

International  
Taekwondo Federation  
Encyclopaedia

General Choi Hong Hi

## Volume 7





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跆拳道

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# THE TENETS OF TAEKWON-DO

*(Taekwon-Do Jungshin)*

## TAEKWON-DO AIMS TO ACHIEVE

Courtesy (*Ye Ui*)

Integrity (*Yom Chi*)

Perseverance (*In Nae*)

Self-Control (*Guk Gi*)

Indomitable Spirit

*(Baekjul Boolgool)*



# EXPLANATION OF TENETS

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

## **COURTESY** (*Ye Ui*)

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

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

## **INTEGRITY** (*Yom Chi*)

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

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

## **PERSEVERANCE** (*In Nae*)

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

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."



## **SELF-CONTROL** (*Guk Gi*)

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

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

## **INDOMITABLE SPIRIT** (*Baekjul Boolgool*)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

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

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.



"Pursue one's own goal"

**IMPORTANT:**

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



## Walking Stance (*Gunnun Sogi*)

Front View



Back View



## L-Stance (*Niunja Sogi*)

Front View



Back View





# FUNDAMENTAL EXERCISES

## *(Gibon Yonsup)*

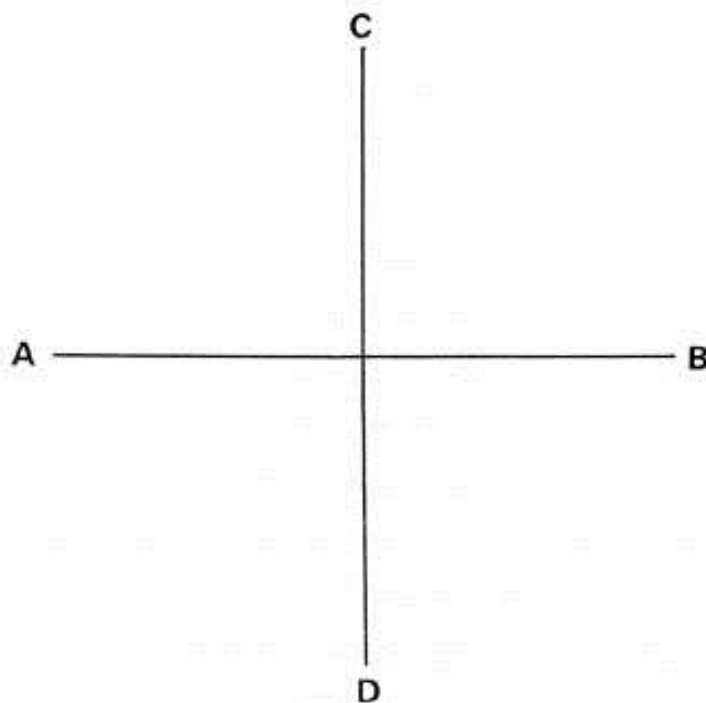
Certainly the most important asset any training hall can have is a good instructor. There is no substitute for well-trained, intelligent, perceptive and patient instructor. Occasionally, however, a student may find himself in an area where he is not able to train under a qualified instructor; or a student may find the need to practice by himself from time to time; or there may be instances when an individual is sincerely anxious to learn Taekwon-Do but neither has the means nor time to travel to a distant training hall. In these cases, a dedicated person may be able to use this book as a guide. To truly gain complete comprehension of these techniques, however, a student will have to spend some time under the tutelage of a black belt instructor.

The sequence of fundamental exercises described here is neither absolute nor inflexible. It is, however, a sequence found to be most beneficial for the student, especially beginners.

Fundamental exercises are considered the back bone of Taekwon-Do, for the students can learn a great number of additional movements which are found neither in patterns nor sparrings.

Obviously the pattern cannot be performed effectively without sufficient knowledge of the fundamental movements involved. The student is therefore advised to exercise each fundamental movement correctly and thoroughly one by one before attempting to practise his pattern or sparring.

The object of this volume is to give the students (from beginners to 2nd degree black belt holders) clear purpose, principle method and a logical procedure of exercise of each fundamental movement.



**DIRECTION DIAGRAM** (*Bang Hyang Pyo*)

This is a guide to show the four directions the student will follow during the performance of an exercise.

**IMPORTANT**

This must be thoroughly studied by all students before moving into exercise.

## **GENERAL ASSUMPTIONS** (*Ilban Kahjung*)

This is to avoid unnecessary repetition; to show logical sequence of movement; and to conduct training, step by step, and gradually to the more difficult movement.

1. The fundamental exercise is started from a stance on line AB facing D with a few exceptions.
2. Blocking is begun with the left hand or left foot and attacking with the right hand or foot. There are only rare exceptions to the above. A student should familiarize himself equally with both sides.
3. A middle attack or defence is usually executed before a high attack or defense unless a special instruction is given.
4. Spot exercise is performed before the turning or stepping exercise in most cases.
5. A forward stepping exercise is performed conjointly with backward stepping or turning exercises with few exceptions.
6. Backward stepping and turning exercise are performed, assuming a left walking, left low, left rear foot, and left L-stance toward D unless specified otherwise.
7. As a rule bring the foot initially moved back to the ready posture after completion each of exercise.
8. Every attack and block is performed toward the direction the stance is facing unless specified otherwise.
9. All punches throughout this book are considered front punches unless special instruction is given.
10. The other fist throughout this book is considered pulled to the hip simultaneously while attacking or blocking with one hand unless special direction is given.

**Ready Stance (*Junbi Sogi*)**

**Attention Stance (*Charyot Sogi*)**

**Back View**



**Front View**



**Side View**



**Bow Posture (*Kyong Ye Jase*)**

**Side View**



**Front View**





**Parallel Ready Stance (*Narani Junbi Sogi*)**



**Front View**



**Back View**

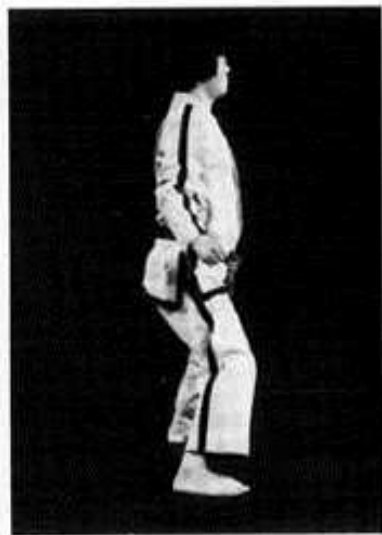


**Side View**

**Sitting Ready Stance (*Annun Junbi Sogi*)**



**Front View**



**Side View**



**Back View**

## Walking Ready Stance (*Gunnun Junbi Sogi*)

### Right Walking Ready Stance



Front View

Back View



Side View

### Left Walking Ready Stance



Side View

Back View



Front View



**Close Ready Stance (*Moa Junbi Sogi*)**



**Front View**



**Type A**

**Side View**

**Type B**



**Front View**



**Side View**

**Side View**



**Type C**



**Front View**

## **L-Ready Stance (*Niunja Junbi Sogi*)**

### **Right L-ready Stance**



**Front View**



**Side View**

### **Left L-Ready Stance**



**Side View**

**Front View**



**Back View**



## **X-Ready Stance (*Kyocha Junbi Sogi*)**

### **Right X-Ready Stance**

**Side View**



**Front View**



**Back View**

### **Left X Ready Stance**



**Front View**

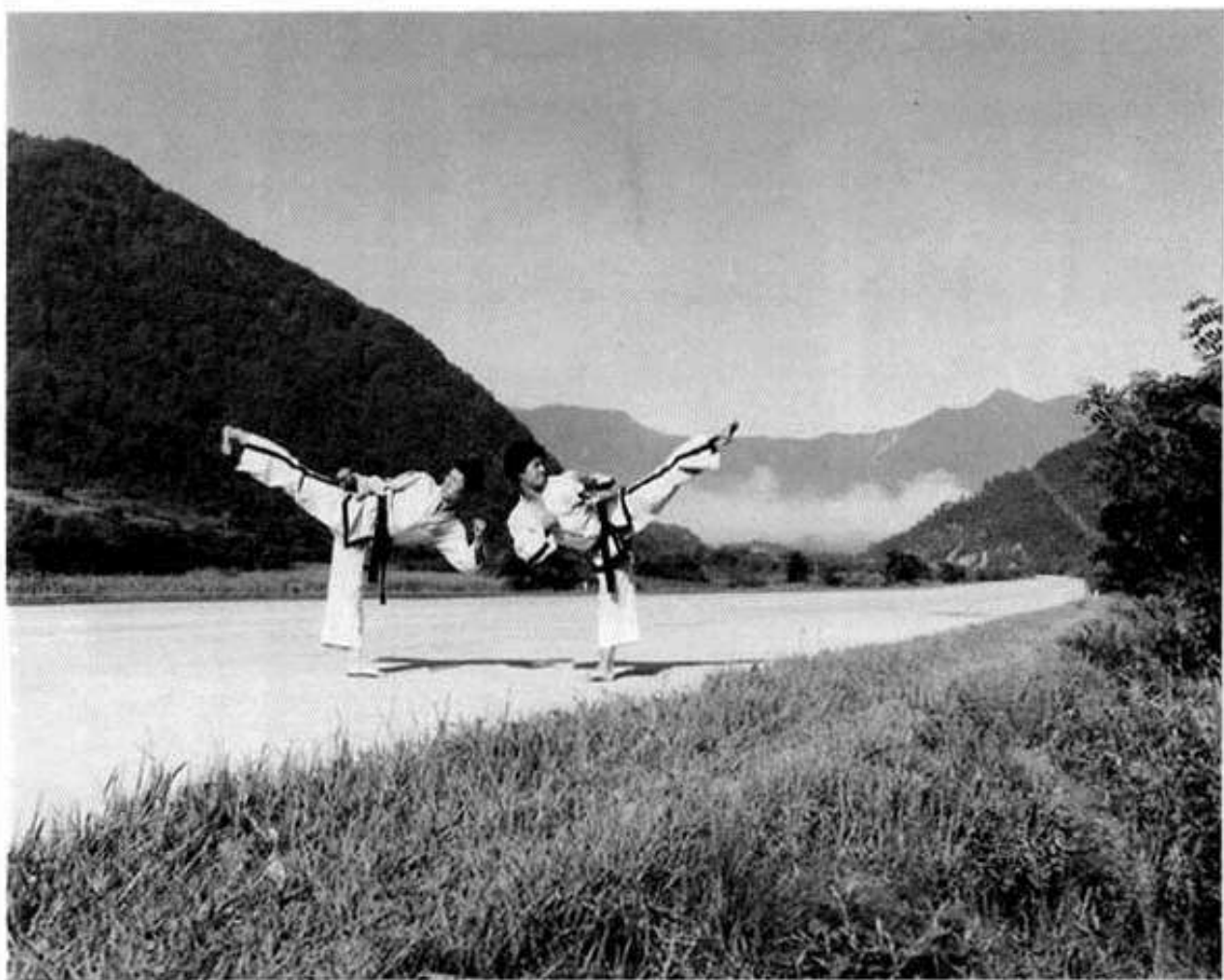


**Side View**

## **PROCEDURE FOR LEADING A CLASS (*Sooryon Jido Bop*)**

All Taekwon-Do exercises are conducted in two ways; by command and without command using a command procedure with an instructor or assistant instructor giving commands, the following procedure should be followed:

1. At the command of "Charot" (attention), the student comes to attention giving the instructor his undivided attention as well.
2. At the command of "Kyong Ye" (bow), the student bows to the instructor while remaining at attention stance.
3. After the instructor announces the title or number of exercise that will be performed, the instructor gives the command of "junbi" (ready), the student will then take the appropriate Junbi Sogi (ready stance).
4. At the command of "Si Jak" (commence), the student begins with the initial movement as the instructor counts "Hana" (one) "dool" (two), "Set" (three), "Net" (four), "Dasot" (five), "Yosot" (six), "Ilgop" (Seven), "Yodul" (eight), "Ahop" (nine), and so on., until the command of "guman" (stop) is given.
5. At the command of "Swiyo" (at ease), the student relaxes with a parallel ready stance.
6. At command of "Hae san" (dismiss), the student can walk away.





**1. Walking Stance Outer Forearm Reverse Side Block**  
*(Gunnun So Bakat Palmok Bandae Yop Makgi)*

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left forearm.



Ready Posture



- ii. Move the left foot to D to form a left walking stance toward D while blocking to D with the right forearm.

Side View





### **b. Backward Stepping Block**

**Assume a left walking stance toward D.**

- i. Move the left foot to C to form a right walking stance toward D while blocking to D with the left forearm.**



- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the right forearm.**



**At the start of blocking, keep the back forearm crossed in front of the chest, placing the blocking one on the other.**

**Keep the body half facing the opponent at the moment of block.**

**c. Forward Step-Turning**

Move the right foot to D turning counter-clockwise to form a left walking stance toward C while blocking to C with the right forearm. Clockwise turning is not practical.



**Previous Posture**



## 2. Walking Stance Knife-Hand Reverse Side Block (*Gunnun So Sonkal Bandae Yop Makgi*)

Both the method and procedure of exercise remain the same as those of a walking stance outer forearm reverse side block.

### a. Forward Stepping Block



Side View

### b. Backward Stepping Block



Application



### 3. Walking Stance Reverse Knife-Hand Reverse Side Block (Gunnun So Sonkaldung Bandae Yop Makgi)

#### a. forward Stepping Block

Left walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left reverse knife-hand, and then execute a front snap kick to D with the left foot.



Ready Posture



- ii. Lower the left foot to D to form a left walking stance toward D while blocking to D with the right reverse knife-hand, and then execute a front snap kick to D with the right foot.



- \* 1. At the start of blocking, keep the forearms crossed in front of the chest with both back fists faced upward, placing the blocking one under the other.
- 2. Keep the back hand full facing the opponent at the moment of block.



#### **b. Backward Step-Turning**

Assume a left walking stance toward D.

Move the left foot to C turning clockwise to form a left walking stance toward C while blocking to C with the right reverse knife-hand.

Counter-clockwise turning is not practical.



#### 4. Walking Stance Inner Forearm Reverse Side Block

*(Gunnun So Anpalmok Bandae Yop Makgi)*

The method of blocking is the same as that of a walking stance reverse knife-hand reverse side block.

##### a. Forward Stepping Block

Close ready stance A.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left forearm, and then execute a low block to D with the right knife-hand, maintaining the same stance toward D.



Ready Posture



- ii. Move the left foot to D to form a left walking stance toward D while blocking to D with the right forearm, and then execute a low block to D with the left knife-hand, maintaining the same stance toward D.



**b. Spot-Turning**

**Assume a left walking stance toward D.**

Turn clockwise pivoting with the right foot to form a right walking stance toward C while blocking to C with the left forearm.





## 5. Walking Stance Back Fist Obverse Front Strike

*(Gunnun So Dung Joomuk Baro Ap Taerigi)*

### a. Forward Stepping Strike

Close ready stance B.

- i. Move the right foot to D, forming a right walking stance toward D while striking to D with the right back fist, and then execute a knife-hand low guarding block while forming a left L-stance toward D, pulling the right foot.



Ready Posture



- ii. Move the left foot to D to form a left walking stance toward D while striking to D with the left back fist, and then execute a knife-hand low guarding block while forming a right L-stance toward D, pulling the left foot.







#### **b. Spot-Turning**

Turn clockwise pivoting with left foot to form a right walking stance toward C while striking to C with the right back fist.



Side View



**6. L-Stance Flat Fingertip Downward Thrust**  
*(Niunja So Opun Sonkut Naeryo Tulgi)*

**a. Forward Stepping Thrust**

Close ready stance C.

- i. Move the left foot to D, forming a right L-stance toward D while thrusting with the right flat fingertip, and then execute a low twisting kick to D with the right foot.



Ready Posture



- ii. Lower the right foot to D to form a left L-stance toward D while thrusting with the left flat fingertip, and then execute a low twisting kick to D with the left foot.



Keep the back hand faced front  
at the moment of impact.



#### **b. Backward Stepping Thrust**

Assume a right L-stance toward D.

- i. Move the left foot to C, forming a left L-stance toward D while thrusting with the left flat fingertip, and then execute a low twisting kick to D with the right foot.



- ii. Lower the right foot to C, forming a right L-stance toward D while thrusting with the right flat fingertip, and then execute a low twisting kick to D with the left foot.



**c. Spot-Turning**

**Assume a left L-stance toward D.**

Turn counter-clockwise pivoting with the right foot to form a right L-stance toward C while thrusting with the right flat fingertip.



Fixed stance flat fingertip downward thrust can be exercised in the same way.

## 7. L-Stance Downward Punch (*Niunja So Naeryo Jirugi*)

Both the method and procedure of exercise are the same as those of an L-stance flat fingertip downward thrust.

### a. Forward Stepping Punch



Side View



### b. Backward Stepping Punch



Rear Foot Stance



Rear foot stance downward punch can be exercised in the same way.

## 8. L-stance Upset Fingertip Low Thrust

*(Niunja So Dwijibun Sonkut Najunde Tulgi)*

### a. Spot Thrust

Close ready stance C.

- i. Move the left foot to B, forming a right L-stance toward B while thrusting to B with the right upset fingertip, and then bring the left foot to the right foot to form a close stance toward D while striking to C with the right back fist.



- ii. Move the right foot to A, forming a left L-stance toward A while thrusting to A with the left upset fingertip, and then bring the right foot to the left foot to form a close stance toward D while striking to C with the left back fist.

Side View



## **b. Forward Stepping Thrust**

### **Parallel ready stance**

- i. Move the left foot to D, forming a right L-stance toward D while thrusting to D with right upset fingertip, and then strike to D with the right upper elbow while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left L-stance toward D while thrusting to D with the left upset fingertip, and then strike to D with the left upper elbow while forming a right walking stance toward D, slipping the left foot.



**9. Sitting Stance Reverse Knife-Hand Low Front Block**  
*(Annun So Sonkaldung Najunde Ap Makgi)*

**a. Side Double Stepping Block Toward B**

**X-ready stance**

- i. Move the left foot to B to form a sitting stance toward D while blocking with the left reverse knife-hand, and then cross the right foot over the left foot, forming a left X-stance toward D while executing a twin side elbow thrust.
- ii. Repeat i.



**Ready Posture**



**b. Side Double Stepping Block Toward A**

- i. Move the right foot to A, forming a sitting stance toward D while blocking with the right reverse knife-hand, and then cross the left foot over the right foot to form a right X-stance toward D while executing a twin side elbow thrust.
- ii. Repeat i.





Bring the opposite finger belly on the back forearm at the moment of impact.



### c. Side Step-Turning

Assume a sitting stance toward D.

Move the left foot to A, turning counter-clockwise to form a sitting stance toward C while blocking with the left reverse knife-hand.

Clockwise turning is not logical.



**10. Walking Stance High Elbow Reverse Strike**  
*(Gunnun So Nopun Palkup Bandae Taerigi)*

**a. forward Stepping Strike**

**Parallel ready stance.**

- i. Move the left foot to D to form a left walking stance toward D while striking to D with the right high elbow, and then execute a downward strike with the left knife-hand while forming a right vertical stance toward D, pulling the left foot.



- ii. Move the right foot to D to form a right walking stance toward D while striking to D with the left high elbow, and then execute a downward strike with the right knife-hand while forming a left vertical stance toward D, pulling the right foot.



### **b. Spot-Turning**

**Assume a left walking stance toward D**

**Move the left foot on line CD and then turn clockwise to form a right walking stance toward C while striking to C with the left high elbow.**



**Side View**



**Bring the opposite palm to the side fist while keeping the body side facing the opponent at the moment of impact.**

## 11. Flying Consecutive Kick (*Twimyo Yonsok Chagi*)

### a. Front and Turning Kick

Left walking ready stance.

- i. Run and jump to execute a front snap kick to D and a turning kick to BD in succession with the right foot while flying toward D, then land to D forming a left L-stance toward D while executing a knife-hand guarding block.



- ii. Run and jump to execute a front snap kick to D and a turning kick to AD in succession with the left foot while flying toward D, then land to D forming a right L-stance toward D while executing a knife-hand guarding block.

### b. Reverse Hooking and Turning Kick

L-ready stance.

- i. Run and jump to execute a reverse hooking kick to AD and a turning kick to D in succession with the right foot while flying toward D, then land to D forming a left L-ready stance toward D.



- ii. Run and jump to execute a reverse hooking kick to BD and a turning kick to D in succession with the left foot while flying toward D, then land to D forming a right L-ready stance toward D.

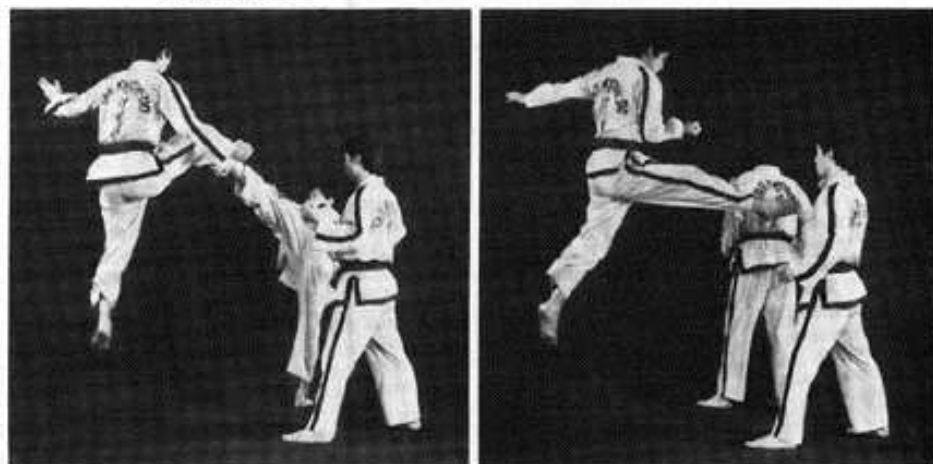
### c. Crescent and Middle Twisting Kick

#### L-ready stance

- i. Run and jump to execute a crescent kick to D and a middle twisting kick to BD in succession with the left foot while flying toward D, then land to D forming a right L-ready stance toward D.
- ii. Run and jump to execute a crescent kick to D and a middle twisting kick to AD in succession with the right foot while flying toward D, then land to D forming a left L-stance toward D.



#### Application



**12. Walking Stance Knife-Hand Low Reverse Inward Block**  
(*Gunnun So Sonkal Najunde Bandae Anuro Makgi*)

**a. Forward Stepping Block**

**Left walking ready stance.**

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left knife-hand, and then execute a reverse hooking kick to AD with the left foot.



- ii. Lower the left foot to D to form a left walking stance toward D while blocking to D with the right knife-hand, and then execute a reverse hooking kick to BD with the right foot.





### **b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the left knife-hand, and then execute a reverse hooking kick to AC with the right foot.
- ii. Lower the right foot to C to form a left walking stance toward D while blocking to D with the right knife-hand, and then execute a reverse hooking kick to C with the left foot.



### 13. Rear Foot Stance Middle Knuckle Fist High Punch

*(Dwitbal So Joongji Joomuk Nopunde Jirugi)*

The method of punching is the same as for an L-stance

#### a. Forward Stepping Punch

Left walking ready stance

- i. Move the right foot to D, forming a left rear foot stance toward D while punching to D with the right middle knuckle fist, and then thrust to D with the left flat fingertip while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D, forming a right rear foot stance toward D while punching to D with the left middle knuckle fist, and then thrust to D with the right flat fingertip while forming a left walking stance toward D, slipping the left foot.





## **b. Backward Stepping Punch**

Assume a right rear foot stance toward D.

- i. Move the left foot to C, forming a left rear foot stance toward D while punching to D with the right middle knuckle fist, and then thrust to D with the right flat fingertip while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C to form a right rear foot stance toward D while punching to D with the left middle knuckle fist, and then thrust to D with the left flat fingertip while forming a left walking stance toward D, slipping the right foot.



## 14. Walking Stance X-Knife-Hand Front Block (Gunnun So Kyocha Sonkal Ap Makgi)

### a. Forward Stepping Block

**Right walking ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute a right 9-shape block while shifting to C, maintaining the same stance toward D.
- ii. Move the right foot to D to form a right walking stance toward D while blocking, and then execute a left 9-shape block while shifting to C, maintaining the same stance toward D.



### b. Backward Stepping Block

- i. Move the left foot to C, forming a right walking stance toward D while blocking, and then execute a left 9-shape block while shifting to D, maintaining the same stance toward D.
- ii. Move the right foot to C, forming a left walking stance toward D while blocking, and then execute a right 9-shape block while shifting to D, maintaining the same stance toward D.



## 15. Rear Foot Stance Upset Fingertip Low Thrust (Dwitbal So Dwijibun Sonkut Najunde Tulgi)

The method of exercise is the same as that of an L-stance upset fingertip low thrust.

### a. Forward Stepping Thrust

Right walking ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while thrusting to D with the right upset fingertip, and then execute a high elbow strike forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while thrusting to D with the left upset fingertip, and then execute a high elbow strike while forming a right walking stance toward D, slipping the right foot.

### b. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a right rear foot stance toward C while thrusting to C with the right upset fingertip.



Application

## 16. L-Stance Upset Punch (*Niunja So Dwijibo Jirugi*)

### a. Forward Stepping Punch

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while punching to D with the right fist, and then execute a horizontal block with a twin palm while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left L-stance toward D while punching to D with the left fist, and then execute a horizontal block with a twin knife-hand while forming a right walking stance toward D, slipping the right foot.



