

# ALLIED TANG SOO DO FEDERATION

## GIECHO HYUNG IL BU (BASIC FORM 1)

1. Look Left, Jam and Fold over for a Down-Block, Turn 90 degrees to the left, stepping with a Down-Block over the Left Leg– **Kiai**
2. Jam with your left hand, Stepping with your right leg and Center-Punch to the Solar Plexus with your Right Hand.
3. Jam and Fold for a Down-Block while looking over your right shoulder, Turn 180 Degrees to the Right, Step with a Down-Block while looking over your Right Leg.
4. Jam with the Right Hand, Stepping with your Left Leg and Center Punch to the Solar Plexus with your Left Hand.
5. Jam and fold for a down block while looking to the left, Turn 90 degrees to the left, step with your left leg Down-Block over your left leg.
6. Jam with your left hand, step with your right leg and Center-Punch with your Right Hand to the Solar Plexus.
7. Step with your left leg and Center-Punch with your left hand to the Solar Plexus.
8. Step with your Right Leg and Center-Punch with your Right Hand to the Solar Plexus – **Kiai**.
9. Jam and Fold for a Down-Block while looking to the right, turn 270 degrees to the left stepping with the left leg Down-Block.
10. Jam with your left hand stepping with your right leg, and Center-Punch with your right hand to the Solar Plexus.
11. Jam and Fold for a Down-Block while looking over your right Shoulder, Turn 180 Degrees to the Right Stepping with the Right Leg, Down-Block.
12. Jam with your Right Hand, Step with your Left Leg and Center-Punch to the Solar Plexus with your Left Hand.
13. Jam and Fold for a Down-Block while looking to the Left, Turn 90 degrees to the Left, Stepping with the Left Leg, Down-Block.
14. Jam with your Left Hand, Step with your Right Leg and Center-Punch with your Right Hand to the Solar Plexus.

15. Jam with your Right Hand, Step with your Left Leg and Center-Punch with your Left Hand to the Solar Plexus.
16. Jam with your Left Hand, Step with your Right Leg and Center-Punch with your Right Hand to the Solar Plexus. – **Kiai**
17. Jam and Fold for a Down-Block while looking to the Right, Turn 270 degrees to the Left Stepping with the Left Leg, Down-Block.
18. Jam with your Left Hand Stepping with your Right Leg, and Center-Punch with your Right Hand to the Solar Plexus.
19. Jam and Fold for a Down-Block while looking over your Right Shoulder, Turn 180 degrees to the Right Stepping with the Right Leg, Down-Block.
20. Jam with your Right Hand, Step with your Left Leg and Center-Punch to the Solar Plexus with your Left Hand. - **Kiai**

**End of Hyung**

# ALLIED TANG SOO DO FEDERATION

## GIECHO HYUNG IL BU SAHM GUP (ADVANCED BASIC FORM 1)

1. Look Left, Jam and Fold over right shoulder for a Down-Block, Turn 90 degrees to the left, stepping with a Down-Block over the Left Leg– **Kiai**
2. Jam with your left hand, Step with a right-front kick to the solar plexus (bring leg back before stepping) Step with a right-hand Center-Punch to the Solar Plexus.
3. Jam and Fold for a Down-Block while looking over your right shoulder, Turn 180 Degrees to the Right, Step with a Down-Block while looking over your Right Leg.
4. Jam with the Right Hand, Step with a left front-kick to the solar plexus (bring leg back before stepping) Stepping with your Left Hand Center Punch to the Solar Plexus.
5. Jam and fold for a down block while looking to the left, Turn 90 degrees to the left, step with your left leg Down-Block over your left leg.
6. Jam with your left hand, step with a right front-kick to the solar plexus (bring leg back before stepping), step and punch to the solar plexus with your right hand.
7. Jam with your right-hand, step with a left front-kick to the solar plexus (bring leg back before stepping) step and punch to the solar plexus with your left hand.
8. Jam with your left hand, step with a right front-kick to the solar plexus (bring your leg back before stepping) step and punch to the solar plexus with your right hand. – **Kiai**.
9. Jam and Fold for a Down-Block while looking to the right, turn 270 degrees to the left stepping with the left leg Down-Block.
10. Jam with your left hand, step with a right front-kick to the solar plexus (bring your leg back before stepping) step and punch to the solar plexus with your right hand.
11. Jam and Fold for a Down-Block while looking over your right Shoulder, Turn 180 Degrees to the Right Stepping with the Right Leg, Down-Block.
12. Jam with your Right Hand, Step with a left front-kick to the solar plexus (bring leg back before stepping) step and punch to the solar plexus with your left hand.
13. Jam and Fold for a Down-Block while looking to the Left, Turn 90 degrees to the Left, Stepping with the Left Leg, Down-Block.
14. Jam with your Left Hand, Step with a right front-kick to the solar plexus (bring your leg back before stepping) step and punch to the solar plexus with your right hand.

15. Jam with your Right Hand, Step with a left front-kick to the solar plexus (bring your leg back before stepping) step and punch to the solar plexus with your left hand.
16. Jam with your Left Hand, Step with a right front-kick to the solar plexus (bring your leg back before stepping) step and punch to the solar plexus with your right hand. – **Kiai**
17. Jam and Fold for a Down-Block while looking to the Right, Turn 270 degrees to the Left Stepping with the Left Leg, Down-Block.
18. Jam with your Left Hand step with a right front-kick to the solar plexus (bring your leg back before stepping), punch with your right hand to the solar plexus.
19. Jam and Fold for a Down-Block while looking over your Right Shoulder, Turn 180 degrees to the Right Stepping with the Right Leg, Down-Block.
20. Jam with your Right Hand, Step with a left front-kick to the solar plexus (bring your leg back before stepping) Step and punch to the solar plexus with your left hand. - **Kiai**

