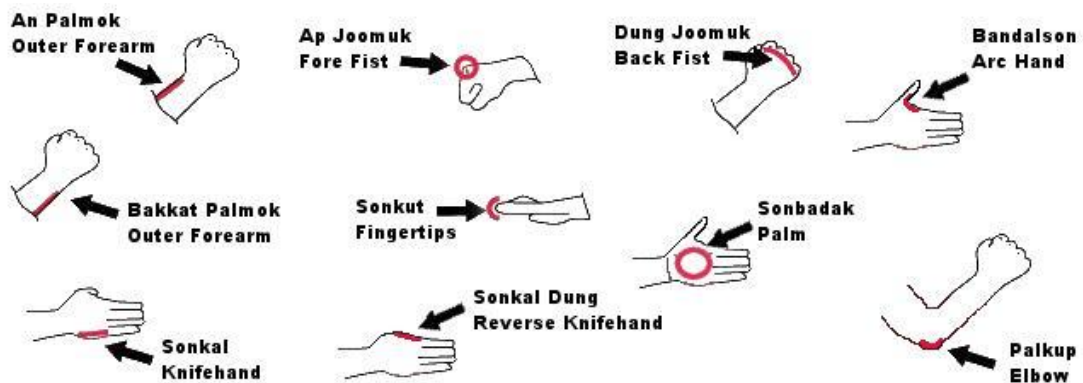
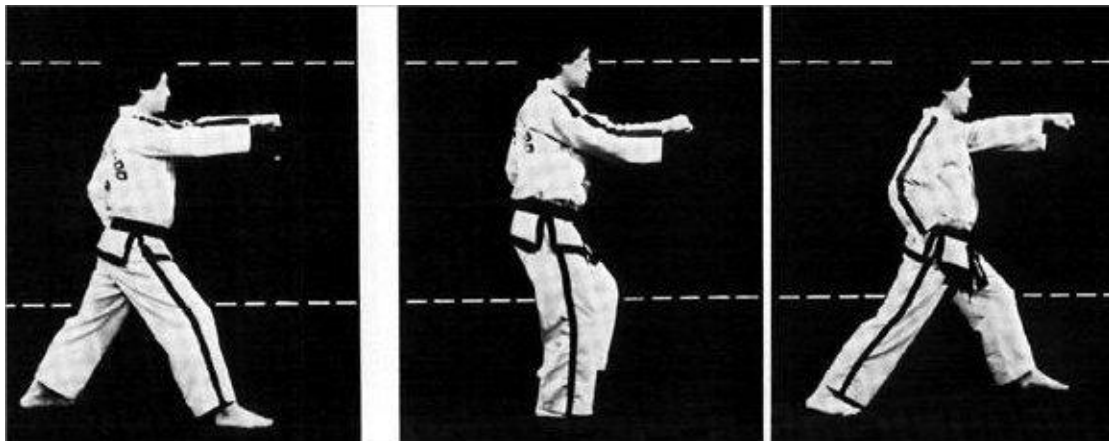
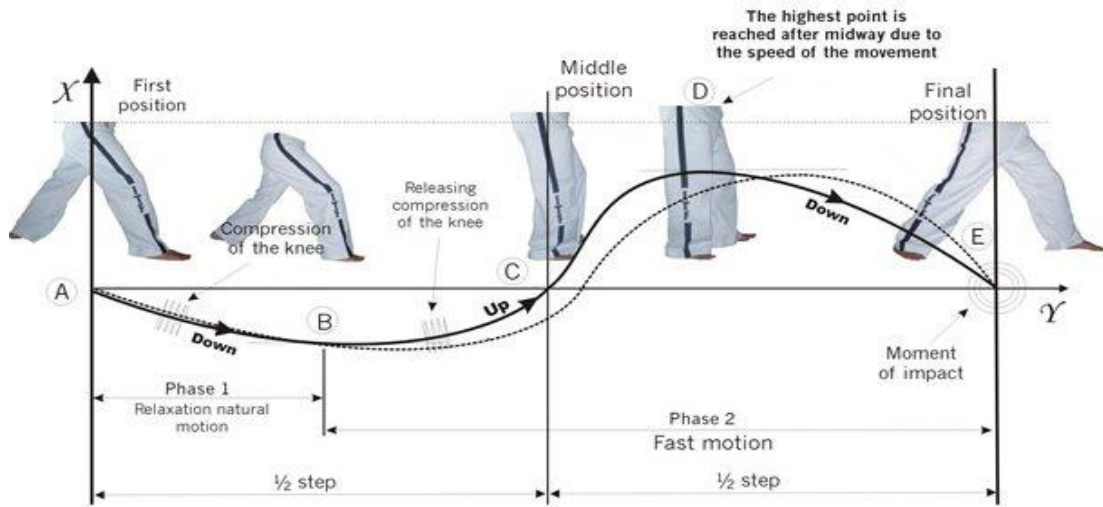




**PATTERN  
REFERENCE  
2017  
10<sup>th</sup> Kup to 3<sup>rd</sup> Dan**

# Sine wave explained



**Please NOTE:** On Korean moves we do not list Korean terms twice in this reference guides

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## Korean Terms used in TaeKwonDo

HAND PARTS	SANGBANSIN	FINGERTIP THRUST	SONKUT TULGI
Knifehand	Sonkal	Flat Fingertip Thrust	Opun Sonkut Tulgi
Reverse Knifehand	Sonkal Dung	Straight Fingertip Thrust	Sun Sonkut Tulgi
Forefist	Ap Joomok	Upset Fingertip Thrust	Dwijibun Sonkut Tulgi
Back Fist	Dung Joomok	FOOT PARTS	HABANSIN
Side Fist	Yop Joomok	Ball	Apkumchi
Knuckles	Songarak	Back Heel	Dwitchook
Palm	Sonbadak	Back Sole	Dwitcumchi
Fingertips	Sonkut	Footsword	Balkal
Arc Hand	Bandalson	Reverse Footsword	Balkal Dung
STANCES	SOGI	Instep	Baldung
Attention	Charyiot	Footsole	Balbadak
Parallel	Narani	Toes	Balkut
Parallel Ready	Narani Junbi	KICKS	CHAGI
Walking	Gunnun	Front Rising	Ap Cha Olligi
Walking Ready	Gunnun Junbi	Side Rising	Yop Cha Olligi
Sitting	Annun	Front Snap	Ap Cha Busigi
Sitting Ready	Annun Junbi	Side Piercing	Yop Cha Jirugi
'L'	Niunja	Forward Stepping Side Piercing	Ongyo Didimyo Yop Cha Jirugi
Fixed	Gojang	Back Piercing	Dwit Cha Jirugi
Bending Ready 'A'	Goburyo Junbi 'A'	Turning	Dollyo
Bending Ready 'B'	Goburyo Junbi 'B'	Reverse Turning	Bandae Dollyo
One Leg Stance	Waebal	Reverse Hooking	Bandae Dollyo Goro
Close Ready Stance 'A'	Moa Junbi 'A'	Downward	Naeryo
Close Ready Stance 'B'	Moa Junbi 'B'	Crescent	Bandal
Close Ready Stance 'C'	Moa Junbi 'C'	Vertical	Sewo
Low	Nachuo	Hooking	Golcha
Vertical	Soo Jik	Twisting	Bituro
'X'	Kyocha	Checking	Mom Chau
Rear Foot	Dwit Bal	Flying	Twimyo
PUNCHES USING FOREFIST	AP JOOMOK JIRUGI	Flying High	Twimyo Nopi
Front	Ap	Flying Long	Twimyo Nomo
Side	Yop	Jumping	Twiggi
Upward	Ollyo	STRIKES USING ELBOW	PALKUP TAERIGI
Downward	Naeryo	Front Elbow	Ap Palkup
Vertical	Sewo	Side Elbow	Yop Palkup
Twin Vertical	Sang Sewo	Back Elbow	Dwit Palkup
Upset	Dwijjibo	Downward Elbow	Naeryo Palkup
Twin Upset	Sang Dwijjibo	Upper Elbow	Wi Palkup
Crescent	Bandal	GENERAL	
Angle	Kyokja	Instructor	Sabum
BLOCKS	MAKGI	Assistant Instructor	Bo Sabum
Inside	An	Master	Sahun
Outside	Bakat	Grand Master	Sasung
Inward	Anuro	Founder of Taekwon-do	Chng Shi Ja
Side	Yop	Examiner	Se Hum Kwon
Outward	Bakuro	Student	Jeja
Knifehand Rising	Sonkal Chookyo	Tenets	Jungshin
Forearm Rising	Palmok Chookyo	Taekwon-do Oath	Taekwon-do Sang So
Palm Pressing	Sonbadak Noolyo	Training Hall	Dojang
Palm Pushing	Sonbadak Miro	Uniform	Dobok
Palm Upward	Sonbadak Ollyo	Belt	Ti
X Fist Rising	Kyocha Joomok Chookyo	Ready	Junbi
X Fist Pressing	Kyocha Joomok Noolyo	Start	Si Jak
Knifehand Guarding	Sonkal Daebi	Stop	Gomman
Forearm Guarding	Palmok Daebi	Return to Start Position	Pharro
Double Forearm	Doo Palmok	Turn Around	Dwirro Torra
Double Forearm Pushing	Doo Palmok Miro	Right About Turn	Oorro Dwirro Torra
Inner Forearm	An Palmol	Left About Turn	Chwarro Dwirro Torra
Twin Forearm	Sang Palmok	Centre Line Turn	Gojaro Dolgi
Reverse Knifehand	Sonkal Dung	Relax	Shewo
Twin Knifehand	Sang Sonkal	Self Defence Techniques	Hosin Sul
Wedging	Hechyo	In Your Own Time	Koryong Opshe
W Shape	San	By Count or Numbers	Koryong A Macho
Palm Hooking	Sonbadak Golcha		
Waist	Hori		
Palm Scooping	Sonbadak Duro		

## 10<sup>TH</sup> KUP WHITE BELT TO YELLOW TAG

Number of Moves: 7

### Korean for Moves in TUL

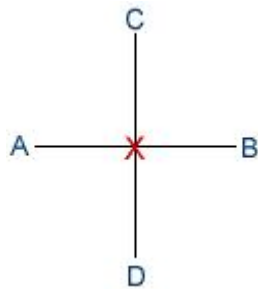
Start: Parallel Ready Stance - Narani Jumbi Sogi

#### Moves:

- Walking stance obverse punch – Gunnun Sogi baro jirugi
- Walking stance mid block – Gunnun sogi kaunde bakat palmok makgi


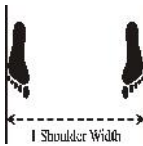
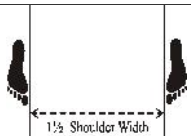
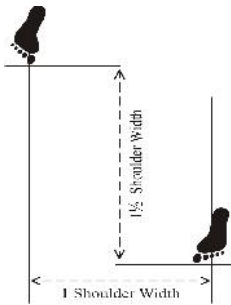
**Saju Jirugi:** 4 directional punch

Ready Position: Parallel Ready Stance



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

End: Bring the foot back to a ready position.

