

BLACK BELT INFORMATION BOOKLET

I TO VI DEGREE PATTERNS



PANTERA SCHOOLS OF TAEKWON-DO

태권도

YE UI – YOM CHI – IN NAE – GUK GI – BAEKJUL BOOLGOOL

BLACK BELT INFORMATION BOOKLET

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BEING A BLACK BELT

Black is the opposite of white, therefore a black belt signifies maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear –

Requirements and responsibilities

Being a Black Belt signifies so much more than merely moving up a grade. It is a major stride forward on your Taekwon-Do pathway and carries with it a number of requirements and responsibilities:

Training regularly and maintaining fitness levels. Black belt techniques and patterns are far more demanding than the colour belt ones and without regular training you will fall behind and lose the conditioning and muscle memory required to perform effectively and make progress. You also need to set an example to the colour belts by showing up regularly at sessions. Remember -- 1 Degree is not an end in itself: it is the start of a new journey.

Assisting: as a Black Belt you are now de facto an Assistant Instructor (Boo Sabum) and will be expected to help with lining students up, warm-ups, and instructing small groups and individuals. Make sure you know your colour belt techniques and patterns thoroughly – including terminology. Helping to teach is a great way of reaffirming this knowledge for yourself also – but never be afraid to ask a higher black belt or instructor if you cannot immediately answer a student's question. Always make sure your students bow to you before and after any practice or routine. At the end of an exercise or pattern, ask if they have any questions. Be confident, firm and encouraging. Teaching is also an excellent way to learn.

Officiating, umpiring and coaching: as a Black Belt you will now be expected to help officiate at competitions – our own and inter-club ones. Make sure you know what is required of corner umpires, centre referees and other officials. Initially you will not be expected to be a centre referee, but it is never too early to learn the rules. Coaching for sparring is a key role and requires confidence and a knowledge of the rules. It is also a great way of motivating younger/newer students to make the most of their competition experience.

Attending International Instructors' Courses and other black belt events. All Black Belts are expected to attend an International Instructors Course (IIC) at least once in between gradings. These are held at various times during the year and in different locations in the UK and overseas. They are run by highly respected Grand Masters and usually last 2-3 days. Open to all ITF Black Belts, they cover all aspects of Taekwon-Do training and bring together

upwards of 200 practitioners from many clubs and countries – a great opportunity for learning and immersing yourself in the world of Taekwon-Do. Other events may include International Competition Courses, Umpiring Seminars, Do Courses, etc.

Gradings

Black belt gradings are held, separately from colour belt gradings, twice a year only – in March/April and September/October. Pre-gradings are required at every degree. Gradings for most degrees are conducted by Master Moreno and are held at Hornsey Vale. For the highest degrees (VII, VIII & IX), these usually take place at an International Instructors Course (IIC) and are conducted by Grand Masters.

Gradings consist of fitness, theory (written and oral), patterns, techniques, sparring, self-defence and special technique (breaking). Spectators are not permitted, as required by ITF standards. Results are given as Pass or Fail only, and certificates are awarded by the International Taekwon-do Federation.

Students are expected to attend at least one IIC in between gradings but it is recommended to attend one course per year, especially III degrees and above. Also, the following minimum training periods must elapse before grading to the next level:

I to II degree	18 months
II to III degree	2 years
III to IV degree	3 years
IV to V degree	4 years
V to VI degree	5 years
VI to VII degree	6 years
VII to VIII degree	7 years
VIII to IX degree	8 years

Uniform – Do Bok

The Do Bok is considered a primary necessity in both training and tournaments for the following reasons:

The wearing of the Do Bok should instil pride in the student as a practitioner of Taekwon-Do.

It identifies the degree of skill and cultural education in Taekwon-Do that the individual has attained.

The style of the Do Bok is symbolic of Taekwon-Do heritage and tradition.

Grade and degree changes indicated by belt colour incentivise while simultaneously pursuing humility.

The Do Bok is extremely practical and healthy.

The official Do Bok distinguishes orthodox Taekwon-Do from its imitators.

Junior Black Belts have a white stripe down the centre. Black belts usually feature the student's degree in roman numerals and his/her name. They may additionally feature the ITF and/or school logo.

The Black Belt Do Bok has a black ribbon edging to the bottom of the jacket. At IV degree a black stripe is added to each sleeve and down the side of the trousers. For Master (VII and VIII degree) and Grand Master, a narrow white stripe is superimposed on the black stripe on each sleeve and trouser leg. This is to remind the highest grades that we all need to keep going back to being a white belt in order to practice fundamental movements and techniques regardless of the grade.

