forearm Middle Block x 3
1) COUNTER ATTACK Middle Punch

2) ATTACK Right leg forward into Walking Stance, Fore-fist High Punch x 3
2) DEFENCE Right leg back into Walking Stance, Outer Forearm Rising Block x 3
2) COUNTER ATTACK Flat Fingertip Thrust

3) ATTACK Right leg forward, Low Side Front Snap Kick
3) DEFENCE Right leg back into L-Stance, Low Knife-hand Block x 3
3) COUNTER ATTACK Middle Turning Kick off the front leg

TWO STEP SPARRING (IBO MATSOGI)

Blue Belt & Above

The main purpose of Two Step Sparring is to familiarise the students with the alternative use of hands and feet. In this way, if the students start with a hand attack, they must end with a foot attack and vice-versa.

The choice of techniques depends on the instructor and/or examiner.

In two Step Sparring the students don't measure the distance before starting the exercise.

Counter attack must be performed with a single blow, either by hand or by foot to show the technique's effectiveness

Ready Positions:

ATTACKER: The attacker steps back with the right foot in an L-Stance with a Forearm Guarding Block

DEFENDER: Parallel Ready Stance

ONE STEP SPARRING (ILBO MATSOGI)

Red Belt & Above

The main goal of One Step Sparring is how to react against an attack by performing a correct distance and to choose a counter-attack that is effective.

Both attacker and defender start in Parallel Ready Stance

GRADING SYLLABUS

This is a list of requirements that you might be asked to demonstrate during the exam. Please make sure that you know all techniques up to your grade

10th Kup - White Belt

- Push-Ups & Sit-Ups
- All Stances learned so far
- Basic Blocks in Walking Stance (Low, Middle, Rising & Wedging Blocks)
- Middle Punches in Sitting & Walking Stance
- Front Rising Kick
- Front Snap Kick / & bicycle motion
- 4 Directional Kick
- 4 Directional Punch
- 4 Directional Block
- Theory

9th Kup - Yellow Tag

- Push-Ups & Sit-Ups
- All Stances learned so far
- All Blocks learned so far plus:
- Low Knife-hand Block in L-Stance
- Middle Block in L-Stance
- Double Punch in Sitting Stance
- Middle Obverse Punch in L-Stance
- All Kicks learned so far plus:
- Downward Kick & Turning Kick
- 4 Directional Exercises
- Chon-Ji Tul
- Theory

8th Kup - Yellow Belt

- Push-Ups & Sit-Ups
- All Stances learned so far
- All Hand Techniques learned so far plus:
- Knife-Hand Guarding Block
- Low/Rising Block in Continuous Motion
- Twin Forearm Block
- High Punch in Walking Stance
- Flat Fingertip Thrust
- Knife-hand Side Strike
- All kicks learned so far plus:
- Side Piercing Kick / FSK Twin foot take off
- All Patterns up to Dan-Gun Tul
- 3 Step Sparring (Sambo Matsogi)
- Theory

7th Kup - Green Tag

- Push-Ups & Sit-Ups
- All Stances learned so far
- All Hand Techniques learned so far plus:
- Outer Forearm High Block
- Back Fist Strike
- Straight Fingertip Thrust
- All Kicks learned so far + Jumping Turning
- All Patterns up to Do-San Tul
- Sambo Matsogi (3 Step Sparring)
- Ban Jayu Matsogi (Semi Free Sparring)
- Theory

6th Kup - Green Belt

- All Stances learned so far
- All Hand Techniques learned so far plus:
- Circular Block
- Forearm Guarding Block
- Waist Block
- Knife-Hand Inward Strike
- All Kicks learned so far plus:
- Back Piercing, Jumping & Combination Kicks
- All Patterns up to Won-Hyo Tul
- 3 Step, Semi Free & Free Sparring
- Hosin Sul (Self Defence)
- Special Technique (on pad or board)
- Fitness Test
- Theory

5th Kup - Blue Tag

- All Stances learned so far
- All Hand Techniques learned so far plus:
- Palm Hooking Block
- Twin Knife Hand Block
- Double Forearm Block
- Front Elbow Strike
- All Kicks learned so far plus:
- Hooking Kick
- Reverse Hooking Kick
- All Patterns up to Yul-Gok Tul
- 3 Step, Semi-Free & Free Sparring
- Hosin Sul (Self Defence)
- Special Technique (on pad or board)
- Fitness Test
- Theory

4th Kup - Blue Belt

- All Stances learned so far
- All Hand Techniques learned so far plus:
- Reverse Knife Hand Middle Block
- Palm Upward Block
- X-Fist Rising Block
- Palm Pressing Block
- U-Shape Block
- Upper Elbow Strike
- Twin Vertical Punch
- Twin Upset Punch
- Angle Punch
- All Kicks learned so far plus:
- Reverse Turning Kick
- All Patterns up to Joong-Gun Tul
- 2 Step Sparring (Ibo Matsogi)
- Free & 2v1 Sparring
- Self Defence
- Special Technique (on pad or board)
- Fitness Test
- Theory

GRADING SYLLABUS (Continued)

3rd Kup - Red Tag

- All Stances learned so far
- All Hand Techniques learned so far plus:
- W-Shape Block
- X-Fist Pressing Block
- X-Fist Downward Block
- Double Forearm Low Pushing Block
- Upset Fingertip Thrust
- Twin Side Elbow Thrust
- Crescent Punch
- All Kicks learned so far plus:
- Crescent Kick / 360 kicks
- All Patterns up to Toi-Gye
- 2 Step, Free & 2v1 Sparring
- Self Defence
- Demonstration of Different Motions
- Special Technique (on pad or board)
- Fitness Test
- Theory

2nd Kup - Red Belt

- All Stances learned so far
- All Hand Techniques learned so far plus:
- Palm Pushing Block
- Side Front Block
- Vertical Punch
- Upward Punch
- All Kicks learned so far plus:
- Vertical Kick
- Twisting Kick
- All Patterns up to Hwa-Rang
- 1 Step Sparring, Free & 2v1 Sparring
- Self Defence
- Demonstration of Different Motions
- Special Technique (on pad or board)
- Fitness Test
- Theory

1st Kup - Black Tag

- All Stances learned so far
- All Hand Techniques learned so far plus:
- Knife Hand High Front Strike
- Twin Palm Upward Block
- X-Knife hand Checking Block
- Outer Forearm Middle Inward Front Block
- All Kicks learned so far + Pressing & Checking Kick
- All Patterns up to Choong-Moo
- 1 Step, Free & 2v1 Sparring
- Self Defence
- Demonstration of different motions
- Special Technique (on pad or board)
- Fitness Test
- Theory

TRANSLATION OF BASIC COMMANDS

Charyot	ATTENTION
Kyong-ye	BOW
Junbi	READY
Sijak	START
Goman	STOP
Haechyo	BREAK
Pharo	RETURN
Swiyo	AT EASE
Dwiro Doro	TURN
Nagagi	FORWARDS
Duruogi	BACKWARDS
Jaro	TO THE LEFT
Uro	TO THE RIGHT
Haesan	CLASS DISMISSED
Hanna	ONE
Dool	TWO
Set	THREE
Net	FOUR
Tasut	FIVE
Hasut	SIX
Ilgop	SEVEN
Yaudul	EIGHT
Ahop	NINE
Yaul	TEN

Grading Syllabus for holders of White Belt - 10th Kup

PRACTICAL TEST

- Push-Ups & Sit-Ups
- All Stances learned so far
- Basic Blocks in Walking Stance (Low, Middle, Rising & Wedging Blocks)
- Middle Punches in Sitting & Walking Stances
- Front Rising Kick
- Front Snap Kick: Stationary & bicycle motion
- 4 Directional Kick
- 4 Directional Punch
- 4 Directional Block