Stances		
<b>Charyot Sogi (Attention)</b>	<p><b>Feet</b> are turned <b>outward</b> to form an angle of 45°.</p> <p><b>Heels</b> touch.</p> <p><b>Soles</b> of both feet are flat on the ground.</p>	
<b>Narani Sogi (Parallel Stance)</b>	<p><b>Length:</b> None</p> <p><b>Width:</b> 1 shoulder wide. (Measurement is take from the footswords of both feet)</p> <p><b>Soles</b> of both feet are flat on the ground.</p>	
<b>Annun Sogi (Sitting Stance)</b>	<p><b>Length:</b> None</p> <p><b>Width:</b> 1½ shoulders wide. (Measurement is taken from the reverse footswords of BOTH feet which are formed parallel to each other)</p> <p><b>50% Weight</b> is distributed on the left leg.</p> <p><b>50% Weight</b> is distributed on the right leg.</p>	
<b>Gunnun Sogi (Walking Stance)</b>	<p><b>Length:</b> 1½ shoulders wide. (Measurement is taken from the tips of the toes of BOTH feet)</p> <p><b>Width:</b> 1 shoulder wide. (Measurement is take from the centre of the instep of one foot to the centre of the instep of the other)</p> <p><b>50% Weight</b> is distributed on the front leg.</p> <p><b>50% Weight</b> is distributed on the rear leg.</p> <p><b>Toes</b> of the front foot are turned at an angle of 15° inwards.</p> <p><b>Toes</b> of the rear foot are turned at an angle of 25° outwards.</p> <p><b>Knee</b> of the front leg is <b>bent</b>, until the kneecap forms a vertical line with the heel.</p> <p><b>Knee</b> of the rear leg is <b>locked</b>.</p> <p><b>Soles</b> of both feet are flat on the ground.</p> <p><b>Front</b> leg indicates whether it is a right or left walking stance.</p>	

Number of Moves: 7

### Korean for Moves in TUL

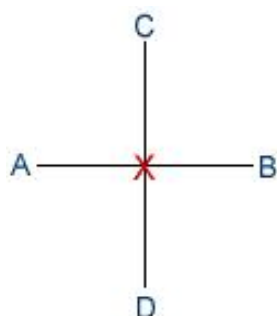
Start: Parallel Ready Stance - Narani Jumbi Sogi

#### Moves:

- Walking stance low section knife hand block – Gunnun sogi najunde sonkal makgi

**Saju Makgi:** 4 directional block

Ready Position: Parallel Ready Stance



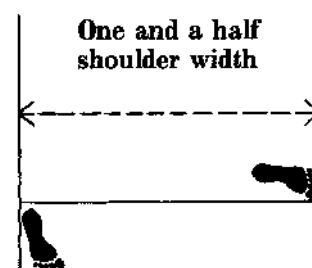
1. Move the right foot to C forming a **left walking stance** toward D while executing a **low block** to D **with the left knife-hand**.
2. Move the right foot to D forming a **right walking stance** toward D while executing a **middle side block** to D **with the right inner forearm**.
3. Move the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

End: Bring the foot back to a ready position.

#### New Stance: Niunja Sogi ('L' Stance)

**Length:** 1½ shoulders wide.  
(Measurement is taken from the tip of the big toe of the front foot to the fotsword of the rear foot.)

**Weight:** 30% WEIGHT is distributed on the front leg.  
70% WEIGHT is distributed on the rear leg.



**Toes** of both feet turned 15° inwards.

**Knee** of front leg is bent and points forwards, but is behind the vertical line.

**Knee** of rear leg is bent vertically above the toes and is at right angles to the front leg.

**Soles** of both feet are flat on the ground.

**Rear leg** indicates as to whether it is a right or left 'L' stance.



### 9<sup>TH</sup> KUP YELLOW TAG TO YELLOW BELT

Number of Moves: 19

Korean for Moves in TUL

Start: Parallel Ready Stance - Narani Jumbi Sogi

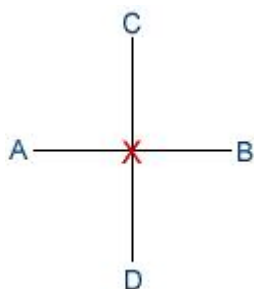
Moves:

- Walking stance low section outer forearm block – Gunnun sogi najunde bakat palmok makgi
- Walking stance obverse punch – Gunnun Sogi baro jirugi
- ‘L’ stance mid block – Niunja sogi kaunde bakat palmok makgi

**Chon-Ji:** Chon-JI means literally " the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth

Ready

Position: Parallel Ready Stance



1. Move the left foot to B forming a **left walking stance** toward B while executing a **low block** to B with the **left forearm**.
2. Move the right foot to B forming a **right walking stance** toward B while executing a **middle punch** to B with the **right fist**.
3. Move the right foot to A, turning clockwise to form a **right walking stance** toward A while executing a **low block** to A with the **right forearm**.
4. Move the left foot to A forming a **left walking stance** toward A while executing a **middle punch** to A with the **left fist**.
5. Move the left foot to D forming a **left walking stance** toward D

while executing a **low block** to D with the **left forearm**.

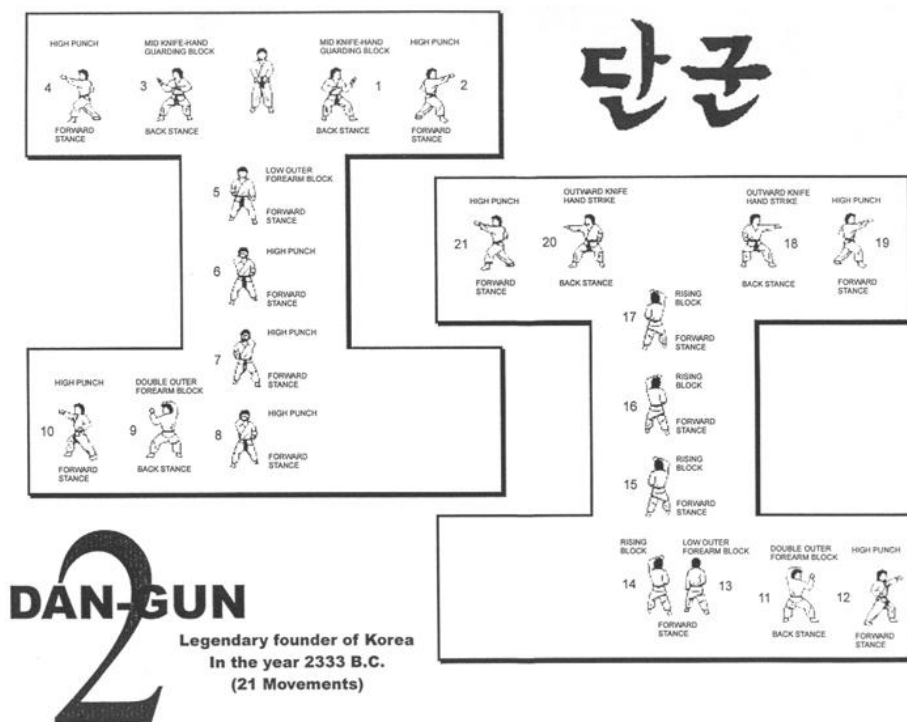
6. Move the right foot to D forming a **right walking stance** toward D while executing a **middle punch** to D with the **right fist**.

7. Move the right foot to C turning clockwise to form a **right walking stance** toward C while executing a **low block** to C with the **right forearm**.

8. Move the left foot to C forming a **left walking stance** toward C while executing a **middle punch** to C with the **left fist**.

9. Move the left foot to A forming a **right L-stance** toward A while executing a **middle block** to A **with the left inner forearm**.
  10. Move the right foot to A forming a **right walking stance** toward A while executing a **middle punch** to A **with the right fist**.
  11. Move the right foot to B turning clockwise to form a **left L-stance** toward B while executing a **middle block** to B **with the right inner forearm**.
  12. Move the left foot to B forming a **left walking stance** toward B while executing a **middle punch** to B **with the left fist**.
  13. Move the left foot to C forming a **right L-stance** toward C while executing a **middle block** to C **with the left inner forearm**.
  14. Move the right foot to C forming a **right walking stance** toward C while executing a **middle punch** to C **with the right fist**.
  15. Move the right foot to D turning clockwise to form a **left L-stance** toward D while executing a **middle block** to D **with the right inner forearm**.
  16. Move the left foot to D forming a **left walking stance** toward D while executing a **middle punch** to D **with the left fist**.
  17. Move the right foot to D forming a **right walking stance** toward D while executing a **middle punch** to D **with the right fist**.
  18. Move the right foot to C forming a **left walking stance** toward D while executing a **middle punch** to D **with the left fist**.
  19. Move the left foot to C forming a **right walking stance** toward D while executing a **middle punch** to D **with the right fist**.
- End: Bring the left foot back to a ready position





### 8<sup>TH</sup> YELLOW BELT TO GREEN TAG

Number of Moves: 21

#### Korean for Moves in TUL

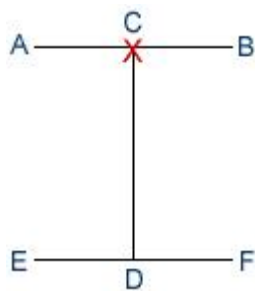
Start: Parallel Ready Stance - Narani Jumbi Sogi

#### Moves:

- 'L' stance knife hand guarding block – Niunja Sogi kaunde sonkal deabi makgi
- Walking stance high section odverse punch – Gunnun sogi nopunde baro jirugi
- 'L' Stance double forearm block – Niunja sogi sang palmok makgi
- Walking stance outer forearm rising block – Gunnun sogi nopunde chookyo bakat palmok makgi
- 'L' Stance high section knife hand strike – Niunja sogi nopunde sonkal taerigi

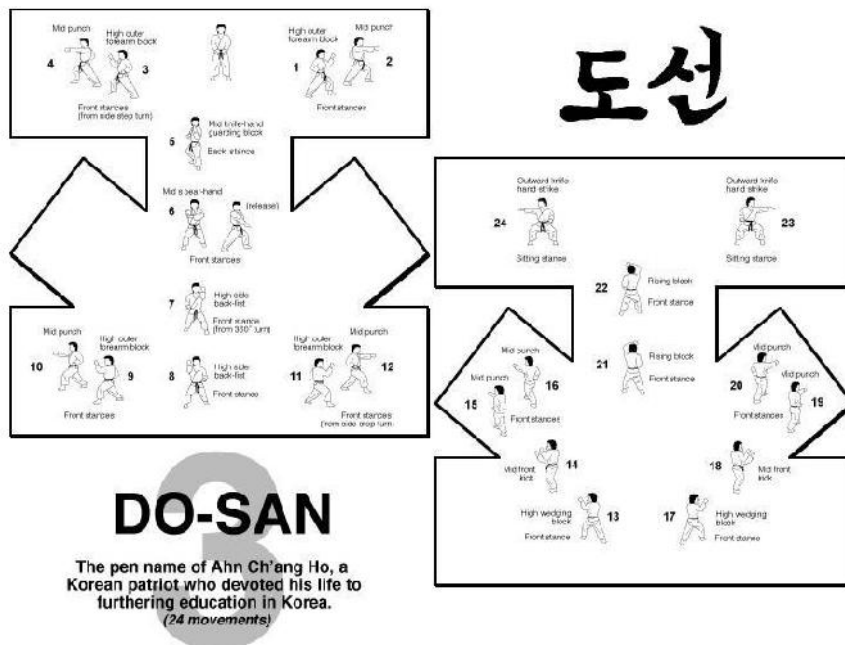
DAN-GUN: is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

Ready Position: Parallel Ready Stance



1. Move the left foot to B forming a **right L-stance** toward B, at the same time executing a **middle guarding block** to B with a **knife-hand**.
2. Move the right foot to B forming a **right walking stance** toward B while executing a **high punch** to B with the **right fist**.
3. Move the right foot to A turning clockwise to form a **left L-stance** toward A, at the same time executing a **middle guarding block** to A with a **knife-hand**.
4. Move the left foot to A forming a **left walking stance** toward A while executing a **high punch** to A with the **left fist**.
5. Move the left foot to D forming a **left walking stance** toward D while executing a **low block** to D with the **left forearm**.
6. Move the right foot to D forming a **right walking stance** toward D while executing a **high punch** to D with the **right fist**.
7. Move the left foot to D forming a **left walking stance** toward D while executing a **high punch** to D with the **left fist**.
8. Move the right foot to D forming a **right walking stance** toward D while executing a **high punch** to D with the **right fist**.
9. Move the left foot to E, turning counter clockwise to form a **right L-stance** toward E while executing a **twin forearm block** to E.
10. Move the right foot to E forming a **right walking stance** toward E while executing a **high punch** to E with the **right fist**.
11. Move the right foot to F turning clockwise to form a **left L-stance** toward F while executing at **twin forearm block** to F.
12. Move the left foot to F forming a **left walking stance** toward F while executing a **high punch** to F with the **left fist**.

