

10th Gup to 1st Dan

An abbreviated Study Guide



Brayden Smith, 1st Dan
Offered as a thesis towards grading to 2nd Dan

Forward

Why an abbreviated study guide?

While studying for my 2nd Dan black belt grading I noticed that there was a significant amount of material spread across a number of different sources, however, there were no guides that brought together and summarised significant elements of the material along with the key information commonly needed when understanding the correct application of a technique or stance.

When grading, knowledge is required across not only of your own syllabus, but the syllabus of all grades previously sat. This abbreviated study guide aims to provide the reader with a quick reference tool to meet this objective.

Secondly, while preparing the consolidated material within the guide, I noted that Korean terms I would come across would be repeated multiple times for different techniques depending on the stance, attacking tool, or height etc. After an amount of time working with the material, I eventually began to be able to correctly "guess" what the Korean terminology would be for a new technique before I looked.

The patterns I recognised within the terminology became the starting point for developing the "Korean Terminology Builder" following the abbreviated study guides. The principle being that if a student learns the relatively small number of Korean words within this guide, then they will be well placed to develop the Korean terminology for techniques communicated in English.

Lastly, one of the many challenges encountered when practicing patterns is to correctly execute the correct technique at the correct height and in the correct stance. The attached quick reference provides a useful summary of the various techniques, heights and stances by pattern.

10th Gup

Techniques / Terminology

English	Korean	Notes
Stances		
Attention stance	Charyot sogi	Feet 45 degrees
Bow	Kyong ye	Bend 15 degrees forward
Parallel stance	Narani sogi	Shoulder width apart from <u>outside</u> foot to <u>outside</u> foot
Parallel ready stance	Narani junbi sogi	Fists 5cm apart, 7cm from the abdomen
Sitting stance	Annun sogi	One and a half shoulder widths from <u>inside foot</u> to <u>inside foot</u>
Sitting ready stance	Annun junbi sogi	Distance between fists and thigh is about 30cm
Walking stance	Gunnun sogi	One and a half shoulder widths from <u>rear foot toes</u> to <u>front foot toes</u> . Rear foot angled out 25 degrees, front foot pointing forward.
Walking ready stance	Gunnun junbi sogi	Distance between fists and thigh is about 30cm
Defensive Techniques		
Forearm low block	Palmok najunde makgi	Distance between under forearm and thigh is about 20cm
Knifehand low block	Sonkal najunde makgi	Blocks the side tibia, and accordingly crosses more to the side than the forearm low block.
Inner forearm middle side block	An palmok kaunde yop makgi	
Front rising kick	Apcha olligi	Defensive kick to spring up fist or foot. Also used in dynamic stretching.
Offensive Techniques		
Forefist front punch	Ap joomuk jirugi	
Front snap kick	Apcha busigi	

Patterns

Saju jirugi
Saju makgi

Sparring Requirements

Three step sparring – Alone, one way, hand techniques:

1. Walking stance inner forearm blocks / front punch
2. Walking stance inner forearm blocks / flat fingertip thrust
3. Walking stance inner forearm blocks / open fist punch

Self Defence

1. Grab to the wrist (same side)
2. Grab to the wrist (opposite side)
3. Two hand grab to both wrists

Other Miscellaneous Information

Technique Heights	Korean
High	Nopunde
Middle	Kaunde
Low	Najunde

Tenets	Korean
Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Chi
Self Control	Guk Gi
Indomitable Spirit	Baekjul Boolgool

9th Gup

Techniques / Terminology

English	Korean	Notes
Stances		
L - stance	Niunja sogi	One and a half shoulder widths from <u>outside of rear foot</u> to <u>front foot toes</u> . Both feet angled inward 15 degrees. Stance is 2.5cm wide from front toe to rear heel. Body weight is distributed 70 (rear) / 30 (front).
Defensive Techniques		
Forearm inward block	Palmok anuro makgi	Blocking tool reaches target from an outward to inward trajectory.
Forearm guarding block	Palmok daebi makgi	Front arm protects the ribs, rear arm protects the solar plexus.
Side rising kick	Yopcha Olligi	Defensive kick to spring up fist or foot. Blocking tool is the footsword.
Offensive Techniques		
Flat fingertip thrust	Opun sonkut tulgi	
Side front snap kick	Yobap cha busigi	Similar to front snap kick but body is half facing the opponent at moment of impact.
Turning kick	Dollyo chagi	Attacks an opponent to the side front.

Patterns

Chon-Ji

Sparring Requirements

Three step sparring – With partner, one way, hand techniques:

1. Walking stance inner forearm blocks / front punch
2. Walking stance outer forearm blocks / flat fingertip thrust
3. Walking stance inner forearm blocks / open fist punch

Self Defence

1. Grab to the wrist (same side)
2. Grab to the wrist (opposite side)
3. Two hand grab to both wrists

Other Miscellaneous Information

English	Korean
Tae / Kwon / Do	Foot / Fist / Art or way
Thank you	Ko mup sum neda
Right	Orun
Left	Wen

8th Gup

Techniques / Terminology

English	Korean	Notes
Defensive Techniques		
Forearm rising block	Palmok chookyo makgi	Blocking tool is centred over the forehead.
Outer forearm side block	Pakat palmok yop makgi	
Knifehand side block	Sonkal yop makgi	Same as outer forearm side block with knifehand
Twin forearm block	Sang palmok makgi	While rising block can be an effective defence, the side block is the primary block.
Knifehand guarding block	Sonkal daebi makgi	Similar to forearm guarding block although knifehands heights and positioning adjusts accordingly for different blocking tools.
Offensive Techniques		
Knifehand side strike	Sonkal yop taerigi	
Side turning kick	Yop dollyo chagi	Similar to turning kick but attacks an opponent in front.
Side piercing kick	Yopcha jirugi	Attacking tool is footsword

Patterns

Dan-Gun

Sparring Requirements

Three step sparring – With partner, two way, hand techniques:

1. Walking stance inner forearm side blocks / flat fingertip thrust
2. Walking stance knifehand side blocks / open fist punch
3. Walking stance outer forearm side blocks / front punch

Self Defence

1. Grab to the wrist (same side)
2. Grab to the wrist (opposite side)
3. Two hand grab to both wrists

Destruction

Front snap kick

7th Gup

Techniques / Terminology

English	Korean	Notes
Defensive Techniques		
Outer forearm high wedging block	Pakat palmok nopunde hechyo makgi	Elbows bent 35 degrees. Care is required to ensure the blocking tool height is at the correct level.
Palm downward block	Sonbadak naeryo makgi	Circular downward movement of arm, principally executed from rear foot and L stances. Elbow is bent 45 degrees.
Offensive Techniques		
Middle reverse punch	Kaunde bandae jirugi	
Back fist high side strike	Dung joomuk nopunde yop taerigi	
Straight fingertip thrust	Sun sonkut tulgi	Palm faces inward at moment of impact, opposite hand pushes downwards an incoming technique and rests just under the elbow on completion of the movement.
Back piercing kick	Dwitcha jirugi	
Downward kick	Naeryo chagi	Attacks an opponent after passing over an obstacle swinging in a circular motion outside in. Attacking tool is back heel, but also the ball of the foot (particularly in sparring for extra reach and better control).
Reverse turning kick	Bandae dollyo chagi	Used against an opponent at the side rear.

Patterns

Do-San

Sparring Requirements

Three step sparring – With partner, one way, foot techniques:

1. Walking stance forearm low blocks / front leg side front snap kick
2. Walking stance forearm low blocks / front leg side piecing kick
3. Walking stance knifehand low blocks / front leg turning kick
4. Walking stance knifehand low blocks / front leg downward kick

Self Defence

1. Release per Do-San
2. Lapel grab with one hand
3. Lapel grab with two hands
4. Bear hug from behind (over arms)
5. Bear hug from behind (under arms)
6. Two hand wrist grab from behind
7. Two hand shoulder grab from behind

Destruction

Side piercing kick

6th Gup

Techniques / Terminology

English	Korean	Notes
Stances		
Bending ready stance A	Guburyo junbi sogi A	
Fixed stance	Gojung sogi	Similar to an L-stance but body weight is distributed 50 / 50, and it is slightly longer at one and a half shoulder widths between <u>both big toes</u> .
Close stance	Moa sogi	Feet together.
Close ready stance A	Moa junbi sogi A	Distance between the hands and the philtrum is about 30cm
Defensive Techniques		
Inner forearm circular block	An palmok dollimyo makgi	Blocks a combination of hand and feet techniques. The body is reverse half facing on completion
Crescent kick	Bandal chagi	Sole of the foot is the blocking tool.
Offensive Techniques		
Fixed stance side punch	Gojung so yop jirugi	
Knifehand inward strike	Sonkal anuro taerigi	Attacks a target at the side front.
Reverse knifehand strike	Sonkal dung taerigi	Opposite hand arrives under elbow joint at moment of impact.
Vertical kick	Sewo chagi	The attacking tool (typically the footsword) reaches the target in an arc. The foot remains vertical while the leg bends approximately 30 degrees.
Pick shape kick	Gokaeng-i chagi	Variation of a downward kick, accept the attacking tool rises and falls in a vertical line. The back heel or ball of the foot is the attacking tool.
Twisting kick	Bituro chagi	Targets: Low, front; Middle, 45 degrees; high, 90 degrees.
Reverse hooking kick	Bandae dollyo gorochagi	Similar to a reverse turning kick except the kicking leg hooks during the kick.