THEORY TEST

Junior Grading: Questions 1-8

Standard Grading: 1-12

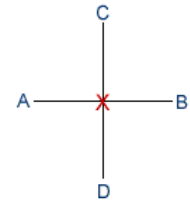
QUESTIONS

ANSWERS

- | | |
|--|--|
| <p>1) What does Taekwon-Do literally mean?</p> <p>2) Who is the Father and Founder of Taekwon-Do?</p> <p>3) In which country did Taekwon-Do originate?</p> <p>4) When was Taekwon-Do originally recognised?</p> <p>5) What are the 5 Tenets of Taekwon-Do?</p> | <p>1) The Art of Hand and Foot</p> <p>2) Grand Master General Choi Hong Hi 9th Dan</p> <p>3) Korea</p> <p>4) April 11th 1955</p> <p>5) Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit</p> |
| <p>6) What does a White Belt signify?</p> | <p>6) Innocence, as the beginner who has no previous knowledge of Taekwon-Do</p> |
| <p>7) What is the title given to a 7th or 8th Degree Black Belt?</p> | <p>7) Master (Sahyun)</p> |
| <p>8) What is the title given to a 9th Degree Black Belt?</p> | <p>8) Grand-Master (Saseong)</p> |
| <p>9) What are the Korean terms for the following stances?</p> <p>a) Attention Stance</p> <p>b) Parallel Stance</p> <p>c) Sitting Stance</p> <p>d) Walking Stance</p> | <p>9) a) Charyot Sogi</p> <p>b) Narani Sogi</p> <p>c) Annun Sogi</p> <p>d) Gunnun Sogi</p> |
| <p>10) Name the 3 sections of the body in Korean</p> | <p>10) a) Nopunde (High)</p> <p>b) Kaunde (Middle)</p> <p>c) Najunde (Low)</p> |
| <p>11) What are the Korean terms for:</p> <p>a) Middle Punch</p> <p>b) Low Block</p> <p>c) Middle Block</p> <p>d) Rising Block</p> <p>e) Wedging Block</p> | <p>11) a) Kaunde Jirugi</p> <p>b) Najunde Makgi</p> <p>c) Kaunde Makgi</p> <p>d) Chookyo Makgi</p> <p>e) Hechyo Makgi</p> |
| <p>12) What are the Korean Terms for?</p> <p>a) 4 Direction Kick</p> <p>b) 4 Direction Punch</p> <p>c) 4 Direction Block</p> | <p>12) a) Saju Chagi</p> <p>b) Saju Jirugi</p> <p>c) Saju Makgi</p> |

Pattern Exercises for holders of a White Belt - 10th Kup

The illustrations for this patterns assume that the student is standing on **X** and facing **D**



FOUR DIRECTION KICK: (*Saju Chagi*)

Ready Posture: Left Walking Ready Stance - Facing 'D'

1. Execute a Front Snap Kick to D with the right leg and lower it towards A forming a Left Walking Ready Stance toward B.
2. Execute a Front Snap Kick to B with the right leg and lower it towards D forming a Left Walking Ready Stance toward C.
3. Execute a Front Snap Kick to C with the right leg and lower it towards B forming a Left Walking Ready Stance toward A.
4. Execute a Front Snap Kick to A with the right leg and lower it towards C forming a Left Walking Ready Stance toward D.

Repeat with the opposite side in the opposite direction.

FOUR DIRECTION PUNCH: (*Saju Jirugi*)

Ready Posture: Parallel Ready Stance - Facing 'D'

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

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

Repeat with the opposite side in the opposite direction.

FOUR DIRECTION BLOCK: (*Saju Makgi*)

Ready Posture: Parallel Ready Stance - Facing 'D'

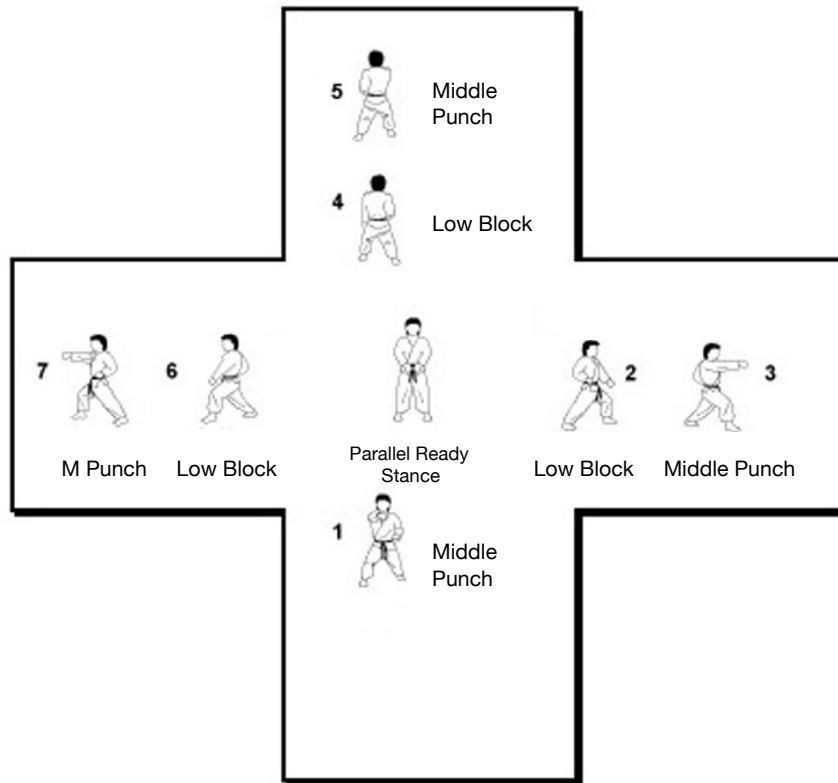
1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

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

Repeat with the opposite side in the opposite direction.

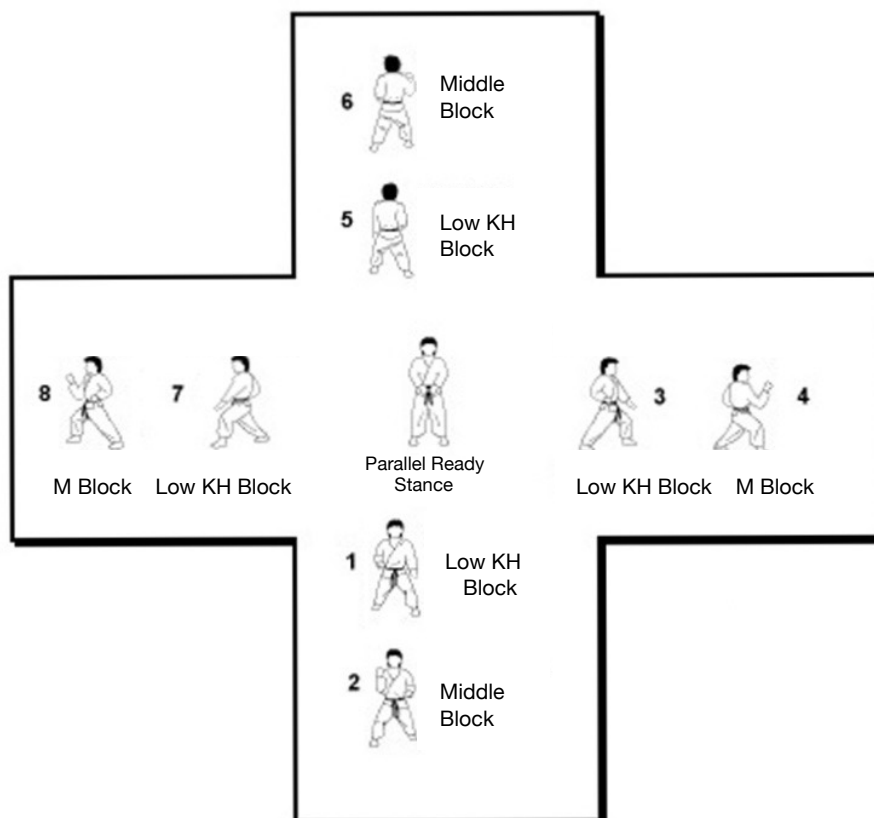
FOUR DIRECTIONAL PUNCH

Start moving ONLY the right leg. Forward with a middle punch, back with a low block. Once you complete the 7 movements, go back to starting position and repeat the exercise with the left



