



Roanoke Taekwondo & Ninja Academy Student Manual

AN INTRODUCTION TO TAEKWONDO

Taekwondo is a Korean martial art whose origins, along with other martial arts, date back over 1300 years and has experienced a considerable rebirth since the end of World War II. Today, Taekwondo has evolved into an effective method of self-defense and a fun way of maintaining physical fitness. Taekwondo, literally translated means foot (tae), fist (kwon), and way (do), is most known for its jumping and spinning kicks. In Taekwondo the legs are used about 70% of the time. The legs are utilized more frequently because they are longer and stronger than the arms and provide the element of surprise.

Taekwondo's challenge lies in the adept use of techniques and learning how to control these techniques. Because of the refrain from hard body contact, injuries are almost non-existent, which makes it much safer than many other sports today. Blocking, kicking, striking, and punching techniques contribute to making it one of the most exciting sports. Tremendous skill and control are required in its mastery.

HISTORY OF TAEKWONDO

Approximately 1,300 years ago, during the 6th century A.D., the Korean Peninsula was divided into three kingdoms: Silla, Koguryo, and Baek Je. Silla, the smallest of those kingdoms, was constantly under invasion and harassment by its two more powerful northern and western neighbors. During the reign of Chin Heung, 24th king of Silla, the young aristocrats and warrior class formed an elite officer corps called Hwa Rang-Do. This warrior corps, in addition to the ordinary training in spear, bow, sword, and hook, also trained themselves by practicing mental and physical discipline, and various forms of hand and foot fighting (Soo Bak and Tae Kyon). To harden their bodies, they climbed rugged mountains, swam the turbulent rivers in the coldest months, and drove themselves unmercifully to prepare for the task of defending their homeland.

To guide themselves and to give purpose to their knighthood, they incorporated a five-point code of conduct set forth by their country's greatest monk and scholar, Wan Kany: 1) be loyal to your king, 2) be obedient to your parents, 3) be honorable to your friends, 4) never retreat in battle, and 5) make a just kill.

The Hwa Rang-Do became known for their courage and skill in battle, gaining respect from even their foes. The strength derived from their respect to their code enabled them to attain feats of valor that became legendary. Many of these brave young warriors died on fields of battle in the threshold of their youth. Through their feats, they inspired the people of Silla to rise and unite; and from their victories, the Korean Peninsula became united for the first time in history.

During the period of Hwa Rang-Do, the original primitive art of foot fighting called Soo Bak was popular among the common people. The warriors of the Hwa Rang-Do added a new dimension to this national art of foot fighting by gearing it to a combative art and infusing the principles of the Hwa Rang-Do. The new martial art elevated foot fighting to an art and became Soo Bak-Gi.

During the Koguryo dynasty martial arts flourished. But later dynasties took an anti-military posture so anything that resembled military training was banned. By the end of the Yi dynasty, the martial arts appeared to have ceased existing in Korea.

MODERN RENAISSANCE

Modern-day Taekwondo is influenced by many other Martial Arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea from 1910 until the end of World War II. During WWII, many Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influences that Japan has given to Taekwondo are the quick, linear movements, which characterize the various Japanese systems.

With the liberation of Korea in 1945, the new Republic of Korea Armed Forces was organized. At this time, Choi Hong Hi, an officer in this army, began teaching his martial arts to some of his soldiers and within a few years it became one of the cornerstones of training. In April 1955, Taekwondo was chosen as the new name of the national martial art by a board of instructors, historians, and other prominent persons. The name was selected for its apt description of the art. Not only did this new name bear a close similarity to the ancient name of Taek Kyon, but also the name gave a new sense of nationalism to the art.

After 1,300 years, a Korean martial art has reached full maturity, and has spread from a small band of aristocratic warriors to practitioners in more than 60 countries with millions of students. The combinations of the old classical techniques and new modifications have resulted in a form of self- defense and mental conditioning unrivaled in the modern world.
From: Taekwondo-Do by General Choi Hong Hi

I.T.F. vs. W.T.F.

