

Chang-Hon Patterns

I.T.F.

The Reason for 24 Patterns

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave TaeKwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

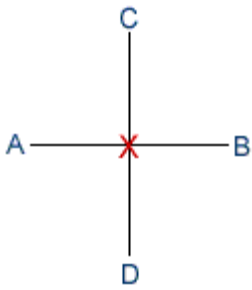
General Choi, Hong Hi

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FOUR DIRECTION PUNCH

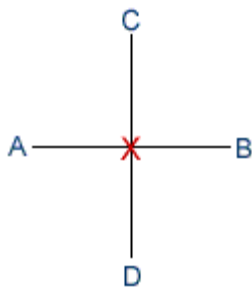
SAJU JIRUGI

Ready Posture - 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 right foot back to a ready posture.

Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.



FOUR DIRECTION BLOCK

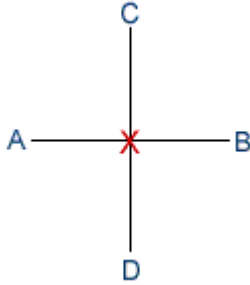
SAJU MAKGI

Ready Posture - 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 right foot back to a ready posture.

Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.

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.



CHON-JI

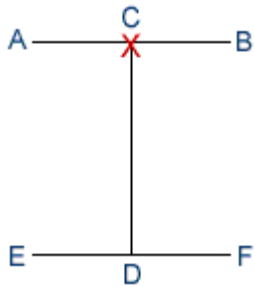
Movements - 19

Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line AB and facing D.

- 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 posture.

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.



DAN-GUN

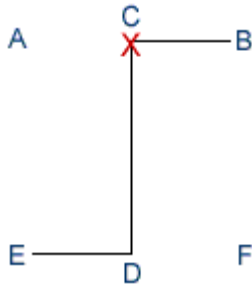
Movements - 21

Ready Posture - 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 a 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 posture.

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



DO-SAN

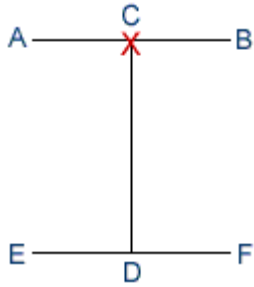
Movements - 24

Ready Posture - 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 posture.

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



WON-HYO

Movements - 28

Ready Posture - 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.

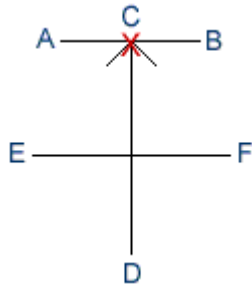
26. Execute a middle side piercing kick to C with the right foot.

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 clock to A with the forearm.

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

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



YUL-GOK

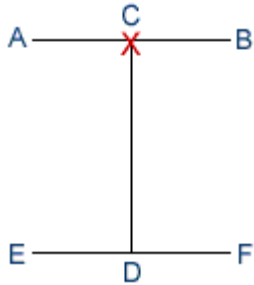
Movements - 38

Ready Posture - 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 middle side 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 posture.

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



JOONG-GUN

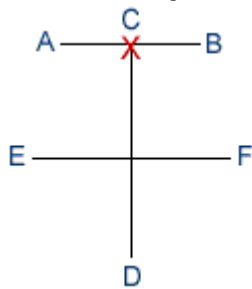
Movements - 32

Ready Posture - 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 upset punch 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 posture.

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents " scholar".



TOI-GYE

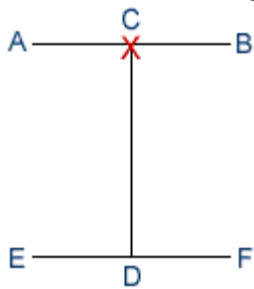
Movements - 37

Ready Posture - 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 inner forearm.
- 2.** Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
- 3.** Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
- 4.** Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
- 5.** Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
- 6.** Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
- 7.** Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
- 8.** Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
- 9.** Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
- 10.** Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 11.** Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
- 12.** Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
- 13.** Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
- 14.** Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
- 15.** Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
- 16.** Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
- 17.** Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
- 18.** Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
- 19.** Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
- 20.** Extend both hands upward as if to grab the opponent's head 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 posture.

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.