**End of**

# ALLIED TANG SOO DO FEDERATION

## GIECHO HYUNG YI BU (BASIC FORM 2)

1. Look to the left, Jam, Fold for down Block, Turn 90 degrees to the Left, Step into a Left-Hand Down Block into a Forward Stance. – **Kiai**
2. Jam with your Left-Hand, Step with a Right Punch to the Head.
3. Jam and Fold for a Down-Block while looking over your Right Shoulder, Turn 180 degrees to the Right, Step with a Down-Block over your Right Leg.
4. Jam with Your Right Hand, Step with a Left Punch to the Head.
5. Look to the Left, Jam and Fold for a Down-Block, Turn 90 Degrees to the Left, Step with a Down-Block over your Left Leg into a Forward Stance.
6. Jam and Fold for an In-Block, Step into a Back Stance, Block with a Right In-Block while Pivot into a Forward Stance.
7. Jam and Fold for an Up-Block, Step into a Back Stance, Block with a step with a Left-Hand Up-Block, Step while pivoting into a Forward Stance.
8. Jam and Fold for an Out-Block, Step into a Back Stance with a Right-Hand Out-Block, while Pivoting into a Forward Stance. – **Kiai**
9. Jam and Fold for a Down-Block while looking to the Right, Turn 270 degrees to the Left, Step with a Down-Block into a Forward Stance.
10. Jam with your Left Hand, Step with a Right-Hand Punch to the Head.
11. Look to the Right, Jam and Fold for a Down-Block, Turn 180 degrees to the Right, Step with a Down-Block.
12. Jam with your Right Hand, Step with a Left-Hand Punch to the Head.
13. Look to the Left, Jam and Fold for a Down-Block, Turn 90 Degrees to the Left, Step with a Down-Block over your Left Leg into a Forward Stance.
14. Jam and Fold for an In-Block, Step into a Back Stance, Block with a Right In-Block while Pivot into a Forward Stance.
15. Jam and Fold for an Up-Block, Step into a Back Stance, Block with a step with a Left-Hand Up-Block, Step while pivoting into a Forward Stance.

16. Jam and Fold for an Out-Block, Step into a Back Stance with a Right-Hand Out-Block, while Pivoting into a Forward Stance. – **Kiai**
17. Jam and Fold for a Down-Block while looking to the Right, Turn 270 degrees to the Left, Step with a Down-Block.
18. Jam with your Left Hand, Step with a Right-Hand Punch to the Head.
19. Look to the Right, Jam and Fold for a Down-Block, Turn 180 degrees to the Right, Step with a Down-Block.
20. Jam with your Right Hand, Step with a Left-Hand Punch to the Head.

**End of Hyung**

# ALLIED TANG SOO DO FEDERATION

## GIECHO HYUNG YI BU SAHM GUP (ADVANCED BASIC FORM 2)

1. Look to the left, Jam, Fold for down Block, Turn 90 degrees to the Left, Step into a Left-Hand Down Block into a Forward Stance. – **Kiai**
2. Jam with your Left-Hand, Step with a Right Punch to the Head.
3. Jam and Fold for a Down-Block while looking over your Right Shoulder, Turn 180 degrees to the Right, Step with a Down-Block over your Right Leg.
4. Jam with Your Right Hand, Step with a Left Punch to the Head.
5. Look to the Left, Jam and Fold for a Down-Block, Turn 90 Degrees to the Left, Step with a Down-Block over your Right Leg into a Back-Stance, Pivot and Reverse-Punch with your Right Hand to the Solar Plexus.
6. Pivot into a Forward Stance with a Fold for an In-Block, Step right-hand In-Block into a Back-Stance, Pivot into a Forward Stance with a Reverse-Punch with your Left-Hand to the Solar Plexus.
7. Jam and Fold for an Up-Block, step with a Left-Hand Up-Block, Step into a Back-Stance, Reverse Punch with your Right Hand to the Solar Plexus while pivoting into a Forward Stance.
8. Jam and Fold for an Out-Block, Step with a Right-Hand Out-Block into a Back-Stance, Reverse-Punch with your Left Hand to the Solar Plexus while Pivoting into a Forward Stance. – **Kiai**
9. Jam and Fold for a Down-Block while looking to the Right, Turn 270 degrees to the Left, Step with a Down-Block.
10. Jam with your Left Hand, Step with a Right Front Thrust Kick to the Solar Plexus, Right-Hand Punch to the Head.
11. Jam and Fold for a Down-Block while looking over your right shoulder, Turn 180 degrees to the Right, Step with a Down-Block.
12. Jam with your Right Hand, Step with a Left-Hand Punch to the Head.
13. Look to the Left, Jam and Fold for a Down-Block. Turn 90 degrees to the Left, Step with a Down-Block over your left leg, Jam and Punch with your Right Hand to the Solar Plexus.
14. Jam and Fold for an In-Block, Step with a Right Hand In-Block, Jam and Punch with your Left Hand to the Solar Plexus.