13. Move the left foot to C forming a **left walking stance** toward C while executing a **low block** to C **with the left forearm**.
  14. Execute a **rising block with the left forearm**, maintaining the **left walking stance** toward C. *Perform 13 and 14 in a continuous motion.*
  15. Move the right foot to C forming a **right walking stance** toward C, at the same time executing a **rising block with the right forearm**.
  16. Move the left foot to C forming a **left walking stance** toward C, at the same time executing a **rising block with the left forearm**.
  17. Move the right foot to C forming a **right walking stance** toward C, at the same time executing a **rising block with the right forearm**.
  18. Move the left foot to B turning counter clockwise to form a **right L-stance** toward B while executing a **middle outward strike** to B **with the left knife-hand**.
  19. Move the right foot to B forming a **right walking stance** toward B while executing a **high punch** to B **with the right fist**.
  20. Move the right foot to A turning clockwise to form a **left L-stance** toward A while executing a **middle outward strike** to A **with the right knife-hand**.
  21. Move the left foot to A forming a **left walking stance** toward A while executing a **high punch** to A **with the left fist**.
- End: Bring the left foot back to a ready position.



### 7th Kup GREEN TAG TO GREEN BELT

Number of Moves: 24

#### Korean for Moves in TUL

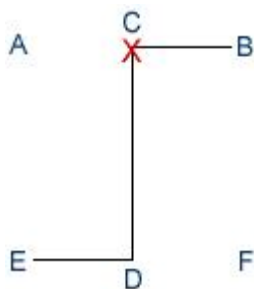
Start: Parallel Ready Stance - Narani Jumbi Sogi

#### Moves:

- Walking stance high section outer forearm side block – Gunnun Sogi nopunde bakat palmok yop makgi
- Walking stance mid section reverse punch – Gunnun sogi kaunde bandae jirugi
- Walking stance mid section thinger tip thrust – Gunnun sogi kaunde son sonkut tulgi
- Release motion – Bagei
- Walking stance high section back fist – Gunnun sogi nopunde dung joomok
- Walking stance mid section wedging block – Gunnun sogi kaunde bakat palmok hechyo makgi
- Low section (Groin area) front snap kick – Najunde apcha busugi (ball of foot - Apkumpchi )
- Walking stance mid section double punch – Gunnun sogi doo jirugi

**DO-SAN:** is the pseudonym of the patriot An Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and it's independent movement.

Ready Position: Parallel Ready Stance

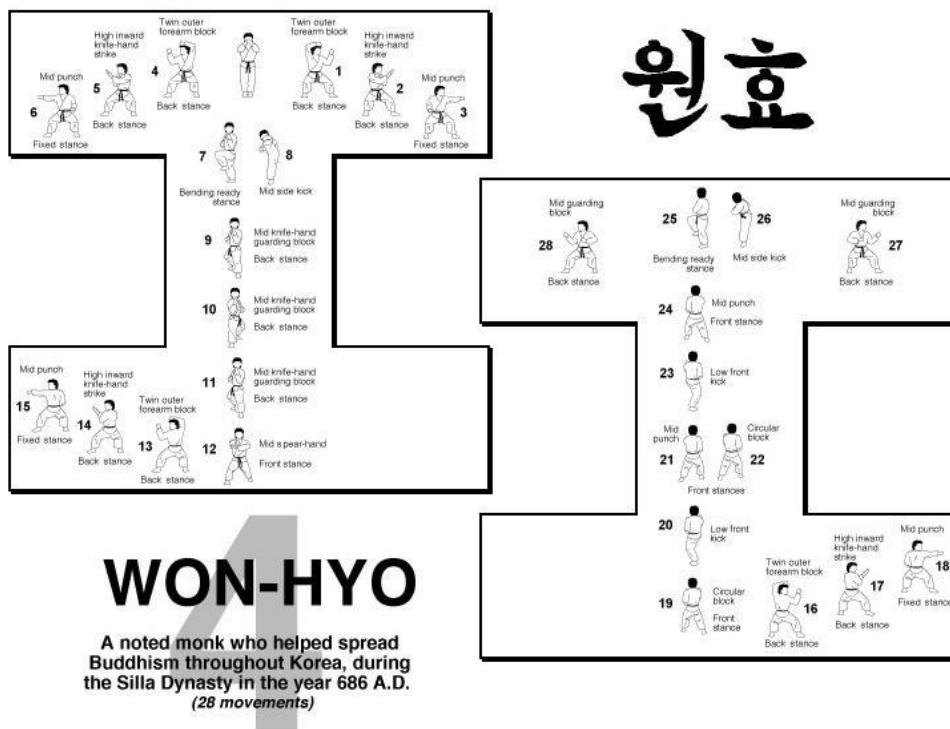


1. Move the left foot to B, forming a **left walking stance** toward B while executing a **high side block** to B with the **left outer forearm**.
2. Execute a **middle punch** to B with the **right fist** while maintaining a **left walking stance** toward B.
3. Move the left foot on line AB, and then turn clockwise to form a **right walking stance** toward A while executing a **high side block** to A with the **right outer forearm**.
4. Execute a **middle punch** to A with the **left fist** while maintaining a **right walking stance** toward A.
5. Move the left foot to D, forming a **right L-stance** toward D

while executing a **middle guarding block** to D with a **knife-hand**.

6. Move the right foot to D forming a **right walking stance** toward D while executing a **middle thrust** to D with the **right straight fingertip**.
7. **Twist the right knife-hand together with the body counter clockwise until its palm faces downward** and then move the left foot to D, **turning counter clockwise** to form a **left walking stance** toward D while executing a **high side strike** to D with the **left back fist**.
8. Move the right foot to D forming a **right walking stance** toward D while executing a **high side strike** to D with the **right back fist**.
9. Move the left foot to E, turning counter clockwise to form a **left walking stance** toward E while executing a **high side block** to E with the **left outer forearm**.
10. Execute a **middle punch** to E with the **right fist** while maintaining a **left walking stance** toward E.
11. Move the left foot on line EF, and then turn clockwise to form a **right walking stance** toward F while executing a **high side block** to F with the **right outer forearm**.
12. Execute a **middle punch** to F with the **left fist** while maintaining a **right walking stance** toward F.

13. Move the left foot to CE forming a **left walking stance** toward CE, at the same time executing a **high wedging block** to CE **with the outer forearm**.
  14. Execute a **middle front snap kick** to CE **with the right foot**, keeping the position of the hands as they were in 13.
  15. Lower the right foot to CE forming a **right walking stance** toward CE while executing a **middle punch** to CE **with the right fist**.
  16. Execute a **middle punch** to CE **with the left fist** while maintaining a **right walking stance** toward CE. *Perform 15 and 16 in a fast motion.*
  17. Move the right foot to CF forming a **right walking stance** toward CF while executing a **high wedging block** to CF **with the outer forearm**.
  18. Execute a **middle front snap kick** to CF **with the left foot**, keeping the position of the hands as they were in 17.
  19. Lower the left foot to CF forming a **left walking stance** toward CF while executing a **middle punch** to CF **with the left fist**.
  20. Execute a **middle punch** to CF **with the right fist** while maintaining a **left walking stance** toward CF. *Perform 19 and 20 in a fast motion.*
  21. Move the left foot to C forming a **left walking stance** toward C, at the same time executing a **rising block with the left forearm**.
  22. Move the right foot to C forming a **right walking stance** toward C while executing a **rising block with the right forearm**.
  23. Move the left foot to B, turning counter clockwise to form a **sitting stance** toward D while executing a **middle side strike** to B **with the left knife-hand**.
  24. Bring the left foot to the right foot and then move the right foot to A forming a **sitting stance** toward D while executing a **middle side strike** to A **with the right knife-hand**.
- End: Bring the right foot back to a ready position.



### 6<sup>TH</sup> KUP GREEN BELT TO BLUE TAG

Number of Moves: 28

#### Korean for Moves in TUL

Start: Close ready stance 'A' - Moa Jumbi Sogi 'A'

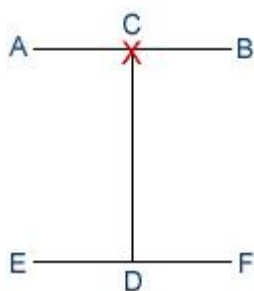
#### Moves:

- 'L' High section inward knife hand strike – Niunja sogi anuro sonkal taerigi
- Fixed stance mid section side punch (Consecutive stance from 'L') – Gojang sogi kaunde yop jirugi
- Consecutive stance – Yon sok sogi
- Bending ready stance 'A' – Goburyo sogi 'A'
- Side piercing kick – Yop cha jirugi
- Scooping block – Dolimyo an palmok makgi

WON-HYO: was the noted monk who introduced Buddhism into the Silla Dynasty in the year of 686 AD.



