



WLS Taekwon-Do Syllabus Booklet

ITF Training Syllabus

Declan McGrath IV Degree

Training syllabus from beginner to black belt

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Introduction

Welcome to the WLS Taekwondo syllabus booklet. This booklet has been written for the benefit of WLS Taekwondo students but is available as a reference source for anyone. The techniques used are based on the current International Taekwon-do Federation (ITF) syllabus.

In this booklet you will find all the necessary information regarding training and progressing to Black Belt with WLS Taekwondo. If you are unsure about any aspect of your training then please ask me, Declan McGrath, or any of the Black Belts and senior students. The answers to most questions can be found in this guide.

Standard or Junior Programme?

There are two basic training programmes available to students; Standard or Junior. The syllabus and techniques learned are the same in both programmes. The main difference between the programmes are the extra tag grades between white belt and yellow belt in the junior programme. The student on the standard programme will be required to pass two grading examinations to obtain their yellow belt. The student on the junior programme will be required to pass six grading examinations to obtain their yellow belt. This gives the younger members a chance to perfect their 10th and 9th kup techniques before moving on to the higher grades. A solid foundation in the Taekwondo basic techniques is essential if the student is to progress to black belt. The grading programmes are outlined below with the minimum required number of lessons to attend between gradings in brackets.

Standard

This is the normal training programme for adults and children over 8yrs of age. The progression through the colour belts is the standard ITF (International Taekwondo Federation) grade progression. The grade progression is as follows;

- 10th kup White belt. All beginners start here. (15 Lessons)
- 9th kup Yellow tag. (15)
- 8th kup Yellow belt. (15)
- 7th kup Green tag. (15)
- 6th kup Green belt. (20)
- 5th kup Blue tag. (20)
- 4th kup Blue belt. (20)
- 3rd kup Red tag. (20)
- 2nd kup Red belt. (40)
- 1st kup Black tag. (40)
- 1st Degree (Dan) Black belt.

Junior

This is the training programme for children under the age of 8yrs. Students above this age, adults and children, are welcome to use this belt progression if a more gentle training schedule is preferred.

- 10th kup White belt. All beginners start here. (15 Lessons)
- 9th kup Junior Yellow tag. (15)
- 9th kup Junior Green tag. (15)
- 9th kup Junior Blue tag. (15)
- 9th kup Junior Red tag. (15)
- 9th kup Junior Black tag. (15)
- 8th kup Yellow Belt. (15)
- The junior student now progresses to the standard training programme.

Students who start on the junior programme can change to the standard programme at any time providing they are at least 8 yrs of age.

Gradings and promotions

Every student from White Belt to Black Belt is required by ITF rules to attend a grading for promotion through the grades. At this grading the student will be tested by a qualified ITF examiner. If the student is successful in their grading attempt they will be promoted to the next grade and a certificate issued.

Based on the current ITF training schedule a competent and dedicated student can progress from White Belt to Black Belt in approximately three years. This is by no means a fixed schedule that must be adhered to. The training is flexible enough to allow every student to progress at their own pace, regardless of age and ability. The main requirement is that you are ready and prepared for each grading test along the way, no matter how long this takes. Achieving Black Belt status does however, require a large amount of commitment and perseverance on behalf of the student. It is for this reason that the wearer of a Black Belt is a member of a prestigious and elite group of martial artists.

When will I be able to take my grading test?

Each student will need to complete a minimum of fifteen lessons prior to attempting their first grading. Completing the minimum number of lessons however is only the first requirement. If your instructor has confirmed that you are ready to take the grading test then you will be invited to grade via email. The date, time and venue of the grading will all be stated in the invitation email. Please reply to this email as soon as possible to book your attendance at the grading.

What will I be tested on at the grading?

Each grading can be broken down into three major parts.

Patterns. Normally each student will have to perform their two most recent patterns at the grading. The white belts will perform four directional punch and four directional block for their first grading.

Sparring. Each student from green belt upwards will be tested on various forms of sparring. The main categories of this are as follows; three step sparring, two step sparring, one step sparring, semi free sparring, free sparring & self defence techniques. Students will only be tested on forms of sparring applicable to their grade. For example, one step sparring is reserved for Blue belt and above.