Gen. Choi established ITF-Taekwondo (which practices a more traditional form of Taekwondo) while WTF-Taekwondo (which has a strong emphasis on sparring) became an Olympic sport in 2000.

A good-will trip to North Korea in 1966 caused General Choi to fall out of favor with the South Korean Government. Choi resigned as president of the K.T.A. and founded the I.T.F. on March the 22nd of that same year. The headquarters of ITF were established in Canada.

General Choi Hong Hi

ITF started concentrating on the forms developed by General Choi, while the KTA (which later, on May 28, 1973, became the WTF) concentrated on the Palgae Patterns. Later the WTF abandoned the Palgae patterns and started concentrating on Taeguk patterns. Also, the WTF changed their sparring rules to emphasize kicking over hand techniques.

Meanwhile, the ITF continued teaching the same patterns as developed by General Choi Hong Hi and focused more on the traditional way of Taekwondo. Since the break-up, even more styles of Taekwondo have been created by various masters around the world. While there have been many attempts to reunite WTF and ITF, there probably will never be a union within Taekwondo due to the large number of Taekwondo organizations that have been created. Roanoke Taekwondo & NinjaTrix Academy practices the ITF system of forms and sparring rules but does not belong to the ITF.

KOREAN LANGUAGE PRONUNCIATION

While we do not typically teach in Korean, we do use some of the traditional Korean commands in class. Letters in parenthesis behind another letter gives an alternative pronunciation to the letter immediately preceding; or following word-ending vowels, offer a “Word stop” sometimes, but not always, heard in the pronunciation of a native Korean.

Meaning	Korean Word	Pronunciation
<u>Attention</u>	<u>Charyot</u>	<u>Chah ree uh(t)</u>
<u>Bow</u>	<u>Kyong Ye</u>	<u>Kyung N(r)eh(t)</u>
<u>Ready</u>	<u>Jumbi</u>	<u>Ch(J)oohn bee</u>
<u>Begin</u>	<u>Si-Jak</u>	<u>Shee Jack</u>
<u>Stop</u>	<u>Gunman</u>	<u>G(K) oh mahn</u>
<u>Return to Ready</u>	<u>Ba-Ro</u>	<u>Bah roh</u>
<u>At Ease</u>	<u>Shuit</u>	<u>Shee uh(t)</u>
<u>Forms (Patterns)</u>	<u>Hyung</u>	<u>Ung (Poom Sae)</u>
<u>Taekwondo Yell</u>	<u>Ki-Hap</u>	<u>Key hop</u>
<u>Uniform</u>	<u>Do-Bulk</u>	<u>Doe bahk</u>
<u>School</u>	<u>Do-Jang</u>	<u>Doe Ch(j)ahng</u>
<u>Instructor</u>	<u>Sa Bum Nim</u>	<u>Sah boom nim</u>

TAEKWONDO UNIFORM

Roanoke Taekwondo Academy has a standard uniform for all students. Uniforms must be clean and in good repair with no pockets on pants. The uniform is required for all formal events such as tournaments (both regional and national) and testings. In addition to the traditional, white uniform, Roanoke Taekwondo Academy has two national patches: the left side of the chest and back patch. We also have school patch worn on the right side of the chest. Once a student has obtained the rank of Probationary Black Belt OR joined the Leadership Team, he/she should embroider his/her name with city and state on the back of the jacket.

The Back Patch is CENTERED between the shoulders. The size of the back patch and how far it is to be dropped down from the collar is based on the size of the uniform (see table below). The embroidery of the name and city should be placed 1 inch below the back patch.

Embroidery should be done in the same gold/yellow thread that matches our black belt embroidery. See your instructor for a sample or picture for your tailor to reference.

INSTRUCTOR UNIFORMS

Instructors, just like students, must rise up in the ranks and there are uniform designations showing what Certification Level an Instructor has achieved.