HWA-RANG

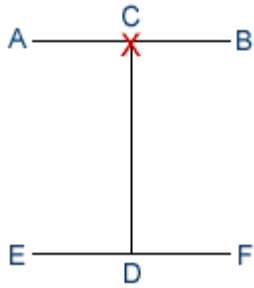
Movements - 29

Ready Posture - 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 posture.

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.



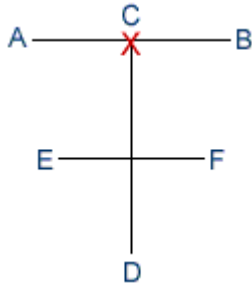
CHOONG-MOO Movements - 30

Ready Posture - 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 a low thrust to C with the right upset fingertip.

- 21.** Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
 - 22.** Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
 - 23.** Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
 - 24.** Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
 - 25.** Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
 - 26.** Execute a middle side piercing kick to A with the left foot turning clockwise.
 - 27.** Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
 - 28.** Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
 - 29.** Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
 - 30.** Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.

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



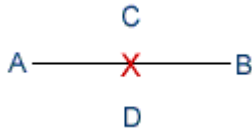
**KWANG-GAE
Movements - 39**

Ready Posture - 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.
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 posture.

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.



PO-EUN

Movements - 36

Ready Posture - 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.
- 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 posture.

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.



GAE-BAEK

Movements - 44

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.

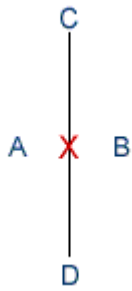
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

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 posture.

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.



EUI-AM

Movements - 45

Ready Posture - CLOSED READY STANCE D

- 1.** Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
- 2.** Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
- 3.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
- 4.** Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
- 5.** Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
- 6.** Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
- 7.** Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
- 8.** Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
- 9.** Execute a middle reverse turning kick to AC with the right foot.
- 10.** Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
- 11.** Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
- 12.** Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
- 13.** Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
- 14.** Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
- 15.** Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
- 16.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
- 17.** Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
- 18.** Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
- 19.** Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
- 20.** Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
- 21.** Move the right foot to D, forming a left L-stance toward D while executing a

middle punch to D with the right fist.

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

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

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

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

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

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

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

29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.

30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.

31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.

32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.

33. execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.

34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.

35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.

36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.

37. Execute a high reverse turning kick to BD with the right foot.

38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.

39. Execute a high reverse turning kick to AD with the left foot.

40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.

41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.

42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.

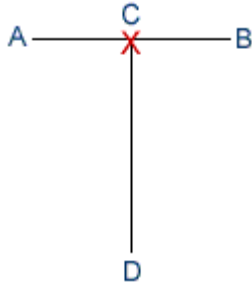
43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.

44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.

45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

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

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.



**CHOONG-JANG
Movements - 52**

Ready Posture - CLOSED READY STANCE A

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C

while thrusting to D with the right side elbow.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

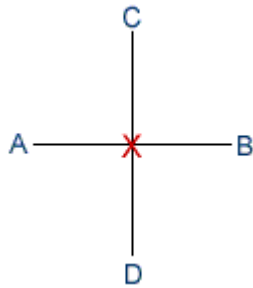
- 48.** Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
 - 49.** Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
 - 50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
 - 51.** Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
 - 52.** Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.

KO-DANG

Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

39 moves

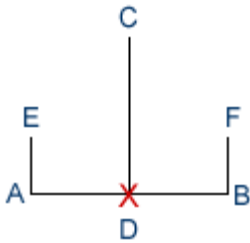
Closed Ready Stance C (Moa chunbi sogi "C")