The significance of the belt colours

The main purpose of the Black Belt is not just to distinguish the rank but also to represent the philosophical significance of the Taekwon-Do practitioner. It was decided at a special meeting on July 1st 1985 that the black belt should be wrapped around the waist once only. One (as in once around the waist) symbolises:

- Pursue one goal whatsoever, once it has been determined
- Serve one master with unshakeable loyalty
- Gain a victory in one blow

The belt should be tied in a square (or reef) knot beginning by crossing the right side over the left side then crossing the left over the right. The ends of the belt should hang at the same length and the opening of the square knot should be pointed to the student's left, where the ITF badge is positioned.

The belt colour meanings refer either to the stage of development of a student, or to the plant/tree which symbolises the Taekwon-Do student's progression. The belt colours were not chosen arbitrarily. They are in fact steeped in tradition. The colours of Black, Red and Blue denote the various levels of hierarchy during the Koguryo and Silla Dynasties of ancient Korea.

The logo on the back of the International Taekwon-Do uniform symbolises an evergreen tree.

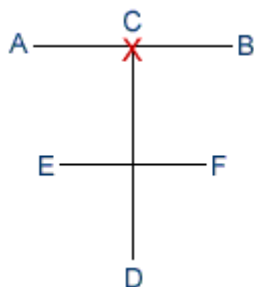
BLACK BELT PATTERNS

Degree	Name	No of movements
I	Kwang-Gae	39
I	Poe-Un	36
I	Gae-Bek	44
II	Eui-Am	45
II	Choong-Jang	52
II	Juche	45
III	Sam-Il	33
III	Yoo-Sin	68
III	Choi-Yong	46
IV	Yon-Gae	49
IV	Ul-Ji	42
IV	Moon-Moo	61
V	So-San	72
V	Se-Jong	24
VI	Tong-Il	56

I DEGREE PATTERNS

Kwang-Gae

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.



Movements – 39

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND – NARANI SO HANULSON

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

- 11) Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
- 12) Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
- 13) Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
- 14) Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
- 15) Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
- 16) Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
- 17) Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
- 18) Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
- 19) Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right sidefist in front of the left shoulder.
- 20) Execute a downward strike to F with the right sidefist while forming a close stance toward C, pulling the right foot to the left foot.
- 21) Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
- 22) Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
- 23) Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
- 24) Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
- 25) Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
- 26) Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
- 27) Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
- 28) Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
- 29) Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.

- 30) Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
- 31) Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
- 32) Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
- 33) Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
- 34) Lower the right foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 35) Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
- 36) Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
- 37) Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
- 38) Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
- 39) Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

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

Movement	Key new terminology - English	Terminology - Korean
Start position	Parallel stance with a heaven hand	Narani so hannulson
10 and 11	Palm upward block	Sonbadak ollyo makgi
12	Low front knife-hand (inward) block	Sonkal najunde (anuro) ap makgi
13 and 17	Pressing kick	Noollo chagi
16 and 20	Downward strike with the side fist	Yop joomuk naeryo taerigi
25 and 29	Reverse low block	Bandae najunde makgi
32 and 36	Twin upset punch	Sang dwijibo jirugi

Po-Eun

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



Movements - 36

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND – NARANI SO HANULSON

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

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

- 34) Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
- 35) Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right sidefist.
- 36) Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

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

Movement	Key new terminology - English	Terminology - Korean
Start position	Parallel stance with a heaven hand	Narani so hannulson
2 and 20	One leg stance	Waebal sogi
6 and 24	Pressing block with the forefist	Ap joomuk noollo makgi
6 and 24	High side front block with inner forearm	An palmok napunde yobap makgi
9, 11, 27 and 29	Back elbow thrust	Dwit palkup tulgi
12 and 30	Horizontal punch	Soopyong jirugi
13, 17, 31 and 35	Outer forearm low front block	Bakat palmok najunde ap makgi
13, 17, 31 and 35	Finger belly	Songarak badak
14 and 32	U-shape grasp	Digutja japji
15 and 33	Horizontal thrust with twin elbow	Sang palkup soopyong tulgi
16 and 34	Side back strike with the backfist	Dung joomuk yopdwi taerigi
18 and 36	Low reverse knife hand guarding block	Sonkal dung najunde daebi makgi

Ge-Baek

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.