15. Jam and Fold for an Up-Block, Step with a Left-Hand Up-Block, Jam and Punch with your right hand to the Solar Plexus.
16. Jam and Fold for an Out-Block, Step with a Right-Hand Out-Block. Jam and Punch with your Left-Hand to the Solar Plexus. – **Kiai.**
17. Jam and fold for a Down-Block while looking to the Right, Turn 270 degrees to the left, Step with a Down-Block.
18. Jam with your left hand, Step with a Right-Hand Punch to the Head.
19. Jam and fold for a Down-Block while looking over your right shoulder, Turn 180 degrees to the right, Step with a Down-Block.
20. Jam with your right hand, Step with a Left-Hand punch to the Head.  
**End of Hyung**



# ALLIED TANG SOO DO FEDERATION

## GIECHO HYUNG SAHMBU

1. Look, jam and fold for an Out-Block, Turn 90 degrees to the left with a left Out-Block into a Back-Stance.
2. Jam and step with a Right-Hand punch to the Solar Plexus into a Forward-Stance.
3. Look to the right, Jam and fold over the forward leg for an Out-Block, Turn 180 Degrees to the Right, Step with a Right-Hand Out-Block into a Back-Stance.
4. Jam and step with a Left-Hand punch to the Solar Plexus into a Forward-Stance.
5. Look, Jam, and fold for a Down-Block, Turn 90 Degrees to the Left into a Forward-Stance.
6. Jam with your left hand, Step with right foot placing right foot in line with left foot pivoting into a horse stance, No High Guard (place hand in chamber).
7. Fold for a Bottom-Fist, Turn 180 degrees with a spinning left-hand bottom-fist to the head into a horse stance. .
8. Step with a Right-Hand Side-Punch, into a Horse-Stance. **KIAI**
9. Look to the right while folding with left hand for an out-block, turn 270 degrees to the left stepping with a left-hand out-block into a back-stance.
10. Jam and step with a right-hand punch to the solar plexus into a forward stance.
11. Look 180 degrees and turn with a right-hand out-block into a back stance.
12. Jam and step into a forward stance with a forward punch.
13. Look, Jam and fold for a down-block, turn 90 degrees to the left, step with a down-block into a forward stance.
14. Jam with your left hand, step with a right-hand side-punch into a horse-stance.
15. Fold for a bottom-fist, turn 180 degrees with a spinning left-hand bottom-fist to the head into a horse-stance.
16. Step with a right-hand side-punch into a horse-stance. **KIAI**
17. Look to the right while folding for an out-block, turn 270 degrees to the left, step with a left-hand out-block into a back-stance.
18. Jam and step with a right-hand punch to the solar plexus into a forward-stance.
19. Look to the right, jam and fold for an out-block, turn 180 degrees to the right, step with a right-hand out-block into a back-stance.
20. Jam and step with a left-hand punch to the solar plexus into a forward-stance – **KIAI**  
**END OF HYUNG (remember to breath)**

# ALLIED TANG SOO DO FEDERATION

## PYONG AHN CHO DAN (PEACE FORM 1)

1. Look to the left, Jam, Fold for down Block, Turn 90 degrees to the Left, Step into a Left-Hand Down Block into a Forward Stance. – **Kiai**
2. Jam with your Left, Step with a Right-Hand Punch to the Solar Plexus into a Forward Stance.
3. Look to the Right, Jam and Fold for a Down Block, Turn 180 degrees to the Right with a Right-Hand Down Block into a Forward Stance.
4. Pull your Right-Hand (arm) back while coming into a Cat Stance. As you shift into back stance turn Palm Up (closed hand), Pull elbow Back to hip, Right Foot Cat Stance.
5. Jam and Fold for a Back Knuckle While Sliding Front foot back, Feet come together, facing forward (Head stays in same position) Horizontal Back Knuckle with your right-hand to the head.
6. Jam with your Right-Hand, Hand turns palm down, Right Foot turns 90 degrees, Step with a Left-Hand Punch to the Solar Plexus into Forward Stance.
7. Look to the left, Jam and Fold for a Down Block, Turn 90 degrees to the left, And Down Block into Forward Stance, Invert into Backs-Stance, Knife-Hand Block into Forward Stance.
8. Jam and Fold for an Up-Block, Step into Back-stance with a Right-hand Up-Block into a Forward Stance.
9. Jam and Fold for an Up-Block, Step into a Back-Stance, with a Left-Hand Up-Block into a Forward Stance.
10. Jam and Fold for an Up-Block, Step into a Back-Stance with a Right-hand Up-Block into a Forward Stance - **Kiai**.
11. Look to the Right, Jam and Fold for a Down-Block, Turn 270 Degrees to the Left, Step with a Left-Hand Down Block into a Forward Stance.
12. Jam with your Left, Step with a Right Hand Punch to the Solar Plexus into a Forward Stance.
13. Look to the Right, Jam and Fold for a Down-Block, Turn 180 Degrees to the Right, Step with a Right-Hand Down-Block.
14. Jam with your Right, Step with a Left-Hand Punch to the Solar Plexus.
15. Look to the Left, Jam and Fold for a Down-Block, Turn 90 Degrees to the Left, Step with a Left-Hand Down-Block into a Forward Stance.
16. Jam with your Left, Step with a Right-Hand Punch to the Solar Plexus.

(The Next Two Moves are Very Quick)

17. Jam with your Right, Step with a Left-Hand Punch to the Solar Plexus.
18. Jam with your Left, Step with a Right-Hand Punch to the Solar Plexus. – **Kiai**
19. Look to the Right, Jam and Fold for a Low-Chop Into a Back-Stance, Turn 270 degrees to the Right with a Low-Chop into a Back-Stance.
20. Jam and Fold for a Low-Chop into a Back-Stance, Turn 45 Degrees to the Right, Step with a Low Chop into a Back-Stance.
21. Jam and Fold over the Rear Hip for a Low-Chop, Turn 135 Degrees to the Right with a Low-Chop into a Back-Stance.
22. Jam and Fold for a Low-Chop into a Back-Stance, Turn 45 Degrees to the Left, Step with a Low-Chop into a Back-Stance. – **Kiai**.