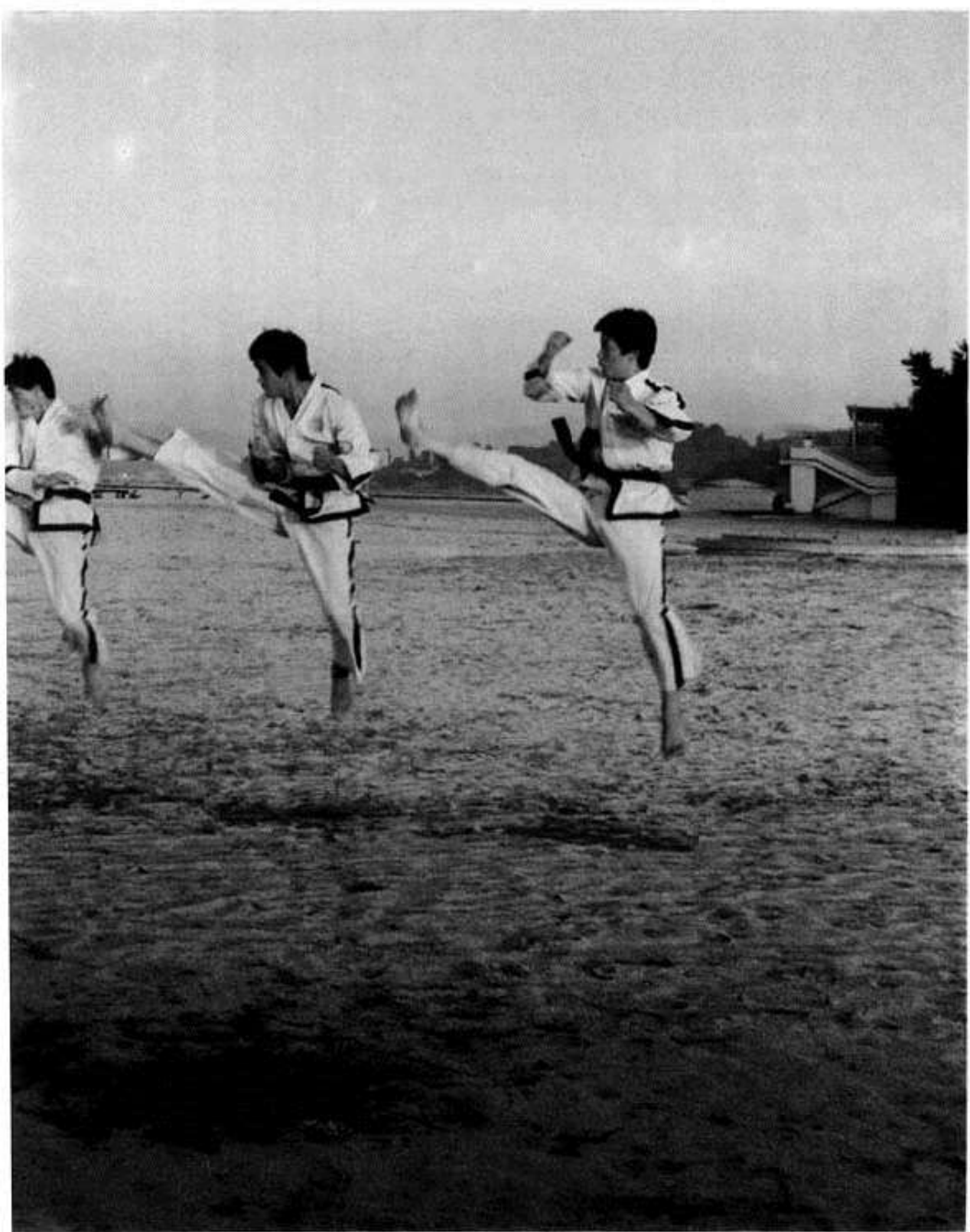
### **b. Forward Double Step-Turning**

**Assume a right walking stance toward D.**  
Move the left foot to D, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while punching to C with the right fist. Clockwise turning is not reasonable.









## 17. Side Thrusting Kick (*Yopcha Tulgi*)

### a. Forward Stepping Kick

Parallel ready stance

- i. Kick to D with the right foot, and then lower it to D in a jumping motion to form a right X-stance toward BD while striking to D with the right back fist.



- ii. Kick to D with the left foot, and then lower it to D in a jumping motion to form a left X-stance toward AD while striking to D with the left back fist.





**b. Side Stepping Kick Toward B**

- i. Kick to B with the left foot, and then lower it to B in a jumping motion to form a left X-stance toward BD while striking to B with the left back fist.
- ii. Repeat i.



The ball of the foot must be vertical to the target at the moment of impact.



**18. L-Stance Back Hand Downward Strike**  
*(Niunja So Sondung Naeryo Taerigi)*

**a. Forward Stepping Strike**

Left walking ready stance.

- i. Move the right foot to D in a stamping motion to form a left L-stance toward D while striking with the right back hand and then execute a front strike to D with the left back fist while forming a right walking stance toward D, slipping the left foot.



- ii. Move the left foot to D in a stamping motion to form a right L-stance toward D while striking with the left back hand, and then execute a front strike to D with the right back fist while forming a left walking stance toward D, slipping the right foot.



### b. Forward Step-Turning

Assume a right L-stance toward D.

Move the right foot to D turning counter-clockwise to form a right L-stance toward C while striking with the left back hand.

Clockwise turning is not reasonable.



- \* 1. The attacking tool must reach the target in a circular motion.
- 2. Keep the elbow slightly bent at the moment of impact.

Rear foot stance back hand can be exercised in the same way.



Rear foot stance



**19. X-Stance Flat Fingertip Inward Cross-Cut**  
*(Kyocha So Opun Sonkut Anuro Ghutgi)*

**a. Forward Jumping Cross-Cut**

**Right L-ready stance.**

- i. Move the right foot to D in a jumping motion to form a right X-stance toward D while executing a high cross-cut to D with the right flat fingertip, and then move the right foot to D, forming a left L-stance toward D while executing a knife-hand guarding block.



- ii. Move the left foot to D in a jumping motion to form a left X-stance toward D while executing a high cross-cut to D with the left flat fingertip, and then move the left foot to D, forming a right L-stance toward D at the same time executing a knife-hand guarding block.



## **b. Backward Jumping Cross-Cut**

**Assume a left L-stance toward D.**

- i. Jump to C to form a right X-stance toward D while executing a high cross-cut to D with the right flat fingertip, and then move the right foot to C, forming a right L-stance toward D while executing a knife-hand guarding block.
- ii. Jump to C to form a left X-stance toward D while executing a high cross-cut to D with the left flat fingertip, and then move the left foot to C, forming a left L-stance toward D while executing a knife-hand guarding block.



- \* 1. At the start of attacking, keep both palms faced each other.
2. Bring the opposite back hand under the elbow joint at the moment of impact.



## 20. Walking Stance Turning Punch (*Gunnun So Dollyo Jirugi*)

### a. Forward Stepping Punch

Sitting ready stance

- i. Move the left foot to D, forming a left walking stance toward D while punching with the right fist, and then execute a middle side front snap kick to D with the right foot.



Ready Posture



- ii. Lower the right foot to D, forming a right walking stance toward D while punching with the left fist, and then execute a middle side front snap kick to D with the left foot.



The fist must be stopped at the center of the attacker's body which is fully facing at the moment of impact.



#### **b. Forward Double Step-Turning**

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while punching with the left fist.

Counter-clockwise turning is not practical.





**21. X-Stance Twin Palm Front Block**  
*(Kyocha So Sang Sonbadak Ap Makgi)*

**a. Side Double Stepping Block Toward B**

Sitting ready stance.

- i. Cross the right foot over the left foot to form a left X-stance toward D while blocking, and then move the left foot to B, forming a sitting stance toward D while executing a high front block with the left palm.
- ii. Repeat i.



**b. Side Double Stepping Block Toward A**

- i. Cross the left foot over the right foot to form a right X-stance toward D while blocking and then move the right foot to A, forming a sitting stance toward D while executing a high front block with the right palm.
- ii. Repeat i.







### c. Side Double Step-Turning

Assume a left X-stance toward D.

Move the left foot to B, and then turn counter-clockwise to form a left X-stance toward C while blocking.

Clockwise turning is not practical.



## 22. Rear Foot Stance Upset Punch (*Dwitbal So Dwijibo Jirugi*)

### a. Forward Stepping Punch

**Left L-ready stance.**

- i. Move the left foot to D form a right rear foot stance toward D while punching to D with the right fist, and then execute a right 9-shape block while forming a left walking stance toward D, slipping the left foot.



**Ready Posture**



- ii. Move the right foot to D to form a left rear foot stance toward D while punching to D with the left fist, and then execute a left 9-shape block while forming a right walking stance toward D, slipping the right foot.



### b. Spot-Turning

Assume a left L-stance toward D.

Turn counter-clockwise, pivoting with the left foot to form a right rear foot stance while punching to C with the right fist.



- \* 1. At the start of punching, keep both back fists faced upward.
- 2. Bring the opposite side fist in front of the shoulder at the moment of impact.

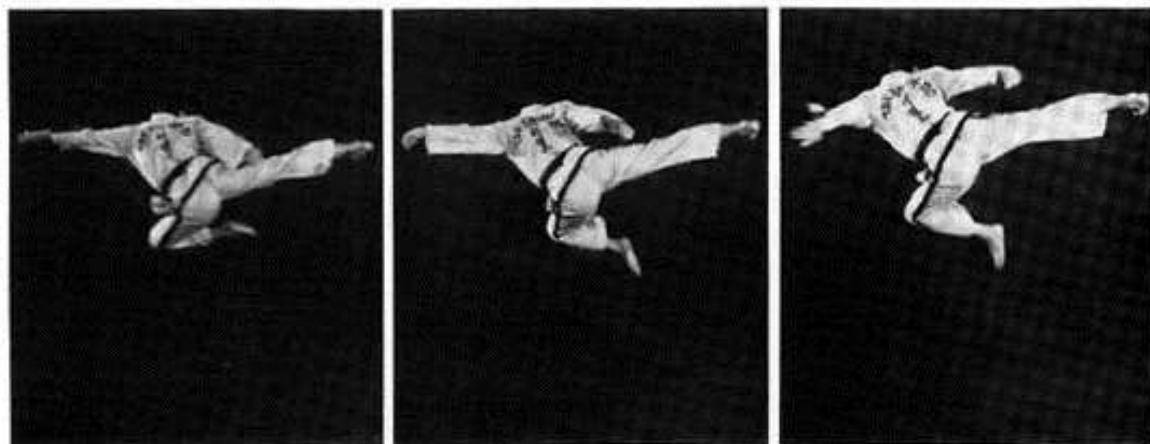


## 23. Flying Triple Side Kick (*Twimyo Samjung Yop Chagi*)

### a. Horizontal Kick

L-ready stance toward B.

- i. Run and jump to execute a side piercing kick to D three times in succession with the right foot while flying toward B, then land to B forming a sitting ready stance toward B.

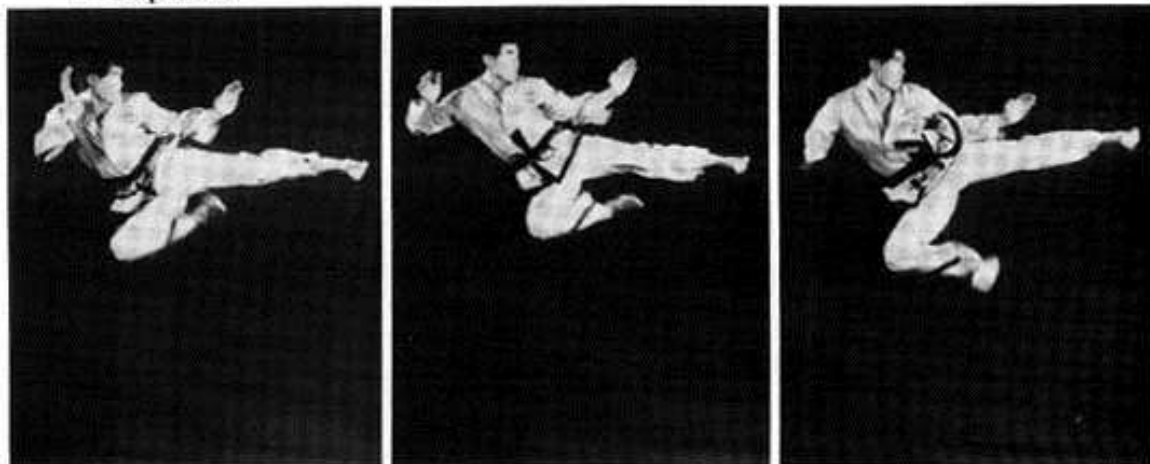


- ii. Run and jump to execute a side piercing kick to C three times in succession with the left foot while flying toward B, then land to B forming a sitting ready stance toward B.

### b. Vertical Kick

Parallel ready stance.

- i. Jump and kick to A three times in succession with the right or left foot while the body is in the air, then land on the same spot forming a sitting ready stance toward D.
- ii. Repeat i.



## 24. Rear Foot Stance Knife-Hand Downward Block (*Dwitbal So Sonkal Naeryo Makgi*)

The Method of blocking is the same as that of a rear foot stance forearm downward block.

### a. Forward Stepping Block

**Right walking ready stance.**

- i. Move the left foot to D to form a right rear foot stance toward D while blocking with the left knife-hand, and then execute a low inward block with the right knife-hand while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left rear foot stance toward D while blocking with the right knife-hand, and then execute a low inward block with the left knife-hand while forming a right walking stance toward D, slipping the right foot.



## **b. Backward Stepping Block**

- i. Move the left foot to C, forming a left rear foot stance toward D while blocking with the right knife-hand, and then execute a low inward block with the right knife-hand while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C to form a right rear foot stance toward D while blocking the left knife-hand, and then execute a low inward block with the left knife-hand while forming a left walking stance toward D, slipping the right foot.

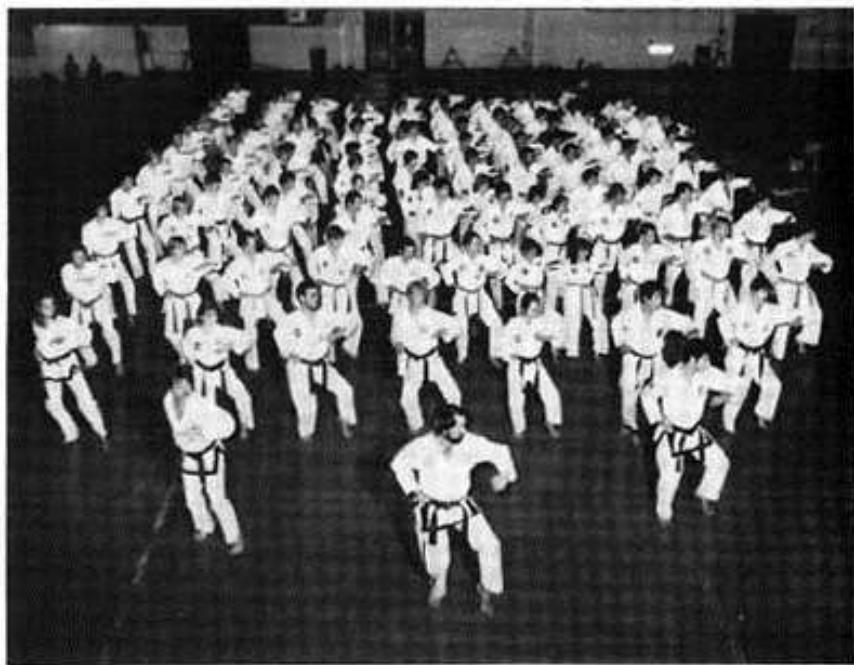


**c. Forward Double Step-Turning**

**Assume a left rear foot stance toward D.**

Move the left foot to D turning clockwise pivoting with the left foot to form a right rear foot stance toward C while blocking with the left knife-hand.

Counter-clockwise turning is not reasonable.





## 25. X-Stance Crescent Punch (*Kyocha So Bandae Jirugi*)

### a. Forward Jumping Punch

#### Right L-ready stance

- i. Move the right foot to D in a jumping motion to form a right X-stance toward D while executing a high crescent punch with the right fist, and then move the right foot to D, forming a left L-stance toward D while executing a knife-hand low guarding block in a circular motion.



- ii. Move the left foot to D in a jumping motion to form a left X-stance toward D while executing a high crescent punch with the left fist, and then move the left foot to D, forming a right L-stance toward D while executing a knife-hand low guarding block in a circular motion.





### **b. Backward Jumping Punch**

- i. Move the right foot to C in a jumping motion to form a right X-stance toward D while executing a high crescent punch with the right fist, and then move the right foot to C, forming a right L-stance toward D while executing a knife-hand low guarding block in a circular motion.
- ii. Move the left foot to C in a jumping motion to form a left X-stance toward D while executing a high crescent punch with the left fist, and then move the left foot to C, forming a left L-stance toward D while executing a knife-hand low guarding block in a circular motion.



## 26. Sweeping Kick (*Suroh Chagi*)

### a. Forward Stepping Kick

Right L-ready stance.

- i. Kick to D with the right side sole, and then lower it to D, forming a right fixed stance toward D while executing a U-shape block to D.



- ii. Kick to D with the left side sole, and then lower it to D, forming a left fixed stance toward D while executing a U-shape block to D.



**b. Backward Step Turning**

Kick to C with the right side sole while turning counter-clockwise. Clockwise turning is not realistic.



## 27. Walking Stance Back Fist Reverse Front Strike (Gunnun So Dung Joomuk Bandae Ap Taerigi)

### a. Forward Stepping Strike

Right walking ready stance

- i. Move the left foot to D, forming a left walking stance toward D while striking to D with the right back fist, and then execute a U-shape grasp while forming a right L-stance toward D, pulling the left foot.



- ii. Move the right foot to D to form a right walking stance toward D while striking to D with the left back fist, and then execute a U-shape grasp while forming a left L-stance toward D, pulling the right foot.



### **b. Backward Stepping Strike**

- i. Move the right foot to C to form a left walking stance toward D while striking to D with the right back fist, and then execute a U-shape grasp while forming a right L-stance toward D, pulling the right foot.
- ii. Move the left foot to C, forming a right walking stance toward D while striking to D with the left back fist, and then execute a U-shape grasp while forming a left L-stance toward D, pulling the left foot.



### **c. Spot-Turning**

Turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while striking to C with the right back fist.



**28. Walking Stance Flat Fingertip Reverse Thrust**  
*(Gunnun So Opun Sonkut Bandae Tulgi)*

**a. Forward Stepping Thrust**

**Parallel ready stance**

- i. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the right flat fingertip, and then execute a pressing block with an X-fist, maintaining the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while thrusting to D with the left flat fingertip, and then execute a pressing block with an X-fist, maintaining the same stance toward D.



### **b Backward Step-Turning**

Move the left foot to C turning counter-clockwise to form a left walking stance toward C while thrusting to C with the right flat fingertip.

Clockwise turning is not logical.



Low stance flat fingertip reverse thrust can be exercised in the same way.



**Low Stance**





## 29. Walking Stance Double Finger Reverse Thrust (Gunnun So Doo Sonkarak Bandae Tulgi)

### a. Forward Stepping Thrust

Parallel ready stance

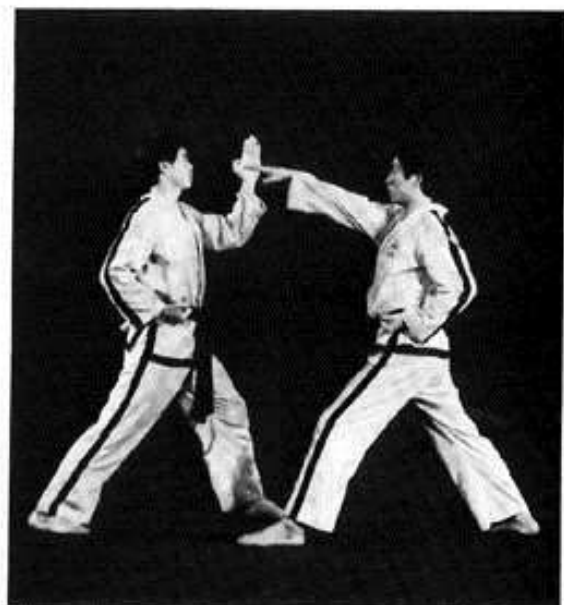
- i. Move the left foot to D, forming a left walking stance toward D while thrusting with the right double finger, and then execute a sweeping kick to D with the right side sole.



- ii. Lower the right foot to D to form a right walking stance toward D while thrusting to D with the left double finger, and then execute a sweeping kick to D with the left side sole.







### **b. Backward Stepping Thrust**

- i. Move the right foot to C, forming a left walking stance toward D while thrusting to D with the right double finger, and then execute a U-shape block while forming a right rear foot stance toward D, pulling the left foot.
- ii. Move the left foot to C to form a right walking stance toward D while thrusting to D with the left double finger, and then execute a U-shape block while forming a left rear foot stance toward D, pulling the right foot.



### 30. Walking Stance Double Finger Obverse Thrust (Gunnun So Doo Sonkarak Baro Tulgi)

#### a. Forward Stepping Thrust

Left walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while thrusting to D with the right double finger, and then execute a side back strike to C with the right back fist, maintaining the same stance toward D.



- ii. Move the left foot to D to form a left walking stance toward D while thrusting to D with the left double finger, and then execute a side back strike to C with the left back fist, maintaining the same stance toward D.



Side View



### 31. Walking Stance Straight Fingertip Reverse Thrust (Gunnun So Sun Sonkut Bandae Tulgi)

#### a. Forward Stepping Thrust

Close ready stance B.

- i. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the right straight fingertip, and then execute a front snap kick to D with the right knee.



- ii. Lower the right foot to D to form a right walking stance toward D while thrusting to D with the left straight fingertip, and then execute a front snap kick to D with the left knee.

#### b. Spot-Turning

Assume a right walking stance toward D.

Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a left walking stance toward C while thrusting to C with the right straight fingertip.



### 32. Sitting Stance Side Punch (*Annun So Yop Jirugi*)

#### a. Side Stepping Punch Toward A

Close ready stance C.

- i. Move the right foot to A, forming a sitting stance toward D while punching to A with the right fist, and then bring the left foot to the right foot to form a close stance toward D while executing a crescent punch with the right fist.
- ii. Repeat i.



#### b. Side Stepping Punch Toward B

- i. Move the left foot to B, forming a sitting stance toward D while punch to B with the left fist, and then bring the right foot to the left foot to form a close stance toward D while executing a crescent punch with the left fist.
- ii. Repeat i.

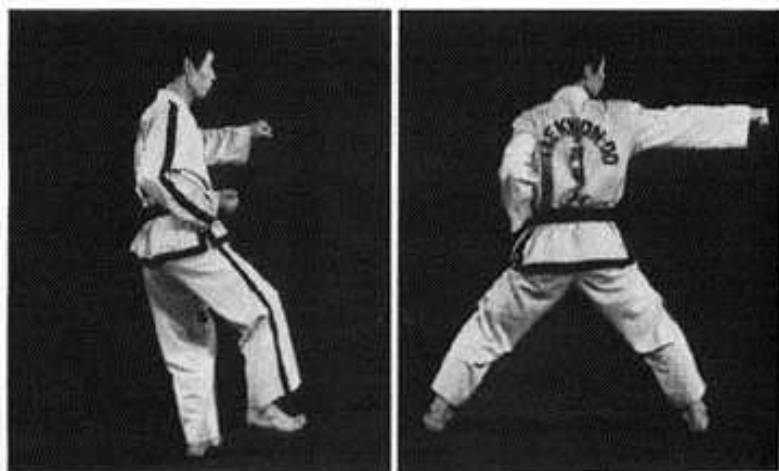


**b. Side Step-Turning**

**Assume a sitting stance toward D.**

Move the right foot to B turning counter-clockwise to form a sitting stance toward C while punching to B with the right fist.

Clockwise turning is not practical.



At the start of punching, keep the side fist faced downward.



### 33. Sitting Stance Flat Fingertip Side Thrust (*Annun So Opun Sonkut Yop Tulgi*)

Both the method and procedure of exercise are the same as for sitting stance side punch.

#### a. Side Stepping Thrust Toward A



Front View



#### b. Side Stepping Thrust Toward B





### 34. Walking Stance Fingertip Downward Thrust (Gunnun So Sonkut Naeryo Tulgi)

#### Forward Stepping Thrust

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while thrusting with the right fingertip, and then execute a side piercing kick to D with the right foot.



- ii. Lower the right foot to D to form a right walking stance toward D while thrusting with the left fingertip, and then execute a side piercing kick to D with the left foot.

Keep the back hand faced front at the moment of impact.





### 35. Side Turning Kick (*Yop Dollyo Chagi*)

#### a. Side Stepping Kick Toward B

Parallel ready stance.

- i. Execute a middle turning kick to B with the right foot, and then lower it to A, turning counter-clockwise to form a ready posture toward D.



- ii. Execute a middle turning kick to A with the left foot, and then lower it to B, turning clockwise to form a ready posture toward D.



**b. Forward Stepping Kick**

- i. Execute a middle turning kick to D with the right foot, and then lower it to D, forming a right walking stance toward D while executing a wedging block to D with the outer forearm.



- ii. Execute a middle turning kick to D with the left ball of the foot, and then lower it to D, forming a left walking stance toward D while executing a wedging block to D with the outer forearm.



**36. Rear Foot Stance Knife-Hand Inward Block**  
(*Dwitbal So Sonkal Anuro Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then execute a downward punch with the right fist while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then execute a downward punch with the left fist while forming a right walking stance toward D, slipping the right foot.

- \* 1. At the start of blocking, keep the palm faced the opponent.
- 2. Keep the back fist full facing the opponent at the moment of block.



**b. Backward Stepping Block**

- i. Move the left foot to C, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then execute a downward punch with the left fist while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then execute a downward punch with the right fist while forming a left walking stance toward D, slipping the right foot.



**c. Forward Double Step-Turning**

Move the right foot to D, and then turn counter-clockwise, pivoting with the right foot to form a left rear foot stance toward C while blocking to C with the right knife-hand. Clockwise turning is not logical.



**37. Rear Foot Stance Forearm Inward Block**  
(*Dwitbal So Palmok Anuro Makgi*)

The method of blocking is the same as for a rear foot stance knife-hand inward block.

**Forward Stepping Block**

Right walking ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left forearm, and then execute an upset punch to D with the right middle knuckle fist while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D with the right forearm, and then execute an upset punch to D with the left middle knuckle fist while forming a left walking stance toward D, slipping the left foot.



**38. L-Stance Palm Inward Block**  
(*Niunja So Sonbadak Anuro Makgi*)

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left palm, and then bring the right foot to the left foot, forming a close stance toward D while executing a high crescent punch with a twin fore-knuckle fist.



- ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right palm, and then bring the left foot to the right foot to form a close stance toward D while executing a high crescent punch with a twin fore-knuckle fist.





### **b. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left palm, and then bring the left foot to the right foot to form a close stance toward D while executing a high crescent punch with a twin fore-knuckle fist.
- ii. Move the left foot to c, forming a left L-stance toward D while blocking to D with the right palm, and then bring the right foot to the left foot to form a close stance toward D while executing a high crescent punch with a twin fore-knuckle fist.



Both the method and procedure of exercise for a fixed stance palm inward block are the same.

Rear foot stance palm inward block can be exercised in the same way.



