

FLYING KICK MARTIAL ARTS STUDENT MANUEL

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INTRODUCTION

The individual martial artist's training, dedication, discipline, and commitment is what determines one's success. We offer to all our students a straight, forward, no-nonsense approach to achieving your martial arts goals. We do not promise that the training will be easy; to the contrary, it will be challenging and will push you to develop a non-quitting spirit that will enable you to excel in any aspect of your daily life. Classes are held for children and adults as well as men and women. All will benefit from the exercises that will increase flexibility and coordination, strengthening literally every part of your body, giving the student what is known as "functional strength mobility". You may not look like a body builder, but you will be fit and lean and have immense endurance. The Martial Arts movements performed in the line drills will catapult your cardiovascular system to levels rivaling a marathon runner. All this is possible for everyone. There are no mystical secrets to martial arts. All it requires is a commitment and dedication.

Traditional Teaching Methods: True Martial Arts are for total self-improvement. Real martial artists strive to train the body and mind, and build a non-quitting spirit that will have a positive metaphor on their daily lives. All of our students are required to conform to a strict Code of Conduct in relation to their martial arts education. They will learn a moral responsibility for the skills they develop and will only use them in defense and never for aggression or hostility. Students are also taught that the two main elements of our teaching is Respect and Discipline. Respect everyone and everything. Appreciate everything and every experience. Discipline to do what is right, no matter what. We at Flying Kick feel that without the strong, strict disciplinary Code of Conduct of traditional martial arts that students are only learning to be a violent and that is not a value to society. True Martial Arts teaches self-confidence, health, and a disciplined lifestyle, avoiding negative behavior.

DOJANG/ School

"The secret to success is sweat..."

Do: The way or the path - the philosophical component of martial arts

It is in the Dojang that each student will develop their mind, body, and indomitable spirit. It is in the dojang where daily training brings positive changes to all martial arts practitioners lives. In the dojang, one will learn ethics and discipline that will enable students to challenge themselves in pursuit of their goals. It is in the dojang where everyone is equal, and sweat is the secret to success.

Protocol

Greetings: Execute a standing bow when greeting or bidding farewell to your teacher. If your teacher is a master, then you must call him or her MASTER or SABUM.

We stress the importance of respect inside and outside school. We ask that all students call the instructors and assistant instructors as Mr., Mrs., Sir, or Ma'am. Showing respect towards the instructors and the instructors showing respect in return towards the students and parents creates a positive atmosphere for learning. By the parents and instructors showing equal respect to each other, we reinforce the concept of respect we hope to instill in our students.

DO-JANG Do's and Don'ts

1. Do keep the Do-Jang clean, neat and orderly.
 2. Do not sit on top of the desk or table.
 3. Do not chew gum, or smoke.
 4. Do not swear, curse, or use vulgar language.
- (Tae kwon-Do Jungshin)
Tae kwon-Do aims to achieve

Preparing for Class

1. Come to class clean and well groomed. * Do-Bok (martial arts uniform)
2. Arrive 5-10 minutes prior to your scheduled class
3. Keep uniforms neat, clean and odor free.
4. The Korean words for the martial arts uniform are Do-Bok Come to practice with a complete and presentable Do-Bok It should include underwear, jacket and pants and be clean and untorn. Always treat the Do-Bok with respect. After class it should be folded neatly.
5. Remove all jewelry before class.
6. Change into your uniform without delay before practice.

7. Always wear the full uniform at the beginning and end of class.

If the weather is hot, you may ask permission to take your jacket off after the class has bowed in.

DURING PRACTICE

1. Be on time for class and attend class regularly.
2. If you arrive late, ask for permission to join class. If you must leave early, ask for permission before leaving.
3. Whenever you've been told to sit down during class, sit properly, with feet crossed or tucked under you. Do not slouch or lean against the walls.
4. Concentrate on training. Never do anything to obstruct yourself or others from learning. There should be no unnecessary talking or horseplay during practice.
5. Practice to your full potential. Push yourself to the limit of your endurance, energy and concentration. However, also be realistic. Do not push yourself beyond safe limits.
6. Keep a strong mind. Do not let doubts and/or fears overshadow you.
7. If you should feel "strange" or experience a physical problem of any kind (dizziness, pain), please notify your instructor immediately.
8. If you are not capable of completing a full workout, please notify your instructor prior to the beginning of class and you will be allowed to practice independently.

KiHap:

KiHap is a method of controlled breathing.

KiHap means: Ki = Internal energy Hap = Combine

Why do martial artists yell "KiHap"? There are two reasons:

1. KiHap is used when executing punches, kicks, throwing techniques, weapons techniques, etc. to help concentrate and focus power at the appropriate moment.
2. KiHap also helps relieve stress and build self-confidence.

STUDENT OATH

I shall observe the tenets of Tae kwon-Do

I shall respect the instructor and seniors

I shall never misuse Taekwon--Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

THE TENETS OF TAEKWON-DO

Courtesy (Ye Ui)

Integrity (Yom Chi)

Perseverance (In Nae)

Self-Control (Guk Gi)

Indomitable Spirit (Baekjul Boolgool)

EXPLANATION OF TENETS

The success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do, which should serve as a guide for all serious students of the art.

COURTESY (Ye Ui)

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further be viewed as an ultimate criterion required of a mortal.

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt

INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt.

PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection or a technique, one must set his goal, and then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "One who is impatient in trivial matters can seldom achieve success in matters of great importance."

SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove

disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

INDOMITABLE SPIRIT (Baekjool Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals

KIDS HOME RULES:

1. Children shall greet their parents with Hello when they enter the house and Goodbye when they leave the house.
2. Children should always be polite and respectful to their parents, teachers, and elders.
3. Students should be kind to their brothers and sisters and not use any of their martial arts techniques for horseplay.
4. Children will help keep their homes clean and neat.
5. Children shall never interrupt an adult conversation.
6. Children shall not use foul language.
7. Children should brush their teeth, keep their hair and body clean every day.
8. Children shall follow the formula for obtaining straight A's daily:
 - a. When they come home from school have a light snack and a glass of milk or juice.
 - b. Do your homework.
 - c. Get outside and do some physical activity or practice your Tae Kwon Do.
 - d. Always answer adults with "Yes, Sir" or "Yes, Ma'am". Help adults carry things in to and from your car.
 - f. Be helpful and polite to all people.

Tae kwon-Do History

Tae kwon-Do differs greatly from other martial arts. In fact, no other martial art is so advanced with regard to the sophistication and effectiveness of its technique or the over-all physical fitness it imparts to its practitioners. Technically, 1955 signaled the beginning of Taekwon-Do as a formally recognized art in Korea. During that year, a special board was formed which included leading master instructors, historians, and prominent leaders of society. A number of names for the new martial art were submitted. On the 11th of April, the board summoned by Gen. Choi Hong Hi, decided on the name of Taekwon-Do which had been submitted by him. This single unified name of Taekwon-Do replaced the different and confusing terms; Dang Soo, Gong Soo, Taek Kyon, Kwon Bup, etc.

In 1959, Taekwon-Do spread beyond its national boundaries. The father of Taekwon-Do and nineteen of his top black belt holders toured the Far East. The tour was a major success, astounding all spectators with the excellence of the Taekwon-Do techniques. Many of these black belt holders such as Nam Tae Hi, President of the Asia Taekwon-Do Federation; Colonel Ko Jae Chun, the 5th Chief of Taekwon-Do instructors in Vietnam; Colonel Baek Joon Gi, the 2nd Chief instructor in Vietnam; Brigadier Gen. Woo Jong Lim; Mr. Han Cha Kyo, the Head Instructor in Singapore and Mr. Cha Soo Young, presently an international instructor in Washington D.C. eventually went on to spread the art to the world.

In this year, Choi was elevated to two illustrious posts; President of his newly formed Korea Taekwon-Do Association and deputy commander of the 2nd Army in Tae Gu. In 1965 Ambassador Choi, retired two star general, was appointed by the Government of the Republic of Korea to lead a goodwill mission to West Germany, Italy, Turkey, United-Arab Republic, Malaysia, and Singapore. This trip is significant in that the Ambassador, for the first time in Korean history, declared Taekwon-Do as the national martial art of Korea.

This was the basis not only for establishing Taekwon-Do Associations in these countries but also the formation of the International Taekwon-Do Federation as it is known today. In 1966, the dream of the sickly young student of calligraphy, who rose to Ambassador and the Association President of the most respected martial art in the world came true. On the 22nd of March, the International Taekwon-Do Federation was formed with associations in Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Arab Republic of Egypt and Korea.

Benefits of Tae kwon-Do

1. Popularity

Young and old, male and female, and in some cases even handicapped persons are able to practice Tae kwon-Do. Physical strength, weight and body build are of no consequences. A 60 year old, 85 pound, one armed woman can derive as much personal satisfaction, along with marked improvement in her mental and physical state of health, as an 18 year old Olympic decathlon champion.

Patterns may be chosen according to a student's limitations and since Tae kwon-Do boasts a myriad of techniques, those best suited for an individual student can be chosen or modified. A

word of encouragement for those who are physically underdeveloped; the majority of Tae kwon-Do masters today were not initially endowed with physical strength or natural coordination. In fact, an instructor usually prefers an underdeveloped student not only because of the personal challenge, but because this type of student will usually work much harder and become the most dedicated student.

In some ways, Tae kwon-Do is similar to gymnastics. A student has merely to repeat what the instructor has demonstrated with occasional corrections on proper technique. Also a student with even limited training can introduce another beginner to techniques the student himself has already mastered.

2. Economy

Although a practice suit is a prerequisite in classroom training as an aid for mental and spiritual conditioning, one can just as easily train in shirts, track suit, or even street clothes.

To train or harden an attacking or blocking tool, straw rope wound around a piece of wood, a bag filled with sand or a piece of cloth or paper suspended by a string can suffice if the regular training aide is not available.

Since Tae kwon-Do can be practiced in a cleared space in your back yard or even public park in the absence of training hall, the student has the convenience of training by himself any time it suits him.

3. Tenacity

There are two pitfalls all students, regardless of rank, should avoid:

A. Boredom

There is a common tendency among beginners to tire of repeating the same techniques over and over. Boredom will usually set in between the third and sixth month for a beginning student. This is the period when a student is building his Taekwon-Do foundation by learning fundamental technique and building power.

Impatience, lack of self-confidence, inability to perceive improvement and just plain physical fatigue combine to cause a psychological and physical ennui. After the seventh month, however, the student develops physically and fatigue is reduced. The student begins to learn techniques that he can use to gauge his rate of advancement; and through breaking techniques and sparring the student develops confidence. The best way to combat boredom is to attend classes regularly and develop resolve to attain a specific goal.

B. Lack of Thoroughness

Too often the students sacrifice thoroughness in the learning process, because they tend to lose patience and insist on progressing to a higher technique before mastering the previous one. Students should realize that it is extremely important for them to know thoroughly one single technique until it becomes reflexive before advancing to the next.

The secret of becoming a black belt is a simple one; learn thoroughly each technique, especially patterns, step by step, not only developing a physical reflexive action, but developing mental concentration as well.

Training Secrets of Tae kwon-Do

An old proverb says that even heaven cannot make a diligent worker poor. However, in Tae kwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Tae

kwon-Do in a comparatively short period of time with less effort. Students should keep in mind the following secrets:

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions.
- 8) To create sine wave during the movement by utilizing the knee spring

Moral Culture (Jungshin Sooyang)

The broad connotations and various possible interpretations of the moral culture are often very difficult for the western mind to grasp because this is an aspect of Oriental Philosophy which pervades the lives of Oriental people. In a word, it is the endeavor and process of becoming an exemplary person such as Confucius (552-479 AD).

To become such a person, one has to first find himself and acquire a moral character which is respected by all. This can only be achieved through constant practice of mental discipline. Thus, if the times call for it, the mentally disciplined man can contribute to the building of an ideal society through wise counsel to the government and, even after death, through his everlasting examples.

Confucius said, "to promote the sense of morality one must treat others with faithfulness and sincerity based on righteousness, and to eliminate completely vicious thinking".

Part One

Everyone of us, as a social being, desires to live in a free and peaceful society. At the same time, it is our obligation to build such a society for the people. I have quoted various words of wisdom of ancient saints and philosophers for creating an ideal society in the hope that students of Taekwon-Do use them as a guide to cultivating their moral culture.

An ideal society, according to LAO-TZU, is one in which the ruler is of such high moral character that he can rule naturally, not by interference or fear but by appealing to the good

nature of his people, who by merely doing their duty can live freely in peace without fear and anxiety.

Next, a moral society is one in which the people admire and praise their ruler in gratitude for his love and the benign disposition he bears toward his people.

Thirdly there is a "legalistic society in which the ruler, because he lacks the moral authority, resorts to various laws to govern his people, who in turn obey because they fear the retribution that the violation of these laws will bring." Under these circumstances, the ruler loses touch with his people.

Finally the worst kind of society is that in which the ruler, through deception and trickery, misuses his legal authority to further his personal ambitions and imposes his rule upon his people by force as he deems necessary. In such a society, the ruler is despised and hated by his people and eventually invites not only his own downfall but with him the downfall of the people and the country.

In Taekwon-Do a heavy emphasis is placed on moral culture, for it not only promotes a healthy body and keen mind but good sportsmanship and the perfection of moral behavior. As ancient Greeks first espoused in their sound mind, sound body, creative spirit concept, the more disciplined and cultivated the mind is, the more disciplined and cultivated will be the student's use of Taekwon-Do.

No doubt the following lessons may be somewhat hard to fully understand; however, it would behoove the serious student of Taekwon-Do to read, digest, and attempt to grasp these very fundamental essences of moral culture.

A. Return to the basic nature - Mencius gave the following analogy when he reasoned that a man is basically good. Even a ruthless robber, coming upon an innocent child about to fall into a well, will try to save the child, forgetting for the moment, his intention to rob the house. This good nature becomes obscured or completely lost by greed for money and power.

B. Be virtuous - It is difficult to define what virtue is. However, these are five human qualities which have been recognized as virtues since ancient times; humanity, righteousness, courtesy, wisdom, and trust. To be virtuous one must constantly cultivate and practice these virtues. Confucius said, "Virtue is like the North Star. All the stars revolve around it in an orderly fashion." Therefore, people who surround the virtuous person, naturally will act for the betterment of society.

1. HUMANITY

(In) The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally. Confucius defined humanity in the following ways:

- A. To love people, especially one's parents.
- B. Not asking others to do what you would rather not do.
- C. To behave with the nature of propriety by controlling on oneself.
- D. To have unbending desire to accomplish what is right regardless of how insignificant the result may initially seem when compared to the amount of effort put forth.
- E. To value others' honor before your own.
- F. To put others' freedom, before your own.

To implement humanity he said one should:

- 1) Practice utmost prudence, modesty and discretion in everyday life.
- 2) Devote oneself to assigned work be it large or small.
- 3) Demonstrate sincerity with whole-heartedness to others at all times.

Tae Kong Mang (12th century BC) said; "The heaven provides us four seasons while the earth has the power to produce all living things. This privilege is not reserved for any specific person but for all human beings... Therefore, humanity lies in the idea of sharing the fruits of nature with all people."

2. RIGHTEOUSNESS

(Ui) The ability to feel ashamed of unjust acts and to do one's duty to others.

Mencius said; "for the ordinary person life and death are the most important in the life. However, for the virtuous person to and live and die for righteousness is far more important than life and death themselves."

Righteousness is well defined in the act of a certain army general depicted in the book of "War Manual" written about 2,400 years ago. A General was taking a break from the grueling war with his soldiers by a river bank when an aide brought him a small carafe of wine for his refreshment. He took the carafe and slowly emptied it into the flowing river in full view of the puzzled soldiers and invited them to share the wine with him by taking a sip of the water from the river.

3. PROPRIETY

(Ye) Unlike animals fighting over food, a courteous man would offer another man a piece of bread even though both were starving, out of respect and good manners.

Confucius said, "propriety must be practiced for the proper development of personality, and whoever lacks sincerity in his words, cannot be considered a gentleman." He also said:

"Frankness without courtesy can be rather ruthless."

"Respectfulness without courtesy can make the recipient rather uncomfortable."

"Courageousness without courtesy can be rather violent."

