

**Quick  
Reference Guide  
for Patterns  
10<sup>th</sup> Kup to 3<sup>rd</sup> Dan**

**CHON- JI  
to  
CHOI-YONG**

This Guide is intended to help the Taekwon-Do student with the maintenance of their Tul by providing a quick reference to the Height, Stance and Speed of each movement in a one page colour coded format and a summary of Fast, Slow, Continuous, Connecting and Stamping motions in Tul (up to Choi-Yong).

This guide has been completed with reference to “ENCYCLOPEDIA of TAEKWON-DO (1993)”

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## **Key**

Stance

Height

Motion or Motion

Slipping or moving feet

"X" Direction of technique

# Fast, Slow, Continuous, Connecting and Stamping motions

## **Fast motion**

Do-San	15-16, 19-20 (punches)
Yul-Gok	2-3, 5-6 (punches) 9-10, 13-14 (punches)
Joong-Gun	15-16, 18-19 (release/punch)
Hwa-Rang	18-19 (turning kick/turning kick/knifehand guarding block)
Choong-Moo	14-15 (turning kick/back kick)
Ge-Baek	3-4 (punches) 22-23 (turning kick/flying side kick)
Choong-Jang	46-47 (punches)
Yoo-Sin	2-3 (angle punches) 34-35, 36-37 (double forearm/low block)
Choi-Yong	21-22 (pressing blocks)

## **Slow motion**

Toi-Gye	3, 6 (side back strike) 12 (twin side elbow)
Kwang-Gae	2-3 (upset punches) 10-11 (upward blocks) 21-22 (pressing blocks) 26, 30 (high thrust flat fingertip)
Po-Eun	15, 33 (horizontal thrust)
Eui-Am	13, 26 (turning punch)
Choong-Jang	3 (angle punch) 28 (back elbow)
Juche	5, 17 (side piercing kick, reverse hooking kick) 26 (heaven hand) 40 (back piercing kick)
Yoo-Sin	45, 48 (angle punch)

## **Continuous motion**

Dan-Gun	13-14 (low block/rising block)
Toi-Gye	7-8 (pressing block/vertical punch)
Po-Eun	6-12, 24-30 (blocks-punches)
Ge-Baek	5-6 (rising block, low block) 37-38 (low guarding blocks)
Eui-Am	5-6, 18-19 (downward block/rising block)
Sam-Il	30-31 (inward block/punch)
Yoo-Sin	16, 17, 18, 19 (hooking block/punch) 20-21, 25-26 (pressing block/rising block)

**Connecting motion**

Yul-Gok	16-17, 19-20 (hooking block/punch)
Ge-Baek	9-10, 29-30 (scooping block/punch)
Yoo-Sin	10-11, 14-15 (scooping block/punch)

**Stamping Motion**

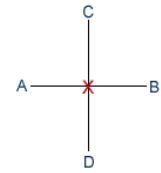
Toi-Gye	13-17 (W-shape block)
Kwang-Gae	23, 27 (high side strike) 31 (high vertical punch) 32, 36 (upset punch)
Ge-Baek	39-40 (W-shape block)
Eui-Am	10, 23 (middle side strike)
Choong-Jang	29, 31 (downward strike) 33, 35 (middle outward strike)
Juche	8, 20 (high outward cross-cut) 41 (horizontal strike)
Sam-Il	22 (W-shape block) 33 (high vertical punch)
Yoo-Sin	41-42 (twin fist upset punch)
Choi-Yong	38, 45 (Knife-hand strike)

## **CHON- JI**

Movements - 19

Ready Position - PARALLEL READY STANCE

1. Left walking stance low block left forearm.
  2. Right walking stance middle punch right fist.
  3. Right walking stance low block right forearm.
  4. Left walking stance middle punch left fist.
  5. Left walking stance low block left forearm.
  6. Right walking stance middle punch right fist.
  7. Right walking stance low block right forearm.
  8. Left walking stance middle punch left fist.
  9. Right L-stance middle block left inner forearm.
  10. Right walking stance middle punch right fist.
  11. Left L-stance middle block right inner forearm.
  12. Left walking stance middle punch left fist.
  13. Right L-stance middle block left inner forearm.
  14. Right walking stance middle punch right fist.
  15. Left L-stance middle block right inner forearm.
  16. Left walking stance middle punch left fist.
  17. Right walking stance middle punch right fist.
  18. Left walking stance middle punch left fist.
  19. Right walking stance middle punch right fist.
- END:** Bring the left foot back to the ready position.

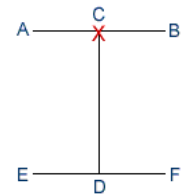


## **DAN-GUN**

Movements - 21

Ready Position - PARALLEL READY STANCE

1. Right L-stance middle guarding block knife-hand.
  2. Right walking stance high punch right fist.
  3. Left L-stance middle guarding block knife-hand.
  4. Left walking stance high punch left fist.
  5. Left walking stance low block left forearm.
  6. Right walking stance high punch right fist.
  7. Left walking stance high punch left fist.
  8. Right walking stance high punch right fist.
  9. Right L-stance executing twin forearm block.
  10. Right walking stance high punch right fist.
  11. Left L-stance twin forearm block.
  12. Left walking stance high punch left fist.
  13. Left walking stance low block left forearm.
  14. Maintaining stance rising block left forearm. 13-14 continuous motion.
  15. Right walking stance rising block right forearm.
  16. Left walking stance rising block left forearm.
  17. Right walking stance rising block right forearm.
  18. Right L-stance middle outward strike left knife-hand.
  19. Right walking stance high punch right fist.
  20. Left L-stance middle outward strike right knife-hand.
  21. Left walking stance high punch left fist.
- END:** Bring the left foot back to the ready position.