**Rear foot stance**

**39. Walking Stance Knife-Hand Obverse Front Strike**  
*(Gunnun So Sonkal Baro Ap Taerigi)*

**Forward Stepping Strike**

**Left walking ready stance.**

- i. Move the right foot to D, forming a right walking stance toward D while striking to D with the right knife-hand, bringing the left back hand in front of the forehead.



**Side View**



- ii. Move the left foot to D, forming a left walking stance toward D while striking to D with the left knife-hand, bringing the right back hand in front of the forehead.





**40. Walking Stance Twin Knife-Hand Horizontal Strike**  
(*Gunnun So Sang Sonkal Soopyong Taerigi*)

**a. Forward Stepping Strike**

Parallel ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while striking, and then punch to D with the left open fist, maintaining the same stance toward D.
- ii. Move the left foot to D to form a left walking stance toward D while striking, and then punch to D with the right open fist, maintaining the same stance toward D.



**b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D while striking, and then punch to D with the left open fist, maintaining the same stance toward D.



- ii. Move the right foot to C to form a left walking stance toward D while striking, and then punch to D with the right open fist, maintaining the same stance toward D.

**c. Backward Double Step-Turning**

Move the left foot to C, and then turn clockwise or counter-clockwise, pivoting with the left foot to form a right walking stance toward C while striking.



Counter-clockwise



Clockwise

Top View

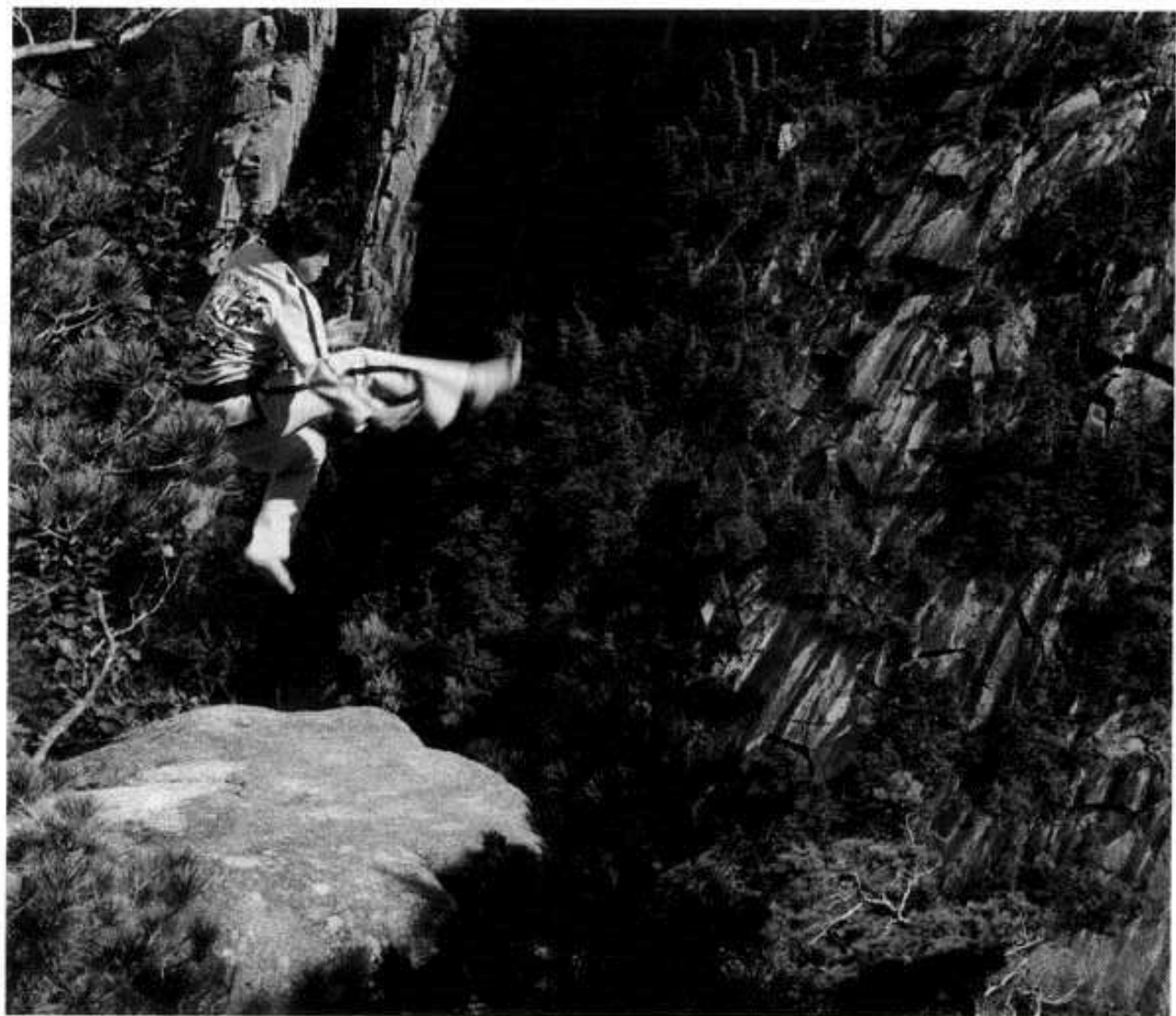


**41. Walking Stance Twin Side Fist Horizontal Strike**  
*(Gunnun So Sang Yop Joomuk Soopyong Taerigi)*

Both the method and procedure of exercise are the same as those of walking stance twin knife-hand horizontal strike.

**Forward Stepping Strike**







## 42. Hooking Kick (*Golcho Chagi*)

### a. Forward Stepping Kick

Right walking ready stance.

- i. Kick to D with the left foot, and then lower it to D in a stamping motion to form a right L-stance toward D while executing a high outward cross-cut to D with the left flat fingertip.



- ii. Kick to D with the right foot, and then lower it to D in a stamping motion, forming a left L-stance toward D while executing a high outward cross-cut to D with the right flat fingertip.



**b. Backward Stepping Kick**

- i. Kick to A with the right foot, and then lower it to C to form a right L-stance toward D while executing a high outward cross-cut to D with the left flat fingertip.



- ii. Kick to B with the left foot, and then lower it to C, forming a left L-stance toward D while executing a high cross-cut to D with the right flat fingertip.



**43. Walking Stance Back Fist Reverse Side Front Strike**  
(*Gunnun So Dung Joomuk Bandae Yobap Taerigi*)

**a. Forward Stepping Strike**

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking the left palm with the right back fist, and then execute an X-knife-hand checking block while forming a right L-stance toward D, pulling the right foot.



- ii. Move the right foot to D, forming a right walking stance toward D while striking the right palm with the left back fist, and then execute an X-knife-hand checking block while forming a left L-stance toward D, pulling the left foot.



## **b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D while striking the right palm with the left back forearm, and then execute an X-knife-hand checking block while forming a left L-stance toward D, pulling the right foot.
- ii. Move the right foot to C to form a left walking stance toward D while striking the left palm with the right back forearm, and then execute an X-knife-hand checking block while forming a right L-stance toward D, pulling the left foot.



**44. X-Stance Back Fist Side Front Strike**  
*(Kyocha So Dung Joomuk Yobap Taerigi)*

**a. Side Stepping Strike Toward B.**

**Sitting ready stance.**

- i. Cross the right foot over the left foot to form a left X-stance toward D while striking the left palm with the right back fist, and then move the left foot to B, forming a sitting stance toward D while executing a low front block with the left knife-hand, bringing the right finger belly on the left under forearm.
- ii. Repeat i.



Ready Posture



**b. Side Stepping Strike Toward A**

- i. Cross the left foot over the right foot to form a right X-stance toward D while striking the right palm with the left back fist, and then move the right foot to A, forming a sitting stance toward D while executing a low front block with the right knife-hand, bringing the left finger belly on the right under forearm.
- ii. Repeat i.





### c. Side Step-Turning

Assume a sitting stance toward D.

Move the right foot to A, turning counter-clockwise to form a right X-stance toward C while striking the left palm with the right back fist.

Clockwise turning is not reasonable.



#### 45. Walking Stance Double Forearm Reverse Block (Gunnun So Doo Palmok Bandae Makgi)

##### a. Forward Stepping Block

Left walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left double forearm, and then punch to D with the right fist while shifting to C, maintaining the same stance toward D.



- ii. Move the left foot to D, forming a left walking stance toward D while blocking to D with the right double forearm, and then punch to D with the left fist while shifting to C, maintaining the same stance toward D.







#### **b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the left double forearm, and then punch to D with the right fist while shifting to D, maintaining the same stance toward D.
- ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the right double forearm, and then punch to D with the left fist while shifting to D, maintaining the same stance toward D.



**c. Backward Double Step-Turning**

**Assume a right walking stance toward D.**

Move the right foot to C, and then turn clockwise, pivoting with the right foot to form a left walking stance toward D while blocking to D with the right double forearm.

Counter-clockwise turning is not logical.



**Keep both back fists faced upward at the start of blocking.**



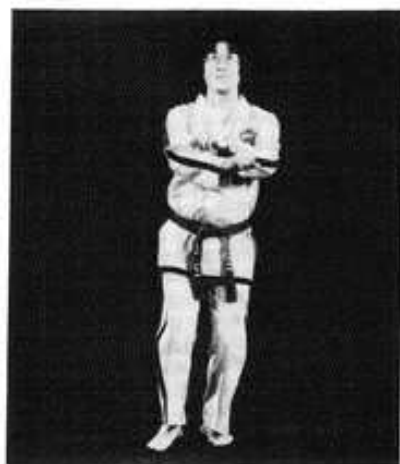
**46. Sitting Stance Back Hand Horizontal Strike**  
(*Annun So Sondung Soopyong Taerigi*)

**a. Side Stepping Strike Toward A**

**X-ready stance.**

- i. Move the right foot to A, forming a sitting stance toward D while striking to A with the right back hand, and then cross the left foot over the right foot to form a right X-stance toward D while executing a low front block with the right knife-hand, bringing the left palm to the right knife-hand.

ii. Repeat i



**b. Side Stepping Strike Toward B.**

- i. Move the left foot to B, forming a sitting stance toward D while striking to B with the left back hand, and then cross the right foot over the left foot to form a left X-stance toward D while executing a low front block with the left knife-hand, bringing the right palm to the left knife-hand.

ii. Repeat i.



**47. X-Stance Twin Fist Upset Punch**  
*(Kyocho So Sang Joomuk Dwijibo Jirugi)*

**a. Side Stepping Punch Toward B**

**Sitting ready stance.**

- i. Cross the right foot over the left foot, forming a left X-stance toward D while punching to D, and then move the left foot to B to form a sitting stance toward D while executing a twin elbow horizontal thrust.
- ii. Repeat i.



**b. Side Stepping Punch Toward A**

- i. Cross the left foot over the right foot, forming a right X-stance toward D while punching to D, and then move the right foot to A to form a sitting stance toward D while executing a twin elbow horizontal thrust.
- ii. Repeat i.



## **b. Forward Jumping Punch**

**Left walking ready stance.**

- i. Move the right foot to D in a jumping motion to form a right X-stance toward D while punching to D, and then move the right foot to D to form a right walking stance toward D while blocking to BD with a double arc-hand.



- ii. Move the left foot to D in a jumping motion to form a left X-stance toward D while punching to D, and then move the left foot to D to form a left walking stance toward D while blocking to AD with a double arc-hand.



#### 48. Crescent Kick (*Bandal Chagi*)

##### a. Forward Stepping Kick

Right walking ready stance.

- i. Kick to the right palm with the left foot, and then lower it to D, forming a sitting stance toward A while striking to D with the left back hand.



- ii. Kick to the left palm with the right foot, and then low2 it to D, forming a sitting stance toward B while striking to D with the right back hand.





**b. Side Stepping Kick Toward A**

- i. Kick to the right palm with the left foot, and then lower it to A, forming a sitting stance toward C while striking to A with the left back hand.
- ii. Kick to the left palm with the right foot, and then lower it to A to form a sitting stance toward D while striking to A with the right back hand.





#### 49. Walking Stance Twin Fist Middle Vertical Punch

*(Gunnun So Sang Joomuk Kaunde Sewo Jirugi)*

##### a. Forward Stepping Punch

Parallel ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while punching to D, and then execute a downward block with the right forearm while forming a left L-stance toward D, pulling the right foot.



- ii. Move the left foot to D to form a left walking stance toward D while punching to D, and then execute a downward block with the left forearm while forming a right L-stance toward D, pulling the left foot.



### **b. Backward Stepping Punch**

- i. Move the left foot to C, forming a right walking stance toward D while punching to D, and then execute a downward block with the right knife-hand while forming a left L-stance toward D, pulling the right foot.



- ii. Move the right foot to C, forming a left walking stance toward D while punching to D, and then execute a downward block with the left knife-hand while forming a right L-stance toward D, pulling the left foot.

### **c. Spot-Turning**

Move the left foot on line CD, and then turn clockwise to form a right walking stance toward C while punching to C.



**50. L-Stance Forearm Obverse Low Block**  
*(Niunja So Palmok Baro Najunde Makgi)*

**a. Forward Stepping Block**

**Right L-ready stance.**

- i. Move the right foot to D, forming a left L-stance toward D while blocking to D with the left forearm, and then execute a front block with the right knife-hand while forming a right walking stance toward D, slipping the left foot.



- ii. Move the left foot to D, forming a right L-stance toward D while blocking to D with the right forearm, and then execute a front block with the left knife-hand while forming a left walking stance toward D, slipping the right foot.



**b. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while blocking with the right forearm, and then execute a downward block with an X-knife-hand while forming a left walking stance toward D, slipping the left foot.
- ii. Move the left foot to C, forming a left L-stance toward D while blocking with the left forearm, and then execute a downward block with an X-knife-hand while forming a right walking stance toward D, slipping the right foot.



This block must always be accompanied by an inner forearm middle side block.

Rear foot stance forearm obverse low block can be exercised in the same way.



**Rear Foot Stance**



**51. L-Stance Knife-Hand Obverse Low Outward Block**  
*(Niunja So Sonkal Baro Najunde Bakuro Makgi)*

Both the Method and procedure of exercise remain the same as those of an L-stance forearm obverse low block.

**Forward Stepping Block.**



**Side View**



Rear foot stance knife-hand obverse low block can be exercised in the same way.

**Rear foot Stance**



## 52. L-Stance Double Forearm Block (*Niunja So Doo Palmok Makgi*)

### a. Forward Stepping Block

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left double forearm, and then execute a low block with the right forearm, keeping the left forearm as it was while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right double forearm, and then execute a low block with the left forearm, keeping the right forearm as it was while forming a right walking stance toward D, slipping the left foot.





## **b. Backward Stepping Block**

- i. Move the left foot to C, forming a left L-stance toward D while blocking to D with the right double forearm, and then execute a low block with the left forearm, keeping the right forearm as it was while forming a right walking stance toward D, slipping the right foot.



**Keep both back fists faced upward  
at the start of blocking.**

- ii. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left double forearm, and then execute a low block with the right forearm, keeping the left forearm as it was while forming a left walking stance toward D, slipping the left foot.





**c. Backward Double Step-Turning**

Assume a right L-stance toward D.

Move the left foot to C, and then turn clockwise pivoting with the left foot turning to form a left L-stance toward C while blocking to C with the right double forearm.

Counter-clockwise turning is not reasonable.



**53. Rear Foot Stance Double Forearm Block**  
*(Dwitbal So Doo Palmok Makgi)*

Both the method and procedure of exercise are the same as those of an L-stance double forearm block.



## 54. L-Stance Flat Fingertip Obverse Thrust

*(Niunja So Opun Somkut Baro Tulgi)*

### a. Forward Stepping Thrust

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while thrusting to D with the right flat fingertip, and then execute a hooking kick to D with the right foot.



- ii. Lower the right foot to D to form a left L-stance toward D while thrusting to D with the left flat fingertip, and then execute a hooking kick to D with the left foot.





#### b. Forward Double Step-Slide Turning

Move the left foot to D, and then the right foot to D in a sliding motion turning counter-clockwise to form a right L-stance toward C while thrusting to C with the right flat fingertip. Clockwise turning is not reasonable.



## 55. Flying Reverse Hooking Kick (*Twimyo Bandoe Dollyo Goro Chagi*)

### Forward Flying Kick

#### Right L-ready stance.

- i. Jump to execute a reverse hooking kick to D with the right foot while flying, and then land to D, forming a left L-stance toward D while executing a forearm guarding block.



- ii. Jump to execute a reverse hooking kick to D with the left foot while flying, and then land to D to form a right L-stance toward D while executing a forearm guarding block.



## 56. Flying Crescent Kick (*Twimyo Bandal Chagi*)

### Forward Flying Kick

Right rear foot stance forearm guarding block.

- i. Jump to execute a crescent kick to D with the right foot while flying, and then land to D, forming a left X-stance toward D while executing a twin knife-hand horizontal strike.



- ii. Jump to execute a crescent kick to D with the left foot while flying, and then land to D, forming a right X-stance toward D while executing a twin knife-hand horizontal strike.



## 57. Middle Twisting Kick (*Kaunde Bituro Chagi*)

### a. Forward Stepping Kick

Left walking ready stance.

- i. Kick to A with the right foot, and then lower it to D in a stamping motion to form a right walking stance toward D at the same time executing a high inward cross-cut to D with the right flat fingertip.



- ii. Kick to B with the left foot, and then lower it to D in a stamping motion to form a left walking stance toward D while executing a high inward cross-cut to D with the left flat fingertip.





**b. Backward Stepping Kick.**

- i. Kick to B with the left foot, and then lower it to C, forming a right walking stance toward D while executing a high inward cross-cut to D with the right flat fingertip.
- ii. Kick to A with the right foot, and then lower it to C, forming a left walking stance toward D while executing a high inward cross-cut to D with the left flat fingertip.



Side View





**58. Consecutive Kick (*Yonsok Chagi*)**

**a. Side Piercing and Reverse Turning Kick**  
(*Yopcha Jirugi wa Bandae Dollyo Chagi*)

**Side Stepping Kick Toward B.**

**Close stance with a heaven hand.**

- i. Execute a side piercing kick to A and a reverse turning kick to B in succession with the right foot in a slow motion then lower it to B, forming a left L-ready stance toward B.



- ii. Execute a side piercing kick to A and a reverse turning kick to B in succession with the left foot in a slow motion, then lower it to B, forming a right L-ready stance toward B.



**b. Reverse Hooking and Side Piercing Kick**  
*(Banda-e Dollyo Goro Chagi wa Yopcha Jirugi)*

**Forward Stepping Kick**

**Right L-ready stance**

1. Execute a reverse hooking kick to D and a side piercing kick to D in succession with the right foot, then lower it to D, forming a left L-ready stance toward D.



- ii. Execute a reverse hooking kick to D and a side piercing kick to D in succession with the left foot, then lower it to D, forming a right L-ready stance toward D.



c. **Back Piercing and Turning Kick** (*Dwitcha Jirugi wa Dollyo Chagi*)

**Forward Stepping Kick**

**Left L-ready stance**

- i. Execute a back piercing kick to C and a turning kick to AD in succession with the right foot, then lower it to D, forming a right walking ready stance toward D.



- ii. Execute a back piercing kick to C and a turning kick to BD in succession with the left foot, then lower it to D, forming a left walking ready stance toward D.



d. **Front Snap and Hooking Kick** (*Apcha Busigi wa Golcho Chagi*)

**Forward Stepping Kick**

**Right L-ready stance.**

- i. Execute a front snap kick to D and a hooking kick to AD in succession with the right foot, then lower it to D, forming a left rear foot stance toward D at the same time executing a horizontal strike to D with the right back fist.



- ii. Execute a front snap kick to D and a hooking kick to BD in succession with the left foot, then lower it to D, forming a right rear foot stance toward D while executing a horizontal strike to D with the left back fist.



**e. Crescent and Middle Twisting Kick**  
*(Bandal Chagi wa Kaunde Bituro Chagi)*  
**Forward Stepping Kick**

**Left L-ready stance.**

- i. Execute a crescent kick to D and a middle twisting kick to B in succession with the left foot, then lower it to D, forming a right L-stance toward D while executing a high inward cross-cut with the left flat fingertip.



- ii. Execute a crescent kick to D and a middle twisting kick to A in succession with the right foot, then lower it to D, forming a left L-stance toward D while executing a high inward cross-cut with the right flat fingertip.



**f. Flying Reverse Hooking and Turning Kick**  
*(Twimyo Bandae Dollyo Goro Chagi wa Dollyo Chagi)*

**Forward Flying Kick**

**Left L-ready stance.**

- i. Jump to execute a reverse hooking kick to A and a turning kick to D in succession with the right foot while flying, and then land to D forming a left L-stance toward D while executing an X knife-hand checking block.



- ii. Jump to execute a reverse hooking kick to B and a turning kick to D in succession with the left foot while flying, and then land to D forming a right L-stance toward D while executing an X-knife-hand checking block.



**g. Flying Crescent and Side Piercing Kick**  
*(Twimyo Bandal Chagi Wa Yopcha Jirugi)*

**Forward Flying Kick**

**Right L-ready stance.**

- i. Jump to execute a crescent kick and a side piercing kick to D in succession with the right foot while flying, and then land to D, forming a left L-stance toward D while executing a knife-hand guarding block.



- ii. Jump to execute a crescent kick and a side piercing kick to D in succession with the left foot while flying, and then land to D to form a right L-stance toward D while executing a knife-hand guarding block.





**59. Walking Stance Arc-Hand Obverse Crescent Strike**  
(*Gunnun So Bandalson Baro Taerigi*)

**a. Forward Stepping Strike**

Parallel ready stance

- i. Move the right foot to D, forming a right walking stance toward D while striking with the right arc-hand, and then execute a high turning kick to D with the left instep.



- ii. Lower the left foot to D, forming a left walking stance toward D while striking with the left arc-hand, and then execute a high turning kick to D with the right instep.



**b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D while striking with the right arc-hand, and then execute a hooking kick to A with the right foot.



- ii. Lower the right foot to C to form a left walking stance toward D while striking with the left arc-hand, and then execute a hooking kick to B with the left foot.



### c. Backward Double Step-Turning

Move the left foot to C, and then turn counter-clockwise, pivoting with the left foot to form a right walking stance toward C while executing a crescent strike with the right arc-hand. Clockwise turning is not logical.



## 60. Walking Stance Arc-Hand Strike

*(Gunnun So Bandalson Taerigi)*

### a. Forward Stepping Strike

Right walking ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while striking to D with a right arc-hand, and then execute a downward block with a twin palm while forming a right L-stance toward D, pulling the left foot.



- ii. Move the right foot to D, forming a right walking stance toward D while striking to D with a left arc-hand, and then execute a downward block with a twin palm while forming a left L-stance toward D, pulling the right foot.





### **b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D, while striking to D with the left arc-hand, and then execute a downward block with a twin knife-hand while forming a left L-stance toward D, pulling the right foot.
- ii. Move the right foot to C, forming a left walking stance toward D while striking to D with the right arc-hand, and then execute a downward block with a twin knife-hand while forming a right L-stance toward D, pulling the left foot.



**61. Rear Foot Stance Back Fist Downward Strike**  
(*Dwitbal So Dung Joomuk Naeryo Taerigi*)

**a. Forward Stepping Strike**

**Right L-ready stance.**

- i. Move the right foot to D to form a left rear foot stance toward D while striking with the right back fist, and then punch to the right palm with the left fist while forming a left L-stance toward D, slipping the right foot.



- ii. Move the left foot to D, forming a right rear foot stance toward D while striking with the left back fist, and then punch to the left palm with the right fist while forming a right L-stance toward D, slipping the left foot.



- \* 1. At the start of striking, keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other.
2. Keep the elbow slightly bent at the moment of impact.



#### b. Forward Step-Turning

Move the left foot to D turning clockwise to form a left rear foot stance toward C while striking with the right back fist. Counter-clockwise turning is not logical.

L-Stance back fist downward strike can be exercised in the same way.





## 62. Rear Foot Stance Knife-Hand Low Outward Block

*(Dwitbal So Sonkal Najunde Bakuro Makgi)*

### a. Forward Stepping Block

Right walking ready stance

- i. Move the left foot to D to form a right rear foot stance toward D while blocking to D with the left knife-hand, and then execute a crescent punch with the right fist while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left rear foot stance toward D while blocking to D with the right knife-hand, and then execute a crescent punch with left fist while forming a right walking stance toward D, slipping the right foot.



## **b. Backward Stepping Block**

- i. Move the left foot to C to form a left rear foot stance toward D while blocking to D with the right knife-hand, and then execute a crescent punch with the left fist while forming a right walking stance toward D, slipping the left foot.



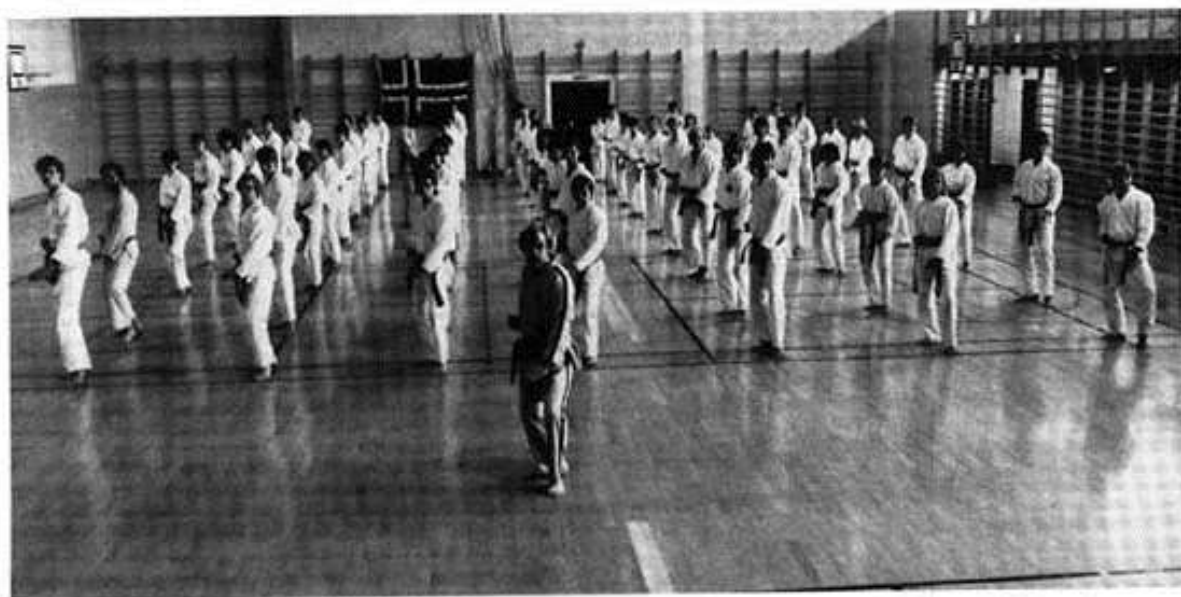
- ii. Move the right foot to C to form a right rear foot stance toward D while blocking to D with the left knife-hand, and then execute a crescent punch with the right foot while forming a left walking stance toward D, slipping the left foot.