Patterns

Won-Hyo

Sparring Requirements

Two step sparring

Defender – Own choice of blocking and counter attacks;

Attacker performs the following attacks (from a right L-stance):

1. Right walking stance front punch / left middle front snap kick
2. Right middle front snap kick / left walking stance high front punch
3. Left L-stance side punch / left middle front snap kick
4. Right middle front snap kick / left fixed stance side punch
5. Left L-stance knifehand side strike / left middle front snap kick
6. Right middle front snap kick / left walking stance backfist side strike

Free sparring

Self Defence

1. Release per Do-San
2. Lapel grab with one hand
3. Lapel grab with two hands
4. Bear hug from behind (over arms)
5. Bear hug from behind (under arms)
6. Two hand wrist grab from behind
7. Two hand shoulder grab from behind

Destruction

Turning kick

5th Gup

Techniques / Terminology

English	Korean	Notes
Stances		
X-stance	Kyocho sogi	
Defensive Techniques		
Twin knifehand block	Sang sonkal makgi	
Double forearm block	Doo palmok makgi	One of the strongest forms of blocks (key advantage is ability to quickly shift one forearm into another block). 2 nd knuckle of little finger comes to elbow at moment of block.
Palm hooking block	Sonbadak golcho makgi	Requires minimum amount of effort for block. Blocking tool reaches target in an arc.
Hooking kick	Golcho chagi	Blocking tool is side instep with targets being the elbow or achilles tendon.
Offensive Techniques		
Front elbow strike	Ap palkup taerigi	Striking force strengthened with the aid of the opposite palm during practice. Reverse strike is common.
Back snap kick	Dwitcha busigi	Attacks and opponent approaching from the rear with the back heel.
Side pushing kick	Yopcha milgi	Utilises weight or mass without acceleration and power, therefore losing piecing force. Rapid withdrawal of the kicking foot is less important. Target is pushed momentarily pushed.

Patterns

Yul-Gok

Sparring Requirements

One step sparring – Hand and foot combinations of own choice.

Free sparring

Self Defence

1. Release per Do-San
2. Lapel grab with one hand
3. Lapel grab with two hands
4. Bear hug from behind (over arms)
5. Bear hug from behind (under arms)
6. Two hand wrist grab from behind
7. Two hand shoulder grab from behind

Destruction

Back piercing kick
Twisting kick
Front elbow strike

4th Gup

Techniques / Terminology

English	Korean	Notes
Stances		
Low stance	Nachuo sogi	Similar to walking stance, though longer by one foot. One and a half shoulder widths from <u>rear foot toes</u> to <u>front foot heel</u> .
Rear foot stance	Dwit bal sogi	Primarily a stance used in defence. Rear foot is turned in 15 degrees and front foot turned in 25 degrees. Stance is one shoulder width wide from the back of the rear foot to the toes on the front foot. Front leg touches the ground with the ball of the foot and the majority of the weight is in rear leg.
Close ready stance B	Moa junbi sogi B	Distance between the fists and the navel is about 15cm
Defensive Techniques		
Reverse knifehand side block	Sonkal dung yop makgi	
Palm upward block	Sonbadak ollyo makgi	Blocking tool reaches target in a circular motion. Purpose of the block is to "spring up" an opponents strike directed at the solar plexus.
X-fist rising block	Kyocha joomuk chookyo makgi	Powerful block used against a downward strike.
Palm pressing block	Sonbadak noollo makgi	Executed against a low attack only, used to check as opposed to break the attacking tool. Block is accompanied with a palm upward block.
U-shape block	Digutja makgi	Sole purpose of the block is to block a pole or bayonet.
Offensive Techniques		
Upper elbow strike	Wi palkup taerigi	Usually executed from walking stance. A reverse strike is common. Target is point of the chin.
Twin vertical punch	Sang joomuk sewo jirugi	Normally executed against one target (high section), but occasionally two (middle section).
Twin fist upset punch	Sang joomuk dwijibo jirugi	Useful for attacking two targets simultaneously.
Angle punch	Giokja jirugi	Fist reaches the opposite chest at the moment of impact.

Patterns

Joong-Gun

Sparring Requirements

One step sparring – Skip kicks (Side, turning, back, twisting, vertical, front, reverse hooking, reverse turning).

Free sparring

Self Defence

Release per Joong-gun

Defence against the following attacks with counters containing knees and elbows:

1. Twin palm push
2. Straight punch
3. Back fist strike
4. Hook punch
5. Double hook punch
6. Grab & hook punch

Break falls – Side, front and back

Rolling break falls – Front and back

Destruction

Skip kicks – Front, side, turning and back

3rd Gup

Techniques / Terminology

English	Korean	Notes
Defensive Techniques		
X-fist pressing block	Kyochoa joomuk noollo makgi	The X-fist is used against the tibia of the attacking foot aimed at the abdomen
W-shape block	San makgi	Done in a stamping motion. Opposite hand is reactionary.
Double forearm low pushing block	Doo palmok najunde miro makgi	Executed from rear foot and L-stances only.
Backfist side back strike	Dung joomuk yobdwi taerigi	Attacks an opponent at the side rear. Opposite arm is extended side-downward at the moment of impact.
Knifehand low guarding block	Sonkal najunde daebi makgi	
Flying crescent kick	Twimyo bandal chagi	Method is same as that of the crescent kick except the flying motion
Offensive Techniques		
Upset fingertip thrust	Dwijbun sonkut tulgi	A reverse thrust is normal. Primary target is pubic region but occasional the armpit.
Twin side elbow thrust	Sang yop palkup tulgi	Philtrum and solar plexus are the main targets. Fists face downward at moment of impact.
Upward kick	Ollyo chagi	Used in attacking solar plexus or chest at close range with the knee.

Patterns

Toi-Gye

Sparring Requirements

One step sparring – Flying kicks (compulsory techniques: Crescent kick, front kick, turning kick, side piercing kick, vertical kick).

Free sparring

Self Defence

Showing attacking, breaking and releasing techniques.

Defence against the following attacks with counters containing knees and elbows:

1. Twin palm push
2. Straight punch
3. Back fist strike
4. Hook punch
5. Double hook punch
6. Grab & hook punch

Break falls – Side, front and back

Rolling break falls – Front and back

Destruction

Flying kicks – Front kick, side kick, turning kick and back kick

Hand technique – Knifehand side strike, reverse knifehand strike

2nd Gup

Techniques / Terminology

English	Korean	Notes
Stances		
Vertical stance	Soojik sogi	One shoulder width wide from <u>big toe of rear foot</u> to <u>front foot toes</u> . Both feet angled inward 15 degrees. Big toe of the front foot is inline with the back heel. Body weight is distributed 60 (rear) / 40 (front).
Close ready stance C	Moa junbi sogi C	Distance between the hands and the abdomen s about 10cm
Sliding	Mikulgi	Effective for covering a long distance in one smooth motion.
Defensive Techniques		
Palm pushing block	Sonbadak miro makgi	Effective in putting an opponent off balance. Block is executed along the chest line against the shoulder or bottom area.
Side front block	Yopap makgi	Employed when intercepting an attack from a side front angle toward the high section of the body. Only an outward block is possible. The opposite arm extends downward to the side.
Front checking kick	Apcha momchugi	Performed with the back sole supported by the ball of the foot. The checking kick is kept momentarily on the target in order to restrict the opponent's freedom of movement. The kick prevents a rush or attempt to close in.
Side checking kick	Yopcha momchugi	The technique has a dual function, to block the attacking foot or to impede or check the opponents movement. The kick reaches the target in an arc.
Flying hooking kick	Twimyo golcho chagi	Method is same as that of the hooking kick except the flying motion
Offensive Techniques		
Upward punch	Ollyo jirugi	Attacks the face or chin at a close range. The opposite side fist comes to the shoulder.
Knifehand downward strike	Sonkal naeryo taerigi	Attacking tool reaches the target in a circular motion, and finishes level with the shoulders at the moment of impact.
Side elbow thrust	Yop palkup tulgi	
Mid-air kick	Twio dolmyo chagi	Method of kicking is the same as the flying kick except that the kick is executed while spinning in the air. Spinning is executed either in 180 or 360 degrees. The footsword is chiefly used, occasionally the ball of the foot.
Flying kicks	Twimyo chagi	Kick executed at the apex of a jumping motion.