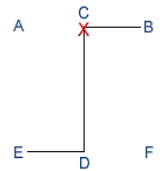


## **DO-SAN**

Movements - 24

Ready Position - PARALLEL READY STANCE

1. **Left walking stance high** side block left outer forearm.
  2. **Maintaining stance middle** punch right fist.
  3. **Right walking stance high** side block right outer forearm.
  4. **Maintaining stance middle** punch left fist.
  5. **Right L-stance middle** guarding block knife-hand.
  6. **Right walking stance middle** thrust right straight fingertip.
  7. **Left walking stance high** side strike left back fist. **Twist body counter clockwise.**
  8. **Right walking stance high** side strike right back fist.
  9. **Left walking stance high** side block left outer forearm.
  10. **Maintaining stance middle** Punch right fist.
  11. **Right walking stance high** side block right outer forearm.
  12. **Maintaining stance middle** punch left fist.
  13. **Left walking stance high** wedging block outer forearm.
  14. **Middle** front snap kick "CE" right foot, hands as 13.
  15. **Right walking stance "CE" middle** punch right fist.
  16. **Maintaining stance middle** punch left fist. **15-16 fast motion.**
  17. **Right walking stance "CF" high** wedging block outer forearm.
  18. **Middle** front snap kick "CF" left foot, hands as 17.
  19. **Left walking stance "CF" middle** punch left fist.
  20. **Maintaining stance middle** punch right fist. **19-20 fast motion.**
  21. **Left walking stance rising** block left forearm.
  22. **Right walking stance rising** block right forearm.
  23. **Sitting stance middle** side strike left knife-hand.
  24. **Sitting stance middle** side strike right knife-hand. **Left foot to right then right foot "A".**
- END: Bring the right foot back to the ready position.

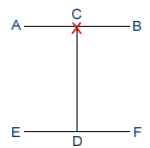


## **WON-HYO**

Movements - 28

Ready Position - CLOSE READY STANCE A

1. **Right L-stance** twin forearm block.
  2. **High** inward strike right knife-hand, left side fist front of right shoulder **maintaining stance.**
  3. **Left fixed stance middle** punch left fist **slipping left foot.**
  4. **Left L-stance** twin forearm block.
  5. **High** inward strike left knife-hand, right side fist front of left shoulder **maintaining stance.**
  6. **Right fixed stance middle** punch right fist **slipping right foot.**
  7. **Right bending ready stance A.**
  8. **Middle** side piercing kick left foot.
  9. **Right L-stance middle** guarding block knife-hand.
  10. **Left L-stance middle** guarding block knife-hand.
  11. **Right L-stance middle** guarding block knife-hand.
  12. **Right walking stance middle** thrust right straight finger tip.
  13. **Right L-stance** twin forearm block.
  14. **High** inward strike right knife-hand left side fist front of right shoulder **maintaining stance.**
  15. **Left fixed stance middle** punch left fist **slipping left foot.**
  16. **Left L-stance** twin forearm block.
  17. **High** inward left knife-hand, right side fist in front of left shoulder **maintaining stance.**
  18. **Right fixed stance middle** punch right fist slipping right foot.
  19. **Left walking stance circular** block right inner forearm.
  20. **Low** front snap kick right foot, hands as 19.
  21. **Right walking stance middle** punch left fist.
  22. **Circular** block left inner forearm **maintaining stance.**
  23. **Low** front snap kick left foot, hands as 22.
  24. **Left walking stance middle** punch right fist.
  25. **Left bending ready stance A.**
  26. **Middle** side piercing kick right foot.
  27. **Right L-stance middle** guarding block forearm.
  28. **Left L-stance middle** guarding block to forearm.
- END: Bring the right foot back to the ready position.

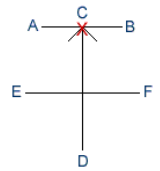


## **YUL-GOK**

Movements - 38

Ready Position - PARALLEL READY STANCE

1. **Sitting stance** extending left fist horizontally front shoulder line.
  2. **Middle** punch right fist **maintaining stance**.
  3. **Middle** punch left fist **maintaining stance**. 2-3 **fast motion**.
  4. **Sitting stance** extending right fist horizontally, Front shoulder line. **Left foot to right, right foot "A"**
  5. **Middle** punch left fist **maintaining stance**.
  6. **Middle** punch right fist **maintaining stance**. 5-6 **fast motion**.
  7. **Right walking stance** "AD" **middle** side block right inner forearm.
  8. **Low** front snap kick "AD" left foot hands as 7.
  9. **Left walking stance** "AD" **middle** punch left fist.
  10. **Middle** punch right fist **maintaining stance**. 9-10 **fast motion**.
  11. **Left walking stance** "BD" **middle** side block left inner forearm.
  12. **Low** front snap kick right foot hands as 11.
  13. **Right walking stance** "BD'" **middle** punch right fist.
  14. **Middle** punch left fist **maintaining stance**. 13-14 **fast motion**.
  15. **Middle** hooking block right palm **right walking stance** "D" **pivoting on left foot**.
  16. **Middle** hooking block left palm **maintaining stance**.
  17. **Middle** punch the right fist **maintaining stance**. 16-17 **connecting motion**.
  18. **Left walking stance** **middle** hooking block left palm.
  19. **Middle** hooking block right palm **maintaining stance**.
  20. **Middle** punch left fist **maintaining stance**. 19-20 **connecting motion**.
  21. **Right walking stance** **middle** punch right fist.
  22. **Right bending ready stance A**.
  23. **Middle** side piercing kick left foot.
  24. **Left walking stance** striking the left palm with right front elbow.
  25. **Left bending ready stance A**.
  26. **Middle** side piercing kick the right foot.
  27. **Right walking stance** striking the right palm with left front elbow.
  28. **Right L-stance** twin knife-hand block.
  29. **Right walking stance** **middle** thrust right straight finger tip.
  30. **Left L-stance** twin knife-hand block.
  31. **Left walking stance** **middle** thrust left straight finger tip.
  32. **Left walking stance** **high** side block left outer forearm.
  33. **Middle** punch right fist **maintaining stance**.
  34. **Right walking stance** **high** side block right outer forearm.
  35. **Middle** punch left fist **right walking stance**.
  36. **Jump left X-stance** **high** side strike left back fist.
  37. **Right walking stance** **high** block right double forearm.
  38. **Left walking stance** **high** block left double forearm.
- END: Bring the left foot back to the ready position.