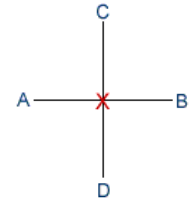
FOUR DIRECTIONAL BLOCK

Start with the right leg, once the 8 movements have been completed, go to ready position and start with the left leg turning to the opposite direction



Pattern for Yellow Tag - 9th Kup

1st Pattern: Chon-Ji - 19 Movements



The illustrations for this pattern assume that the student is standing on **X** and facing **D**

DIAGRAM: Cross or Plus sign

PATTERN MEANING: *Chon-Ji 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 the Heaven and the other the Earth.*

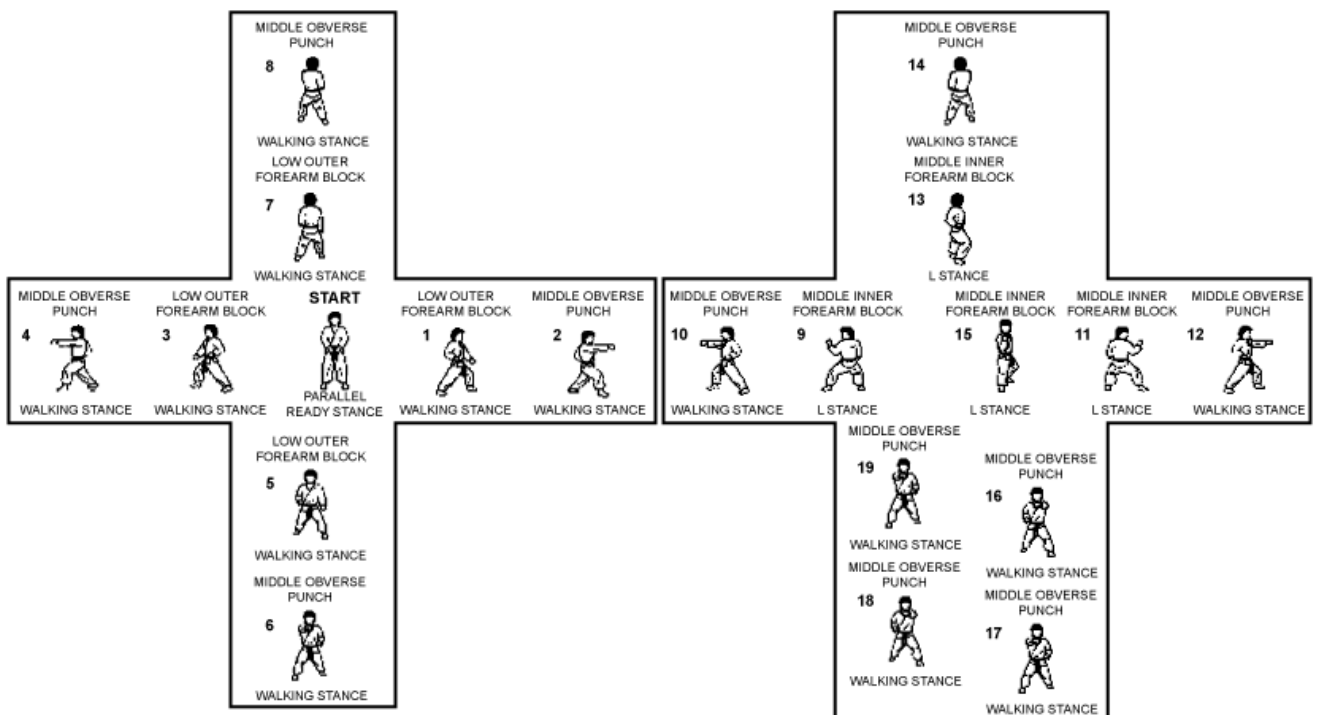
Ready Posture - PARALLEL READY STANCE

- | | |
|---|--|
| <ol style="list-style-type: none"> 1 Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm. 2 Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist. 3 Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm. 4 Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist. 5 Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm. 6 Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist. 7 Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm. 8 Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist. 9 Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm. 10 Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist. 11 Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm. 12 Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist. 13 Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm. 14 Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist. | <ol style="list-style-type: none"> 15 Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm. 16 Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist. 17 Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist. 18 Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist. 19 Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist. <p>END: Bring the left foot back to a ready posture</p> |
|---|--|

Theory Questions:

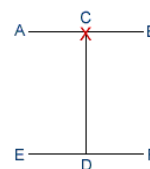
- What is a Pattern?
- Meaning of Chon-Ji
- Attention Stance *Charyot Sogi*
- Sitting Stance *Annun Sogi*
- Walking Stance *Gunnun Sogi*
- L-Stance *Niunja Sogi*
- Front Rising Kick *Apcha Olligi*
- Front Snap Kick *Apcha Busigi*
- Fore-Fist *Ap Joomuk*
- Knife-hand *Sonkal*
- Inner Forearm *An Palmok*
- Outer Forearm *Bakat Palmok*
- Ball of the foot *Apkumchi*

CHON-JI



Pattern for Yellow Belt - 8th Kup

2nd Pattern: Dan-Gun - 21 Movements



The illustrations for this pattern assume that the student is standing on **X** and facing **D**

DIAGRAM: Capital I

PATTERN MEANING: *DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.*

Ready Posture - PARALLEL READY STANCE

- | | |
|--|---|
| <p>1 Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.</p> <p>2 Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.</p> <p>3 Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.</p> <p>4 Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.</p> <p>5 Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.</p> <p>6 Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.</p> <p>7 Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.</p> <p>8 Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.</p> <p>9 Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.</p> <p>10 Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.</p> <p>11 Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.</p> | <p>12 Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.</p> <p>13 Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.</p> <p>14 Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.</p> <p>15 Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.</p> <p>16 Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.</p> <p>17 Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.</p> <p>18 Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.</p> <p>19 Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.</p> <p>20 Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.</p> <p>21 Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.</p> <p>END: Bring the left foot back to a ready posture.</p> |
|--|---|

Theory Questions:

- Meaning of Dan-Gun
- Knife Hand Guarding Block *Sonkal Daebi Makgi*
- Twin Forearm Block *Sang Palmok Makgi*
- Knife Hand Side Strike *Sonkal Yop Taerigi*
- Rising Block *Chookyo Makgi*
- Flat Fingertip Thrust *Opun Sonkut Tulgi*
- Turning Kick *Dollyo Chagi*
- Downward Kick *Naeryo Chagi*
- Side Piercing Kick *Yopcha Jirugi*
- Three Step Sparring *Sambo Matsogi*

DAN-GUN



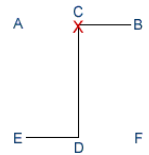
Pattern for Green Tag - 7th Kup

3rd Pattern: Do-San Tul - 24 Movements

PATTERN MEANING: *DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876 -1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.*

The illustrations for this pattern assume that the student is standing on **X** and facing **D**

DIAGRAM: Step Sign



Ready Posture - PARALLEL READY STANCE

- | | |
|---|--|
| <p>1 Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.</p> <p>2 Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.</p> <p>3 Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.</p> <p>4 Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.</p> <p>5 Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.</p> <p>6 Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.</p> <p>7 Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.</p> <p>8 Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.</p> <p>9 Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.</p> <p>10 Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.</p> <p>11 Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.</p> <p>12 Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.</p> | <p>13 Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.</p> <p>14 Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.</p> <p>15 Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.</p> <p>16 Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.</p> <p>17 Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.</p> <p>18 Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.</p> <p>19 Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.</p> <p>20 Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.</p> <p>21 Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.</p> <p>22 Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.</p> <p>23 Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.</p> <p>24 Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.</p> |
|---|--|

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

Theory Questions:

- Meaning of Do-San
- Wedging Block
- Straight Fingertip Thrust
- Back-fist Strike
- Side Piercing Kick
- 3 Step Semi Free Sparring

Hechyo Makgi
Sun Sonkut Tulgi
Dung Joomuk Taerigi
Yopcha Jirugi
Ban Jayu Matsogi

Obverse and Reverse techniques: To fully explain the difference between obverse and reverse techniques, you will first need to understand the different weight distribution of each stance.

