

# EXCEED MARTIAL ARTS

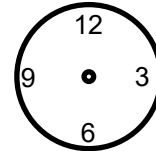
## Five Basic Turns

The Five Basic Turns play an essential role when learning both the 360° Hyung and the Basic Hyungs 1, 2, & 3. The following are the rules and methods for performing the Five Basic Turns.

The diagrams use a left foot forward, forward stance and the “clock” for referencing directions.

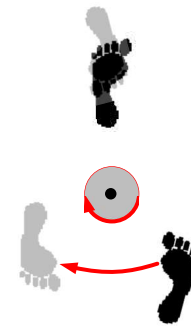
### GENERAL RULES

1. Turns 1, 2, & 3 move the REAR foot to turn.
2. Turns 4 and 5 move the FRONT foot to turn.
3. The moving foot always becomes the forward foot at the completion of the turn.



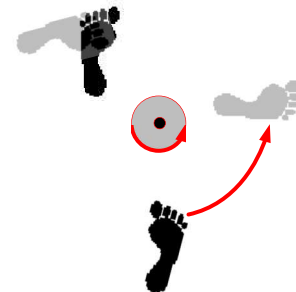
### TURN 1 (rear foot turn)

1. Turn 1 is a 180° turn that will face you in the 6 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Rear foot 2 shoulder widths across to the opposite side.
4. **Step 3:** Pivot both feet clockwise to face the 6 o'clock direction.



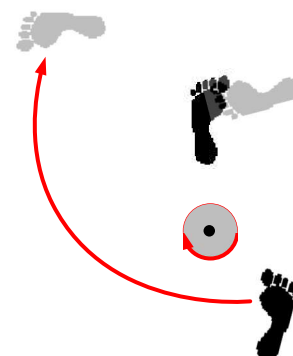
### TURN 2 (rear foot turn)

1. Turn 2 is a 90° turn that will face you in the 3 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Rear foot to the 3 o'clock position.
4. **Step 3:** Pivot both feet clockwise until facing the 3 o'clock direction.



### TURN 3 (rear foot turn)

1. Turn 3 is a 270° turn that will face you in the 9 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Rear foot across to the opposite side and forward.
4. **Step 3:** Pivot both feet clockwise until facing the 9 o'clock direction.



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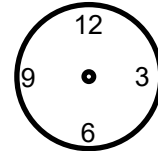
## Five Basic Turns (continued)

The Five Basic Turns play an essential role when learning both the 360° Hyung and the Basic Hyungs 1, 2, & 3. The following are the rules and methods for performing the Five Basic Turns.

The diagrams use a left foot forward, forward stance and the “clock” for referencing directions.

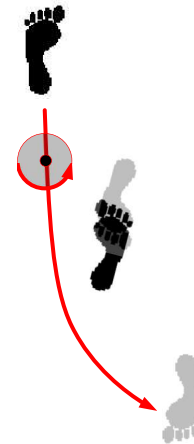
### GENERAL RULES

1. Turns 1, 2, & 3 moves the REAR foot to turn.
2. Turns 4 and 5 moves the FRONT foot to turn.
3. The moving foot always becomes the forward foot at the completion of the turn.



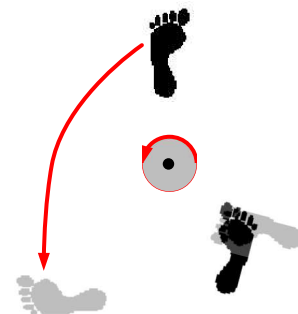
### TURN 4 (front foot turn)

1. Turn 4, like turn 1 is a 180° turn that will face you in the 6 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction. Turn 4
3. **Step 2:** With the Front foot step rearward and across 2 shoulder widths to the opposite side.
4. **Step 3:** Pivot both feet counter clockwise to face the 6 o'clock direction.



### TURN 5 (front foot turn)

1. Turn 5, similar to turn 2 is a 90° turn that will face you in the 9 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Front foot to the 9 o'clock position.
4. **Step 3:** Pivot both feet counter clockwise until facing the 9 o'clock direction.