Movements - 44

Ready Posture - PARALLEL READY STANCE – NARANI JUNBI SOGI

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

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

- 37) Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
- 38) Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
- 39) Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
- 40) Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
- 41) Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
- 42) Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
- 43) Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
- 44) Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

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

Movement	Key new terminology - English	Terminology - Korean
1	X-fist knifehand checking block in L stance	Niunja so, kyocha sonkal momchau makgi
2	Low twisting kick	Bituro najunde chagi
7 and 25	Double arc-hand	Doo bandalson
9 and 29	Scooping block	Duro makgi
11 and 31	Backfist front strike	Dung joomuk ap taerigi
20 and 36	9-shape block	Gutja makgi
23	Flying side piercing kick with twin-foot take-off	Twimio sanbal yopcha jirugi
32	High front reverse knifehand strike	Sonkaldung napunde ap taerigi
35	Middle knuckle fist punch	Joongji joomuk
37	Low reverse knifehand guarding block	Sonkaldung najunde daebi makgi
38	Low knifehand guarding block	Sonkal najunde daebi makgi

II DEGREE PATTERNS

Eui-Am

EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.



Movements - 45

Ready Posture - CLOSE READY STANCE D – MOA SOGI D

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

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

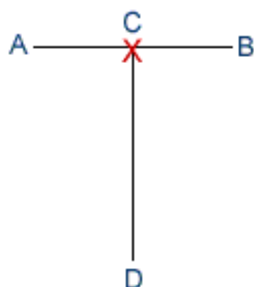
- 34) Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
- 35) Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
- 36) Execute a low inward block to D with the left reverse knife-hand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

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

Movement	Key new terminology - English	Terminology - Korean
Start position	Close ready stance D	Moa sogi D
7 and 20	High backfist side strike in x-stance, left finger belly to side fist	Kyocha so, dung joomuk nopunde yop taerigi, sangarak badak yop joomuk
12 and 25	Crescent punch	Bandal jirugi
13 and 26	Turning punch	Dollyo jirugi
27	Middle knife-hand wedging block	Sonkal kaunde hechyo makgi
29 and 34	Downward block with alternate palm	Euhkallin sonbadak naeryo makgi
	Shifting	Jajunbal

Choong-Jang

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.



Movements - 52

Ready Posture - CLOSE READY STANCE A – MOA SOGI A

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

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

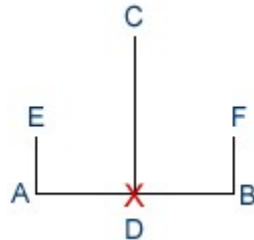
- 36) Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
- 37) Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with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

END: Bring the left foot back to a ready posture

Movement	Key new terminology - English	Terminology - Korean
5 and 6	High double finger thrust	Doo sangarak napunde tulgi
16	Scooping block	Duro makgi
24	Twin palm pressing block	Sang sonbadak noollo makgi
28	Back elbow thrust	Dwi palkup tulgi
29 and 31	Downward strike with the backhand	Sondung naeryo taerigi
41	Twin horizontal strike with the knife hand	Sang sonkal soopyong taerigi
42 and 44	High arc-hand strike	Bandalson napunde taerigi
48	High twin crescent punch with a fore-knuckle fist	Sang inji joomuk nopunde bandal jirugi
50 and 52	High open-fist punch with palm heel	Pyon joomuk nopunde jirugi

Juche

JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.



Movements - 45

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW – NARANI SO SANG YOP PALKUP

- 1) Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
- 2) Execute a middle hooking block to D with the right palm while standing up toward D.
- 3) Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 4) Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
- 5) Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
- 6) Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
- 7) Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
- 8) Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat fingertip.
- 9) Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
- 10) Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
- 11) Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- 12) Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
- 13) Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.

- 14) Execute a middle hooking block to D with the left palm while standing up toward D.
- 15) Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 16) Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
- 17) Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
- 18) Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
- 19) Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
- 20) Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat fingertip.
- 21) Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
- 22) Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
- 23) Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 24) Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
- 25) Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
- 26) Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
- 27) Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
- 28) Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
- 29) Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
- 30) Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
- 31) Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
- 32) Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
- 33) Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.