For example:

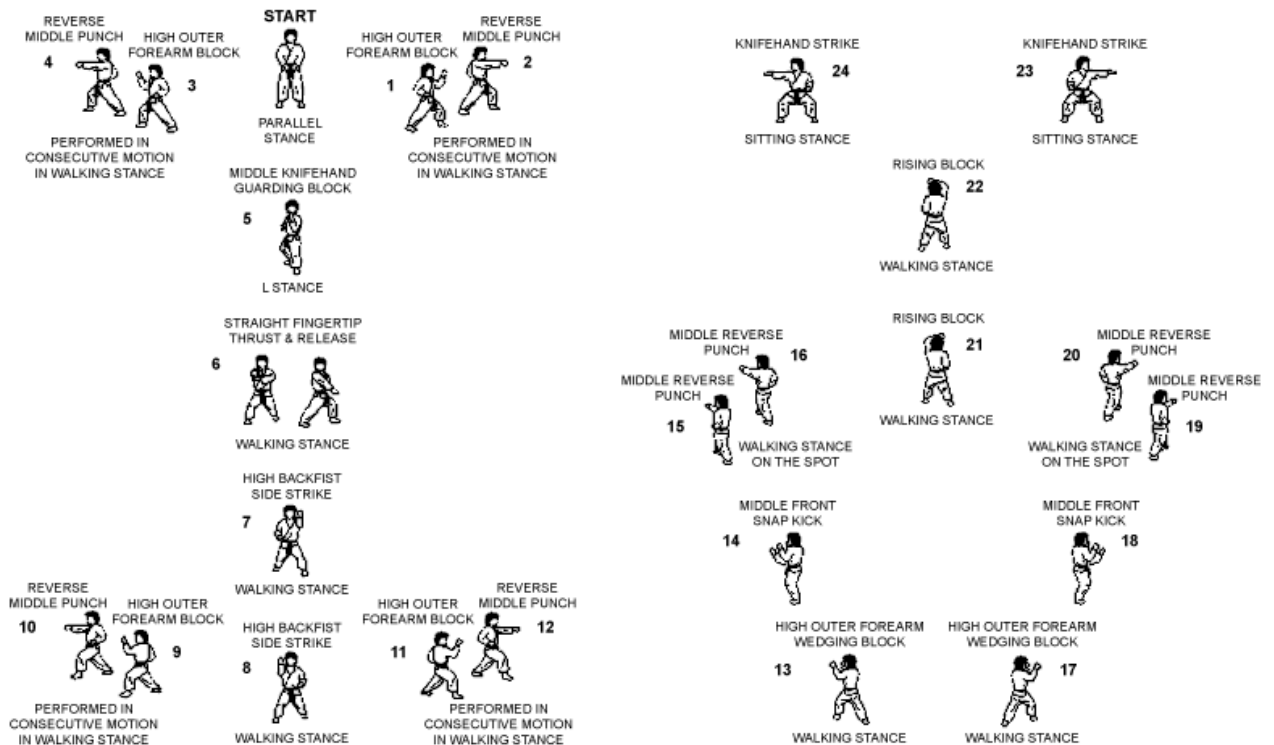
Walking Stance has 50% weight distribution on each leg, making the leading leg the one in front.

L-Stance has 70% of your weight distribution on the back leg, making the leading leg the one with the most weight.

Obverse Technique: Same side as the leading leg

Reverse Technique: Opposite side to the leading leg

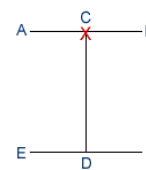
DO-SAN



Pattern for Green Belt - 6th Kup

4th Pattern: Won-Hyo Tul - 28 Movements

Start on **X** and facing **D** DIAGRAM: Capital I



PATTERN MEANING: *Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.*

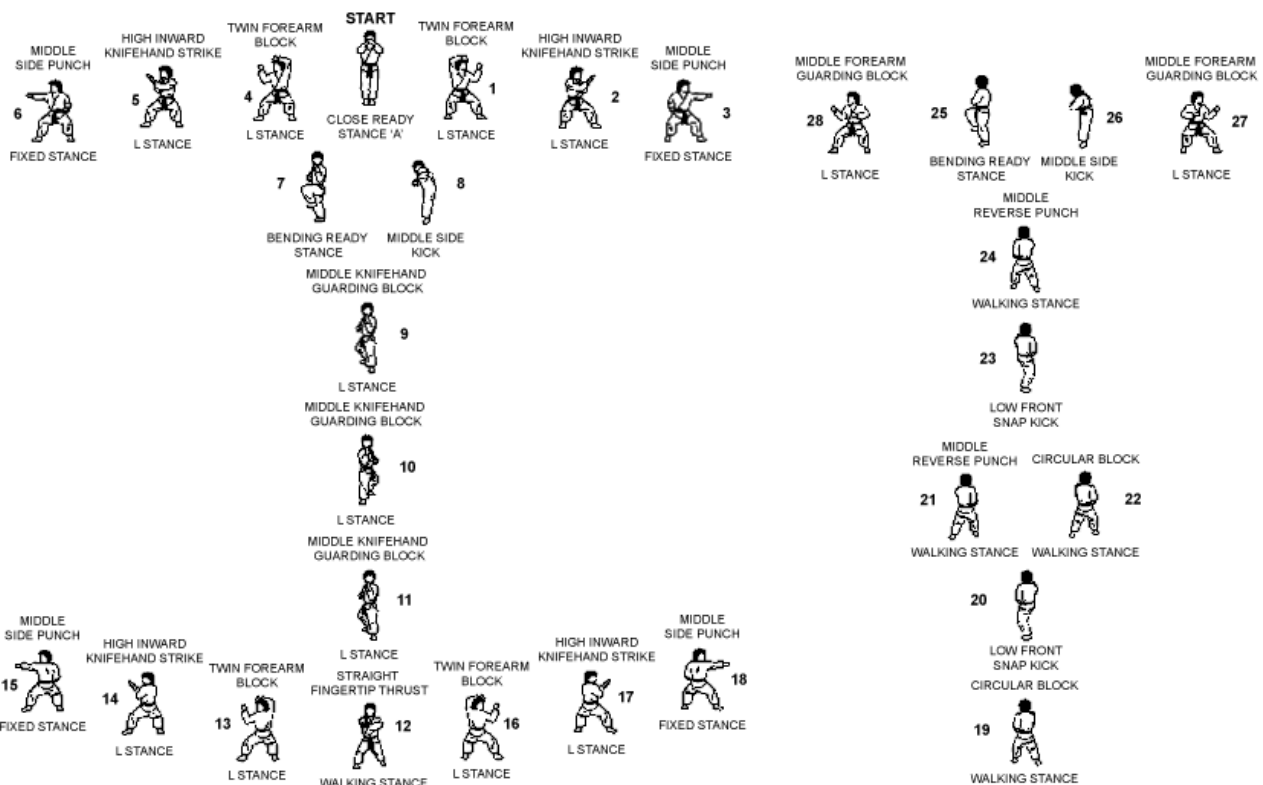
Ready Posture - CLOSE READY STANCE 'A'

- | | |
|--|--|
| <p>1 Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.</p> <p>2 Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.</p> <p>3 Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.</p> <p>4 Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.</p> <p>5 Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.</p> <p>6 Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.</p> <p>7 Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.</p> <p>8 Execute a middle side piercing kick to D with the left foot.</p> <p>9 Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.</p> <p>10 Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.</p> <p>11 Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.</p> <p>12 Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.</p> <p>13 Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.</p> <p>14 Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.</p> | <p>15 Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.</p> <p>16 Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.</p> <p>17 Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.</p> <p>18 Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.</p> <p>19 Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.</p> <p>20 Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.</p> <p>21 Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.</p> <p>22 Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.</p> <p>23 Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.</p> <p>24 Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.</p> <p>25 Turn the face toward C forming a left bending ready stance A toward C.</p> <p>26 Execute a middle side piercing kick to C with the right foot.</p> <p>27 Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.</p> <p>28 Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.</p> |
|--|--|
- END: Bring the right foot back to a ready posture