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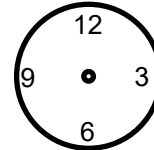
## Five Advanced Turns

The Five Advanced Turns are an extension of the Five Basic Turns and are numbered 6 through 10. They may also be termed as Advanced Turn 1 through 5 to more easily relate to the Basic Turns. The Basic Turns are “aggressive” in nature as they move toward an attack. The Advanced Turns are “passive” in nature as they move away from an attack. The Five Basic and Advanced Turns are also an application of the Um-Yang philosophy.

The diagrams uses a left foot forward, forward stance and the “clock” for referencing directions.

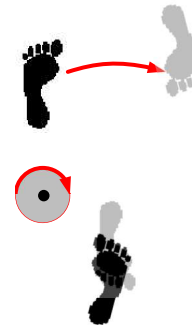
### GENERAL RULES

1. Turns 6, 7, & 8 moves the FRONT foot to turn.
2. Turns 9 and 10 moves the REAR foot to turn.
3. The moving foot always becomes the forward foot at the completion of the turn.



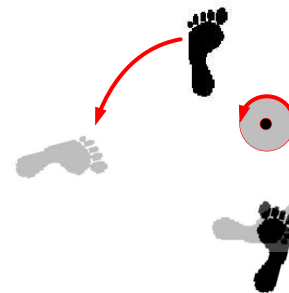
### TURN 6 (front foot turn)

1. Turn 6 like Turn 1 is a 180° turn that will face you in the 6 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Front foot 2 shoulder widths across to the opposite side.
4. **Step 3:** Pivot both feet clockwise to face the 6 o'clock direction.



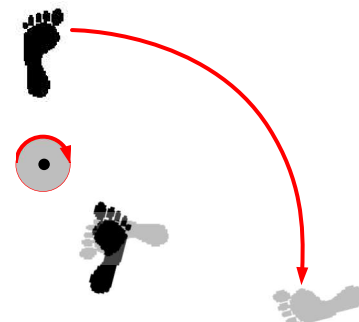
### TURN 7 (front foot turn)

1. Turn 7 like turn 2 is a 90° turn that will face you in the 3 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Front foot to the 9 o'clock position.
4. **Step 3:** Pivot both feet clockwise until facing the 3 o'clock direction.



### TURN 8 (front foot turn)

1. Turn 8 like turn 3 is a 270° turn that will face you in the 9 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Front foot across to the opposite side and rearward.
4. **Step 3:** Pivot both feet clockwise until facing the 9 o'clock direction.



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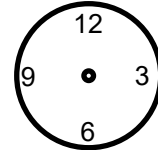
## Five Advanced Turns (continued)

The Five Advanced Turns are an extension of the Five Basic Turns and are numbered 6 through 10. They may also be termed as Advanced Turn 1 through 5 to more easily relate to the Basic Turns. The Basic Turns are “aggressive” in nature as they move toward an attack. The Advanced Turns are “passive” in nature as they move away from an attack. The Five Basic and Advanced Turns are also an application of the Um-Yang philosophy.

The diagrams uses a left foot forward, forward stance and the “clock” for referencing directions.

### GENERAL RULES

1. Turns 6, 7, & 8 moves the FRONT foot to turn.
2. Turns 9 and 10 moves the REAR foot to turn.
3. The moving foot always becomes the forward foot at the completion of the turn.



### TURN 9 (rear foot turn)

1. Turn 9 like Turn 4 is a 180° turn that will face you in the 6 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Step forward with the Rear foot and 2 shoulder widths across to the opposite side.
4. **Step 3:** Pivot both feet counter clockwise to face the 6 o'clock direction.



### TURN 10 (rear foot turn)

1. Turn 10 like turn 5 is a 90° turn that will face you in the 9 o'clock direction.
2. **Step 1:** Starting from facing the 12 o'clock direction.
3. **Step 2:** Move the Rear foot to the 3 o'clock position.
4. **Step 3:** Pivot both feet counter clockwise until facing the 9 o'clock direction.