**END OF HYUNG**

# ALLIED TANG SOO DO FEDERATION

## PYONG AHN YI DAN (PEACE FORM 2)

1. Look Left, Fold over the right hip-turning to the Left, Palms facing one another (Fists Closed) left over the right, with your hands Frame the Head with an Out-block and Up-block, (Simultaneously), Palms facing out, Into a Back-Stance Left foot facing forward. – Kiai
2. Look Right, Remain in a back stance, rotate the right arm 360 degrees to an inverted reverse punch to the solar plexus with the left arm folded over the right, Reinforcing at the Biceps.
3. Jam with the right hand, Left hand to Chamber, while sliding back into a Cat-Stance, Step forward with the left foot into a horse stance with a side punch with the left hand to the Solar-Plexus.
4. Fold over the Left hip-turning to the Right, Palms facing one another (Fist Closed) Right over the Left, with your hands Frame the Head with an Out-block and Up-block, (Simultaneously), Palms facing out, Into a Back-Stance Right foot facing forward.
5. Remain in a back stance, rotate the Left arm 360 degrees to an inverted reverse punch to the solar plexus with the Right arm folded over the Left, Reinforcing at the Biceps.
6. Jam with the Left hand, Right hand to Chamber, while sliding back into a Cat-Stance, Step forward with the Right foot into a horse stance with a side punch with the Right hand to the Solar-Plexus.
7. Turn 90 degrees to the right, while sliding the left foot up to the right, Palms facing one another over the Right Hip, while looking to the Right. Move Your Hands to the Left while rolling the right over the left, Simultaneously lifting your Right Leg and Folding for a Side Kick (Like there is a string attached from your hand to your foot) Kick to the Solar Plexus, and Punch with a Bottom First to the Temple – Kiai.
8. As you recoil the Kick Open Hands and Simultaneously Look to the Left. Fold for a Center Chop to the Left in a Back-Stance. As you turn 180 degrees to the Left and Recoil the Side-Kick and set your Right Foot down in a back-stance, Execute the Center Chop.
9. Fold to the Left Side for Center Chop Stepping Right Leg Forward back-stance, Chop.
10. Fold to the Right Side for Center Chop stepping Left Leg Forward Back-Stance, Chop.
11. Right hand in Chamber, Left Hand Jam, Stepping in Forward Stance Right Leg Forward, Right Hand Spear Hand (Open with Palm Down, Pinky at the elbow) – Kiai.
12. Look Right, Fold to the Right Side for Center Chop, Turning Left 270 degrees, Left foot turns, Center Chop Back Stance.

13. Fold to the Left Side for Center Chop, Turning Right 45 Degrees Center Chop Back-Stance Right Leg Forward.
14. Look Over the Right Shoulder, Fold to the Left side for Center Chop, Turning Right 135 degrees Center Chop Back-Stance Right Leg Forward.
15. Fold to Right Side for Center Chop, Turning Left 45 degrees Center Chop Back Stance Left leg Forward.
16. Slide Forward Foot 45 Degrees to the Left, Left hand Jam Right hand Out-Block pivoting to Forward Stance.
17. Right hand Jam, Left hand Chamber. Right Leg Front Thrust Kick Advancing, Forward Stance.
18. Left Hand in Place Reverse Punch, Forward Stance.
19. Right Hand Jam Left Hand Out-Block, Forward Stance.
20. Left Hand Jam, Left leg Front Thrust Kick, Forward Stance Right Hand Reverse Punch.
21. Fold to Left, Side Knuckle to Knuckle Palm Down, Stepping Forward Stance, Reinforced Forearm-Block. – Kaia.
22. Fold Left Hand to Right Ear, Right Hand Jam, Turn Left 270 Degrees, Down-Block, Forward Stance.
23. Pivot into Back Stance, Right Hand Inverted Punch, Left Folded to Right ear Open Hand, Left Knife Hand Right Hand Back to Chamber, Forward Stance.
24. Look, Left Hand Jam, Right Fold for Up-Block, Turn 45 Degrees Step Right into Back Stance, Block into Forward Stance.
25. Left Hand Jam, Right Fold for Down-Block, Turn Right 135 degrees, Right Leg Forward, Down-Block.
26. Pivot into Back-Stance, Left hand Inverted Punch, Right Folded to Left Ear Open Hand, Right Knife Hand, Left Hand Back to Chamber, Forward Stance.
27. Look, Right Hand Jam, Left Fold for Up-Block, Turn 45 degrees, Left Leg Forward Stance, Up-Block, Forward Stance. – Kaia.

**End of Hyung**

# ALLIED TANG SOO DO FEDERATION

## PYONG AHN SAHM DAN (PEACE FORM 3)

1. Look, Jam, Fold for Out Block, Turn 90 degrees to the Left with a left hand Out Block into a Back Stance – **Kiai**
2. Right foot slides forward, Right Hand moves Forward to position in front of groin;
3. Double Block – Right Out Block and Left Down Block (Simultaneously)
4. Double Block – Left Out Block and Right Down Block (Simultaneously)
5. Look over Right Shoulder, Jam and Fold for Out Block, Turn 180 degrees to the Right with a Right-hand Out Block into a Back Stance.
6. Left foot slides forward, Left Hand moves Forward to position in front of groin;
7. Double Block – Left Out Block and Right Down Block (Simultaneously)
8. Double Block – Right Out Block and Left Down Block (Simultaneously)
9. Reinforced Block Fold (Knuckle to Knuckle) to Right hip Turning 90 degrees to the Left into a Back Stance Reinforced Out-Block.
10. Jam with left hand, Right hand moves to the Chamber, Step into Forward Stance, Spear Hand with Right, Reinforced with Left Hand (Palm Down, Pinkies at the Elbow).
11. Quickly Pivot into a 45 degree Horse Stance, Trap opponents Side Kick (Right hand palm up with closed fist against body; Left Open and across body with Palm Down – opponents foot traps in-between hands) Hold while turning 225 degrees to the Left.
12. Left Bottom Fist to Temple, Right hand in Chamber in Horse Stance.
13. Left Jam, Stepping with a Right Center Punch to Solar Plexus into a Right Forward Stance.
14. Turning (No look before) 180 degrees to the Left, Inhale Quickly, Simultaneously Left Foot comes to the Right Knee and Both Hands go Overhead in Double Up-Block Position. (Bottom of foot is parallel to the floor).
15. While Exhaling Slowly, Simultaneously both Hands drop Straight down with Knuckles to hips (Palms Facing Back) while the Left Foot lowers to the Ground (Knuckles touch hips at the same time the foot touches the ground).
16. Cheater Step with Left leg, Right High Inside Crescent Kick, Recoil back to Knee (do not set foot down yet).