A red stripe on the uniform collar represents Level 1 and Level 2 Instructors. These are beginner Instructors who have been in the Roanoke Taekwondo Academy Instructor & Leadership Training Program for less than 1 year. Level 1 and Level 2 Instructors have passed a formal testing from Roanoke Taekwondo Academy.

A gold stripe on the uniform collar represents Level 3 and 4 Instructors. These instructors are more experienced and have taught classes for over 1 year and participated in and passed an Instructor Certification Testing.

When a Black belt has a 1" Gold stripe down the sides of their pants legs this signifies that the student has attained the rank of Fourth Degree Black Belt. When an Instructor has a 1" Gold stripe down their arm sleeves this signifies that he/she has attained the rank of Sixth Degree Black Belt and is considered a Master Level Instructor.

All 1st Degree Decided Black Belts and above wear traditional black belts with their name embroidered on one side and Roanoke Taekwondo Academy with gold bars signifying rank on the other side.

ROANOKE TAEKWONDO & NINJATRIX ACADEMY

PATCHES & EMBROIDERY GUIDELINES

The Roanoke Taekwondo patch should be worn on the right side of the chest and the Innovative Martial Arts patch on the left.

The back patch is centered between the shoulders. The size of the back patch and how far it is to be dropped down from the collar is based on the size of the uniform (see table below).

Once a student has obtained the rank of Black Belt they should embroider their name and city on the back of the jacket. The embroidery of the name and city should be placed 1 inch below the back patch.

THREAD COLOR: Gold 1171, Red 1637 (patch)



UNIFORM SIZE	IN. FROM TOP OF COLLAR	BACK PATCH SIZE	EMBROIDERED NAME SIZE
000	2 Inches	7 Inch	000 to 2 Uniforms will have a max height of 3/4 inch embroidery, Helvetica Bold or Arial Bold font, all caps, with a maximum length of 8 inches.
00	2 Inches	7 Inch	
0	2 Inches	7 Inch	
1	2.5 Inches	7 Inch	ROANOKE, VA will be centered underneath at 0.625 inch embroidery.
2	3 Inches	7 Inch	
3	3.5 Inches	10 Inch	Size 3 to 6 Uniforms will have a max height 1 inch embroidery, Helvetica Bold or Arial Bold font, all caps, with a maximum length of 10 inches.
4	4 Inches	10 Inch	
5	4.5 Inches	10 Inch	
6	5 Inches	10 Inch	ROANOKE, VA will be centered underneath at 0.875 inch embroidery.

EMBROIDERY VENDOR:

Press Press Merch
4721 Starkey Rd
Roanoke, VA 24018
(540) 206-3495
Open M-F, 9-5

NOTE:

Embroidery turnaround time is typically 10 business days. This can be longer during holidays.

ROANOKE TAEKWONDO & NINJATRIX ACADEMY

Refer to chart for correct distance from the top of the collar to the top of the patch.

Back patch centered between shoulders.

10" patch has a max name width of 10". For the 7" patch, max name width is 8".

Distance from patch to top of embroidery 1"



FIRST LASTNAME
ROANOKE, VA

TENETS OF TAEKWONDO

- **COURTESY** - Be polite to one another, encourage the sense of justice and distinguish the instructor from the student and the senior from the junior.
- **INTEGRITY** - You must be able to know right from wrong, and have the conscience, if wrong, to feel guilt. You must be able to learn from your mistakes and use them as a tool for yourself in the future not to make the same mistakes again.
- **PERSEVERANCE** - To achieve something, whether it is a higher degree or the perfection of a technique, one must set a goal then constantly strive for it. Never give up on something to which you have a strong moral conviction. One of the most important aspects in becoming a leader of Taekwondo is to overcome every difficulty through perseverance. Keep trying, never give up.
- **SELF-CONTROL** - This tenet is extremely important inside and outside the school, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. Do not lose your temper.
- **INDOMITABLE SPIRIT** - A student of Taekwondo should at all times be modest and maintain a positive attitude.