Techniques. The student will then be tested on various techniques applicable to their grade. These techniques will be performed either up and down the hall as is normal in the classes or against a kick shield. Any student above green belt can opt to perform a 'power break' on a reusable breaker board or other material supplied by the student. Power breaking in gradings is optional and performed only if the student wishes to do so and has the approval of their instructor beforehand.

Students may be requested to perform any technique, pattern or exercise they have learnt during their training, including techniques from lower grades. Students grading for promotion to 1st Degree black belt will definitely be requested to perform a mix of patterns, sparring and techniques from all their previous grades.

Students who are successful in their grading attempt will be promoted to the next level and a certificate issued. The student will also receive a new belt (or tags for their existing belt) to wear in the classes.

How quickly can I take further gradings?

Each grade has a required minimum number of lessons to be completed before attempting to progress to the next grade. Once a student has completed the minimum number of lessons their instructor will make an informal assessment of the student during the classes. If they are ready to progress to the next grade the student will be invited to attend the next grading. If the student requires more training then the instructor will defer the grading invitation until the student is ready to progress to the next grade.

Grade syllabus

The following pages list the required information for each grade. Students are required to learn all the terminology and techniques listed up to their present grade. Provided the student has applied themselves to learning the terminology and techniques then the black belt grading can be taken with confidence. Each grade progression builds upon the foundation set at white belt with increasing levels of difficulty. It is imperative that the student perfects the techniques at their present grade before attempting the techniques of the grade above.

Colour belts

10th kup White belt

Taekwondo - Literally means 'Tae' to kick or smash with the foot, 'Kwon' to punch or break with the fist, 'Do' the art of. Taken together it means the art of kicking and punching; 'Taekwondo'.

General Choi Hong Hi - Is the father and founder of Taekwondo. It is a modern, Korean, self defence martial art. Taekwondo was formally recognised as a martial art on April 11th 1955. The international Taekwondo Federation 'ITF' was formed in 1966.

Face the instructor - Sabum nim keh

Attention - Charyot

Bow - Kyong Ye

Tenets of Taekwondo - Courtesy, Integrity, Perseverance, Self Control & Indomitable Spirit.

Taekwondo Oath -

I shall observe the tenets of Taekwondo.
I shall respect the instructor and seniors.
I shall never misuse Taekwondo
I shall be a champion of freedom and justice.
I shall strive to build a more peaceful world.

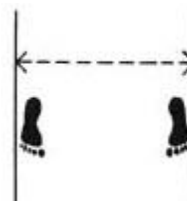
White belt - Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

Four direction punch - Saju Jirugi

Four direction block - Saju Makgi

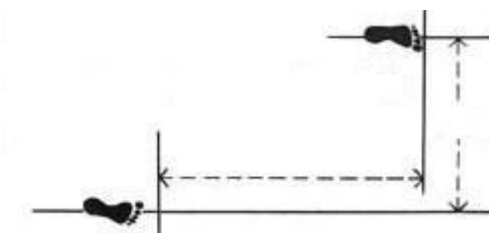
Parallel ready stance - Narani Junbi Sogi

Place fists naturally over the abdomen.
Feet are one shoulder width apart.



Walking Stance - Gunnun Sogi

One shoulder width wide
One and a half shoulder width long
Weight distributed evenly on both feet



Punch - Jirugi

Forefist - Ap joomuk

Front snap kick - Apcha busigi

Front rising kick - Apcha olligi

Ball of the foot - Apkumchi

Block - Makgi

Forearm - Palmok

Walking stance middle front punch - Gunnun so kaunde ap jirugi

The fist forms a vertical line with the toes, reaches the same level as the attacker's shoulders and reaches the centreline of the attacker's body.

Numbers –

1. Hana
2. Dool
3. Set
4. Net
5. Dasot
6. Yosot
7. Ilgop
8. Yodul
9. Ahop
10. Yool

9th kup Yellow tag

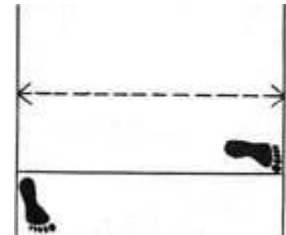
Yellow belt - Signifies the earth from which a plant sprouts and takes root as the Taekwondo Foundation is laid.