17. Right foot stomps into Horse stance (Knuckles Remain on Hips).
18. Upper body turns and Blocks with Upper Arm and Shoulder (Knuckles Remain on Hips).
19. Horizontal Back Knuckle to Temple, Right Forward Horse Stance, Back Knuckle Chambers to Hip.
20. Left High Inside Crescent Kick, Recoil back to Knee (do not set foot down yet).
21. Left foot stomps into Horse stance (Knuckles Remain on Hips).
22. Upper body turns and Blocks with Upper Arm and Shoulder (Knuckles Remain on Hips).
23. Horizontal Back Knuckle to Temple, Left Forward Horse Stance, Back Knuckle Chambers to Hip.
24. Right High Inside Crescent Kick, Recoil back to Knee (do not set foot down yet).
25. Right foot stomps into Horse stance (Knuckles Remain on Hips).
26. Upper body turns and Blocks with Upper Arm and Shoulder (Knuckles Remain on Hips).
27. Horizontal Back Knuckle to Temple, Right Forward Horse Stance, Back Knuckle stays out and turns to Palm down as Right Foot Simultaneously Turns facing Forward.
28. Left foot forward Stance Center Punch with Left Hand to Solar Plexus.
29. Right foot Crescent Step to Left foot; then Straight across to a Momentary Horse Stance into a Quick left foot step across (behind right foot), Spinning 180 degrees into a Horse Stance. Simultaneously Left Rear Vertical Elbow and Right Punch over Left Shoulder.
30. Leap to the Right, Simultaneously Right Rear Vertical Elbow and Left Punch over Right Shoulder, Land into Horse Stance – **Kiai**.

**End of Hyung**

# ALLIED TANG SOO DO FEDERATION

## PYONG AHN SA DAN (PEACE FORM 4)

1. (Breathing Movement) Look left, fold palms together over your right hip. Turn 90° to the left into a Back-Stance. Hands travel across your body, hip to shoulder, opening slowly as they cross, to frame your head. Exhaling through the move.
2. (Breathing Movement) Look right, fold palms together over your left hip. Turn 180° to the right into a Back-Stance. Hands travel across your body, hip to shoulder, opening slowly as they cross, to frame your head. Exhaling through the move.
3. Look left. Fold for an X-block Low over your right hip. Turn 90° to your left and X-block Low (hands closed) in a Forward Stance. **-Kiai**
4. Fold knuckle to knuckle over your left hip, step forward into a right foot Forward Stance with a right hand Reinforced Forearm Block.
5. Look left, hands switch places as your left foot lifts to your right knee (fold for a side kick), left Side-Kick to the solar plexus and left Bottom-Fist to the head 90° to the left, put it down in a left foot Forward Stance with a right hand reverse Horizontal Elbow to the head.
6. Look right, fold palm to palm over your left hip, turn 180° into a right foot Back Stance.
7. Slide-up right Side Kick to the solar plexus and right Bottom-Fist to the head, put it down in a right foot Forward Stance with a left hand reverse Horizontal Elbow to the head.
8. Look left, left hand Palm Heel Block for your groin and right hand fold for a Shuto.
9. Pivot 135° to the left executing a right hand reverse Shuto, left hand open Up Block
10. Right foot Front Thrust Kick to the solar plexus, putting it down 45° to the right followed by...
11. Jam and fold for a right hand Back Knuckle, left foot steps behind the right (feet will be crossed) and right hand Back Knuckle to the bridge of the nose. **-Kiai**
12. Look left, fold fists stacked on right hip, left foot steps out 135° to the left into a forward stance with a Lapel Grab, right hand on top, grip and pull in with both hands, then twist fists to palm down and push out for the choke.
13. Rear elbow pulls back to solar plexus, fist turns to palm up. Stepping right leg Front Thrust Kick to the solar plexus.



14. Right hand Punch to the head in a right foot Back-Stance.
15. Pivot into a Forward Stance with a left hand Reverse Punch to the solar plexus.
16. Look right, fold fists stacked on left hip, right foot steps out 90° to the right into a forward stance with a Lapel Grab, left hand on top, grip and pull in with both hands, then twist fists to palm down and push out for the choke.
17. Rear elbow pulls back to solar plexus, fist turns to palm up. Stepping left leg Front Thrust Kick to the solar plexus.
18. Left hand Punch to the head in a left foot Back-Stance.
19. Pivot into a Forward Stance with a right hand Reverse Punch to the solar plexus.
20. Look left, fold knuckle to knuckle over your right hip, left foot slides 45° to the left into a left foot Back Stance with a left hand Reinforced Forearm Block.
21. Step into a right foot Back Stance with a right Reinforced Forearm Block.
22. Step into a left foot Back Stance with a left Reinforced Forearm Block.
23. In place left hand Thumb Gouge to the hollow of the throat
24. Keeping left hand there, pivot into a forward stance with a right hand Thumb Gouge to the hollow of the throat.
25. Grab the shoulders and pull into a right Knee to the solar plexus.
26. Without putting the right foot down, look left and fold for a Reinforced Center Chop over your right hip. Turn 225° to the left and place your right foot down behind you in a left foot Back Stance executing a left hand Reinforced Center Chop. -Long **Kiai** starting on the knee and ending on the chop
27. Look to the right, fold for a Reinforced Center Chop, step 90° to the right in a right foot Back Stance and execute a right hand Reinforced Center Chop. - **Kiai**