### c. Forward Double Step-Turning

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a left rear foot stance toward C while blocking to C with the right knife-hand.

Counter-clockwise turning is not reasonable.



**63. L-Stance Knife-Hand Low Outward Block**  
*(Niunja So Sonkal Najunde Bakuro Makgi)*

Both the method and procedure of exercise are the same as for a rear foot stance knife-hand outward block.

**a. Forward Stepping Block**



Side View



**b. Backward Step-Turning**

**Assume a right L-stance toward D.**

Move the right foot to C turning counter-clockwise to form a right L-stance toward C while executing a low outward block to C with the left knife-hand.

Clockwise turning is not logical.



At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking one on the other.

**64. L-Stance Knife-Hand Reverse Low Inward Block**  
(*Niunja So Sonkal Bandae Najunde Anuro Makgi*)

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left knife-hand, and then execute a crescent kick to with the right foot.



- ii. Lower the right foot to D to form a left L-stance toward D while blocking to D with the right knife-hand, and then execute a crescent kick to D with the left foot.



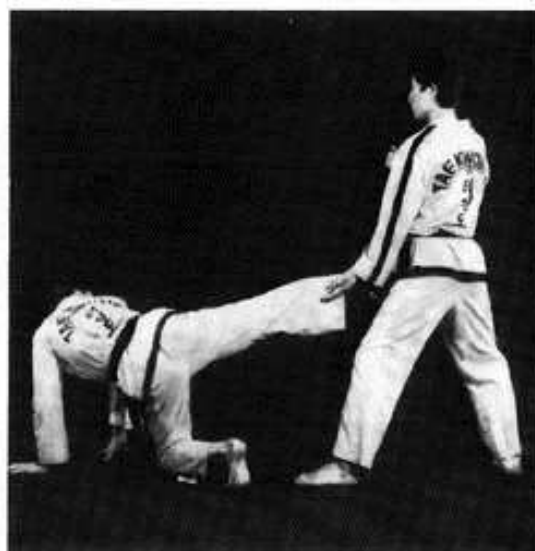
### **b. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left knife-hand, and then execute a reverse turning kick to C with the left ball of the foot.



**Bring the opposite side fist in front of the shoulder at the moment of block.**

- ii. Lower the left foot to C forming a left L-stance toward D while blocking to D with the right knife-hand, and then execute a reverse turning kick to C with the right ball of the foot.



**65. L-Stance Knife-Hand Obverse Low Inward Block**  
*(Niunja So Sonkal Baro Najunde Anuro Makgi)*

**a. Forward Stepping Block**

**Right L-ready stance**

- i. Move the right foot to D to form a left L-stance toward D while blocking to D with the left knife-hand, and then execute a reverse hooking kick to D with the left foot.



- ii. Lower the left foot to D to form a right L-stance toward D while blocking to D with the right knife-hand, and then execute a reverse hooking kick to D with the right foot.





### **b. Forward Double Step Turning**

Move the left foot to D, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while blocking to C with the right knife-hand.

Clockwise turning is not reasonable.



Bring the opposite side fist in front of the shoulder at the moment of block.

**Rear Foot Stance**



\* Both the method and procedure of exercise for a rear foot stance knife-hand obverse low inward block are the same.

**66. Walking Stance Twin Knife-Hand Horizontal Block**  
*(Gunnun So Sang Sonkal Soopyong Makgi)*

**Forward Stepping Block**

**Right walking ready stance**

1. Move the left foot to D to form a left walking stance toward D while blocking, and then execute a checking block with an X-fist while forming a right rear foot stance toward D, pulling the left foot.



- ii. Move the right foot to D to form a right walking stance toward D while blocking, and then execute a checking block with an X-fist while forming a left rear foot stance toward D, pulling the right foot.





## 67. Walking Stance Twin Knife-Hand Inward Strike

*(Gunnun So Sang Sonkal Anuro Taerigi)*

### a. Forward Stepping Strike

**Right walking ready stance**

- i. Move the left foot to D, forming a left walking stance toward D while striking, and then execute a front strike with the right back fist while shifting to D, maintaining the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while striking, and then execute a front strike with the left back fist while shifting to D, maintaining the same stance toward D.





### **b. Backward Stepping Strike**

- i. Move the left foot to C to form a right walking stance toward D while striking, and then execute a front strike with the right back fist while shifting to C, maintaining the same stance toward D.
- ii. Move the right foot to C to form a left walking stance toward D while striking, and then execute a front strike with the left back fist while shifting to C, maintaining the same stance toward D.



## 68. L-Stance Straight Elbow Downward Thrust

*(Niunja So Sun Palkup Naeryo Tulgi)*

### a. Forward Stepping Thrust

#### Right L-ready stance

- i. Move the right foot to D to form a left L-stance toward D while thrusting with the right straight elbow, and then cross the left foot over the right foot, forming a right X-stance toward D while executing an upward punch with the left fist.



- ii. Move the left foot to D, forming a right L-stance toward D while thrusting with the left straight elbow, and then cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the right fist.



## **b. Backward Stepping Thrust**

- i. Move the right foot to C to form a right L-stance toward D while thrusting with the left straight elbow, and then bring the left foot to the right foot, forming a right X-stance toward D while executing an upward punch with the right fist.



- ii. Move the left foot to C to form a left L-stance toward D while thrusting with the right straight elbow, and then bring the right foot to the left foot, forming a left X-stance toward D while executing an upward punch with the left fist.





### c. Forward Treble Step Turning

Move the left foot to D and the right to D, then turn counter-clockwise, pivoting with the right foot to form a left L-stance toward C while thrusting with the right straight elbow. Clockwise turning is not practical.



At the start of thrusting, keep both back fists faced upward.

## 69. Rear Foot Stance Straight Elbow Downward Thrust (Dwitbal So Sun Palkup Naeryo Tulgi)

The method of thrusting remains the same as that of an L-stance straight elbow downward thrust.

### Forward Stepping Thrust

Left walking ready stance.

- i. Move the right foot to D to form a left rear foot stance toward D while thrusting with the right straight elbow, and then execute a crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D to form a right rear foot stance toward D while thrusting with the left straight elbow, and then execute a crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.



## **70. Sitting Stance Inner Forearm Parallel Block**

*(Annun So Anpalmok Narani Makgi)*

### **a. Side Double Stepping Block Toward B**

**X-ready stance.**

- i. Move the left foot to B to form a sitting stance toward D while blocking, and then cross the right foot over the left foot, forming a left X-stance toward D while executing a turning punch with the left fist.
- ii. Repeat i.



### **b. Side Double Stepping Toward A**

- i. Move the right foot to A to form a sitting stance toward D while blocking, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a turning punch with the right fist.
- ii. Repeat i.



### c. Side Step-Turning

Move the right foot to B turning Counter-clockwise to form a sitting stance toward C while blocking.  
Clockwise turning is not realistic.



At the start of blocking, keep the forearms crossed in front of the solar plexus with both side fist faced downward.

Side View

### 71. Sitting Stance Reverse Knife-Hand Parallel Block (Annun So Sonkaldung Narani Makgi)

Both the method and procedure of exercise are the same as for a sitting stance inner forearm parallel block.



Top View

## 72. Mid-Air Kick (*Twio Dolmyo Chagi*)

### a. Spinning 180 degrees.

Right L-ready stance.

- i. Jump to execute a mid-air kick to B with the right foot while spinning clockwise, and then land to B to form a left L-stance toward B while executing a knife-hand guarding block.



- ii. Jump to execute a mid-air kick to B with the left foot while spinning counter-clockwise, and then land to B to form a right L-stance toward B while executing a knife-hand guarding block.

### b. Spinning 360 degrees

Left L-ready stance

- i. Jump while running to execute a mid-air kick to B with the right foot, spinning clockwise, and then land to B to form a left L-stance toward B while executing a forearm guarding block.





- ii. Jump while running to execute a mid-air kick to B with the left foot, spinning counter-clockwise, and then land to B to form a right L-stance toward B while executing a forearm guarding block.



### 73. X-Stance Knife-Hand Side Strike

*(Kyocha So Sonkal Yop Taerigi)*

#### a. Side Stepping Strike Toward A.

Sitting ready stance.

- i. Cross the left foot over the right foot to form a right X-stance toward D while striking to A with the right knife-hand, and then move the right foot to A, forming a sitting stance toward D while executing a wedging block with the outer forearm.
- ii. Repeat 1.



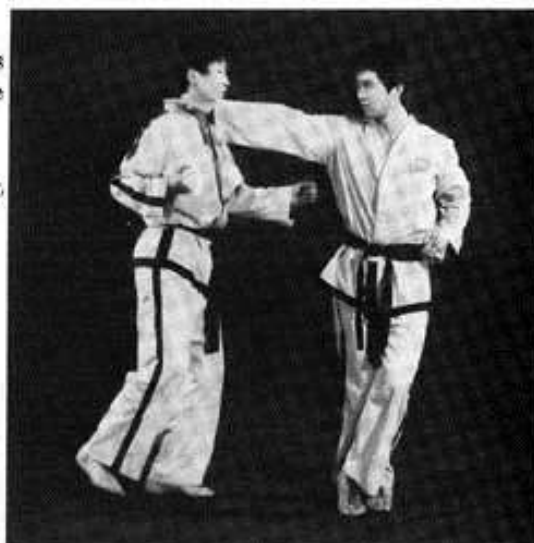
#### b. Side Stepping Strike Toward B.

- i. Cross the right foot over the left foot to form a left X-stance toward D while striking to B with the left knife-hand, and then move the left foot to B, forming a sitting stance toward D while executing a wedging block with the outer forearm.
- ii. Repeat 1.





- \* 1. At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one on the other.
- 2. Keep the body side facing the target at the moment of impact.



#### **74. X-Stance Side Fist Side Strike** (*Kyocha So Yop Joomuk Yop Taerigi*)

Both the method and procedure are same as for an X-stance knife-hand side strike.

**Side View**



## 75. Outward Vertical Kick (*Bakuro Sewo Chagi*)

### a. Side Stepping Kick Toward A

Left walking ready stance.

- i. Kick to A with the right footsword, and then lower it to A in a jumping motion to form a right X-stance toward D while striking to A with the right knife-hand.
- ii. Repeat i.



Ready Posture



### b. Side Stepping Kick Toward B

- i. Kick to B with the left footsword, and then lower it to B in a jumping motion, forming a left X-stance toward D while striking to B with the left knife-hand.
- ii. Repeat i.





**The attacking tool-in this case  
footsword must be vertical to the  
target at the moment of impact.**



## **76. Close Stance Knife-Hand Parallel Block**

*(Moa So Sonkal Narani Makgi)*

### **a. Side Stepping Block Toward A**

**Sitting ready stance.**

- i. Bring the left foot to the right foot to form a close stance toward D while blocking, and then move the right foot to A, forming a sitting stance toward D while executing a turning punch with the right fist.
- ii. Repeat i.



### **b. Side Stepping Block toward B.**

- i. Bring the right foot to the left foot to form a close stance toward D while blocking, and then move the left foot to B, forming a sitting stance toward D while executing a turning punch with the left fist.
- ii. Repeat i.



- \* 1. At the start of blocking, keep both back fists half facing the front.
- 2. Keep the forearm straight with the outer forearm facing the front at the moment of block.



### **77. Close Stance Outer Forearm Parallel Block** (*Moa So Bakat Palmok Narani Makgi*)

Both the method and procedure of exercise are the same as for a close stance knife-hand parallel block.

**Side View**



## **78. Pick-Shape Kick (*Gokwang-I Chagi*)**

### **a. Forward Stepping Kick with a Back Heel**

**Left walking ready stance**

- i. Kick to D with the right back heel, and then lower it to D in a stamping motion to form a right fixed stance toward D while executing a downward strike with the right knife-hand.



- ii. Kick to D with the left back heel, and then lower it to D in a stamping motion to form a left fixed stance toward D while executing a downward strike with the left knife-hand.





**Back Heel**

**b. Forward Stepping Kick with the Ball of the Foot**

Both the method and procedure of exercise are the same except that the leg is slightly bent at the moment of impact.





**79. Sitting Stance Twin Palm Rising Block**  
(*Annun So Sang Sonbadak Chookyo Makgi*)

**a. Side Stepping Block Toward A**

Close ready stance C.

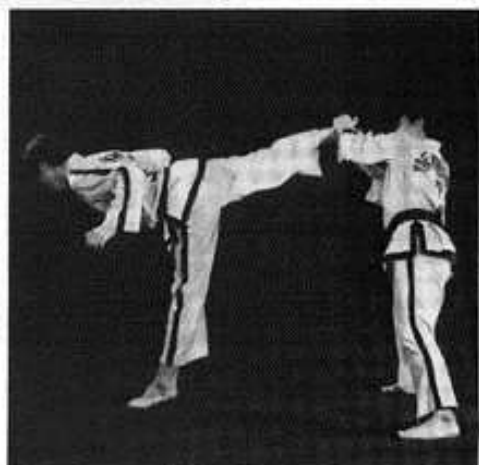
- i. Move the right foot to A forming a sitting stance toward D while blocking, and then bring the left foot to the right foot to form a close stance toward D while executing a horizontal strike with a twin knife-hand.
- ii. Repeat i.



**b. Side Stepping Block Toward B**

- i. Move the left foot to B, forming a sitting stance toward D while blocking, and then bring the right foot to the left foot to form a close stance toward D while executing a horizontal strike with a twin knife-hand.
- ii. Repeat i.





Both the method and procedure are the same for a parallel stance twin palm rising block.



## 80. L-Stance X-Fist Pressing Block

*(Niunja So Kyocha Joomuk Noollo Makgi)*

### a. Forward Stepping Block

Left L-ready stance

- i. Move the left foot to D, forming a right L-stance toward D while blocking, and then execute an upset punch to D with a twin fist, maintaining the same stance toward D.



- ii. Move the right foot to D, forming a left L-stance toward D while blocking, and then execute an upset punch to D with a twin fist, maintaining the same stance toward D.



side View

## **b. Backward Stepping Block**

- i. Move the right foot to C to form a right L-stance toward D while blocking, and then execute a low front snap kick to D with the left foot while executing a wedging block with the inner forearm.



- ii. Lower the left foot to C, forming a left L-stance toward D while blocking, and then execute a low front snap kick to D with the right foot while executing a wedging block with the inner forearm.

\* Rear foot stance X-fist pressing block can be exercised in the same way.



**L-Stance**



**Rear Foot Stance**

**Side View**

**81. Sitting Stance Twin Back Fist Horizontal Strike**  
(Anun So Sung Dung Joomuk Soopyong Taerigi)

**a. Side Stepping Strike Toward A**

Close stance with a heaven hand

- i. Move the right foot to A forming a sitting stance toward D while striking, and then bring the left foot to the right foot to form a close stance toward D while executing a hooking block to D with the right palm.
- ii. Repeat i.



**b. Side stepping Strike Toward B**

- i. Move the left foot to B to form a sitting stance toward D while striking and then bring the right foot to the left foot, forming a close stance toward D while executing a hooking block to D with the left palm.



**c. Side Step-Turning**

Assume a sitting stance toward D.

Move the right foot to B turning clockwise to form a sitting stance toward C while striking.

Counter-clockwise turning is not logical.

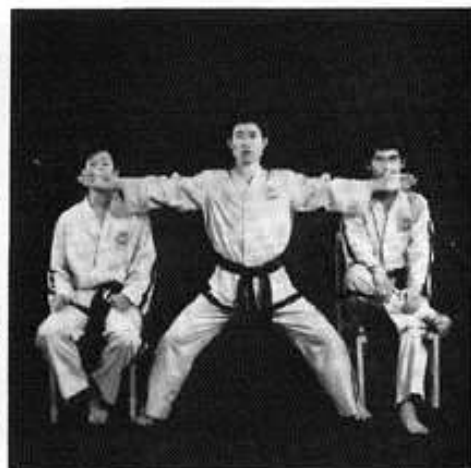


**82. Sitting Stance Twin Back Hand Horizontal Strike**  
*(Annun So Sang Sondung Soopyong Taerigi)*

Both the method and procedure of exercise are the same as those of a sitting stance twin back fist horizontal strike.



Side View





### 83. Rear Foot Stance Reverse Vertical Punch

*(Dwitbal So Bandae Sewo Jirugi)*

#### a. Forward Stepping Punch

Left walking ready stance

- i. Move the right foot to D to form a left rear foot stance toward D while punching to D with the right fist, and then execute a downward strike with the right back hand while forming a left L-stance toward D, slipping the right foot.



- ii. Move the left foot to D, forming a right rear foot stance toward D while punching to D with the left fist, and then execute a downward strike with the left back hand while forming a right L-stance toward D, slipping the left foot.





### **b. Backward Stepping Punch**

- i. Move the left foot to C to form a left rear foot stance toward D while punching to D with the right fist, and then execute a pressing block with the left forefist while forming a right walking stance toward D, slipping the right foot.
- ii. Move the right foot to C to form a right rear foot stance toward D while punching to D with the left fist, and then execute a pressing block with the right forefist while forming a left walking stance toward D, slipping the left foot.



\* L-stance reverse vertical punch can be exercised in the same way.



**L-Stance**

#### 84. L-Stance Reverse Vertical Punch (*Niunja So Sewo Jirugi*)

Both the method and procedure of exercise remain the same as those of a rear foot stance vertical punch.

##### a. Forward Stepping Punch



Side View



##### b. Backward Stepping Punch



Application



## 85. X-Stance X-Fist Pressing Block

*(Kyocha So Kyocha Joomuk Noollo Makgi)*

### a. Side Stepping Block Toward A

Sitting ready stance

- i. Cross the left foot over the right foot to form a right X-stance toward D while blocking, and then move the right foot to A to form a sitting stance toward D while executing a rising block with the right knife-hand.
- ii. Repeat i



### b. Side Stepping Block Toward B

- i. Cross the right foot over the left foot to form a left X-stance toward D while blocking, and then move the left foot to B to form a sitting stance toward D while executing a rising block with the left knife-hand.
- ii. Repeat i.



## 86. Inward Vertical Kick (*Anuro Sewo Chagi*)

### a. Forward Stepping Kick.

Left walking ready stance

- i. Kick to D with the right reverse footsword, and then lower it to D to form a right walking stance toward D while executing a middle crescent punch with the right fist.



- ii. Kick to D with the left reverse footsword, and then lower it to D, forming a left walking stance toward D while executing a middle crescent punch with the left fist.



**b. Backward Step-Turning**

Assume a right walking stance toward D.

Kick to C with the right reverse footsword, turning counter-clockwise.  
Clockwise turning is not possible.

**Application**



## 87. Close Stance Back Fist Horizontal Strike

*(Moa So Dung Joomuk Soopyong Taerigi)*

### a. Side Stepping Strike Toward A

Sitting ready stance

- i. Bring the left foot to the right foot to form a close stance toward D while striking to A with the right back fist, and then move the right foot to A to form a sitting stance toward D while executing a low front block with the right palm, bringing the left finger belly on the right inner forearm.
- ii. Repeat i.



### b. Side Stepping strike Toward B

- i. Bring the right foot to the left foot to form a close stance toward d while striking to B with the left back fist, and then move the left foot to B to form a sitting stance toward D while executing a low front block with the left palm, bringing the right finger belly on the left inner forearm.
- ii. Repeat i.





## 88. Sitting Stance Knife-Hand Low Side Block

*(Annun So Sonkal Najunde Yop Makgi)*

### a. Side Stepping Block Toward A

X-ready stance.

- i. Move the right foot to A, forming a sitting stance toward D while blocking to B with the left knife-hand, and then cross the left foot over the right foot to form a right X-stance toward D while executing a rising block with a twin palm.
- ii. Repeat i.



### b. Side Stepping Block Toward B

- i. Move the left foot to B to form a sitting stance toward D while blocking to A with the right knife-hand, and then cross the right foot over the left foot to form a left X-stance toward D while executing a rising block with a twin palm.
- ii. Repeat i.





## 89. Rear Foot Stance Twin Palm Pressing Block

*(Dwitbal So Sang Sonbadak Noollo Makgi)*

### a. Forward Stepping Block

Left walking ready stance.

- i. Move the right foot to D, forming a left rear foot stance toward D while blocking, and then execute a horizontal thrust with a twin elbow while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D, forming a right rear foot stance toward D while blocking, and then execute a horizontal thrust with a twin elbow while forming a left walking stance toward D, slipping the left foot.





#### **b. Forward Double Step-Turning**

**Assume a left rear foot stance toward D.**

Move the left foot to D, and then turn counter-clockwise pivoting with the left foot to form a right rear foot stance toward C while blocking with a twin palm. Clockwise turning is not reasonable.



**90 Walking Stance Outer Forearm W-Shape Block**  
(*Gunnun So Bakat Palmok San Makgi*)

**a. Forward Stepping Block**

**Right walking ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute a low front block with the right reverse knife-hand, bringing the left finger belly on the right back forearm, maintaining the same stance toward D.



- ii. Move the right foot to D, forming a right walking stance toward D while blocking, and then execute a low front block with the left reverse knife-hand, bringing the right finger belly on the left back forearm, maintaining the same stance toward D.



**Top View**



- \*i. Keep the forearms crossed at the center of the chest with both palms faced the defender.
- ii. Keep the knife-hand half facing the opponent at the moment of block.

**b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking, and then execute a back snap kick with the left foot.
- ii. Lower the right foot to C to form a left walking stance toward D while blocking, and then execute a back snap kick with the left foot.



**c. Backward Double Step-Turning**

Move the left foot to C, and then turn clockwise or counterclockwise, pivoting with the left foot to form a right walking stance toward C while blocking.



## 91. Walking Stance Knife-Hand W-Shape Block (Gunnun So Sonkal San Makgi)

The method of blocking is the same as that of a walking stance outer forearm W-shape block.

### Forward Stepping Block

Parallel ready stance.

- i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute a pressing block with a twin palm, maintaining the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while blocking, and then execute a pressing block with a twin palm, maintaining the same stance toward D.



Side View



**92. L-Stance Reverse Knife-Hand Low Guarding Block**  
*(Niunja So Sonkal dung Najunde Daebi Makgi)*

**a. Forward Stepping Block**

**Right L-ready stance.**

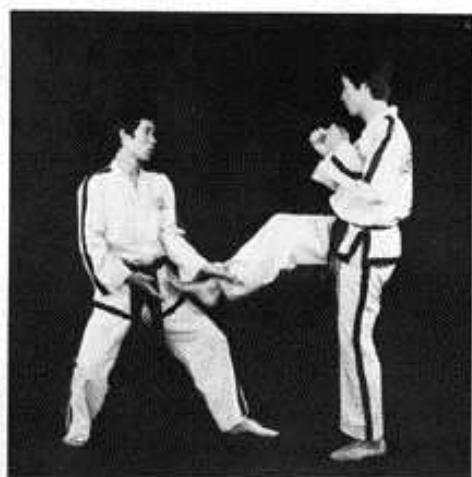
- i. Move the right foot to D to form a left L-stance toward D while blocking to D in a circular motion, and then execute a rising block with an X-fist while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D to form a right L-stance toward D while blocking to D in a circular motion, and then execute a rising block with an X-fist while forming a left walking stance toward D, slipping the left foot.







### **b. Backward Stepping Block**

- i. Move the right foot to C to form a right L-stance toward D while blocking to D, and then execute a horizontal thrust with a twin elbow while forming a left walking stance toward D, slipping the right foot.
- ii. Move the left foot to C to form a left L-stance toward D while blocking to D, and then execute a horizontal thrust with a twin elbow while forming a right walking stance toward D, slipping the left foot.



### **c. Forward Step Turning**

Move the left foot to D turning clockwise to form a left L-stance toward C while blocking to C in a circular motion. Counter-clockwise turning is not logical.



### 93. Rear Foot Stance Reverse Knife-Hand Low Guarding Block (Dwitbal So Sonkaldung Najunde Daebi Makgi)

The method of blocking is the same as for an L-stance reverse knife-hand low guarding block.

#### Forward Stepping Block

Left walking ready stance.

- i. Move the right foot to D, forming a left rear foot stance toward D while blocking to D, and then execute an outward vertical kick to D with the left foot.



- ii. Lower the left foot to D to form a right rear foot stance toward D while blocking to D, and then execute an outward vertical kick to D with the right footsword.



**94. L-Stance Reverse Knife-Hand Guarding Block**  
(*Niunja So Sonkaldung Daebi Makgi*)

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D, while blocking to D, and then move the right foot to the left foot to form a close stance toward D while executing a W-shape block with the knife-hand.



- ii. Move the right foot to D to form a left L-stance toward D while blocking to D, and then move the left foot to the right foot, forming a close stance toward D while executing a W-shape block with the knife-hand.



At the start of blocking, keep both back fists faced upward.



#### b. Backward Stepping Block

- i. Move the right foot to C to form a right L-stance toward D while blocking to D, and then bring the left foot to the right foot to form a close stance toward D while executing a W-shape block with the outer forearm.
- ii. Move the left foot to C, forming a left L-stance toward D while blocking to D, and then bring the right foot to the left foot to form a close stance toward D while executing a W-shape block with the outer forearm.



## 95. Mid-Air Strike (*Twio Dolmyo Taerigi*)

### a. Spinning 180 degrees

Right L-ready stance.

- i. Jump to execute an outward strike to B with the right knife-hand spinning clockwise, and then land to B, forming a left L-stance toward B.
- ii. Jump to execute an outward strike to B with the left knife-hand spinning counter-clockwise, and then land to B, forming a right L-stance toward B.



### b. Spinning 360 degrees

Left L-ready stance

- i. Jump to execute an outward strike to B with the right knife-hand spinning clockwise, and then land to B, forming a left L-stance toward B.
- ii. Jump to execute an outward strike to B with the left knife-hand spinning counter-clockwise, and then land to B, forming a right L-stance toward B.





\* Both the method and procedure of exercise for a mid-air strike with a side fist remain the same.

\* Mid-air strike with a back fist can be exercised in the same way.



Side Fist

Back Fist





## 96. Sitting Stance Reverse Knife-Hand Wedging Block

*(Annun So Sonkaldung Hechyo Makgi)*

### a. Side Stepping Block Toward A

X-ready stance.