Sitting stance - Annun sogi

Weight distributed evenly on both feet.
One and a half shoulder width wide.

**L stance** - Niunja Sogi

The weight distribution is 70% on rear leg and 30% on front leg.
The rear leg is the leading leg.
One and a half shoulder width long.

**Front** - Ap**Side** - Yop**Side kick** - Yop Chagi**Side piercing kick** - Yop Cha Jirugi**Footsword** - Balkal**Low block** - Najunde makgi**Middle block** - Kaunde makgi**Outer forearm** - Bakat palmok**Inner forearm** - An palmok

Yellow belt 8th kup

Yellow Belt - Signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid.

Obverse - Baro

Reverse - Bandae

Turning kick - Dollyo Chagi

Instep - Baldung

Knifehand - Sonkal

Strike - Taerigi

Knifehand side strike - Sonkal yop taerigi

Guarding block - Daebi makgi

Knifehand guarding block - Sonkal daebi makgi

Twin forearm block - Sang palmok makgi

Rising block - Chookyo makgi

Inner forearm - An palmok

High punch - Nopunde jirugi

Outer forearm - Bakat palmok

Sparring - Matsogi

3 Step sparring - Sambo matsogi

Free sparring - Jayu matsogi

Three Step Sparring Ready Position

Attacker - Walking stance low forearm block

Defender - Parallel ready stance.

Green tag 7th kup

Green Belt - Signifies the plants growth as the Taekwondo training continues.

Thrust - Tulgi

Strike - Taerigi

Fingertip - Sonkut

Straight fingertip thrust - Sun sonkut tulgi

Backfist - Dung joomuk

Backfist strike - Dung joomuk taerigi

Walking stance backfist high side strike - Gunnun so dung joomuk nopunde yop taerigi

The fist reaches the eye level of the attacker. The fist and body become half facing to the opponent.

Outer forearm high section side block - Bakat palmok nopunde yop makgi

The fist reaches the eye level of the defender

Outer forearm high section wedging block - Bakat palmok nopunde hechyo makgi

The fists reach the same level as the eyes of the defender. The distance between the fists is equal to one shoulder width.

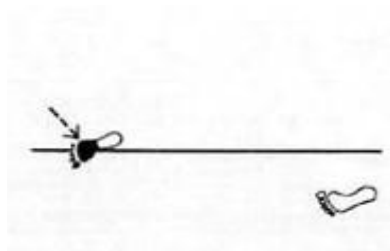
Spot turning - Gujari dolgi

Spot Turning Procedure

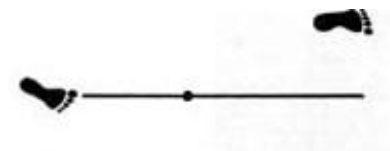
1. Right walking stance



2. Move ball of right foot to centreline of body, in line with rear of heel in walking stance.



3. Turn body counter clockwise to form a left walking stance in opposite direction.



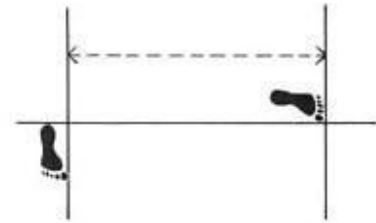
Procedure is reversed for turning from left walking stance to right.

Green belt 6th kup

Green Belt - Signifies the plants growth as the Taekwondo training continues.

Gojang Sogi - Fixed stance

This is an effective stance for attack and defence to the side. The body weight is distributed evenly on both legs. When the right leg is advanced it is a right fixed stance and vice versa. The distance between the toes is one and a half shoulder widths.



Close ready stance type A - Moa junbi sogi A

The distance between the fists and the filtrum is about 30 centimetres.

Bending ready stance type A - Goobooryo junbi sogi A

When standing on the right foot it is a right bending ready stance type A and vice-versa.

L-Stance knifehand high inward strike - Niunja so sonkal nopunde anuro taerigi

The knifehand reaches the same level as the neck of the attacker.