Theory Questions:

- Pattern Meaning
- Green Belt Meaning
- Circular Block
- Forearm Guarding Block
- Waist Block
- Fixed Stance
- Bending Ready Stance
- Close Ready Stance 'A'
- Knife-Hand Inward Strike
- Free Sparring
- Back Piercing Kick

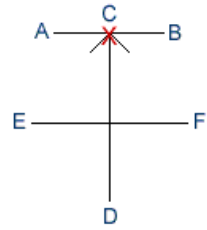
Dollimyo Makgi
Palmok Daebi Makgi
Hori Makgi
Gojung Sogi
Guburyo Junbi Sogi
Moa Junbi Sogi 'A'
Anuro Sonkal Taerigi
Jayu Matsogi
Dwitcha Jirugi

WON-HYO

Pattern for Blue Tag - 5th Kup

5th Pattern: Yul-Gok Tul - 38 Movements

Start on **X** facing towards **D** DIAGRAM: Scholar Sign



PATTERN MEANING: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on 38° latitude and the Diagram represents 'scholar'.

Ready Posture - PARALLEL READY STANCE (Narani Junbi Sogi)

- | | | | |
|----|---|------|---|
| 1 | Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally. | 20 | Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion. |
| 2 | Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. | 21 | Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist. |
| 3 | Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion. | 22 | Turn the face toward D forming a right bending ready stance A toward D. |
| 4 | Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally. | 23 | Execute a middle side piercing kick to D with the left foot. |
| 5 | Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. | 24 | Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow. |
| 6 | Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion. | 25 | Turn the face toward C forming a left bending ready stance A toward C. |
| 7 | Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm. | 26 | Execute a middle side piercing kick to C with the right foot. |
| 8 | Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7. | 27 | Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow. |
| 9 | Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist. | 28 | Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block. |
| 10 | Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion. | 29 | Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip. |
| 11 | Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm. | 30 | Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block. |
| 12 | Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11. | 31 | Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip. |
| 13 | Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist. | 32 | Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm. |
| 14 | Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion. | 33 | Execute a middle punch to C with the right fist while maintaining a left walking stance toward C. |
| 15 | Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot. | 34 | Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm. |
| 16 | Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D. | 35 | Execute a middle punch to C with the left fist while maintaining a right walking stance toward C. |
| 17 | Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion. | 36 | Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist. |
| 18 | Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm. | 37 | Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm. |
| 19 | Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D. | 38 | Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm. |
| | | END: | Bring the left foot back to a ready posture. |

Theory Questions:

- Pattern Meaning
- Palm Hooking Block *Sonbadak Golcho Makgi*
- Double Forearm Block *Doo Palmok Makgi*
- Twin Knife-Hand Block *Sang Sonkal Makgi*
- Front Elbow Strike *Ap Palkup Taerigi*
- X-Stance *Kyocho Sogi*
- Hooking Kick *Golcho Chagi*
- Reverse Hooking Kick *Bandae Dollyo Goro Chagi*

INSIDE BLOCK:

AN MAKGI: Any block that blocks the inside of the opponent's attacking tool to expose the inside of the opponent's body.

OUTSIDE BLOCK:

BAKAT MAKGI: Any block that blocks the outside of the opponent's attacking tool to expose the outside of the opponent's body.

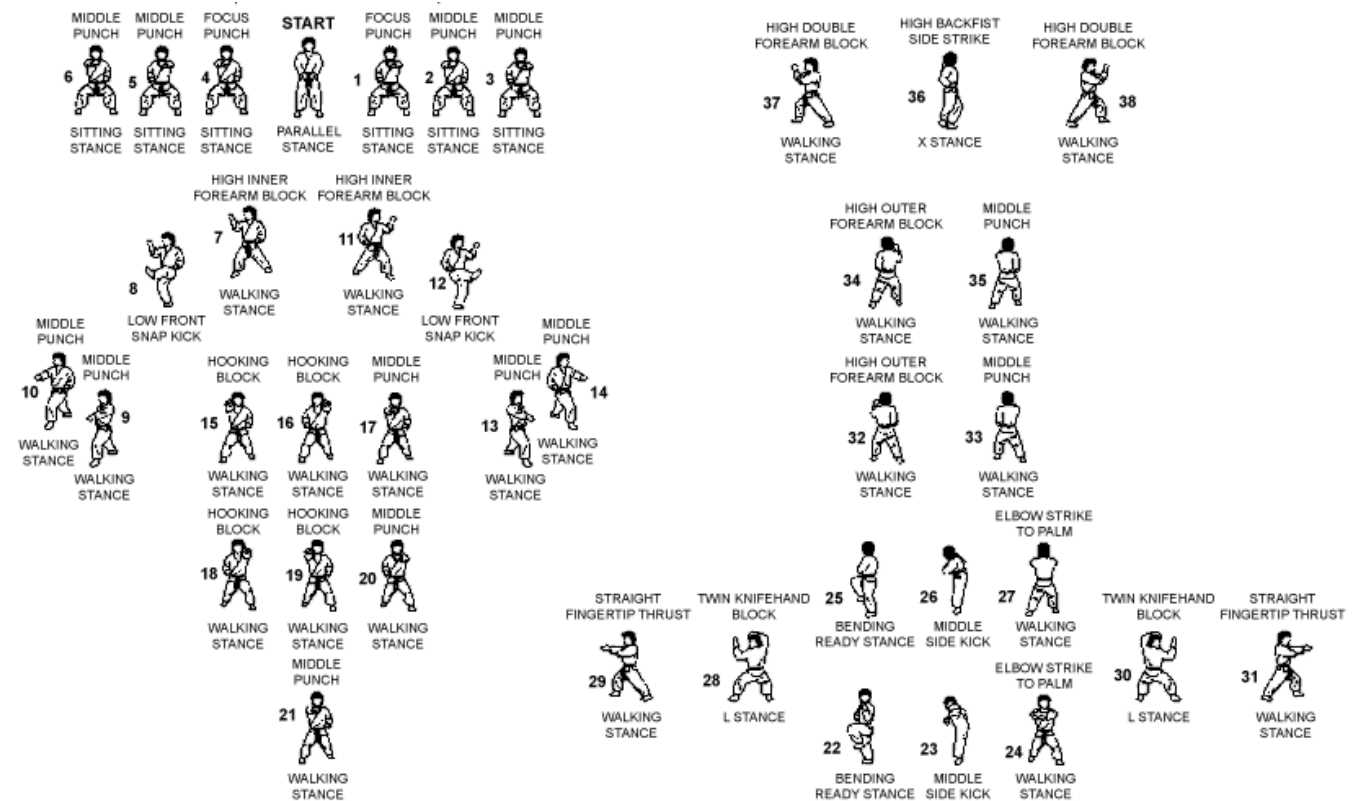
INWARD BLOCK:

ANURO MAKGI: Any block that converges inward towards the centreline of your body.