- 34) Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
- 35) Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
- 36) Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
- 37) Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
- 38) Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
- 39) Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
- 40) Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
- 41) Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
- 42) Execute a high inward cross-cut to D with the right flat fingertip while forming a parallel stance toward D, pulling the right foot.
- 43) Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
- 44) Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
- 45) Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

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

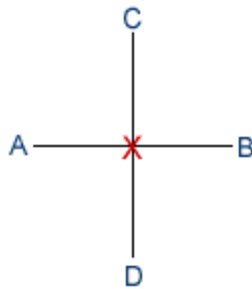
Movement	Key new terminology - English	Terminology - Korean
Start position	Parallel stance with a twin side elbow	Narani so sang yop palkup
1 and 13	Inner forearm parallel block	An palmok narani makgi
4 and 16	Outer forearm parallel block	Bakat palmok narani makgi
8 and 20	High outward crosscut with the fingertips	Bakuro sonkut nopunde ghutgi
9 and 21	high elbow strike	Nopun palkup taerigi
12 and 24	Mid-air strike	Twio dolmyo taerigi
25	Pick-shape kick	Gokaeng-i chagi
27 and 29	downward elbow thrust	Naeryo palkup tulgi
28 and 30	High arc-hand crescent strike	nopunde bandalson bandal taerigi
34 and 36	dodging kick	pihamyo chagi
37	split kick (two direction kick)	twimyo sanbang chagi

38	diagonal stance	sasun sogi
38	twin palm rising block	sang sonbadak chookyo makgi
40	middle back piercing kick	kaunde dwitcha jirugi
40	bending ready stance B	guburyo junbi sogi B
41	horizontal backfist strike	dung joomuk soopyong taerigi
42	high inward cross-cut	Anuro nopun ghutgi

III DEGREE PATTERNS

Sam-II

SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.



Movements - 33

Ready Posture - CLOSE READY STANCE C – MOA JUNBI SOGI C

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

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

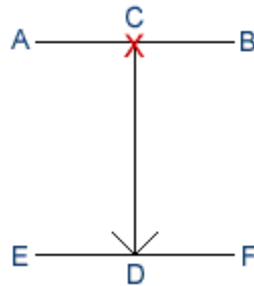
- 33) Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

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

Movement	Key new terminology - English	Terminology - Korean
3	high knifehand side block bringing the opposite palm on the back forearm	Nopun sonkal yop makgi, sonbadak dung palmok
4	middle twisting kick	kaunde bituro chagi
6 and 9	reverse knifehand middle wedging block	sonkaldung kaunde hechyo makgi
10 and 13	low double forefist punch	doo joomuk najunde jirugi
16	sweeping kick	suroh chagi
20	diagonal stance	sasun sogi

Yoo-Sin

YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.



Movements - 68

Ready Posture - WARRIOR READY STANCE B – MOOSA JUNBI SOGI B

- 1) Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
- 2) Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
- 3) Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
- 4) Execute a middle hooking block to D with the right palm while standing up toward D.
- 5) Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 6) Execute a middle hooking block to D with the left palm while standing up toward D.
- 7) Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 8) Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
- 9) Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
- 10) Execute a scooping block with the left palm while forming a sitting stance toward AD.
- 11) Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.
- 12) Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
- 13) Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.

- 14) Execute a scooping block with the right palm while forming a sitting stance toward BD.
- 15) Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion.
- 16) Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.
- 17) Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
- 18) Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.
- 19) Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.
- 20) Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.
- 21) Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.
- 22) Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.
- 23) Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
- 24) Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.
- 25) Execute a pressing block with an X-fist while maintaining a right walking stance toward D.
- 26) Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.
- 27) Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
- 28) Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
- 29) Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
- 30) Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 31) Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 32) Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 33) Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 34) Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.

- 35) Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
- 36) Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
- 37) Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
- 38) Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 39) Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
- 40) Bring the right foot to the left foot to form a close ready stance C toward C.
- 41) Move the right foot to CF in a stamping motion to form a right walking stance toward CG at the same time executing an upset punch to CF with a twin fist.
- 42) Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
- 43) Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
- 44) Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
- 45) Bring the left foot to the right foot to form a close stance toward C while executing an angle punch with the right fist. Perform in a slow motion
- 46) Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.
- 47) Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
- 48) Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
- 49) Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
- 50) Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
- 51) Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
- 52) Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.
- 53) Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.

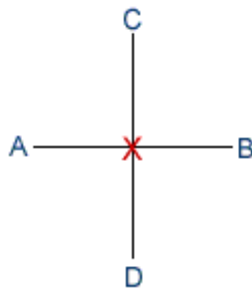
- 54) Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
- 55) Execute a middle crescent kick to the right palm with the left foot.
- 56) Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick.
- 57) Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
- 58) Execute a middle crescent kick to the left palm with the right foot.
- 59) Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
- 60) Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.
- 61) Change the position of the hands, while executing a left 9-shape block, maintaining a sitting stance toward A.
- 62) Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.
- 63) Change the position of the hands, while executing a left 9-shape block, maintaining a sitting stance toward B.
- 64) Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.
- 65) Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.
- 66) Move the right foot to B, turning counter clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.
- 67) Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.
- 68) Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.