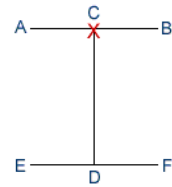


## **JOONG-GUN**

Movements - 32

Ready Position - CLOSE READY STANCE B

1. **Right L-stance middle** block left reverse knife-hand.
  2. **Low** side front snap kick left foot, hands as 1.
  3. **Left rear foot stance** upward block right palm.
  4. **Left L-stance middle** block right reverse knife-hand.
  5. **Low** side front snap kick right foot, hands as 4.
  6. **Right rear foot stance upward** block left palm.
  7. **Right L-stance middle** guarding block knife-hand.
  8. Right **upper** elbow strike **left walking stance slipping left foot**.
  9. **Left L-stance middle** guarding block knife-hand.
  10. Left **upper** elbow strike **right walking stance slipping right foot**.
  11. **Left walking stance high** vertical punch twin fist.
  12. **Right walking stance** upset punch twin fist.
  13. **Left walking stance rising** block X-fist.
  14. **Right L-stance high** side strike left back fist.
  15. Twist left fist counter clockwise till back fist downward, **left walking stance slipping left foot**.
  16. **High** punch right fist **maintaining stance. 15-16 fast motion.**
  17. **Left L-stance high** side strike right back fist.
  18. Twist right fist clockwise till back fist downward, **right walking stance slipping right foot**.
  19. **High** punch left fist **maintaining stance. 18-19 fast motion.**
  20. **Left walking stance high** block left double forearm.
  21. **Right L-stance middle** side punch left fist **pulling left foot**.
  22. **Middle** side piercing kick right foot.
  23. **Right walking stance high** block right double forearm.
  24. **Left L-stance middle** side punch right fist **pulling right foot**.
  25. **Middle** side piercing kick left foot.
  26. **Right L-stance middle** guarding block forearm.
  27. **Left low stance pressing** block right palm. **Slow motion.**
  28. **Left L-stance middle** guarding forearm.
  29. **Right low stance pressing** block left palm. **Slow motion.**
  30. **Closed stance** angle punch right fist. **Slow motion.**
  31. **Right fixed stance** U-shape block.
  32. **Left fixed stance** U-shape block.
- END: Bring the left foot back to the ready position.

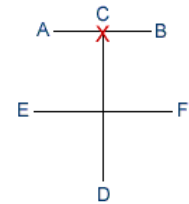


## **TOI-GYE**

Movements - 37

Ready Position - CLOSE READY STANCE B

1. **Right L-stance middle** block left inner forearm.
  2. **Left walking stance low** thrust right upset finger tip **slipping left foot**.
  3. **Close stance** side back strike right back fist, extending left arm side downward.  
**Slow motion.**
  4. **Left L-stance middle** block right inner forearm.
  5. **Right walking stance low** thrust left upset finger tip **slipping right foot**.
  6. **Close stance** side back strike left back fist, extending right arm side downward. **Slow motion.**
  7. **Left walking stance pressing** block X-fist.
  8. **High** vertical punch twin fist **maintaining stance**. **7-8 continuous motion.**
  9. **Middle** front snap kick right foot, hands as 8.
  10. **Right walking stance middle** punch right fist.
  11. **Middle** punch left fist **maintaining stance**.
  12. **Close stance** twin side elbow thrust. **Slow motion.**
  13. **Sitting stance** W-shape block right outer forearm. **Stamping motion.**
  14. **Sitting stance** W-shape block left outer forearm. **Stamping motion.**
  15. **Sitting stance** W-shape block left outer forearm. **Stamping motion.**
  16. **Sitting stance** W-shape block right outer forearm. **Stamping motion.**
  17. **Sitting stance** W-shape block left outer forearm. **Stamping motion.**
  19. **Right L-stance low** pushing left double forearm.
  20. **Left walking stance** hands upward as grab head **slipping left foot**.
  21. Upward kick right knee pulling hands downward.
  22. **Right L-stance middle** guarding block knife-hand.
  23. **Low** side front snap kick left foot, hands as 22.
  24. **Left walking stance high** thrust left flat finger tip.
  25. **Left L-stance** toward middle guarding block knife-hand.
  26. **Low** side front snap kick right foot, hands as 25.
  27. **Right walking stance high** thrust right flat finger tip.
  28. **Right L-stance** side back strike right back fist left forearm.
  29. **Jump right X-stance pressing** block X-fist.
  30. **Right walking stance high** block right double forearm.
  31. **Right L-stance low** guarding block knife-hand.
  32. **Left walking stance** circular block right inner forearm **slipping left foot**.
  33. **L-stance low** guarding block knife-hand.
  34. **Right walking stance** circular block left inner forearm **slipping right foot**.
  35. **Left walking stance** circular block right inner forearm **pivoting feet**.
  36. **Right walking stance** circular block left inner forearm **pivoting feet**.
  37. **Sitting stance middle** punch right fist.
- END: Bring the right foot back to the ready position.

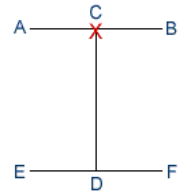


## **HWA-RANG**

Movements - 29

Ready Position - CLOSE READY STANCE C

1. **Sitting stance middle** pushing block left palm.
  2. **Middle** punch right fist **maintaining stance**.
  3. **Middle** punch left fist **maintaining stance**.
  4. **Left L-stance** twin forearm block.
  5. **Upward** punch left fist pulling right side fist front of left shoulder **maintaining stance**.
  6. **Right fixed stance middle** punch right fist. **Sliding motion**.
  7. **Left vertical stance downward** strike right knife-hand **pulling the right foot**.
  8. **Left walking stance middle** punch left fist.
  9. **Left walking stance low** block left forearm.
  10. **Right walking stance middle** punch right fist.
  11. **Pull left foot to right foot left palm to right forefist**, bending right elbow 45 degrees.
  12. **Middle** side piercing kick right foot pulling hands opposite direction **left L-stance middle** outward strike right knife-hand.
  13. **Left walking stance middle** punch left fist.
  14. **Right walking stance middle** punch right fist.
  15. **Right L-stance middle** guarding block knife-hand.
  16. **Right walking stance middle** thrust right straight finger tip.
  17. **Right L-stance middle** guarding block knife-hand.
  18. **High** turning kick "DF" right foot.
  19. **High** turning kick "CF" left foot, **right L-stance middle** guarding block knife-hand. **18-19 fast motion**.
  20. **Left walking stance low** block left forearm.
  21. **Right L-stance middle** punch right fist **pulling left foot**.
  22. **Left L-stance middle** punch left fist.
  23. **Right L-stance middle** punch right fist.
  24. **Left walking stance pressing** block X-fist **slipping left foot**.
  25. **Right L-stance** thrusting right side elbow. **Sliding motion**.
  26. **Close stance** side front block right inner forearm extending left forearm side downward.
  27. Side front block left inner forearm right forearm side downward **maintaining stance**.
  28. **Right L-stance middle** guarding block knife-hand.
  29. **Left L-stance middle** guarding block knife-hand.
- END: Bring the right foot back to the ready position.