**End of Hyung**

# ALLIED TANG SOO DO FEDERATION

## PYANG AHN O DAN (PEACE FORM 5)

1. Look left, jam and fold for a Left-Hand Out block, turn 90 to the left with an Out block in a left leg back stance.
2. Followed quickly by a Right hand reverse punch to the solar plexus staying in a back stance.
3. Look Right 180, Right leg slides up, hands come to Right side, Palm to palm.
4. Jam and fold for a Right hand out block, Step out into a right foot forward back stance with a right handout block.
5. Followed quickly by a left hand reverse punch to the solar plexus staying in a back stance.
6. Look down the rail, keeping hands in place, slide left foot up to right.
7. Fold knuckle to knuckle over left hip, step out with right foot forward stance with a right reinforced forearm block. - Kiai
8. Fold fists stacked over right hip, step into left back stance, execute x-block low (hands closed) pivoting into a forward stance (do not lean body forward.)
9. In place, pull fists back stacked on right hip pivoting into a back stance, execute an x-block high (hands open) pivoting into a forward stance.
10. Rotate hands so that left hand is on top of right hand, right foot slides up to left as left hand eye gouges, right hand to chamber.
11. Continue right foot forward to a right foot forward stance, right hand punch to solar plexus.
12. Look left, turn 180 with a right hand in block reinforced left hand open at the elbow.
13. Right leg Inside crescent kick recoiled to left knee, fold for a right hand down block.
14. Down block in a Horse stance.
15. Look 180 left, cross body fold left hand open on top, right hand closed on bottom, palms in. Left hand extends to the front, right hand to chamber.
16. Right leg inside crescent kick to left hand, step into a horse stance with right elbow to head.
17. Left foot slides behind right (legs are crossed), right hand back knuckle, reinforced right hand open at left elbow.
18. Look 180 left, left foot steps out into a back stance, left hand closes while right wrist straightens. Body drops and raises quickly with left hand uppercut to chin.

19. Right hand scoops low, lift right leg jumping and turning body 180 landing into a squatting scissor stance with x block low over right knee.
20. Fold for a right hand reinforced forearm block over left hip, step into a right foot forward stance with a right reinforced forearm block. -Kiai
21. Look left, jam and fold for a left hand open down block, turn 180 left into a left back stance with a left hand open down block. Right arm straight out and straight up, fist closed, palm forward.
22. Pivot to forward stance, right arm extends forward and down, hand open palm up. Left hand reinforces open palm down at right bicep.
23. Pivot to back stance, Both arms pull back to previous positions, closing as hands cross. Right hand closed palm out, left hand closed palm down.
24. Left foot slides back perpendicular to right foot, right hand raises sharply.
25. Keep looking same direction, folding for a double out block, pivot 180 to the left and keeping legs crossed double out block.
26. Right leg raises as right fist scissor blocks, left hand to chamber.
27. Step out with right leg into a forward stance, left arm extended, hand open and palm up. Right hand reinforced open at the left bicep.
28. Pivot to a back stance, pulling left arm back straight out and up hand closed, palm out. Right hand down block over right leg. -Kiai

End of Hyung

# ALLIED TANG SOO DO FEDERATION

## BASSAI

1. Ready stance to Bassai (Feet together, clench the right fist with the open left hand) while lifting the left foot parallel to the floor to the knee (breathing technique), as the left foot rises, hands rise on the right side, all while inhaling.
2. Hands and feet lower back to Bassai ready position while saying BASSAI.
3. Turn the upper body 90o to the left while still facing forward, raising on the balls of both feet, body begins to lean forward.
4. Lung forward with a right reinforced back knuckle with left open hand reinforcing the back knuckle, left foot crosses behind the right foot.
5. Look over left shoulder; turn 180o Stepping into left foot forward stance with left out block.
6. In place, right hand out block.
7. Looking over right shoulder; turn 180o moving the right foot into a right forward stance with a left in block.
8. In place, right out block.
9. Look to the right, right knee raises and execute a right hand scissor block.
10. With knee still up, body turns 90o to the right on the ball of the left foot, while folding for right in block.
11. Set right foot down into forward stance with right in block.
12. In place, reverse left out block.  
(Breath slowly through the next series of moves)
13. Left leg moves backward into horse stance while left hand comes across solar plexus (hand is open, palm facing down). Hand stops movement when placed at solar plexus, Moves 14 thru 18 are done in place
14. Left eye gouge in horse stance, right hand in chamber.
15. Right hand center punch to solar plexus in horse stance.
16. Pivot 45o to the left into a forward stance with right hand out block.
17. Pivoting 45o back into a horse stance with left hand center punch to solar plexus
18. Pivot 45o to the right into a forward stance with left hand out block.
19. Fold for right hand reinforced center chop over left hip, half step with left foot towards the right foot, then step forward with the right foot into a back stance and execute a right reinforced center chop.