"Prudence without courtesy can be rather cowardish."

Ye is a term describing proper code of conduct between various social status, for example: superior and inferior, noble and common, old and young, rich and poor, etc.

4. WISDOM

(Ji) The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.

A wise man (Yu Bee) once said to his sons, "no matter how small it is you should not do what you realize is wrong. On the other hand you must do what is right no matter how small it may seem."

5. TRUST

(Shin) The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

How, then, can man discover his own human nature?

There are two ways by which a person can find himself; first, by preserving the goodness given to him by God or heaven at birth, and secondly by renouncing greed for material things.

A. Man may occupy two positions in a lifetime

Basically there are two kinds of position; one is the live virtues given by heaven, explained earlier, and the other given by man, such as a cabinet minister, bureau chief, and so on. Unfortunately man often relies too much on worldly position which is transient at best, for what man gives can also be taken away. On the other hand, what heaven endows us with is eternal. This is not to say that we reject all worldly things but rather that we keep both positions in proper balance so that the virtues of the former position provides guidance for the proper use of the latter.

In this manner a man will gain respect and set good examples for others to follow. Without proper guidance, a person can easily fall victim to the temptations of personal power and wealth, employing unethical means to further his ambitions. Ultimately such a person will become a tyrant, or a dictator and an enemy of the people.

According to Confucius, a generous and loving man cannot have enemies. Therefore, humanity, the first virtue, is like a strong secure fortress.

B. Greed is Insatiable

He who is content with what he has is the richest man in the world. On the other hand, if one has everything and still more, he may yet be poor.

A man who is blinded by greed is not only given to corruption, intrigue and exploitation of others, but worst of all, he casts himself in the position of "friend fighting against friend, father fighting against son," finally becoming no better than an animal.

There is certain truth in the old saying that a truly good person cannot be rich, and a rich person cannot be a truly good person. According to an ancient adage, "constant material dissatisfaction is considered to be the root of all misfortunes." There is no better way to self satisfaction and human growth than the constant development of a generous nature.

C. Be humble

A weed holds up its head in arrogance while a mature grain bows its head in humility. Lao-Tzu taught that lofty virtue is like a deep valley into which all streams of water flow. A virtuous man will draw the respect of others toward him in the same fashion while one who is selfish and egotistic will lose the respect of his fellow man and become despised and isolated. To be humble is not to engage in petty squabbles, but to be like the magnamous river in the low valley which irrigates the farm fields around it.

D. Self-criticism

No one is wise from the moment of birth.

As human beings we have many faults and are prone to make mistakes. However, once having acquired knowledge we learn to correct these shortcomings. It would not be impossible to

eventually become perfect human beings. For this purpose, it is essential not to be idyllic towards learning and continue to be willing to criticize oneself.

It is said that Confucius and his pupils practiced self-criticism by repeating the following three times daily:

- 1) Have I neglected others' requests because of selfishness
- 2) Have I behaved with a sincere attitude towards friends
- 3) Have I inspired others with certainty, while being uncertain myself
- 4) Have I neglected to practice virtue
- 5) Have I erred in my studies
- 6) Have I avoided acting with righteousness
- 7) Have I corrected myself immediately upon realizing my fault

E. Be Soft

Because light is formless and soft, it can illuminate and give warmth to even hidden corners.

As water can assume any shape or form, it can better serve the living things that need to survive. Once water becomes a part of the ocean, even the largest ship is like a mere leaf, and its awesome fury when aroused can conquer the tallest mountain. If one claims to be strong, he will soon meet someone who is stronger. A tree, such as a sapling, can withstand a strong wind when it is soft and flexible but may be toppled or broken after it becomes old and brittle. The same principle also applies to human beings.

F. Respect of elders

As son respects parents, younger brother respects older brother, man must always respect his elders or seniors.

This is the beauty of mankind, and one of the distinctions between human and animal. Mencius said there are three things of value in human society: position, honor and moral integrity. In government, position is considered important, in a community, honour, and for a leader or advisor, moral integrity. Indeed, there can be no children without parents, nor a young generation without the old generation. A society and a nation could not avoid chaos without its culture and social order being based on respect for the knowledge and wisdom of its elders.

G. Respect the rights of others

To criticize someone who is better, to covet other's possessions and to steal the merits of others are the marks of an unscrupulous man.

Mother Nature does make claims to her domain, yet all creatures within it acknowledge her eternal accomplishments. To help others develop and succeed in life is a reward in itself and has a true value only if nothing is expected in return.

Throughout human history, people who in jealousy have stolen the recognition due to others and have stolen their possessions out of avarice have always left dark imprints of shame and dishonor.

H. Be just

To be correct and forthright is to live one's life correctly.

Old sages used to say; "To common men, life is most valuable, and death, most fearful" However, a righteous man would value justice above life itself and would be willing to die rather than submit to injustice. Such notable figures as Baek-E-Sook-Je of China, Sung-Sam-Moon of Korea and Yoshida-Shoing of Japan all chose death in defiance of injustice leaving to their posterity lasting examples.

Baek-E-Sook-Je lived in Chou period about 2,000 BC. When King Moo toppled the twenty-seventh King, who was a very notorious tyrant, he refused to serve the new King, who usurped the throne by force and not by legitimate process; he eventually starved to death in a self-imposed exile in the Sooyang mountains.

Sung-Sam-Moon was an important minister of the King Se Jong, inventor of Han-Gul (Korean alphabet) in the 14th century. After the king died and the young Dan Jong became king his uncle Se-Jo conspired against the boy king and took over the throne. Minister Sung was later executed because of his persistent protest over the unlawful act of King Se-Jo. Yoshida-Shoing, one of the loyalists was also executed in protest when the Doku-Kawa military government, at the time, tried to abolish the Mei-Ji monarchy.

I. Be frugal

Since ancient times, excessive luxury and pleasure caused the downfall of many kings and nations without exception and history is full of such examples.

Persons in leadership in particular must learn to be frugal and live moderately. As the old adage goes "if the water is muddy upstream so it will be downstream."

An extravagant leader will affect his subordinates in this same way and will bring more hardship to his subjects through increased taxation and bribery. During the Lee Dynasty of Korea, the king's roving inspector, Lee-Mong-Yong, while traveling the countryside incognito, was invited to one of the lavish dinner parties of a notorious governor. In the middle of the feast he recited his famous poem:

The sweet wine you drink from the glittering cups
Flows from the tears of people who toil
The tender meat which fills the dishes of jades is torn from their aching flesh
Merrier you laugh, sadder they will weep
Louder you sing, more plaintive their lament.

The governor and his cohorts recognizing the true identity of the poet, became frightened and fled from the scene. Remember that there are tears and heartaches of many behind one man's pleasure.

J. Be discreet

In every thing he does, a person must not be impulsive or reckless but be patient and thoughtful.

"He who acts without thinking at least three times, will later regret his action," warns an old proverb.

Accordingly, on a matter of an important appointment or punishment, one must not decide hastily but must deliberate to reach a decision that is both fair and objective.

K. Know true happiness

Lao-Tzu pointed out that nature was based upon harmony contrasts. For example, the universe was made up of two forces, Yin (female) and Yang (male). Other contrasts were hard and soft, long and short, night and day, solid and empty, cold and warm, big and small, beautiful and ugly.

All things in this world are relative to one another. Misery can only come from having been happy once and sorrow from joy. The wealthy and the powerful are not necessarily happy. For every rich person, there are countless poor and for each tyrant, a nation of oppressed. Mencius defined life's three happinesses as follows:

1. Healthy parents and harmony within the family.
2. To live with pride and honor through correct behavior.
3. To educate the young to become upright and useful members of society.

L. Let your actions speak for yourself.

Even the ablest orator is apt to err if given to verbiage. A closed mouth can save a fish from the hook as well as stay secrets from the enemy. To speak only what is meaningful is a sign of a cultivated person. People talk mostly to brag about themselves or to gain advantage over others.

A man of virtue expresses himself more through deeds than words. Thus, he influences others through living examples. In the old days, the truly effective way to teach was believed to be by the actions not by the words of the teacher.

M. Develop peace of mind

A clear pond becomes muddy if agitated and then returns to its original state when allowed to settle undisturbed.

It is said that calm will be able to conquer the heat. Undoubtedly you can endure the hottest summer heat if you sit calm and composed. Conversely, if you move too much in order to warm your freezing body you may get temporary relief, but it does not last too long. We can attain peace of mind through meditation, by emptying our minds of all petty thoughts and returning to the natural state of man. Unlike in Buddhism or Zen, meditation in Taekwon-Do does not mean a total divorce from the world, like a dead body, but rather an active moment to reflect on our past mistakes in silence and in the privacy of our thoughts, and through penitence, to continue our self-improvement toward becoming better men and women. This active thought process in silence is called "Jung-Joong-Dong."

N. Be firm of mind

A person of strong conviction is unsuspicious and unafraid. When proved wrong, he has the moral strength to admit his mistakes to even the most humble and has the courage to stand up to the mighty if he believes himself or herself to be right.

Strong conviction can be gained through the broad and deep "Ki"-spirit. Ki is a form of active energy which fills every physical cell and organ while "Chi"- will is the motivating force: the former moves, the latter leads. If "Ki" is nurtured with great care and allowed to grow based

on humanity and justice, its soaring power and outreaching strength can fill the heaven and earth, enabling man to reach a new height of great achievements, so Mencius exhorted his disciples. On a more practical level "Ki" helps us to keep our minds clear and alert when the affairs of life become strained and confused, or sees us through sleepless nights when our loved one is gravely ill.

O. Be devoted

As meditation is to the religious, concentration and devotion is to the artist, and perseverance is to the laborer, so is moral culture to the practitioner of the martial arts. In other words a person's unflinching dedication to his own interest and duty is the source of life and power. Cultivation of mind, therefore, is no monopoly of any particular person.

In fact the sincerity and effort definitely produce the belief and the belief makes one able to reach the final goal. Moral culture is considered to be a cultivating movement to make one devote oneself to his work, whatever it might be, until his life and work become one.

Part Three

In summary, we can enjoy a greater freedom of action by preserving our basic nature while making ourselves impervious to the temptation of power, money and sex. A person who has attained this stage of self-cultivation is sometimes called a "Saint."

It must indeed seem like an impossible undertaking to a mere mortal. A mountain crossing begins with a single bold step and an ocean begins with each small stream.

As ancient proverbs say; "Where there is a will there is a way." "One should not look afar, when the way is right in front of you." "Even heaven can be moved if one devotes himself to his cause." With a strong will and firm determination, it is within the reach of anyone who is willing to make the effort.

This moral culture is uniquely tied in with Tae kwon-Do, not only for the eventual attainment of the highest goals in Tae kwon-Do and the promotion of power, technique, and self-confidence, but also for the cultivation of character. Without this, the instructor would be guilty of imparting a devastating force to those who could eventually become so enamoured of their newly found techniques they might very easily become bullies or use this knowledge as a means to achieve their personal ambitions.

RANK

Flying Kick TKD has a unique ranking system. It consists of ten colour-belt grades (kup) and nine degrees of Black belt.

- 10th kup (white)
- 9th kup (white with yellow stripe)
- 8th kup (yellow)
- 7th kup (yellow with green stripe)
- 6th kup (green)
- 5th kup (green with blue stripe)
- 4th kup (blue)
- 3rd kup (blue with red stripe)
- 2nd kup (red)
- 1st kup (red with a black stripe)

The nine degrees (dans) of Black are organized into skill levels:

- 1st-3rd dan (Novice) with the title of Assistant Instructor (Boo-sabum);
- 4th-6th dan (Expert) with the title of Master Instructor (Sabum);
- 7th-8th dan (Master) with the title of Master (Sahyon);
- 9th dan (Grand Master) with the title of Grand Master (Saseong).

The reason for nine black belt degrees, according to General Choi, is that the number nine is not only the highest of the single-digit numbers, but also is the number of three multiplied by three. In the Orient, three is the most esteemed of all numbers. The Chinese character for 3 is: three horizontal lines, one above the other. The bottom line represents earth; the middle line represents mortals; the upper line represents heaven.

Each colour has a specific philosophical meaning. They are as follows:

- White - signifies innocence, as that of the beginning student who has no previous knowledge of Tae kwon-Do;
 - Yellow - signifies the earth, from which a plant sprouts and takes root as the Tae kwon-Do foundation is laid;
 - Green - signifies the plant's growth, as the Tae kwon-Do skill begins to develop;
 - Blue - signifies Heaven, towards which the plant matures into a towering tree as training in Tae kwon-Do progress;
 - Red - signifies danger, cautioning the student to exercise control and warning the opponent to stay away;
 - Black - Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
- Up to 6th dan, all ranks require the student to perform a test of all skills and knowledge up to their rank to be promoted. Ranks above 6th dan may be awarded with consent of the president without a test; however, if the recipient desires, a test may be administered. 9th degree (being the highest) can only be awarded when the governing body examines and reaches a consensus. There are minimum times that practitioners must remain at a black belt degree before being promoted to the next grade: 1st degree: minimum 18 months as 1st degree before promotion to 2nd degree; 2nd degree: minimum 2 years; 3rd degree: minimum 3 years; 4th degree: minimum 4 years; and so on.

STUDENT RESPONSIBILITIES CONCERNING RANK

1. Respect others with higher belts.
2. Do not disturb upper belts while they practice.
3. Help lower belts, when appropriate.
4. Never try to teach something that you have not been taught.
5. Do not teach if you are not qualified. Do not teach in, or out of the Do-Jang unless you have permission.
6. Never use your martial arts training needlessly. Use it only to defend good.

Requirements For Promotion to
White Belt with Yellow stripe

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block

Punches

Lunge Punch
Forward Hand
Rear Hand

Kicks

Front Kick
Side Kick

Forms
Chon-Ji (19 Movements) "Heaven and Earth"

Requirements For Promotion to
YELLOW BELT

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut

Kicks

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"

Requirements For Promotion to
Yellow with Green stripe

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut

Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination

Kicks

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Jump Front Kick
Jump Side Kick
Turn Kick
Hook Kick
Cutting Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"

Requirements For Promotion to Green Belt

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut

Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike

Kicks

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Jump Front Kick
Jump Side Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"
Won-Hyo (28 Movements) "Buddist Monk"

Requirements For Promotion to
Green Belt with blue stripe

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut
Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike

Kicks/Sweeps

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Jump Front Kick
Jump Side Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"
Won-Hyo (28 Movements) "Buddhist Monk"
Yul-Gok (38 Movements) "Confucius of Korea"

Requirements For Promotion to
Blue Belt

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut
Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike
Kicks/Sweeps

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Jump Front Kick
Jump Side Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Jump Round Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"

Dan-Gun (21 Movements) "Legendary Founder of Korea"

Do-San (24 Movements) "Philosopher and Educator of Korea"

Won-Hyo (28 Movements) "Buddist Monk"

Yul-Gok (38 Movements) "Confucius of Korea"

Joong-Gun (32 Movements) "Young Patriot"

Requirements For Promotion to Blue Belt with red stripe I

Stances

Forward Balance

Back Balance

Riding Stance

Blocks

Downward Block

Side Block

Rising Block

Knife Hand Block

Fore-Arm Block

Punches

Lunge Punch

Forward Hand

Rear Hand

Hook Punch

Upper Cut

Inside Ridge Hand

Back Fist / Spin Back Fist

Elbow Strike Combination

Reverse Advance

9 Vital Strikes

Spinning Elbow Strike

Spinning Sudo

Jump Kicks

Jump Front Kick

Jump Side Kick

Jump Round Kick
Fighting Jump Side Kick
Double Elevated Jump Side Kick

Kicks/Sweeps

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Double Lead Leg Pivot Kick
Spin Crescent Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"
Won-Hyo (28 Movements) "Buddhist Monk"
Yul-Gok (38 Movements) "Confucius of Korea"
Joong-Gun (32 Movements) "Young Patriot"
Toi-Gye (37 Movements) "Pen Name of Noted Scholar"

Requirements For Promotion to
RED- BELT

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut
Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike
Spinning Sudo

Jump Kicks

Jump Front Kick
Jump Side Kick
Jump Round Kick
Fighting Jump Side Kick
Double Elevated Jump Side Kick
Jump Hook Kick
Jump Crescent Kick
Jump Turn Kick
Double Elevated Jump Hook Kick
Double Elevated Jump Crescent Kick