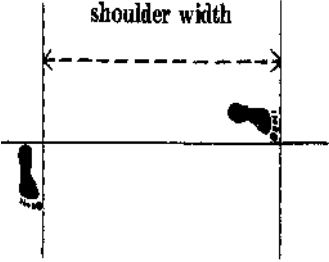
Ready

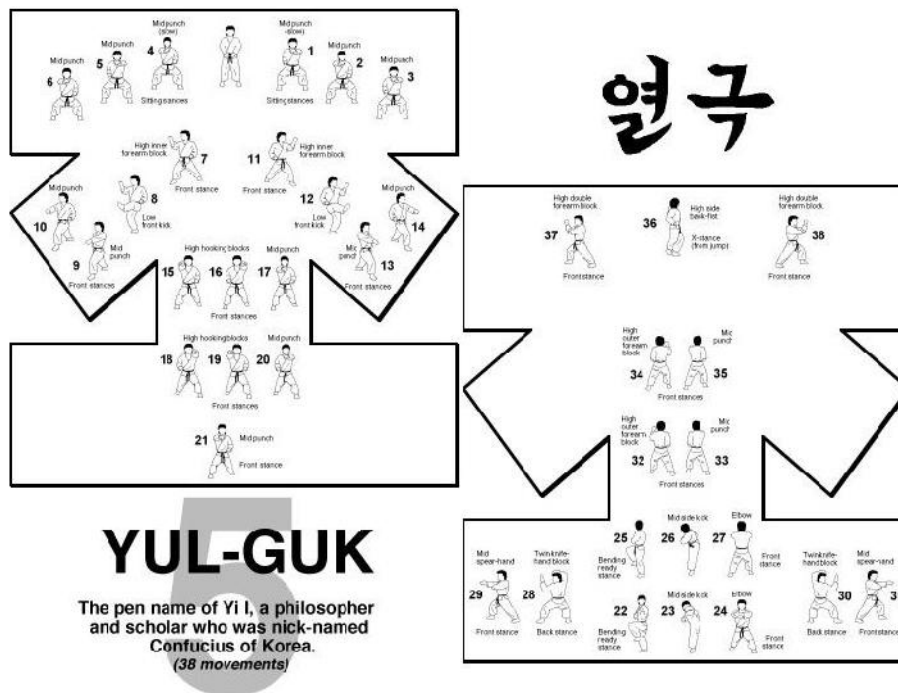
Position: Closed Ready Stance A



1. Move the left foot to B forming a **right L-stance** toward B while executing a **twin forearm block**.
2. Execute a **high inward strike** to B with the **right knife-hand** while bringing the **left side fist in front of the right shoulder**, maintaining a **right L-stance** toward B.
3. Execute a **middle punch** to B with the **left fist** while forming a **left fixed stance** toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a **left L-stance** toward A while executing a **twin forearm block**.
5. Execute a **high inward strike** to A with the **left knife-hand** while bringing the **right side fist in front of the left shoulder**, maintaining a **left L-stance** toward A.
6. Execute a **middle punch** to A with the **right fist** while forming a **right fixed stance** toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a **right bending ready stance** A toward D.
8. Execute a **middle side piercing kick** to D with the **left foot**.
9. Lower the left foot to D forming a **right L-stance** toward D while executing a **middle guarding block** to D with a **knife-hand**.
10. Move the right foot to D forming a **left L-stance** toward D while executing a **guarding block** to D with a **knife-hand**.
11. Move the left foot to D forming a **right L-stance** toward D while executing a **middle guarding block** to D with a **knife-hand**.
12. Move the right foot to D forming a **right walking stance** toward D while executing a **middle thrust** to D with the **right straight finger tip**.

13. Move the left foot to E turning counter clockwise to form a **right L-stance** toward E, at the same time executing a **twin forearm block**.
  14. Execute a **high inward strike** to E **with the right knife-hand** while bringing the **left side fist in front of the right shoulder**, maintaining a **right L-stance** toward E.
  15. Execute a **middle punch** to E **with the left fist** while forming a **left fixed stance** toward E, slipping the left foot to E.
  16. Bring the left foot to the right foot and then move the right foot to F, forming a **left L-stance** toward F while executing a **twin forearm block**.
  17. Execute a **high inward strike** to F **with the left knife-hand** while bringing the **right side fist in front of the left shoulder**, maintaining a **left L-stance** toward F.
  18. Execute a **middle punch** to F **with the right fist** while forming a **right fixed stance** toward F, slipping the right foot to F.
  19. Bring the right foot to the left foot and then move the left foot to C forming a **left walking stance** toward C while executing a **circular block** to CF **with the right inner forearm**.
  20. Execute a **low front snap kick** to C with the right foot, keeping the position of the hands as they were in 19.
  21. Lower the right foot to C forming a **right walking stance** toward C while executing a **middle punch** to C **with the left fist**.
  22. Execute a **circular block** to CE **with the left inner forearm** while maintaining a **right walking stance** toward C.
  23. Execute a **low front snap kick** to C **with the left foot**, keeping the position of the hands as they were in 22.
  24. Lower the left foot to C forming a **left walking stance** toward C while executing a **middle punch** to C **with the right fist**.
  25. Turn the face toward C forming a **left bending ready stance** A toward C.
  26. Execute a **middle side piercing kick** to C **with the right foot**.
  27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a **right L-stance** toward B, at the same time executing a **middle guarding block** to B **with the forearm**.
  28. Bring the left foot to the right foot and then move the right foot to A forming a **left L-stance** toward A while executing a **middle guarding block** to A **with the forearm**.
- End: Bring the right foot back to a ready position.

	<p><b>New Stance</b></p> <p>Close Stance: <b>Moa Sogi</b></p> <p><b>Feet</b> are together. <b>Toes</b> are touching.</p>	
	<p><b>New Stance</b></p> <p>Bending Ready Stance 'A': <b>Goburyo Junbi Sogi A</b></p> <p>The preparatory stance for delivery of right or left side piercing kick.</p> <p><b>100% weight on standing leg.</b>  <b>Knee</b> of standing leg to be bent until it is over the toes.  <b>Foot</b> of standing leg is at right angle to the front.  <b>Knee</b> of kicking leg is raised &amp; bent to face the intended target.  <b>Foot</b> of kicking leg is formed into a footsword with the heel being a distance of one inch from the knee joint of the standing leg.  <b>Arms</b> are formed into a forearm guarding block position          Standing leg indicates as to whether it is a right or left bending ready stance.</p>	
	<p><b>New Stance</b></p> <p>Fixed Stance <b>Gojang Sogi</b></p>	<p><b>One and a half shoulder width</b></p> 



### 5TH KUP BLUE TAG TO BLUE BELT

Number of Moves: 38

#### Korean for Moves in TUL

Start: Parallel Ready Stance - Narani Jumbi Sogi

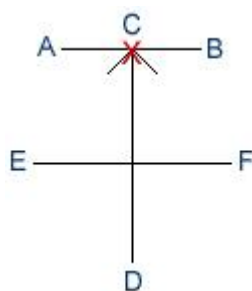
#### Moves:

- Sitting stance mid section double punch – Annun sogi doo jirugi
- Walking stance mid section hooking block – Gunnun sogi sonbadak golcha makgi
- Walking stance high section front elbow – Gunnun sogi nopunde ap palkup taerigi
- 'L' Stance twin knife hand block – Niunja sogi San sonkal makgi
- X stance high section back side fist – Kyocha sogi nopunde bakat palmok yop joomok
- Walking stance high section double forearm block – Gunnun sogi nopunde doo palmok makgi

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

Ready

Position: Parallel Ready Stance



1. Move the left foot to B forming a **sitting stance** toward D while **extending the left fist** to D **horizontally**.
2. Execute a **middle punch** to D **with the right fist** while maintaining a **sitting stance** toward D.
3. Execute a **middle punch** to D **with the left fist** while maintaining a **sitting stance** toward D. *Perform 2 and 3 in a fast motion.*
4. Bring the left foot to the right foot and then move the right foot to A forming a **sitting stance** toward D while **extending the right fist** to D **horizontally**.
5. Execute a **middle punch** to D **with the left fist** while

maintaining a **sitting stance** toward D.

6. Execute a **middle punch** to D **with the right fist** while maintaining a **sitting stance** toward D. *Perform 5 and 6 in a fast motion.*

7. Move the right foot to AD forming a **right walking stance** toward AD while executing a **middleside block** to AD **with the right inner forearm**.

8. Execute a **low front snap kick** to AD **with the left foot** keeping the position of the hands as they were in 7.

9. Lower the left foot to AD forming a **left walking stance** toward AD while executing a **middle punch** to AD **with the left fist**.

10. Execute a **middle punch** to AD **with the right fist** while maintaining a **left walking stance** toward AD. *Perform 9 and 10 in a fast motion.*

11. Move the left foot to BD forming a **left walking stance** toward BD at the same time executing a **middle side block** to BD **with the left inner forearm**.

12. Execute a **low front snap kick** to BD **with the right foot** keeping the position of the hands as they were in 11.

13. Lower the right foot to BD forming a **right walking stance** toward BD while executing a **middle punch** to BD **with the right fist**.

14. Execute a **middle punch** to BD **with the left fist** while maintaining a **right walking stance** toward BD. *Perform 13 and 14 in a fast motion.*
  15. Execute a **middle hooking block** to D **with the right palm** while forming a **right walking stance** toward D, pivoting with the left foot.
  16. Execute a **middle hooking block** to D **with the left palm** while maintaining a **right walking stance** toward D.
  17. Execute a **middle punch** to D **with the right fist** while maintaining a **right walking stance** toward D. *Execute 16 and 17 in a connecting motion.*
  18. Move the left foot to D forming a **left walking stance** toward D while executing a **middle hooking block** to D **with the left palm.**
  19. Execute a **middle hooking block** to D **with the right palm** while maintaining a **left walking stance** toward D.
  20. Execute a **middle punch** to D **with the left fist** while maintaining a **left walking stance** toward D. *Execute 19 and 20 in a connecting motion.*
  21. Move the right foot to D forming a **right walking stance** toward D at the same time executing a **middle punch** to D **with the right fist.**
  22. Turn the face toward D forming a **right bending ready stance** A toward D.
  23. Execute a **middle side piercing kick** to D **with the left foot.**
  24. Lower the left foot to D forming a **left walking stance** toward D **while striking the left palm with the right front elbow.**
  25. Turn the face toward C forming a **left bending ready stance** A toward C.
  26. Execute a **middle side piercing kick** to C **with the right foot.**
  27. Lower the right foot to C forming a **right walking stance** toward C **while striking the right palm with the left front elbow.**
  28. Move the left foot to E forming a **right L-stance** toward E while executing a **twin knife-hand block.**
  29. Move the right foot to E forming a **right walking stance** toward E while executing a **middle thrust** to E **with the right straight finger tip.**
  30. Move the right foot to F turning clockwise to form a **left L-stance** toward F while executing a **twin knife-hand block.**
  31. Move the left foot to F forming a **left walking stance** toward F while executing a **middle thrust** to F **with the left straight finger tip.**
  32. Move the left foot to C forming a **left walking stance** toward C while executing a **high side block** to C **with the left outer forearm.**
  33. Execute a **middle punch** to C **with the right fist** while maintaining a **left walking stance** toward C.
  34. Move the right foot to C forming a **right walking stance** toward C while executing a **high side block** to C **with the right outer forearm.**
  35. Execute a **middle punch** to C **with the left fist** while maintaining a **right walking stance** toward C.
  36. **Jump** to C forming a **left X-stance** toward B while executing a **high side strike** to C **with the left back fist.**
  37. Move the right foot to A forming a **right walking stance** toward A at the same time executing a **high block** to A **with the right double forearm.**
  38. Bring the right foot to the left foot and then move the left foot to B forming a **left walking stance** toward B while executing a **high block** to B **with the left double forearm.**
- End: Bring the left foot back to a ready position.

#### **New Stance: Kyocha Sogi (X Stance)**

**CROSS** one leg in front or behind the other.

**Weight:** 90% WEIGHT on the stationary or the landing leg following a jump (sole of the foot flat on the ground).

10% WEIGHT on the moving (stepping over or tucking in leg) and tucking in leg following a jump (resting ball of the foot lightly on the ground).