Walking stance reverse punch - Gunnun so bande jirugi

Forearm circular block - Palmok dollimyo makgi

The inner forearm is the blocking tool. The fist reaches the same level as the defenders shoulder. This shoulder should be slightly lower than the opposite one.

L-Stance forearm middle guarding block - Niunja so palmok kaunde daebi makgi

Middle side piercing kick - Kaunde yopcha jirugi

The footsword reaches the same level as the shoulder of the attacker. Perform a high punch while kicking.

Low front snap kick - Najunde ap cha busigi

The foot reaches the same level as the lower abdomen of the attacker.

Blue tag 5th kup

Blue Belt - Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

Turn to face the instructor - Sabum nim keh

Attention - Charyot

Bow - Kyong ye

X Stance - Kyocha sogi

Place the ball of the foot either in front, or behind (depending on the application) of the other leg. Body weight is rested on the stationary leg. When the weight is rested on the right foot it is a right x-stance and vice-versa.

Sitting stance middle punch - Annun so kaunde jirugi.

Punch reaches the same level as the attacker's shoulders

L-Stance twin knifehand block - Niunja so sang sonkal makgi

Palm - Sonbadak

Hooking block - Golcho makgi

Walking stance palm hooking block - Gunnun so sonbadak golcho makgi

Elbow - Palkup

Front elbow strike - Ap palkup taerigi

Walking stance front elbow strike - Gunnun so ap palkup taerigi

X-Stance high backfist side strike - Kyocha so nopunde dung joomuk yop taerigi

The body becomes flank facing to the opponent. The fist reaches the eye level of the attacker and is half facing to the opponent.

Double forearm high block - Doo palmok nopunde makgi

The body becomes half facing to the opponent and the fist reaches the eye level of the defender.

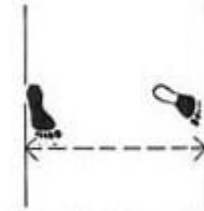
Blue belt 4th kup

Blue Belt - Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses

Close ready stance B - Moa junbi sogi B. The fists reach the same level as the navel.

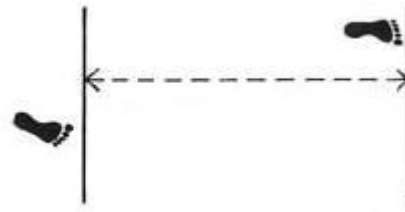
Rear foot stance - Dwitbal sogi

Stance is one shoulder width wide. Most of weight on rear leading leg.



Low Stance - Nachuo sogi

Stance is two shoulder widths long and weight distribution is even.



L-stance reverse knifehand outward block - Niunja so sonkal dung bakuro makgi

Side front snap kick - Yobap cha busigi

Rear foot stance palm upward block - Dwitbal so sonbadak ollyo makgi

The palm reaches the same level as the solar plexus of the defender.

Elbow - Palkup (upper elbow - wipalkup)

Walking stance upper elbow strike - Gunnun so wipalkup taerigi

Walking stance twin fist high vertical punch - Gunnun so sang joomuk sewo jirugi

The fist reaches the same level as the filtrum of the attacker. The elbows form straight lines with the shoulders of the attacker.

Walking stance twin fist upset punch - Gunnun so sang joomuk dwigibo jirugi

The back fist reaches the same level as the elbow joint.

X-Fist rising block - Kyocha joomuk chookyo makgi

L-Stance backfist high side strike - Niunja so dung joomuk nopunde yop taerigi

The fist reaches the eye level of the attacker.

Walking stance palm pressing block - Gunnun so sonbadak noollo makgi

The palm reaches the same level as the defenders abdomen. The other palm reaches the same level as the solar plexus.

Arc-hand - Bandalson**Fixed stance u-shape block - Gojang so digutja makgi**

The arc-hands form a vertical line with the knee.

Angle punch - Giokja jirugi**Two step sparring - Ibo matsogi**

Red tag 3th kup

Red Belt - Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Walking stance upset fingertip low thrust - Gunnun so dwijibun sonkut najunde tulgi.

The fingertip reaches the same level as the pubic region.