20. Stepping with left foot into back stance with left reinforced center chop.
21. Stepping with right foot into back stance with right reinforced center chop.
22. Retreating with fold for a left knife hand block (when the right foot is mid-point in the retreat the hands are open and crossed for the knife hand fold)
23. Execute left knife hand block in a back stance.
24. Shift the right instep to the back of the left leg just behind the knee (hook the knee) while executing a right elbow strike to the head reinforced with open left hand.
25. Right side kick to the head with right bottom fist. KIAI
26. Look 180o over left shoulder, recoil side kick and fold for left reinforced center chop.
27. Set right foot down in back stance and execute left reinforced center chop.
28. Stepping with right foot back stance with right reinforced center chop.
29. Right foot retreats (slides back) while both hands close into fists, palm down with arms straight (hands are just below the belt).
30. Fists are slowly turned palm up as elbows bend and fists rise (this is a tension move similar to an isometric), appears like you are folding for a double in block.
31. Step out with right foot into forward stance with a double bottom fist strike to the ribs.
32. Bring left leg forward swiftly, as you push off the floor with the right foot, leap forward bringing right knee up as a strike to the chin.
33. Land in right foot forward stance with a center punch to the head as you land. KIAI
34. Look over left shoulder, turn 180o moving the left foot across while folding for an open hand low knife hand edge block in a back stance.
35. Execute left low knife edge block in back stance with closed hand high guard (high guard is straight back from shoulder)
36. In place, weight shifts to a forward stance and right hand extends forward with open hand, palm up grab while left hand remains open and slides toward upper right arm.
37. Right hand closes and turns palm down, left hand remains in knife edge position on right shoulder.
38. Right fist pulls back briskly to high guard position straight out from shoulder, as left hand knife edge travels down right arm in a scissor type action, left fist closes just before arm straightens completely.
39. Left foot slides in, right fist turns 90o as it lowers.
40. Right fist turns back, punching sharply upward.
41. Pivot on balls of both feet while bringing right hand high guard around as an in block and reinforced with open left hand.

42. Right leg high inside crescent kick.
43. Recoil crescent kick to the knee and fold for low block.
44. Execute low (down) block in a horse stance.
45. Arms fold across the body (left hand open, palm up—right hand closed fist, palm up)
46. Execute left back hand
47. Step through with right leg inside crescent kick making contact with left hand.
48. Recoil crescent kick to the knee.
49. Set right foot down into horse stance and execute a right elbow strike to left open palm.
50. Maintaining the horse stance, execute a right hand low punch while the left hand closes into a high guard.
51. In place, maintaining the horse stance, right hand comes up into high guard and left hand opens and executes low chop.
52. In place, maintaining the horse stance, left hand comes up into high guard, right hand executes a low punch.
53. Look over right shoulder, fold over left hip for an inverted twin fist (fold palm to palm), slide right foot back and pivot 90o to right into long forward stance and execute right inverted twin fist.
54. Pull right foot back to the side of the left foot and bring fists to left hip.
55. Hand will move from the left hip to the right hip to fold for left inverted twin fist.
56. Small cheaters step with right foot.
57. Execute left inside crescent kick.
58. Recoil and step out into long left foot forward stance and execute left inverted twin fist.
59. Pull left foot back to the side of the right foot as you bring your fists back to the right hip.
60. Hand move from right hip to left hip to fold for a right inverted twin fist.
61. Small cheaters step with left foot.
62. Execute right inside crescent kick.
63. Recoil kick and step out into long right foot forward stance and execute right inverted twin fist.
64. Look over left shoulder, bring left elbow down as a guard.
65. Move left leg 270o into a left long, low forward stance (leg- ankle to knee is parallel to the floor) with right foot on the ball of the foot and execute a low scooping right back knuckle while left hand is closed in high guard.

66. Pivot 180o in right long, low forward stance (leg- ankle to knee parallel to the floor) with left foot on the ball of the foot and execute a low scooping left back knuckle while the right hand is closed in high guard.
67. Stepping forward with a half step with the left foot, fold for a right hand reinforced center chop.
68. Step with the right foot into right back stance and execute right reinforced center chop.
69. Look to the right, fold for right reinforced center chop.
70. Move right foot 90o to the right into a back stance and execute a right reinforced center chop.
71. Look to the left, fold for a left reinforced center chop.
72. Move right foot a half step (90o from present position), then step forward with the left foot into left back stance and execute a left reinforced center chop.
73. Pull left foot back and up to the knee as you clench the right fist with open left hand. Left foot should be parallel with the floor. (breathing technique) As the foot rises, your hands rise on the right side while inhaling.
74. Hands and feet lower back to Bassai ready position while saying BASSAI.
75. Return to ready stance.  
END OF HYUNG

# ALLIED TANG SOO DO FEDERATION

## TAK SAN – FIRST HALF

1. Look to the left, Jam & Fold for Knife Hand block, execute lunging retreating knife hand block, in left Back Stance.
2. Full hip reverse solar plexus punch in a forward stance.
3. Slide up with right foot to perpendicular foot position with left head jab.
4. In place left side kick, to the solar plexus.
5. Left forward stance with reverse horizontal elbow smash to head with right elbow, Catch with Left Hand.
6. Stepping right back knuckle to bridge of nose, ending in right back stance.
7. In place reverse-punch to solar plexus, ending in forward stance.
8. Pivot into back-stance with right inverted solar plexus punch while folding for Knife-Hand block.
9. Left Reverse Knife-Hand block in full hip forward stance.
10. In place right hand head punch.
11. Turn 180 degrees moving left foot, jam & fold for retreating right knife hand block, in a right back stance, execute knife hand block.
12. Full hip reverse solar plexus punch in a Forward Stance.
13. Slide up with left foot to perpendicular position with right head jab.
14. In place right side kick to solar plexus.
15. Right forward stance with reverse horizontal elbow smash to head with left elbow.
16. Stepping left back knuckle to bridge of nose, ending in a left back stance.
17. In place reverse solar plexus punch, Pivoting into a Forward Stance.
18. Pivot into back stance with left inverted solar plexus punch, while folding right hand for a knife hand block.
19. Right Reverse Knife Hand Block in full hip forward stance.
20. In place Left hand head punch.
21. Look right, jam & fold for a down block, turn 90 degrees to the right, execute a retreating lunging down block, ending in a back stance.