Patterns

Hwa-Rang
Saju tulgi

The Hwa-Rangdo code of conduct

1. Be loyal to your King
2. Be obedient to your parents
3. Be honourable to your friends
4. Never retreat from battle
5. Make a just kill

Sparring Requirements

One step sparring – Flying kicks (compulsory techniques: Back kick, reverse turning kick, twisting kick, reverse hooking kick, downward kick).

Free sparring

Self Defence

Showing attacking, breaking and releasing techniques.

Release per Hwa-Rang

Defence against the following attacks with counters containing knees and elbows:

1. Twin palm push
2. Straight punch
3. Back fist strike
4. Hook punch

5. Double hook punch
6. Grab & hook punch

Break falls – Side, front and back
Rolling break falls – Front and back

Destruction

Flying kicks – Front kick, side kick, turning kick and back kick

Hand technique – Knifehand side strike, reverse knifehand strike

1st Gup

Techniques / Terminology

English	Korean	Notes
Defensive Techniques		
X-knifehand checking block	Kyochoa sonkal momchau makgi	Places the defender in a position to grab the leg or hand after blocking. The block is primarily used to block a reverse turning kick and turning kick.
Twin palm upward block	Sang sonbadak ollyo makgi	Used as a defence against two opponents.
Offensive Techniques		
Downward punch	Naeryo jirugi	Delivered vertically toward the ground. Attacks a fallen opponent. A reverse punch is typical.
Knifehand high front strike	Sonkal nopunde ap taerigi	A reverse strike is typical. Opposite hand brought over the arm or in front of the forehead.
Reverse knifehand high front strike	Sonkal dung nopunde ap taerigi	Method of execution is the same as a high front knifehand strike.
Flying high kick	Twimyo nopi chagi	Performed in two motions with the first kick providing momentum and the ability to kick aside the blocking hand.
Overhead kick	Twio nomo chagi	Normally employed in attacking an opponent over or through an obstacle.

Sparring Requirements

Choong-Moo

Sparring Requirements

One step sparring – 10 routines of own choice.

Free sparring

Self Defence

Showing attacking, breaking and releasing techniques.

10 routines of own choice.

Destruction

Power technique (Men: 6 tiles, Women: 3 tiles) – Downward punch or knifehand strike (juniors must select an alternative to the hand break (e.g. twisting kick or reverse turning kick).

Power technique (Men: 3 boards, Women and juniors: 2 boards) – Side piercing kick

Special technique – Flying high kick (1 board at forefist height with arm extended above head)

Special technique – Overhead kick (Men: over 5 people, Women and juniors: over 3 people)

Special technique – Mid air kick (head height)

1st Dan

Techniques / Terminology

English	Korean	Notes
Stances		
Parallel stance with heaven hand	Narani so hanulson	
One-leg stance	Waebal sogi	Primarily used as a part of a balance exercise, although occasionally utilised for attack and defence techniques.
Defensive Techniques		
Double arc hand block	Doo bandal son makgi	Used to block a co-ordinated attack to the chest and face.
Fore fist pressing block	Ap joomuk noollo makgi	Used to block a technique to the mid-section with the fist.
Inner forearm wedging block	An palmok hechyo makgi	Performed mostly as a middle block.
Low reverse block	Najunde dung makgi	Typically follows a double forearm block. Block is reverse half facing.
Nine shape block	Gutja makgi	Used to break the elbow joint, wrist or ankle. Can also be used to block a co-ordinated attack against the solar plexus and lower abdomen.
Reverse knifehand low guarding block	Sonkal dung najunde daebi makgi	Only an inward block is possible.
Scooping block	Duro makgi	Effective at putting an opponent off balance by holding up the attacking tool.
U-shape grasp	Digutja japggi	A variation of the U-shape block with the same principle with the added ability to then twist the attacking weapon immediately following the block.
Offensive Techniques		
Backfist front strike	Dung joomuk ap taerigi	The philtrum is the primary target with the other back fist under the elbow of the attacking fist.
Horizontal punch	Soopyong jirugi	Useful for attacking two targets simultaneously. The bent arm forms a 90 degree angle.
Middle knuckle fist upset punch	Joongji joomuk dwijibo jirugi	Technique requires a snap motion with a sharp twist of the fist during the action. The fist reaches the target in an upward motion, and the opposite side fist is brought in front of the shoulder at the moment of impact.
Sidefist downward strike	Yop joomuk naeryo taerigi	Strike moves in a circular motion.
Twin elbow horizontal thrust	Sang palkup soopyong tulgi	Used to attack two opponents. Fists finish horizontal to the ground.
Upset punch	Dwijibo jirugi	Fist reaches the target in a circular motion.
Pressing kick	Noollo chagi	Primary role of the technique is to break the knee joint or calf bone.

Patterns

Kwang-Gae
Po-Eun
Ge-Baek

Sparring Requirements

One step sparring – Dodging techniques (10 routines of own choice).

Free sparring

Self Defence

Ground techniques (Noowo gisool) – 10 routines of own choice.

Destruction

Power technique (2 boards minimum) – Turning kick
Power technique (2 boards minimum) – Knifehand side strike
Special technique – Jumping reverse turning kick
Break of own choice

Pattern meanings

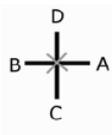
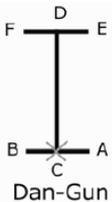
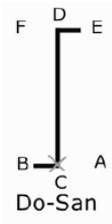
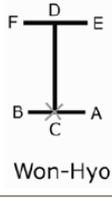
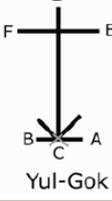
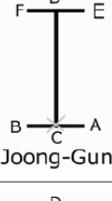
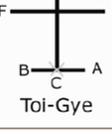
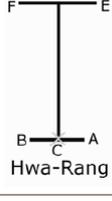
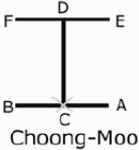
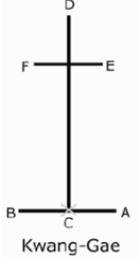
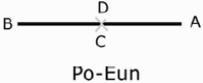
Diagram	Meaning
 <p>Chon-Ji</p>	<p>Pattern meaning – Chon-Ji Tul (19 movements)</p> <p>Means literally “the heaven and earth”. It is in the orient interpreted as the creation of the world or the beginning of human history, and therefore it is the initial pattern for the beginner. The pattern consists of two similar parts. One to represent the heaven and the other to represent the earth.</p>
 <p>Dan-Gun</p>	<p>Pattern meaning – Dan-Gun Tul (21 movements)</p> <p>Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.</p>
 <p>Do-San</p>	<p>Pattern meaning – Do-San Tul (24 movements)</p> <p>Do-San is the pseudonym of the patriot Ahn Chang Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and the Korean independence movement.</p>
 <p>Won-Hyo</p>	<p>Pattern meaning – Won-Hyo Tul (28 movements)</p> <p>Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.</p>
 <p>Yul-Gok</p>	<p>Pattern meaning – Yul-Gok Tul (38 movements)</p> <p>Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584). He was nicknamed the ‘Confucius of Korea’. The 38 movements refer to his birthplace at 38 degrees latitude and the diagram represents ‘scholar’.</p>
 <p>Joong-Gun</p>	<p>Pattern meaning – Joong-Gun Tul (32 movements)</p> <p>Joong-Gun is named after the patriot Ahn Joong-Gun who assigned Hirobumi Ito, the first Japanese governor-general of Korea. Known as a man who played a leading part in the Korea-Japan merger. There are 32 movements in the pattern which represents Mr Ahn’s age when he was executed in Lui-Shung prison in 1910.</p>
 <p>Toi-Gye</p>	<p>Pattern meaning – Toi-Gye Tul (37 movements)</p> <p>Toi-Gye is the pen name for the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents “scholar”.</p>
 <p>Hwa-Rang</p>	<p>Pattern meaning – Hwa-Rang Tul (29 movements)</p> <p>Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, Taekwon-Do developed into maturity.</p>

Diagram	Meaning
 <p>Choong-Moo</p>	<p>Pattern meaning – Choong-Moo Tul (30 movements)</p> <p>Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor to the model day submarine. The reason why the pattern ends with a left handed attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.</p>
 <p>Kwang-Gae</p>	<p>Pattern meaning – Kwang-Gae Tul (39 movements)</p> <p>Kwang-Gae is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements represent the first two figures of the year he came to the throne (391 A.D.).</p>
 <p>Po-Eun</p>	<p>Pattern meaning – Po-Eun Tul (36 movements)</p> <p>Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (–) represents his unerring loyalty to the King and country towards the end of the Koryo Dynasty.</p>
 <p>Ge-Baek</p>	<p>Pattern meaning – Ge-Baek Tul (44 movements)</p> <p>Ge-Baek is named after Ge-Baek, a great general of the Baek Je Dynasty (660 A.D.) The diagram (I) represents his severe and strict military discipline.</p>

Motions

Theory	Notes
Normal motion	The most common method of technique execution. Techniques are executed one at a time, by count, culminating in a single breath at the end of each movement.
Slow motion	Techniques executed in slow motion are done so in order to emphasise the technique. The simultaneous culmination of the hands, feet and breath come together with timing and balance.
Fast motion	This motion consists of a two (or more) movements executed by a single count. Techniques executed in fast motion are done with urgency and accordingly movements subsequent to the initial movement have an incomplete sine wave (i.e. there is no downward movement between the 1 st and 2 nd movement).
Connecting motion	This motion involves the execution of two techniques with only one breath, and one sine wave. The movements are linked (or connected) to each other. Hence only one breath, which is emphasised at the end of the second movement (e.g. hooking block then punch in Yul-Gok).
Continuous motion	Two (or more) techniques are executed with a single count in <u>one continuous breath</u> (which lasts from the beginning of the first movement until the end of the last movement). There is one sine wave for each movement (e.g. low outer forearm block followed by outer forearm rising block in Dan-Gun).