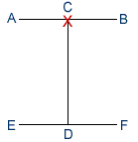


## **CHOONG-MOO**

Movements - 30

Ready Position - PARALLEL READY STANCE

1. **Right L-stance** twin knife-hand block.
  2. **Right walking stance high** front strike right knife-hand, left back hand in front of forehead.
  3. **Left L-stance middle** guarding block knife-hand.
  4. **Left walking stance high** thrust left flat finger tip.
  5. **Right L-stance middle** guarding block knife-hand.
  6. **Left bending ready stance A**.
  7. **Middle** side piercing kick right foot.
  8. **Right L-stance middle** guarding block knife-hand.
  9. Flying side piercing kick right foot **left L-stance middle** guarding block knife-hand.
  10. **Right L-stance low** block left forearm.
  11. **Left walking stance** extend if to grab the opponent's head **slipping left foot**.
  12. Upward kick right knee.
  13. **Left walking stance high** front strike right reverse knife-hand left back hand under right elbow joint.
  14. **High** turning kick "DF" right foot lower it to the left foot.
  15. **Middle** back piercing kick "F". **14-15 fast motion**.
  16. **Left L-stance middle** guarding block forearm.
  17. **Middle** turning kick "DE" left foot.
  18. **Right fixed stance** U-shape block.
  19. **Jump** spin counter clockwise, **left L-stance middle** guarding block knife-hand.
  20. **Left walking stance low** thrust right upset fingertip.
  21. **L-stance** side back strike right back fist **low** block left forearm right **pulling the left foot**.
  22. **Right walking stance middle** thrust right straight finger tip.
  23. **Left walking stance high** block left double forearm.
  24. **Sitting stance middle** front block right forearm **high** side strike right back fist.
  25. **Middle** side piercing kick right foot "A".
  26. **Middle** side piercing kick left foot "A".
  27. **Left L-stance checking** block X-knife-hand **pivoting left foot**.
  28. **Left walking stance upward** block twin palm.
  29. **Right walking stance rising** block right forearm.
  30. **Middle** punch left fist **maintaining stance**.
- END: Bring the left foot back to the ready position.

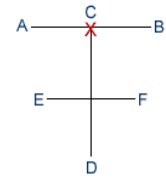


## **KWANG-GAE**

Movements - 39

Ready Position - PARALLEL STANCE WITH A HEAVEN HAND

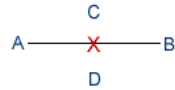
1. Close ready stance B hands in a circular motion.
  2. Left walking stance upset punch right fist. Slow motion.
  3. Right walking stance upset punch left fist. Slow motion.
  4. Right walking stance high hooking block. Double stepping motion.
  5. Right L-stance low guarding block knife-hand. Sliding motion.
  6. Left walking stance high hooking block left palm. Double stepping motion.
  7. Left L-stance low guarding block knife-hand. Sliding motion.
  8. Right rear foot stance high guarding block knife-hand.
  9. Left rear foot stance high guarding block knife-hand.
  10. Left walking stance upward block right palm. Slow motion.
  11. Right walking stance upward block left palm. Slow motion.
  12. Close stance low front block right knife-hand circular motion, hitting left palm.
  13. Pressing kick left foot, hands as 12.
  14. Middle side piercing kick left foot, hands as 13. 13-14 consecutive kick.
  15. Right L-stance high inward strike right knife-hand, left side fist front of right shoulder.
  16. Close stance downward strike left side fist pulling left foot.
  17. Pressing kick right foot, hands as 16.
  18. Middle side piercing kick right foot, hands as 17. 17-18 consecutive kick.
  19. Left L-stance high inward strike knife-hand right side fist front of the left shoulder.
  20. Close stance downward strike right side fist right foot to left.
  21. Left low stance pressing block right palm. Slow motion.
  22. Right low stance pressing block left palm. Slow motion.
  23. Sitting stance high side strike right back fist. Stamping motion.
  24. Right walking stance middle block right double forearm pivoting left foot.
  25. Low block left forearm shifting maintaining stance, right hand as in 24.
  26. High thrust right flat fingertip right low stance. Slow motion.
  27. Sitting stance high side strike left back fist. Stamping motion.
  28. Middle block left double forearm left walking stance pivoting left foot.
  29. Low reverse right forearm shifting maintaining stance, left hand as in 28.
  30. High thrust left flat fingertip left low stance. Slow motion.
  31. Right walking high vertical punch twin fist. Stamping motion.
  32. Left walking stance upset punch twin fist. Stamping motion.
  33. Middle front snap kick right foot, hands as 32.
  34. Left L-stance middle guarding block knife-hand.
  35. Left walking stance high punch left fist.
  36. Right walking stance upset punch twin fist. Stamping motion.
  37. Middle front snap kick left foot, hands as 36.
  38. Right L-stance middle guarding block knife-hand.
  39. Right walking stance high punch right fist.
- END: Bring the left foot back to the ready position.