CUSTOMS AND COURTESIES OF TAEKWONDO

- As with most military based systems, Roanoke Taekwondo Academy has a set of customs and courtesies that should be adhered to by both students and parents.
- All students should memorize the Tenets. They are the true basis of all of Roanoke Taekwondo Academy's Customs and Courtesies.
- Students must be well groomed and clean with trimmed nails and gathered hair. Body odor can be distracting and rude to fellow students.
- Students must wear the correct Taekwondo uniform and belt, except with special permission. The full uniform is required for all testings and tournaments. For class, Taekwondo pants and a Roanoke Taekwondo Academy t-shirt may be worn.
- No jewelry or head bands should be worn during class.
- Bowing is a form of greeting between students and instructors. It is also a sign of respect shown towards the flags.
- Be respectful in your speech when speaking with Instructors and higher ranks. Always address Instructors and students of a higher rank as "Sir" or "Ma'am". Instructors should be called Mr., Mrs. or Miss and their surname.
- Students should be on time for class. Being late is disrespectful and disrupts the class. Late students must ask permission to join class.
- Students should not enter or leave class without permission from the Instructor.
- Take care not to interrupt Instructors while he/she is working with a student. While on the workout floor, always walk around an instructor and his/her group.
- Parents and students should take care not to disrupt the class. The lobby / waiting area is quiet by design, any unnecessary noise will distract both the instructor and the students. Parents and students should stay off the workout floor unless they are taking class.
- Practicing Taekwondo in the lobby/ waiting area is prohibited. Students should not kick, punch or horseplay while waiting for their class to begin.
- Students should take responsibility and keep the school, dressing rooms and lobby/ waiting area clean out of respect for their Instructor and fellow students.

RANK ADVANCEMENT AND TESTING

Roanoke Taekwondo Academy's curriculum is goal oriented. The rank system makes it easy for the students to set short-term, medium-term and long-term goals.

STRIPES

In the short-term, many martial arts schools use stripes. These stripes breakdown the rank- specific curriculum into manageable portions. The stripes also allow Instructors to track the progress on an individual student. Once a student has earned all of his/her stripes he/she is ready to test.

PROMOTIONAL TESTING

The colored belts represent the medium-term goals. Roanoke Taekwondo Academy holds formal promotional testings every two months. Each student is evaluated on his/her own abilities, attitude, focus and technical skill.

Promotional testing is a very formal occasion with its own etiquette that must be observed at all times. Failure to observe these rules could result in a student not passing the test.

- All students must wear their full uniform. The uniform must be clean and in good repair with all appropriate patches. Female students may wear a plain, white t-shirt under their uniform jacket.
- All students should be on time to testing; being late is disrespectful and distracting. All students are expected to stay for the entire testing and are not allowed to leave early. Once all students have tested, the Instructor running the testing will formally dismiss all students.
- Remember that this is a formal event. Cheering, while encouraged at a tournament, is not acceptable at testing.
- ALL RANKS are required to bring their sparring gear. The sparring gear must be clean and in good repair. The Instructor running the testing will instruct students when to put on and when to take off their sparring gear. Students should not take off their sparring gear until they are instructed to do so.
- When called to perform at testing, students should answer loudly and move quickly.
- Students receive 3 chances to perform their pattern and one-steps and sparring combinations correctly.
- White belts, Yellow Belts, and Orange Belts will perform their rank specific sparring combinations and then be required to free spar 1 to 2 rounds. Green belts and above spar 2 to 4 rounds and should not take off their sparring gear until instructed to do so.
- Brown belts and above are required to break boards (wood or plastic) as part of their testing. The student is expected to know what board color or size and what techniques they are required to break. Each student receives 3 chances to break his/her boards.
- Students should not ask about results prior to the awards ceremony. Students that do not pass will be contacted by their instructor prior to the awards ceremony.