As a general rule, where techniques are a combination of a blocking and attacking technique, they are performed in connecting motion. Where techniques are a combination of two blocking techniques, they are performed in continuous motion. The exception to this rule is where the number of techniques exceeds two (e.g. blocking and attacking techniques in movements 6 to 12 and 24 to 30 in Po-Eun) in these cases, the techniques are executed in continuous motion.

Belt meanings

Belt	Meaning
White Belt	White signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.
Yellow Belt	Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
Green Belt	Green signifies the plants growth as the Taekwon-Do skill begins to develop.
Blue Belt	Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
Red Belt	Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Black Belt	The opposite of white, therefore signifying the maturity of the wearer and their proficiency in Taekwon-Do. It indicates the wearers imperviousness to darkness and fear.

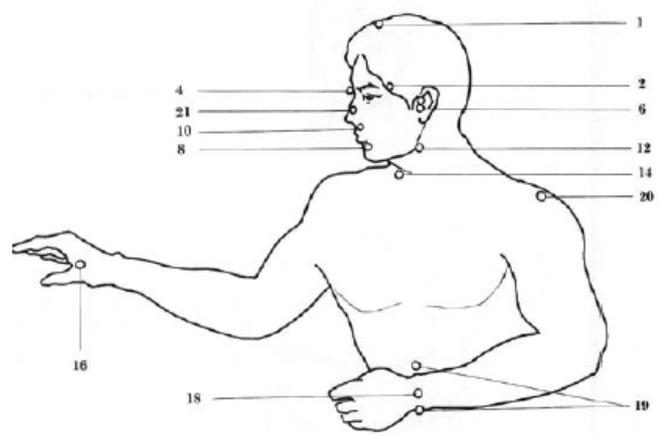
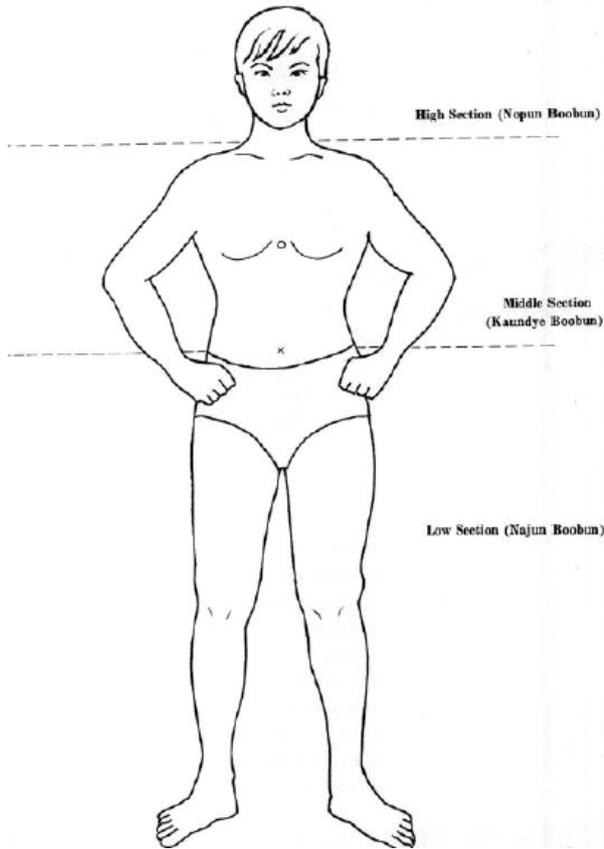
Theory of Power

Theory	Notes
Reaction force	Every force has an equal and opposite force e.g. A punch with the right fist is aided by pulling back the left fist to the hip.
Concentration	Impact is applied to the smallest target area to concentrate the force (e.g. a punch is concentrated into the front two knuckles rather than spread across this fist).
Equilibrium	By keeping the body well balanced, a blow is more effective. Conversely an unbalanced one is easily toppled.
Breath control	Controlled breathing not only affects your stamina and speed, it can also condition the body to receive a blow, or to augment the power of a blow directed at an opponent.
Mass	Maximum kinetic energy or force is obtained from maximum body weight and speed. Putting mass behind a blow applies maximum body weight to a blow (e.g. through sine wave or twisting the hip).
Speed	The most essential component of power. Force = Mass x Acceleration. Where mass increases by a factor of 3 and speed remains constant, power is increased by a factor of 3. Where speed increases by a factor of 3 but mass remains constant, power is increased by a factor of 9.

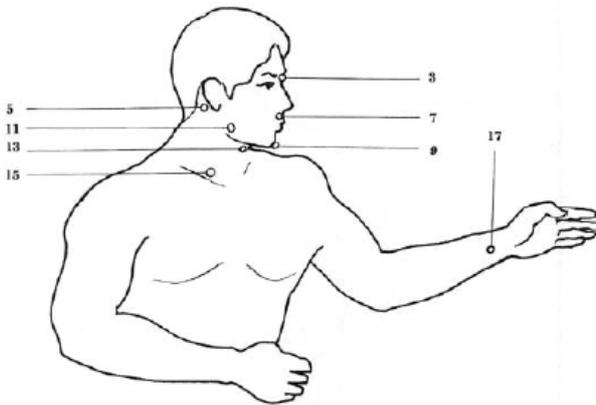
Kick Types (Frequently Used Kicks)

Theory	Notes
Snap kick	Delivered with a "snapping" motion (i.e. retracts quickly after impact), the purpose of which is to break bones.
Piercing kick	Delivered with a "piercing" motion (i.e. driving through the target), the purpose of which is to cause internal damage.
Rising kick	Defensive technique used to spring the foot upwards. Also used as a dynamic stretching exercise.
Downward kick	Attacks an opponent after passing over an obstacle swinging in a circular motion outside in. Attacking tool is back heel.
Vertical kick	The attacking tool (typically the footsword) reaches the target in an arc. The foot remains vertical while the leg bends approximately 30 degrees.
Pick shape kick	Variation of a downward kick, accept the attacking tool rises and falls in a vertical line. The back heel or ball of the foot is the attacking tool.
Pushing kick	Utilises weight or mass without acceleration and power, therefore losing piecing force. Rapid withdrawal of the kicking foot is less important. Target is pushed momentarily pushed.
Checking kick	Blocking with the back sole (for front checking kick) or side sole (for side checking kick). Unlike other kicks, the checking kick is kept momentarily on the target during the block. Front checking kicks reach the target in a straight line with the body half facing. Side checking kicks reach the target in an arc.
Thrusting kick	Changes the kicking tool to the ball of the foot to lengthen the kick.
Pressing kick	Primary purpose is to break the joint (e.g. knee) or bone (e.g. calf).
Consecutive kick	Two or more kicks executed in succession with the same foot in different directions and/or with different tools
Flying kick	Kick executed at the apex of a jumping motion.
Mid air kick	Executed in same manner as a flying kick except that the kick is executed while spinning in the air.
Overhead kick	Employed to attack an opponent over or through an obstacle (footsword is the only attacking tool).