Kicks/Sweeps

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick

Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Double Lead Leg Pivot Kick
Spin Crescent Kick
Ax Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"
Won-Hyo (28 Movements) "Buddist Monk"
Yul-Gok (38 Movements) "Confucius of Korea"
Joong-Gun (32 Movements) "Young Patriot"
Toi-Gye (37 Movements) "Pen Name of Noted Scholar"
Hwa-Rang (29 Movements) "Korean Youth Movement"

Requirements For Promotion to
Red Belt with Black stripe

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand

Hook Punch
Upper Cut
Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike
Spinning Sudo

Jump Kicks

Jump Front Kick
Jump Side Kick
Jump Round Kick
Fighting Jump Side Kick
Double Elevated Jump Side Kick
Jump Hook Kick
Jump Crescent Kick
Jump Turn Kick
Double Elevated Jump Hook Kick
Double Elevated Jump Crescent Kick
Jump Spin Hook Kick
Jump Spin Crescent Kick

Kicks/Sweeps
Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Double Lead Leg Pivot Kick
Spin Crescent Kick

Ax Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"

Dan-Gun (21 Movements) "Legendary Founder of Korea"

Do-San (24 Movements) "Philosopher and Educator of Korea"

Won-Hyo (28 Movements) "Buddist Monk"

Yul-Gok (38 Movements) "Confucius of Korea"

Joong-Gun (32 Movements) "Young Patriot"

Toi-Gye (37 Movements) "Pen Name of Noted Scholar"

Hwa-Rang (29 Movements) "Korean Youth Movement"

Choong-Moo (30 Movements) "First Korean Admiral"

Requirements For Promotion to BLACK BELT 1st DAN

Stances

Forward Balance

Back Balance

Riding Stance

Blocks

Downward Block

Side Block

Rising Block

Knife Hand Block

Fore-Arm Block

Punches

Lunge Punch

Forward Hand

Rear Hand

Hook Punch

Upper Cut

Inside Ridge Hand

Back Fist / Spin Back Fist

Elbow Strike Combination

Reverse Advance

9 Vital Strikes

Spinning Elbow Strike

Spinning Sudo

Jump Kicks

Jump Front Kick
Jump Side Kick
Jump Round Kick
Fighting Jump Side Kick
Double Elevated Jump Side Kick
Jump Hook Kick
Jump Crescent Kick
Jump Turn Kick
Double Elevated Jump Hook Kick
Double Elevated Jump Crescent Kick
Jump Spin Hook Kick
Jump Spin Crescent Kick

Kicks/Sweeps

Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Double Lead Leg Pivot Kick
Spin Crescent Kick
Ax Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"

Won-Hyo (28 Movements) "Buddist Monk"
Yul-Gok (38 Movements) "Confucius of Korea"
Joong-Gun (32 Movements) "Young Patriot"
Toi-Gye (37 Movements) "Pen Name of Noted Scholar"
Hwa-Rang (29 Movements) "Korean Youth Movement"
Choong-Moo (30 Movements) "First Korean Admiral"
Kwang-Gae (39 Movements) "Koguryo Dynasty"

Requirements For Promotion to
BLACK BELT 2nd DAN

Stances

Forward Balance
Back Balance
Riding Stance

Blocks

Downward Block
Side Block
Rising Block
Knife Hand Block
Fore-Arm Block

Punches

Lunge Punch
Forward Hand
Rear Hand
Hook Punch
Upper Cut
Inside Ridge Hand
Back Fist / Spin Back Fist
Elbow Strike Combination
Reverse Advance
9 Vital Strikes
Spinning Elbow Strike
Spinning Sudo

Jump Kicks

Jump Front Kick
Jump Side Kick

Jump Round Kick
Fighting Jump Side Kick
Double Elevated Jump Side Kick
Jump Hook Kick
Jump Crescent Kick
Jump Turn Kick
Double Elevated Jump Hook Kick
Double Elevated Jump Crescent Kick
Jump Spin Hook Kick
Jump Spin Crescent Kick

Kicks/Sweeps
Front Kick
Side Kick
Skip Side Kick
Defensive Side Kick
Round Kick
Turn Kick
Hook Kick
Cutting Kick
Low High Kick
Double Lead Leg Round Kick
Skip Hook Kick
Pivot Lead Leg Round Kick
Pivot Lead Leg Side Kick
Pivot Lead Leg Hook Kick
Down Round (Hand)
Front Sweep (Leg)
Outside Crescent Kick
Inside Crescent Kick
Skip Crescent Kick
Double Lead Leg Pivot Kick
Spin Crescent Kick
Ax Kick

Forms

Chon-Ji (19 Movements) "Heaven and Earth"
Dan-Gun (21 Movements) "Legendary Founder of Korea"
Do-San (24 Movements) "Philosopher and Educator of Korea"
Won-Hyo (28 Movements) "Buddist Monk"
Yul-Gok (38 Movements) "Confucius of Korea"
Joong-Gun (32 Movements) "Young Patriot"
Toi-Gye (37 Movements) "Pen Name of Noted Scholar"
Hwa-Rang (29 Movements) "Korean Youth Movement"
Choong-Moo (30 Movements) "First Korean Admiral"

Kwang-Gae (39 Movements) "Koguryo Dynasty"

Po-Eun (36 Movements) Loyal Subject

Ge Baek (44 Movements) Baek Je Dynasty

Patterns / Forms / Hyung

Patterns or forms (equivalent to the kata in karate) are considered by many to be one of the most important aspects of training in Tae kwon-Do. The patterns practiced by members of the ITF are very different from those performed by the WTF, forming one of the major differences between the two styles. All patterns start with a defensive move, which emphasizes Tae kwon-Do's defensive nature. The patterns all start and end at the same point. This ensures that the practitioners' stances are the correct length, width, and in the proper direction. There are 24 patterns in the official ITF syllabus, all of which were developed by General Choi. The names of these patterns typically refer to a patriotic instance or person of Korean history. They are as follows:

1- Chon-Ji

Chon-ji is the first pattern learned in ITF Tae Kwon-do.

Literally translated, Chon-ji means "The Heaven, The Earth" which is, in the Orient, interpreted as the creation of the world - thus, it is the first pattern learned by the beginner. It was created by the founder of ITF Taekwondo, General Choi Hong Hi and consists of 19 moves. Chon-ji has two halves which symbolize the Heavens and the Earth. The first half is comprised of blocks below the belt and punches, symbolizing the Earth. The second half is comprised of blocks above the belt and punches, symbolizing the Heavens.

Chon-Ji Hyung (19 movements)

+	Movement	Stance	Action
N	--	Feet together	Ready position.
W	Lf toward W, CCW	L front stance	L low forearm block <Yell!>
W	Forward	R front stance	R middle straight punch
E	Rf toward E, CW	R front stance	R low forearm block
E	Forward	L front stance	L middle straight punch
N	Lf toward N, CCW	L front stance	L low forearm block
N	Forward	R front stance	R middle straight punch
S	Rf toward S, CW	R front stance	R low forearm block
S	Forward	L front stance	L middle straight punch <Yell!>
E	Lf toward E, CCW	L back stance	L middle inward forearm block (radius side)
E	Forward	R front stance	R middle straight punch

W	Rf toward W, CW	R back stance	R middle inward forearm block (radius side)
W	Forward	L front stance	L middle straight punch
S	Lf toward S, CCW	L back stance	L middle inward forearm block (radius side)
S	Forward	R front stance	R middle straight punch
N	Rf toward N, CW	R back stance	R middle inward forearm block (radius side)
N	Forward	L front stance	L middle straight punch
N	Forward	R front stance	R middle straight punch
N	Backward	L front stance	L middle straight punch
N	Backward	R front stance	R middle straight punch <Yell!>
N	Lf -> Rf	Feet together	Ready position.

2 - Dangun

Dangun Wanggeom is the legendary founder of Gojoseon the first kingdom of Korea. The oldest existing record of the founding myth of Korea involving him appears in the Samguk Yusa, a 13th-century collection of legends and stories. Although the founder is commonly called Dangun, some believe that Dangun was a title or position, and Wanggeom was the proper name..

Dan-Gun Hyung (21 movements)

Direction	Movement	Stance	Action
N	--	Feet together	Ready position.
W	Lf toward W	L back stance	Middle knifehand guarding blocks <Yell!>
W	Forward	R front stance	R high straight punch
E	Rf toward E, CW	R back stance	Middle knifehand guarding blocks
E	Forward	L front stance	L high straight punch
N	Lf toward N, CCW	L front stance	L low forearm block
N	Forward	R front stance	R high straight punch
N	Forward	L front stance	L high straight punch
N	Forward	R front stance	R high straight punch <Yell!>
E	CCW 270* toward E	L back stance	Twin forearm blocks (see note)
E	Forward	R front stance	R high straight punch

W	Rf toward W, CW	R back stance	Twin forearm blocks (as above)
W	Forward	L front stance	L high straight punch
S	Lf toward S, CW	L front stance	L low forearm block, immediately followed by L rising forearm block
S	Forward	R front stance	R rising forearm block
S	Forward	L front stance	L rising forearm block
S	Forward	R front stance	R rising forearm block <Yell!>
W	CCW 270* toward W	L back stance	L outward knifehand strike (R-fist chambered at hip)
W	Forward	R front stance	R high straight punch
E	Rf toward E, CW	R back stance	R outward knifehand strike (L-fist chambered at hip)
E	Forward	L front stance	L high straight punch <Yell!>
N	Lf -> Rf	Feet together	Ready position.

3- Do-San

Ahn Chang-ho, pen name Dosan, (November 9, 1878- March 10, 1938) was a Korean independence activist and one of the early leaders of the Korean immigrant community in the United States. He established the Young Korean Association and was a key member in the founding of the Provisional Government of the Republic of Korea in Shanghai. He was the father of Hollywood actor Philip Ahn.

Many consider Ahn Chang-ho to be one of the key moral and philosophical leaders of Korea during the 20th century. In the turmoil immediately before and during the Japanese Occupation of Korea, he called for the moral and spiritual renewal of the Korean people through education as one of the important components in their struggle for independence. In 1938, Dosan was arrested by Japanese authorities. Due to severe illness, he was released on bail and transferred to the Kyung Sung University hospital where he passed away on March 10, 1938. A memorial park and hall were built to honor him in Seoul. The Tae kwon-do pattern Do-San was named after him.

Do-San Hyung (24 movements)

Direction	Movement	Stance	Action
N	--	Feet together	Ready position
W	Lf toward W	L front stance	L high outward forearm block (ulna side) <Yell!>
W	--	L front stance	R middle reverse punch

-- -- -- Slide the left foot inward (i.e. toward the center of your body) and stop when it is halfway between your previous stance. This is a 'half step'.

E Rf toward E R front stance R high outward forearm block (ulna side)

E -- R front stance L middle reverse punch

N Lf toward N L back stance Middle knifehand guarding blocks

N Forward R front stance R middle vertical spearhand strike (L-hand open, palm-down, under the R-elbow) <Yell!>

-- -- -- Tuck and fold the arms as you go into...

N Forward CCW 360* L front stance L high backfist side strike
(R fist chambered at hip)

N Forward R front stance R high backfist side strike (L fist chambered at hip)

-- -- -- Tucking and folding the arms again as you...

E 270* CCW, Lf toward E L front stance L high outward forearm block (ulna side)

E -- L front stance R middle reverse punch

-- -- -- Slide the Lf inward a 'half step', then ...

W Rf toward E R front stance R high outward forearm block (ulna side)

W -- R front stance L middle reverse punch

SE Lf toward SE L front stance Middle forearm outside wedge blocks (ulna sides)

SE Rf --> -- R front kick

SE Drop Rf R front stance R middle straight punch

SE -- R front stance L middle reverse punch

SW Rf toward SW R front stance Middle forearm outside wedge blocks (ulna sides)

SW Lf--> -- L front kick

SW Drop Lf L front stance L middle straight punch

SW -- L front stance R middle reverse punch

S Lf toward S L front stance L rising forearm block

S Forward R front stance R rising forearm block

W 270* CCW, Lf toward W Horse stance (chest-N) L knifehand strike

-- Lf -> Rf Feet together --

E Rf toward E Horse stance (chest-N) R knifehand strike <Yell!>

N Rf -> Lf Feet together Ready position.

4 - Won-Hyo

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. 28

Won-Hyo Hyung (28 movements)

Direction	Movement	Stance	Action
N	--	Feet together	Ready position (L-fist in right hand)
W	Lf toward W	L back stance	Twin forearm block <Yell!> (see note for explanation)
W	--	L back stance	R high inward knifehand strike (Draw the L fist into the right shoulder)
W	Shift Lf	L fixed stance	L side punch
E	Lf -> Rf, then Rf toward E	R back stance	Twin forearm block (as above)
E	--	R back stance	L high inward knifehand strike (Draw the R fist into the left shoulder)
E	Shift Rf	R fixed stance	R side punch
N	Rf -> Lf	Feet together (chest-E)	Both fists chambered at the right hip
N	Lf --> --	L side kick	
N	Drop Lf toward N	L back stance	Middle knifehand guarding blocks
N	Forward	R back stance	Middle knifehand guarding blocks
N	Forward	L back stance	Middle knifehand guarding blocks
N	Forward	R front stance	R middle vertical spearhand strike <Yell!>
E	CCW 270*, Lf toward E	L back stance	Twin forearm blocks (as above)
E	--	L back stance	R high inward knifehand strike (Draw the L fist into the right shoulder)
E	Shift Lf	L fixed stance	L side punch
W	Lf -> Rf, then Rf toward W	R back stance	Twin forearm blocks (as above)
W	--	R back stance	L high inward knifehand strike (Draw the R fist into the left shoulder)
W	Shift Rf	R fixed stance	R side punch
S	Rf -> Lf, then Lf toward S	L front stance	R middle inner forearm scoop block
S	Rf --> ---	R front kick	(maintain hand positions)

S	Drop Rf	R front stance	L middle reverse punch
S	--	R front stance	L middle inner forearm scoop block
S	Lf --> --	L front kick	(maintain hand positions)
S	Drop Lf	L front stance	R middle reverse punch
S	Rf -> Lf	Feet together (chest-E)	Both fists chambered at Left hip
S	Rf --> --	R side kick	
S	Drop Rf	R back stance	Middle forearm guarding blocks
W	270* CCW, Lf toward W	L back stance	Middle forearm guarding blocks
E	Lf -> Rf, then step Rf toward E	R back stance	Middle forearm guarding blocks <Yell!>
N	Rf -> Lf	Feet together (chest-N)	Ready position.

5 - Yul-Gok

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar". 38

Yul-Gok Hyung (38 movements)

Direction	Movement	Stance	Action
N	--	Feet together	Ready position
N	Lf toward W	Horse stance (chest-N)	L middle straight punch <Slowly & Exhaling>
N	--	<same>	R middle straight punch
N	--	<same>	L middle straight punch
N	Lf -> Rf, then Rf toward E, stomping the foot	Horse stance (chest-N)	R middle straight punch <Slowly & Exhaling>
N	--	<same>	L middle straight punch
N	--	<same>	R middle straight punch
NE	Shift Rf toward NE	R front stance	R high outward forearm block (radius side)
NE	Lf --> --	L front kick	
NE	Drop Lf forward	L front stance	L middle straight punch
NE	--	L front stance	R middle reverse punch
NW	Lf toward NW	L front stance	L high outward forearm block (radius side)

NW Rf --> -- R front kick
 NW Drop Rf forward R front stance R middle straight punch
 NW -- R front stance L middle reverse punch
 N Rf toward N R front stance R knifehand hooking block <Slowly & Exhaling>
 N -- R front stance L knifehand hooking block <Slowly & Exhaling>
 N -- R front stance R middle straight punch
 N Forward L front stance L knifehand hooking block <Slowly & Exhaling>
 N -- L front stance R knifehand hooking block <Slowly & Exhaling>
 N -- L front stance L middle straight punch
 N Forward R front stance R middle straight punch <Yell!>
 N Lf -> Rf Feet together (chest-E) Both fists chambered at the right hip
 N Lf --> -- L side kick
 N Drop Lf L front stance R horizontal elbow strike into the L open palm
 S Rf -> Lf Feet together (chest-E) Both fists chambered at the left hip
 S Rf --> -- R side kick
 S Drop Rf R front stance L horizontal elbow strike into the R open palm
 E Lf toward E L back stance Twin knifehand blocks (see note for explanation)
 E Forward R front stance R middle vertical spearhand strike (L open hand guards under the R elbow)
 W Rf toward W, CW R back stance Twin knifehand blocks (as above)
 W Forward L front stance L middle vertical spearhand strike (R open hand guards under the L elbow)
 S Lf toward S L front stance L high outward forearm block (ulna side)
 S -- L front stance R middle reverse punch
 S Forward R front stance R high outward forearm block (ulna side)
 S -- R front stance L middle reverse punch
 S hopping forward off the R foot Crossed stance (chest-W) Rf x'd behind the Lf
 Lf L downward backfist strike <Yell!>(R fist chambered at belt)
 E Rf toward E, 270* CW R front stance Double forearm guarding blocks
 W Rf -> Lf, then Lf toward W L front stance Double forearm guarding blocks
 N Lf -> Rf Feet together (chest-N) Ready position.