## **PO-EUN**

Movements - 36

Ready Position - PARALLEL STANCE WITH A HEAVEN HAND



1. **Right L-stance middle** guarding block forearm.
  2. **Left one-leg stance** lifting both fists look "A".
  3. Pressing kick right foot hands as 2.
  4. **Sitting stance middle** side strike right knife-hand.
  5. Angle punch left fist **maintaining stance**.
  6. **Pressing block left, fore fist, side front block right inner forearm.**
  7. **Pressing block right fore fist, side front block left inner forearm.**
  8. **Middle** wedging block inner forearm.
  9. Thrust right back elbow left palm on right fore fist.
  10. **Middle** punch right fist, left palm on right elbow joint.
  11. Thrust left back elbow left fore fist on right palm.
  12. **Right horizontal punch. 6-12 continuous motion maintaining stance.**
  13. **Right X-stance low** front block right outer forearm, left finger belly on right under forearm.
  14. **Left L-stance** U-shape grasp.
  15. **Close stance** horizontal thrust twin elbow, face to B. **Slow motion.**
  16. **Sitting stance** side back strike right back fist left arm side downward.
  17. **Left X-stance low** front block left outer forearm right finger belly left side fist.
  18. **Sitting stance low** guarding block reverse knife-hand.
  19. **Left L-stance middle** guarding block.
  20. **Right one-leg stance** lifting both fists look "C".
  21. Pressing kick left foot.
  22. **Sitting stance middle** side strike left knife-hand.
  23. Angle punch right fist **maintaining stance**.
  24. **Pressing block right, fore fist, side front block left inner forearm.**
  25. **Pressing block left fore fist, side front block right inner forearm.**
  26. **Middle** wedging block inner forearm.
  27. Thrust left back elbow right palm on left fore fist.
  28. **Middle** punch left fist right palm on left elbow joint.
  29. Thrust right back elbow left palm on right fore fist.
  30. **Left horizontal punch. 24-30 continuous motion and maintaining stance.**
  31. **Left X-stance low** front block left outer forearm, right finger belly on left under forearm.
  32. **Right L-stance** U-shape grasp.
  33. **Close stance** horizontal thrust twin elbow, face to A. **Slow motion.**
  34. **Sitting stance** side back strike left back fist, right arm side downward.
  35. **Right X-stance low** front block right outer forearm left finger belly on right side fist.
  36. **Sitting stance low** guarding block reverse knife-hand.
- END: Bring the left foot back to the ready position.

## GE-BAEK

Movements - 44

Ready Position - PARALLEL READY STANCE

1. Right L-stance checking block X-knife-hand.
  2. Low twisting kick right foot hands as 1.
  3. Right walking stance middle punch right fist.
  4. Middle punch left fist maintaining stance. 3-4 fast motion.
  5. Left walking stance rising block left forearm.
  6. Low block left forearm maintaining stance. 5-6 continuous motion.
  7. High block "AD" double arc hand looking through it maintaining stance "D".
  8. Right bending ready stance A.
  9. Sitting stance "AC" scooping block left palm.
  10. Middle punch right fist maintaining stance. 9-10 connecting motion.
  11. Front strike left back fist maintaining stance.
  12. Right L-stance middle guarding block knife-hand.
  13. Low side front snap kick left foot hands as 12.
  14. Left low stance high thrust left flat finger tip.
  15. High thrust right flat finger left maintaining stance.
  16. Middle side piercing kick right foot pulling hands opposite direction.
  17. Right L-stance middle guarding block forearm.
  18. Right L-stance middle guarding block forearm.
  19. Right L-stance middle guarding block knife-hand.
  20. Sitting stance right 9-shape block.
  21. Left walking stance low block left knife-hand.
  22. Middle turning kick right foot.
  23. Flying side piercing kick right foot. 22-23 fast motion.
  24. Right walking stance high vertical punch twin fist.
  25. High block "AC" double arc-hand looking through it maintaining stance.
  26. Upset punch left fist maintaining stance.
  27. Left walking stance right front elbow strike, striking the left palm .
  28. Jump right x-stance "BD" high block right double forearm.
  29. Sitting stance "BD", scooping block right palm.
  30. Middle punch left fist maintaining stance. 29-30 connecting motion.
  31. Front strike right back fist maintaining stance.
  32. Left walking stance high front strike right reverse knife-hand.
  33. Middle turning kick right foot. Skip to Left.
  34. Left walking stance high vertical punch twin fist, pivoting right foot.
  35. Right L-stance upset punch right middle knuckle fist, left side first front of right shoulder.
  36. Sitting stance left 9-shape block.
  37. Low guarding block reverse knife-hand maintaining stance.
  38. Low guarding block knife-hand maintaining stance. 37-38 continuous motion.
  39. Sitting stance W-shape block outer forearm. Stamping motion.
  40. Sitting stance W-shape block outer forearm. Stamping motion.
  41. Right walking stance rising block right forearm.
  42. Middle punch left fist maintaining stance.
  43. Left walking stance rising block left forearm.
  44. Middle punch right fist maintaining stance.
- END: Bring the right foot back to the ready position.



## EUI- AM

Movements - 45

Ready Position - CLOSE READY STANCE D

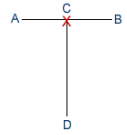


1. **Left walking stance low** inward block right knife-hand.
  2. **Right walking stance high** side block left outer forearm.
  3. **Middle** punch right fist **maintaining stance**.
  4. **Low** twisting kick left foot hands as they were in 3.
  5. **Left walking stance** downward block x-fist.
  6. Rising block right knife-hand, **maintaining stance**. **5-6 continuous**.
  7. **Jump, right x-stance** "BD" **high** side strike "D" right back fist, left finger belly right side fist.
  8. **Right L-stance middle** punch left fist.
  9. **Middle** reverse turning kick "AC" right foot.
  10. **Sitting stance** middle side strike right knife-hand. **Stamping motion**.
  11. **Middle** side piercing kick left foot, both hands in opposite direction.
  12. **Left walking stance high** crescent punch right fist.
  13. **Parallel stance middle** turning punch left fist forming **pulling the right foot**. **Slow motion**.
  14. **Right walking stance low** inward block left knife-hand.
  15. **Left walking stance high** side block right outer forearm.
  16. **Middle** punch left fist **maintaining stance**.
  17. **Low** twisting kick right foot, hands as they were in 16.
  18. **Right walking stance** downward block x-fist.
  19. Rising block left knife-hand **maintaining stance**. **18-19 continuous**.
  20. **Jump x-stance** "BC" **high** side strike "C" left back fist, right finger belly left side fist.
  21. **Left L-stance middle** punch right fist.
  22. **Middle** reverse turning kick "AD" left foot.
  23. **Sitting stance** middle side strike left knife-hand. **Stamping motion**.
  24. **Middle** side piercing kick right foot, both hands opposite direction.
  25. **Right walking stance high** crescent punch left fist.
  26. **Parallel stance middle** turning punch right fist **pulling the left foot**. **Slow motion**.
  27. **Right walking stance middle** wedging block knife-hand.
  28. Circular block "BD" left reverse knife-hand **maintaining stance**.
  29. **Rear foot stance** downward block alternate palm left **pulling the right foot**.
  30. **Middle** punch left fist **left L-stance slipping the right foot**.
  31. **Low** inward block right reverse knife-hand **shifting back, maintaining stance**.
  32. **Left walking stance middle** wedging block knife-hand.
  33. Circular block "AD" right reverse knife-hand **maintaining stance**.
  34. **Right rear foot** downward block alternate palm stance **pulling left foot**.
  35. **Right L-stance middle** punch right fist **slipping the left foot**.
  36. **Low** inward block left reverse knife-hand **shifting back, maintaining stance**.
  37. **High** reverse turning kick "BD" right foot.
  38. **Left rear foot stance middle** guarding block forearm.
  39. **High** reverse turning kick "AD" left foot.
  40. **Right rear foot stance middle** guarding block forearm.
  41. **Left foot to side rear of right foot, right foot move forming right L-stance low** outward block left knife-hand.
  42. **Walking stance middle** punch right fist left **slipping the right foot**.
  43. **Left L-stance low** block right knife-hand.
  44. **Right walking stance middle** punch left fist **slipping the left foot**.
  45. **High** punch right fist **maintaining stance**.
- END: Bring the right foot back to the ready position.