Close stance backfist side back strike - Moa so dung joomuk yopdwi taerigi.

The backfist reaches the eye level of the attacker.

Walking stance x-fist pressing block - Gunnun so kyocha joomuk noollo makgi.

The crossed point reaches the same level as the lower abdomen of the defender.

Sitting stance outer forearm w-shape block - Annun so bakat palmok san makgi.

The outer forearm reaches the same level as the philtrum of the defender.

Knee upward kick - Moorup ollyo chagi.

The palms become level with the elbows.

Walking stance flat fingertip high thrust - Gunnun so opun sonkut nopunde tulgi.

The fingertip reaches the same level as the forehead of the attacker.

L-stance double forearm low pushing block - Niunja so doo palmok najunde miro makgi.

The inner forearm reaches the same level as the lower abdomen of the defender.

L-stance backfist high strike - Niunja so dung joomuk najunde taerigi.

The back fist reaches slightly above the temple of the attacker.

X-stance x-fist pressing block - Kyocha so kyocha joomuk noollo makgi.

The cross point reaches the same level as the lower abdomen.

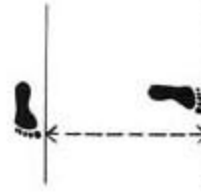
L-stance knifehand low guarding block - Niunja so sonkal najunde daebi makgi.

Red belt 2nd kup

Red Belt - Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Vertical Stance - Soo jik sogi

Distance between toes is one shoulder width.

**Sitting stance palm pushing block** - Annun so sonbadak miro makgi.**L Stance upward punch** - Niunja so ollyo jirugi.**Vertical stance knifehand downward strike** - Soo jik so sonkal naeryo taerigi

The knifehand reaches the target in a circular motion. Keep the elbow straight at the moment of impact.

L Stance obverse punch - Niunja so baro jirugi.

The fist reaches the same level as the shoulder. The right arm forms a parallel line with the left leg and vice-versa.

L Stance side elbow thrust - Niunja so yop palkup tulgi.**Close stance inner forearm side front block** - Moa so an palmok yobap makgi.

The fist reaches the same level as the defenders temple. The outer forearm reaches the same level as the abdomen of the defender.

Black tag 1st kup

Black Belt - Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

Walking stance knifehand high front strike - Gunnun so sonkal nopunde ap taerigi.

The fingertip reaches the eye level of the attacker. The body becomes full facing the opponent and the knife hand reaches the centre of the attacker's body.

Flying side piercing kick - Twimyo yopcha jirugi.

The foot should be slightly lower than the attacker's hip.

L-Stance forearm low block - Niunja so najunde palmok makgi.

Walking stance reverse knifehand high front strike - Gunnun so sonkal dung nopunde ap taerigi.

The reverse knife hand reaches the same level as the philtrum of the attacker. The body becomes full facing the opponent and the reverse knife hand reaches the centre of the attacker's body.

Middle back piercing kick - Kaunde dwitcha jirugi.

The foot reaches the same level as the shoulder of the attacker. Keep the toes of the stationary foot pointed to the front. Footsword is the attacking tool.

Sitting stance forearm middle front block - Annun so palmok kaunde ap makgi.

The forearm reaches the centre of the body.

Sitting stance backfist high side strike - Annun so dung joomuk nopunde yop taerigi.

The back fist should be half facing the opponent.

L-Stance X knifehand middle side block - Niunja so kyocha sonkal kaunde yop makgi.

The fingertip reaches the same level as the shoulder of the defender.

Walking stance double palm upward block - Gunnun so doo sonbadak ollyo makgi.

The blocking tool reaches the target in a circular motion. The palms reach the same level as the elbows of the defender.

Patterns (Tuls)

Definition of a pattern

A pattern is a set of fundamental movements both offensive and defensive against one or more imaginary opponents. The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

The patterns should be performed considering the following points.

1. The pattern should begin and end at exactly the same sport. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions given.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purposed of each movement.
8. Students should perform each movement with realism.
9. Attack and defence techniques should be equally distributed among right and left hands and feet.

The patterns are performed under the assumption the student is facing "D" (see pattern diagrams). There are a total of twenty four patterns in Taekwondo.