6 - Joong-Gun

An Jung-geun (September 2, 1879 - March 26, 1910) (Christian name: Thomas) was the Korean man who assassinated the Japanese politician Ito Hirobumi, the former Resident-General of Korea. His first commitment for his country was made in the field of education, but later he changed direction and joined the armed resistance for justice. He is regarded as a hero not only in both South Korea and North Korea, but also all over the world.

An Jung-geun, who had previously led Korean forces fighting against the Japanese, assassinated Ito Hirobumi on the railway platform in Harbin (Manchuria) in 1910. He was captured and sentenced to death. The execution took place in Lui-shun prison.

Joong-Gun Hyung (32 movements)

Direction		Movement	Stance	Action
N	--	Feet together (chest-N)		Ready position (L-fist in R hand)
W	Lf toward W	L back stance	L middle outward ridgehand block	<Yell!>
W	--	--	L front kick	(maintain hand positions)
W	Drop Lf forward, then step out with Rf into	R cat stance	R middle upward palm pressing block	
E	Rf toward E, pivoting CW	R back stance	R middle outward ridgehand block	
E	--	--	R front kick	(maintain hand positions)
E	Drop Rf forward, then step out with Lf into	L cat stance	L middle upward palm pressing block	
N	Lf toward N	L back stance	Middle knifehand guarding blocks	
N	Shift Lf	L front stance	R upward elbow strike	(L fist at hip)
N	Forward	R back stance	Middle knifehand guarding blocks	
N	Shift Rf	R front stance	L upward elbow strike	(R fist at hip)
N	Forward	L front stance	Twin high punches	
N	Forward	R front stance	Twin middle upset punches	<Yell!>
S	Lf toward S (CCW)	L front stance	High X-block	
E	Lf -> Rf, then Lf toward E	L back stance	L horizontal backfist strike	(R fist chambered at belt)
E	Shift Lf	L front stance	L middle inward forearm block	(ulna side)
E	--	L front stance	R high reverse punch	
W	Lf -> Rf, then Rf toward W	R back stance	R horizontal backfist strike	(L fist chambered at belt)
W	Shift Rf	R front stance	R middle inward forearm block	(ulna side)

W -- R front stance L high reverse punch
 S Rf->Lf, then Lf toward S L front stance Double forearm guarding blocks
 S Shift Lf forward L fixed stance L side punch
 S Rf --> -- R side kick
 S Drop Rf toward S R front stance Double forearm guarding blocks
 S Shift Rf forward R fixed stance R side punch
 S Lf --> -- L side kick
 S Drop Lf toward S L back stance Middle knifehand guarding blocks(Alt: middle forearm guarding blocks)
 S Shift Lf L front stance Scissor palm pressing blocks (L- upward, R- downward) <Slowly & Exhaling>
 S Forward R back stance Middle knifehand guarding blocks(Alt: middle forearm guarding blocks)
 S Shift Rf R front stance Scissor palm pressing blocks (R- upward, L- downward) <Slowly & Exhaling>
 E Lf-> Rf Feet together (chest-E) R parallel block (L fist at hip) <Slowly & Exhaling>
 E Rf toward E R fixed stance Pole block
 W Rf-> Lf, then Lf toward W L fixed stance Pole block <Yell!>
 N Lf-> Rf Feet together (chest-N) Ready position.

7 - Toi-Gye

Yi Hwang (1501-1570) was one of the two most prominent Korean Confucian scholars of the Joseon Dynasty, the other being his younger contemporary Yi I (Yulgok). Yi Hwang is often referred to by his pen name Toegye ("Retreating Creek"). His courtesy name was Gyeongho.

Yi Hwang was born in On'gye-ri (now Tosan), North Gyeongsang Province, on November 25, 1501. He was a child prodigy. At the age of six, he started to learn the Book of One Thousand letters from an old gentleman in his neighborhood, and at 12 he learned the Analects of Confucius from his uncle, Yi U. At the age of 19, he obtained the two-volume Seongni Taejeon, a great compendium of neo-Confucianism by Hu Guang, and experienced a process of great awakening. He became devoted to Song thought.

Toi-Gye Hyung (37 movements)

Direction Movement Stance Action

N -- Feet together Ready position. (R-fist in L hand)

W Lf toward W L back stance L middle outward forearm block (radius side)
<Yell!>

W Shift Lf L front stance R low inverted spearhand thrust (L open palm blocks outside R shoulder)

N Lf -> Rf Feet together (Chest-N) Simultaneously do: <Slowly & Exhaling>L low forearm block &R high outward forearm block (ulna side)

E Rf toward E R back stance R middle inner forearm block

E Shift Rf R front stance L low inverted spearhand thrust (as above)

N Rf -> Lf Feet together (chest-N) Simultaneously do: <Slowly & Exhaling>R low forearm block &L high outward forearm block (ulna side)

N Forward L front stance Low X-block, followed quickly by Twin high vertical punches

N Rf --> -- R front kick (maintaining hand positions)

N Drop Rf forward R front stance R middle straight punch

N -- R front stance L middle reverse punch

W Lf -> Rf Feet together (chest-W) Begin from a 'mountain block' position, then Lower the fists down to the hips <Slowly & Exhaling>

W Rf toward W Horse stance (chest-S) Mountain block (see note for explanation)

W Lf toward W, CW Horse stance (chest-N) Mountain block

E Lf toward E, CW Horse stance (chest-S) Mountain block

E Rf toward E, CCW Horse stance (chest-N) Mountain block

E Lf toward E, CW Horse stance (chest-S) Mountain block

W Lf toward W, CW Horse stance (chest-N) Mountain block

N Rf -> Lf, then Lf toward N L back stance Low inverted double forearm guarding block (i.e. with radius sides of forearms)

N Shift Lf L front stance Reach out and grap opponent's head with both hands

N R-knee -> -- R knee strike (into open hands) <Yell!>

S Drop Rf->Lf, then Lf toward S, pivoting CCW L back stance Middle
 knifehand guarding blocks
 S Lf --> -- L front kick
 S Replace Lf L front stance L high horizontal spearhand strike
 S Forward R back stance Double knifehand guarding blocks
 S Rf --> -- R front kick
 S Replace Rf R front stance R high horizontal spearhand strike
 S Backward L back stance Simultaneously do: L low forearm block (toward S)
 R high backfist strike (toward N)
 S Jump off Lf, toward S into (Jump high, but not so forward) X'd stance (chest-E)
 (Lf x'd behind the Rf) Low X-block (very deep/low) <Yell!>
 S Rf toward S R front stance Middle forearm guarding blocks
 W L foot toward W, CCW (270*) L back stance Low knifehand guarding
 blocks
 -- Shift Lf L front stance R middle scoop block (toward NW)
 E Lf -> Rf, then Rf toward E R back stance Low knifehand guarding blocks
 -- Shift Rf R front stance L middle scoop block (toward NE)
 -- Pivot on balls of feet CCW L front stance R middle scoop block (toward NE)
 -- Pivot on balls of feet CW R front stance L middle scoop block (toward NE)
 N Rf toward E Horse stance (chest-N) R middle straight punch <Yell!>
 N Pull Rf-> Lf Feet together (chest-N) Ready position.

8 - Hwa-Rang

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity 29

Hwa-Rang Hyung (29 movements)

Direction	Movement	Stance	Action
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N	--	Feet together	Ready position (open hands crossed over one another in front of belt, left hand over right.)
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N	Lf toward W	Horse stance (chest-N)	L inward palm heel block
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N	--	<same>	R middle straight punch
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N -- <same> L middle straight punch
 E Shift Rf R back stance Twin forearm block (see note for explanation)
 E -- R back stance L uppercut punch(R fist is drawn to the L shoulder)
 E Shift Rf R fixed stance R side punch
 E Rf -> Lf Feet together(chest-N) R downward knifehand strike
 E Lf toward E L front stance L middle straight punch
 N Lf toward N, CCW (90*) L front stance L low forearm block
 N Forward R front stance R middle straight punch
 N Lf -> Rf, slowly Feet together (chest-NW) Slowly reach out and cup the
 R fist with the L hand.
 N Rf --> -- R side kick
 N Drop Rf R back stance R knifehand strike
 N Forward L front stance L middle straight punch
 N Forward R front stance R middle straight punch <Yell!>
 E Lf toward E, CCW (270*) L back stance Middle knifehand guarding blocks
 E Forward R front stance R middle vertical spearhand strike (L open hand
 guards under the R elbow)
 W Pivoting CCW (180*), shift Lf toward W L back stance Middle knifehand
 guarding blocks
 W Rf --> -- R roundhouse kick
 W Drop Rf R back stance Land very briefly in the position of Middle
 knifehand guarding blocksbefore immediately following with the next movement:
 W Lf --> -- L roundhouse kick
 W Drop Lf L back stance Middle knifehand guarding blocks
 S Lf toward S, CCW (90*) L front stance L low forearm block
 S Shift Lf L back stance R middle reverse parallel punch
 S Forward R back stance L middle reverse parallel punch
 S Forward L back stance R middle reverse parallel punch
 S Shift Lf L front stance Low X-block
 N Rf toward S, turning 180* CCW L back stance(facing N) R elbow strike
 (toward S) (L fist chambered at hip) <Yell!>
 W CCW 270*, Lf -> Rf Feet together (chest-W) Scissor blocks (L-low, R-
 high)

W	--	<same>	Scissor blocks (R-low, L-high)
W	Lf toward W	L back stance	Middle knifehand guarding blocks
E	Lf -> Rf, then Rf toward E	R back stance	Middle knifehand guarding blocks
<Yell!>			
N	Rf -> Lf	Feet together (chest-N)	Ready position.

9 - Choong-Moo

Yi Sun-sin was born in Geoncheon (Korean: ê±'i²œë□™; ä¹³⁄₄â·□æ'ž), Seoul, and is posthumously known as Chungmu or Chung Mu Yi Sun-sin (March 8, 1545 â€“ November 19, 1598), was a famous Korean naval leader. He is also respected as one of the greatest admirals and military leaders ever in world history. His Battle of Hansando ranks as one of the top four naval battles ever fought. The Admiral, who never lost a single battle or ship, is also respected for his character and leadership abilities. His brilliant tactical mind led the Korean navy to crushing victories over the Japanese navy. As the Lord High Admiral of the Korean fleet under the Joseon Dynasty, Yi Sun-Sin led the fight against the Japanese during their invasion of Korea during April 1592 in the Seven-Year War. He turned back the enemy fleet of Japanese invaders with his innovative turtle ships, and is considered the premier Korean national hero of all time. He was shot by a stray bullet in the Battle of Noryang in November 1598, and died. He was posthumously given the titles Chungmugong (The Lord of Loyalty and the Arts of War) and Deokpung Buwongun (Prince Deokpung).

Choong-Moo Hyung (30 movements)

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position.
W	Lf toward W	L back stance	Twin knifehand block <Yell!>(see note for explanation)
W	Forward	R front stance	Simultaneously do: Left rising knifehand block & Right inward knifehand strike
E	Rf toward E, CW	R back stance	Middle knifehand guarding blocks
E	Forward	L front stance	L high straight punch
N	Lf toward N	L back stance	Middle knifehand guarding blocks
S	Rf -> Lf	Feet together (chest-E)	both fists chambered at the left hip
S	Rf --> --	R side kick	
N	Drop Rf toward S	L back stance	Double knifehand guarding blocks
N	Step forward toward N onto Rf, then JUMP off the Rf -> --	R jump	side kick <Yell!>

N <Land> R back stance Middle knifehand guarding blocks
 E CCW 270*, Lf toward E L back stance L low forearm block
 E Shift Lf L front stance Reach out with both hands and grap your opponent's head
 E R knee --> -- R knee strike into into open palms
 W Drop Rf -> Lf, then Lf toward W, pivoting CCW (180*) L front stance R high ridgehand strike (left open hand should be blocking beneath the right elbow)
 W Rf --> -- R roundhouse kick
 W Lf --> -- L reverse side kick
 E Drop Lf toward W, pivoting CW to face E R back stance Middle forearm guarding blocks
 E Lf --> -- L roundhouse kick (toward E)
 S Drop Lf->Rf, then Rf toward S R fixed stance Pole block
 S Jump and spin 360* CCW in the air, landing into: R back stance Double knifehand guarding blocks <Yell!>
 S Forward L front stance R low inverted spearhand thrust (L open hand blocking at the right shoulder)
 S Shift Lf L back stance Simultaneously do: L low forearm block (toward S) R high backfist strike (toward N)
 S Forward R front stance R middle vertical spearhand strike(L open hand guards under the R elbow)
 W 270* CCW, Lf toward W L front stance Middle forearm guarding blocks
 S Rf toward W Horse stance (chest-S)R middle inward forearm block (ulna side) (toward S) (L fist should be under R-elbow, arm parallel to floor), followed quickly by:
 W -- -- R horizontal backfist strike (L fist chambered at belt)
 E Pivoting CCW toward E, Rf-> -- R side kick
 E Drop Rf forward, then immediately Lf --> -- L side kick
 W Drop Lf -> Rf. Then, pivoting CW, step Rf toward W R back stance Middle knifehand X-block (this block should travel in an upward motion)
 W Forward L front stance Double upward palm pressing blocks(done swiftly, not slowly)
 E Rf toward E, pivoting CW R front stance R rising forearm block
 E -- R front stance L high reverse punch <Yell!>(Alt: L middle reverse punch)

N Lf -> Rf Feet together (chest-N) Ready position.

10 - Kwang-Gae

Gwanggaeto (meaning "broad expander of territory") was born in 374 and ascended to the throne in 391, at the age of just seventeen, to become the nineteenth emperor of Goguryeo. His era name was Yeongnak. He ruled over Goguryeo at the time in Korea's history known as the Three Kingdoms, so called because during this time the Korean peninsula was constantly being fought over by Goguryeo, Silla and Baekje. He is sometimes referred to as Great Emperor Yeongnak, after the era name selected by him. He is also called Hotae. His personal name was Damdeok/Tamdök.