22. Full hip reverse solar plexus punch, in a forward stance.
23. Stutter step jab to head with right hand.
24. Finish with Reverse punch to solar plexus.
25. Left elbow drops into right palm, as left hand opens with palm in, as you execute a left inside crescent kick, followed with a left side kick, and left chop to the neck in a back stance.
26. Look, Jam and Fold, turn 180 degrees right with retreating down block, in a back stance.
27. Full hip reverse solar plexus punch.
28. Stepping left Front Thrust kick to Solar Plexus Left Reinforced Elbow Fold for a left up block.
29. Left up block in a back stance.
30. Full hip right reverse solar plexus punch.
31. Right head high round kick, while folding for a bottom fist with right hand.
32. Right bottom fist to the head in a back stance.
33. Inverted reverse punch to solar plexus, full hip, with left hand in a forward stance.
34. Right elbow smash to the head, falling back into a back stance.
35. Lunging Right chop to throat in a back stance.
36. Left full hip reverse solar plexus punch in a forward stance.
37. 225\* degree turn with left foot into a long cat stance, with a high X-block.
38. Double shuto fold, while drawing into a tight cat stance, execute a double shuto strike, with right hand to the neck, and left hand to the ribs in a back stance.
39. Grab behind the head with right hand and simultaneously left hand palm heel low block in front of groin, pull head down with a right knee smash, (toes pointing down).
40. Step into a right back stance with Right horizontal elbow smash to Left Temple, right bottom fist to right temple, with left hand open high guard.
41. Pivot Full hip reverse with left horizontal elbow smash to Right Temple, left Bottom Fist to right temple, with right hand closed high guard.
42. Fold over Left Hip with Firsts stacked Right over Left, Turn 90\* degree with right foot into long cat stance, with a high X-block.
43. Double Shuto fold while drawing into a tight cat stance, execute a double shuto strike, with left hand to the neck, and right hand to the ribs, in a back stance.

44. Grab behind the head with Left Hand and simultaneously Right Hand Palm Heel low block in front of groin, pull head down with a Left knee smash, (toes pointing down).
45. Step into a Left back stance with Left horizontal elbow smash to Right Temple, Left bottom fist to Left temple, with Right hand open high guard.
46. Pivot Full hip reverse with Right horizontal elbow smash to Left Temple, Right Bottom Fist to Left temple, with Left hand closed high guard.
47. Look Right, Raise and open right hand turn 135\* degrees with right leg, into a cat stance, with a arm trap, Left Hand to Chamber.
48. Right foot in place front thrust kick to the solar plexus.
49. Right open hand eye gouge, in a back stance.
50. Full hip reverse inverted punch to the solar plexus, in a forward stance.
51. In place right hand head Punch.

**End First Half**

# ALLIED TANG SOO DO FEDERATION

## TAK SAN – SECOND HALF

52. Turning with Right Chop to head immediately followed by Ridge Hand to Head and a 360 degree Right Outside Crescent Kick, ending in Back-Stance left Foot Forward.
53. In Place Left Chop to Throat.
54. Spinning Right Bottom Fist to Temple in Horse Stance.
55. Reinforced Right In-Block in Back-Stance.
56. Reinforced Right Elbow followed by inside left Crescent Kick – Side Kick Landing with feet together. (Kicks High & Solar Plexus).
57. In Place Right Back-Kick to Solar Plexus.
58. Spinning Left Round Kick to Head.
59. Inverted Reverse Right Punch into Forward Stance.
60. Right Foot moves 180 degrees into a retreating left In-Block in Back Stance.
61. Reinforced Left Elbow followed by inside right Crescent Kick-Side Kick landing with feet together (Kicks high & Solar Plexus).
62. In Place left Back Kick to Solar Plexus.
63. Spinning Right Round Kick to Head.
64. Inverted Reverse Left Punch into Forward Stance.
65. Retreating 90 degree turn with left leg, lunging right down block in back stance.
66. Reverse Jam and Fold for Right Knife Hand Block, Step Back into a Cat-Stance.
67. Punch Back into a Retreating Right Knife Hand Block into a Back Stance.
68. Jam with left, Pulling Back into a Right foot Cat-Stance, Step out with a Right Side-Punch to Solar Plexus into a Horse Stance.
69. Skipping right side-kick to head.
70. Recoil right leg across front of body, drop right shoulder to mat, tumble 180 degrees with right back-kick to groin from the floor. (Right Knee does not touch the ground).
71. Left chop to ribs from floor as back kick recoils in front of your body in half-kneel position.
72. Pivot 180 degrees, Standing right reverse ridge-hand to temple in left forward stance.
73. Right Hand Lapel Grab, Pull into fold for back knuckle with right hand, stepping right front Kick
74. In place right back knuckle to bridge of nose in back stance.
75. Spinning left hook punch to ribs, 360 degree spin with right bottom fist to temple ending in feet together position with high guard.
76. 90 degree retreating side punch to your left, moving left foot (side punch to ribs).
77. Spinning left bottom fist to head.
78. Reverse right full hip inverted punch to solar plexus into forward stance.
79. Slide up left head Punch followed by left side kick to solar plexus.
80. Recoil side kick, fold for Knife Hand Chop, Set left foot down in Back-Stance with Left Chop to Neck.
81. 180 degree turn with right foot in retreating left side punch.
82. Spinning right bottom fist to head.
83. Reverse Left full hip inverted punch to Solar Plexus.

- 84.** Slide up right head jab followed by right side kick to solar plexus.
- 85.** Recoil side kick, fold for Knife Hand Chop, Set right foot down in back stance with right chop to neck.
- 86.** 90 Degree turn with right foot with retreating left lunging Down block in Back Stance.
- 87.** Full Hip Reverse Solar Plexus Punch with Right into Forward Stance.
- 88.** Left Head Punch while falling into Back-Stance folding for Shuto with right hand.
- 89.** Full hip reverse right shuto to neck.
- 90.** In place right front Kick to Solar Plexus returning to original Stance.
- 91.** Left In-Place head jab in Back-Stance.
- 92.** Mid-point retreating right solar plexus punch in Cat-Stance.
- 93.** Step through behind with left reverse head punch – Kiai.

END OF HYUNG