The reason for twenty four 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 travellers who pass by the sterna years of an aeon 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. Some people strive to bequeath a good spiritual legacy for coming generation, 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 in the late 20th century.

The 24 patterns represent 24 hours, one day, or all my life.”

General Choi Hong Hi

Pattern schedule

All patterns are linked closely with the fundamental exercises. Students should therefore practice the patterns according to the following schedule. This will lead to the greatest results with the least effort.

| Name of Pattern (Tul) | Rank | Order of Belt |
|-----------------------|------------------------------|---------------|
| Chon-Ji | 9 th kup | Yellow stripe |
| Dan-Gun | 8 th kup | Yellow |
| Do-San | 7 th kup | Green stripe |
| Won-Hyo | 6 th kup | Green |
| Yul-Gok | 5 th kup | Blue stripe |
| Joong-Gun | 4 th kup | Blue |
| Toi-Gye | 3 rd kup | Red stripe |
| Hwa-Rang | 2 nd kup | Red |
| Choong-Moo | 1 st kup | Black stripe |
| Kwang-Gae | 1 st Degree (Dan) | Black |
| Po-Eun | | |
| Ge-Baek | | |
| Eui-Am | 2 nd Degree | Black |
| Choong-Jang Juche | | |
| Sam-Il | 3 rd Degree | Black |
| Yoo-Sin | | |
| Choi-Yong | | |
| Yon-Gae | 4 th Degree | Black |
| Ul-Ji | | |
| Moon-Moo | | |
| So-San | 5 th Degree | Black |
| Se-Jong | | |
| Tong-Il | 6 th Degree | Black |

Chon-Ji

Pattern - Tul

Chon-Ji - Means literally 'The heaven, the Earth'. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

Ready Posture - Narani Junbi Sogi

Movements - 19

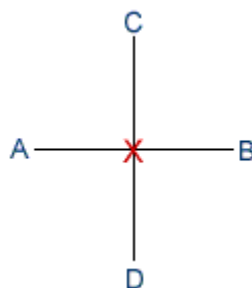


Diagram -

The following movements assume the student is in the ready posture standing on line AB facing towards D. This start position is the same for all following patterns.

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 the ready position.

Dan-Gun

Dan-Gun - Is named after the holy Dan Gun, the legendary founder of Korea in the year 2,333b.c.

Ready Posture - Narani Junbi Sogi

Movements - 21

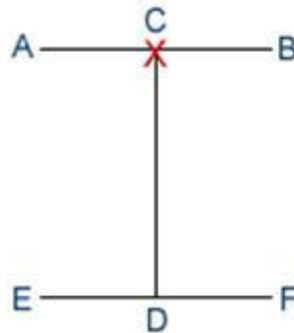


Diagram -

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

Do-San - 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.

Ready Posture - Narani Junbi Sogi

Movements - 24

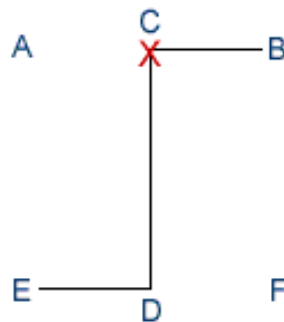


Diagram -

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

Won-Hyo - Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Ready Posture - Moa Junbi Sogi (Type A)

Movements - 28

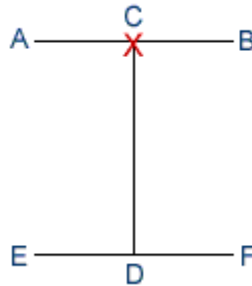


Diagram -

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

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

Yul-Gok

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

Ready Posture - Narani Junbi Sogi

Movements - 38

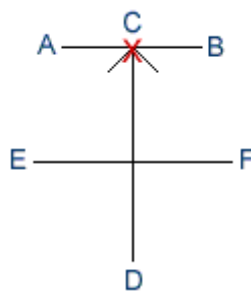


Diagram -

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

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).