Kwang-Gae Hyung (39 movements)

Direction	Movement	Stance	Action
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N	Ready	With feet together,	raise arms above head and let palms face outward. Let the index fingers of each hand touch each other and the thumb of each hand touch the other so that a triangle is formed with the open space between the two palms.
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N	Ready	Now,	separate the two hands while simultaneously lifting the left leg several inches from the floor. Let the arms descend, tracing a circle as they come together near hip level. Cup the left hand around the right fist. The left leg should touch the ground just as the hands come together.
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N	Forward	L front	R upset punch <Slowly & Exhaling>
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N	Forward	R front	L upset punch <Slowly & Exhaling>
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N	Step Lf forward, then step Rf forward into	R front	R high knifehand hooking block (palm-down, L fist chambered at the hip)(Alt: R high knifehand strike)
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N	Backward	L back	Low knifehand guarding blocks
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N	Step Rf forward, then step Lf forward into	L front	L high knifehand hooking block (palm-down, R fist chambered at the hip)(Alt: L high knifehand strike)
---	--	---------	---

N	Backward	R back	Low knifehand guarding blocks
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N	Forward	L cat	Middle knifehand guarding blocks (at middle level)
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N	Forward	R cat	Middle knifehand guarding blocks (at middle level)
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S	Cross the left foot forward and in front of the right foot, then step forward (toward N) with the Rf, pivoting CCW (180*) to face S	L front	R upward palm pressing block <Slowly & Exhaling>
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S	Forward	R front	L upward palm pressing block <Slowly & Exhaling>
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S Stand up, pulling Lf -> Rf into: Feet together (chest-S) Raise hands into the "ready" position (i.e. forming a triangle with open palms above the head.) Quickly separate the arms, once again tracing a circle. (Do not lift the leg this time.) Bring the left knifehand into the R palm. Then,

E Feet together (chest-S) Immediately chamber both fists to your right hip and turn head to face E, then: L low side kick, quickly followed by: L high side kick

E <Drop Lf> toward E L back R inward knifehand strike (L fist is drawn to R-shoulder)

E Pull Lf -> Rf natural stance L downward hammer fist strike

W Feet together (chest-S) Chamber both fists at the left hip, turning head toward W R low side kick, quickly followed by: R high side kick

W <Drop Rf> toward W R back L inward knifehand strike (as above)

W Pull Rf->Lf natural stance(chest-S) R downward hammer fist strike

S Step out with the Lf toward S, into: L front Scissored palm pressing blocks <Slowly & Exhaling> (L presses up, R presses down)

S Forward R front Scissored palm pressing blocks <Slowly & Exhaling> (R presses up, L presses down)

N CW (180*) R back <stomp!> R horizontal backfist strike (L fist chambered at hip)

N <Shift Rf> R front Double forearm guarding blocks

N <Shift backward> R front L low forearm block

N R front R high spearhand thrust (palm should face down) <Slowly & Exhaling>

S CCW (180*) L back <stomp!> L horizontal backfist strike (R fist chambered at hip)

S <Shift Rf> L front Double forearm guarding blocks

S <Shift backward> L front R low forearm block

S L front L high spearhand thrust (palm should face down) <Slowly & Exhaling>

S Forward R front <stomp!> Double high punches <Yell!>

E Shifting only the Lf, Left 90* L front Double upset punches

E Rf -> R front kick

W Drop Rf in toward E, then step forward with the Lf toward E and pivot CW
 (180*) to face W R back Middle knifehand guarding blocks
 W Forward L front L high punch
 W Forward R front Double upset punches
 W Lf -> L front kick
 E Drop the Lf toward W, then step forward with the Rf toward W and pivot CCW
 (180*) to face E L back Middle knifehand guarding blocks
 E Forward R front R high punch <Yell!>
 N Pull Lf -> Rf Ready End.

11 - Po-Eun

Chong Mong-ju (pen name: Po-eun; 1337-1392) was born at the time when the Goryeo dynasty ruled the Korean peninsula. At the age of 23, after taking three different Civil Service literary examinations and receiving the highest marks possible on all three, in 1367 he became an instructor in Neo-Confucianism at the Gukjagam, then called "Seonggyungwan," whilst simultaneously holding a government position, and was a faithful public servant to King U. The king had great confidence in his wide knowledge and good judgement, and so he participated in various national projects and his scholarly works earned him great respect in the Koryo court. He was most knowledgeable about human behaviour, and visited China and Japan as a diplomat for the king, securing promises of Japanese aid in defeating pirates and managing to secure peace with Ming dynasty China in 1385. He also founded an institute devoted to the theories of Confucianism.

Po-Eun Hyung (36 movements)

A note about stances: In each of the stances in this form (that's right -- all of them) the chest will face N.

Direction	Movement	Stance	Action
N	Ready Feet together		"look to heaven" (as in Gwang-Gae hyung)
W	Left 90*	L back	Middle forearm guarding blocks
W	Lift Rf -> L-knee	Crane	Push both fists upward, striking toward W
E	without dropping the Rf		R low side kick
E	<Drop Rf>	Horse	R knifehand strike (L fist chambered at R hip)
E		Horse	L parallel punch
N		Horse	Scissor blocks (L low block, R middle block)
N		Horse	Scissor blocks (R low block, L middle block)
N		Horse	Middle outward wedging blocks (with radius side of forearms)

N Horse Chamber the R-fist to the R-hip and cover with the left open hand

N Horse R middle punch (L open hand is palm down above the R-elbow, guarding)

N Horse Chamber the L fist to the L-hip and cover with the right open hand

E Horse Double parallel punches <Yell!>

E Cross Lf over and in front of Rf, toward E L x'd over R R low hammerfist into the L open hand (Note: This could also serve as a low inverted forearm block)

E Step out with the Rf toward ER fixed stance Pole block

E Pull Lf -> Rf Feet together (crossing the right arm over the left...) Double elbow strikes (these are done at shoulder level) <Slowly & Exhaling>

W Lf toward W, STOMPing down Horse Simultaneously do: L low forearm block (to W) R high outward forearm block (radius side) (to E)

W Cross Rf over and in front of Lf, toward W R x'd over L L low hammerfist into the R open hand (Note: This could also serve as a low inverted forearm block)

W Lf toward W L back Low ridgehand guarding blocks

E Pivot CW to face E R back Middle forearm guarding blocks

E Lift Lf -> R-knee Crane Push both fists upward, striking toward E

W without dropping the Lf L low side kick

W <Drop Lf> Horse L knifehand strike (R fist chambered at L hip)

W Horse R parallel punch

N Horse Scissor blocks (R low block, L middle block)

N Horse Scissor blocks (L low block, R middle block)

N Horse Middle outward wedging blocks (with radius side of forearms)

N Horse Chamber the L-fist to the L-hip and cover with the right open hand

N Horse L middle punch (R open hand is palm down above the L-elbow, guarding)

N Horse Chamber the R fist to the R-hip and cover with the left open hand

W Horse Double parallel punches <Yell!>

W Cross Rf over and in front of Lf, toward W R x'd over L L low hammerfist into the R open hand (Note: This could also serve as a low inverted forearm block)

W Step out with the Lf toward W L fixed stance Pole block

W Pull Rf -> Lf Feet together (crossing the left arm over the right...) Double elbow strikes (these are done at shoulder level) <Slowly & Exhaling>

E Rf toward E, STOMPing down Horse Simultaneously do: R low forearm block (to E) L high outward forearm block (radius side) (to W)

E Cross Lf over and in front of Rf, toward E L x'd over R R low hammerfist into the L open hand (Note: This could also serve as a low inverted forearm block)

E Rf toward E R back Low ridgehand guarding blocks

N Rf -> Lf Feet together Ready

12 - Gye-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. 44

Gye-Baek Hyung (44movements)

Direction	Movement	Stance	Action
N	Ready	Feet together	<none>
N	Rf backward	L back	Knifehand X-block (middle-level) <Yell!>
N	Rf forward		R high twisting kick (sometimes called an 'inverted roundhouse kick') (Note: traditionally this was a low twisting kick - to the groin)
N	Drop Rf	R front	R middle punch, followed quickly by: L middle reverse punch
N	Rf backward	L front	L rising forearm block, followed quickly by: L low forearm block
NE	Look toward NE, keep feet fixed		Double palm pressing block, shoulder level <Slowly & Exhaling>
SE	Right (135*)	Lf -> R-knee	(chest-SE)
SE	Step Lf out into	Horse	(chest-SE) L upward palm pressing block <Slowly & Exhaling>
SE		Horse	R middle punch
SE		Horse	L low punch (R fist guards at L shoulder), immediately drawing the L fist up and to the left side of the head, then doing: L backfist strike (to opponent's face) (R-fist guards under L-elbow)
S	Pull Rf to Lf, then Lf toward S, into:	L back	Middle knifehand guarding blocks
S	Lf ->	L high	front kick

S Drop Lf L front L high horizontal spearhand thrust (i.e. palm face down), followed quickly by..R high spearhand thrust

S Rf -> R high side kick

N Drop Rf toward S, then pivot CCW (180*) to face N L back Middle forearm guarding blocks

S Rf toward N, pivoting CCW (180*) to face S L back Middle forearm guarding blocks

N Turn CCW (180*) on ball of Rf, to face N L back Middle knifehand guarding blocks

E Shift the Lf and pivot CW (90*) to face E Horse (chest-E) "9" block (L-up, R-down)

S Turning CCW (180*) on ball of Lf, step Rf toward N L front L low knifehand block <Slowly>

S Rf -> R high roundhouse kick

S Drop the Rf, then jump off both legs R jumping side kick

S Drop both feet R front Twin high punches <Yell!>

SE Look toward SE, feet fixed Double palm pressing block, shoulder level <Slowly & Exhaling>, followed quickly by:

S -- R front L upset punch

N CCW (180*) L front R horizontal elbow strike (into the L palm)

N Rf forward toward N, bringing Rf high in the air, then stomping down. The Lf comes in and behind the Rf R x'd in front of L <stomp!> Double forearm guarding blocks

NW Bring Lf -> R-knee Crane (chest NW) chamber both fists to the left side

NW Step Lf out into Horse (chest-NW) Both fists still chambered at L side, quickly follow with:R upward palm pressing block <Slowly>

NW Horse L middle punch, quickly followed by...

NW Horse R low punch (L fist guards at right shoulder), immediately drawing the R hand back and to the right side of head, do:R downward backfist strike (L fist guards under the R elbow)

S Pivoting CCW (135*), move Lf toward S, into L front R high ridgehand strike (L open hand guards under the R-elbow)

S Rf -> R jumping roundhouse kick

N Drop Rf toward S, then pivot CCW 180* to face N L front Twin high punches
 N <Shift Lf> L back R uppercut punch (pull L-fist to the R-shoulder)
 W Rf toward N, into: Horse (chest-W) "9" block (L-down, R-up)
 S <Shift Lf> L back Low ridgehand guarding blocks
 N Pivot CW 180* R back Low ridgehand guarding blocks
 N Lf forward (toward N) bringing it high in the air before STOMPing down into:
 Horse (chest-E) Mountain block
 S Lf toward S, bringing it high in the air before STOMPing down into: Horse
 (chest-W) Mountain block
 S Rf toward S R front R rising forearm block, followed quickly by..L high reverse
 punch
 N CCW (180*) L front L rising forearm block
 N L front R high reverse punch <Yell!>
 N Pull Rf -> Lf Feet together Ready.

13 - Eui-Am

Son Byong-hi (April 8, 1861 - May 19, 1922) was a Korean nationalist. He was born in Chungcheong province. In 1884 he heard of the Donghak religion and its ideals of supporting the nation and comforting the people, and decided to become a member. The Taekwondo pattern Eui-Am was named in honor of Son Byong-Hi after his respectful title of Eui-am Seong-sa. Eui-Am Hyung (45 movements)

Direction	Movement	Stance	Action
N	Ready	Feet together	Arms out at sides, slightly bent at the elbows.
N	Backward	L front	R low inward knifehand block (L open hand at right shoulder, guarding)
N	Backward	R front	L high outer forearm block (ulna side of wrist)
N		R front	R high straight punch
N	Lf ->		L high twisting kick (sometimes called an 'inverted roundhouse') (traditionally this is a low twisting kick)
N	Drop Lf	L front	Low X-block
N		L front	R knifehand rising block

N <jump> Forward R x'd in front of L R backfist strike (to face) (L open palm is flush against the side of R-fist)

S Lf toward S L fixed L middle straight punch

S CW 180* R spinning hook kick

S Drop Rf Horse (chest-W) R knifehand strike

S Lf -> L side kick

S Drop Lf L front R high hook punch (sometimes called a 'crescent' punch) (this is essentially what is commonly referred to as a "hook" in boxing.)

S Rf -> Lf Feet together L high horizontal punch <Slowly & Exhaling.>

S Lf Backward R front L low inward knifehand block (R open-hand at L-shoulder)

S Rf Backward L front R high outer forearm block (ulna side of wrist)

S L front L high straight punch

S Rf -> R high twisting kick

S Drop Rf R front Low X-block

S R front L knifehand rising block

S <jump> Forward L x'd in front of R L backfist (to face, as above)

N Rf toward N, into: R fixed stance R middle straight punch

N CCW 180* L spinning hook kick

N Drop Lf Horse (chest-E) L knifehand strike

N Rf -> R side kick

N Drop Rf R front L high hook punch

N Pull Lf -> Rf Feet together R horizontal punch <Slowly & Exhaling>

N Forward R front Middle knifehand wedging blocks (palms down)

NW Pivot on balls of feet L ridgehand scooping block

N Pull Rf backward R cat Twin downward palm pressing blocks (i.e. with both hands at the same time)

N <Slide> Rf forward R back L middle reverse punch

N Dodging step backward R front R low inward ridgehand block (L open hand at the right shoulder)

N Lf forward L front Middle knifehand wedging blocks (palms down)

NE Pivot on balls of feet R ridgehand scooping block

N Pull Lf back L cat Twin downward palm pressing blocks (as above)

N <Slide> Lf forward L back R middle reverse punch

N	Dodging step backward	L front L low inward ridgehand block (as above)
N	180* CW, toward N	R spinning hook kick
N	Drop Rf	R cat Twin forearm guarding blocks
N	180* CCW, toward N	L spinning hook kick
N	Drop Lf	L cat Twin forearm guarding blocks
N	Cross the Lf behind the Rf, then step backward w/ Rf	L back L low knifehand block (R fist chambered at the r-hip)
N	Shift Rf	L front R middle reverse punch
N	Lf backward	R back R low knifehand block (as above)
N	Shift Lf	R front L middle reverse punch
N		R front R high straight punch <Yell!>
N	Pull Rf -> Lf	Feet together Ready.

14 - 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. 52

Choong-Jang	//	52 movements	Direction	Movement	Stance	Action
N	--	Ready	R fist in L palm, at chest/neck level			
N		Moving the Rf	Horse(chest-N)	Scissor Block (L-low block & R middle block)		
N	--	Horse	Scissor Block (R low block & L middle block)			
N	Rf -> Lf	Feet together	L horizontal punch	<Slowly & Exhaling>	(Punch is toward E, but chest still faces N)	
N	Forward	L front	R scissor spear finger strike (to the eyes)			
N	Forward	R front	L scissor spear finger strike (to the eyes)			
N	--	R front	R backfist strike (to the philtrum).(L fist guards at R elbow)			
N	Forward	L front	L upper rising block			
N	Forward	R front	R middle punch	<Yell!>		
N		360* CCW, back toward S, on the ball of the Lf	L back	Middle-level guarding blocks		
N	Forward		R high front kick (hands remain as they are)			

N Drop Rf forward R front R high spearhand strike (palm down)
 Bending at both knees, drop down on your left knee with both hands on the floor
 behind you. Do a right roundhouse kick toward N.
 Raise yourself slightly (off the hands, but still kneeling on the left knee), do a R
 middle punch from th kneeling position.

N Shifting weight to the Rf, step up and slide forward into: R back(facing S)
 L elbow strike (toward N) (with the 'point' of the elbow) (R-fist is chambered)

N On the ball of the Rf, step backward with Lf toward S R back Middle level
 guarding blocks

N Backward L back L upward palm block

N Backward R back R shoulder-level knifehand strike

S CCW 180* L front Low X-block

S Reach out with both hands in a grabbing gesture at the opponent's head. Then
 pull your opponent into R knee strike(Alternative: Pull into a low front kick, as if you just
 grabbed your opponent's kicking leg)

N Drop Rf next to the Lf, then CCW 180*, stepping toward N with the Lf L back
 Middle Knifehand guarding blocks

N Keeping the Lf fixed pivot CW (180*) to face N R back(facing S) R
 elbow strike (to N) (L-fist chambered)(Note: Here the back stance faces S, but the attack
 is delivered behind you, to the N)

N Keeping the Lf fixed, move the Rf, CW 180* R back Middle Knifehand
 guarding blocks

N -- -- R side kick

W Drop Rf alongside Lf Lf x'd over Rf(chest-W) Bending slightly at the knees,
 do a twin downward palm block.

S On the ball of Lf, step out with Rf toward S R front R inward forearm block (ulna
 side), followed rapidly by: R horizontal backfist (L fist chambered)

N Pivot CCW (180*) L back L high spearhand attack (palm down)

N -- L back High knifehand X-block

N -- L back Grab your opponent with your blocking hands, then...