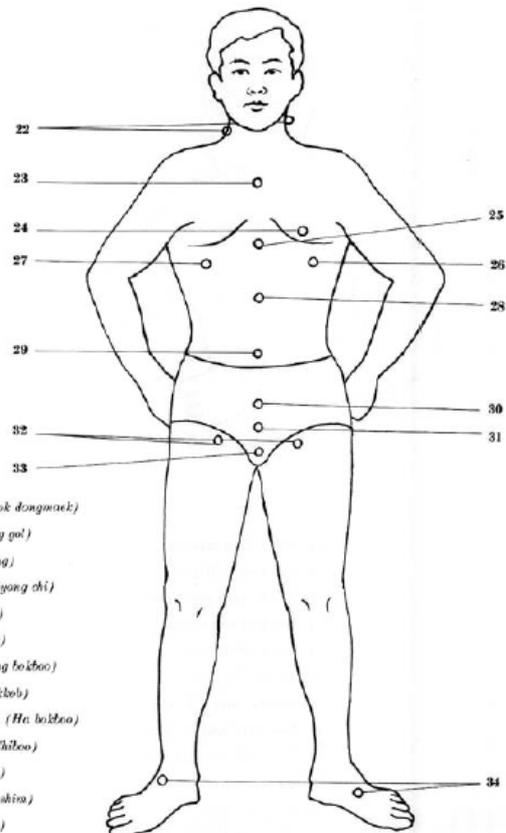
Vital Spots



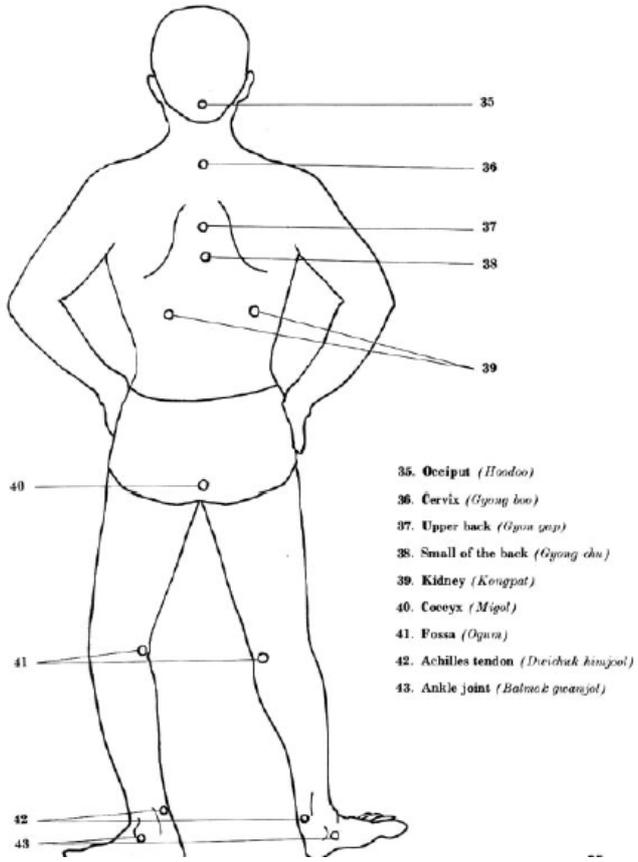
1. Skull (*Dae sin woon*)
2. Temple (*Gwanja nori*)
3. Bridge of the nose (*Migou*)
4. Eyeball (*Angoo*)
5. Mastoid (*Hoo-i-hoo*)
6. Mandibula (*Tok gwanjol*)
7. Philtrum (*Injoong*)
8. Jaw (*Yop tok*)
9. Point of the chin (*Mu tok*)
10. Lips (*Ipsul*)



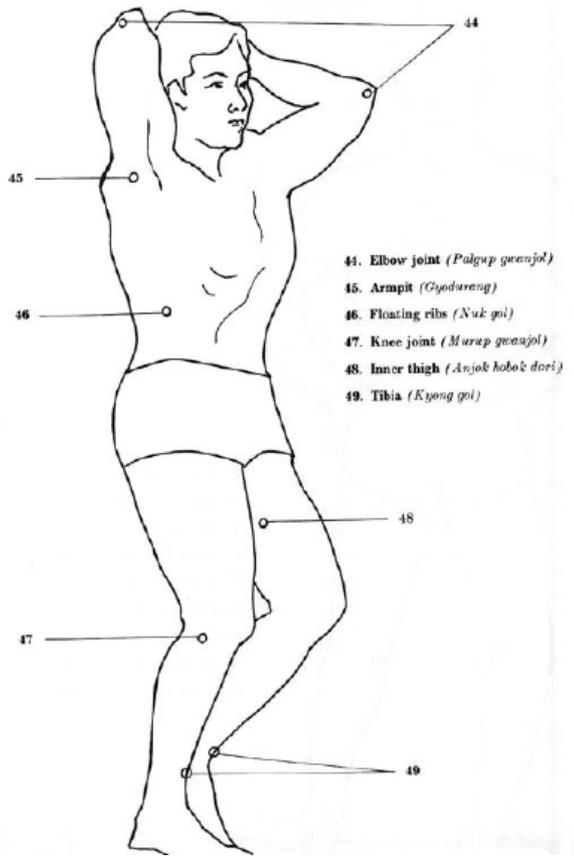
11. Angle of the mandible (*Wu tok*)
12. Upper neck (*Wu mok*)
13. Adam's apple (*Gyal heo*)
14. Windpipe (*Soox tong*)
15. Clavicle (*Swe gal*)
16. Thenar (*Umjigo*)
17. Radial artery (*Maokbak sonmok dongmaek*)
18. Back wrist artery (*Dang sonmok dongmaek*)
19. Wrist joint (*Sonmok gwanjol*)
20. Shoulder joint (*Bulle gwanjol*)
21. Nose (*Kaidung*)



22. Neck artery (*Mok dongmaek*)
23. Sternum (*Hyang gal*)
24. Heart (*Shim jang*)
25. Solar plexus (*Myong chi*)
26. Spleen (*Bi jang*)
27. Liver (*Gan jang*)
28. Epigastrium (*Sang bokboo*)
29. Umbilicus (*Baekbob*)
30. Lower Abdomen (*Ha bolteo*)
31. Pubic region (*Chileo*)
32. Groin (*Sataguni*)
33. Scrotum (*Nang shin*)
34. Instep (*Baldung*)



- 35. Occiput (*Hodoo*)
- 36. Cervix (*Gyong boo*)
- 37. Upper back (*Gyon gap*)
- 38. Small of the back (*Gyong chu*)
- 39. Kidney (*Koungpat*)
- 40. Coccyx (*Migol*)
- 41. Fossa (*Ogwa*)
- 42. Achilles tendon (*Dwiechuk himjool*)
- 43. Ankle joint (*Balraek gwanjool*)



- 44. Elbow joint (*Palgap gwanjool*)
- 45. Armpit (*Gyodureang*)
- 46. Floating ribs (*Nuk gwi*)
- 47. Knee joint (*Murap gwanjool*)
- 48. Inner thigh (*Anjok hobok dari*)
- 49. Tibia (*Kyong gwi*)

Korean Terminology Builder

English	Korean
Stances	
Stance	Sogi (so-)
Attention	Charyot
Bow	Kyong ye
Parallel	Narani
Ready	Junbi
Sitting	Annun
Walking	Gunnun
L	Niunja
Fixed	Gojung
X	Kyocho
Low (stance)	Nachuo
Rear foot	Dwit bal
Bending	Guburyo
Close	Moa
Vertical (stance)	Soojik
Heaven hand	Hanulson
One-leg	Waebal
Heights	
High	Nopunde
Middle	Kaunde
Low	Najunde
Attacking and Defensive Tools	
Block	Makgi
Kick	Chagi (cha-)
Punch	Jirugi
Forefist	Joomuk
Forearm	Palmok
Knifehand	Sonkal
Flat	Opun
Fingertip	Sonkut
Straight	Sun
Palm	Sonbadak
Elbow	Palkup
Arc hand	Bandal son
High kick	Nopi chagi
Crescent	Bandal
Pick shape	Gokaeng-i

English	Korean
Reverse (hand and foot parts)	Dung
Back (foot parts / attacks)	Dwit
Back (hand parts)	Dung
Directions / Actions	
Front	Ap
Side	Yop
Side front	Yobap
Turning	Dollyo
Inner	An
Inward	Anuro
Outer	Pakat
Outward	Bakuro
Downward	Naeryo
Upward	Ollyo
Reverse (techniques)	Bandae
Vertical	Sewo
Upper	Wi
Horizontal	Soopyong
Circular	Dollimyo
Rising (block)	Chookyo
Rising (kick)	Olligi
Pressing	Noollo
Snap	Busigi
Thrust	Tulgi
Strike	Taerigi
Hooking	Golcho (goro)
Pushing (block)	Miro
Pushing (kick)	Milgi
Checking	Momchugi
Twisting	Bituro
Guarding	Daebi
Wedging	Hechyo
Upset	Dwijibo / Dwijbun
U-shape	Digutja
W-shape	San
9-shape	Gutja
Scooping	Duro
Angle	Giokja

English	Korean
Twin	Sang
Double	Doo
Sliding	Mikulgi
Dodging	Pihagi
Flying	Twimyo
Mid air	Twio dolmyo
Overhead	Twio nomo
Jumping	Twigi
Ground	Noowo
Holding	Bachigi
Covering	Karioogi
Other	
Double stepping	lbo omgyo didigi
Foot shifting	Jajun bal
Step sparring	llbo matsogi
Free sparing	Jayu matsogi
Self defence	Hosin sul