Ready posture - Moa Junbi Sogi B

Movements - 32

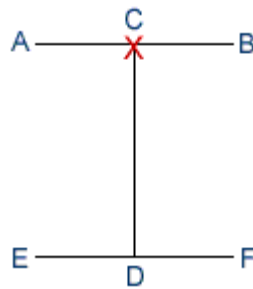


Diagram -

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

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".

Movements - 37

Ready Posture - Moa Junbi Sogi B

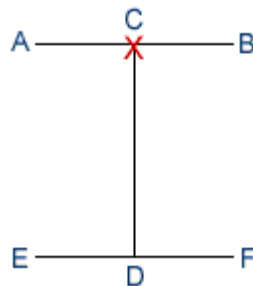


Diagram -

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

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.

Movements - 29

Ready posture - Moa Junbi Sogi C

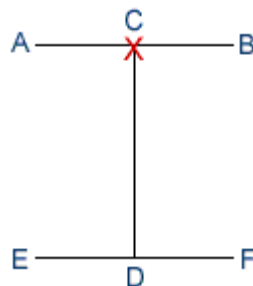


Diagram -

1. the left foot to B to Move forma 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

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.

Movements - 30

Ready posture - Narani junbi sogi.

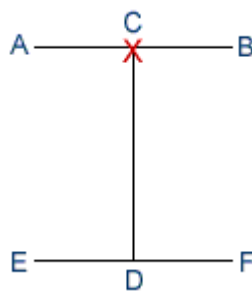


Diagram -

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 opponents 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.

Set Sparring

It is a requirement of all Taekwondo students to perform set sparring exercises. These exercises allow the student to practice the Taekwondo techniques learned against another student. This allows the student to understand and practice fully the application of the Taekwondo techniques in both attack and defence.

Three Step Sparring

Three set sparring is the first form of set sparring introduced to the Taekwondo student. It is preferable, especially with junior grades, that both the attacker and defenders are of similar size.

Basic Three step one way

All three step sparring variations follow the following procedure with slight alterations. The attacker (A) and defender (D) face each other. At the command of 'Charyot' the students assume Charyot sogi (Attention stance). At the command of 'Kyong Ye' both students bow to each other. The attacker (A) will perform a measure up for a middle front punch in walking stance against the defender (D). The student will place their right foot three quarters of a shoulder width to the right of the defenders left foot and overlapping the defenders left foot by one half. The attacker (A) adjusts their rear left leg to form a correct right walking stance. When this has been completed the attacker brings the right foot back to the left foot in attention stance. The measure up process is now complete and the exercise can begin as follows;

At the command of 'Junbi' the attacker (A) will take their right leg back to form a left walking stance while performing a low outer forearm outward block. While performing this block the attacker will make a loud shout 'YA'. The defender (D) will move their left foot to form a parallel ready stance. Both students are now ready to perform the exercise.

1st Step

A: Move the right foot forward to form a right walking stance while performing an obverse middle punch. The right foot overlaps the defenders left foot on the outside by one half of a foot.

D: Move the right foot backwards to form a left walking stance while performing an obverse middle inner forearm side block.

2nd Step

A: Move the left foot forward to form a left walking stance while performing an obverse middle punch. The left foot overlaps the defenders right foot on the inside by one half of a foot.

D: Move the left foot backwards to form a right walking stance while performing an obverse middle inner forearm side block.

3rd Step

A: Move the right foot forward to form a right walking stance while performing an obverse middle punch. The right foot overlaps the defenders left foot on the outside by one half of a foot.

D: Move the right foot backwards to form a left walking stance while performing an obverse middle inner forearm side block. Maintaining a left walking stance perform a reverse middle punch towards the attacker with a loud shout 'YA'.

After the last step both attacker and defender move their right legs to parallel ready stance. The attacker and defender now switch roles and perform steps one to three again. The new attacker may wish to measure up for the attack by placing their right foot to the outside of the defenders left foot overlapping by one half of a foot. The new attacker adjusts the position of their left foot to form a correct walking stance before bringing the right foot back to parallel ready stance. The attacker will take their right leg back to form a left walking stance while performing a low outer forearm outward block. While performing this block the attacker will make a loud shout 'YA'. The exercise from steps one to three can then be completed again.

This procedure with both sides alternating between attack and defence is repeated until the students are told to stop by the instructor.