N Rf -> -- R high front kick

S Drop Rf toward N and pivot 180* CCW to face S L front Chamber both fists to
 the R-hip to do an elbow strike behind you (toward N) <Slowly & Exhaling>

S Shift Lf L back L downward backhand strike
 S -- L back R hook punch into the L palm
 S STOMP forward R back R downward backhand strike
 S -- R back L hook punch into the R palm
 N Pivot CCW to face N L back L knifehand strike (shoulder-level)
 N Shift Lf L front R vertical upward elbow strike (into the L-palm)
 N Forward R back R knifehand strike (shoulder-level)
 N Shift Rf R front L vertical upward elbow strike (into the R palm)
 S Pivot CCW to face S L back Low ridgehand guarding blocks
 S Shift Lf L front R "9"-shaped block (R arm down, L arm up)
 S Forward R back Low ridgehand guarding blocks
 S Shift Rf R front L "9"-shaped block (L arm down, R arm up)
 S Backward L front Twin knifehand strikes (toward both E and W)
 S -- L front R-arc hand strike to the opponent's throat.
 S Forward -- R high front kick (hands remain as they are)
 S Drop Rf forward R front L arc hand strike (to throat)
 S Forward -- L high front kick (hands remain as they are)
 S Drop Lf forward L front R high reverse punch, followed rapidly by a L high punch
 S Draw Rf -> Lf Feet together(chest-S) "Bull" block (slightly above and in front of the head) <Slowly & Exhaling>
 W On ball of Rf, CCW 270* L front L low knifehand block, followed quickly by R high section palm strike
 E Lf -> Rf, then step out with Lf toward E R front R low knifehand block, followed quickly by: L high section palm strike <Yell!>
 N Rf -> Lf Feet together Ready.

15 - Juche

Ju-Che Hyung

Direction	Movement	Stance Action
N	Feet together	Both fists on hips (arms on the same plane as body)

N Lf toward W Horse (chest-N) Middle outward wedging blocks (radius sides of the forearms)

N -- Horse Reach forward with R-hand toward opponent's head and pull him into:L middle straight punch <Yell!>

N Lift Rf Crane Twin high inward forearm blocks (ulna sides of wrist)

E Rf -> R side kick <Slowly!>

W Turn CW (180*) to face W(keeping the R leg extended) R hook kick

W Drop Rf R x'd in front of L (chest-S) R horizontal downward backfist strike (L fist chambered at hip)

S Lf -> L twisting kick (inverted roundhouse)

S without dropping Lf L side kick

S drop Lf Horse stance (chest-W) L knifehand strike

S pivot forward on balls of feet L front Right high 'roundhouse' elbow strike (L hand supports R fist)

W Lf -> Rf L x'd in front of R L low reverse ridgehand block (R open hand rests on L wrist)

E Rf toward E R back Middle knifehand guarding blocks

E Jump & Spin 180* CCW in air L knifehand strike (in the air)

E <land> L back maintaining hand position of knifehand strike

N Rf toward E Horse (chest-N) Middle outward wedging blocks (radius sides)

N Horse reach forward with left hand an pull opponent into:

N Horse R middle straight punch

N Lf -> Crane (chest-N) Twin high inward forearm blocks (ulna sides of wrists)

W Lf -> L Side kick <Slowly!>

E Keeping the L leg extended, rotate CCW (180*) to face E, then L spinning hook kick

E Drop Lf L x'd in front of R L horizontal downward backfist strike (R fist chambered at belt)

S Rf -> R twisting kick

S without dropping the Rf R side kick

S Drop Rf Horse (chest-E) R knifehand strike

S pivot forward on balls of the feet L high 'roundhouse' elbow strike (R hand supports L fist)

E Rf -> Lf R x'd in front of Lf R low reverse ridgehand block (L open hand rests on the R-wrist)

W Stepping out with Lf toward W L back Twin knifehand guarding blocks

W Jump & Spin 180* CW in air R knifehand strike

W <land> R back Maintaining hand position from knifehand strike above

W Lf -> Left axe kick

W Drop Lf L cat Twin forearm guarding blocks

N Rf -> Lf Feet together(chest-N) "hands to heaven"

N Step Lf backward, sliding R cat R downward elbow strike (L fist chambered at the hip)

N Shift Lf R front L crescent arc-hand strike

N Step Rf backward, sliding L cat L downward elbow strike (R fist chambered at the hip)

N Shift Rf L front R crescent arc-hand strike

N Lf backward R front Twin inward knifehand strikes (to the neck)

N Rf backwards L front R downward reverse punch (You are attacking someone on the ground, beneath you)

N Step Lf behind Rf, then Slide Rf backward L cat L downward forearm block (ulna side of wrist) (block is parallel to the floor)

N Jump & Spin 180* CW in the air R jump spinning hook kick

N <land> R back Twin forearm guarding blocks

N Step Rf behind Lf, then Slide Lf backward R cat R downward forearm block (ulna side of wrist) (block is parallel to the floor)

N Jump & Spin 180* CCW in the air L jump spinning hook kick

N <land> L back Twin forearm guarding blocks

N Run forward, taking two steps, jumping off the Lf Jump flying scissor kick

N <land> Horse (chest-N) Twin upward palm-heel block (the wrists are together, fingers pointing away)

N Slide Rf toward N, turning to face S in: L back(facing S) Right elbow strike (behind you, toward N)(L fist chambered)

N Lift Lf into R crane(chest-S) Double low forearm blocks (to your left & right) <Slowly & Exhaling>

N CCW 180*, Lf-> L back kick (side kick) <Slowly>

N Drop Lf L back L horizontal backfist strike (R fist chambered)

N Rf -> Lf Feet together(chest-N) R high ridgehand

N JUMPing up (but NOT forward) -- R high straight punch (in mid-air), then rapidly

N <as you land> Open stance(chest-N) R middle upset punch

N <land> then slide Rf forward R front L downward knifehand strike (to collar bone)

N Lf forward L front Right middle reverse punch <Yell!>

N Rf -> Lf Feet together Ready.

16 - Sam-II

The March First Movement, or the Samil Movement, was one of the earliest displays of Korean nationalism during the Japanese rule. The name refers to an event that occurred on March 1, 1919, hence the movement's name. The Korean name literally means "Three-One Movement," since it occurred on the first day of the third month.

Sam-II	33 movements	Direction	Movement	Stance	Action
N		Ready	Open hands crossed in front of groin		
N	Forward		L back Twin forearm guarding blocks		<Yell!>
N	Forward		R front Twin forearm guarding blocks		
N	Forward		L front R high section knifehand block		<SLOWLY & EXHALING!>(L open hand supports pushing motion at the R-wrist.)
N	Forward	--	R twisting kick		(maintain hand positions)
N	Drop Rf		R front R middle punch		
W	Shift Rf	Horse(chest-W)	Middle ridgehand wedging blocks		
S	Shift Lf	L front R low spearhand strike (palm up)	(i.e. to groin)(drawing L open hand to R shoulder)		
S	Shift Lf	L back	Simultaneously do: L low forearm block (toward S) R high backfist strike (toward N)		
E	Rf toward S	Horse(chest-E)	Middle ridgehand wedging blocks		

S Shift Rf R back Twin low punches
 S Forward L front Pressing crescent block to the right <Slowly & Exhaling>
 S Forward R front L middle reverse punch
 N Move Rf one half step inward, then pivot CCW 180* L back Twin low punches
 W CCW (90*) L back L middle outward ridgehand block (R open hand guards at solar plexus)
 W Shift Lf L fixed stance Pole block
 W Forward -- R inward foot sweep (maintain hand positions)
 W Drop Rf R fixed stance Pole block
 W JUMP off both legs, drawing the knees up high, spin 360* CCW in the air, to land in R back Knifehand guarding block
 W -- -- R side kick
 E Drop Rf beside Lf, then step out with Lf toward E L front R horizontal elbow strike (into L palm)
 S Step out with Lf toward E, turning 180* CCW into Uneven stance (chest-N)
 L elbow strike (toward S) (R open hand reinforcing at the L fist)
 (Note: This stance is just like a horse stance (chest-N) except that it is not quite as deep (i.e. low to the ground) *AND* the right foot is slightly more forward (i.e. toward N) than the left foot. In other words, the heel of the Rf and toes of the Lf lie on a straight line running E <--> W.
 E Shift Rf R front Low X-block
 E Forward -- L high inward crescent kick
 E STOMP Lf down toward E, into Horse (chest-S) Mountain block
 E -- -- L side kick
 W Drop Lf, turning to face W R back Low knifehand guarding blocks
 W Forward L cat L upward palm block
 W Forward R cat Twin downward palm blocks (wrists together)
 S Lift the Lf and STOMP toward S L front Twin upset punches
 S Forward R back R low forearm block
 S -- R back L uppercut punch (as you draw the L fist to the R shoulder)
 N CCW (180*) L front R high outward forearm block (ulna side)
 N -- L front L high punch

N -- L front kick (maintaining hand positions)

N Drop Lf forward, then step forward again with the Rf into R front Twin high
vertical punches <Yell!>

N Lf -> Rf Ready Ready.

17 - Yoo-Sin

Kim Yu-shin (595-673) was a general in 7th-century Silla. He is said to have been the great-grandchild of King Guhae of Geumgwan Gaya, the last ruler of the Geumgwan Gaya state. This would have given him a very high position in the Silla bone rank system, which governed the political and military status that a person could attain. He was born in Gyeyang, Jincheon County in 595, became a Hwarang warrior at just 15 and was an accomplished swordsman and a Gukseon (□□, □□; Hwarang leader) by the time he was 18 years old. By the age of 34 he had been given total command of the Silla armed forces General Kim Yu-shin lived to the age of 78 and is considered to be one of the most famous generals and masters of Korean swords in Korean history. He is the focus of numerous stories and legends, and is familiar to most Koreans from a very early age. Following his death in 673, General Kim was awarded the honorary title of King Heungmu, and was buried at the foot of Songhwa Mountain, near Gyeongju in southeastern Korea, in a tomb as splendid as that of kings.

Yoo-Sin // 68 movements Direction Movement Stance Action

N -- Ready R fist chambered at waist L open hand across the knuckles

N Slide Lf Horse(chest-N) Twin elbow strikes (to E and W) <Yell!> (palms
open and face down at shoulder height)

N Slide both feet in a shuffle toward E Horse(chest-N) Simultaneously do: R elbow
strike (behind you) L back punch over right shoulder

N Slide both feet in a shuffle toward W Horse(chest-N) Simultaneously do: L elbow
strike (behind you) R back punch over left shoulder

N straightening slightly at the knees R knifehand block (grabbing)

N bending again at the knees Horse(chest-N) L middle punch

N straightening at the knees L knifehand block (grabbing)

N bending again at the knees Horse(chest-N) R middle punch

NW Shift Lf L front L high outward forearm block (ulna side)

NW Pivoting on the balls of both feet L front R scoop block

NE Pivot on both feet CW (90*) Horse(chest-NE) L upward palm block

NE -- Horse(chest-NE) R middle punch

NE Slide Lf -> Rf, then step the Rf toward NE R front R high outward forearm block (ulna
side)

NE Pivot on the balls of both feet R front L scoop block

NW Pivot on both feet CCW (90*) into Horse(chest-NW) R upward palm block

NW -- Horse(chest-NW) L middle punch

*Note: The following 4 movements are done in rapid succession.

NW Pivot on Rf CCW (45) into L front(facing W) R high knifehand hooking block
(toward NW) (grabbing)

NW Pivot CW (45) Horse(chest-NW) L middle punch
 NW Pivot on both feet 90 CW into R front(facing NE) L high knifehand hooking block (toward NW)
 NW Pivot on both feet CCW (90) Horse(chest-NW) R middle punch
 N Shift Rf behind you toward S, turn right 45* L front Low X-block
 N -- L front High X-knifehand block
 N Pivot both hands around at the wrist(This is a grab and wrist lock) L front R middle reverse punch
 N Forward -- R front kick (maintain hand positions)
 N Drop Rf R front L middle reverse punch
 N -- R front Low X-block
 N -- R front High X-knifehand block
 N Pivot both hands around at the wrist (as above) R front L middle reverse punch
 N Forward -- L front kick (maintain hand positions)
 N Drop Lf L front R middle reverse punch
 N Forward R back Middle knifehand guarding blocks
 N Forward L back Middle knifehand guarding blocks
 N Backward R back Middle knifehand guarding blocks
 N Backward L back Middle knifehand guarding blocks
 N Forward R front Double forearm guarding blocks
 N Keeping the R arm fixed, rapidly follow with R front L low forearm block
 N Forward L front Double forearm guarding blocks
 N Keeping the L arm fixed, rapidly follow with L front R low forearm block
 N Forward R front R middle punch <Yell!>
 S Left (180*) L back L outward middle ridgehand block
 S Pull the Rf -> Lf Ready(chest-S) Hands open and crossed in front of groin
 SW Right 45*, STOMPing down into R front Double upset punches
 SE Pull the Rf -> Lf while pivoting and step out with Lf, Left (90*), STOMPing L front Double upset punches
 W Pull Lf -> Rf, then step out toward W into R back R outward middle block (radius side)
 W -- R back L middle reverse punch
 E Draw Lf -> Rf, chamber the L arm and do Feet together(chest-S) R circular punch (toward E)
 E Step out with Lf toward E into L back L outward middle block (radius side)
 E -- L back R middle reverse punch
 W Draw Rf -> Lf, chamber the R arm and do Feet together(chest-S) L circular punch (toward W)
 W Shift Lf out toward E into L fixed stance "U" shaped punch
 W Pull the Lf -> Rf Feet together(chest-E) Chambering both fists to the L hip
 W Then step out with Rf toward E into R fixed stance "U" shaped punch
 S Shift Rf, STOMPing down into Horse(chest-E) R backfist strike (toward S) <Yell!>(L fist chambered at hip)
 E Draw the Rf in sharply toward your groin. As you do this pull the R-arm inward and perpendicular to the L arm. L crane(chest-E) R inward forearm block (ulna side)(L fist guarding at the R elbow)
 E Step back out with a STOMP into Horse(chest-E) R outward forearm block (toward SE) (ulna side)

E Draw the Lf in sharply toward your groin. Maintain your hand positions as you STOMP the Lf back down into: Horse(chest-E) R inner inward block (toward NE) (ulna side)

S -- Horse(chest-E) R open backhand strike

S Forward -- L inward crescent kick (into palm of R hand)

S Without dropping the Lf... -- L side kick

S Drop Lf Horse(chest-W) L open backhand strike

S Forward -- R inward crescent kick (into palm of L hand)

S Without dropping the Rf... -- R side kick

S Drop Rf Horse(chest-E) R "9"-shaped block (the right arm is down)

S -- Horse(chest-E) L "9"-shaped block

S Forward Horse(chest-W) R "9"-shaped block

S -- Horse(chest-W) L "9"-shaped block

N Pull Lf -> Rf and in a circular motion... Open stance(chest-W)R downward hammerfist strike (toward N)

W Step Rf backwards, toward E, into L front Twin high vertical punches

E Step forward with the Rf toward W, turning on the ball of the Lf, 180* CCW to face E L front Twin high vertical punches

NW Pull Rf -> Lf, then step out with the Lf toward NW into L back Middle knifehand guarding blocks

NE Pull Lf -> Rf, then step out with the Rf toward NE into R back Middle knifehand guarding blocks <Yell!>

N Pull Rf -> Lf Ready Ready.

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18 - Choi-Yong

Yon-Gae (□□/□□) Choi Yong (1316-1388) was born in Cheorwon, Gangwon Province, in Goryeo (modern-day Korea). Choi Yong is remembered as a great general who was wholeheartedly devoted to the protection of his country. He risked his life many times for Goryeo, and his unswerving loyalty eventually cost him his life.