## **CHOONG-JANG**

Movements - 52

Ready Position - CLOSE READY STANCE A

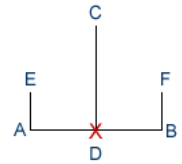


1. **Sitting stance** side front block right inner forearm left forearm side downward.
  2. Side front block left inner forearm right forearm side downward, **maintaining stance**.
  4. **Left walking stance high** thrust right double finger.
  5. **Right walking stance high** thrust left double finger.
  6. Front strike right back fist **maintaining stance**.
  7. **Left walking stance** rising block left forearm.
  8. **Right walking stance middle** punch right fist.
  9. **Slide right L-stance middle** guarding block forearm. **Turning counter clockwise**.
  10. **Low** front snap kick right foot the hands as 9.
  11. **Right low stance high** thrust right flat finger tip.
  12. **High** turning kick right foot supporting the body with both hands and the left knee.
  13. **High** punch right fist while pressing the ground with the left palm.
  14. **Left L-stance** thrusting left side elbow, **Turning clockwise**.
  15. **Left L-stance middle** guarding block forearm, **Turning clockwise**.
  16. **Right L-stance** scooping block left palm.
  17. **Left L-stance middle** outward strike right knife-hand.
  18. **Left walking** pressing block X-fist **pivoting right foot**.
  19. **Low** front snap kick right knee pulling both hands in the opposite direction.
  20. **Right L-stance middle** guarding knife-hand.
  21. **Sliding right L-stance** thrusting right side elbow.
  22. **Left L-stance middle** guarding block knife-hand **pivoting left foot**.
  23. **Middle** side piercing kick right foot while pulling both hands in the opposite direction.
  24. **Right rear foot stance** pressing block twin palm **pivoting right foot**.
  25. **Right walking stance high** front block right outer forearm and **high** side strike the right back fist.
  26. **Right L-stance high** thrust left flat finger **pivoting right foot**.
  27. **Low** front snap kick right foot while bring the right palm on the left back hand.
  28. **Left walking stance** thrusting right back elbow, left side fist on right fist. **Slow motion**. **pivoting left foot**.
  29. **Right L-stance** downward strike left back hand. **Stamping motion**.
  30. Punch left palm right fist **maintaining stance**.
  31. **Left L-stance** downward strike right back hand. **Stamping motion**.
  32. Punch right palm left fist **maintaining stance**.
  33. **Right L-stance middle** outward strike left knife-hand. **Stamping motion**.
  34. **Left walking stance high** side front strike right back fist striking left palm with elbow **slipping left foot**.
  35. **Left L-stance middle** outward strike right knife-hand. **Stamping motion**.
  36. **Right walking stance high** side front strike left back fist striking right palm with elbow **slipping right foot**.
  37. **Right L-stance low** guarding block reverse knife-hand.
  38. **Left walking stance** Right 9-shape block **slipping left foot**.
  39. **Left L-stance low** guarding block reverse knife-hand.
  40. **Right walking stance** Left 9-shape block **slipping right foot**.
  41. **Left walking stance** horizontal strike twin knife-hand.
  42. **High** strike right arc-hand **maintaining stance**.
  43. **Middle** front snap kick right foot hands as 42.
  44. **Right walking stance high** strike left arc-hand.
  45. **Middle** front snap kick left foot hands as 44.
  46. **Left walking stance middle** punch right fist.
  47. **Middle** punch left fist **maintaining stance**. **46-47 fast motion**.
  48. **Close stance high** crescent punch twin for-knuckle fist.
  49. **Left walking stance low** block left knife-hand. **Turning counter-clockwise**.
  50. **High** punch right open fist **maintaining stance**.
  51. **Right walking stance low** block right Knife-hand.
  52. **High** punch left open fist **maintaining stance**.
- END: Bring the left foot back to the ready position.