- i. Move the right foot to A, forming a sitting stance toward D while blocking, and then cross the left foot over the right foot to form a right X-stance toward D while executing a parallel block with the outer forearm.
- ii. Repeat i.



### b. Side Stepping Block Toward B

- i. Move the left foot to B, forming a sitting stance toward D while blocking, and then cross the right foot over the left foot to form a left X-stance toward D while executing a parallel block with the outer forearm.
- ii. Repeat i.



### c. Side Step-Turning

Move the right foot to B, turning clockwise to form a sitting stance toward C while blocking with a reverse knife-hand. Counter-clockwise turning is not practical.



Keep the forearms crossed in front of the solar plexus.

Side View

### 97. Sitting Stance Inner Forearm Wedging Block (*Annun So Anpalmok Hechyo Makgi*)

Both the method and procedure of exercise are the same as for a sitting stance reverse knife-hand wedging block.



## 98. Flying High Kick (*Twimyo Nopi Chagi*)

### a. Running Kick Toward B

- i. Run and Jump to execute a flying high kick with the right foot, and then land to B to form a right fixed stance toward B while executing a checking block with an X-knife-hand.



- ii. Run and jump to execute a flying high kick with the left foot, and then land to B to form a left fixed stance toward B while executing a checking block with an X-knife-hand.

### b. Spot Kick Toward B

- i. Jump to execute a flying high kick with the right foot, and then land on the same spot to form a right X-stance toward B while executing a vertical punch to B with a twin fist.
- ii. Jump to execute a flying high kick with the left foot, and then land on the same spot to form a left X-stance toward B while executing a vertical punch to B with a twin fist.





**99. Sitting Stance Reverse Knife-Hand W-Shape Block**  
(*Annun So Sonkaldung San Makgi*)

**a. Side Stepping Block Toward A**

**Parallel ready stance.**

- i. Move the right foot to A to form a sitting stance toward D while blocking, and then slide to A, maintaining the same stance toward D while executing a W-shape block with the outer forearm.
- ii. Repeat i.



**b. Side Stepping Block Toward B**

**Assume a parallel ready stance.**

- i. Move the left foot to B to form a sitting stance toward D while blocking, and then slide to B, maintaining the same stance toward D while executing a W-shape block with the outer forearm.



Side View



- \* 1. Keep the forearms crossed in front of the epigastrium with both back fists faced upward at the start of blocking.
- 2. Keep the reverse knife-hand half facing the opponent at the moment of block.





## 100. Sitting Stance Inner Forearm W-Shape Block (*Annun So Anpalmok San Makgi*)

The method of blocking remains the same as that of a sitting stance reverse knife-hand W-shape block.

### a. Side Stepping Block Toward A

**X-ready stance.**

- i. Move the right foot to A, forming a sitting stance toward D while blocking, and then cross the left foot over the right foot to form a right X-stance toward D while executing a wedging block with the knife-hand.
- ii. Repeat i.



### b. Side Stepping Block Toward B

- i. Move the left foot to B, forming sitting stance toward D while blocking, and then cross the right foot over the left foot to form a left X-stance toward D while executing a wedging block with the knife-hand.
- ii. Repeat i.







## 101. Flying Side Front Kick (*Twimyo Yobap Chagi*)

### a. Toward D

Walking ready stance.

- i. Jump to execute a side front kick to D with the right foot while flying toward D, and then land to D to form a right X-stance toward BD while executing a checking block with an X-knife-hand.



- ii. Jump to execute a side front kick to D with the left foot while flying toward D, and then land to D to form a left X-stance toward AD while executing a checking block with an X-knife-hand.



**b. Toward B**

- i. Jump to execute a side front kick to B with the left foot while flying toward B, and then land to B to form a left walking stance toward B while blocking with the left double forearm.



- ii. Jump to execute a side front kick to B with the right foot while flying toward B, and then land to B to form a right walking stance toward B while blocking with the right double forearm.



## 102. Downward Kick (*Naeryo Chagi*)

### a. Side Stepping Kick Toward A

#### X-Ready Stance.

- i. Kick to AD with the right foot, and then lower it to A in a stamping motion to form a left L-stance toward D while executing a downward strike to A with the right back fist.
- ii. Repeat i.



### b. Side Stepping Kick Toward B

- i. Kick to BD with the left foot, and then lower it to B in a stamping motion to form a right L-stance toward D while executing a downward strike to B with the left back fist.
- ii. Repeat i.



**c. Side Step-Turning**

**Assume a sitting stance toward D.**

**Kick to BC with the right foot turning clockwise.**  
**Counter-clockwise turning is not logical.**



**103. L-Stance Double Fist Low Punch**  
(Niunja So Doo Joomuk Najunde Jirugi)

**a. Forward Stepping Punch**

**Right L-Ready Stance.**

- i. Move the right foot to D, forming a left L-stance toward D while punching to D, and then execute a sweeping kick to AD with the left back heel, supporting the body with both palms.



- ii. Lower the left foot to D, forming a right L-stance toward D while punching to D, and then execute a sweeping kick to BD with the right back heel, supporting the body with both palms.





## b. Backward Stepping Punch

- i. Move the right foot to C, forming a right L-stance toward D while punching to D, and then execute a sweeping kick to BC with the left back heel supporting the body with both palms.
- ii. Lower the left foot to C to form a left L-stance toward D while punching to D, and then execute a sweeping kick to AC with the right back heel, supporting the body with both palms.





## 104. Walking Stance Upper Back Elbow Strike

*(Gunnun So Widwit Palkup Taerigi)*

### a. Forward Stepping Strike

**Right walking ready stance.**

- i. Move the left foot to D to form a left walking stance toward D while executing a right upper back elbow strike, and then punch to D with the left fist while shifting the body to D, maintaining the same stance toward D.



- ii. Move the right foot to D, forming a right walking stance toward D while executing a left upper back elbow strike, and then punch to D with the right fist while shifting the body to D, maintaining the same stance toward D.



Keep the right side fist faced upward with the body half facing at the moment of impact.



#### b. Backward Stepping Strike

- i. Move the left foot to C forming a right walking stance toward D while executing a left upper back elbow strike, and then punch to D with the right fist while shifting the body to C, maintaining the same stance toward D.
- ii. Move the right foot to C to form a left walking stance toward D while executing a right upper back elbow strike, and then punch to D with the left fist while shifting the body to C, maintaining the same stance toward D.



## 105. Rear Foot Stance Palm Reverse Downward Block

*(Dwitbal So Sonbadak Bandae Naeryo Makgi)*

### a. Forward stepping Block

Right walking ready stance

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking with the left palm, and then execute a right upper back elbow strike while forming a left walking stance toward D, slipping the left foot.



Ready Posture



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking with the right palm, and then execute a left upper back elbow strike while forming a right walking stance toward D, slipping the right foot.



- \* 1. The blocking tool reaches the target in a circular motion.
- 2. The palm reaches the same level as the defender's solar plexus at the moment of block.



**b. Backward Sliding Block**

**Assume a right walking stance**

- i. Move the right foot to C in a sliding motion to form a right rear foot stance toward D while blocking with the left palm, and then execute a right upper back elbow strike while forming a left walking stance toward D, slipping the right foot.



- ii. Move the left foot to C in a sliding motion to form a left rear foot stance toward D, while blocking with the right palm, and then execute a left upper back elbow strike while forming a right walking stance toward D, slipping the left foot.





\* L-stance palm reverse downward block can be exceicised in the same way.



## 106. Straight Kick (*Jigeau Chagi*)

### a. Forward Stepping Kick

Left walking ready stance.

- i. Kick to D with the right foot, and then lower it to D, forming a left L-stance toward D while executing a downward block with a twin palm.



- ii. Kick to D with the left foot, and then lower it to D, forming a right L-stance toward D while executing a downward block with a twin palm.







### **b. Backward Stepping Kick**

- i. Kick to C with the left foot, and then lower it to C in a jumping motion to form a left X-stance toward D while executing a downward block with a twin palm.
- ii. Kick to C with the right foot, and then lower it to C in a jumping motion to form a right X-stance toward D while executing a downward block with a twin palm.



**107. Walking Stance Forearm Reverse Front Block**  
(*Gunnun So Palmok Bandoe Apmakgi*)

**a. Forward Stepping Block**

**Parallel ready stance.**

- i. Move the right foot to D to form a right walking stance toward D while blocking with the left forearm, and then execute a straight kick to D with the left foot.



- ii. Lower the left foot to D to form a left walking stance toward D while blocking with the right forearm, and then execute a straight kick to D with the right foot.



### **b. Backward Stepping Block**

- i. Move the left foot to C forming a right walking stance toward D while blocking with the left forearm, and then execute a straight kick to C with the right foot.
- ii. Lower the right foot to C to form a left walking stance toward D while blocking with the right forearm, and then execute a straight kick to C with the left foot.



**108. Walking Stance Knife-Hand Reverse Front Block**  
*(Gunnun So Sonkal Bandae Apmakgi)*

**a. Forward Stepping Block**

**Left Walking Ready Stance.**

- i. Move the right foot to D, forming a right walking stance toward D while blocking with the left knife-hand, and then execute a downward block with the right forearm while forming a left rear foot stance toward D, pulling the right foot.



- ii. Move the left foot to D, forming a left walking stance toward D while blocking with the right knifehand, and then execute a downward block with the left forearm while forming a right rear foot stance toward D, pulling the right foot.





#### **b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking with the left knife-hand, and then execute a downward block with the right forearm while forming a left rear foot stance toward D, pulling the right foot.
- ii. Move the right foot to C, forming a left walking stance toward D while blocking with the right knife-hand, and then execute a downward block with the left forearm while forming a right rear foot stance toward D, pulling the left foot.



## 109. Skip Side Piercing Kick (*Duro Gamyo Yopcha Jirugi*)

### a. Toward A

Left L-ready stance toward A.

- i. Kick to A with the right foot, skipping with the left foot, and then lower the right foot to A to form a sitting stance toward D while executing a parallel block with the outer forearm.
- ii. Repeat i.



### b. Toward B

Right L-ready stance toward B

- i. Kick to B with the left foot, skipping with the right foot, and then lower the left foot to B to form a sitting stance toward D while executing a parallel block with the outer forearm.
- ii. Repeat i.







## 110. Skip Reverse Hooking Kick

*(Duro Gamyo Bandoe Dollyo Goro Chagi)*

### a. Toward D.

Left L-ready stance.

- i. Kick to D with the right foot, skipping with the left foot, and then lower the right foot to D in a stamping motion to form a left L-stance toward D while executing a downward strike with the right back hand.
- ii. Repeat i.



**b. Toward A**

**Sitting ready stance**

- i. Kick to A with the right foot, skipping with the left foot, and then lower the right foot to A, forming a sitting stance toward D while executing a horizontal strike with a twin knife-hand.
- ii. Repeat i.



**c. Toward B.**

- i. Kick to B with the left foot, skipping with the right foot, and then lower the left foot to B, forming a sitting stance toward B while executing a horizontal strike with a twin knife-hand.
- ii. Repeat i.



**111. Skip Middle Twisting Kick**  
(*Durogamyo Kaunde Bituro Chagi*)

**a. Toward D**

**Left L-ready stance**

- i. Kick to AD with the right foot, skipping with the left foot, and then lower the right foot to D to form a left L-stance toward D while executing a side back strike with the left back fist.
- ii. Repeat i.



**b. Toward B**

**Right L-ready stance toward B**

- i. Kick to BC with the left foot, skipping with the right foot, and then lower the left foot to B to form a right L-stance toward B while executing a side back strike with the right back foot.
- ii. Repeat i.



## 112. Skip Turning Kick (*Durogamyo Dollyo Chagi*)

### a. Toward B

Right L-ready stance toward B.

- i. Kick to BD with the left foot, skipping with the right foot, and then lower the left foot to B to form a right L-stance toward B while executing a downward block with the left forearm.
- ii. Repeat i.



### b. Toward D

Left L-ready stance

- i. Kick to BD with the right foot, skipping with left foot, and then lower the right foot to D to form a left L-stance toward D while executing a downward block with the right forearm.
- ii. Repeat i.



**113. Walking Stance X-Knife-Hand Rising Block**  
(*Gunnun So Kyocha Sonkal Chookyo Makgi*)

**a. Forward Stepping Block**

Walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking, and then punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining the same stance toward D.



- ii. Move the left foot to D to form a left walking stance toward D while blocking, and then punch to D with the left fist, slipping the right palm up to the left elbow joint while maintaining the same stance toward D.



**b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking and then punch to D with the right fist, slipping the left palm up the right elbow joint while maintaining the same stance toward D.
- ii. Move the right foot to C to form a left walking stance toward D while blocking, and then punch to D with the left fist, slipping the right palm up to the left elbow joint while maintaining the same stance toward D.



**c. Backward Double Step Turning**

Move the left foot to C and then turn counter-clockwise, pivoting with the left foot to form a right walking toward C while blocking. Clockwise turning is not practical.



# 114. Walking Stance-X-Fist Rising Block

*(Gunnun So Kyocho Joomuk Chookyo Makgi)*

The Method of blocking remains the same as for a walking stance X-knife-hand rising block.

## a. Forward Stepping block

Close stance with a heaven hand.

- i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute an upward kick with the right knee, pulling both palms toward the knee.



- ii. Lower the right foot to D to form a right walking stance toward D while blocking, and then execute an upward kick with the left knee, pulling both palm, towards the knee.





**b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward C while blocking and then execute a back piercing kick to C with the right foot.



- ii. Lower the right foot to C to form a left walking stance toward D while blocking and then execute a back piercing kick to C with the left foot.

**c. Spot Turning**

Turn clockwise pivoting with the right foot to form a right walking stance toward C while executing a rising block with an X-fist



## 115. L-Stance Obverse Vertical Punch (*Niunja So Baro Sewo Jirugi*)

### a. Forward Stepping Punch

Close ready stance A.

- i. Move the left foot to D to form a right L-stance toward D while punching to D with the right fist, and then execute a middle twisting kick to AD with the right instep.



- ii. Lower the right foot to D, forming a left L-stance toward D while punching to D with the left fist, and then execute a middle twisting kick to BD with the left instep.



### **b. Backward Stepping Punch**

- i. Move the right foot to C to form a right L-stance toward D while punching to D with the right fist, and then execute a low side front snap kick to D with the left instep.
- ii. Lower the left foot to C, forming a left L-stance toward D while punching to D with the left fist, and then execute a low side front snap kick to D with the right instep.



\* Rear foot stance obverse vertical punch can be exercised in the same way.



**116. L-Stance Reverse Knife-Hand Low Inward Block**  
*(Niunja So Sonkaldung Najunde Anuro Makgi)*

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D while blocking with the left reverse knife-hand, and then execute an inward vertical kick to BD with the right reverse footsword.



- ii. Lower the right foot to D to form a left L-stance toward D while blocking with the right reverse knife-hand, and then execute an inward vertical kick to AD with the left reverse footsword.



### **b. Backward Stepping Block**

- i. Move the right foot to C, forming a right L-stance toward D while blocking with the left reverse knife-hand, and then execute an outward vertical kick to BC with the left footsword.



- ii. Lower the left foot to C, forming a left L-stance toward D while blocking with the right reverse knife-hand, and then execute an outward vertical kick to AC with the right footsword.

### **c. Spot-Turning**

Turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while blocking with the left reverse knife-hand.



- \*1. Bring the opposite side fist in front of the shoulder at the moment of impact.
2. Keep the blocking reverse knife-hand faced upward at the start of blocking.

## 117. Rear Foot Stance Middle Knuckle Fist High Reverse Vertical Punch

*(Dwitbal So Joongji Joomuk Nopunde Bandae Sewo Jirugi)*

### a. Forward Stepping Punch

Left walking ready stance

- i. Move the right foot to D to form a left rear foot stance toward D while punching to D with the right middle knuckle fist, and then execute a rising block with an X-knife-hand while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D to form a right rear foot stance toward D while punching to D with the left middle knuckle fist, and then execute a rising block with an X-knife hand while forming a left walking stance toward D, slipping the left foot.





### **b. Backward Stepping Punch**

- i. Move the left foot to C to form a left rear foot stance toward D while punching to D with the right middle knuckle fist and then execute a rising block with an X-knife-hand toward D while forming a right walking stance toward D, slipping the left foot.
- ii. Move the right foot to C, forming a right rear foot stance toward D while punching to D with the left middle knuckle fist, and then execute a rising block with an X-knife-hand toward D while forming a left walking stance toward D, slipping the right foot.





# 118. Rear Foot Stance Straight Knife-Hand Checking Block

*(Dwitbal So Sun Sonkal Momchau Makgi)*

## a. Forward Stepping Block

Right Walking ready stance

- i. Move the left foot to D to form a right rear foot stance toward D while blocking with the left straight knife-hand, and then strike to D with the right arc-hand while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left rear foot stance toward D while blocking with the right straight knife-hand, and then strike to D with the left arc-hand while forming a right walking stance toward D, slipping the right foot.



### **b. Backward Stepping Block**

- i. Move the left foot to C to form a left rear foot stance to D while blocking with the right straight knife-hand, and then strike to D with the left arc-hand while forming a right walking stance toward D, slipping the left foot.
- ii Move the right foot to C to form a right rear foot stance toward D while blocking with the left straight knife-hand and then strike to D with the right arc-hand while forming a left walking stance toward D, slipping the right foot.



L-stance straight knife-hand checking block can be exercised in the same way.



Keep the knife-hand faced the front at the moment of block.



Side View



## 119. X-Stance Twin Straight Knife-Hand Checking Block

*(Kyocha So Sun Sonkal Momchau Makgi)*

### a. Side Double Stepping Block Toward A

Parallel ready stance.

- i. Cross the left foot over the right foot to form a right X-stance toward D while blocking, and then move the right foot to A, forming a parallel stance toward D while executing a right horizontal punch.
- ii. Repeat i.



### b. Side Double Stepping Block Toward B

- i. Cross the right foot over the left foot to form a left X-stance toward D while blocking, and then move the left foot to B, forming a parallel stance toward D while executing a left horizontal punch.
- ii. Repeat i.



**c. Side Double Stepping Block Toward D**

**Parallel ready stance toward B.**

- i. Cross the left foot over the right foot to form a right X-stance toward B while blocking, and then move the right foot to D, forming a parallel stance toward B while executing a right horizontal punch.
- ii. Repeat i.



## 120. High Twisting Kick (*Nopunde Bituro Chagi*)

### a. Forward Stepping Kick

Left walking ready stance.

- i. Execute a high twisting kick with the right foot, and then lower it to D in a stamping motion to form a left L-stance toward D while executing a downward strike with the right back fist.



- ii. Execute a high twisting kick with the left foot, and then lower it to D in a stamping motion to form a right L-stance toward D while executing a downward strike with the left back fist.





**121. L-Stance Knife-Hand Rising Block**  
(*Niunja So Sonkal Chookyo Makgi*)

**a. Forward Stepping Block**

Left L-ready stance.

- i. Move the left foot to D, forming a right L-stance toward D while blocking with the left knife-hand and then execute a horizontal strike with a turn back fist while forming a left walking stance toward D, slipping the right foot.



- ii. Move the right foot to D, forming a left L-stance toward D while blocking with the right knife-hand, and then execute a horizontal strike with a twin back fist while forming a right walking stance toward D, slipping the left foot.





### **b. Backward Stepping Block**

- i. Move the left foot to C to form a left L-stance toward D while blocking with the right knife-hand, and then execute a horizontal strike with a twin back fist while forming a right walking stance toward D, slipping the right foot.
- ii. Move the right foot to C to form a right L-stance toward D while blocking with the left knife-hand, and then execute a horizontal strike with a twin back fist while forming a left walking stance toward D, slipping the left foot.

### **L-Stance Forearm Rising Block**

*(Niunju So Palmok Chookyo Makgi)*

Both the method and the procedure of exercise are the same as for an L-stance knife-hand rising block.



**122. Rear Foot Stance Forearm Rising Block**  
(*Dwitbal So Palmok Chookyo Makgi*)

**a. Forward Stepping Block**

Right walking ready stance.

- i. Move the left foot to D forming a right rear foot stance toward D while blocking with the left forearm, and then execute a straight kick to D with the right foot.



- ii. Lower the right foot to D to form a left rear foot stance toward D while blocking with the right forearm, and then execute a straight kick to D with the left foot.



### **b. Spot Turning**

**Assume a right walking stance toward D.**

Turn counter-clockwise pivoting with the right foot to form a right rear foot stance toward C while executing a vertical punch to C with the left middle knuckle fist.



### **Rear Foot Stance Knife-Hand Rising Block** *(Dwitbal So Sonkal Chookyo Makgi)*

Both the method and the procedure of exercise remain the same as those of an L-stance forearm rising block.



## 123. Side Checking Kick (*Yopcha Momchugi*)

### a. Forward Stepping Kick

#### Left L-ready stance

- i. Execute a side checking kick to D with the right foot, and then lower it to D, forming a right X-stance toward B while executing a horizontal strike with a twin knife-hand.



- ii. Execute side checking kick to D with the left foot, and then lower it to D, to form a left X-stance toward A while executing a horizontal strike with a twin knife-hand.



**b. Side Stepping Kick Toward A**

- i. Execute a side checking kick to A with the right foot, and then lower it to A in a jumping motion to form a right X-stance toward D while executing a downward strike with the right back hand.
- ii. Repeat i

**c. Side Stepping Kick Toward B**

- i. Execute a side checking kick to B with the left foot, and then lower it to B in a jumping motion to form a left X-stance toward D while executing a downward strike with the left back hand.
- ii. Repeat i



## 124. L-Stance X-Fist Checking Block

*(Niunja So Kyocha Joomuk Momchau Makgi)*

### a. Forward Stepping Block

#### Left-ready stance

- i. Move the left foot to D to form a right L-stance toward D while blocking, and then execute a side front strike with the right back fist, bringing the left palm to the right back forearm while forming a left one-leg stance toward D, bringing the right foot to the left knee joint.



- ii. Lower the right foot to D to form a left L-stance toward D while blocking and then execute a side-front strike with the left back fist, bringing the right palm to the left back forearm while forming a right one-leg stance toward D, bringing the left foot to the right knee joint.



### **b. Backward Stepping Block**

- i. Move the right foot to C to form a right L-stance toward D while blocking, and then execute a side front strike with the right back fist, bringing the left palm to the right elbow while forming a right one-leg stance toward D, bringing the left foot to the right knee joint.



- ii. Lower the left foot to C to form a left L-stance toward D while blocking, and then execute a side front strike with the left back fist, bringing the right palm to the left elbow while forming a left one-leg stance toward D, bringing the right foot to the left knee joint.



**Keep both back fists faced upward at the moment of block.**



## 125. Rear Foot Stance Reverse Knife-Hand Obverse Upward Block (*Dwitbal So Sonkaldung Baro Ollyo Makgi*)

### a. Forward Stepping Block

Left walking ready stance

- i. Move the right foot to D, forming a left rear foot stance toward D while blocking with the left reverse knife-hand, and then execute a vertical punch to D with the right middle knuckle fist while forming a left L-stance toward D, slipping the right foot.



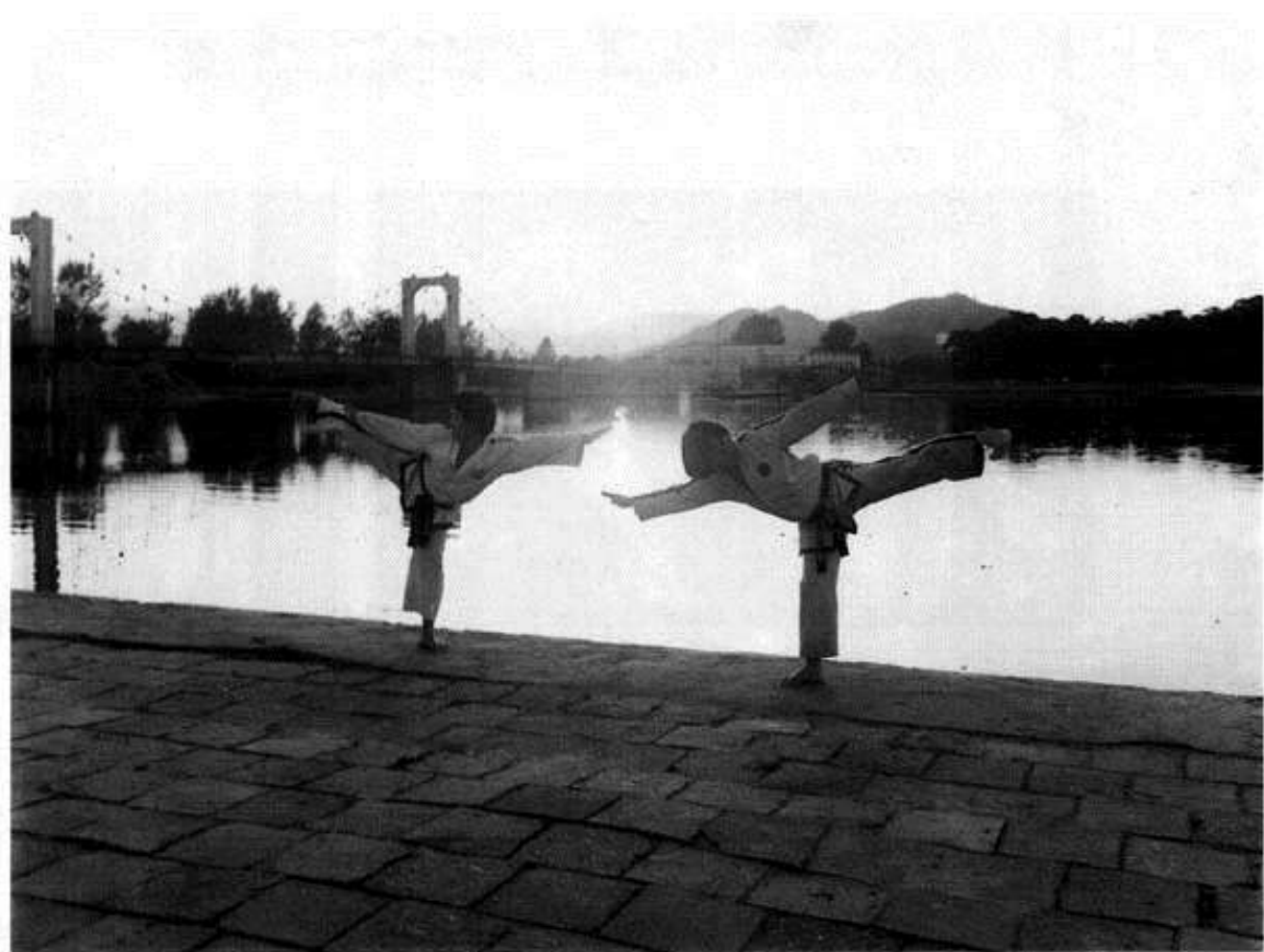
- ii. Move the left foot to D, forming a right rear foot stance toward D while blocking with the right reverse knife-hand, and then execute a vertical punch to D with the left middle knuckle fist while forming a right L-stance toward D, slipping the left foot.