Choi-Young // 45 movements Direction Movement Stance Action

N -- Ready Open hands crossed in front of groin

N Forward L cat Twin forearm guarding blocks

N -- L cat L high middle-knuckle-fist strike (Do this in a jabbing motion, quickly returning hands to their previous position)

S CW (180*) R cat Twin forearm guarding blocks

S -- R cat R high middle-knuckle-fist strike (as above)

N CCW (180*) L front L knifehand rising block

N -- L front R scoop block

N -- L front L middle punch <Yell!>

S Lf -> Rf, then step out with the Rf toward S, into R front R knifehand rising block

S -- R front L scoop block

S -- R front R middle punch <Yell!>

N Rf -> Lf, then step out with the Lf toward N, into L back Low knifehand guarding blocks

N Forward -- R roundhouse kick

N Drop Rf -- L spinning hook kick

N <without dropping the Lf> -- L side kick

N Drop Lf L front R horizontal elbow strike (into the L palm)

S Lf -> Rf, then step out with Rf toward S into R back Low knifehand guarding blocks
 S Forward -- L roundhouse kick
 S Drop Lf -- R spinning hook kick
 S <without dropping the Rf> -- R side kick
 S Drop Rf R front L horizontal elbow strike (into the R palm)
 S Forward L front Scissor palm pressing blocks <Slowly & Exhaling>(L upward, R downward)
 S Forward R front Scissor palm pressing blocks <Slowly & Exhaling>(R upward, L downward)
 N Step Rf backward and directly behind the Lf. Then, step out with Lf toward N L front Open-hand mountain block
 N Forward -- R front kick (maintaining hand positions)
 N Drop Rf backward L back Twin forearm guarding blocks
 N Forward R front Open-hand mountain block
 N Forward -- L front kick (maintaining hand positions)
 S Drop Lf forward, then pivoting to face S L back Twin forearm guarding blocks
 S Maintaining hand positions, step Lf forward Then step Rf forward toward S, then step Rf forward toward S, then... -- --
 N On ball of Rf, pivot CCW to face N R back Twin forearm guarding blocks
 N Forward L front L high spearhand strike (palm-down)
 S Step the Lf inward one half-step Then pivot CW (180*) stepping Rf out one half-step R front R high spearhand strike (palm-down) <Yell!>
 W Rf -> Lf Feet together(chest-W) L knifehand hooking block(L arm is completely extended, R fist is chambered at hip)
 W -- Feet together L middle punch
 E Lift the heel of the Rf to the inside of the R-knee and chamber both fists to the 'guarding forearm blocks' position. (You're in a crane stance on the L-leg, guarding, looking toward E)
 E -- R side kick (toward E) (keep hands in the 'guarding' position)
 E Drop the Rf forward in a stomping motion, pulling the Lf right up behind the Rf and bending slightly at the knees.
 E R x'd stance R backfist strike (to the philtrum)(L open hand's palm is against ulna side of the R wrist, supporting)
 W On ball of Rf, spin CW (180*) -- R spinning hook kick
 W Drop Rf R back R knifehand strike (shoulder level)
 E Lf -> Rf, turning to face E Feet together(chest-E) L knifehand hooking block(L arm is completely extended)
 E -- Feet together R middle punch
 Lift the heel of the Lf to the inside of the R-knee and chamber both fists to the forearm guarding position. (You're in a crane stance on the R-leg, guarding toward W)
 W -- L side kick (toward W)
 Drop the Lf down in a stomping motion, pulling the Rf up behind the Lf, bending slightly at the knees.
 W L x'd stance L backfist strike (to the philtrum)(R open hand's palm is against ulna-side of L wrist, supporting)
 E On the ball of Rf, spin CCW (180*) -- L spinning hook kick
 E Drop Lf L back L knifehand strike (shoulder level)
 E Rf forward R fixed stance R middle punch <Yell!>
 N Rf -> Lf Feet together(chest-N) Ready

19 - 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. 49

19 - Yon-Gae // 49 movements

Direction	Movement	Stance	Action
N	Ready	Ready	L fist chambered at belt with the R palm covering the knuckles
N	Backward	L back	Low ridgehand guarding blocks (done in a circular motion)
N	Shift Rf	L front	R "open-knuckle" strike (to the throat) <Slowly & Exhaling>
N	Backward	R back	Middle knifehand guarding blocks
N	JUMPing off with both feet	--	R jumping knifehand strike
N	<landing>	R back	Middle knifehand guarding blocks
N	Shuffle backward with a dodging step		R back X-block (in front of chest) (i.e. not above the head)
N	Shift Rf	R front	R high outward knifehand block
N	Shift Rf	R back	R downward elbow strike
N	JUMP forward	L x'd stance	L backfist (to face) (R fist chambered at hip)
N	Slide Rf backward	L front	R low knifehand block
N	Bring Rf -> Lf	Open Stance(chest-N)	L knifehand hooking block (grabbing)
N	--	Open Stance	R middle punch
N	Slide Lf backward with a dodging step		R back Low ridgehand guarding blocks (as above)
N	Shift Lf	R front	L "open-knuckle" strike (to throat)
N	Backward	L back	Middle knifehand guarding blocks
N	JUMP off both feet	--	L jumping knifehand strike
N	<landing>	L back	Middle knifehand guarding blocks
N	Shuffle backward with a dodging step		L back X-block (in front of chest, as above)
N	Shift Lf	L front	L high outward knifehand block
N	Shift Lf	L back	L downward elbow strike
N	JUMPing forward	R x'd stance	R backfist (to face)(as above)
N	Lf slides backward	R front	L low knifehand block
N	Lf -> Rf	Open Stance(chest-N)	R knifehand hooking block (grabbing)
N	--	Open stance	L middle punch
N	Step out with Rf toward E, into	Horse(chest-N)	Mountain block
N	Continue toward E, crossing the Lf in front of the Rf	L x'd stance	Twin elbow strikes (fists are at shoulder level)
N	Step toward E with Rf into	Horse(chest-N)	Twin inward forearm blocks (ulna sides)
N	Continue toward E, crossing Lf in front of Rf	L x'd stance	R uppercut punch (toward N)(L fist comes to R shoulder)
W	Right (180* CW)	--	R spinning hook kick (toward W)
W	Drop Rf, then immediately forward with	--	L side kick
W	Drop Rf forward	L x'd stance	L downward backfist (R fist is chambered)
N	Step out toward W with Lf	Horse(chest-N)	Mountain block

N Continue toward W, crossing Rf in front of Lf R x'd stance Twin elbow strikes (as above)

N Step toward W with the Lf into Horse(chest-N) Twin inward forearm blocks (ulna sides)

N Continue toward W, crossing Rf in front of Lf R x'd stance L uppercut punch (as above)

E Left, CCW (180*) -- L spinning hook kick (toward E)

E Drop Lf, then immediately forward with -- R side kick

E Drop Rf forward and into R x'd stance R downward backfist (L fist is chambered)

N Shift Lf backward (toward S) R cat Middle forearm guarding blocks

S Step toward N with Lf as you pivot CCW (180*) to face S R cat R waist block w right forearm (ulna side)

N About face (180* CCW) L back L outward knifehand strike

N Pulling the Lf back slightly L cat Twin forearm guarding blocks

S Step toward N with Rf as you pivot CW (180*) L cat L waist block with left forearm (ulna side)

N About face (180* CW) R back R knifehand strike

N Step toward S with Rf pivoting CW (180*) L back Middle knifehand guarding blocks

N JUMP off both legs -- R jumping reverse side kick

N <landing> R back Middle knifehand guarding blocks

N JUMP off both legs -- L jumping reverse side kick

N <landing> L back Middle knifehand guarding blocks

N Shift Rf L front R low inward ridgehand block (L open hand is at R shoulder)

S Slide Lf backward, toward S R back(facing N) L elbow strike (toward S)

N Shift Lf R front L low inward ridgehand block (as above)

S Slide Rf backward, toward S L back(facing N) R elbow strike (toward S) <Yell!>

N Pull Rf -> Lf Ready Ready.

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20 - Ul-Ji

Eulji Mundeok was a Goguryeo military leader. He was born in the kingdom of Goguryeo the mid-6th century and died in the early 7th century, sometime after 618. Today a main thoroughfare in downtown Seoul, Eulji-ro, is named after Eulji Mundeok. The second highest Military Decoration of South Korea, Field Marshal Lord Eulji's Order of Military Merit, is also named in his honour.

Ul-Ji // 42 movements

Direction	Movement	Stance	Action
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N	Ready	Feet shoulder width apart,	arms crossed in front of chest, hands open. The palms face the chest and are positioned directly in front of each shoulder.
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N	Lf backward	R front	Twin hammerfist strikes (behind you)(fists are palm down and both arms are extended straight out from the shoulders, parallel to the floor) <Yell!>
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N	Rf backward	L front	Low X-block, followed quickly by Rising knifehand X-block
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N	--	L front	R inward knifehand strike (to temple)(L open hand rests palm-down atop the inside, or 'crook', of the R elbow.
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S	CCW (180*), moving the Lf toward S	Horse(chest-W)	L open backhand strike (to S)
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S	Forward	--	R inside crescent kick (into the L palm)
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E	Drop Rf	Horse(chest-E)	R horizontal elbow strike (into the L palm)
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E -- Horse Chamber both fists to the L hip
 E -- Horse Simultaneously do:R high backfist strike (toward S)L low forearm block (toward N), keeping eyes looking toward E
 N CCW (90*), drawing Lf -> Rf Feet together(chest-N) Bring the closed fists down to each side. <Slowly & Exhaling>
 E Looking toward E, step Lf in front of Rf and bend slightly at knees X'd stance Middle forearm guarding blocks
 E -- -- R side kick, maintaining these hand positions
 E Drop the Rf and step the Lf in front of Rf, toward E X'd stance Twin outward elbow strikes
 E Rf toward E Horse(chest-N) Parallel punches <Yell!>
 N Bringing the Lf toward the Rf, slightly straighten the legs in the stance, look toward N Open stance(chest-N) Simultaneously do:L rising knifehand blockR inward knifehand strike (to temple)
 W CCW (90*) L back Simultaneously do:R rising knifehand blockL outward middle knifehand block
 W JUMP off the L leg, pivoting CW (180*) in mid-air -- R jump side kick
 W <landing> R front Middle forearm guarding blocks
 N CW (90*), Lf -> Rf Feet together(chest-N) Assume a ready stance with the R fist in the L open hand, at belt level.
 N Jump forward off the Lf into R x'd stance R backfist strike (L open hand rests against the ulna side of the R wrist, supporting)
 N Lf backward R front L rising block
 N Forward -- L front kick (maintaining hand positions)
 N Drop Lf L front R middle reverse punch
 N Forward R front R middle section spearhand strike(L hand guarding under R elbow)
 N On the ball of Rf, turn CCW, forward 360* Horse(chest-E) L backfist strike (to the temple)
 W On the ball of Lf, pivot CCW (270*) R front Twin low forearm blocks (to N and S)
 W JUMP off the Rf, forward -- R jumping front kick
 W <landing> R back Middle section rising knifehand x-block
 W Forward L back Low pressing x-block, followed quickly by:Middle section wedging blocks (radius side)
 W Lf -> L front kick
 W Drop Lf L front Twin vertical high punches
 W Forward R fixedSimultaneously do:R high outward knifehand block (elbow bent)L inward middle-section palm block
 W Forward L fixedL side punch
 W Step the Lf backward (toward E), then the Rf backward (toward E), then JUMP off of both feet backward, landing in L back Middle forearm guarding blocks
 W Forward -- R roundhouse kick
 W Drop Rf, spin CCW (180*) -- L reverse side kick
 W Drop Lf L back Twin forearm guarding blocks
 W Backward R back R upward palm block
 N On the ball of Lf, pivot CW (270*) R front L scoop block (toward NW)
 N On both feet pivot CCW (180*) L front R scoop block (toward NE)
 N Shift Lf Horse(chest-N) L middle punch, followed quickly byR middle punch <Yell!>
 N Lf -> Rf Ready Ready.

21 - Moon-Moo

Munmu Wang (reigned 661–681) was the thirtieth king of the Korean kingdom of Silla. He is usually considered to have been the first ruler of the Unified Silla period. After the small isolated pockets of resistance were eliminated, Munmu was the first ruler ever to see the Korean peninsula completely unified.

Moon-Moo // 61 movements

Direction	Movement	Stance	Action
N	--	Ready	Both fists chambered to R hip
W	Lift Lf	R crane(chest-N)	Double forearm guarding blocks
W	--	L side kick	<Slowly & Exhaling>
W	without dropping Lf		L side kick
N	Drop Rf	Horse(chest-N)	R middle punch
W	CW (180*)		R spinning hook kick <Slowly & Exhaling>
W	JUMP forward	R x'd stance(chest-S)	R outward knifehand strike(L fist is chambered)
E	Stepping out with Lf, toward E	L front Scissored	palm pressing blocks(L up, R down)
E	Forward	R front Scissored	palm pressing blocks(R up, L down)
N	Pull Lf -> Rf, then lift Lf	R crane	Simultaneously do:R low knifehand block (to E)L high knifehand block (to W)
E	Drop Lf, then chamber both fists to the left side	Lift Rf	L crane Double forearm guarding blocks
E	--	--	R side kick <Slowly & Exhaling>
E	without dropping the Rf,..	--	R side kick
N	Drop Rf	Horse(chest-N)	L middle punch
E	CCW (180*)	--	L spinning hook kick <Slowly & Exhaling>
E	JUMP forward	L x'd stance(chest-S)	L knifehand strike (as above)
W	Stepping out with Rf, toward W	R front Scissored	palm pressing blocks(R up, L down)
W	Forward	L front Scissored	palm pressing blocks(L up, R down)
N	Pull Rf -> Lf, then lift Rf	L crane(chest-N)	Simultaneously do:L low forearm block (to W)R high knifehand block (to E)
N	--	L crane	Double low forearm blocks (to E & W)
S	without dropping Rf	--	R back kick (toward S)
N	Drop Rf down and behind you,		L front R middle reverse punch
N	Lift Lf	R crane(chest-N)	Double low forearm block
S	without dropping the Lf	--	L back kick (toward S)
N	Drop Lf down and behind you,		R front L middle reverse punch
N	Stepping backward with the Rf, slide back into	L cat	L downward palm pressing block
N	--	L cat	L front kick
S	Drop Lf next to Rf, then step out with Rf toward S	Horse(chest-E)	R hammerfist strike (to the temple)
E	--	Horse(chest-E)	L upward palm pressing block
E	--	Horse	R middle punch
N	--	Horse	L low knifehand block (to N)

S Step the Lf in behind the Rf and continue toward S, JUMPing forward to do --
 R jumping side kick
 S Drop Rf and immediately pivot CCW (180*)-- L spinning hook kick
 S Drop Lf L front L high outward knifehand block
 S Stepping backward with the Lf slide into R cat R downward palm pressing block
 S -- R cat R front kick
 N Drop Rf alongside Lf, then step out toward N with Lf Horse(chest-E) L
 hammerfist strike
 E -- Horse R upward palm pressing block
 E -- Horse L middle punch
 S -- Horse R low knifehand block (to S)
 N Step the Rf in behind the Lf and continue toward N JUMPing forward -- L
 jumping side kick
 N Drop Lf and immediately turn CW (180*) -- R spinning hook kick
 N Drop Rf R front R high outward knifehand block
 N Step forward with the Lf -- R high twisting kick
 N Drop Rf behind you... L back Simultaneously do: L low forearm block (to N) R high
 backfist (to S) (to the temple)
 N Dodging step backward, shifting into L front R backfist (to the face) (L fist guards under
 elbow)
 N Step forward with the Rf -- L high twisting kick
 N Drop Lf behind you and into R back Simultaneously do: R low forearm block (to N) L
 high backfist (to S) (as above)
 N Dodging step backward, and shift into R front L backfist (to the face)
 N Forward -- L foot sweep (hooking with the inner edge of foot)
 N Drop Lf L back Double forearm guarding blocks
 N -- L back L low side kick ('checking')
 N without dropping the Lf, immediately do -- L high side kick
 N Drop Lf Horse(chest-E) L outward knifehand strike (R fist is chambered)
 N Forward -- R foot sweep (hooking with the inner edge of foot)
 N Drop Rf R back Middle forearm guarding blocks
 N -- R back R low side kick ('checking')
 N without dropping the Rf, immediately do -- R high side kick
 N Drop Rf Horse(chest-W) R outward knifehand strike
 S Step backward with Rf, crossing it behind the Lf, then step out toward S with the Lf
 L front R middle reverse punch
 S JUMP forward R x'd stance(chest-E) L low punch (R fist guards at shoulder)
 N Turn head CCW (180*) to look toward N, Then JUMP toward N into L x'd
 stance(chest-E) R low punch (L fist guards at shoulder)
 N JUMPing off both feet, do: -- R jumping reverse side kick
 N landing R back Middle knifehand guarding blocks
 N Step backward with Rf, crossing it behind the Lf, then step the Lf backward into: R front
 L high tiger-mouth block
 N -- R front R high punch <Yell!>
 N Pull Rf -> Lf Ready Ready
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22 – So-San

Little is known of the early life of Seosan other than that he was born in 1520 and that he became a monk. As was common for monks in this time, he travelled from place to place, living in a succession of monasteries. The presence of Seosan's monks' army, operating out of the Heungguksa temple deep in the mountain of Yeongchwi-san, was a critical factor in the eventual expulsion of the Japanese invaders in 1593 and again in 1598.