Basic Three step two way

The procedure is the same as above from steps one to three. After step three the attacker performs the following steps four to six.

TO BE COMPLETED

Three step variations

Three step sparring can be performed with any attack and the appropriate defence. The format and procedures are the same as for basic three step. Some of the more popular variations are;

High attack front punch.

The attacker performs a high attack using a front punch. For the purposes of measuring distance the front foot of the attacker overlaps completely the front foot of the defender. The defender uses high outer forearm block.

Front snap kick.

The attacker performs a front snap kick against the abdomen of the defender. For the purposes of measuring distance the front foot overlaps, heel to heel, the front foot of the defender. The defender uses low outer forearm block.

Three step with students of differing height.

If the students performing three step are of differing heights then some slight adjustments to the setup. The taller of the students will perform both attack and defence in an L-Stance while the shorter of the two students will remain in walking stance. The distances for

measuring up are un-affected. This exercise is normally reserved for higher grades who have a greater knowledge and understanding of set sparring.

Two Step Sparring

Ready posture for two step sparring is: For the attacker (A); forearm guarding block in L-Stance, for the defender (D); parallel ready stance. The student may choose any stance or technique for attack, however, one attack must be with the arm and one with the leg in either order. Similarly the defender may use any stance or blocking technique for defence. For both students correct distance and use of attacking/blocking tools must be observed. Many different combinations of attack and defence are possible. Listed here are six pre set exercises here for you to use.

Exercise 1

1st step

A: Move the right foot forward forming a walking stance while executing a high punch forward.

D: Move the right foot back forming a left walking stance while executing a high section outer forearm block.

2nd step

A: Execute a low front snap kick to the abdomen with the left foot.

D: Move the left foot back forming a right walking stance while executing a pressing block with an x-fist, then execute a twin vertical punch.

Exercise 2

1st step

A: Move the right foot into a fixed stance while executing a side punch with the right fist.

D: Move the right foot back forming a right L-stance while executing an upward block with the palm.

2nd step

A: Execute a high turning kick with the left foot, then dropping the foot forward into a right L-stance. D: Move the left foot back forming a left L-stance while executing a high side block using the right outer forearm, then sliding the right foot forward into a sitting stance, executing a back elbow strike with the right elbow.

Exercise 3

1st step

A: Execute a low front snap kick to the abdomen with the right foot.

D: Move the right foot back forming a left walking stance while executing a pressing block with an x-fist.

2nd step

A: Move the left foot forward executing a twin fist vertical punch.

D: Move the left foot back forming a left walking stance while executing a wedging block, then grab the shoulders and execute a knee kick with the left knee pulling the attacker onto the knee.

Exercise 4

1st step

A: Move the right foot forward forming a walking stance while executing a high punch forward.

D: Move the right foot back forming a left walking stance while executing a high block with the left forearm.

2nd step

A: Execute a middle side piercing kick with the left foot.

D: Move the left foot onto a left L stance while executing an inward waist block with the right inner forearm turning the attacker away, then execute a low front snap kick to the base of the spine followed by a twin upset punch to the lower back area.

Exercise 5

1st step

A: Execute a low front snap kick to the abdomen with the right foot.

D: Move the right foot back forming a left walking stance while executing a pressing block with an x-fist.

2nd step

A: Move the left foot to form a left walking stance while executing a middle punch with the left fist.

D: Move the left foot back to form a left L stance while executing a middle block with the right inner forearm, then shifting the left foot to the left execute a high side piercing kick with the right foot.

Exercise 6

1st step

A: Move the right foot into a fixed stance while executing a side punch with the right fist.

D: Move the right foot back forming a right L stance while executing an upward block with the palm.

2nd step

A: Execute a high reverse turning kick with the left leg.

D: Move the left foot back forming a right walking stance and execute a high double forearm reverse block with the left outer forearm, then pivoting on the right foot execute a turning kick using the left knee grabbing the opponents shoulder to pull them on to the kick.

One Step Sparring

One step sparring is the most advanced form of set sparring in Taekwondo.

TO BE COMPLETED.

Self Defence Technique

TO BE COMPLETED.