1. Move the right foot to AC to form a sitting stance toward AD, at the same time executing a middle pushing block to AD with the left palm.
2. Execute a middle punch to AD with the right fist, maintaining a sitting stance toward AD.
3. Move the right foot on line CD, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a low block to AD with the right outer forearm and a middle side block to D with the left inner forearm, maintaining a right L-stance toward D.
5. Move the left foot to BC forming a sitting stance toward BD, at the same time executing a middle pushing block to BD with the right palm.
6. Execute a middle punch to BD with the left fist, maintaining a sitting stance toward BD.
7. Move the left foot on line CD, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
8. Execute a low block to BD with the left outer forearm and a middle side block to D with the right inner forearm, maintaining a left L-stance toward D.
9. Turn the face toward C forming a left bending ready stance B toward D.
10. Execute a middle back piercing kick to C with the right foot.
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block to D with the left knife hand
12. Turn the face toward C forming a right bending ready stance B toward D.
13. Execute a middle back piercing kick to C with the left foot.
14. Lower the left foot to C, forming a left L-stance toward D while executing a middle block to D with the right knife hand
15. Move the right foot to C, forming a right L-stance toward D while executing a downward thrust to D with the left straight elbow.
16. Move the left foot to C, forming a left L-stance toward D while executing a downward thrust to D with the right straight elbow.
17. Move the left foot to D to form a left walking stance toward D while executing a pressing block to D with the right palm.
18. Move the right foot to D to form a right walking stance toward D while executing a pressing block to D with the left palm.
19. Move the right foot to C forming a right L-stance toward D, while executing a downward block to D with the left outer forearm.
20. Move the right foot to D forming a left L-stance toward D, while executing a downward block to D with the right outer forearm.
21. Move the left foot to D, forming a right rear foot stance toward D, at the same time executing an upward block to D with the left palm.

22. Move the right foot to D, forming a left rear foot stance toward D, at the same time executing an upward block to D with the right palm.
 23. Move the right foot to C, forming a right rear foot stance toward D, and then execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 22.
Perform 24 and 25 in a continuous motion:
 24. Lower the left foot to D, forming a left walking stance toward D while executing a high inward strike to D with a twin knife-hand.
 25. Execute a rising block with the left knife hand, maintaining a left walking stance toward D
 26. Execute a low guarding block to D with a knife hand, while forming a right L-stance toward D, pulling the left foot.
 27. Execute a downward punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
 28. 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 middle guarding block to D with a knife hand.
 29. Jump and land on the same spot, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.
 30. Jump to D to form a right X-stance toward BD, while executing a high side strike to D with the right back fist.
 31. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high side block to C with the left outer forearm.
 32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block to D with the right outer forearm.
 33. Move the left foot to D, forming a right L-stance toward D, at the same time executing an upset punch to D with the right fist and bringing the left side fist in front of the right shoulder.
 34. Execute a middle hook kick to A with the right foot.
 35. Lower the right foot to A, forming a left L-stance toward A while executing a high cross cut to A with the right flat finger tip.
 36. Bring the right foot to the left foot and then execute a middle hook kick to B with the left foot.
 37. Lower the left foot to B, forming a right L-stance toward B, at the same time executing a high cross cut to B with the left flat finger tip.
 38. 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 high guarding block to A with a knife hand.
 39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance toward B, at the same time executing a high guarding block to B with a knife hand.
- END: Move the left foot to a ready stance C facing D.

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.



JUCHE

Movements - 45

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW

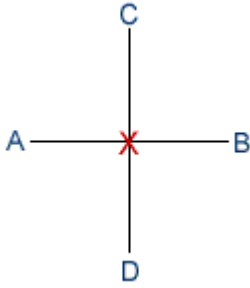
- 1.** Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
- 2.** Execute a middle hooking block to D with the right palm while standing up toward D.
- 3.** Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 4.** Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
- 5.** Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
- 6.** Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
- 7.** Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
- 8.** Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
- 9.** Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
- 10.** Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
- 11.** Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- 12.** Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
- 13.** Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
- 14.** Execute a middle hooking block to D with the left palm while standing up toward D.
- 15.** Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 16.** Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
- 17.** Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
- 18.** Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
- 19.** Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
- 20.** Lower the right foot to E in a stamping motion to form a sitting stance toward

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

a middle punch to D with the right fist.

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

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



SAM-IL

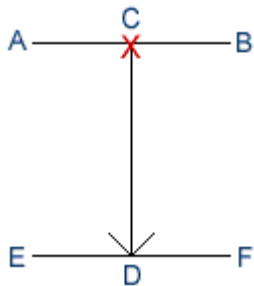
Movements - 33

Ready Posture - CLOSED READY STANCE C

- 1.** Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 2.** Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
- 3.** Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
- 4.** Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
- 5.** Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 6.** Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
- 7.** Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
- 8.** Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
- 9.** Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
- 10.** Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
- 11.** Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.
- 12.** Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
- 13.** Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
- 14.** Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.
- 15.** Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
- 16.** Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.
- 17.** Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 18.** Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.
- 19.** Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.
- 20.** Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.