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

Movement	Key new terminology - English	Terminology - Korean
Starting stance	warrior ready stance	moosa junbi sogi
49 and 50	U-shape punch	digutja jirugi
52 and 53	waving kick	doro chagi
54 and 57	horizontal strike with the backhand	sondung soopyong taerigi
55 and 58	crescent kick	bandal chagi
60-63	9-shape block	gutja makgi
64	side fist downward strike	yop joomuk naeryo taerigi

Choi-Yong

CHOI-YONG is named after General Choi Yong, premier and commander-in-chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.



Movements - 46

Ready Posture - CLOSE READY STANCE C – MOA JUNBI SOGI C

- 1) Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 2) Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
- 3) Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
- 4) Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
- 5) Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
- 6) Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
- 7) Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
- 8) Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- 9) Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
- 10) Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
- 11) Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
- 12) Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
- 13) Execute a high reverse hooking kick to D with the left foot.

- 14) Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
- 15) Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
- 16) Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- 17) Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
- 18) Execute a high reverse hooking kick to C with the right foot.
- 19) Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
- 20) Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- 21) Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
- 22) Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
- 23) Move the right foot to D and then the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
- 24) Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.
- 25) Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 26) Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
- 27) Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.
- 28) Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
- 29) Move the left foot to C and the right foot to C, then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 30) Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
- 31) Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.
- 32) Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.
- 33) Execute a middle punch to B with the left fist while maintaining a parallel stance toward B. Perform 32 and 33 in a continuous motion.
- 34) Turn the face toward A while forming a left bending ready stance A toward A.
- 35) Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.

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

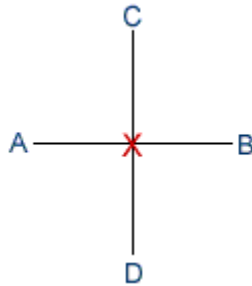
END: Bring the right foot back to a ready posture.

Movement	Key new terminology - English	Terminology - Korean
2 and 4	middle knuckle fist	joongji joomuk
23 and 26	W-shape block with a knifehand	sonkal san makgi
36 and 43	finger belly	sangarak badak

IV DEGREE PATTERNS

Yon-Gae

YON-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



Movements - 49

Ready Posture - WARRIOR READY STANCE A – MOOSA JUNBI SOGI A

- 1) Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
- 2) Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in slow motion.
- 3) Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 4) Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
- 5) Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
- 6) Execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.
- 7) Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
- 8) Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
- 9) Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
- 10) Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
- 11) Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.

- 12) Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
- 13) Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in slow motion.
- 14) Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 15) Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.
- 16) Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
- 17) Execute a high outward cross-cut to D with the left flat fingertip while forming a left walking stance toward D, slipping the left foot.
- 18) Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
- 19) Jump to D forming a right X-stance toward BD while executing a high side strike to D with the right back fist.
- 20) Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.
- 21) Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.
- 22) Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.
- 23) Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
- 24) Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
- 25) Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
- 26) Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
- 27) Execute a high reverse hooking kick to B with the right foot.
- 28) Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
- 29) Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist.
- 30) Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
- 31) Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.
- 32) Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.

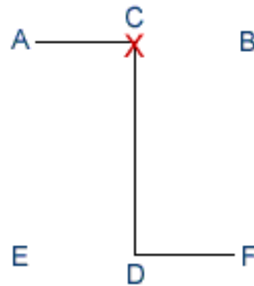
- 33) Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right sidefist in front of the left shoulder.
- 34) Execute a high reverse hooking kick to A with the left foot.
- 35) Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.
- 36) Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.
- 37) Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 38) Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
- 39) Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand.
- 40) Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 41) Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
- 42) Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.
- 43) Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 44) Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 45) Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 46) Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.
- 47) Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.
- 48) Execute a low inward block to D with the left reverse knife-hand pulling the right sidefist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.
- 49) Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.

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

Movement	Key new terminology - English	Terminology - Korean
Starting position	warrior ready stance	moosa junbi sogi
2 and 13	long fist punch	ghin joomuk
4 and 15	middle knifehand outward strike	bakuro sonkal kaunde taerigi
6 and 17	high outward fingertip cross-cut	Bakuro sonkut nopunde ghutgi
7 and 18	downward elbow thrust	naeryo palkup tulgi
23 and 30	reverse knifehand W-shape block	sonkaldung san makgi
24 and 31	horizontal twin elbow thrust	sang palkup soopyong tulgi
25 and 32	twin straight forearm checking block	Sang sun palmok momchau makgi
38 and 41	waist block	hori makgi
39 and 42	high outward knifehand strike	bakuro sonkal napunde taerigi
44 and 45	mid-air kick	twio dolmyo chagi

Ul-Ji

UL-JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.



Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND - NARANI SO KYOCHA SONDUNG

- 1) Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
- 2) Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
- 3) Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion.
- 4) Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
- 5) Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
- 6) Execute a middle crescent kick to the left palm with the right foot.
- 7) Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
- 8) Thrust to B with the left back elbow placing the right sidefist on the left fist while maintaining a sitting stance toward A.
- 9) Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
- 10) Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.
- 11) Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion.
- 12) Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.

- 13) Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.
- 14) Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.
- 15) Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
- 16) Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
- 17) Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
- 18) Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.
- 19) Bring the left foot to the right foot to form a closed ready stance B toward D.
- 20) Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right sidefist.
- 21) Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.
- 22) Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.
- 23) Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist.
- 24) Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
- 25) Move the left foot to D turning counter clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.
- 26) Move the right foot to F turning counter clockwise to form a right walking ready stance toward F.
- 27) Jump to execute a flying high kick to F with the right foot.
- 28) Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.
- 29) Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.
- 30) Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.
- 31) Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist.
- 32) Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.
- 33) Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.
- 34) Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.
- 35) Execute a middle turning kick to DF with the right foot.

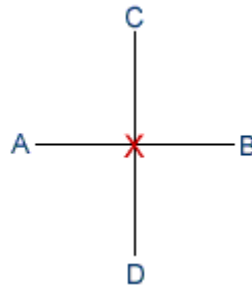
- 36) Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.
- 37) Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.
- 38) Move the left foot to E forming a left L-stance toward F while executing an upward block to F with the right palm.
- 39) Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.
- 40) Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.
- 41) Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.
- 42) Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

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

Movement	Key new terminology - English	Terminology - Korean
Starting position	parallel stance with X-back hand	narani so, kyocha sondung
1	twin side fist horizontal strike	sang yop joomuk soopyong taerigi
9	side back backfist strike	yopdwi dung joomuk taerigi
27	Flying high kick	Twimyo nopi chagi

Moon-Moo

Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.



Movements - 61

Ready Posture - PARALLEL READY STANCE – NARANI JUNBI SOGI

- 1) Turn to face to B while forming a right bending ready A toward B. Perform in a slow motion.
- 2) Execute a high side piercing kick to B with the left foot. Perform in a slow motion.
- 3) Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick.
- 4) Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
- 5) Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
- 6) Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
- 7) Move the left foot to A forming a left walking stance toward A while executing a pressing block to A with the right palm.
- 8) Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
- 9) Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in slow motion.
- 10) Lower the left foot to the right foot and then turn the face to A while forming a left bending ready stance A toward A. Perform in slow motion.
- 11) Execute a high side piercing kick to A with the right foot. Perform in a slow motion.
- 12) Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a double kick.
- 13) Lower the right foot to A to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.

- 14) Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.
- 15) Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.
- 16) Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.
- 17) Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.
- 18) Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in slow motion.
- 19) Turn the face to C while forming a left bending ready stance B toward D.
- 20) Execute a high back piercing kick to C with the right foot. Perform in slow motion.
- 21) Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
- 22) Turn the face to C while forming a right bending ready stance B toward D.
- 23) Execute a high back piercing kick to C with the left foot. Perform in slow motion.
- 24) Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.
- 25) Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm.
- 26) Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.
- 27) Lower the left foot to D and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right sidefist.
- 28) Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
- 29) Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion.
- 30) Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
- 31) Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
- 32) Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.
- 33) Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
- 34) Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm.
- 35) Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.
- 36) Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist.

- 37) Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm.
- 38) Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion.
- 39) Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
- 40) Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
- 41) Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.
- 42) Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.
- 43) Move the left foot to D and then execute a high twisting kick to AD with the right foot.
- 44) Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.
- 45) Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.
- 46) Move the right foot to D and then execute a high twisting kick to BD with the left foot.
- 47) Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.
- 48) Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D.
- 49) Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 50) Execute a side checking kick to D and then a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick.
- 51) Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.
- 52) Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 53) Execute a side checking kick to D and then a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick.
- 54) Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
- 55) Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.
- 56) Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.

- 57) Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.
- 58) Jump to execute a mid-air kick to D with the right foot while spinning clockwise.
- 59) Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 60) Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.
- 61) Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

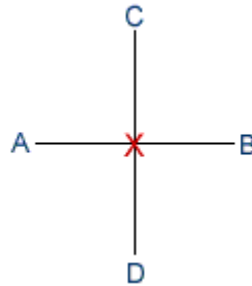
END: Bring the right foot back to a ready posture.