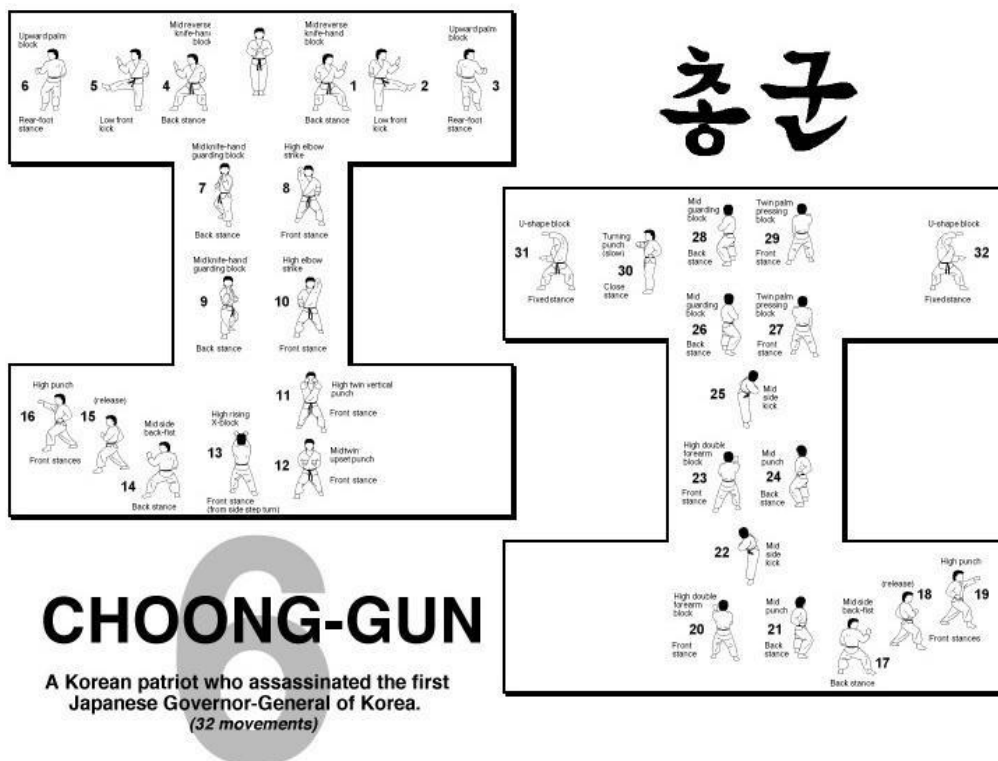
**Toes** of the rear foot point forward.

**Knees** of both legs are bent appropriately to form the figure of the alphabet 'X'.

**Leg** with 90% weight indicates as to whether it is a right or left X stance.







#### 4<sup>TH</sup> KUP BLUE BELT TO RED TAG

Number of Moves: 32

#### Korean for Moves in TUL

Start: Close ready stance 'B' - Moa Junbi Sogi 'B'

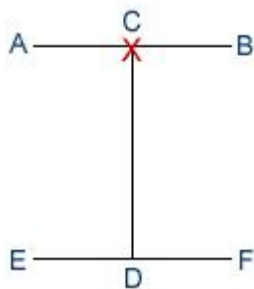
#### Moves:

- (Left – Wen - Right – Orun) 'L' Stance mid section reverse knife hand block – Niunja sogi kaunde sonkal dung.
- Rear foot stance upward palm block - Dwitbal sogi sonbadak ollyo maki
- Walking stance high section twin vertical punch – Gunnun sogi nopunde san dwigibo jirugi
- Walking stance mid section upset twin punch – Gunnun sogi san sewo jirugi
- Walking stance X fist rising block – Gunnun sogi kyocha joomok chookyo makgi
- Walking stance palm pressing block – Gunnun sogi sonbadak noolyo makgi
- 'L' Stance U shape block – Niunja sogi Digupcha Japgi Makgi

**Joong-Gun:** Is named after the patriot An Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, know as the man who played the leading part of the Korea – Japan merger. There are 32 movements to represent Mr An's age when he was executed in Lui – Shung prison (1910).

Ready

Position: Closed Ready Stance B



1. Move the left foot to B forming a **right L-stance** toward B while executing a **middle block** to B with the **left reverse knife-hand**.
2. Execute a **low side front snap kick** to B with the **left foot**, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a **left rear foot stance** toward B while executing an **upward block** with a **right palm**.
4. Move the right foot to A forming a **left L-stance** toward A, at the same time executing a **middle block** to A with a **right reverse knife-hand**.
5. Execute a **low side front snap kick** to A with the **right foot**,

keeping the position of the hands as they were in 4.

6. Lower the right foot to A and then move the left foot to A forming a **right rear foot stance** toward A while executing an **upward block** with a **left palm**.

7. Move the left foot to D forming a **right L-stance** toward D while executing a **middle guarding block** to D with a **knife-hand**.

8. Execute a **right upper elbow strike** while forming a **left walking stance** toward D, slipping the left foot to D.

9. Move the right foot to D forming a **left L-stance** toward D while executing a **middle guarding block** to D with a **knife-hand**.

10. Execute a **left upper elbow strike** while forming a **right walking stance** toward D, slipping the right foot to D
  11. Move the left foot to D forming a **left walking stance** toward D while executing a **high vertical punch** to D with a **twin fist**.
  12. Move the right foot to D forming a **right walking stance** toward D while executing an **upsetpunch** to D with a **twin fist**.
  13. Move the right foot on line CD and then turn counter clockwise to form a **left walking stance** toward C while executing a **rising block with an X-fist**.
  14. Move the left foot to E forming a **right L-stance** toward E while executing a **high side strike** to E with the **left back fist**.
  15. **Twist the left fist counter clockwise until the back fist faces downward**, at the same time forming a **left walking stance** toward E, slipping the left foot to E.
  16. Execute a **high punch** to E with the **right fist** while maintaining a **left walking stance** toward E. *Perform 15 and 16 in a fast motion.*
  17. Bring the left foot to the right foot and then move the right foot to F, forming a **left L-stance** toward F while executing a **high side strike** to F with a **right back fist**.
  18. **Twist the right fist clockwise until the back fist faces downward**, at the same time forming a **right walking stance** toward F, slipping the right foot to F.
  19. Execute a **high punch** to F with the **left fist** while maintaining a **right walking stance** toward F. *Perform 18 and 19 in a fast motion.*
  20. Bring the right foot to the left foot and then move the left foot to C forming a **left walking stance** toward C while executing a **high block** to C with a **left double forearm**.
  21. Execute a **middle punch** to C with the **left fist** while forming a **right L-stance** toward C, pulling the left foot.
  22. Execute a **middle side piercing kick** to C with the **right foot**.
  23. Lower the right foot to C forming a **right walking stance** toward C while executing a **high block** to C with the **right double forearm**.
  24. Execute a **middle punch** to C with the **right fist** while forming a **left L-stance** toward C, pulling the right foot.
  25. Execute a **middle side piercing kick** to C with the **left foot**.
  26. Lower the left foot to C forming a **right L-stance** toward C while executing a **middle guarding block** to C with the **forearm**.
  27. Execute a **pressing block with the right palm** while forming a **left low stance** toward C, slipping the left foot to C. *Perform in slow motion.*
  28. Move the right foot to C forming a **left L-stance** toward C while executing a **middle guarding block** to C with the **forearm**.
  29. Execute a **pressing block with the left palm** while forming a **right low stance** toward C, slipping the right foot to C. *Perform in a slow motion.*
  30. Bring the left foot to the right foot forming a **closed stance** toward A while executing an **angle punch with the right fist**. *Perform in slow motion.*
  31. Move the right foot to A forming a **right fixed stance** toward A while executing a **U-shape block** to A.
  32. Bring the right foot to the left foot and then move the left foot to B forming a **left fixed stance** toward B, at the same time executing a **U-shape block** to B.
- End: Bring the left foot back to a ready position.

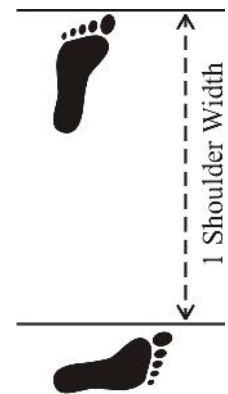
Rear Foot Stance: <b>Dwit Bal Sogi</b>		
<b>Length:</b>	1 Shoulders Wide. (measurement is taken from the tip of the big toe of the front foot to the footsword of the rear foot)	
<b>Width:</b>	The width of your foot.	
<b>Weight:</b>	10% WEIGHT is distributed on the front leg. 90% WEIGHT is distributed on the rear leg.	
<p><b>Toes</b> of the rear foot are turned at an angle of 15° <b>inwards</b>.  <b>Heel</b> of the front foot is in line with the <b>heel</b> of the <b>rear</b> foot.  <b>Toes</b> (foot resting lightly on the ball of the foot) of the front foot are turned at an angle of 25° <b>inwards</b>.  <b>Knee</b> of rear leg is bent until it is over the toes.  <b>Knee</b> of front leg is bent slightly.  <b>Rear</b> leg indicates as to whether it is a right or left Rear Foot Stance.</p>		



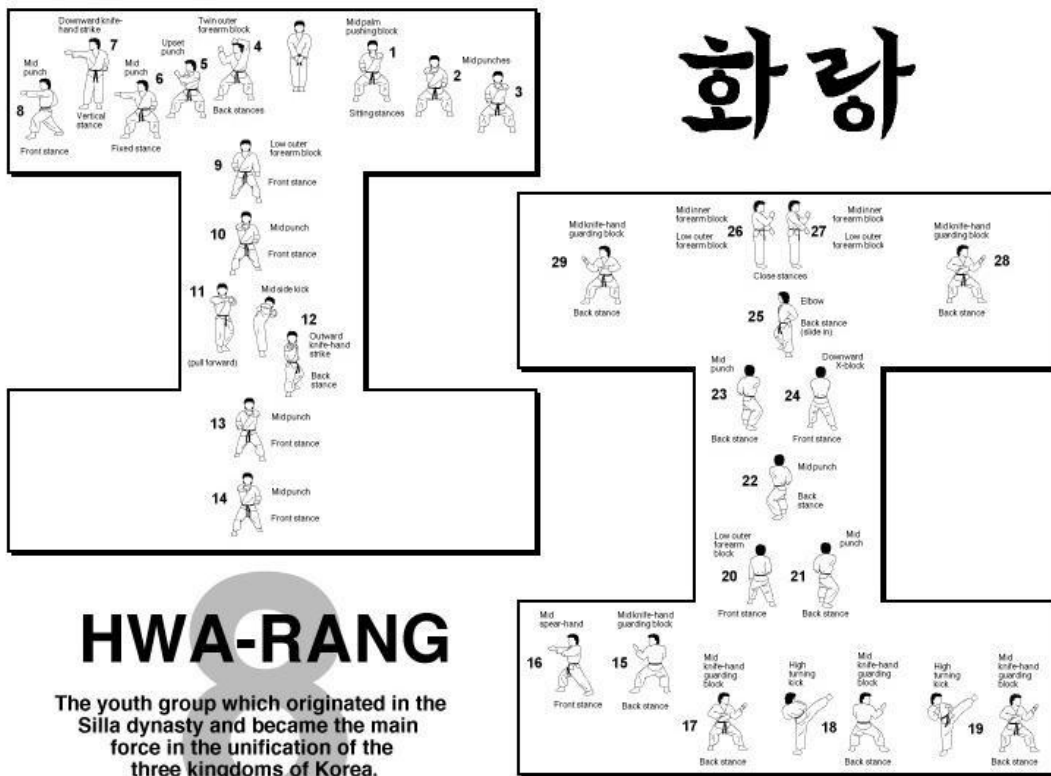
15. Move the left foot to E in a stamping motion **turning clockwise** to form a **sitting stance** toward C while executing a **W-shape block** to C **with the left outer forearm**.
  16. Move the right foot to E in a stamping motion **turning counter clockwise** to form a **sitting stance** toward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

#### New Stance: Soojik Sogi (Vertical Stance)

- Length:** 1 Shoulders Wide.  
(Measurement is taken from the tip of the toes of the front foot to the side of the big toe of the rear foot with it being at right angles to the front)
- Width:** The width of your foot.
- Weight:** 40% WEIGHT is distributed on the front leg.  
60% WEIGHT is distributed on the rear leg.
- Toes** of the rear foot are turned at an angle of 15° **inwards**.  
**Heel** of the front foot is in line with the **heel** of the rear foot.  
**Toes** of the front foot are turned at an angle of 15° **inwards**.  
**Knees** of both legs are locked.  
**Soles** of both feet are flat on the ground.  
**Rear leg** indicates as to whether it is a right or left Vertical Stance.