- 21.** Execute a pressing block with an X-fist while forming a right walking stance toward AD.
 - 22.** Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.
 - 23.** Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.
 - 24.** Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.
 - 25.** Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.
 - 26.** Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.
 - 27.** Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.
 - 28.** Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.
 - 29.** Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.
 - 30.** Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.
 - 31.** Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.
 - 32.** Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.
 - 33.** Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.
- END:** Bring the left foot back to a ready posture.

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.



YOO-SIN

Movements - 68

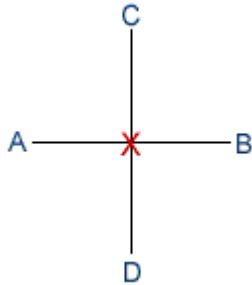
Ready Posture - WARRIOR READY STANCE B

- 1.** Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
- 2.** Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
- 3.** Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
- 4.** Execute a middle hooking block to D with the right palm while standing up toward D.
- 5.** Execute a middle punch to D with the left fist while forming a sitting stance toward D.
- 6.** Execute a middle hooking block to D with the left palm while standing up toward D.
- 7.** Execute a middle punch to D with the right fist while forming a sitting stance toward D.
- 8.** Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
- 9.** Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
- 10.** Execute a scooping block with the left palm while forming a sitting stance toward AD.
- 11.** Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.
- 12.** Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
- 13.** Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.
- 14.** Execute a scooping block with the right palm while forming a sitting stance toward BD.
- 15.** Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion.
- 16.** Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.
- 17.** Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
- 18.** Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.
- 19.** Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.

- 20.** Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.
- 21.** Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.
- 22.** Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.
- 23.** Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
- 24.** Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.
- 25.** Execute a pressing block with an X-fist while maintaining a right walking stance toward D.
- 26.** Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.
- 27.** Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
- 28.** Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
- 29.** Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
- 30.** Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 31.** Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 32.** Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 33.** Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 34.** Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.
- 35.** Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
- 36.** Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
- 37.** Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
- 38.** Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
- 39.** Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
- 40.** Bring the right foot to the left foot to form a closed ready stance C toward C.
- 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.
- 42.** Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
- 43.** Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
- 44.** Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
- 45.** Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.
- 46.** Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.

- 47.** Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
- 48.** Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
- 49.** Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
- 50.** Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
- 51.** Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
- 52.** Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.
- 53.** Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.
- 54.** Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
- 55.** Execute a middle crescent kick to the right palm with the left foot.
- 56.** Execute a middle side piercing kick to C with the left foot forming a forearm guarding block.
Perform 55 and 56 in a consecutive kick.
- 57.** Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
- 58.** Execute a middle crescent kick to the left palm with the right foot.
- 59.** Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
- 60.** Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.
- 61.** Change the position of the hands while maintaining a sitting stance toward A.
- 62.** Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.
- 63.** Change the position of the hands while maintaining a sitting stance toward B.
- 64.** Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.
- 65.** Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.
- 66.** Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.
- 67.** Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.
- 68.** Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.
- END:** Bring the right foot back to a ready posture.

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



CHOI-YONG

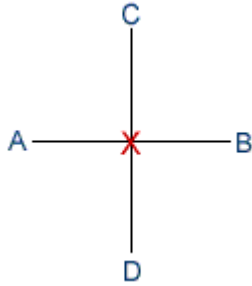
Movements - 46

Ready Posture - CLOSED READY STANCE C

- 1.** Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 2.** Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
- 3.** Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
- 4.** Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
- 5.** Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
- 6.** Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
- 7.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
- 8.** Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- 9.** Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
- 10.** Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
- 11.** Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
- 12.** Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
- 13.** Execute a high reverse hooking kick to D with the left foot.
- 14.** Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
- 15.** Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
- 16.** Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
- 17.** Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.
- 18.** Execute a high reverse hooking kick to C with the right foot.
- 19.** Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
- 20.** Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- 21.** Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.
- 22.** Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.

- 23.** Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.
 - 24.** Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.
 - 25.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
 - 26.** Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.
 - 27.** Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.
 - 28.** Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
 - 29.** Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
 - 30.** Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
 - 31.** Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.
 - 32.** Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.
 - 33.** Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.
 - 34.** Turn the face toward A while forming a left bending ready stance A toward A.
 - 35.** Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.
 - 36.** Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.
 - 37.** Execute a high reverse hooking kick to B with the right foot.
 - 38.** Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.
 - 39.** Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.
 - 40.** Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.
 - 41.** Turn the face to B while forming a right bending ready stance A toward B.
 - 42.** Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.
 - 43.** Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
 - 44.** Execute a high reverse hooking kick to A with the left foot.
 - 45.** Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.
 - 46.** Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.
- END:** Bring the right foot back to a ready posture.