Pattern Analysis – Quick Reference Guide

Chon-Ji Tul (19 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Outer forearm block (L)	Low	Walking stance (L)	
2	Punch (R)	Middle	Walking stance (R)	
3	Outer forearm block (R)	Low	Walking stance (R)	
4	Punch (L)	Middle	Walking stance (L)	
5	Outer forearm block (L)	Low	Walking stance (L)	
6	Punch (R)	Middle	Walking stance (R)	
7	Outer forearm block (R)	Low	Walking stance (R)	
8	Punch (L)	Middle	Walking stance (L)	
9	Inner forearm block (L)	Middle	L-stance (R)	
10	Punch (R)	Middle	Walking stance (R)	
11	Inner forearm block (R)	Middle	L-stance (L)	
12	Punch (L)	Middle	Walking stance (L)	
13	Inner forearm block (L)	Middle	L-stance (R)	
14	Punch (R)	Middle	Walking stance (R)	
15	Inner forearm block (R)	Middle	L-stance (L)	
16	Punch (L)	Middle	Walking stance (L)	
17	Punch (R)	Middle	Walking stance (R)	
18	Punch (L)	Middle	Walking stance (L)	
19	Punch (R)	Middle	Walking stance (R)	

Dan-Gun Tul (21 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Knifehand guarding block	Middle	L-stance (R)	
2	Punch (R)	High	Walking stance (R)	
3	Knifehand guarding block	Middle	L-stance (L)	
4	Punch (L)	High	Walking stance (L)	
5	Outer forearm block (L)	Low	Walking stance (L)	
6	Punch (R)	High	Walking stance (R)	
7	Punch (L)	High	Walking stance (L)	
8	Punch (R)	High	Walking stance (R)	
9	Twin forearm block	N/A	L-stance (R)	
10	Punch (R)	High	Walking stance (R)	
11	Twin forearm block	N/A	L-stance (L)	
12	Punch (L)	High	Walking stance (L)	
13	Outer forearm block (L)	Low	Walking stance (L)	Perform 13 and 14 in a continuous motion
14	Outer forearm rising block (L)	High	Maintaining walking stance (L)	
15	Outer forearm rising block (R)	High	Walking stance (R)	
16	Outer forearm rising block (L)	High	Walking stance (L)	
17	Outer forearm rising block (R)	High	Walking stance (R)	
18	Knifehand side strike (L)	Middle	L-stance (R)	
19	Punch (R)	High	Walking stance (R)	
20	Knifehand side strike (R)	Middle	L-stance (L)	
21	Punch (L)	High	Walking stance (L)	

Do-San Tul (24 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Outer forearm side block (L)	High	Walking stance (L)	
2	Punch (R)	Middle	Maintaining walking stance (L)	
3	Outer forearm side block (R)	High	Walking stance (R)	
4	Punch (L)	Middle	Maintaining walking stance (R)	
5	Knifehand guarding block	Middle	L-stance (R)	
6	Straight fingertip thrust (R)	Middle	Walking stance (R)	
7	Twist knifehand with the body counter clockwise / Backfist side strike (L)	N/A High	Maintaining walking stance (R) / Walking stance (L)	
8	Backfist side strike (R)	High	Walking stance (R)	
9	Outer forearm side block (L)	High	Walking stance (L)	
10	Punch (R)	Middle	Maintaining walking stance (L)	
11	Outer forearm side block (R)	High	Walking stance (R)	
12	Punch (L)	Middle	Maintaining walking stance (R)	
13	Outer forearm wedging block	High	Walking stance (L)	
14	Front snap kick	Middle	N/A	
15	Punch (R)	Middle	Walking stance (R)	Perform 15 and 16 in a fast motion
16	Punch (L)	Middle	Maintaining walking stance (R)	
17	Outer forearm wedging block	High	Walking stance (R)	
18	Front snap kick	Middle	N/A	
19	Punch (L)	Middle	Walking stance (L)	Perform 15 and 16 in a fast motion
20	Punch (R)	Middle	Maintaining walking stance (L)	
21	Outer forearm rising block (L)	High	Walking stance (L)	
22	Outer forearm rising block (R)	High	Walking stance (R)	
23	Knifehand side strike (L)	Middle	Sitting stance	
24	Knifehand side strike (R)	Middle	Sitting stance	

Won-Hyo (28 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Twin forearm block	N/A	L-stance (R)	
2	Knifehand inward strike (R)	High	Maintaining L-stance (R)	
3	Punch (L)	Middle	Fixed stance (L)	
4	Twin forearm block	N/A	L-stance (L)	
5	Knifehand inward strike (L)	High	Maintaining L-stance (L)	
6	Punch (R)	Middle	Fixed stance (R)	
7	N/A	N/A	Bending ready stance A (R)	
8	Side piercing kick (L)	Middle	N/A	
9	Knifehand guarding block	Middle	L-stance (R)	
10	Knifehand guarding block	Middle	L-stance (L)	
11	Knifehand guarding block	Middle	L-stance (R)	
12	Straight fingertip thrust (R)	Middle	Walking stance (R)	
13	Twin forearm block	N/A	L-stance (R)	
14	Knifehand inward strike (R)	High	Maintaining L-stance (R)	
15	Punch (L)	Middle	Fixed stance (L)	
16	Twin forearm block	N/A	L-stance (L)	
17	Knifehand inward strike (L)	High	Maintaining L-stance (L)	
18	Punch (R)	Middle	Fixed stance (R)	
19	Circular block (R)	N/a	Walking stance (L)	
20	Front snap kick (R)	Low	N/A	
21	Punch (L)	Middle	Walking stance (R)	
22	Circular block (L)	N/a	Walking stance (R)	
23	Front snap kick (L)	Low	N/A	
24	Punch (R)	Middle	Walking stance (L)	
25	N/A	N/A	Bending ready stance A (L)	
26	Side piercing kick (R)	Middle	N/A	
27	Forearm guarding block	Middle	L-stance (R)	
28	Forearm guarding block	Middle	L-stance (L)	

Yul-Gok Tul (38 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Extend fist (L)	N/A	Sitting stance	
2	Punch (R)	Middle	Sitting stance	Perform 2 and 3 in a fast motion
3	Punch (L)	Middle	Sitting stance	
4	Extend fist (R)	N/A	Sitting stance	
5	Punch (L)	Middle	Sitting stance	Perform 5 and 6 in a fast motion
6	Punch (R)	Middle	Sitting stance	
7	Inner forearm side block (R)	Middle	Walking stance (R)	
8	Front snap kick (L)	Low	N/A	Hands as they were in 7
9	Punch (L)	Middle	Walking stance (L)	Perform 9 and 10 in a fast motion
10	Punch (R)	Middle	Maintaining walking stance (L)	
11	Inner forearm side block (L)	Middle	Walking stance (L)	
12	Front snap kick (R)	Low	N/A	Hands as they were in 11
13	Punch (R)	Middle	Walking stance (R)	Perform 13 and 14 in a fast motion
14	Punch (L)	Middle	Maintaining walking stance (R)	
15	Hooking block (R)	Middle	Walking stance (R)	
16	Hooking block (L)	Middle	Maintaining walking stance (R)	Perform 16 and 17 in a connecting motion
17	Punch (R)	Middle	Maintaining walking stance (R)	
18	Hooking block (L)	Middle	Walking stance (L)	
19	Hooking block (R)	Middle	Maintaining walking stance (L)	Perform 19 and 20 in a connecting motion
20	Punch (L)	Middle	Maintaining walking stance (L)	
21	Punch (R)	Middle	Walking stance (R)	
22	N/A	N/A	Bending ready stance A (R)	
23	Side piercing kick (L)	Middle	N/A	
24	Front elbow (R)	N/A	Walking stance (L)	Striking the left palm
25	N/A	N/A	Bending ready stance A (L)	
26	Side piercing kick (R)	Middle	N/A	
27	Front elbow (L)	N/A	Walking stance (R)	Striking the right palm
28	Twin knifehand block	N/A	L-stance (R)	
29	Straight fingertip thrust (R)	Middle	Walking stance (R)	
30	Twin knifehand block	N/A	L-stance (L)	
31	Straight fingertip thrust (L)	Middle	Walking stance (L)	
32	Outer forearm side block (L)	High	Walking stance (L)	
33	Punch (R)	Middle	Maintaining walking stance (L)	
34	Outer forearm side block (R)	High	Walking stance (R)	
35	Punch (L)	Middle	Maintaining walking stance (R)	
36	Backfist side strike (L)	High	X-stance	Jumping to X-stance
37	Double forearm block (R)	High	Walking stance (R)	
38	Double forearm block (L)	High	Walking stance (L)	