So-San

Direction	Movement	Stance	Action
N	--	Feet together	Ready (right fist is left open hand, in front of body)
N	Move the Rf back, sliding a bit backward	L cat	Middle forearm guarding blocks
N	Shift Lf	L front R vertical	middle reverse punch
N	Move the Lf back, sliding a bit backward	R cat	Middle forearm guarding blocks
N	Shift Rf	R front L vertical	middle reverse punch
NW	Pivot CCW (45*) on balls of both feet to face NW		R outward knifehand block (radius side)
NW	Pivot back on the balls of feet into	Horse(chest-NW)	L straight punch
NW	Pivot CW (45*) on balls of both feet again and do		L outward knifehand block (radius side)
NW	Pivot back on the balls of feet into	Horse(chest-NW)	R straight punch
E	Turning CW (125*) on ball of the Lf, move Rf into	Feet together(chest-E)	Double knifehand strikes (to your left and right)
S	Lift the Rf to the L knee	--	R side kick
N	Without dropping the Rf, CCW (180*)	--	R side kick (maintain hand positions as you do these kicks)
N	Drop the Rf forward and bring Lf up behind it	X'd stance(chest-W)	R backfist strike (L open hand supporting the R fist)
S	Moving the Lf Feet together(chest-W)		Double knifehand strikes (as above)
S	Lift the Lf to the R knee	--	L side kick
N	Without dropping the Lf, CW (180*)	--	L side kick
N	Drop the Lf forward and bring the Rf up behind it	X'd stance(chest-E)	L backfist strike (R open hand supporting the L fist)
E	Lf toward E	L back Twin low forearm guarding blocks	(both fists are closed, both palms face downward)
E	--	L back Reach forward and grab your left fist with the R hand	SLOWLY pull the fist back until it is in a nearly chambered position
E	Lf forward	L front SHARPLY, do a downward forearm block, keeping the R hand on the L fist	
E	--	L front R high reverse punch	
W	CW (180*)	R back Twin low forearm guarding blocks	(as above)
W	--	R back Reach forward, grabbing your R fist with your L hand	SLOWLY pull the fist back (as above)
W	Rf forward	R front SHARPLY do a downward forearm block, keeping the L hand on the R fist	
W	--	R front L high reverse punch	
W	Forward	L back R reverse uppercut punch	(pull L fist into shoulder)
W	Rf slides back	L front Right downward backfist strike	(left forearm is parallel to the floor, with the L wrist directly under the R elbow)
E	CW (180*)	R back L reverse uppercut punch	(pulling R fist into shoulder)

E Lf slides back R front L downward backfist strike(right forearm is parallel to the floor, with the R wrist directly under the L elbow)

S Turning CW (90*) on ball of Rf, move the Lf out into R front Double low forearm blocks (to your left & right)

S JUMPing forward, off the R foot -- R jump flying front kick

S landing R back Middle knifehand guarding blocks

S Rf backward L front R inward middle forearm block (ulna side)

S - L front R middle straight punch

N CW (180*) R front L inward middle forearm block (ulna side)

N -- R front L middle straight punch

W Pivoting on the balls of the feet CCW (90*), to face W Twin forward pressing palm block

W -- L front R inward knifehand strike (to the head)(chamber the left knifehand against the right shoulder)

W QUICKLY pivot CW (90*) back into R front(facing N) L outward middle forearm block (radius side)

N -- R front R high straight punch

N -- L front kick

N <landing> L front L middle straight punch, followed quickly by R middle reverse punch

N -- L front Rising knifehand X-block

E Pivoting on the balls of both feet CW (90*) to face E Twin forward pressing palm block

E -- R front L inward knifehand strike (as above)

E QUICKLY pivot CCW (90*) back into L front R outward middle forearm block (ulna side)

N -- L front L high straight punch

N -- R front kick

N <landing> R front R middle straight punch, followed quickly by L middle reverse punch

N -- R front Rising knifehand X-block

S Step the Lf forward and in front of the Rf, then move the Rf toward N, CCW (180*) L back Low knifehand guarding blocks

N JUMP off of the Lf in the direction of S, turning mid-air CCW (180*) L back Middle forearm guarding blocks (fists closed)

In this previous move you are jumping away from an attacker at your N, and turning to block his attack in mid-air

N Shift Lf L front Scissor blocks: R middle forearm block L low knifehand block

N -- L front R high reverse punch

N Shift Lf L fixed stance L side punch

S Step the Rf forward and in front of the Lf, then moving the Lf toward N, CW (180*) R back Low knifehand guarding blocks

N JUMP off the Rf in the direction of S, turning in mid-air CW (180*) R back Middle forearm guarding blocks

N Shift Rf R front Scissor blocks: L low knifehand block R middle forearm block

N -- R front L high reverse punch

N Shift Rf R fixed stance R side punch

N Pull the Rf back behind the Lf, then move the Lf backward, sliding.. R cat R upward palm pressing block

N	Sliding forward	R back L middle reverse punch	
S	Bring Rf to L knee, turning CW (180*), to face S	L crane(chest-E)	Middle forearm guarding blocks
S	-- --	R side kick	
S	<landing>	R front L middle reverse punch	
S	Rf backward	L back Middle knifehand guarding blocks	
S	Pull the Lf back behind the Rf, then move the Rf backward, sliding..	L cat	L upward palm pressing block
S	Slide forward	L back R middle reverse punch	
N	Bring Lf to R knee, turning CCW (180*) to face N	R crane(chest-E)	Middle forearm guarding blocks
N	-- --	L side kick	
N	<landing>	L front R middle reverse punch	
N	Lf backward	R back Twin knifehand guarding blocks	
N	Shift Rf	R front R high straight punch	
N	Rf -> Lf	Feet together	Ready

23 - 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. 24

Se-Jong // 24 movements

Direction	Movement	Stance	Action
N	--	Ready	R fist in the L hand at chest level
W	Left (90*)	L front	L low forearm block <Yell!>
E	Pull the Lf to the Rf, then step out toward E with Rf	R back Twin forearm block(R does middle block, L does rising block)	
N	Pivot CCW (90*) on Lf, bring Rf -> Lf, chambering both fists to the L hip, then do a --	R side kick	
E	Drop Rf, then step out with Lf toward E	L front	L rising block
E	Pull the Lf -> Rf, step out with Rf toward E	Horse(chest-N)	R outward knifehand strike
N	Pull the Rf -> Lf and into	Feet together(chest-N)	Ready
N	JUMP forward off the Rf into L x'd stance	L backfist strike (to face)(R open hand to the edge of backfist)	
E	Step out toward E with Rf into	R front	R high punch
W	Left (180*)	L back	Middle forearm guarding blocks
W	Forward	R front	R middle spearhand thrust (L open hand guards under the R elbow)
E	Rf -> Lf, then step out toward E with the Lf	L front	L high horizontal backfist strike
S	Draw the Lf to the R knee, pivot right 90* and step with the Lf	Horse(chest-S)	L upward palm pressing block<Slowly & Exhaling>
S	Forward	--	L roundhouse kick
S	Drop Lf	L x'd stance	Double forearm guarding blocks
S	Shift Rf	Horse(chest-S)	R middle punch <Slowly>
S	--	Horse	L downward backfist strike (to face)(R fist is under the L elbow)

Cross the Rf behind the Lf and step out with Lf into uneven horse stance (chest-SSE)
 Twin downward palm-pressing blocks (w/ both wrists touching)
 E Left (90*) L front Pressing block (with both hands) (toward SE)
 S Bring Lf -> R knee so that chest faces S R crane(chest-S) Simultaneously do: L
 low forearm block (to E) R high outside block (to W)
 S Step Lf backward into R front Scissored palm pressing blocks (L up, R down)
 <SLOWLY>
 S Bring the Lf up against the back of R knee R crane(chest-S) R elbow strike (into
 the L open hand)
 S Lf toward S, into Fixed stance (stance points toward N) L elbow strike (to S) (R fist
 chambered at hip)
 E Right (90*) R back Middle knifehand guarding blocks
 W Pull Rf to the Lf and step out with the Lf toward W into L back R middle reverse
 punch <Yell!>
 N Pull Lf -> Rf Ready Ready
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24 - TONG-IL denotes the resolution of the unification of Korea, which has been divided since
 1945. The diagram symbolizes the homogenous race. 56

Tong-Il

Direction	Movement	Stance	Action
N	--	Ready	Both hands open, left over right, in front of belt
N	Rf backward	L front	Double elbow strike (behind you)
N	--	L front	Twin vertical punches to the head <Slowly & Exhaling>
N	Lf backward	R front	Double knifehand strikes out to each side <Yell!> (as if you were striking opponent on your E and W; elbows are straight and parallel to the floor) (USTF does these Slowly & Exhaling)
N	Lf forward	L cat	L inward forearm block (ulna side)
N	Shift Rf backward	L front	R low inward palm block (bringing L fist to R shoulder)
N	Rf forward	R back	R middle punch, quickly followed by L middle reverse punch
N	Lf forward	L back	L backhand strike to the face (R fist chambered at hip)
N	Rf forward	--	R inside crescent kick (into the L open hand)
N	Drop Rf	R back	L backhand strike to the face (as above)
N	Lf forward	--	L inside crescent kick (into the R open hand)
N	Drop Lf	L back	Twin downward palm pressing blocks <Slowly & Exhaling> (shoulder-level, hands open in front of chest, palms down)
N	Rf forward	R front	R outward ridgehand block <Slowly & Exhaling>
N	--	R front	L outward ridgehand block <Slowly & Exhaling>
N	--	R front	R middle straight punch, followed quickly by L middle reverse punch
S	Turning CW 180*		R axe kick
S	Drop the Rf toward S	R back	R downward backfist strike (L fist is chambered)
S	Turning CCW, Lf ->		L axe kick
S	Dropping the Lf toward S	L back	L downward backfist strike (as above))
N	Shift Rf, turning CW (180*) to face N	R front	L high reverse punch, followed quickly by R high straight punch
N	Lf forward	L cat	L upward wrist strike
N	Rf forward	R cat	R upward wrist strike
S	CCW (180*)	L front	Twin palm pressing blocks (L hand down, R hand up)

S -- L front Twin palm pressing blocks, this one <Slowly & Exhaling>(L hand up, R hand down)
 S Rf forward R front Twin palm pressing blocks <Slowly & Exhaling>(L hand down, R hand up)
 S Lf forward Feet together(chest-S) Both hands shoot up and above the head, palms face forward, hands touch at the thumbs and index fingers in such a way that it forms a triangle.
 S -- Feet together(chest-S) Slowly begin to arc hands outward to the sides of the body, then quickly complete the arcing motion by bringing the left knifehand into the right open palm.
 N CCW (180*) L front L knifehand rising block, followed quickly by R middle reverse punch
 N Rf forward R back L uppercut punch <Yell!>(drawing the R fist into the L shoulder to block)
 N Rf backward L front R inward middle forearm block (ulna side)
 S CW (180*) R front R knifehand rising block, followed quickly by L middle reverse punch
 S Lf forward L back R uppercut punch (as above) <Yell!>
 S Lf backward R front L inward middle forearm block (ulna side)
 S Shift Rf R back Low ridgehand guarding blocks (swinging the arms up and behind you as you do these)
 N CCW (180*) L back Low ridgehand guarding blocks (swinging the arms up and behind you as you do these)
 N Shift Lf L front Scissor blocks(L middle outward ridgehand block, R low forearm block)
 N Rf forward with a STOMP R front Twin vertical punches (to the face)
 N Rf backward L crane(chest-N) R elbow smash into the left palm
 S Looking over your R shoulder, -- R side kick (toward S)
 S <land> Horse(chest-E) Mountain block
 S Bring the Lf -> Rf, then step out with Rf toward S Horse(chest-E) Mountain block
 N Rf -> (toward N) -- R inside crescent kick (maintaining blocks as you do this)
 N <land> Horse(chest-W) Mountain block
 S Bring the Rf -> Lf, then step out toward S with Lf Horse(chest-W) Mountain block
 S Lf backward R crane(chest-S) L elbow smash into the R palm
 N Looking over your L shoulder -- L side kick (toward N)
 S <land> Crossed stance (Rf behind Lf), (chest-N) Low X-block
 S Rf backward L front L inward middle forearm block (ulna side)
 S Rf forward R front R inward middle forearm block (ulna side)
 S -- R front L straight middle palm strike
 E Shifting weight to the Lf (but not moving the feet) L front (toward E) R outward scooping knifehand block (to E)
 S Lf forward (toward S) L front R straight middle palm strike
 W Shifting weight to the Rf (but not moving the feet) R front (toward W) L outward scooping knifehand block (to W)
 N Turning toward N, lifting the Lf off the ground -- L side kick (to N)
 S Drop the Lf alongside the Rf Feet together(chest-N) Twin elbow strikes behind you (toward S)
 N Move Lf toward N Horse(chest-E) L side punch
 N Shift the Rf backward L front R middle reverse punch <Yell!>

N Pull Rf -> Lf Ready Ready

There was another pattern called Ko-Dang but this has been replaced by Juche in the current official syllabus of the ITF.

Ranks

The ITF has a unique ranking system. It consists of ten colour-belt grades (kup) and nine degrees of Black belt.

- 10th kup (white)
- 9th kup (white with yellow stripe)
- 8th kup (yellow)
- 7th kup (yellow with green stripe)
- 6th kup (green)
- 5th kup (green with blue stripe)
- 4th kup (blue)
- 3rd kup (blue with red stripe)
- 2nd kup (red)
- 1st kup (red with a black stripe)

The nine degrees (dans) of Black are organized into skill levels:

- 1st-3rd dan (Novice) with the title of Assistant Instructor (Boo-sabum);
- 4th-6th dan (Expert) with the title of Master Instructor (Sabum);
- 7th-8th dan (Master) with the title of Master (Sahyon);
- 9th dan (Grand Master) with the title of Grand Master (Saseong).

The reason for nine black belt degrees, according to General Choi, is that the number nine is not only the highest of the single-digit numbers, but also is the number of three multiplied by three. In the Orient, three is the most esteemed of all numbers. The Chinese character for 3 is: three horizontal lines, one above the other. The bottom line represents earth; the middle line represents mortals; the upper line represents heaven.

Each colour has a specific philosophical meaning. They are as follows:

- White - signifies innocence, as that of the beginning student who has no previous knowledge of Tae kwon-Do;
- Yellow - signifies the earth, from which a plant sprouts and takes root as the Tae kwon-Do foundation is laid;
- Green - signifies the plant's growth, as the Tae kwon-Do skill begins to develop;
- Blue - signifies Heaven, towards which the plant matures into a towering tree as training in Tae kwon-Do progress;
- Red - signifies danger, cautioning the student to exercise control and warning the opponent to stay away;
- Black - Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Up to 6th dan, all ranks require the student to perform a test of all skills and knowledge up to their rank to be promoted. Ranks above 6th dan may be awarded with consent of the president

without a test; however, if the recipient desires, a test may be administered. 9th degree (being the highest) can only be awarded when the governing body examines and reaches a consensus. There are minimum times that practitioners must remain at a black belt degree before being promoted to the next grade: 1st degree: minimum 18 months as 1st degree before promotion to 2nd degree; 2nd degree: minimum 2 years; 3rd degree: minimum 3 years; 4th degree: minimum 4 years; and so on.