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



YONG-GAE

Movements - 49

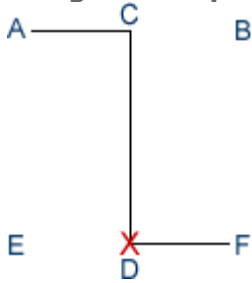
Ready Posture - WARRIOR READY STANCE A

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

- executing a middle hooking block to D with the right palm.
- 22.** Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.
 - 23.** Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
 - 24.** Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
 - 25.** Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
 - 26.** Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
 - 27.** Execute a high reverse hooking kick to B with the right foot.
 - 28.** Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
 - 29.** Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist.
 - 30.** Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
 - 31.** Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.
 - 32.** Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
 - 33.** Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.
 - 34.** Execute a high reverse hooking kick to A with the left foot.
 - 35.** Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.
 - 36.** Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.
 - 37.** Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
 - 38.** Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
 - 39.** Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand.
 - 40.** Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
 - 41.** Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
 - 42.** Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.
 - 43.** Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
 - 44.** Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
 - 45.** Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
 - 46.** Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.
 - 47.** Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.

- 48.** Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.
- 49.** Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.
- END:** Bring the right foot back to a ready posture.

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



UL-JI

Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND

1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
6. Execute a middle crescent kick to the left palm with the right foot.
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.
11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10.
Perform in a fast motion.
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.
14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.
15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
18. Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.
19. Bring the left foot to the right foot to form a closed ready stance B toward D.
20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.
21. Move the left foot to C to form a right walking stance toward D while

executing a rising block with the left forearm.

22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.

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

24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.

25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.

26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.

27. Jump to execute a flying high kick to F with the right foot.

28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.

29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.

30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.

31. Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist.

32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.

33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.

34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.

35. Execute a middle turning kick to DF with the right foot.

36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.

37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.

38. Move the left foot to E forming a left I-stance toward F while executing an upward block to F with the right palm.

39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.

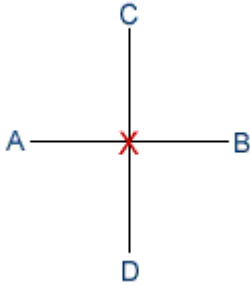
40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.

41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.

42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

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

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



MOON-MOO

Movements - 61

Ready Posture - PARALLEL READY STANCE

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

motion.

- 21.** Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
- 22.** Turn the face to C while forming a right bending ready stance B toward D.
- 23.** Execute a high back piercing kick to C with the left foot. Perform in slow motion.
- 24.** Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.
- 25.** Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm.
- 26.** Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.
- 27.** Lower the left foot to D and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
- 28.** Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
- 29.** Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion.
- 30.** Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
- 31.** Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
- 32.** Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.
- 33.** Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
- 34.** Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm.
- 35.** Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.
- 36.** Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist.
- 37.** Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm.
- 38.** Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion.
- 39.** Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
- 40.** Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
- 41.** Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.
- 42.** Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.
- 43.** Move the left foot to D and then execute a high twisting kick to AD with the right foot.
- 44.** Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.
- 45.** Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.
- 46.** Move the right foot to D and then execute a high twisting kick to BD with the left foot.
- 47.** Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.
- 48.** Execute a front strike to D with the left back fist while shifting to C

maintaining a right walking stance toward D.

49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick.

51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.

52. Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick.

54. Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

55. Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.

56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.

57. Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.

58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.

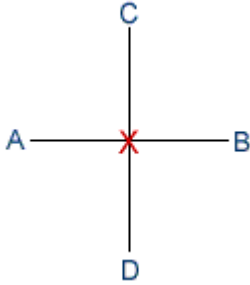
59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

60. Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.

61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

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

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



SO-SAN

Movements - 72

Ready Posture - CLOSED READY STANCE A

- 1.** Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 2.** Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
- 3.** Slide to C to form a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
- 4.** Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.
- 5.** Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.
- 6.** Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion.
- 7.** Execute a high side block to BD with the left knife-hand while forming a right walking stance toward BD.
- 8.** Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 7 and 8 in a fast motion.
- 9.** Move the right foot to C turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.
- 10.** Execute a high side piercing kick to C with the right foot keeping the position of the hands as they were in 9.
- 11.** Execute a high turning kick to D with the right foot. Perform 10 and 11 in a continuous kick.
- 12.** Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.
- 13.** Move the left foot to C forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.
- 14.** Execute a high side piercing kick to C with the left foot keeping the position of the hands as they were in 13.
- 15.** Execute a high turning kick to D with the left foot. Perform 14 and 15 in a continuous kick.
- 16.** Lower the left foot to D in a jumping motion to form a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.
- 17.** Move the left foot to A forming a right L-stance toward A executing a low punch to A with a left double fist.
- 18.** Bring the right palm on the left fore fist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion.
- 19.** Execute a high punch to A with the right fist while maintaining a left walking stance toward A.
- 20.** Move the left foot on line AB to form a left L-stance toward B while executing a

low punch to B with a right double fist.