BLACK BELTS

Earning a black belt and higher degrees is the long-term goal for all Roanoke Taekwondo Academy students. The fastest that any student may earn their black belt is 2 and 1/2 years. However, it takes most students closer to 3 years. Earning a black belt is not the end of the journey. A black belt has mastered the basic techniques of Taekwondo and is ready for more advanced and complicated curriculum.

TOURNAMENTS

Friendly competition is a great thing! It inspires students to do their absolute best in order to win. The best part of tournaments is that no one really loses. Yes, someone comes in first place, but everyone has fun and learns. Students become better martial artists by competing and testing their skills against other students.

All ranks and ages are encouraged to compete in tournaments, yes Lil' Dragons too! All ranks do their pattern at the tournament.

PATTERNS

Patterns are an important aspect of training in Taekwondo. Patterns help develop proper technique and focus. Patterns also builds muscle and improves flexibility and accuracy. All patterns are different and become more complicated at higher ranks. The majority of the patterns start with a defensive move, which emphasizes Taekwondo's defensive nature. All of the patterns start and end at the same location. This ensures that the practitioners' stances are the correct length, width, and in the proper direction.

There are 24 patterns in the ITF style of Taekwondo; this is symbolic of the 24 hours in a day. The names of these patterns typically refer either to events in Korean history or to important people in Korean history. Elements of the patterns may also be historical references, such as the number of moves, the diagram, the way the pattern ends, and so on. Yells (ki-haps) are indicated in **BOLD**.

KI-BON

14 Movements

Meaning: First or Beginning

Ready Stance A

1. <u>Left Low Block</u>	<u>Left Front Stance</u>
2. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
3. <u>Right Low Block</u>	<u>Right Front Stance</u>
4. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
5. <u>Left Inner Forearm Block</u>	<u>Left Back Stance</u>
6. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
7. <u>Left High Block</u>	<u>Left Front Stance</u>
8. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
9. <u>Right Inner Forearm Block</u>	<u>Right Back Stance</u>
10. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
11. <u>Right High Block</u>	<u>Right Front Stance</u>
12. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
13. <u>Left Knifehand Strike Middle</u>	<u>Sitting Stance</u>
14. <u>Right Knifehand Strike Middle</u>	<u>Sitting Stance</u>

DAN-GUN

21 Movements

Is named after the holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC.

Ready Stance A

1. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
2. <u>Right Punch High</u>	<u>Right Front Stance</u>
3. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
4. <u>Left Punch High</u>	<u>Left Front Stance</u>
5. <u>Left Low Block</u>	<u>Left Front Stance</u>
6. <u>Right Punch High</u>	<u>Right Front Stance</u>
7. <u>Left Punch High</u>	<u>Left Front Stance</u>
8. <u>Right Punch High</u>	<u>Right Front Stance</u>
9. <u>Left Square Block</u>	<u>Left Back Stance</u>
10. <u>Right Punch High</u>	<u>Right Front Stance</u>
11. <u>Right Square Block</u>	<u>Right Back Stance</u>
12. <u>Left Punch High</u>	<u>Left Front Stance</u>
13. <u>Left Low Block</u>	<u>Left Front Stance</u>
14. <u>Left High Block</u>	<u>Left Front Stance</u>
15. <u>Right High Block</u>	<u>Right Front Stance</u>
16. <u>Left High Block</u>	<u>Left Front Stance</u>
17. <u>Right High Block</u>	<u>Right Front Stance</u>
18. <u>Left Knifehand Strike High</u>	<u>Left Back Stance</u>
19. <u>Right Punch High</u>	<u>Right Front Stance</u>
20. <u>Right Knifehand Strike High</u>	<u>Right Back Stance</u>
21. <u>Left Punch High</u>	<u>Left Front Stance</u>

DO-SAN

24 Movements

Is the pseudonym of the patriot Ahn-Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Ready Stance A