### b. Forward Double Step-Slide Turning

Move the left foot to D, and then slide to D turning counter-clockwise to form a right rear foot stance toward C while blocking with the right reverse knife-hand. Clockwise turning is not logical.

L-Stance reverse knife-hand obverse upward Block can be exercised in the same way.





**126. Sitting Stance Twin Straight Forearm Checking Block**  
(*Annun So Sang Sun Palmok Momchau Makgi*)

**a. Side Double Stepping Block Toward B**

**X-ready stance**

- i. Move the left foot to B, forming a sitting stance toward D while blocking, and then cross the right foot over the left foot to form a left X-stance toward D while executing a front block with the right knife-hand.
- ii. Repeat i.



**b. Side Double Stepping Toward A**

- i. Move the right foot to A, forming a sitting stance toward D while blocking, and then cross the left foot over the right foot to form a right X-stance toward D while executing a front block with the left knife-hand.
- ii. Repeat i.



### c. Side Step-Turning

Assume a sitting stance toward D.

Move the left foot to A, forming a sitting stance toward C while blocking.

Counter-clockwise turning is not practical.



## 127. Waving Kick (*Doro Chagi*)

### Spot Kick

Sitting ready stance.

- i. Execute a waving kick with the left foot, and then lower it to B to form a sitting stance toward D while executing a front strike with the left back fist.



- ii. Execute a waving kick with the right foot, and then lower it to A to form a sitting stance toward D while executing a side block to A with the left outer forearm, keeping the position of the hands as they were.



- iii. Execute a waving kick with the left foot, and then lower it to B to form a sitting stance toward D while executing a side block to B with the left outer forearm, keeping the position of the hands as they were.

Repeat ii and iii.



Keep the center of gravity unchanged during the kick.



**128. Walking Stance Arc-Hand Reverse Rising Block**  
*(Gunnun So Bandalson Bandae Chookyo Makgi)*

**a. Forward Stepping Block**

Left walking ready stance.

- i. Move the right foot to D, forming a right walking stance toward D while blocking with the left arc-hand, and then execute a middle twisting kick to BD with the left knee.



- ii. Lower the left foot to D to form a left walking stance toward D while blocking with the right arc-hand, and then execute a middle twisting kick to AD with the right knee.





### **b. Backward Stepping Block**

- i. Move the left foot to C, forming a right walking stance toward D while blocking with the left arc-hand, and then execute a middle twisting kick to AD with the right knee.
- ii. Lower the right foot to C to form a left walking stance toward D while blocking with the right arc-hand, and then execute a middle twisting kick to BD with the left knee.



### **Spot-Turning**

Turn clockwise, pivoting with the right foot to form a right walking stance toward C while blocking with the left arc-hand.



## 129. Sitting Stance Side Vertical Punch

*(Annun So Yap Sewo Jirugi)*

### a. Side Sitting Punch Toward A

Close ready stance B.

- i. Move the right foot to A, forming a sitting stance toward D while punching to A with the right fist, and then bring the left foot to the right foot to form a close stance toward D while executing a checking block with a twin straight forearm.
- ii. Repeat i.



### b. Side Stepping Punch Toward B

- i. Move the left foot to B, forming a sitting stance toward D while punching to B with the left fist, and then bring the right foot to the left foot to form a close stance toward D while executing a checking block with a twin straight forearm.
- ii. Repeat i.



**c. Side Stepping Punch Toward D**

- i. Move the right foot to D to form a sitting stance toward B while punching to D with the right fist, and then bring the left foot to the right foot, forming a close stance toward B while executing a checking block with a twin straight forearm.



- ii. Move the left foot to D to form a sitting stance toward A while punching to D with the left fist, and then bring the right foot to the left foot, forming a close stance toward A while executing a checking block with a twin straight forearm.



**130. Sitting Stance Knife-Hand Guarding Block**  
(*Annun So Sonkal Daebi Makgi*)

**a. Side Double Stepping Block Toward B.**

**X-ready stance.**

- i. Move the left foot to B to form a sitting stance toward D while blocking to B with the left knife-hand, and then cross the right foot over the left foot, forming a left X-stance toward D while punching to D with the left fist.
- ii. Repeat i.



**b. Side Double Stepping Block Toward A.**

- i. Move the right foot to A to form a sitting stance toward D while blocking to A with the knife-hand and then cross the left foot over the right foot, forming a right X-stance toward D while punching to D with the right fist.
- ii. Repeat i.





**c. Forward Stepping Block.**

- i. Move the right foot to D, forming a sitting stance toward B while blocking to C with the knife-hand, and then execute a left high elbow strike to D while forming a right walking stance toward D, pivoting with the left foot.
- ii. Move the left foot to D, forming a to D with the knife-hand, and then execute a right high elbow strike to D while forming a left walking stance toward D, pivoting with the right foot.



**131. Walking Stance Long Fist Reverse Punch**  
(*Gunnun So Ghin Joomuk Bandae Jirugi*)

**a. Forward Stepping Punch**

**Right walking ready stance**

- i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right long fist, and then execute a low inward block with the left reverse knife-hand while forming a right rear foot stance toward D, pulling the left foot.



- ii. Move the right foot to D, forming a right walking stance toward D while punching to D with the left long fist, and then execute a low inward block with the right reverse knife-hand while forming a left rear foot stance toward D, pulling the right foot.





### **b. Backward Stepping Punch**

- i. Move the left foot to C to form a right walking stance toward D while punching to D with the left long fist, and then execute a checking block with a twin straight forearm while shifting to C, maintaining the same stance toward D.



- ii. Move the right foot to C to form a left walking stance toward D while punching to D with the right long fist, and then execute a checking block with a twin straight forearm while shifting to C, maintaining the same stance toward D.

### **C. Forward Double Step-Turning**

Move the right foot to D, and then turn clockwise pivoting with the right foot to form a right walking stance toward C while punching to C with the left long fist.

Counter-clockwise turning is not reasonable.





**132. L-Stance Reverse Knife-Hand Reverse Upward Block**  
*(Niunja So Sonkaldung Bandae Ollyo Makgi)*

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D to form a right L-stance toward D while blocking with the left reverse knife-hand, and then execute a checking block with an X-fist while shifting to D, maintaining the same stance toward D.



- ii. Move the right foot to D to form a left L-stance toward D while blocking with the right reverse knife-hand, and then execute a checking block with an X-fist while shifting to D, maintaining the same stance toward D.



At the start of blocking, keep both back fists faced upward.



### **b. Backward Stepping Block**

- i. Move the right foot to C to form a right L-stance toward D while blocking with the left reverse knife-hand, and then punch to D with the right long fist while shifting to C, maintaining the same stance toward D.
- ii. Move the left foot to C to form a left L-stance toward D while blocking with the right reverse knife-hand, and then punch to D with the left long fist while shifting to C, maintaining the same stance toward D.



**133. L-Stance Twin Palm Horizontal Block.**  
(*Niunja So Sang Sonbadak Soopyong Makgi*)

**a. Forward Stepping Block**

**Left L-ready stance.**

- i. Move the left foot to D, forming a right L-stance toward D while blocking, and then execute a checking block with a twin straight knife-hand while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left L-stance toward D while blocking, and then execute a checking block with a twin straight knife-hand while forming a right walking stance toward D, slipping the right foot.

**b. Backward Treble Step-Jump Turning**

**Assume a right walking ready stance toward D.**

Move the right foot to C and the left foot to C, then jump, spinning clockwise to land to D, forming a left L-stance toward C while executing a forearm guarding block.





### 134. Front Checking Kick (*Apcha Momchugi*)

#### a. Forward Stepping Kick

Right walking ready stance.

- i. Kick to D with the left foot, and then lower it to D to form a right L-stance toward D while executing a high inward cross-cut with the left flat fingertip.



- ii. Kick to D with the right foot, and then lower it to D, forming a left L-stance toward D while executing a high inward cross-cut with the right flat fingertip.



**b. Backward Stepping Kick**

- i. Kick to D with the right foot, and then lower it to C, forming a right rear foot stance toward D while executing a checking block with an X-fist.



- ii. Kick to D with the left foot, and then lower it to C, forming a left rear foot stance toward D while executing a checking block with an X-fist.



### 135. X-Stance Low Punch (*Kyocha So Najunde Jirugi*)

#### a. Forward Jumping Punch

Right walking ready stance.

- i. Jump to D to form a left X-stance toward AD while punching to D with the right fist, slipping the left fist up to the right shoulder, and then move the left foot to D, forming a left walking stance toward D while executing a horizontal block with a twin knife-hand.



- ii. Jump to D to form a right X-stance toward BD while punching to D with the left fist, slipping the right fist up to the left shoulder, and then move the right foot to D, forming a right walking stance toward D while executing a horizontal block with a twin knife-hand.





## **b. Spot-Jump Turning**

**Assume a right X-stance toward BD**

Jump to C turning counter-clockwise to form a left X-stance toward BC while punching to C with the right fist. Clockwise turning is also possible.



### 136. Sitting Stance Side Fist Side Strike

*(Annun So Yop Joomuk Yop Taerigi)*

#### Forward Stepping Strike

Close ready stance B

- i. Move the right foot to D, forming a sitting stance toward B while strike to D with the right side fist, and then execute a high vertical punch to D with the right middle knuckle fist while forming a left L-stance toward D, pulling the right foot.



- ii. Move the left foot to D to form a sitting stance toward A while striking to D with the left side fist, and then execute a high vertical punch to D with the left middle knuckle fist while forming a right L-stance toward D, pulling the left foot.



At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one on the other.

# 137. Walking Stance Side Fist Obverse Front Downward Strike (Gunnun So Yop Joomuk Baro Ap Naeryo Taerigi)

## Forward Stepping Strike

### Left walking ready stance

- i. Move the right foot to D to D to form a right walking stance toward D while striking with the right side fist, and then execute a high punch to D with the left long fist while forming a left L-stance, pulling the left foot.



- ii. Move the left foot to D, forming a left walking stance toward D while striking with the left side fist, and then execute a high punch to D with the right long fist while forming a right L-stance toward D, pulling the right foot.



**138. Walking Stance Side Fist Obverse Front Downward Strike**  
*(Gunnun So Yop Joomuk Baro Ap Naeryo Taerigi)*

**a Forward Stepping Strike**

**Left walking ready stance.**

- i. Move the left foot to D, forming a left walking stance toward D while striking with the right back fist, and then execute a high twisting kick with the right foot.



- ii. Lower the right foot to D to form a right walking stance toward D while striking with the left back fist, and then execute a high twisting kick with the right foot.



### **b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D while striking with the left back fist, and then execute an outward vertical kick to A with the right footsword.
- ii. Lower the right foot to C, forming a left walking stance toward D while striking with the right back fist, and then execute an outward vertical kick to B with the left footsword.



### **139. Walking Stance Knife-Hand Obverse Front Downward Strike** *(Gunnun So Sonkal Baro Ap Naeryo Taerigi)*

Both the method and procedure of exercise remain the same as those of a walking stance side fist obverse front downward strike.



## 140. Side Pushing Kick (*Yopcha Milgi*)

### a. Side Stepping Kick Toward A

Sitting ready stance

- i. Kick to A with the right foot while moving the left foot beyond the point where the right foot was, and then lower the right foot to A to form a sitting stance toward D while executing a horizontal block with a twin palm.
- ii. Repeat i.



### b. Side Stepping Kick Toward B

- i. Kick to B with the left foot while moving the right foot beyond the point where the left foot was, and then lower the left foot to B to form a sitting stance toward D while executing a horizontal block with a twin palm.
- ii. Repeat i.







Side pushing kick with a diagonal stance can be exercised in the same way.



# 141. Rear Foot Stance Bow Wrist Upward Block

*(Dwitbal So Sonmokdung Ollyo Makgi)*

## a. Forward Stepping Block

Parallel ready stance.

- i. Move the left foot to D, forming a right rear foot stance toward D while blocking with the left bow wrist, and then execute a horizontal block with a twin palm while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D to form a left rear foot stance toward D while blocking with the right bow wrist, and then execute a horizontal block with a twin palm while forming a right walking stance toward D, slipping the right foot.



Keep both back hands faced upward  
at the start of blocking.



#### **b. Backward Stepping Block**

Assume a right rear foot stance toward D.

- i. Move the left foot to C to form a left rear foot stance toward D while blocking with the right bow wrist, and then execute a horizontal block with a twin palm while forming a right walking stance toward D, slipping the left foot.
- ii. Move the right foot to C to form a right rear foot stance toward D while blocking with the left bow wrist, and then execute a horizontal block with a twin palm while forming a left walking stance toward D, slipping the right foot.



## 142. Walking Stance Under Fist Obverse Front Strike

*(Gunnun So Mit Joomuk Baro Ap Taerigi)*

### a. Forward Stepping Strike

Left walking ready stance

- i. Move the right foot to D to form a right walking stance toward D while striking with the right under fist, and then execute a side checking kick to D with the left foot.



- ii. Lower the left foot to D to form a left walking stance toward D while striking with the left under fist, and then execute a side checking kick to D with the right foot.



### **b. Backward Stepping Strike**

- i. Move the left foot to C, forming a right walking stance toward D while striking with the right under fist, and then execute a side checking kick to D with the right foot.
- ii. Lower the right foot to C to form a left walking stance toward D while striking with the left under fist, and then execute a side checking kick to D with the left foot.



**143. Walking Stance Angle Fingertip High Reverse Thrust**  
(*Gunnun So Homi Sonkut Nopunde Bandae Tulgi*)

**a. Forward Stepping Thrust**

**Right Walking Ready Stance.**

- i. Move the left foot to D, forming a left walking stance toward D while thrusting with the right angle fingertip, and then execute a low guarding block with a knife-hand while forming a right rear foot stance toward D, pulling the left foot.

Keep the finger belly faced downward  
at the moment of impact.



- ii. Move the right foot to D to form a right walking stance toward D while thrusting with the left angle fingertip, and then execute a low guarding block with a knife-hand while forming a left rear foot stance toward D, pulling the right foot.



### **b. Backward Stepping Thrust**

- i. Move the left foot to C to form a right walking stance toward D while thrusting with the left angle fingertip, and then execute a low guarding block with a knife-hand while forming a left rear foot stance toward D, pulling the right foot.
- ii. Move the right foot to C, forming a left walking stance toward D while thrusting with the right angle fingertip, and then execute a low guarding block with a knife-hand while forming a right rear foot stance toward D, pulling the left foot.





**144. Walking Stance Angle Fingertip Middle Obverse Thrust**  
(*Gunnun So Homi Sonkut Kaunde Baro Tulgi*)

**a. Forward Stepping Thrust**

**Left walking ready stance**

- i. Move the right foot to D, forming a right walking stance toward D while thrusting with the right angle fingertip, and then execute a pressing block with a twin palm, maintaining the same stance toward D.



- ii. Move the left foot to D, forming a left walking stance toward D while thrusting with the left angle fingertip, and then execute a pressing block with a twin palm, maintaining the same stance toward D.





Keep the finger belly faced the attacker  
at the moment of impact.



**b. Backward Stepping Thrust**

- i. Move the left foot to C, forming a right walking stance toward D while thrusting with the right angle fingertip, and then execute a pressing block with a twin palm, maintaining the same stance toward D.
- ii. Move the right foot to C, forming a left walking stance toward D while thrusting with the left angle fingertip, and then execute a pressing block with a twin palm, maintaining the same stance toward D.



**145. Sitting Stance Flat Fingertip Outward Side Cross-Cut**  
(*Annun So Opun Sonkut Bakuro Yop Ghutgi*)

**a. Forward Stepping Cross-Cut**

**Close ready stance B**

- i. Move the right foot to D, forming a sitting stance toward B while executing a high cross-cut to D with the right flat fingertip, and then execute a side piercing kick to D with the left foot.



- ii. Lower the left foot to D, forming a sitting stance toward A while executing a high cross-cut to D with the left flat fingertip, and then execute a side piercing kick to D with the right foot.



## **b. Side Double Stepping Cross-Cut Toward B**

### **X-ready stance**

- i. Move the left foot to B to form a sitting stance toward D while executing a high cross-cut to B with the left flat fingertip, and then cross the right foot over the left foot, forming a left X-stance toward D while executing a twin elbow horizontal thrust.
- ii. Repeat i.



## **c. Side Step-Turning**

Move the right foot to B turning clockwise to form a sitting stance toward C while executing a high cross-cut to B with the right flat fingertip.

Counter-clockwise turning is not logical.



## 146. L-Stance U-Shape Punch (*Niunja So Digutja Jirugi*)

### a. Forward Stepping Punch

Left L-ready stance

- i. Move the left foot to D to form a right L-stance toward D while punching to D, and then execute a front strike with the right under fist while forming a left walking stance toward D, slipping the left foot.



- ii. Move the right foot to D, forming a left L-stance toward D while punching to D, and then execute a front strike with the left under fist at the same time forming a right walking stance toward D, slipping the right foot.



## **b. Backward Stepping Punch**

- i. Move the right foot to C, forming a right L-stance toward D while punching to D, and then execute a front strike with the right under fist while forming a left walking stance toward D, slipping the right foot.
- ii. Move the left foot to C to form a left L-stance toward D while punching to D, and then execute a front strike with the left under fist while forming a right walking stance toward D, slipping the left foot.



Side View



### c. Forward Treble Step-Slide Turning

Move the left foot to D, the right foot to D and then the left foot to D in a sliding motion turning counter-clockwise to form a left rear foot stance toward C while executing a downward block with the right palm. (Clockwise turning is not reasonable.)



\* Rear foot stance U-shape punch can be exercised in the same way.



# 147. Flying Middle Twisting Kick (*Twimyo Kaunde Bituro Chagi*)

L-ready stance toward D.

- i. Jump while running to execute a flying middle twisting kick to AD with the right foot, and then land to D forming a right X-stance toward D while executing a rising block with an X-fist.
- ii. Jump while running to execute a flying middle twisting kick to BD with the left foot, and then land to D forming a left X-stance toward D while executing a rising block with an X-fist.





**148. Rear Foot Stance Outer Forearm Waist Block**  
(*Dwitbal So Bakat Palmok Hori Magki*)

**a. Forward Stepping Block Toward B**

**Right L-ready stance**

- i. Move the right foot to B turning clockwise to form a right rear foot stance toward A while blocking with the left outer forearm, and then execute a middle thrust with the right angle fingertip while forming a left walking stance toward A, slipping the right foot.
- ii. Repeat i.



**b. Forward Stepping Block Toward A**

**Left L-ready stance**

- i. Move the left foot to A turning counter-clockwise to form a left rear foot stance toward B while blocking with the right outer forearm, and then execute a middle thrust with the left angle fingertip while forming a right walking stance toward B, slipping the left foot.
- ii. Repeat i.





#### **149. L-Stance Outer Forearm Waist Block**

*(Niunja So Bakat Palmok Hori Makgi)*

Both the method and procedure of exercise remain the same as for a rear foot stance outer forearm waist block.



**150. Walking Stance Reverse Knife-Hand Reverse Low Inward Block**  
*(Gunnun So Sonkaldung Bandae Najunde Anuro Makgi)*

**a. Forward Stepping Block**

**Parallel ready stance**

- i. Move the right foot to D, forming a right walking stance toward D while blocking with the left reverse knife-hand, and then execute a high thrust with the right angle fingertip while shifting to D, maintaining the same stance toward D.



- ii. Move the left foot to D to form a left walking stance toward D while blocking with the right reverse knife-hand, and then execute a high thrust with the left angle fingertip while shifting to D, maintaining the same stance toward D.



### **b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking with the left reverse knife-hand, and then execute a U-shape punch to D while forming a right fixed stance toward D, pivoting with the left foot.
- ii. Move the right foot to C to form a left walking stance toward D while blocking with the right reverse knife-hand, and then execute a U-shape punch to D while forming a left fixed stance toward D, pivoting with the right foot.



- \*1. At the start of blocking keep both palms faced downward.
2. Bring the opposite side fist in front of the shoulder at the moment of block.

# 151. Rear Foot Stance Palm Waist Block

*(Dwitbal So Sonbadak Hori Makgi)*

## Forward Stepping Block Toward B.

### Sitting ready stance

- i. Move the right foot to B turning clockwise to form a right rear foot stance toward A while blocking with the left palm, and then move the right foot on line AB in a stamping motion to form a sitting stance toward C while executing a downward strike with the right knife-hand.



- ii. Move the left foot to B turning counter-clockwise to form a left rear foot stance toward A while blocking with the right palm, and then move the left foot on line AB in a stamping motion to form a sitting stance toward D while executing a downward strike with the left knife-hand.





\* L-stance palm waist block can be exercised in the same way.



**L-Stance**



## 152. L-Stance Knife-Hand Obverse Downward Block

*(Niunja So Sonkal Baro Naeryo Makgi)*

### a. Forward Stepping Block

Left walking ready stance.

- i. Move the right foot to D, forming a left L-stance toward D while blocking with the left knife-hand, and then execute a low inward block with the right reverse knife-hand while forming a right walking stance toward D, slipping the left foot.



- ii. Move the left foot to D, forming a right L-stance toward D while blocking with the right knife-hand, and then execute a low inward block with the left reverse knife-hand while forming a left walking stance toward D, slipping the right foot.





### **b. Backward Double Step-Turning**

Move the right foot to C, and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while blocking with the right knife-hand.

Clockwise turning is not practical.

Keep both back hands faced upward at the start of blocking.



### **153. Rear Foot Stance Knife-Hand Obverse Downward Block** *(Dwitbal So Sonkal Baro Naeryo Makgi)*

The method of blocking is the same as that of an L-stance knife-hand obverse downward block.



**154. Rear Foot Stance Forearm Obverse Downward Block**  
(*Dwitbal So Palmok Baro Naeryo Makgi*)

**a. Forward Stepping Block**

Left walking ready stance.

- i. Move the right foot to D to form a left rear foot stance toward D while blocking with the left forearm, and then execute a U-shape block while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D to form a right rear foot stance toward D while blocking with the right forearm, and then execute a U-shape block while forming a left walking stance toward D slipping the left foot.



## **b. Backward Stepping Block**

- i. Move the left foot to C to form a left rear foot stance toward D while blocking with the left forearm, and then execute a U-shape block while forming a right walking stance toward D, slipping the left foot.



- ii. Move the right foot to C to form a right rear foot stance toward D while blocking with the right forearm, and then execute a U-shape block while forming a left walking stance toward D, slipping the right foot.

\* L-stance forearm obverse downward block can be exercised in the same way.



Side View



## 155. Flying Outward Vertical Kick (*Twimyo Bakuro Sewo Chagi*)

### Kicking Toward D.

Right L-ready stance.

- i. Jump to execute a flying vertical kick to AD with the right footsword, and then land to D, forming a left L-stance toward D at the same time executing a forearm guarding block.



- ii. Jump to execute a flying vertical kick to BD with the left footsword, and then land to D, forming a right L-stance toward D at the same time executing a forearm guarding block.



Side View



**156. L-Stance Inner Forearm Waist Block**  
(*Niunja So Anpalmok Hori Makgi*)

**Forward Stepping Block Toward B**

**Right L-ready stance**

- i. Move the right foot to B turning clockwise to form a right L-stance toward A while blocking with the left inner forearm, and then execute a low guarding block with a reverse knife-hand in a circular motion while forming a left L-stance toward B, pivoting with the left foot.



- ii. Move the left foot to B turning counter-clockwise to form a left L-stance toward A while blocking with the right inner forearm and then execute a low guarding block with a reverse knife-hand in a circular motion while forming a right L-stance toward B, pivoting with the right foot.





The blocking tool reaches the target in a circular motion.



### 157. L-Stance Reverse Knife-Hand Waist Block (Niunja So Sonkaldung Hori Makgi)

Both the method and procedure of exercise remain the same as for an L-stance inner forearm waist block.

Rear foot stance inner forearm or reverse knife-hand waist block can be exercised in the same way.

L-Stance



Rear Foot Stance





## 158. Walking Stance Twin Fist Front Punch

*(Gunnun So Sang Joomuk Ap Jirugi)*

### a. Forward Stepping Punch

Parallel ready stance

- i. Move the right foot to D to form a right walking stance toward D while punching to D, and then execute a front checking kick with the left foot.



- ii. Move the left foot to D to form a left walking stance toward D while punching to D, and then execute a front checking kick with the right foot.



### **b. Backward Stepping Punch**

- i. Move the left foot to C, forming a right walking stance toward D while punching to D, and then execute a side back strike with the right back fist, extending the left arm to the front while maintaining the same stance toward D.



- ii. Move the right foot to C to form a left walking stance toward D while punching to D, and then execute a side back strike with the left back fist, extending the right arm to the front while maintaining the same stance toward D.



## 159. Walking Stance Palm Obverse Pressing Block (Gunnun So Sonbadak Baro Noollo Makgi)

### a. Forward Stepping Block

#### Right walking ready stance

- i. Move the left foot to D to form a left walking stance toward D while blocking with the left palm, and then execute a front strike with the right knife-hand, bringing the left finger belly on the right under forearm while shifting to D, maintaining the same stance toward D.



- ii. Move the right foot to D to form a right walking stance toward D while blocking with the right palm, and then execute a front strike with the left knife-hand, bringing the right finger belly on the left under forearm while shifting to D, maintaining the same stance toward D.



## **b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while blocking with the right palm, and then execute a front strike with the left knife-hand, bringing the right finger belly on the left under forearm while shifting to C, maintaining the same stance toward D.
- ii. Move the right foot to C, forming a left walking stance toward D while blocking with the left palm, and then execute a front strike with the right knife-hand, bringing the left finger belly on the right under forearm while shifting to C, maintaining the same stance toward D.



**160. Close Stance Twin Side Back Elbow Thrust**  
(*Moa So Sang Yopdwi Palkup Tulgi*)

**a. Side Stepping Thrust Toward B**

Sitting ready stance.

- i. Bring the right foot to the left foot to form a close stance toward D while thrusting, and then move the left foot to B, forming a sitting stance toward D while executing an upward punch with the left fist.
- ii. Repeat i.