21. Bring the left palm on the right fore fist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.

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

23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.

24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.

25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.

26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot.

27. Move the left foot to D forming a right walking ready stance toward C.

28. Jump to execute a flying front snap kick to C with the right foot.

29. Land to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.

31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C.

32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.

33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.

34. Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.

35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.

36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.

37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

38. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 37.

39. Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.

40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.

41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.

42. Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.

43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.

44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.

45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.

46. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 45.

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

48. Execute a middle punch to D with the left fist while maintaining a right walking

stance toward D. Perform 47 and 48 in a fast motion.

49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.

50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.

51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.

53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion.

54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.

55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.

56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

57. Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot.

58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion.

59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.

60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.

61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.

62. Turn clockwise while forming a left bending ready stance A toward C.

63. Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.

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

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

66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.

68. Turn counter-clockwise while forming a right bending ready stance A toward C.

69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.

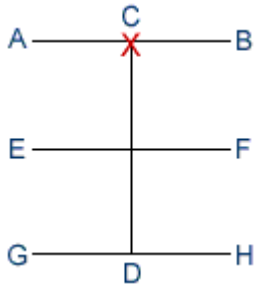
70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.

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

72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot. Perform 71 and 72 in a continuous motion.

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

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



SE-JONG

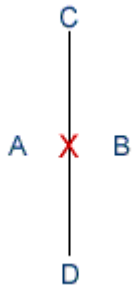
Movements - 24

Ready Posture - CLOSED READY STANCE B

- 1.** Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.
- 2.** Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block.
- 3.** Execute a middle side piercing kick to D with the right foot.
- 4.** Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.
- 5.** Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand.
- 6.** Bring the right foot to the left foot, forming a closed ready stance B toward D.
- 7.** Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.
- 8.** Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.
- 9.** Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.
- 10.** Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip.
- 11.** Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist.
- 12.** Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.
- 13.** Execute a middle turning kick to C with the left foot.
- 14.** Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.
- 15.** Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.
- 16.** Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.
- 17.** Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.
- 18.** Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.
- 19.** Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.
- 20.** Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion.
- 21.** Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.

- 22.** Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.
- 23.** Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.
- 24.** Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.
- END:** Bring the left foot back to a ready posture.

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



TONG-IL

Movements - 56

Ready Posture - PARALLEL STANCE WITH AN OVERLAPPED BACK HAND

- 1.** Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion.
- 2.** Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
- 3.** Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
- 4.** Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
- 5.** Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
- 6.** Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.
- 7.** Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand.
- 8.** Execute an inward vertical kick to the left palm with the right reverse footsword.
- 9.** Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand.
- 10.** Execute an inward vertical kick to the right palm with the left reverse footsword.
- 11.** Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion.
- 12.** Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
- 13.** Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion.
- 14.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
- 15.** Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
- 16.** Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.
- 17.** Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.
- 18.** Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.
- 19.** Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.
- 20.** Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.
- 21.** Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.

- 22.** move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.
- 23.** Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.
- 24.** Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.
- 25.** Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.
- 26.** Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
- 27.** Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.
- 28.** Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
- 29.** Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder.
- 30.** Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip.
- 31.** Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
- 32.** Execute a high punch to C with the left fist while maintaining a right walking stance toward C.
- 33.** Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.
- 34.** Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip.
- 35.** Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.
- 36.** Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.
- 37.** Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot.
- 38.** Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.
- 39.** Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.
- 40.** Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.
- 41.** Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.
- 42.** Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.
- 43.** Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.
- 44.** Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.
- 45.** Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.
- 46.** Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.
- 47.** Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.
- 48.** Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.
- 49.** Move the right foot to C to form a right walking stance toward C while

executing a front strike with the right under fist.

50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.

51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD.

52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.

53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD.

54. Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward D while executing a twin side back elbow thrust.

55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.

56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.

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