

Tong-Il

67 Movements

"Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race."

Ready Stance F

1. Twin Punch High - Left Front Stance
2. Twin Knife-hand Strike High - Left Front Stance
3. Right Inner Forearm Block - Right Back Stance
4. Left Reverse Punch High - Right Front Stance
5. Right Punch High - Right Back Stance
6. Left Reverse Punch High - Right Back Stance
7. Left Round Kick
8. Left Low Block/Right Reverse Back-fist - Left Back Stance
9. Left Backhand - Left Back Stance
10. Right Inside Crescent Kick
11. Right Low Block/Left Reverse Back-fist - Right Back Stance
12. Right Back hand - Right Back Stance
13. Left Inside Crescent Kick
14. Twin Elbow Strike - Left Back Stance
15. Right Ridge-hand Block High - Right Front Stance
16. Left Reverse Ridge-hand Block High - Right Front Stance
17. Right Punch High - Right Front Stance
18. Left Reverse Punch High - Right Front Stance
19. Left Twist Kick
20. Left Back-fist - Left Back Stance
21. Right Twist Kick
22. Right Back-fist - Right Back Stance
23. Left Outside Knife-hand Strike High - Left Cat Stance
24. Right Outside Knife-hand Strike High - Right Cat Stance
25. Left Double Knife-hand Press Block (Medium) - Left Front Stance
26. Right Double Knife-hand Press Block (Medium) - Right Front Stance
27. Right Knife-hand Strike Low to Left Palm - Closed Stance
28. Right Spin Heel Kick
29. Left Knife-hand High Block - Left Front Stance
30. Right Reverse Punch High - Left Front Stance
31. Left Reverse Reinforced Upset Punch High - Right Back Stance
32. Right Reverse Horizontal Punch - Left Front Stance
33. Left Spin Heel Kick
34. Right Knife-hand High Block - Right Front Stance
35. Left Reverse Punch High - Right Front Stance
36. Right Reverse Reinforced Upset Punch High - Left Back Stance
37. Left Reverse Horizontal Punch - Right Front Stance
38. Right Circular Double Ridge-hand Block Low - Right Back Stance
39. Left Circular Double Ridge-hand Block Low - Left Back Stance
40. Left Knife-hand Block/Right Reverse Low block - Left Front Stance
41. Twin High Punch - Right Front Stance
42. Right Hammer-fist (To Left Palm) - Left One Leg Stance
43. Right Spin Side Kick
44. Twin Inner Forearm Block - Sitting Stance
45. Right Jump Hook Kick
46. Twin Inner Forearm Block - Sitting Stance

47. Right Round Kick
48. Right Nine Block - Sitting Stance
49. Left Nine Block - Sitting Stance
50. Right Knife-hand Block/Left Reverse Low Block - Right Front Stance
51. Twin Punch High - Left Front Stance
52. Left Hammer-fist (To Right Palm) - Right One Leg Stance
53. Left Spin Side Kick
54. Twin Inner Forearm Block - Sitting Stance
55. Left Jump Hook Kick
56. Twin Inner Forearm Block - Sitting Stance
57. Left X Block Low - Left X Stance
58. Left Outside Block - Left Front Stance
59. Right Outside Block - Right Front Stance
60. Left Reverse Palm Heel Strike High (Medium) - Right Front Stance
61. Left Low Block/Right Reverse Knife-hand Block - Left Front Stance
62. Right Reverse Palm Heel Strike High (Medium) - Left Front Stance
63. Right Low Block/Left Reverse Knife-hand Block - Right Front Stance
64. Right High Block - Right Front Stance
65. Left Reverse Punch High - Right Front Stance
66. Left High Block - Left Front Stance
67. Right Reverse Punch High - Left Front Stance