1. <u>Left Outer Forearm Block</u>	<u>Left Front Stance</u>
2. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
3. <u>Right Outer Forearm Block</u>	<u>Right Front Stance</u>
4. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
5. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
6. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
7. <u>Right Wrist Release/Left Turning Backfist</u>	<u>Left Front Stance</u>
8. <u>Right Backfist</u>	<u>Right Front Stance</u>
9. <u>Left Outer Forearm Block</u>	<u>Left Front Stance</u>
10. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
11. <u>Right Outer Forearm Block</u>	<u>Right Front Stance</u>
12. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
13. <u>Twin Outer Forearm Block</u>	<u>Left Front Stance</u>
14. <u>Right Front Kick</u>	
15. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
16. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
17. <u>Twin Outer Forearm Block</u>	<u>Right Front Stance</u>
18. <u>Left Front Kick</u>	
19. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
20. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
21. <u>Left High Block</u>	<u>Left Front Stance</u>
22. <u>Right High Block</u>	<u>Right Front Stance</u>
23. <u>Left Knifehand Strike Middle</u>	<u>Sitting Stance</u>
24. <u>Right Knifehand Strike Middle</u>	<u>Sitting Stance</u>

WON-HYO

28 MOVEMENTS

Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Ready Stance B

1. <u>Left Square Block</u>	<u>Left Back Stance</u>
2. <u>Right Reverse Outside Knifehand Strike High</u>	<u>Left Back Stance</u>
3. <u>Left Punch Middle</u>	<u>Left Fixed Stance</u>
4. <u>Right Square Block</u>	<u>Right Back Stance</u>
5. <u>Left Reverse Outside Knifehand Strike High</u>	<u>Right Back Stance</u>
6. <u>Right Punch Middle</u>	<u>Right Fixed Stance</u>
7. <u>Left Guard Position</u>	<u>Left Crane Stance</u>
8. <u>Left Side Kick</u>	
9. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
10. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
11. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
12. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
13. <u>Left Square Block</u>	<u>Left Back Stance</u>
14. <u>Right Reverse Outside Knifehand Strike High</u>	<u>Left Back Stance</u>
15. <u>Left Punch Middle</u>	<u>Left Fixed Stance</u>
16. <u>Right Square Block</u>	<u>Right Back Stance</u>
17. <u>Left Reverse Outside Knifehand Strike High</u>	<u>Right Back Stance</u>
18. <u>Right Punch Middle</u>	<u>Right Fixed Stance</u>
19. <u>Right Reverse Inner Forearm Block</u>	<u>Left Front Stance</u>
20. <u>Right Front Kick</u>	
21. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
22. <u>Left Reverse Inner Forearm Block</u>	<u>Right Front Stance</u>
23. <u>Left Front Kick</u>	
24. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
25. <u>Right Guard Position</u>	<u>Right Crane Stance</u>
26. <u>Right Side Kick</u>	
27. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
28. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>

YUL-GUK

36 Movements

Is the pseudonym of a great philosopher and scholar, Yi I (1536-1584 A. D.) nicknamed the "Confucius of Korea".
The diagram (+) represents scholar.