## **JUCHE**

Movements - 45

Ready Position - PARALLEL STANCE WITH A TWIN SIDE ELBOW



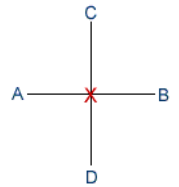
1. **Sitting stance** parallel block inner forearm. **Left foot out.**
  2. **Middle** hooking block right palm **standing up.**
  3. **Sitting stance middle** punch left fist.
  4. **Left one-leg stance** parallel block forearm.
  5. **Middle** side piercing kick "A", **high** reverse hooking right foot "B", hands as 4. **Slow motion.**
  6. **Jumping motion right X-stance** downward strike right back fist.
  7. **Middle** hooking kick **high** side piercing kick consecutively left foot, pulling both fists in front of the chest.
  8. **Sitting stance** high outward cross-cut left flat finger tip. **Stamping motion.**
  9. **Left walking stance** "BF" Right **high** elbow strike pressing right side fist with left palm.
  10. **Right X-stance Left foot over right, low** front block left reverse knife-hand right finger belly left back forearm.
  11. **Left L-stance middle** guarding block knife-hand.
  12. Mid-air strike left knife-hand spinning counter clockwise land **right L-stance** the arm extended.
  13. **Sitting stance** parallel block inner forearm.
  14. **Middle** hooking block left palm **standing up.**
  15. **Sitting stance middle** punch right fist.
  16. **Right one-leg stance** parallel block outer forearm.
  17. **Middle** side piercing kick "B" **high** reverse hooking left foot "A", hands in 16. **Slow motion.**
  18. **Jumping motion left X-stance** downward strike left back fist.
  19. **Middle** hooking kick **high** side piercing kick consecutively right foot, pulling both fists in front of chest.
  20. **Sitting stance high** outward cross-cut right flat finger tip. **Stamping motion.**
  21. **Walking stance** "AE" Left **high** elbow strike pressing left side fist with right palm right.
  22. **Left X-stance right foot over left, low** front block right reverse knife-hand left finger belly right back forearm.
  23. **Right L-stance middle** guarding block knife-hand.
  24. Mid-air strike right knife-hand spinning clockwise **left L-stance** arm extended.
  25. Pick-shape kick left foot, **right rear foot stance middle** guarding block forearm.
  26. **Close stance** heaven hand. **Slow motion.**
  27. **Left rear foot stance** downward thrust right straight elbow. **Slide.**
  28. **Right walking stance high** crescent strike left arc-hand **slipping right foot.**
  29. **Right rear foot stance** downward thrust left straight elbow. **Slide**
  30. **Left walking stance high** crescent strike right arc-hand **slipping left foot.**
  31. **Right walking stance high** inward strike twin knife-hand.
  32. **Left walking stance** downward punch right fist.
  33. **Left foot side rear of right foot, slide right L-stance** downward block left outer forearm.
  34. **Dodging** reverse turning kick "D" right foot **left L-stance middle** guarding block forearm.
  35. **Right foot side rear of left, slide left L-stance** downward block right outer forearm.
  36. **Dodging** reverse turning kick "D" left foot, **right L-stance middle** guarding block forearm.
  37. **Right foot then left foot** flying two direction kick (side piercing right foot).
  38. **Left diagonal stance** rising block twin palm.
  39. **Right rear foot stance** side thrust right elbow. **Slide.**
  40. **Right bending ready stance B middle** back piercing kick left foot. **Slow motion.**
  41. **Right L-stance** horizontal strike left back fist. **Stamping motion.**
  42. **High** inward cross-cut right flat finger tip **parallel stance pulling right foot.**
  43. Front punch and upset punch consecutively right fist **flying** land in **close stance** right fist extended.
  44. **Right walking stance** front downward strike left knife-hand.
  45. **Left walking stance middle** punch right fist.
- END: Bring the right foot back to the ready position.

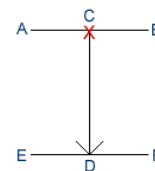
## **SAM-IL**

Movements - 33

Ready Position - CLOSE READY STANCE C

1. Slide right L-stance middle guarding block forearm.
  2. Right walking stance high block right double forearm.
  3. Left walking stance high side block right knife-hand left palm on right back forearm.
  4. Middle twisting kick "A" right foot hands as 3.
  5. Right walking stance middle punch right fist.
  6. Right foot on "CD" sitting stance "B" middle wedging block reverse knife-hand.
  7. Left walking stance Low thrust right upset finger tip, pivoting right foot.
  8. Right L-stance "C" high outward block "D" right outer forearm, low block "C" left forearm pulling left foot.
  9. Sitting stance middle wedging block reverse knife-hand.
  10. Left L-stance Low punch right double fist, pulling right foot.
  11. Left walking stance high double arc-hand block "BC" looking through it.
  12. Right walking stance middle punch left fist.
  13. Right foot on "CD" right L-stance low punch left double fist.
  14. Right L-stance high guarding block reverse knife-hand.
  15. Left fixed stance U-shape block, slipping left foot.
  16. Sweeping kick right side sole, right fixed stance U-shaped block.
  17. Jump counter clockwise, left L-stance middle guarding block knife-hand.
  18. Middle side piercing kick right foot, arms knife-hand guarding block.
  19. Right to left, left foot to A left walking stance, striking left palm with right front elbow.
  20. Turning counter clockwise left diagonal stance "D" thrusting "C" left back elbow supporting the left fore fist with right palm, look to "C".
  21. Right walking stance "AD" Pressing block X-fist.
  22. Stamping motion sitting stance W-shape block outer forearm.
  23. Middle side piercing kick left foot, arms forearm guarding block.
  24. Left foot on line A left L-stance low guarding block knife-hand, pivoting left foot.
  25. Right rear foot stance upward block left palm.
  26. Left rear foot stance pressing block twin palm.
  27. Stamping motion left walking stance upset punch twin fist.
  28. Left L-stance low right forearm, pulling left fist under left armpit.
  29. Middle punch left fist maintaining stance right fist over left shoulder.
  30. Left walking stance Middle front block right forearm, pivoting right foot.
  31. High punch left fist maintaining stance. 30-31 continuous motion.
  32. Low front snap kick left foot hands as 31.
  33. Right walking stance high vertical punch twin fist. Stamping motion.
- END: Bring the left foot back to the ready position.