Movement	Key new terminology - English	Terminology - Korean
4 and 13	middle flat fingertip thrust	opun sunkut kaunde tulgi
9 and 18	one-leg stance with the reverse footsword	balkaldung huibol sogi
20 and 23	high back piercing kick	napunde dwitcha jirugi
25 and 34	palm downward block	sonbadak naeryo makgi
31 and 40	middle side pushing kick	kaunde yopcha milgi
43 and 46	high twisting kick	napunde bituro chagi
49 and 52	side sole sweeping kick	yop balbadak suroh chagi
50 and 53	side checking kick	yopcha momchugi
50 and 53	thrusting kick	Tulumyo chagi
58	mid-air kick	twio dolmyo chagi
60	arc-hand rising block	bandalson chookyo makgi

V DEGREE PATTERNS

So-San

SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



Movements - 72

Ready Posture - CLOSE READY STANCE A – MOA JUNBI SOGI A

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

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

- 32) Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.
- 33) Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.
- 34) Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.
- 35) Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.
- 36) Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.
- 37) Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- 38) Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 37.
- 39) Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
- 40) Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.
- 41) Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
- 42) Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.
- 43) Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.
- 44) Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.
- 45) Execute a high punch to D with the left fist while maintaining a left walking stance toward D.
- 46) Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 45.
- 47) Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 48) Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 47 and 48 in a fast motion.
- 49) Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.
- 50) Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.
- 51) Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 52) Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.

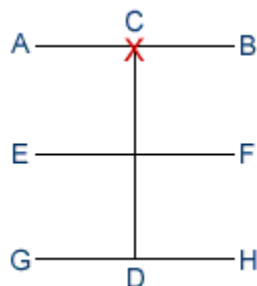
- 53) Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion.
- 54) Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.
- 55) Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- 56) Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 57) Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot.
- 58) Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion.
- 59) Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.
- 60) Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.
- 61) Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.
- 62) Turn clockwise while forming a left bending ready stance A toward C.
- 63) Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.
- 64) Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
- 65) Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 66) Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.
- 67) Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.
- 68) Turn counter clockwise while forming a right bending ready stance A toward C.
- 69) Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.
- 70) Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.
- 71) Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 72) Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot. Perform 71 and 72 in a continuous motion.

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

Movement	Key new terminology - English	Terminology - Korean
9 and 13	twin horizontal knifehand side strike	sang sonkal soopyong yop taerigi
23 and 25	upset middle knuckle punch	joongji joomuk dwijibo jirugi
28	flying front snap kick	twimyo ap cha busigi
34 and 42	middle double arc-hand block	doo bandalson kaunde makgi

Se-Jong

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



Movements - 24

Ready Posture - CLOSE READY STANCE B – MOA JUNBI SOGI B

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

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

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

Movement	Key new terminology - English	Terminology - Korean
9	High guarding block in L-stance	Nopunde palmok Madaebi makgi
20	Obverse palm pressing block	Baro sonbadak noolo makgi

VI DEGREE PATTERN

Tong-II

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.



Movements - 56

Ready Posture - PARALLEL STANCE WITH AN OVERLAPPED BACK HAND – NARANI SO POGAEN SONDUNG

- 1) Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion.
- 2) Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
- 3) Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
- 4) Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
- 5) Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
- 6) Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.
- 7) Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand.
- 8) Execute an inward vertical kick to the left palm with the right reverse footsword.
- 9) Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand.
- 10) Execute an inward vertical kick to the right palm with the left reverse footsword.
- 11) Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion.

- 12) Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
- 13) Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion.
- 14) Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
- 15) Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
- 16) Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.
- 17) Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.
- 18) Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.
- 19) Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.
- 20) Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.
- 21) Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.
- 22) Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.
- 23) Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.
- 24) Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.
- 25) Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.
- 26) Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
- 27) Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.
- 28) Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
- 29) Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right sidefist in front of the left shoulder.
- 30) Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip.
- 31) Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- 32) Execute a high punch to C with the left fist while maintaining a right walking stance toward C.

- 33) Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.
- 34) Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip.
- 35) Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.
- 36) Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.
- 37) Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot.
- 38) Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.
- 39) Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.
- 40) Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.
- 41) Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.
- 42) Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.
- 43) Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.
- 44) Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.
- 45) Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.
- 46) Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.
- 47) Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.
- 48) Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.
- 49) Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.
- 50) Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.
- 51) Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD.
- 52) Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.
- 53) Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD.

- 54) Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward D while executing a twin side back elbow thrust.
- 55) Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.
- 56) Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.