OUTWARD BLOCK:

BAKURO MAKGI: Any block that moves away from the centreline of your body

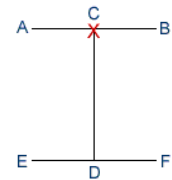
YUL-GOK



Pattern for Blue Belt - 4th Kup

6th Pattern: Joong-Gun Tul - 32 Movements

Start on **X** facing towards **D** DIAGRAM: Capital I



PATTERN MEANING: Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910)

Ready Posture - CLOSE READY STANCE TYPE 'B' (Moa Junbi Sogi 'B')

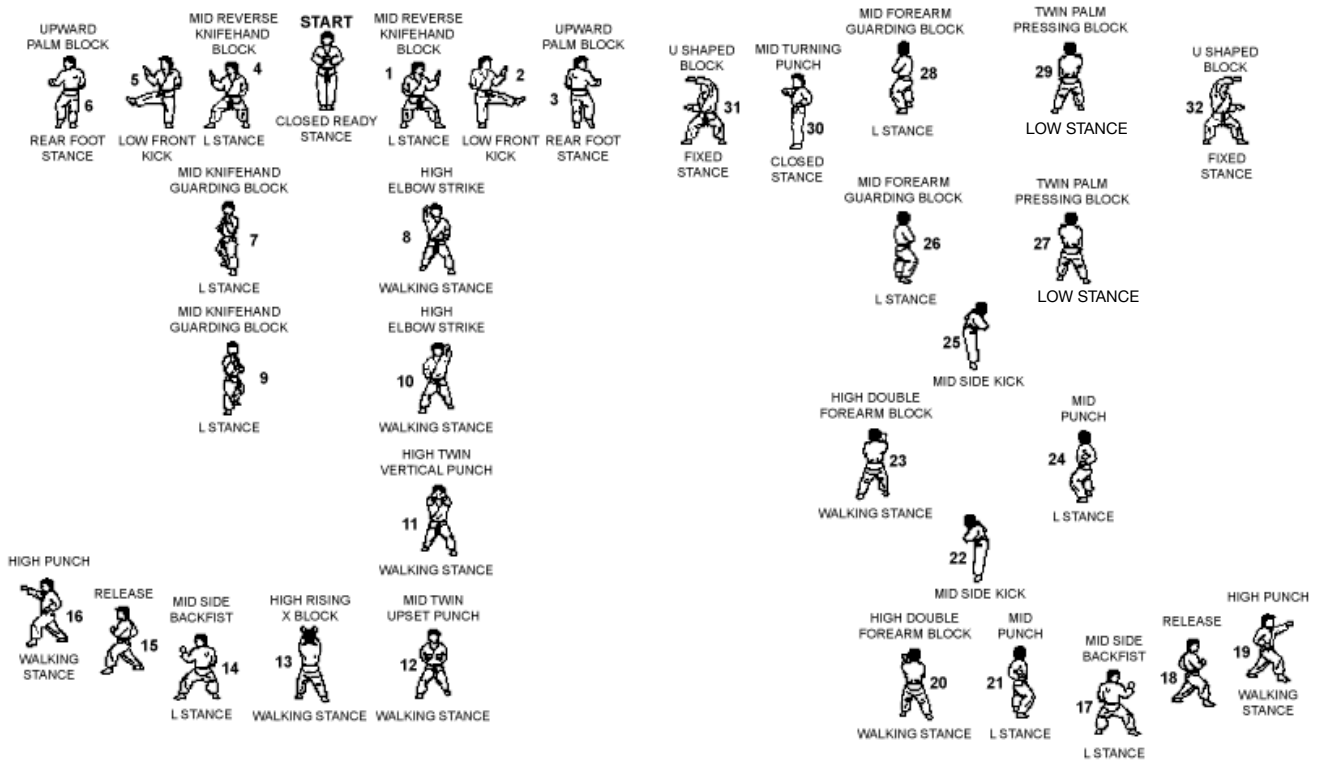
- | | |
|--|--|
| <p>1 Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.</p> <p>2 Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.</p> <p>3 Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.</p> <p>4 Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.</p> <p>5 Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.</p> <p>6 Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.</p> <p>7 Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.</p> <p>8 Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.</p> <p>9 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.</p> <p>10 Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.</p> <p>11 Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.</p> <p>12 Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.</p> <p>13 Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.</p> <p>14 Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.</p> <p>15 Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.</p> <p>16 Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.</p> | <p>17 Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.</p> <p>18 Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.</p> <p>19 Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.</p> <p>20 Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.</p> <p>21 Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.</p> <p>22 Execute a middle side piercing kick to C with the right foot.</p> <p>23 Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.</p> <p>24 Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.</p> <p>25 Execute a middle side piercing kick to C with the left foot.</p> <p>26 Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.</p> <p>27 Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.</p> <p>28 Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.</p> <p>29 Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion?</p> <p>30 Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.</p> <p>31 Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.</p> <p>32 Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.i</p> |
|--|--|
- END: Bring the left foot back to a ready posture.

Theory Questions:

Pattern Meaning
 Blue Belt Meaning
 U-Shape Block *Digutja Makgi*
 Palm Pressing Block *Sonbadak Noolo Makgi*
 X-Fist Rising Block *Kyocha Joomuk Ollyo Makgi*
 Arc-Hand *Bandal Son*
 Reverse Knife-Hand *Sonkal Dung*
 Upper Elbow Strike *Wi Palkup Taerigi*
 Twin Vertical Punch *Sang Sewo Jirugi*

Angle Punch
 Twin Upset Punch
 Reverse Turning Kick
 Side Front Snap Kick
 Low Stance
 Rear Foot Stance
 2 Step Sparring
Gyokja Jirugi
Sang Dwijibo Jirugi
Bandae Dollyo Chagi
Yobap Cha Busigi
Nachuo Sogi
Dwit Bal Sogi
Ibo Matsogi

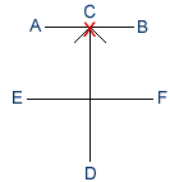
JOONG-GUN



Pattern for Red Tag - 3rd Kup

7th Pattern: Toi-Gye Tul - 37 Movements

Start on **X** facing towards **D** DIAGRAM: Scholar Sign



PATTERN MEANING: Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority in neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, and the diagram represents Scholar

Ready Posture - CLOSE READY STANCE TYPE 'B' (Moa Junbi Sogi 'B')

- 1 Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
 - 2 Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
 - 3 Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
 - 4 Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
 - 5 Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
 - 6 Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
 - 7 Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
 - 8 Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
 - 9 Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
 - 10 Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 - 11 Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
 - 12 Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
 - 13 Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
 - 14 Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
 - 15 Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
 - 16 Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
 - 17 Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
 - 18 Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
 - 19 Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
 - 20 Extend both hands upward as if to grab the opponent's head and form a left walking stance toward D, slipping the left foot to D.
 - 21 Execute an upward kick with the right knee while pulling both hands downward.
 - 22 Lower the right foot to the left foot 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.
 - 23 Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 - 24 Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
 - 25 Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
 - 26 Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
 - 27 Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
 - 28 Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
 - 29 Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
 - 30 Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
 - 31 Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
 - 32 Execute a circular block to BD with the right inner forearm and form a left walking stance toward B, slipping the left foot to B.
 - 33 Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
 - 34 Execute a circular block to AD with the left inner forearm and form a right walking stance toward A, slipping the right foot to A.
 - 35 Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
 - 36 Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
 - 37 Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END: Bring the right foot back to a ready posture.

Theory Questions:

Pattern Meaning

W-Shape Block

X-Fist Pressing Block

X-Fist Downward Block

Knee Upward Kick

Upset Fingertip Thrust

Twin Elbow Thrust

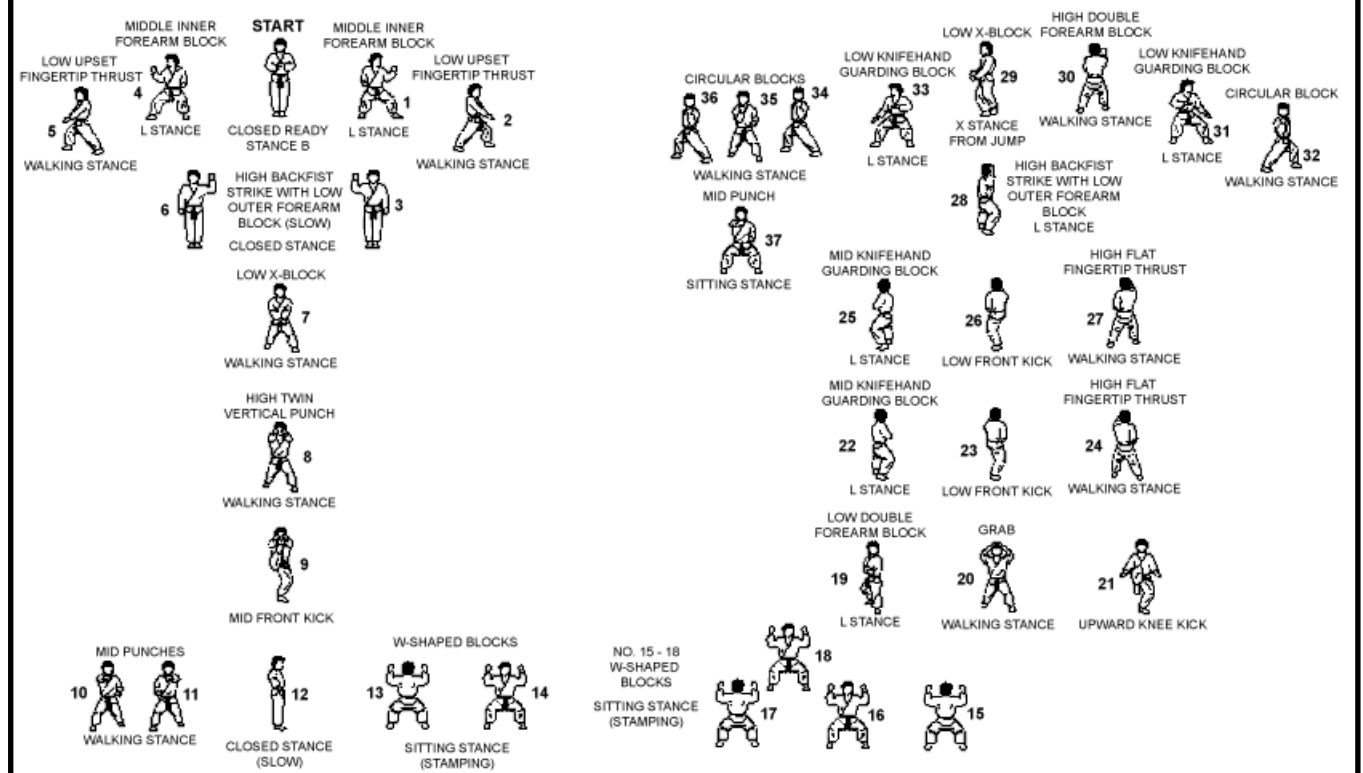
Double Forearm Pushing Block

Crescent Kick

Crescent Punch

*San Makgi**Kyocha Joomuk Noolo Makgi**Kyocha Joomuk Naeryo Makgi**Moorup Ollyo Chagi**Dwijibun Sonkut Tulgi**Sang Palkup Tulgi**Doo Palmok Miro Makgi**Bandal Chagi**Bandal Jirugi*

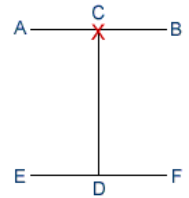
TOI-GYE



Pattern for Red Belt - 2nd Kup

8th Pattern: Hwa-Rang Tul - 29 Movements

Start on **X** facing towards **D** **DIAGRAM: Capital I**



PATTERN MEANING: Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century.

The 29 movements refer to the 29th Infantry division, where Taekwon-Do developed into maturity.

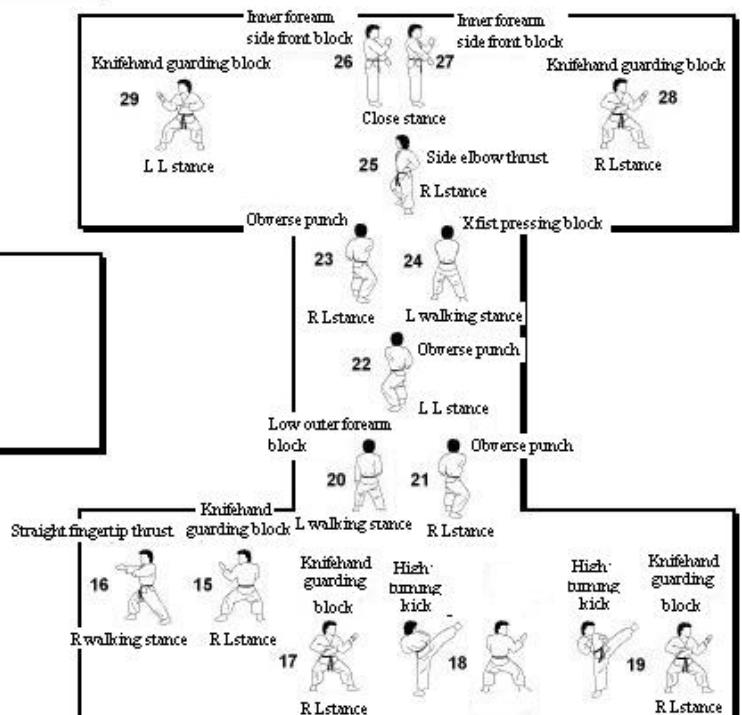
Ready Posture - CLOSE READY STANCE TYPE 'C' (Moa Junbi Sogi 'C')

- 1 Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
- 2 Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
- 3 Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
- 4 Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
- 5 Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
- 6 Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
- 7 Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
- 8 Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
- 9 Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
- 10 Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 11 Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
- 12 Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
- 13 Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
- 14 Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
- 15 Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
- 16 Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
- 17 Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
- 18 Execute a high turning kick to DF with the right foot and then lower it to F.
- 19 Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
- 20 Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
- 21 Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
- 22 Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
- 23 Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
- 24 Execute a pressing block with an X-fist and form a left walking stance toward C, slipping the left foot to C.
- 25 Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
- 26 Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
- 27 Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
- 28 Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
- 29 Bring the left foot to the right foot and then 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.

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

- ### SIDE FRONT BLOCK

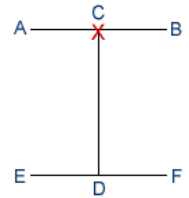
Only the Inner Forearm or the Reverse Knife-hand can be used on the Side Front Block



Patter for Black Tag - 1st Kup

9th Pattern: Choong-Moo Tul - 30 Movements

Start on **X** facing towards **D** DIAGRAM: Capital I



PATTERN MEANING: Choong-Moo was the name given to the great Admiral Yi Soon Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be a precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

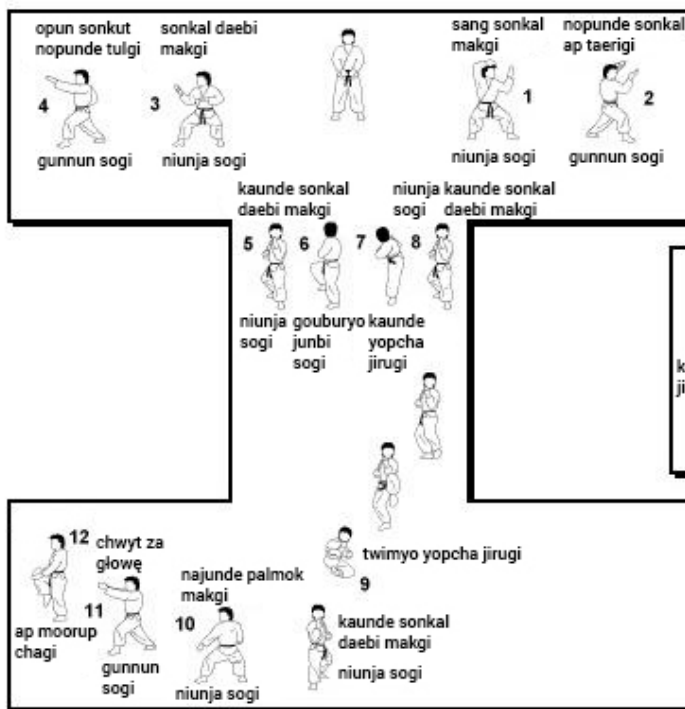
Ready Posture - PARALLEL READY STANCE (Narani Junbi Sogi)

- 1 Move the left foot to B forming a right L-stance toward B and execute a twin knife-hand block.
 - 2 Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
 - 3 Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
 - 4 Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
 - 5 Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
 - 6 Turn the face to C forming a left bending ready stance A toward C.
 - 7 Execute a middle side piercing kick to C with the right foot.
 - 8 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.
 - 9 Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
 - 10 Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
 - 11 Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
 - 12 Execute an upward kick to E with the right knee pulling both hands downward.
 - 13 Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
 - 14 Execute a high turning kick to DF with the right foot and then lower it to the left foot.
 - 15 Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
 - 16 Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
 - 17 Execute a middle turning kick to DE with the left foot.
 - 18 Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
 - 19 Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
 - 20 Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
 - 21 Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
 - 22 Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
 - 23 Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
 - 24 Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
 - 25 Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
 - 26 Execute a middle side piercing kick to A with the left foot turning clockwise.
 - 27 Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
 - 28 Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
 - 29 Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
 - 30 Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- END: Bring the left foot back to a ready posture.