# 화랑



## HWA-RANG

The youth group which originated in the Silla dynasty and became the main force in the unification of the three kingdoms of Korea.  
(29 movements)

### 2nd Kup RED BELT TO BLACK TAG

Number of Moves: 29

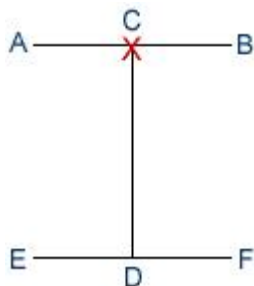
#### Korean for Moves in TUL

Start: Close ready stance 'C' - Moa Junbi Sogi 'C'

#### Moves:

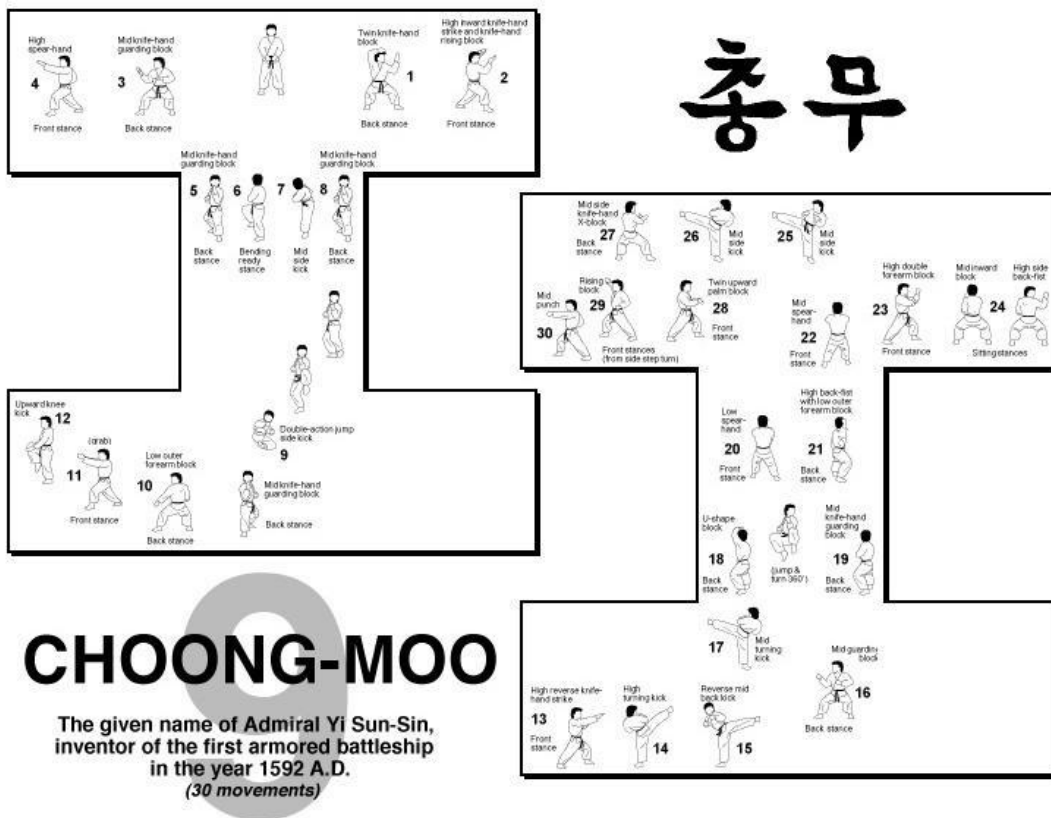
- Sitting stance palm pushing block – Gunnun sogi sonbadak mirro makgi
- 'L' stance upward punch – Niunja sogi Ollyo songarak jirugi
- Vertical stance downward knife hand strike – Sewjik sogi naeryo sonkal tearigi
- Turning kick – Dollyo Chagi (High section – nopunde)
- 'L' stance mid section obverse punch (NB opposite arm as rear leg is front leg) – Niunja sogi kaunde barro jirugi
- 'L' Stance back elbow strike – Niunja sogi dwit palkup taerigi

**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.  
Ready Position: Closed Ready Stance C



1. Move the left foot to B to form a **sitting stance** toward D while executing a **middle pushing block** to D with the left palm.
2. Execute a **middle punch** to D with the right fist while maintaining a **sitting stance** toward D.
3. Execute a **middle punch** to D with the left fist while maintaining a **sitting stance** toward D.
4. Execute a **twin forearm block** while forming a **left L-stance** toward A, pivoting with the left foot.
5. Execute an **upward punch with the left fist** while pulling the right side fist in front of the left shoulder, maintaining a **left L-stance** toward A.
6. Execute a **middle punch** to A with the right fist while forming a **right fixed stance** toward A in a sliding motion.
7. Execute a **downward strike with the right knife-hand** while forming a **left vertical stance** toward A, pulling the right foot.
8. Move the left foot to A forming a **left walking stance** toward A while executing a **middle punch** to A with the left fist.
9. Move the left foot to D forming a **left walking stance** toward D while executing a **low block** to D with the left forearm.
10. Move the right foot to D forming a **right walking stance** toward D while executing a **middle punch** to D with the right fist.
11. Pull the left foot toward the right foot while bringing the **left palm to the right forefist**, at the same time bending the **right elbow about 45 degrees** outward.

12. Execute a **middle side piercing kick** to D with the **right foot** while pulling both hands in the opposite direction and then lower it to D forming a **left L-stance toward D**, at the same time executing a **middle outward strike** to D with the **right knife-hand**.
  13. Move the left foot to D forming a **left walking stance** toward D while executing a **middle punch** to D with the **left fist**.
  14. Move the right foot to D forming a **right walking stance** toward D at the same time executing a **middle punch** to D with the **right fist**.
  15. Move the left foot to E **turning counter clockwise** to form a **right L-stance** toward E while executing a **middle guarding block** to E with a **knife-hand**.
  16. Move the right foot to E forming a **right walking stance** toward E while executing a **middle thrust** to E with the **right straight finger tip**.
  17. Move the right foot on line EF forming a **right L-stance** toward F while executing a **middle guarding block** to F with a **knife-hand**.
  18. Execute a **high turning kick** to DF with the **right foot** and then lower it to F.
  19. Execute a **high turning kick** to CF with the **left foot** and then lower it to F forming a **right L-stance** toward F while executing a **middle guarding block** to F with a **knife-hand**. *Perform 18 and 19 in a fast motion.*
  20. Move the left foot to C forming a **left walking stance** toward C while executing a **low block** to C with the **left forearm**.
  21. Execute a **middle punch** to C with the **right fist** while forming a **right L-stance** toward C, pulling the left foot.
  22. Move the right foot to C forming a **left L-stance** toward C while executing a **middle punch** to C with the **left fist**.
  23. Move the left foot to C forming a **right L-stance** toward C while executing a **middle punch** to C with the **right fist**.
  24. Execute a **pressing block with an X-fist** while forming a **left walking stance** toward C, slipping the left foot to C.
  25. Move the right foot to C in a sliding motion forming a **right L-stance** toward D while **thrusting** to C with the **right side elbow**.
  26. Bring the left foot to the right foot, turning counter clockwise to form a **closed stance** toward B while executing a **side front block with the right inner forearm** while extending the **left forearm to the side downward**.
  27. Execute a **side front block with the left inner forearm**, extending the **right forearm to the side downward** while maintaining a **closed stance** toward B.
  28. Move the left foot to B forming a **right L-stance** toward B at the same time executing a **middle guarding block** to B with a **knife-hand**.
  29. Bring the left foot to the right foot and then move the right foot to A forming a **left L-stance** toward A while executing a **middle guarding block** to A with a **knife-hand**.
- End: Bring the right foot back to a ready position.



### 1st Kup BLACK TAG TO BLACK BELT

Number of Moves: 30

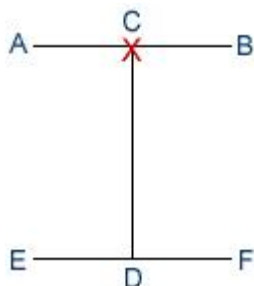
#### Korean for Moves in TUL

Start: Parrallel ready stance - Narani Jumbi Sogi

#### Moves:

- Walking stance high section inward knife hand strike with rising knife hand block – Gonnun sogi anuro sonkal taerigi – Chookyong sonkal makgi
- Flying side kick – Twimyo sokal chagi
- Walking stance high section reverse knife hand – Gonnun sogi bandae sonkal dung
- Back kick – Dwit chagi
- 360 jump turn knife hand – Twio dollimyo sonkal deabi makgi
- Sitting stance high section inward block – Anun sogi nopunde annoro makgi
- Side piercing kick – Yopcha jirugi
- ‘L’ Stance X Knife hand checking block – Niunja sogi kyocha sonkal cha moo makgi
- Walking stance twin upward palm block – Gonnun sogi san sonbadak ollyo makgi

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



1. Move the left foot to B forming a **right L-stance** toward B while executing a **twin knife-hand block**.
2. Move the right foot to B forming a **right walking stance** toward B while executing a **high front strike** to B with the **right knife-hand** and bring the **left back hand in front of the forehead**.
3. Move the right foot to A **turning clockwise** to form a **left L-stance** toward A while executing a **middle guarding block** to A with a **knife-hand**.
4. Move the left foot to A forming a **left walking stance** toward A while executing a **high thrust** to A with the **left flat finger tip**.
5. Move the left foot to D forming a **right L-stance** toward D while executing a **middle guarding block** to D with a **knife-hand**.
6. Turn the face to C forming a **left bending ready stance** A toward C.
7. Execute a **middle side piercing kick** to C with the **right foot**.