Joong-Gun Tul (32 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Reverse knifehand block (L)	Middle	L-stance (R)	
2	Side front snap kick (L)	Low	N/A	Hands as they were in 1
3	Upward block (R)	N/A	Rear foot stance (L)	
4	Reverse knifehand block (R)	Middle	L-stance (L)	
5	Side front snap kick (R)	Low	N/A	Hands as they were in 4
6	Upward block (L)	N/A	Rear foot stance (R)	
7	Knifehand guarding block	Middle	L-stance (R)	
8	Upper elbow strike (R)	N/A	Walking stance (L)	
9	Knifehand guarding block	Middle	L-stance (L)	
10	Upper elbow strike (L)	N/A	Walking stance (R)	
11	Twin vertical punch	High	Walking stance (L)	
12	Twin upset punch	N/A	Walking stance (R)	
13	X-fist rising block	N/A	Walking stance (L)	
14	Backfist side strike (L)	High	L-stance (R)	
15	Twist fist clockwise so backfist faces downward	N/A	Walking stance (L)	Perform 15 and 16 in a fast motion
16	Punch (R)	High	Maintaining walking stance (L)	
17	Backfist side strike (R)	High	L-stance (L)	
18	Twist fist clockwise so backfist faces downward	N/A	Walking stance (R)	Perform 18 and 19 in a fast motion
19	Punch (L)	High	Maintaining walking stance (R)	
20	Double forearm block (L)	High	Walking stance (L)	
21	Punch (L)	Middle	L-stance (R)	
22	Side piercing kick (R)	Middle	N/A	
23	Double forearm block (R)	High	Walking stance (R)	
24	Punch (R)	Middle	L-stance (L)	
25	Side piercing kick (L)	Middle	N/A	
26	Forearm guarding block	Middle	L-stance (R)	
27	Pressing block (R)	N/A	Low stance	Perform in slow motion
28	Forearm guarding block	Middle	L-stance (L)	
29	Pressing block (L)	N/A	Low stance	Perform in slow motion
30	Angle punch (R)	N/A	Close stance	Perform in slow motion
31	U-shape block	N/A	Fixed stance (R)	
32	U-shape block	N/A	Fixed stance (L)	

Toi-Gye Tul (37 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Inner forearm block (L)	Middle	L-stance (R)	
2	Upset fingertip thrust (R)	Low	Walking stance (L)	
3	Backfist side back strike (R) extending opposite arm downward	N/A	Close stance	Perform in slow motion
4	Inner forearm block (R)	Middle	L-stance (L)	
5	Upset fingertip thrust (L)	Low	Walking stance (R)	
6	Backfist side back strike (L) extending opposite arm downward	N/A	Close stance	Perform in slow motion
7	X-fist pressing block	N/A	Walking stance (L)	Perform 7 and 8 in a continuous motion
8	Twin fist vertical punch	High	Maintaining walking stance (L)	
9	Front snap kick	Middle	N/A	Hands as they were in 8
10	Punch (R)	Middle	Walking stance (R)	
11	Punch (L)	Middle	Maintaining walking stance (R)	
12	Twin side elbow thrust	N/A	Close stance	Perform in slow motion
13	Outer forearm W-shape block (R)	N/A	Sitting stance	Perform in a stamping motion
14	Outer forearm W-shape block (L)	N/A	Sitting stance	
15	Outer forearm W-shape block (L)	N/A	Sitting stance	
16	Outer forearm W-shape block (R)	N/A	Sitting stance	
17	Outer forearm W-shape block (L)	N/A	Sitting stance	
18	Outer forearm W-shape block (L)	N/A	Sitting stance	
19	Double forearm pushing block (L)	Low	L-stance (R)	
20	Extend hands, grab opponents head	N/A	Walking stance (L)	
21	Upward kick (R), pulling hands downward	N/A	N/A	
22	Knifehand guarding block	Middle	L-stance (R)	
23	Side front snap kick (L)	Low	N/A	Hands as they were in 22
24	Flat fingertip thrust (L)	High	Walking stance (L)	
25	Knifehand guarding block	Middle	L-stance (L)	
26	Side front snap kick (R)	Low	N/A	
27	Flat fingertip thrust (R)	High	Walking stance (R)	
28	Backfist side back strike and low outer forearm block	N/A	L-stance (R)	
29	X-fist pressing block	N/A	X-stance (R)	Jumping to X-stance
30	Double forearm block	High	Walking stance (R)	
31	Knifehand guarding block	Low	L-stance (R)	
32	Inner forearm circular block (R)	N/A	Walking stance (L)	
33	Knifehand guarding block	Low	L-stance (L)	
34	Inner forearm circular block (L)	N/A	Walking stance (R)	
35	Inner forearm circular block (R)	N/A	Walking stance (L)	
36	Inner forearm circular block (L)	N/A	Walking stance (R)	
37	Punch (R)		Sitting stance	

Hwa-Rang Tul (29 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Palm pushing block (L)	Middle	Sitting stance	
2	Punch (R)	Middle	Maintaining sitting stance	
3	Punch (L)	Middle	Maintaining sitting stance	
4	Twin forearm block	N/A	L-stance (L)	
5	Upward punch	N/A	Maintaining L-stance (L)	
6	Punch (R)	Middle	Fixed stance (R)	
7	Knifehand downward strike (R)	N/A	Vertical stance (L)	
8	Punch (L)	Middle	Walking stance (L)	
9	Outer forearm block (L)	Low	Walking stance (L)	
10	Punch (R)	Middle	Walking stance (R)	
11	Pull left foot toward right foot, and bring left palm to right forefist	N/A	N/A	
12	Side piercing kick (L) Knifehand outward strike (R)	Middle Middle	N/A L-stance (L)	
13	Punch (L)	Middle	Walking stance (L)	
14	Punch (R)	Middle	Walking stance (R)	
15	Knifehand guarding block	Middle	L-stance (R)	
16	Straight fingertip thrust (R)	Middle	Walking stance (R)	
17	Knifehand guarding block	Middle	L-stance (R)	
18	Turning kick (R)	High	N/A	Perform 18 and 19 in a fast motion
19	Turning kick (L)	High	N/A	
20	Outer forearm block (L)	Low	Walking stance (L)	
21	Punch (R)	Middle	L-stance (R)	
22	Punch (L)	Middle	L-stance (L)	
23	Punch (R)	Middle	L-stance (R)	
24	X-fist pressing block	N/A	Walking stance (L)	
25	Side elbow thrust (R)	N/A	L-stance (R)	
26	Inner forearm side front block (R) extending opposite forearm to the side downward	High	Close stance	
27	Inner forearm side front block (L) extending opposite forearm to the side downward	High	Maintaining close stance	
28	Knifehand guarding block	Middle	L-stance (R)	
29	Knifehand guarding block	Middle	L-stance (L)	

Choong-Moo Tul (30 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Twin knifehand block	N/A	L-stance (R)	
2	Knifehand front strike (R) while bringing the left back hand in front of the forehead	High	Walking stance (R)	
3	Knifehand guarding block	Middle	L-stance (R)	
4	Flat fingertip thrust	High	Walking stance (L)	
5	Knifehand guarding block	Middle	L-stance (R)	
6	N/A	N/A	Bending ready stance A (L)	
7	Side piercing kick (R)	Middle	N/A	
8	Knifehand guarding block	Middle	L-stance (R)	
9	Flying side piercing kick (R) Knifehand guarding block	N/A Middle	N/A L-stance (L)	
10	Outer forearm block (L)	Low	L-stance (R)	
11	Extend hands, grab opponents head	N/A	Walking stance (L)	
12	Upward kick (R), pulling hands downward	N/A	N/A	
13	Reverse knifehand front strike (R), bringing the left hand under the right elbow joint	High	Walking stance (L)	
14	Turning kick (R)	High	N/A	Perform 14 and 15 in a fast motion
15	Back piercing kick (L)	Middle	N/A	
16	Forearm guarding block	Middle	L-stance (L)	
17	Turning kick (L)	Middle	N/A	
18	U-shape block	N/A	Fixed stance (R)	
19	Jump and spin counter clockwise on the spot while executing a knifehand guarding block	Middle	L-stance (L)	
20	Upset fingertip thrust (R)	Low	Walking stance (L)	
21	Backfist side back strike (R) with a low outer forearm block (L)	N/A	L-stance (R)	
22	Straight fingertip thrust (R)	Middle	Walking stance (R)	
23	Double forearm block (L)	High	Walking stance (R)	
24	Inner forearm front block Backfist side strike	Middle High	Sitting stance	
25	Side piercing kick (R)	Middle	N/A	
26	Side piercing kick (L)	Middle	N/A	
27	X-knifehand checking block	N/A	L-stance (L)	
28	Twin palm upward block	N/A	Walking stance (L)	
29	Outer forearm rising block (R)	N/A	Walking stance (R)	
30	Punch (L)	Middle	Maintaining walking stance (R)	