1. **Sitting stance** extending both elbows to sides horizontally.
2. Angle punch left fist **sliding "A"**, **maintaining stance**.
3. Angle punch right fist **sliding "B"**, **maintaining stance**. 2 - 3 fast motion.
4. **Middle** hooking block right palm **standing up**.
5. **Sitting stance middle** punch left fist.
6. **Middle** hooking block left palm **standing up**.
7. **Sitting stance middle** punch right fist.
8. **Left walking stance** "BD" **high** side block left outer forearm.
9. Circular Block right inner forearm **maintaining stance**.
10. **Sitting stance** "AD" scooping block left palm.
11. **Middle** punch right fist **maintaining stance**. 10 - 11 connecting motion.
12. **Right walking stance** "AD" **high** side block right outer forearm.
13. Circular block left inner forearm **maintaining stance**.
14. **Sitting stance** "BD" Scooping block right palm. 14 - 15 connecting motion.
16. **Walking stance** "BC" **high** hooking block right palm left.
17. **Sitting stance** "BD" **middle** punch left fist.
18. **Right walking stance** "AD" **high** hooking block left palm.
19. **Sitting stance** "BD" **middle** punch right fist. 16, 17, 18, 19 continuous motion.
20. **Left walking stance** pressing block X-fist. **Move Right foot**.
21. Rising block X-knife-hand **maintaining stance**. 20 - 21 continuous motion.
22. **Middle** punch right fist, slipping left palm up to right elbow **maintaining stance**.
23. **Low** front snap kick right foot hands as 22.
24. **Right walking stance middle** punch left fist.
25. Pressing block X-fist **maintaining stance**.
26. Rising block X-knife-hand **maintaining stance**. 25 - 26 continuous motion.
27. **Middle** punch left fist slipping right palm to left elbow **maintaining stance**.
28. **Low** front snap kick left foot, hands as 27.
29. **Left walking stance middle** punch right fist.
30. **Left L-stance middle** guarding block knife-hand. (forward)
31. **Right L-stance middle** guarding block knife-hand. (forward)
32. **Left L-stance middle** guarding block knife-hand. (back)
33. **Right L-stance middle** guarding block knife-hand. (back)
34. **Right walking stance high** block right double forearm.
35. **Low** block left forearm, right forearm as 34 **maintaining stance**. 34 - 35 fast motion.
36. **Left walking stance high** block left double forearm.
37. **Low** block right forearm, left forearm as 36 **maintaining stance**. 36 - 37 fast motion.
38. **Right walking stance middle** punch right fist.
39. **Right L-stance high** block left reverse knife-hand **Left foot on CD**.
40. **Close ready stance**. **Right foot to left**.
41. **Right walking stance** "CF" upset punch twin fist. **Stamping motion**.
42. **Left walking stance** "CE" upset punch twin fist. **Stamping motion**.
43. **Left L-stance middle** block right inner forearm.
44. **Middle** punch left fist **maintaining stance**.
45. **Right close stance** angle punch right fist. **Slow motion**.
46. **Right L-stance middle** block left inner forearm.
47. **Middle** punch **maintaining stance**.
48. **Close stance** angle punch left fist. **Slow motion**. **Right foot to left form**.
49. **Left fixed stance** U-shape punch.
50. **Right fixed stance** U-shape punch. **Left foot to right foot**
51. **Sitting stance** "E" front strike right back fist. **Stamping motion**
52. Waving kick right foot, high outward block "AC" right outer forearm, **maintaining stance**.
53. Waving kick left foot, **high** front block "ED" right outer forearm, **maintaining stance**.
54. Horizontal strike right back hand **maintaining stance**.
55. **Middle** crescent kick left foot, hitting right palm.
56. **Middle** side piercing kick left foot, arms forearm guarding block. 55 - 56 consecutive kick.
57. **Sitting stance** horizontal strike left back hand.
58. **Middle** crescent kick right foot, hitting left palm.
59. **Middle** side piercing kick right foot, arms forearm guarding block. 58 - 59 consecutive kick.
60. **Sitting stance** right 9-shape block. "A".
61. Change the position of the hands **maintaining stance**.
62. **Sitting stance** right 9-shape block. "B".
63. Change the position of the hands **maintaining stance**.
64. **Left vertical stance** downward strike right side fist, **pulling the left foot**.
65. **Left walking stance high** vertical punch twin fist.
66. **Left walking stance high** vertical punch twin fist **turning counter-clockwise**.
67. **Right L-stance** "BD" **middle** guarding block knife-hand.
68. **Left L-stance** "AD" **middle** guarding block knife-hand.

END: Bring the right foot back to the ready position.

## **CHOI-YONG**

Movements - 46

Ready Position - CLOSE READY STANCE C

1. **Right rear foot stance middle** guarding block forearm.
  2. **High** punch left middle knuckle fist **maintaining stance**.
  3. **Left rear foot stance middle** guarding block forearm. **Spot turn**.
  4. **High** punch right middle knuckle fist **maintaining stance**.
  5. **Left walking stance** rising block left knife-hand. **Spot turn**.
  6. Circular block right inner forearm **maintaining stance**.
  7. **Middle** punch left fist **maintaining stance**.
  8. **Right walking stance** rising block right knife-hand. **Spot turn**.
  9. Circular block left inner forearm **maintaining stance**.
  10. **Middle** punch right fist **maintaining stance**.
  11. **Right L-stance low** guarding block knife-hand **Spot turn**.
  12. **Middle** turning kick right foot.
  13. **High** reverse hooking kick "D" left foot.
  14. **Middle** side piercing kick left foot, hands other direction. **13 14 consecutive kick**.
  15. **Left walking stance** striking left palm with right front elbow.
  16. **Left L-stance low** guarding block knife-hand. **Spot turn**.
  17. **Middle** turning kick left foot.
  18. **High** reverse hooking kick "C" right foot.
  19. **Middle** side piercing kick right foot, hands in other direction. **18 19 consecutive kick**.
  20. **Right walking stance** striking right palm with left front elbow.
  21. **Left walking stance** pressing block right palm.
  22. **Right walking stance** pressing block left palm. **21 22 fast motion**.
  23. **Left walking stance** W-shape block knife-hand. **Right foot to left, turning counter clockwise**.
  24. **Middle** front snap kick right foot hands as 23.
  25. **Right L-stance middle** guarding block forearm.
  26. **Right walking stance** W-shape block knife-hand.
  27. **Middle** front snap kick left foot hands as 26.
  28. **Left L-stance middle** guarding block forearm.
  29. **Left L-stance middle** guarding block forearm. **Double step and slide turning clockwise**.
  30. **Left walking stance high** thrust left flat fingertip.
  31. **Right walking stance high** thrust right flat fingertip. **Spot turn**.
  32. **Parallel stance "B" middle** hooking block right palm.
  33. **Middle** punch left fist **maintaining stance**.
  34. **Left bending ready stance A "A"**
  35. **Middle** side piercing kick right foot, arms forearm guarding block.
  36. **Jumping motion right X-stance "AD"** high side strike "A" right back fist and bringing the left finger belly to the right side fist.
  37. **High** reverse hooking kick "B" right foot.
  38. **Left L-stance middle** outward strike right knife-hand. **Stamping motion**.
  39. **Parallel stance "A" middle** hooking block left palm.
  40. **Middle** punch right fist **maintaining stance**.
  41. **Bending ready stance A "B"**.
  42. **Middle** side piercing kick left foot, arms forearm guarding block.
  43. **Jumping motion left X-stance "BD"** high side strike "B" left back fist and bringing the right finger belly to the left side fist.
  44. **High** reverse hooking kick "A" left foot.
  45. **Right L-stance middle** outward strike left knife-hand. **Stamping motion**.
  46. **Right fixed stance middle** punch right fist. **Slide**.
- END: Bring the right foot back to the ready position.