Theory Questions:

- Pattern Meaning
- Black Belt Meaning
- Knife-Hand High Front Strike
- Twin Palm Upward Block
- X-Knifehand Checking Block
- One Step Sparring
- Motions in Patterns
- Theory of power

Sonkal Nopunde Ap Taerigi
Sang Sonbadak Ollyo Makgi
Kyocha Sonkal Momchau Makgi
Ilbo Matsogi
Explain & demonstrate
Explain



Choong Moo



TERMINOLOGY AND TAEKWON-DO DICTIONARY

COMMANDS			TAEKWON-DO DICTIONARY	
Attention	Charyot		Angle punch	Giokja jirugi
Bow	Kyong-ye		Arc hand	Bandal son
Ready	Junbi		Assistant instructor	Boo Sabum
Start	Sijak		At ease	Swiyo
Stop	Goman		Attention	Charyot
Return (to ready stance)	Pharo		Attention stance	Charyot sogi
At ease/relax	Swiyo		Back heel	Dwitchhook
Turn	Dwiro doro		Back piercing kick	Dwit cha jirugi
Forwards	Nagagi		Back sole	Dwitkumchi
Backwards	Duruogi		Backfist	Dung joomok
To the left	Jaro		Backwards	Duruogi
To the right	Uro		Ball of the foot	Apkumchi
			Belt	Ti
NUMBERS			Bending ready stance	Guburyo junbi sogi
One	Hana		Block	Makgi
Two	Dool		Bow	Kyong ye
Three	Set		Breath control	Hohup jojul
Four	Net		Checking block	Momchau makgi
Five	Tasut		Checking kick	Cha momchagi
Six	Yasut		Circular block	Dollymyo makgi
Seven	Ilgop		Close stance	Moa sogi
Eight	Yodul		Courtesy	Ye ui
Nine	Ahope		Crescent	Bandal
Ten	Yaul		Cross-cut	Ghutgi
			Dismiss	Hae san
TENETS			Dodging	Pihagi doo
Courtesy	Ye ui		Double forearm	Doo palmok
Integrity	Yom chi		Downward	Naeryo
Perseverance	In nae		Eight	Yodul
Self-control	Guk gi		Elbow	Palkup
Indomitable spirit	Beakjul boolgool		Fingertip	Sonkarak
			Fingertip	Sonkut
INSTRUCTORS			Five	Tasut
Grand Master	Saesong		Fixed stance	Gojung sogi
Master	Sahyun		Flat fingertip	Opun sonkut
Instructor	Sabum		Flying	Twimyo
Assistant Instructor	Boo Sabum		Foor shifting	Iajun bal
			Footsword	Balkal
SPARRING TYPES			Forearm	Palmok
Free sparring	Jayu matsogi		Forefist	Ap joomuk
Semi-free sparring	Ban jayu matsogi		Forwards	Nagagi
Three-step sparring	Sambo matsogi		Four	Net
Two-step sparring	lbo matsogi		Four direction block	Saju makgi
One-step sparring	Ilbo matsogi		Four direction punch	Saju jirugi
			Free sparring	Jayu matsogi
			Front	Ap
			Front downward strike	Ap naeryo taerigi
			Front elbow	Ap palkup
			Front elbow strike	Ap palkup taerigi
			Fundamental exercise	Gibon yonsup
			Grand Master	Saesong
			Guarding block	Daebi makgi
			Heaven hand	Hannul son
			High	Nopunde
			High elbow	Nopun palkup
			High section	Nopun bubun
			Hooking block	Golcho makgi
			Hooking kick	Golcho chagi

TAEKWON-DO DICTIONARY (Continued)

Horizontal	Soopyong		Side back	Yopdwi
Indomitable spirit	Baekjul boolgool		Side downward strike	Yop naeryo taerigi
Inner forearm	An palmok		Side fist	Yop joomuk
Inside block	An makgi		Side front	Yobap
Instep	Baldung		Side instep	Yop baldung
Instructor	Sabum		Side piercing kick	Yop cha jirugi
Integrity	Yom chi		Side pushing kick	Yop cha milgi
Inward	Anuro		Side sole	Yop balbadak
Jumping	Twigi		Side thrusting kick	Yop cha tulgi
Kick	Chagi		Sine wave	Hwaldung pahdo
Knee	Moorup		Single	Wae
Knife hand	Sonkal		Sitting stance	Annun sogi
L Stance	Niunja sogi		Six	Yasut
Left	Wen		Sliding	Mikulgi
Low	Najunde		Sparring	Matsogi
Low section	Najunde bubun		Special technique	Tukgi
Low stance	Nachuo sogi		Spot turning	Gujari dolgi
Master	Sahyun		Stamping kick	Cha bapgi
Mid-air kck	Twio dolmyo chagi		Stance	Sogi
Mid-air strike	Twio dolmyo taerigi		Start	Sijak
Middle	Kaunde		Step turning	Omgyo didimyo dogi
Middle section	Kaunde bubun		Stepping	Omgyo didigi
Nine	Ahop		Stop	Goman
Nine-shape block	Gutcha makgi		Straight elbow	Sun palkup
Obverse	Baro		Straight fingertip	Sun sonkut
One	Hana		Strike	Taerigi
One-legged stance	Huibal sogi		Ten	Yaul
One-step sparring	Ilbo matsogi		Tenets of Taekwon-do	Taekwon-do jungshin
Outer forearm	Bakat palmok		Three	Set
Outside block	Bakat makgi		Three-step sparring	Sambo matsogi
Outward	Bakuro		Thrust	Tulgi
Palm	Sonbadak		To the left	Jaro
Parallel stance	Narani sogi		To the right	Uro
Pattern	Tul		Toes	Balkut
Perseverance	In nae		Turn around	Dwiro dora
Pick-shape kick	Gokaeng-i chagi		Turning	Dolloyo
Practice suit	Dobok		Turning kick	Dolloyo chagi
Pressing block	Noollo makgi		Twin	Sang
Pressing kick	Noollo chagi		Twin forearm block	Sang palmok makgi
Punch	Jirugi		Twin foot	Sanbal
Pushing block	Miro makgi		Twisting kick	Bituro chagi
Ready	Junbi		Two	Dool
Ready stance	Junbi sogi		Two-step sparring	Ibo matsogi
Rear foot stance	Dwit bal sogi		U-shaped block	Digutja makgi
Relax	Swiyo		Uniform	Dobok
Return to ready stance	Pharo		Upper elbow	Wi palkup
Reverse	Bandae		Upset fingertip	Dwijibun sonkut
Reverse footsword	Balkaldung		Upset punch	Dwijibo jirugi
Reverse hooking kick	Bandae dolloyo goro chagi		Upward	Ollyo
Reverse knifehand	Sonkaldung		Vertical kick	Sewo chagi
Reverse turning kick	Bandae Dolloyo Chagi		Vertical punch	Sewo jirugi
Right	Orun		Vertical stance	Soojik sogi
Rising block	Chookyo makgi		Vital spots	Kupso
Rising kick	Cha olligi		W-shape block	San makgi
Scooping block	Duro makgi		Waist block	Hori makgi
Self-control	Guk gi		Walking stance	Gunnun sogi
Self-defence techniques	Hosin sul		Wedging block	Hechyo makgi
Semi-free sparring	Ban jayu matsogi		X-fist	Kyocha joomuk
Seven	Ilgop		X-knifehand	Kyocha sonkal
Side	Yop		X-stance	Kyocha sogi