Kwang-Gae Tul (39 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Hands and feet moving in a circular motion	N/A	Close ready stance B	
2	Upset punch (R)	N/A	Walking stance (L)	Perform in slow motion
3	Upset punch (L)	N/A	Walking stance (R)	Perform in slow motion
4	Palm hooking block (R)	High	Walking stance (R)	Perform in a double stepping motion
5	Knifehand guarding block	Low	L-stance (R)	
6	Palm hooking block (L)	High	Walking stance (L)	Perform in a double stepping motion
7	Knifehand guarding block	Low	L-stance (L)	
8	Knifehand guarding block	High	Rear foot stance (R)	
9	Knifehand guarding block	High	Rear foot stance (L)	
10	Move left foot to side front right foot, pivot clockwise Palm upward block (R)	N/A N/A	N/A Walking stance (L)	Perform walking stance / block in slow motion
11	Palm upward block (L)	N/A	Walking stance (R)	Perform in slow motion
12	Knifehand front block (R) hitting the left palm	Low	Close stance	
13	Pressing kick (L)	Low	N/A	Hands as they were in 12, perform 13 and 14 as a consecutive kick
14	Side piercing kick (L)	Middle	N/A	
15	Knifehand inward strike (R)	High	L-stance (R)	
16	Side fist downward strike (L)	N/A	Close stance	
17	Pressing kick (R)	Low	N/A	Hands as they were in 16, perform 17 and 18 as a consecutive kick
18	Side piercing kick (R)	Middle	N/A	
19	Knifehand inward strike (L)	High	L-stance (L)	
20	Side fist downward strike (R)	N/A	Close stance	
21	Palm pressing block (R)	N/A	Low stance (L)	Perform in slow motion
22	Palm pressing block (L)	N/A	Low stance (R)	Perform in slow motion
23	Backfist side strike (R)	High	Sitting stance	Perform in a stamping motion
24	Double forearm block (R)	Middle	Walking stance (R)	
25	While shifting, outer forearm block (L)	Low	Maintaining walking stance (R)	Right hand as in 24
26	Flat fingertip thrust (R)	High	Slipping to low stance (R)	Perform in slow motion
27	Backfist side strike (L)	High	Sitting stance	Perform in a stamping motion
28	Double forearm block (L)	Middle	Walking stance (L)	
29	While shifting, outer forearm block (R)	Low	Maintaining walking stance (L)	Left hand as in 28
30	Flat fingertip thrust (L)	High	Slipping to low stance (L)	Perform in slow motion
31	Twin fist vertical punch	High	Walking stance (R)	Perform in a stamping motion
32	Twin fist upset punch	N/A	Walking stance (L)	Perform in a stamping motion
33	Front snap kick (R)	Middle	N/A	Hands as they were in 32
34	Knifehand guarding block	Middle	L-stance (L)	
35	Punch (L)	High	Walking stance (L)	
36	Twin fist upset punch	N/A	Walking stance (R)	Perform in a stamping motion
37	Front snap kick (L)	Middle	N/A	Hands as they were in 36
38	Knifehand guarding block	Middle	L-stance (R)	
39	Punch (R)	High	Walking stance (R)	

Po-Eun Tul (36 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	Forearm guarding block	Middle	L-stance (R)	
2	Pull right foot to left knee while lifting both fists	N/A	One leg stance (L)	
3	Pressing kick (R)	N/A	N/A	Hands as they were in 2
4	Knifehand side strike (R)	Middle	Sitting stance	
5	Angle punch (L)	N/A	Maintaining sitting stance	
6	Forefist Pressing block (L), and Inner forearm side front block (R)	N/A High	Maintaining sitting stance	Perform 6 through 12 in a continuous motion
7	Forefist Pressing block (R), and Inner forearm side front block (L)	N/A High	Maintaining sitting stance	
8	Inner forearm wedging block	Middle	Maintaining sitting stance	
9	Back elbow thrust (R) with left palm on right forefist	N/A	Maintaining sitting stance	
10	Punch (R) with left palm slipping to right elbow	Middle	Maintaining sitting stance	
11	Back elbow thrust (L) with right palm on left forefist	N/A	Maintaining sitting stance	
12	Horizontal punch (R)	N/A	Maintaining sitting stance	
13	Outer forearm front block (R) with left finger belly on right fist under forearm	Low	X-stance (R)	
14	U-shape grasp	N/A	L-stance (L)	
15	Twin elbow horizontal thrust	N/A	Close stance	Perform in slow motion
16	Backfist side back strike (R) while extending the left arm to the side downward	N/A	Sitting stance	
17	Outer forearm front block (L) with right finger belly on left side fist	Low	X-stance (L)	
18	Reverse knifehand guarding block (L)	Low	Sitting stance	
19	Forearm guarding block	Middle	L-stance (L)	
20	Pull left foot to right knee while lifting both fists	N/A	One leg stance (R)	
21	Pressing kick (L)	N/A	N/A	Hands as they were in 20
22	Knifehand side strike (L)	Middle	Sitting stance	
23	Angle punch (R)	N/A	Maintaining sitting stance	
24	Forefist Pressing block (R), and Inner forearm side front block (L)	N/A High	Maintaining sitting stance	Perform 24 through 30 in a continuous motion
25	Forefist Pressing block (L), and Inner forearm side front block (R)	N/A High	Maintaining sitting stance	
26	Inner forearm wedging block	Middle	Maintaining sitting stance	
27	Back elbow thrust (L) with right palm on left forefist	N/A	Maintaining sitting stance	
28	Punch (L) with right palm slipping to left elbow	Middle	Maintaining sitting stance	
29	Back elbow thrust (R) with left palm on right forefist	N/A	Maintaining sitting stance	
30	Horizontal punch (L)	N/A	Maintaining sitting stance	
31	Outer forearm front block (L) with right finger belly on left fist under forearm	Low	X-stance (L)	
32	U-shape grasp	N/A	L-stance (R)	
33	Twin elbow horizontal thrust	N/A	Close stance	Perform in slow motion
34	Backfist side back strike (L) while extending the right arm to the side downward	N/A	Sitting stance	
35	Outer forearm front block (R) with left finger belly on right side fist	Low	X-stance (R)	
36	Reverse knifehand guarding block (R)	Low	Sitting stance	

Ge-Baek Tul (44 Movements)

Mvmt #	Technique	Height	Stance	Notes
1	X-knifehand checking block	N/A	L-stance (R)	
2	Twisting kick (R)	Low	N/A	Hands as they were in 1
3	Punch (R)	Middle	Walking stance (R)	Perform 3 and 4 in a fast motion
4	Punch (L)	Middle	Maintaining walking stance (R)	
5	Outer forearm rising block (L)	N/A	Walking stance (L)	Perform 5 and 6 in a continuous motion
6	Outer forearm block (L)	Low	Maintaining walking stance (L)	
7	Double arc hand block	High	Maintaining walking stance (L)	
8	N/A	N/A	Bending ready stance (A)	
9	Palm scooping block (L)	N/A	Sitting stance	Perform 9 and 10 in a connecting motion
10	Punch (R)	Middle	Maintaining sitting stance	
11	Backfist front strike (L)	N/A	Maintaining sitting stance	
12	Knifehand guarding block	Middle	L-stance (R)	
13	Side front snap kick (L)	Low	N/A	Hands as they were in 12
14	Flat fingertip thrust (L)	High	Low stance (L)	
15	Flat fingertip thrust (R)	High	Maintaining low stance (L)	
16	Side piercing kick (R) pulling both hands in the opposite direction	Middle	N/A	
17	Forearm guarding block	Middle	L-stance (R)	
18	Forearm guarding block	Middle	L-stance (R)	
19	Knifehand guarding block	Middle	L-stance (R)	
20	9-shape block (R)	N/A	Sitting stance	
21	Knifehand block (L)	Low	Walking stance (L)	
22	Turning kick (R)	Middle	N/A	Perform 22 and 23 in a fast motion
23	Flying side piercing kick (R)	N/A	N/A	
24	Twin fist vertical punch	High	Walking stance (R)	
25	Double arc hand block	High	Maintaining walking stance (R)	
26	Upset punch (L)	N/A	Maintaining walking stance (R)	
27	Front elbow (R)	N/A	Walking stance (L)	Striking the left palm
28	Double forearm block (R)	High	X-stance (R)	Jumping to X-stance
29	Palm scooping block (R)	N/A	Sitting stance	
30	Punch (L)	Middle	Maintaining sitting stance	
31	Backfist front strike (R)	N/A	Maintaining sitting stance	
32	Reverse knifehand front strike	High	Walking stance (L)	
33	While moving left, turning kick (R)	Middle	N/A	
34	Twin fist vertical punch	High	Walking stance (L)	
35	Middle knuckle fist punch (R)	Middle	L-stance (R)	
36	9-shape block (L)	N/A	Sitting stance	
37	Reverse knifehand guarding block (L)	Low	Maintaining sitting stance	Perform 37 and 38 in a continuous motion
38	Knifehand guarding block (R)	Low	Maintaining sitting stance	
39	Outer forearm W-shape block (L)	N/A	Sitting stance	Perform in a stamping motion
40	Outer forearm W-shape block (L)	N/A	Sitting stance	Perform in a stamping motion
41	Outer forearm rising block (R)	N/A	Walking stance (R)	
42	Punch (L)	Middle	Maintaining walking stance (R)	
43	Outer forearm rising block (L)	N/A	Walking stance (L)	
44	Punch (R)	Middle	Maintaining walking stance (L)	