**b. Side Stepping Thrust Toward A**

- i. Bring the left foot to the right foot to form a close stance toward D while thrusting, and then move the right foot to B, forming a sitting stance toward D while executing an upward punch with the right fist.
- ii. Repeat i.





### c. Side Stepping Thrust Toward D

Assume a sitting stance toward B.

- i. Bring the left foot to the right foot, forming a close stance toward B while thrusting, and then move the right foot to A to form a sitting stance toward B while executing an upward punch with the right fist.
- ii. Repeat i.





## 161. Dodging Front Punch (*Pihamyo Ap Jirugi*)

### a. Punching While Dodging Toward B

Parallel ready stance toward A.

- i. Punch to A with the right fist while dodging toward B, and then land to B to form a parallel stance toward B while executing a W-shape block with the knife-hand.



- ii. Punch to A with the left fist while dodging to B, and then land to B to form a parallel stance toward B while executing a W-shape block with the knife-hand.







#### **b. Punching While Dodging Toward C**

**Parallel ready stance.**

- i. Punch to D with the right fist while dodging toward C, and then land to C to form a parallel stance toward D while executing a W-shape block with the knife-hand.
- ii. Punch to D with the left fist while dodging toward C, and then land to C to form a parallel stance toward D while executing a W-shape block with the knife-hand.

### **162. Dodging Flat Fingertip Thrust**

*(Pihamyo Opun Sonkut Tulgi)*

Both the method and procedure of exercise are the same as those of a dodging punch.



**163. Dodging Knife-Hand Outward Strike**  
*(Pihamyo Sonkal Bakuro Taerigi)*

**a. Strike While Dodging Toward B**

Close ready stance C.

- i. Strike to A with the right knife-hand while dodging toward B, and then land to B to form a close stance toward D while executing a checking block with a twin straight forearm.
- ii. Repeat i.



**b. Strike While Dodging Toward A**

- i. Strike to B with the left knife-hand while dodging toward A, and then land to A to form a close stance toward D while executing a checking block with a twin straight forearm.
- ii. Repeat i.



## 164. Dodging Knife-Hand Inward Strike

*(Pihamyo Sonkal Anuro Taerigi)*

### Strike While Dodging Toward C

Parallel ready stance

- i. Strike to D with the right knife-hand, bringing the left side fist in front of the right shoulder while dodging to C, and then land to C to form a parallel stance toward D while executing a W-shape block with the outer forearm.



- ii. Strike to D with the left knife-hand, bringing the right side fist in front of the left shoulder while dodging to C, and then land to C to form a parallel stance toward D while executing a W-shape block with the outer forearm.



**165. Dodging Back Fist Side Strike**  
*(Pihamyo Dung Joomuk Yop Taerigi)*

**a. Strike While Dodging Toward C**

**X-ready stance**

- i. Strike to A with the right back fist while dodging toward C, and then land to C to form an X-stance toward D while executing a checking block with a twin straight knife-hand.



- ii. Strike to B with the left back fist while dodging toward C, and then land to C to form an X-stance toward D while executing a checking block with a twin straight knife-hand.



**Application**

**b. Strike While Dodging Toward B**

- i. Strike to A with the right back fist while dodging toward B, and then land to B to form an X-stance toward D while executing a checking block with a twin straight knife-hand.
- ii. Repeat i.



**c. Strike While dodging Toward A**

- i. Strike to B with the left back fist while dodging toward A, and then land to A to form an X-stance toward D while executing a checking block with a twin straight knife-hand.
- ii. Repeat i.



Side View

**166. Dodging Back Fist Front Strike**  
*(Pihamyong Joomuk Ap Taerigi)*

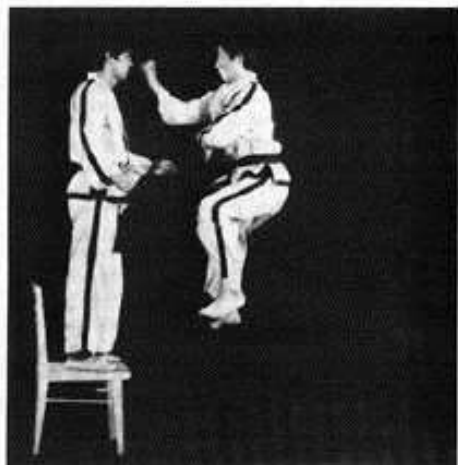
**Strike While Dodging Toward C**

**Sitting ready stance**

- i. Strike to D with the right back fist while dodging toward C, and then land to C to form a sitting stance toward D while executing a rising block with an X-fist.



- ii. Strike to D with the left back fist while dodging toward C, and then land to C to form a sitting stance toward D while executing a rising block with an X-fist.



**167. Dodging Reverse Knife-Hand Inward Strike**  
*(Pihamyong Sonkaldung Anuro Taerigi)*

**Strike While Dodging Toward B**

**Left L-ready stance**

- i. Strike to A with the right reverse knife-hand, bringing the left back hand under the left elbow joint while dodging toward B, and then land to B to form a left L-stance toward A while executing a checking block with an X-knife-hand.



- ii. Strike to A with the left reverse knife-hand, bringing the right back hand under the right elbow joint while dodging toward B, and then land to B to form a right L-stance toward A while executing a checking block with an X-knife-hand.



**Application**



**168. Dodging Flat Fingertip Cross-Cut**  
*(Pihamyo Opun Sonkut Ghutgi)*

**a. Outward Cross-Cut While Dodging Toward C**

**Right Walking ready stance.**

- i. Execute a high cross-cut to D with the right flat fingertip while dodging toward C, and then land to C to form a left L-stance toward D, keeping the position of the hands as they were.



- ii. Execute a high cross-cut to D with the left flat fingertip while dodging toward C, and then land to C to form a right L-stance toward D, keeping the position of the hands as they were.



**Application**

**b. Inward Cross-Cut While Dodging Toward C**

**Parallel ready stance**

- i. Execute a high cross-cut to D with the right flat fingertip while dodging toward C, and then land to C to form a parallel stance toward D, while executing a twin forearm block.



- ii. Execute a high cross-cut to D with the left flat fingertip while dodging toward C, and then land to C to form a parallel stance toward D, while executing a twin forearm block.



**Side View**

**169 .L-Stance Palm Obverse Downward Block**  
(*Niunja So Sonbadak Baro Naeryo Makgi*)

**a. Forward Stepping Block**

Parallel ready stance.

- i. Move the right foot to D, forming a left L-stance toward D while blocking with the left palm, and then execute a front block with the right forearm while forming a right walking stance toward D, slipping the right foot.



- ii. Move the left foot to D, forming a right L-stance toward D while blocking with the right palm, and then execute a front block with the left forearm while forming a left walking stance toward D, slipping the left foot.



### b. Backward Stepping Block

- i. Move the left foot to C to form a left L-stance toward D while blocking with the left palm, and then execute a front block with the right forearm while forming a right walking stance toward D, slipping the left foot.
- ii. Move the right foot to C to form a right L-stance toward D while blocking with the right palm, and then execute a front block with the left forearm while forming a left walking stance toward D, slipping the right foot.



### c. Forward Double Step-Slide Turning

Move the left foot to D, and then slide to D turning counter-clockwise to form a right L-stance toward C while blocking with the right palm. Clockwise turning is not reasonable.

- \* Rear foot stance palm obverse downward block can be exercised in the same way.

L-stance



**170. Walking Stance Twin Reverse Knife-Hand Inward Strike**  
(*Gunnun So Sang Sonkaldung Anuro Taerigi*)

**a. Forward Stepping Strike**

**Parallel ready stance**

- i. Move the right foot to D, forming a right walking stance toward D while striking, and then execute a U-shape block, maintaining the same stance toward D.



- ii. Move the left foot to D, forming a left walking stance toward D while striking, and then execute a U-shape block, maintaining the same stance toward D.



### **b. Backward Stepping Block**

- i. Move the left foot to C to form a right walking stance toward D while striking, and then execute a downward block with a twin palm while forming a left L-stance toward D, pulling the right foot.
- ii. Move the right foot to C, forming a left walking stance toward D while striking, and then execute a downward block with a twin palm while forming a right L-stance toward D, pulling the left foot.



### **c. Forward Step-Turning**

Assume a right walking stance toward D.

Move the left foot to D turning clockwise to form a right walking stance toward C while striking with a twin reverse knife-hand. Counter-clockwise turning is not practical.



Side View



# 171. Flying High Twisting Kick (*Twimyo Nopunde Bitro Chagi*)

Walking ready stance.

- i. Run and jump to execute a high twisting kick with the right foot while flying toward D, and then land to D, forming a left L-stance toward D while executing a knifehand guarding block.



- ii. Run and jump to execute a high twisting kick with the left foot while flying toward D, and then land to D, forming a right L-stance toward D while executing a knife-hand guarding block.

Application





## 172. Flying Knife-Hand Side Strike (Twimyo Sonkal Yop Taerigi)

### Left L-ready stance

- i. Run and jump to execute a side strike to A with the right knife-hand while flying toward A, and then land to A, maintaining the same posture.
- ii. Repeat i.



## 173. Flying Back Fist Side Strike (Twimyo Dung Joomuk Yop Taerigi)

The procedure of exercise remains the same as no. 173 above.



## 174. Dodging Front Snap Kick (*Pihamyō Apcha Busigi*)

### a. Kick While Dodging Toward C

Right walking ready stance

- i. Kick to D with the right foot while dodging toward C, and then land to C to form a right walking stance toward D while punching to D with the right fist.



- ii. Kick to D with the left foot while dodging toward C, and then land to C to form a left walking stance toward D while punching to D with the left fist.



### **b. Kick While Dodging Toward B**

**Right walking ready stance toward A.**

- i. Kick to A with the right foot while dodging toward B, and then land to B to form a right walking stance toward A while punching to A with the left fist.
- ii. Kick to A with the left foot while dodging toward B, and then land to B to form a left walking stance toward A while punching to A with the right fist.



## 175. Dodging Side Piercing Kick (*Pihamyo Yopcha Jirugi*)

### a. Kick While Dodging Toward B

Sitting ready stance.

- i. Kick to A with the right foot while dodging toward B, and then land to B to form a sitting stance toward D while executing a twin knife-hand block.
- ii. Repeat i.



### b. Kick While Dodging Toward C

Sitting ready stance toward A.

- i. Kick to D with the left foot while dodging toward C, and then land to C to form a sitting stance toward A while executing a twin knife-hand block.
- ii. Repeat i.





# **176. Dodging Side Thrusting Kick** *(Pihamyo Yopcha Tulgi)*

The procedure of exercise is the same as for a dodging side piercing kick.

## **Kick While Dodging Toward B**

**Sitting ready stance.**

- i. Kick to A with the right foot while dodging toward B, and then land to B to form a sitting stance toward D while executing a twin forearm block.
- ii. Repeat i.



**177. Dodging Reverse Turning Kick**  
*(Pihamyo Bandae Dollyo Chagi)*

**a. Kick While Dodging Toward C**

**Right L-ready stance.**

- i. Kick to D with the right foot while dodging toward C, and then land to C to form a right L-stance toward D while executing a forearm guarding block.



- ii. Kick to D with the right foot while dodging toward C, and then land to C to form a left L-stance toward D while executing a forearm guarding block.



**b. Kick While Dodging Toward B**

**Right L-ready stance toward A.**

- i. Kick to A with the right foot while dodging toward B, and then land to B to form a right L-stance toward A while executing a knife-hand guarding block.



- ii. Kick to A with the left foot while dodging toward B, and then land to B to form a right L-stance toward A while executing a knife-hand guarding block.



**Application**



**178. Dodging Reverse Hooking Kick**  
*(Pihamyō Bandae Dollyō Goro Chagi)*

**a. Kick While Dodging Toward C.**

**Rear foot stance forearm guarding block.**

- i. Kick to D with the right foot while dodging toward C, and then land to C to form a left L-stance toward D while striking to D with the right knife-hand.



- ii. Kick to D with the left foot while dodging toward C, and then land to C to form a right L-stance toward D while striking to D with the left knife-hand.



**Application**

**b. Kick While Dodging Toward B**

**Right rear foot stance forearm guarding block toward A.**

- i. Kick to A with the right foot while dodging toward B, and then land to B to form a left L-stance toward A while executing a forearm guarding block.



- ii. Kick to A with the left foot while dodging toward B, and then land to B to form a right L-stance toward A while executing a forearm guarding block.



**179. Dodging Middle Twisting Kick**  
(*Pihamyo Kaunde Bituro Chagi*)

**Kick While Dodging Toward C**

Parallel ready stance.

- i. Kick to AD with the right foot while dodging toward C, and then land to C to form a left L-stance toward D while executing a high cross-cut to D with the right flat fingertip.



- ii. Kick to BD with the left foot while dodging toward C, and then land to C to form a right L-stance toward D while executing a high cross-cut to D with the left flat fingertip.



## 180. Flying Hooking Kick (*Twimyo Golcho Chagi*)

Walking ready stance.

- i. Jump and kick to D with the left foot while flying, then land to D forming a right X-stance toward D at the same time executing a rising block with an X-fist.
- ii. Jump and kick to D with the right foot while flying, then land to D forming a left X-stance toward D at the same time executing a rising block with an X-fist.



**181. Close Stance Reverse Knife-Hand Parallel Block**  
(*Moa So Sonkaldung Narani Makgi*)

The method of blocking remains the same as that of sitting stance reverse knife-hand parallel block.

**a. Side Stepping Block Toward A**

**Sitting ready stance**

- i. Bring the left foot to the right foot to form a close stance toward D while blocking, and then move the right foot to A, forming a sitting stance toward D while executing a high vertical punch to D with a twin fist.
- ii. Repeat i.



**b. Side Stepping Block Toward B**

- i. Bring the right foot to the left foot, forming a close stance toward D while blocking, and then move the left foot to B to form a sitting stance toward D while executing a high vertical punch to D with a twin fist.



### c. Forward Stepping Block

Assume a left walking ready stance toward D

- i. Bring the right foot to the left foot to form a close stance toward D while blocking, and then move the right foot to D, forming a right walking stance toward D while punching to D with the left fist.
- ii. Bring the left foot to the right foot to form a close stance toward D while blocking, and then move the left foot to D, forming a left walking stance toward D while punching to D with the right fist.



Keep the forearms closed in front of the epigastrium.



### Application



## 182. Horizontal Striking-Kick (*Soopyong Taerimyo Chagi*)

### a. Forward Stepping Strike

Left walking ready stance.

- i. Execute a horizontal strike with a twin knife-hand while executing a low front snap kick to D with the right foot, then lower it to D forming a right walking stance toward D while executing a front strike with the right reverse knife-hand.

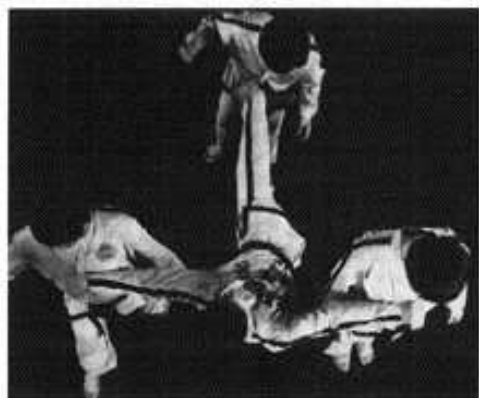


- ii. Execute a horizontal strike with a twin knife-hand while executing a low front snap kick to D with the left foot, then lower it to D forming a left walking stance toward D while executing a front strike with the left reverse knife-hand.

### b. Backward Stepping Strike

- i. Execute a horizontal strike with a twin side fist while executing a back piercing kick to C with the left foot, then lower it to C forming a right walking stance toward D while executing a front strike with the right reverse knife-hand.
- ii. Execute a horizontal strike with a twin side fist while executing a back piercing kick to C with the right foot, then lower it to C forming a left walking stance toward D while executing a front strike with the left reverse knife-hand.





Side View

Top View



### 183. X-Stance Back Hand Parallel Block

*(Kyocha So Sondung Narani Makgi)*

#### a. Side Double Stepping Block Toward A

**Sitting ready stance**

- i. Cross the left foot over the right foot to form a right X-stance toward D while blocking, and then move the right foot to A, forming a sitting stance toward D while executing a front strike with the right knife-hand, bringing the left finger belly on the right under forearm.
- ii. Repeat i.

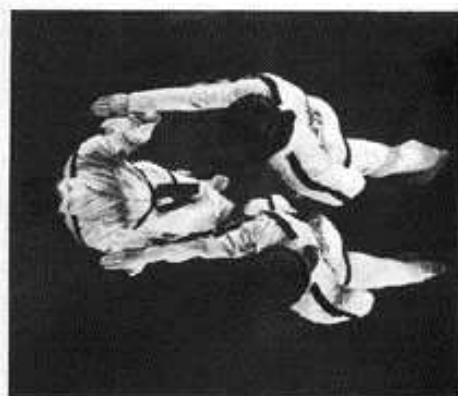


#### b. Side Double Stepping Block Toward B

- i. Cross the right foot over the left foot to form a left X-stance toward D while blocking, and then move the left foot to B, forming a sitting stance toward D while executing a front strike with the left knife-hand, bringing the right finger belly on the left under forearm.
- ii. Repeat i.



**Top View**



**184. Flying Double Foot Side Pushing Kick**  
(*Twimyo Doobal Yopcha Milgi*)

**a. Kicking Toward A**

**L-ready stance**

- i. Run and jump to kick to A with the right double foot while flying toward A, then land to A forming a right X-stance toward AD while executing a downward strike with the right knife-hand.
- ii. Repeat i.



**b. Kicking Toward B**

- i. Run and jump to kick to B with the left double foot while flying toward B, then land to B forming a left X-stance toward BD while executing a downward strike with the left knife-hand.
- ii. Repeat i.

**185. Flying Twin Side Piercing Kick**  
(*Twimyo Sangbal Yopcha Jirugi*)

The procedure of exercise is the same as No. 186 above.



**186. Flying Horizontal Double Punch**  
*(Twimyo Soopyong I-jung Jirugi)*

**a. Single Fist**

Parallel ready stance

- i. Jump and punch to D twice in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump and punch to D twice in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.

**b. Twin Fist.**

- i. Jump and punch to D twice in succession with a twin fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Repeat i

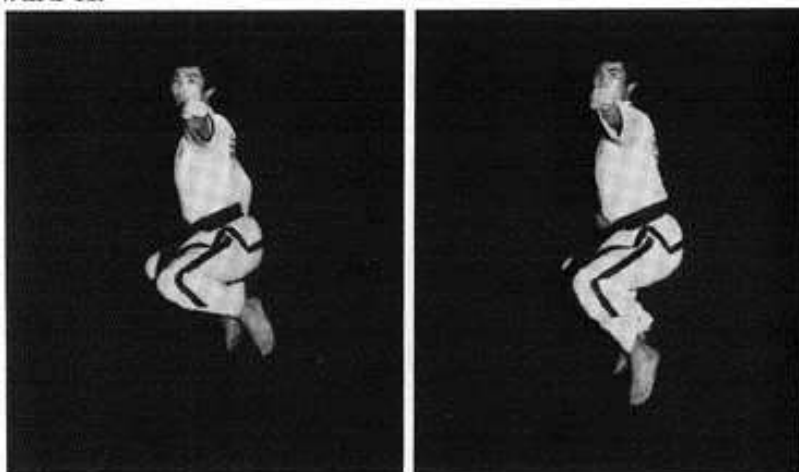


## 187. Flying Double Side Punch (*Twimyo I-jung Yop Jirugi*)

### a. Horizontal Punch

Close ready stance B toward A.

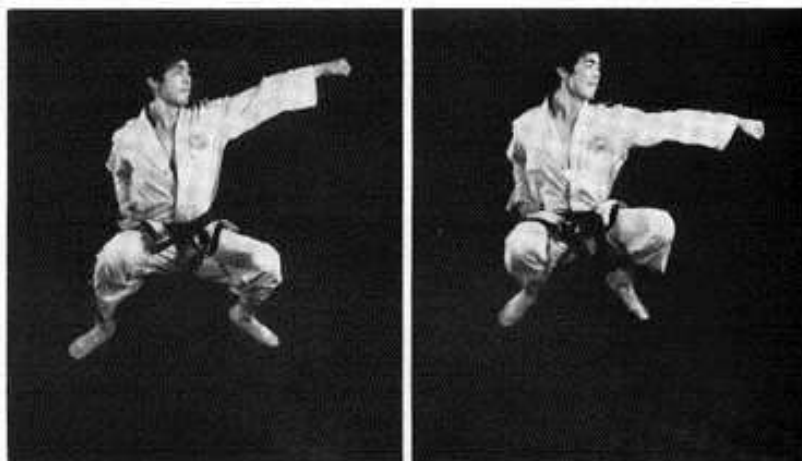
- i. Jump and punch to C twice in succession with the right fist while the body is in the air, then land on the same spot, resuming a close stance toward A.
- ii. Jump and punch to D twice in succession with the left fist while the body is in the air, then land on the same spot, forming a close stance toward A.



### b. Vertical Punch

Parallel ready stance

- i. Jump and punch to A twice in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Jump and punch to B twice in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.



**188. Flying Flat Fingertip Double Thrust**  
*(Twimyo Opun Sonkut I-jung Tulgi)*

Both the method and procedure of exercise are the same as for a flying double punch.



**189. Flying Knife-Hand Double Side strike**  
*(Twimyo Sonkal I-jung Yop Taerigi)*

**a. Horizontal Strike**

**Parallel Ready stance toward B.**

- i. Jump and strike to D twice in succession with the right knife-hand while the body is in the air, then land on the same spot, forming a parallel stance toward B.



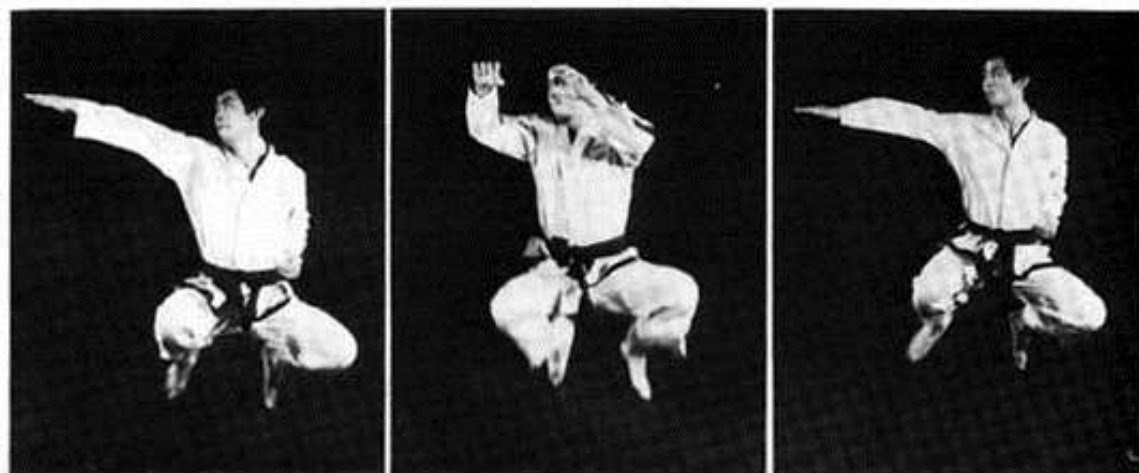


- ii. Jump and strike to D twice in succession with the left knife-hand while the body is in the air, then land on the same spot, forming a parallel stance toward B.

**b. Vertical Strike**

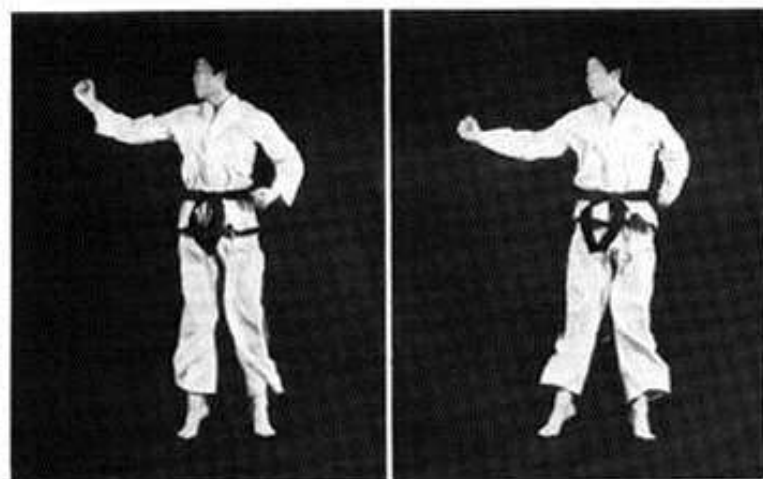
**Parallel ready stance**

- i. Jump and strike to A twice in succession with the right knife-hand while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Jump and strike to B twice in succession with the left knife-hand while the body is in the air, then land on the same spot, forming a parallel stance toward D.



**190. Flying Back Fist Double Side Strike**  
(*Twimyo Dung Joomuk I-jung Yop Taerigi*)

The procedure of exercise remains the same as that of a flying knife-hand double side strike.



**Vertical Kick**

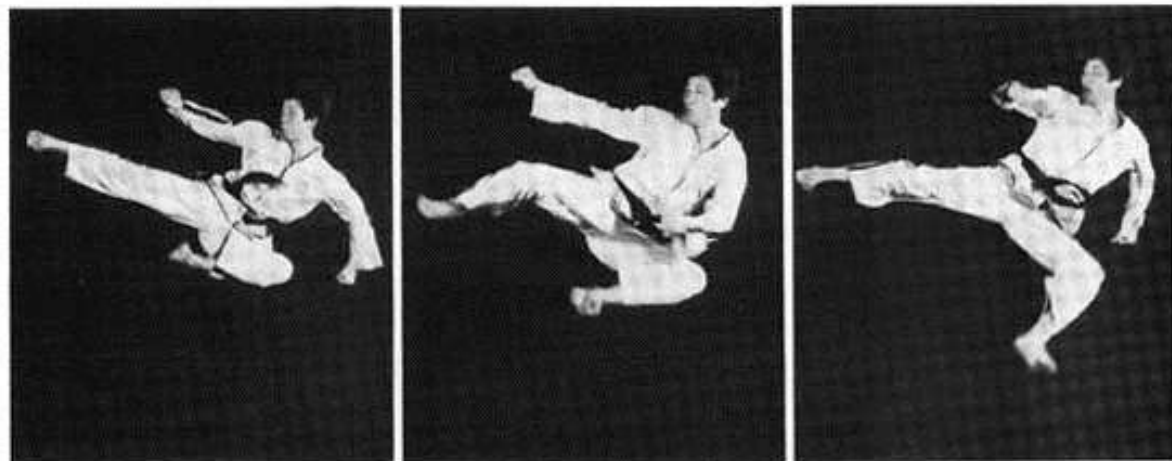


## 191. Flying Double Side Kick (*Twimyo I-jung Yop Chagi*)

### a. Vertical Kick

Parallel ready stance

- i. Jump and kick to A twice in succession with the right foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump and kick to B twice in succession with the left foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.