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

Movement	Key new terminology - English	Terminology - Korean
Starting stance	parallel stance with overlapped back hands	narani so, pogaen sondung
7 and 9	high outward backhand strike	sondung bakuro nopunde taerigi
8 and 10	inward vertical kick with reverse footsword	anuro bakkal dung sewo chagi
11	twin palm horizontal block	sang sonbadak soopyong makgi
18	outward vertical kick	bakuro sewo chagi
22 and 23	upward block with a bow wrist	sonmuk dung ollyo makgi
30 and 34	angle fingertip thrust	homi sonkut tulgi
48 and 49	underfist front strike	mit joomuk ap taerigi
54	twin side back thrust	sang palkup yopdwi tulgi
55 and 56	middle side punch	kaunde yop jirugi

APPENDIX I

Theory of Power - Miscellaneous

Theory of Power	Speed	Skodo
	Mass	Zilyang
	Breath Control	Hohup Jojul
	Reaction Force	Bandong Ryok
	Equilibrium	Kyun Hyung
	Concentration	Jip

Miscellaneous	single finger	han sonkarak
	double finger	doo sonkarak
	stamping	bapgi
	stepping motion	omygo didigi
	sliding – one shoulder	mikulgi
	Shifting – 10 cm	jajunbal
	one step sparring	ilbo matsogi
	two step sparring	ibo matsogi
	three step sparring	sambo matsogi
	semi-free sparring	ban jayoo matsogi
	free sparring	jayoo matsogi

PATTERNS APPROXIMATE EXECUTION TIMES

Chon-Ji – 27 seconds	Kwang-Gae – 1:15	Yong-Gae – 1:10
Dan-Gun – 33	Po-Eun – 45 sec	Ul-Ji – 55 sec
Do-San – 35	Ge-Baek – 1:05	Moon-Moo – 1:46
Won-Hyo – 40		
Yul-Gok – 50	Eui-Am – 1:05	So-San – 1:45
Joong-Gun – 47	Choong-Jang – 1:20	Se-Jong – 39 sec
Toi-Gye- 55	Juche – 1:25	
Hwa-Rang – 45		Tong-Il – 1:35
Choong-Moo – 42	Sam-Il – 45 sec	
	Yoo-Sin – 1:30	
	Choi-Yong – 1:10	

APPENDIX II

JUMPING DISTANCES IN PATTERNS

PATTERN	MOVEMENT	TECHNIQUE	DISTANCE
Yul-Gok	36	X-stance backfist strike	1 Low stance
Toi-Gye	29	X-stance X-fist pressing block	1 Walking stance
Choong-Moo	9	Flying side piercing kick	1 Walking stance
	19	L-stance knifehand guarding block	On the spot
Ge-Baek	23	Flying side piercing kick	1 Shoulder from the front foot
	28	X-stance double forearm bloc	1 Walking stance
	33	Turning kick	Half a shoulder width
Eui-Am	7 & 20	X-stance backfist strike	1 Walking stance
Juche	6 & 18	X-Stance backfist downward strike	1 Walking stance
	12 & 24	Mid-air strike	1 L-stance
	34 & 36	Dodging reverse turning kick	1 L-stance
	37	Two direction kick	1 Walking stance
	43	Flying consecutive punch	1 L-stance
Sam-il	17	L-stance knifehand guarding block	On the spot

Choi-Yong	36 & 43	X-stance backfist strike	1 Walking stance
Yon-Gae	4 & 15	Flying knifehand strike	1 L-stance
	8 & 19	X-stance backfist strike	1 Walking stance
	29 & 36	X-stance backfist downward strike	1 Walking stance
	44 & 45	Mid-air kick	1 Shoulder width from the front foot
Ul-Ji	17	Mid-air kick	1 Walking stance (front foot stays in the same place)
	20	X-stance backfist strike	1 Walking stance
	27	Flying high kick	Land 1 foot back from the front foot as it was in the Walking stance
	34	L-stance guarding block	1 L-stance
Moon-Moo	6 & 15	X-stance knifehand strike	1 Walking stance
	56 & 57	X-stance low punch	1 Walking stance
	58	Mid-air kick	1 shoulder from front foot
So-San	12 & 16	X-stance backfist strike	1 Walking stance
	28	Flying front snap kick	1 Walking stance
	51 & 56	Jump to L-stance guarding block	1 L-stance
Se-Jong	7	X-stance backfist strike	1 Walking stance
	14	X-stance double forearm block	1 Walking stance
Tong-Il	47	X-stance X-fist pressing block	1 Walking stance