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



# GWANG-GAE



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## Pattern Name: Kwang-Gae

*1st degree to 2<sup>nd</sup>*

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

### Korean for Moves in TUL

**Start:** Parallel Stance with heaven hand - **Narani so hanul son**

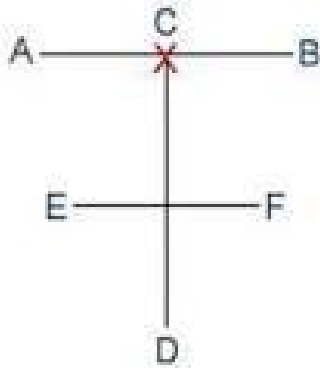
### Moves:

- **Double stepping forward – Ibo Omgyo Didimyo dolgi**
- **Forward double step turn – Apuro ibo omgyo didimyo dolgi**
- **Foot shifting backward - Durogamyo Jajunbal**

**Number of Moves:** 39

**Foot that returns to ready position:** Left Foot

**Ready Position:** Parallel Stance with a Heaven Hand

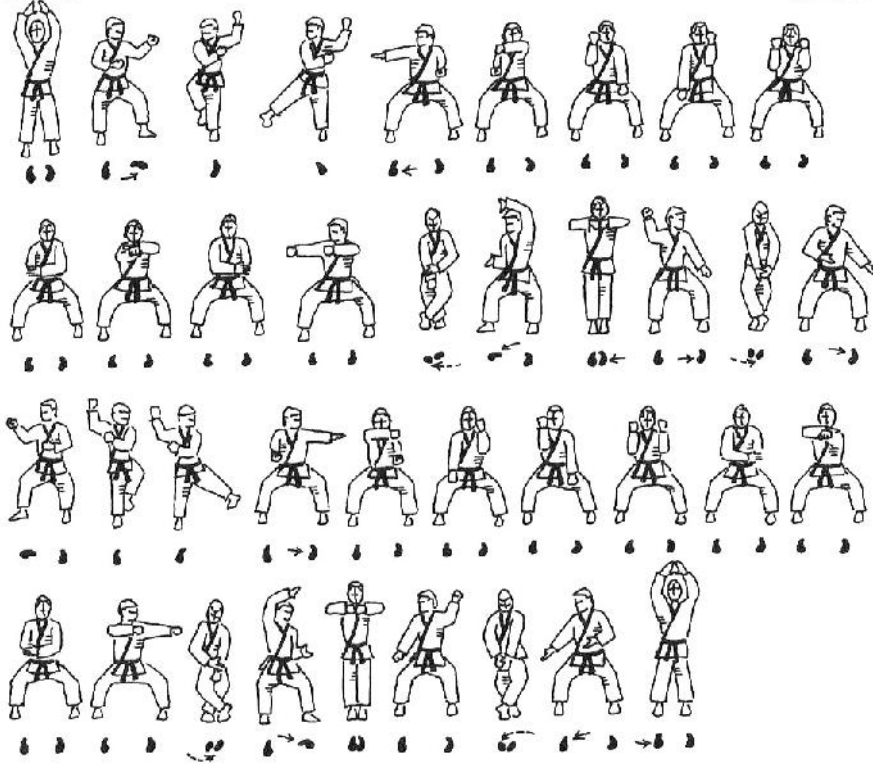


1. Bring the left foot to the right foot, forming a **close ready stance** B toward D, bringing both hands in a **circular motion**.
2. Move the left foot to D, forming a **left walking stance** toward D while executing an **upset punch** to D with the **right fist**. *Perform in slow motion.*
3. Move the right foot to D, forming a **right walking stance** toward D while executing an **upset punch** to D with the **left fist**. *Perform in slow motion.*
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a **right walking stance** toward D, at the same time

- executing a **high hooking block** to D with the **right palm**. *Perform in a double stepping motion.*
5. Move the right foot to C in a sliding motion to form a **right L-stance** toward D, at the same time executing a **low guarding block** to D with a **knife-hand**.
  6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a **left walking stance** toward D while executing a **high hooking block** to D with the **left palm**. *Perform in a double stepping motion.*
  7. Move the left foot to C in a sliding motion forming a **left L-stance** toward D while executing a **low guarding block** to D with a **knife-hand**.
  8. Move the left foot to D, forming a **right rear foot stance** toward D while executing a **high guarding block** to D with a **knife-hand**.
  9. Move the right foot to D, forming a **left rear foot stance** toward D while executing a **high guarding block** to D with a **knife-hand**.
  10. Move the left foot to the side front of the right foot and then **turn counter-clockwise**, pivoting with the left foot, to form a **left walking stance** toward C while executing an **upward block** to C with the **right palm**. *Perform in a slow motion.*
  11. Move the right foot to C, forming a **right walking stance** toward C while executing an **upward block** to C with the **left palm**. *Perform in a slow motion.*
  12. Execute a **low front block with the right knife-hand** in a circular motion, **hitting the left palm** while bringing the left foot to the right foot to form a **close stance** toward C.
  13. Execute a **pressing kick** to E with the **left foot**, keeping the position of the hands as they were in 12.
  14. Execute a **middle side piercing kick** to E with the **left foot**, keeping the position of the hands as they were in 13. *Perform 13 and 14 in a consecutive kick.*
  15. Lower the left foot to E, forming a **right L-stance** toward E while executing a high **inward strike** to E with the **right knife-hand** and bringing the left side fist in front of the right shoulder.
  16. Execute a **downward strike** to E with the **left side fist** while forming a **close stance** toward C, pulling the left foot to the right foot.
  17. Execute a **pressing kick** to F with the **right foot**, keeping the position of the hands as they were in 16.
  18. Execute a **middle side piercing kick** to F with the **right foot**, keeping the position of the hands as they were in 17. *Perform 17 and 18 in a consecutive kick.*
  19. Lower the right foot to F, forming a **left L-stance** toward F while executing a high **inward strike** to F with the **knife-hand** and bringing the right side fist in front of the left shoulder.
  20. Execute a **downward strike** to F with the **right side fist** while forming a **close stance** toward C, pulling the right foot to the left foot.
  21. Move the left foot to C, forming a **left low stance** toward C while executing a **pressing block with the right palm**. *Perform in slow motion.*
  22. Move the right foot to C, forming a **right low stance** toward C while executing a **pressing block with the left palm**. *Perform in a slow motion.*
  23. Move the right foot to D in a **stamping motion** to form a **sitting stance** toward F while executing a **high side strike** to D with the **right back fist**.
  24. Execute a **middle block** to D with the **right double forearm** while forming a **right walking stance** toward D, pivoting with the left foot.
  25. Execute a **low block** to D with the **left forearm** while shifting to C, maintaining a **right walking stance** toward D, keeping the position of the right hand as it was in 24.
  26. Execute a **high thrust** to D with the **right flat fingertip** while forming a **right low stance** toward D, slipping the right foot to D. *Perform in slow motion.*
  27. Move the left foot on lone CD in a **stamping motion** to form a **sitting stance** toward F while executing a **high side strike** to C with the **left back fist**.
  28. Execute a **middle block** to C with the **left double forearm** while forming a **left walking stance** toward C, pivoting with the left foot.
  29. Execute a **low reverse block** to C with the **right forearm** while shifting to D, maintaining a **left walking stance** toward C, keeping the position of the left hand as it was in 28.
  30. Execute a **high thrust** to C with the **left flat fingertip** while forming a **left low stance** toward C, slipping the left foot to C.
  31. Move the right foot to C in a **stamping motion**, forming a **right walking stance** toward C while executing a **high vertical punch** to C with a **twin fist**.
  32. Move the left foot to A in a **stamping motion**, forming a **left walking stance** toward A while executing an **upset punch** to A with a **twin fist**.
  33. Execute a **middle front snap kick** to A with the **right foot**, keeping the position of the hands as they were in 32.

34. Lower the right foot to the left foot, and then move the left foot to A to form a **left L-stance** toward B while executing a **middle guarding block** to B **with a knife-hand**.
35. Move the left foot to B, forming a **left walking stance** toward B while executing a **high punch** to B **with the left fist**.
36. Move the right foot to B in **stamping motion, forming a right walking stance** toward B while executing an **upset punch** to B **with a twin fist**.
37. Execute a **middle front snap kick** to B **with the left foot**, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a **right L-stance** toward A at the same time executing a **middle guarding block** to A **with a knife-hand**.
39. Move the right foot to A, forming a **right walking stance** toward A while executing a **high punch** to A **with the right fist**.
- End:** Bring the left foot back to a ready position.

## PO-EUN



### Pattern Name: Po-Eun

1st degree to 2<sup>nd</sup> Degree

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

### Korean for Moves in TUL

**Start:** Parallel stance with heaven hand - Narani so hanul son

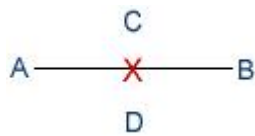
### Moves:

- Twin side elbow thrust – Sang yop palkup tulgi
- Back fist side back strike – Dung Joomok yop dwi tearigi
- Horizontal punch – Soopyong jirugi
- U Shape grasping block – Digtuja makgi

**Number of Moves:** 36

**Foot that returns to ready position:** Left Foot

Ready Position: Parallel Stance with a Heaven Hand



1. Move the left foot to B, forming a **right L-stance** toward B while executing a **middle guarding block** to B **with the forearm**.
2. Pull the right foot to the left knee joint to form a **left one-leg stance** toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a **pressing kick** to A **with the right foot** keeping the position of the hands as they were in 2.

as they were in 2.

4. Lower the right foot to A to form a **sitting stance** toward D while executing a **middle side strike** to A **with the right knife-hand**.
5. Execute an **angle punch with the left fist** while maintaining a **sitting stance** toward D.
6. Execute a **pressing block with the left, fore fist** while executing a **side front block with the right inner forearm**, maintaining a sitting stance toward D.
7. Execute a **pressing block with the right fore fist** and a **side front block with the left inner forearm** while maintaining a **sitting stance** toward D.
8. Execute a **middle wedging block with the inner forearm** while maintaining a **sitting stance** toward D.
9. **Thrust** to C **with the right back elbow**, supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a **sitting stance** towards D.
10. Execute a **middle punch** to D **with the right fist slipping the left palm up to the right elbow joint** while maintaining a **sitting stance** toward D.
11. **Thrust** to C **with the left back elbow** supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a **sitting stance** toward D.
12. Execute a **right horizontal punch** to A while maintaining a **sitting stance** toward D. *Perform 6 through 12 in a continuous motion.*
13. Cross the left foot over the right foot forming a **right X-stance** toward D while executing a **low front block** to D **with the right outer forearm** and bringing the **left finger belly on the right under forearm**.

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

## GE-BAEK



### Pattern Name: Ge-Baek

1st degree to 2nd degree

**Pattern Meaning:** 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.

### Korean for Moves in TUL

Start: Parallel Ready Stance - Narani Junbi Sogi

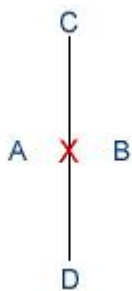
### Moves:

- Double arc hand high block – Doo bandalson nopunde makgi
- 9 Shape block – Gutja Makgi
- Mid knuckle fist – Joongi Joomok

Number of Moves: 44

Foot that returns to ready position: Right Foot

### Ready Posture: Parallel Ready Stance



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

14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

End: Bring the right foot back to a ready position.

**Pattern Name: Eui-Am**  
2nd degree to 3rd degree

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

**Korean for Moves in TUL**

**Start:** Close Ready Stance D - **Moa Junbi Sogi D**

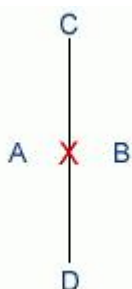
**Moves:**

- **Backward Double Stepping** - **Ibo Omgyo Didimyo Durugi**

**Number of Moves:** 45

**Foot that returns to ready position:** Right Foot

Ready Posture: Closed Ready Stance D



- Step 1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand. Step 2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm. Step 3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Step 4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3. Step 5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.

Step 6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.

Step 7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.

Step 8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.

Step 9. Execute a middle reverse turning kick to AC with the right foot.

Step 10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.

Step 11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.

Step 12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.

Step 13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.

Step 14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.

Step 15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.

Step 16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.

Step 17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.

Step 18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.

Step 19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C.