### b. Horizontal Kick

Walking ready stance toward B.

- i. Run and jump to kick to D twice in succession with the right foot while flying toward B, then land to B, forming a left L-stance toward B while executing a checking block with an X-fist.



- ii. Run and jump to kick to C twice in succession with the left foot while flying toward B, then land to B, forming a right L-stance toward B while executing a checking block with an X-fist.

## 192. Flying Double Turning Kick (*Twimyo I-jung Dollyo Chagi*)

### Parallel ready stance

- i. Jump and kick to BD twice in succession with the right foot while the body is in the air, then land on the same spot, forming a left L-stance toward D while executing a forearm guarding block.
- ii. Jump and kick to AD twice in succession with the left foot while the body is in the air, then land on the same spot, forming a right L-stance toward D while executing a forearm guarding block.

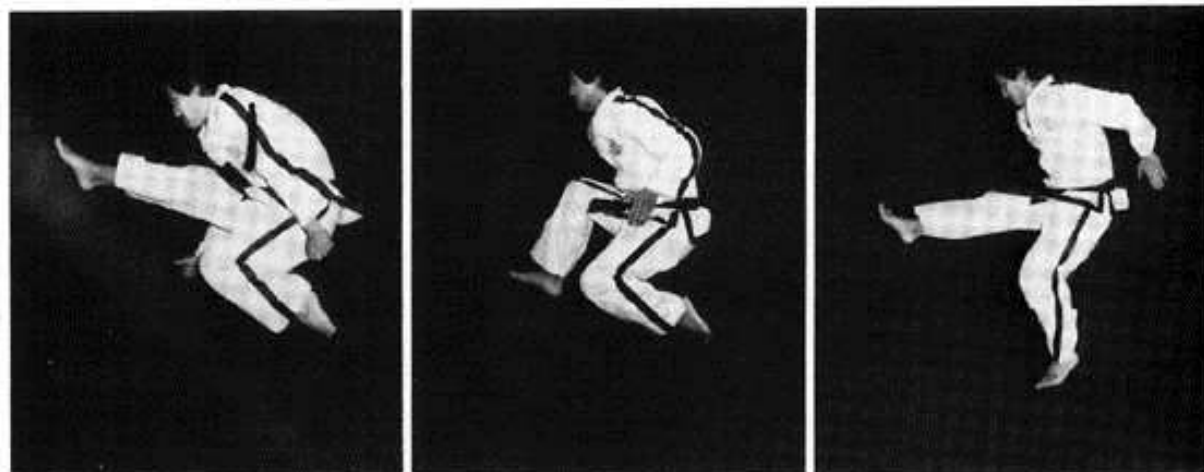


### 193. Flying Double Front Snap Kick (*Twimyo I-jung Apcha Busigi*)

#### a. Vertical Kick

Parallel ready stance toward A.

- i. Jump and kick to A twice in succession with the right foot while the body is in the air, then land on the same spot, forming a parallel stance toward A.



- ii. Jump and kick to A twice in succession with the left foot while the body is in the air, then land on the same spot, forming a parallel stance toward A.

#### b. Horizontal Kick

Parallel ready stance

- i. Jump and kick to D twice in succession with the right foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Jump and kick to D twice in succession with the left foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.



## 194. Flying Consecutive Cross-Cut (*Twimyo Yonsok Ghutgi*)

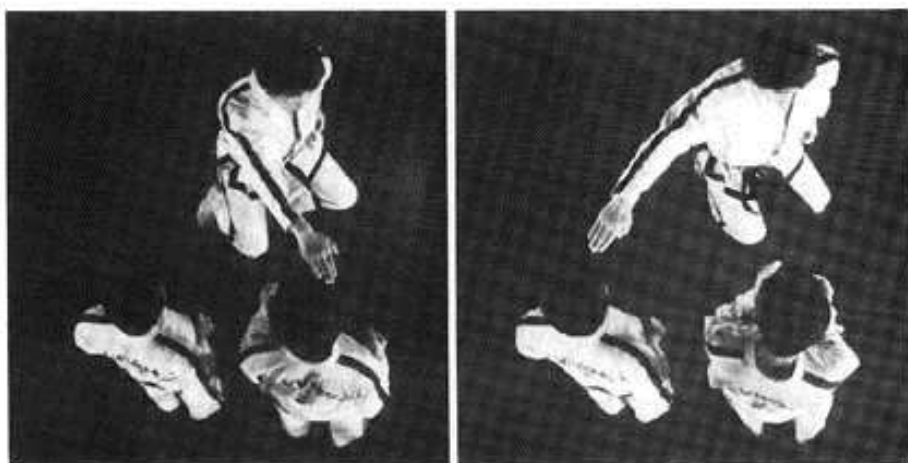
### Inward and Outward Cross-Cut

Sitting ready stance

- i. Jump and execute an inward cross-cut to D and an outward cross-cut to A in succession with the right flat fingertip while the body is in the air, then land on the same spot, resuming a ready posture toward D.



- ii. Jump to execute an inward cross-cut to D and an outward cross-cut to B in succession with the left flat fingertip while the body is in the air, then land on the same spot, resuming a ready posture toward D.

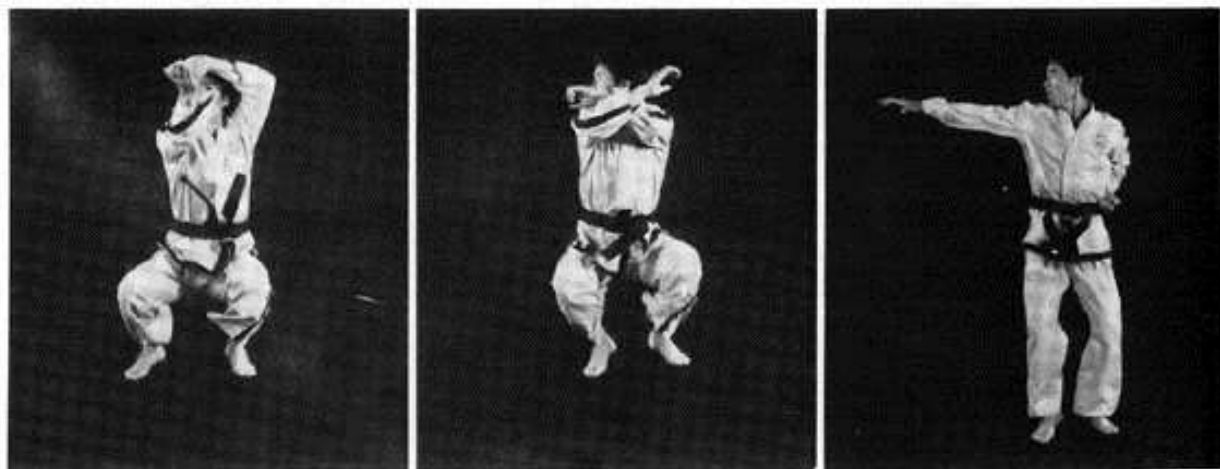


Top View

## **195. Flying Consecutive Strike** *(Twimyo Yonsok Taerigi)*

### **a. Front and Side Strike**

- i. Jump to execute a front strike to D and side strike to A in succession with the right knife-hand while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump to execute a front strike to D and a side strike to B in succession with the left knife-hand while the body is in the air, then land on the same spot, forming a parallel ready stance.

### **b. Horizontal and Front Strike**

**X-ready stance.**

- i. Jump to execute a horizontal strike to A and a front strike to D in succession with the right back fist while the body is in the air, then land on the same spot, resuming a ready posture toward D.
- ii. Jump to execute a horizontal strike to B and a front strike to B and a front strike to D in succession with the left back fist while the body is in the air, then land on the same spot, resuming a ready posture toward D.



### c. Side and Downward Strike

Close ready stance C.

- i. Jump to execute a side strike and a downward strike to A in succession with the right back fist while the body is in the air, then land on the same spot, forming a close stance toward D.



- ii. Jump to execute a side strike and a downward strike to B in succession with the left back fist while the body is in the air, then land on the same spot, forming a close stance toward D.

## 196. Flying Combination Punch (*Twimyo Honhap Jirugi*)

### a. Front and Vertical Punch

Close ready stance B

- i. Jump to punch to D with the right fist, then with the left fist followed by a vertical punch to D with a twin middle knuckle fist in succession while the body is in the air, then land on the same spot, forming a close stance toward D.



- ii. Jump to punch to D with the left fist, then with the right fist followed by a vertical punch to D with a twin middle knuckle fist in succession while the body is in the air, then land on the same spot, forming a close stance toward D.



Top View



## **b. Side and Front Punch**

### **Parallel ready stance**

- i. Jump to execute a side punch to A with the right fist, a side punch to B with the left fist and a front punch to D with the right fist in succession while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump to execute a side punch to B with the left fist, a side punch to A with the right fist and a front punch to D with the left fist in succession while the body is in the air, then land on the same spot, forming a parallel stance toward D.

## **197. Flying Combination Strike (*Twimyo Honhap Taerigi*)**

### **Parallel ready stance.**

- i. Jump to execute a side strike to A with the right back fist, side strike to B with the left back fist and a front downward strike with the right knife-hand in succession while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Repeat i



## 198. Overhead Kick (*Twio Nomo Chagi*)

### L-ready stance.

- i. Run and jump to execute a side piercing kick to B with the right foot while flying over an obstacle, then land to B, forming a left L-stance toward B while executing a forearm guarding block.



- ii. Run and jump to execute a side piercing kick to A with the left foot while flying over an obstacle, then land to A, forming a right L-stance toward A while executing a forearm guarding block.

## 199. Overhead Punch (*Twio Nomo Jirugi*)

### Rear Foot Stance Forearm Guarding Block.

- i. Run and jump to execute a front punch to B with a twin fist while flying over an obstacle, then land to B forming an X-stance toward A while executing a pressing block with an X-fist.
- ii. Repeat i.



**200. Flying Twin Foot Middle Twisting Kick**  
(*Twimyo Sangbal kaunde Bituro Chagi*)

**L-ready stance.**

- i. Run and jump to kick to A and B simultaneously with a twin foot while flying, then land on the same spot, forming a sitting stance toward D while executing a downward block with an X-list.
- ii. Repeat i.



**201. Flying Foot TwinHigh Kick** (*Twimyo Sangbal Nopi Chagi*)

**L-ready stance.**

- i. Run and jump to execute a high kick with a twin foot while flying, then land on the same spot, forming an X-stance toward D while executing a checking block with a twin straight forearm.
- ii. Repeat i.



## 202. Flying Square Punching-Kick (*Twio Sagak Jirumyo Chagi*)

Walking ready stance.

- i. Run and jump to execute a front punch to A with a twin fist and a front snap kick to A with a twin foot simultaneously while flying, then land on the same spot, forming a sitting stance toward A while executing a pressing block with a twin palm.
- ii. Repeat i.

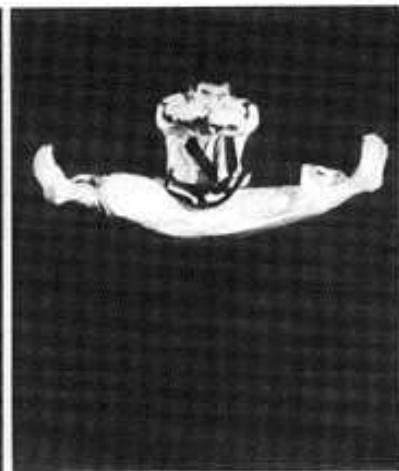


## 203. Flying Trapezoid Punching-Kick (*Twio Jekak Jirumyo Chagi*)

Walking ready stance.

- i. Run and jump to execute a vertical punch to D with a twin fist and a middle twisting kick with a twin foot simultaneously while flying, then land on the same spot, forming a sitting stance toward D.
- ii. Repeat i.

Side View



## 204. Flying U-Shape Punching Kick (*Twio Digutja Jirumyo Chagi*)

Kicking toward A.

- i. Run and jump to execute a U-shape punch to D and a side kick to A with the right foot simultaneously while flying, then land on the same spot, forming a left L-ready stance toward A.



Front View



- ii. Run and jump to execute a U-shape punch to D and a side kick to A with the left foot simultaneously while flying, then land on the same spot, forming a right L-ready stance toward A.

## 205. Flying Twin Foot Turning Kick (*Twimyo Sangbal Dollyo Chagi*)

Parallel ready stance.

- i. Jump and kick to D with a twin foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump and kick to D, with a twin foot while the body is in the air, then land on the same spot, forming a parallel stance toward D.

**206. Flying Twin Fist Double Punch** (*Twimyo Sang Joomuk I-jung Jirugi*)

**Parallel ready stance.**

- i. Jump and punch to D twice in succession with a twin fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.
- ii. Repeat i.



**207. Flying Twin Fist Front and Upset Punch**  
(*Twimyo Sang Joomuk Ap Dwijibo Jirugi*)

**Close ready stance A.**

- i. Jump and execute a front punch and an upset punch to D in succession with a twin fist while the body is in the air, then land on the same spot, forming a close stance toward D.
- ii. Repeat i.





## 208. Flying Triple Punch (*Twimyo Samjung Jirugi*)

### a. Front Punch

Parallel ready stance

- i. Jump and punch to D three times in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.



- ii. Jump and punch to D three times in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.

### b. Side Punch

Parallel ready stance toward A.

- i. Jump and punch to C three times in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward A.
- ii. Jump and punch to D three times in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward A.





**209. Flying Back Fist Triple Side Strike**  
(*Twimyo Dung Joomuk Sumjung Yop Taerigi*)

**a. Vertical Strike**

Parallel ready stance toward A.

- i. Jump and strike to C three times in succession with the right back fist while the body is in the air, then land on the same spot, forming a parallel stance toward A.



- ii. Jump and strike to D three times in succession with the left back fist while the body is in the air, then land on the same spot, forming a parallel stance toward A.

**b. Horizontal Strike**

Left L-stance toward B.

- i. Jump and strike to D three times in succession with the right back fist while the body is in the air, then land to A, forming a left L-stance toward A
- ii. Repeat i.



**210. Flying Knife-Hand Triple Outward Strike**  
(*Twimyo Sonkal Samjung Bakuro Taerigi*)

The method and procedure of exercise remain the same as No. 211 above.



**211. Flying twin Fist Triple Punch**  
(*Twimyo Sang Joomuk Samjung Jirugi*)

Close ready stance B.

- i. Jump and punch to D three times in succession with a twin fist while the body is in the air, then land on the same spot forming a close stance toward D.
- ii. Repeat i.



**212. Flying Horizontal Striking-Kick**  
(*Twio Soopyong Taerimyo Chagi*)

Walking ready stance.

- i. Run and jump to execute a horizontal strike with a twin knife-hand and a front snap kick to D with the right or left foot simultaneously while the body is in the air, then land to D, forming a walking ready stance toward D.
- ii. Repeat i.



**213. Flying Spiral Kick** (*Twimyo Nasonsik Chagi*)

- i. Run and jump to execute a side kick to B with the right foot and a back kick to B with the left foot while rolling the body counter-clockwise in the air, then land on the same spot, forming a sitting ready stance toward D.



- ii. Run and jump to execute a side kick to B with the left foot and a back kick to B with the right foot while rolling the body clockwise in the air, then land on the same spot, forming a sitting ready stance toward C.

## 214. Flying Triple Front Kick (*Twimyo Samjung Ap Chagi*)

Parallel ready stance toward A

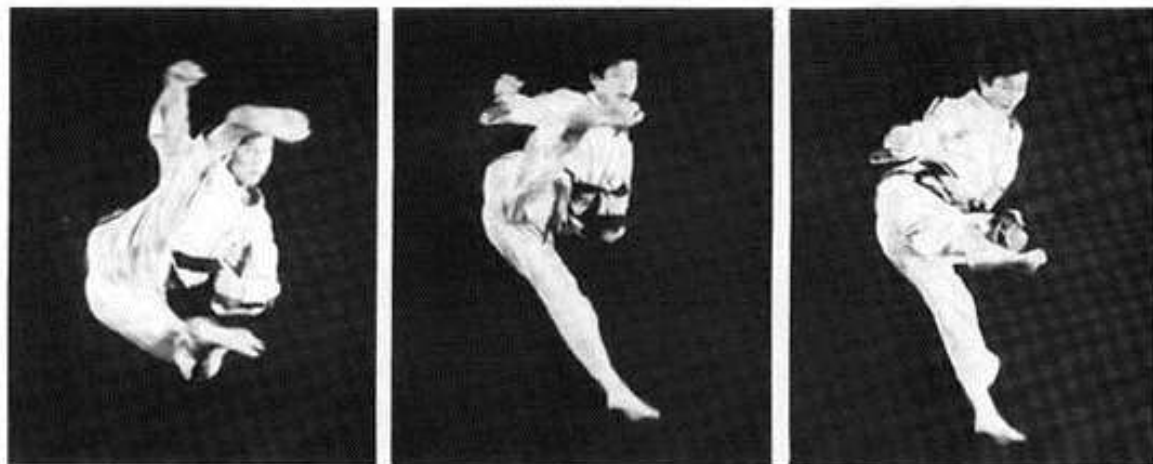
- i. Jump and kick to A three times in succession with the right or left foot while the body is in the air, then land on the same spot, forming a parallel stance toward A.
- ii. Repeat i



## 215. Flying Triple Turning Kick (*Twimyo Samjung Doollyo Chagi*)

Close ready stance B.

- i. Jump and kick to D three times in succession with the right or left foot while the body is in the air, then land on the same spot, forming a close stance toward D.
- ii. Repeat i.

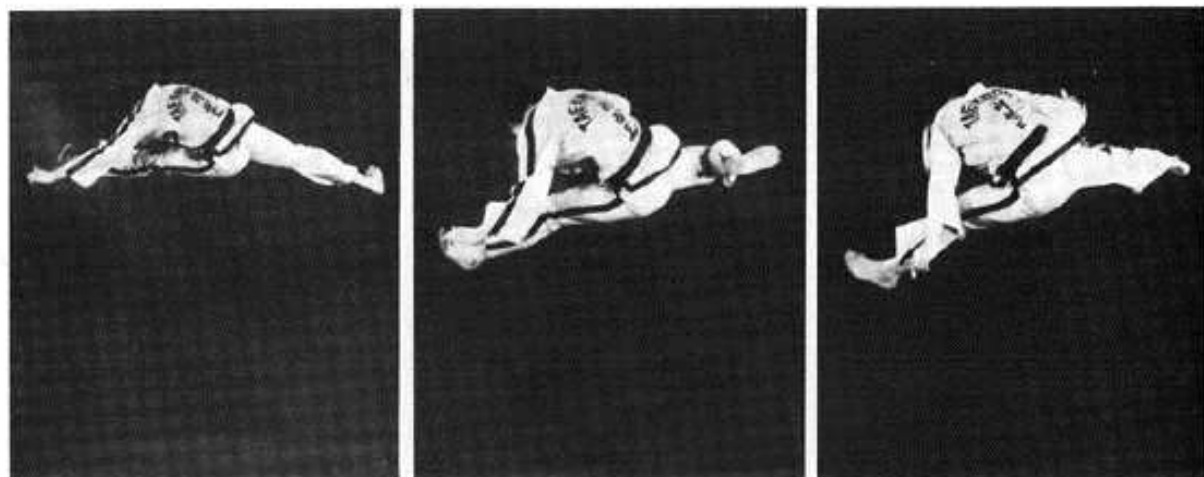


## 216. Flying Three Direction Kick (*Twimyo Sambang Chagi*)

### a. Two Direction Kick and Turning Kick

L-ready stance.

- i. Run and jump to execute a two direction kick (side-twisting kick) to A and B and a turning kick to D in succession with the right or the left foot while flying toward D, then land to D, forming an L-ready stance toward D.
- ii. Repeat i.



### b. Two Direction Kick and Side Kick

L-ready stance.

- i. Run and jump to execute a two direction kick (front-back kick) to C and D and a side piercing kick to A or B in succession with the right or left foot while the body is in the air, then land on the same spot, forming a sitting ready stance toward D.
- ii. Repeat i.



## 217. Flying Four Direction Kick (*Twimyo Sabang Chagi*)

### a. Two Direction Kick with Reverse Hooking and Turning Kick

Walking ready stance.

- i. Run and jump to execute a two direction kick to A and B, a reverse hooking kick to AC or BC, and a turning kick to D in succession with the right or the left foot while flying toward D. then land to D, forming an L-ready stance toward D.
- ii. Repeat i.



### b. Two Direction Kick with Side and Turning Kick

L-ready stance.

- i. Run and jump to execute a two direction kick to A and B, a side kick to A or B with the right or left foot, and a turning kick to BD or AD with the right or the left foot in succession while flying toward D, then to D, forming an L-ready stance toward D.
- ii. Repeat i.



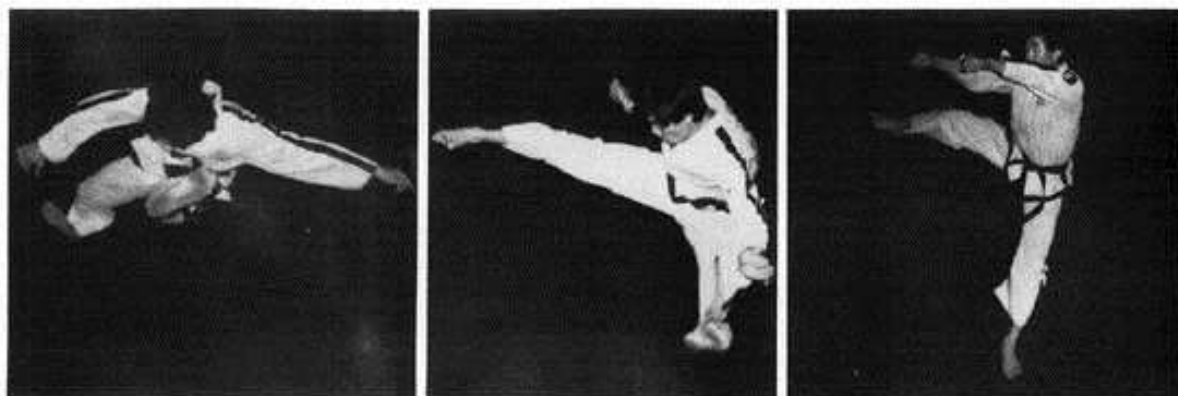


**218. Flying Combination Kick and Punch**  
*(Twimyo Honhap Chagi Wa Jirugi)*

**a. Three Direction Kick and Twin Fist Punch**

**Walking ready stance.**

- i. Run and jump to execute a two direction kick to A and B, and a turning kick to D with the right foot followed by a front punch to BD with a twin fist in succession while the body is in the air, then land on the same spot, forming a right diagonal stance toward BC while executing a rising block with a twin palm.



- ii. Run and jump to execute a two direction kick to A and B, and a turning kick to D with the left foot followed by a front punch to AD with a twin fist in succession while the body is in the air, then land on the same spot, forming a left diagonal stance toward AD while executing a rising block with a twin palm.





**b. Three Direction Kick and U-Shape Punching Kick**

**L-ready stance.**

- i. Run and jump to execute a two direction kick to A and B, a side piercing kick to A with the right foot followed by a U-shape punching-kick to D in succession while the body is in the air, then land on the same spot, forming a sitting stance toward D while executing a horizontal strike with a twin back fist.



- ii. Run and jump to execute a two direction kick to A and B, and a side piercing kick to B with the left foot followed by a U-shape punching-kick to D in succession while the body is in the air, then land on the same spot, forming a sitting stance toward D while executing a horizontal strike with a twin back fist.



### **Remarks:**

1. The secret of learning the fundamental movements correctly with the least amount of effort in the shortest period of time is to understand the purpose and concepts of each movement clearly.
2. Emphasis is always placed on the repetition of each fundamental movement to attain perfection.
3. Taekwon-Do is composed of a myriad of fundamental movements. Unfortunately, time and space do not permit listing all of them in this book. The most common and useful, however, have been presented.
4. For more efficient performance of each pattern, it is almost mandatory to practice necessary fundamental movements, especially those required in the particular pattern before hand.
5. It is of utmost importance to maintain the correct stance at all times during the exercise.

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## **SYNOPSIS**

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

- VOLUME I:**
- 1) Origin and Development of Martial Arts
  - 2) History of Taekwon-Do
  - 3) Moral Culture
  - 4) Philosophy
  - 5) Training Schedule
  - 6) Cycle and Composition of Taekwon-Do
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    - A) Model Sparring
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- VOLUME II:**
- 1) Theory of Power
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  - 3) Vital Sports
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    - A) Training Hall
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- VOLUME III:** Hand Techniques
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- VOLUME V:** Sparring
- VOLUME VI:** Fundamental Exercises (A)
- VOLUME VII:** Fundamental Exercises (B)

**VOLUME VIII:**

- 1) Four-Direction Punch
- 2) Four-Direction Block
- 3) Pattern Chon-Ji
- 4) Pattern Dan-Gun
- 5) Pattern Do-San

**VOLUME IX:**

- 1) Pattern Won-Hyo
- 2) Pattern Yul-Guk
- 3) Pattern Joong-Gun

**VOLUME X:**

- 1) Pattern Toi-Gae
- 2) Four-Direction Thrust
- 3) Pattern Hwa-Rang
- 4) Pattern Choong-Moo

**VOLUME XI:**

- 1) Pattern Gwang-Gae
- 2) Pattern Po-Eun
- 3) Pattern Ge-Baek

**VOLUME XII:**

- 1) Pattern Eui-Am
- 2) Pattern Choong-Jang
- 3) Pattern Juche

**VOLUME XIII:**

- 1) Pattern Sam-Il
- 2) Pattern Yoo-Sin
- 3) Pattern Choi-Yong

**VOLUME XIV:**

- 1) Pattern Yon-Gae
- 2) Pattern Ul-Ji
- 3) Pattern Moon-Moo

**VOLUME XV:**

- 1) Pattern So-San
- 2) Pattern Se-Jong
- 3) Pattern Tong-Il