Perform 18 and 19 in a continuous motion.

Step 20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.

Step 21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.

Step 22. Execute a middle reverse turning kick to AD with the left foot.

Step 23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.

Step 24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.

Step 25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.

Step 26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.

Step 27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.

Step 28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.



- Step 29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
- Step 30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
- Step 31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
- Step 32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
- Step 33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
- Step 34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
- Step 35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
- Step 36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
37. Execute a high reverse turning kick to BD with the right foot.
- Step 38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
- Step 39. Execute a high reverse turning kick to AD with the left foot.
- Step 40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- Step 41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
- Step 42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
- Step 43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
- Step 44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
- Step 45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

End: Bring the right foot back to a ready position

**Pattern Name: Juche**  
*2nd degree to 3<sup>rd</sup> Degree*

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

**Number of Moves:** 45

**Korean for Moves in TUL**

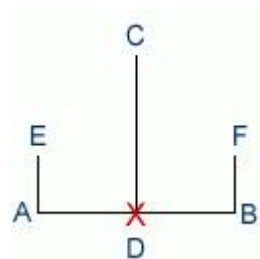
**Start:** Parallel Stance with twin side elbow - **Narani So Sang Yop Palup**

**Moves:**

- **Backward double step sliding** - **Dwiwo Ibo Omgyo Durugi**
- **Outward hooking kick** - **Bauro Golcho Chagi**
- **Flat fingertip outward cross cut** - **Opun Sonkal Bakuro Gutgi**
- **High elbow strike** - **Nopun Palkup Taerigi**
- **Pick shape kick** - **Gokaeng – I – Chagi**
- **Arc hand crescent strike** - **Bandalson Bandal Taerigi**
- **Streight elbow downward thrust** - **Sun palkup naerryo tulgi**
- **Dodging reverse turning kick** - **Pihamyo Banae Dollyo chagi**
- **Fly two direction kick** - **Twimyo sangbang chagi**
- **Twin palm rising block** - **Sang songbadak chookyo makgi**
- **Bending ready stance B** - **Goburyo Jumbi Sogi B**
- **Back fist horizontal strike** - **Dung joomok soopyong taerigi**
- **Flying consecutive punch** - **Twimyo yongsok jirugi**

**Foot that returns to ready position:** Right Foot

Ready Posture: Parallel Stance with a Twin Elbow



Step 1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.

Step 2. Execute a middle hooking block to D with the right palm while standing up toward D.

Step 3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.

Step 4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.

Step 5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were

in 4. Perform in slow motion.

Step 6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.

Step 7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.

Step 8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.

Step 9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.

Step 10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.

Step 11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

Step 12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.

Step 13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.

Step 14. Execute a middle hooking block to D with the left palm while standing up toward D.

Step 15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.

Step 16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.

Step 17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.

Step 18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.

Step 19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.

Step 20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.

Step 21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.

Step 22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.

- Step 23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
- Step 24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
- Step 25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
- Step 26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
- Step 27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
- Step 28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
- Step 29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
- Step 30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
- Step 31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
- Step 32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
- Step 33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
- Step 34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
- Step 35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
- Step 36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
- Step 37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
- Step 38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
- Step 39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
- Step 40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
- Step 41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
- Step 42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
- Step 43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
- Step 44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
- Step 45. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

**End: Bring the right foot back to a ready position**

**Pattern Name: Choong-Jang**  
*2nd degree to 3rd degree*

**Pattern Meaning:** 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.

**Korean for Moves in TUL**

**Start:** Close Ready Stance A - **Moa Junbi Sogi A**

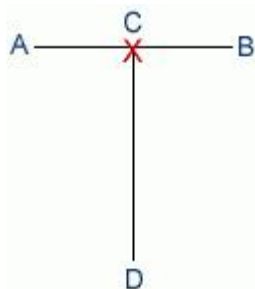
**Moves:**

- **Arc Hand Strike** - **Bandalson Taerigi**
- **Twin Fore Knuckle Crescent Punch** - **Sang Inji Joomok Bandal Jirugi**
- **Open fist Punch** – **Pyongjoomok Jirugi**

**Number of Moves:** 52

**Foot that returns to ready position:** Left Foot

Ready Posture: Closed Ready Stance A



Step 1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.

Step 2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.

Step 3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.

Step 4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.

Step 5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.

Step 6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.

Step 7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.

Step 8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.

Step 9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

Step 10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.

Step 11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.

Step 12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.

Step 13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.

Step 14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.

Step 15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

Step 16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.

Step 17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

Step 18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.

Step 19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.

Step 20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

Step 21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.

Step 22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.

Step 23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.

Step 24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.

Step 25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.

Step 26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.

Step 27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.

Step 28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.

Step 29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.

Step 30. Punch the left palm with the right fist while maintaining a right L-stance toward C.

Step 31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.

Step 32. Punch the right palm with the left fist while maintaining a left L-stance toward C.

Step 33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.

Step 34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.

Step 35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.

Step 36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.

Step 37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.

Step 38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.

Step 39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.

Step 40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.

Step 41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.

Step 42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.

Step 43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.

Step 44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.

Step 45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.

Step 46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.

Step 47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.

Step 48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.

Step 49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.

Step 50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.

Step 51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.

Step 52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

**End: Bring the left foot back to a ready position**

**Pattern Name: Sam II**  
3rd degree to 4<sup>th</sup> degree

**Pattern Meaning:** Sam-II denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

**Korean for Moves in TUL**

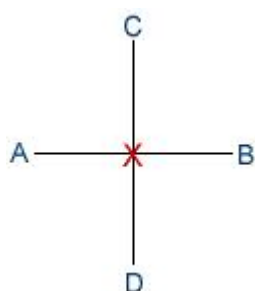
**Start:** Close Ready Stance C - **Moa Junbi Sogi C**

**Moves:**

- **Double fist low punch – Doo joomok najunde jirugi**
- **Sweeping kick – Suroh chagi**

**Number of Moves:** 33

Ready Posture: Closed Ready Stance C



Step 1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

Step 2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.

Step 3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.

Step 4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.

Step 5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.

Step 6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.

Step 7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.

Step 8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.

Step 9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.

Step 10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.

Step 11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.

Step 12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.

Step 13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.

Step 14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.

Step 15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.

Step 16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.

Step 17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.

Step 18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.

Step 19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.

Step 20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.

Step 21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.

Step 22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.

Step 23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.

Step 24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.

Step 25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.

Step 26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.

Step 27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.

Step 28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.

Step 29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.

Step 30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.

Step 31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.

Step 32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.

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

**End: Bring the foot back to a ready position**

**Pattern Name:** Yoo-Sin  
3<sup>rd</sup> to 4<sup>th</sup> Degree

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

**Number of Moves:** 68

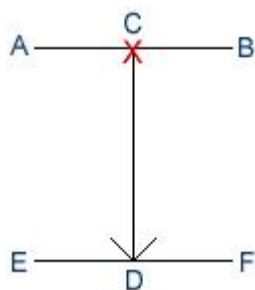
**Korean for Moves in TUL**

**Start:** Warrior Ready Stance B - Moosa Junbi Sogi B

**Moves:**

- **Releasing motion** - Baegi
- **U Shape punch** - Digutja Jirugi
- **Waving kick** - Doro Chagi
- **Back hand horizontal strike** - Sondung Soopyong taerigi
- **Crescent Kick** - Bandal Chagi
- **Side fist downward strike** - Yop joomok naeryo taerigi

**Ready Posture: Warrior Ready Stance B**



Step 1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.

Step 2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.

Step 3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.

Step 4. Execute a middle hooking block to D with the right palm while standing up toward D.

Step 5. Execute a middle punch to D with the left fist while forming a sitting stance toward D.

Step 6. Execute a middle hooking block to D with the left palm while standing up

toward D.

Step 7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.

Step 8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.

Step 9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.

Step 10. Execute a scooping block with the left palm while forming a sitting stance toward AD.

Step 11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.

Step 12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.

Step 13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.

Step 14. Execute a scooping block with the right palm while forming a sitting stance toward BD.

Step 15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.

Perform 14 and 15 in a connecting motion.

Step 16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.

Step 17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.

Step 18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.

Step 19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.

Step 20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.

Step 21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.

Step 22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.

Step 23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.

Step 24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.

Step 25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.

Step 26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.

Step 27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.

Step 28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.



Step 29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.

Step 30. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

Step 31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

Step 32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

Step 33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

Step 34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.

Step 35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.

Step 36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.

Step 37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.

Step 38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

Step 39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.

Step 40. Bring the right foot to the left foot to form a closed ready stance C toward C.

Step 41. Move the right foot to CF in a stamping motion to form a right walking stance toward CF at the same time executing an upset punch to CF with a twin fist.

Step 42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.

Step 43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.

Step 44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.

Step 45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.

Step 46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.

Step 47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.

Step 48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.

Step 49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.

Step 50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.

Step 51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.

Step 52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.

Step 53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.

Step 54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.

Step 55. Execute a middle crescent kick to the right palm with the left foot.

Step 56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick.

Step 57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.

Step 58. Execute a middle crescent kick to the left palm with the right foot.

Step 59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.

Step 60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.

Step 61. Change the position of the hands while maintaining a sitting stance toward A.

Step 62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.

Step 63. Change the position of the hands while maintaining a sitting stance toward B.

Step 64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.

Step 65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.

Step 66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.

Step 67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.

Step 68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.

End: Bring the foot back to a ready position

**Pattern Name:** Choi-Yong  
3<sup>rd</sup> to 4<sup>th</sup> Degree

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

**Korean for Moves in TUL**

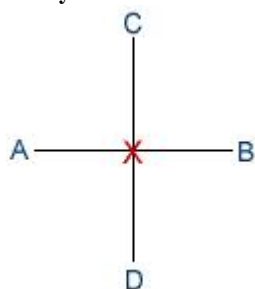
**Start:** Close Ready Stance C - Moe Junbi Sogi C

**Moves:**

- Triple step turning – Sambo omgyo didimyo dolgi
- Reverse hooking kick – Badae dollyo goro chagi
- Middle knuckle fist high punch – Joongi joomok nopunde jirugi

**Number of Moves:** 46

**Ready Posture: Closed Ready Stance C**



- Step 1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- Step 2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D.
- Step 3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
- Step 4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C.
- Step 5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
- Step 6. Execute a circular block to AD with the right inner forearm while maintaining

a left walking stance toward D.

- Step 7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
- Step 8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- Step 9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
- Step 10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
- Step 11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
- Step 12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
- Step 13. Execute a high reverse hooking kick to D with the left foot.
- Step 14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
- Step 15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
- Step 16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- Step 17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
- Step 18. Execute a high reverse hooking kick to C with the right foot.
- Step 19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
- Step 20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- Step 21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
- Step 22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
- Step 23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
- Step 24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.
- Step 25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- Step 26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
- Step 27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.
- Step 28. Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
- Step 29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- Step 30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.

Step 31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.

Step 32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.

Step 33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.

Step 34. Turn the face toward A while forming a left bending ready stance A toward A.

Step 35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.

Step 36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.

Step 37. Execute a high reverse hooking kick to B with the right foot.

Step 38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.

Step 39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.

Step 40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.

Step 41. Turn the face to B while forming a right bending ready stance A toward B.

Step 42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.

Step 43. Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.

Step 44. Execute a high reverse hooking kick to A with the left foot.

Step 45. Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.

Step 46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.

End: Bring the foot back to a ready position