Ready Stance A

1. <u>Left Punch Middle (Medium)</u>	<u>Sitting Stance</u>
2. <u>Right Punch Middle</u>	<u>Sitting Stance</u>
3. <u>Left Punch Middle</u>	<u>Sitting Stance</u>
4. <u>Right Punch Middle (Medium)</u>	<u>Sitting Stance</u>
5. <u>Left Punch Middle</u>	<u>Sitting Stance</u>
6. <u>Right Punch Middle</u>	<u>Sitting Stance</u>
7. <u>Right Inner Forearm Block</u>	<u>Right Front Stance</u>
8. <u>Left Front Kick</u>	
9. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
10. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
11. <u>Left Inner Forearm Block</u>	<u>Left Front Stance</u>
12. <u>Right Front Kick</u>	
13. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
14. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
15. <u>Right Hooking Block (Medium)</u>	<u>Right Front Stance</u>
16. <u>Left Reverse Hooking Block (Medium)</u>	<u>Right Front Stance</u>
17. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
18. <u>Left Hooking Block (Medium)</u>	<u>Left Front Stance</u>
19. <u>Right Reverse Hooking Block (Medium)</u>	<u>Left Front Stance</u>
20. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
21. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
22. <u>Left Guard Position</u>	<u>Left Crane Stance</u>
23. <u>Left Side Kick</u>	
24. <u>Right Reverse Horizontal Elbow Strike (to left palm)</u>	<u>Left Front Stance</u>
25. <u>Right Guard Position</u>	<u>Right Crane Stance</u>
26. <u>Right Side Kick</u>	
27. <u>Left Reverse Horizontal Elbow Strike (to right palm)</u>	<u>Right Front Stance</u>
28. <u>Left Knifehand Square Block</u>	<u>Left Back Stance</u>
29. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
30. <u>Right Knifehand Square Block</u>	<u>Right Back Stance</u>
31. <u>Left Spearhand Middle</u>	<u>Left Front Stance</u>
32. <u>Left Outer Forearm Block</u>	<u>Left Front Stance</u>
33. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
34. <u>Right Outer Forearm Block</u>	<u>Right Front Stance</u>
35. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
36. <u>Left Downward Backfist</u>	<u>Left X-stance</u>
37. <u>Right Double Inner Forearm Block</u>	<u>Right Front Stance</u>
38. <u>Left Double Inner Forearm Block</u>	<u>Left Front Stance</u>

JOONG-GUN

32 Movements

Is named after the patriot An Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed at Lui-Shin prison (1910).

Ready Stance B

1. <u>Left Ridgehand Block</u>	<u>Left Cat Stance</u>
2. <u>Left Front Kick</u>	
3. <u>Right Rising Palm Block</u>	<u>Right Back Stance</u>
4. <u>Right Ridgehand Block</u>	<u>Right Cat Stance</u>
5. <u>Right Front Kick</u>	
6. <u>Left Rising Palm Block</u>	<u>Left Back Stance</u>
7. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
8. <u>Right Reverse Upset Elbow Strike High</u>	<u>Left Front Stance</u>
9. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
10. <u>Left Reverse Upset Elbow Strike High</u>	<u>Right Front Stance</u>
11. <u>Twin Punch High</u>	<u>Left Front Stance</u>
12. <u>Twin Upset Punch Middle</u>	<u>Right Front Stance</u>
13. <u>Left X-Block High</u>	<u>Left Front Stance</u>
14. <u>Left Backfist High</u>	<u>Left Back Stance</u>
15. <u>Left Wrist Release</u>	<u>Left Back Stance</u>
16. <u>Right Reverse Punch High</u>	<u>Left Front Stance</u>
17. <u>Right Backfist High</u>	<u>Right Back Stance</u>
18. <u>Right Wrist Release</u>	<u>Right Back Stance</u>
19. <u>Left Reverse Punch High</u>	<u>Right Front Stance</u>
20. <u>Left Double Inner Forearm Block</u>	<u>Left Front Stance</u>
21. <u>Left Punch High</u>	<u>Left Back Stance</u>
22. <u>Right Side Kick</u>	
23. <u>Right Double Inner Forearm Block</u>	<u>Right Front Stance</u>
24. <u>Right Punch High</u>	<u>Right Back Stance</u>
25. <u>Left Side Kick</u>	
26. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
27. <u>Left Twin Palm Pressing Block Block (Medium)</u>	<u>Left Front Stance</u>
28. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
29. <u>Right Twin Palm Pressing Block (Medium)</u>	<u>Right Front Stance</u>
30. <u>Right Horizontal Punch (Medium)</u>	<u>Closed Stance</u>
31. <u>Right C-Block</u>	<u>Right Back Stance</u>
32. <u>Left C-Block</u>	<u>Left Back Stance</u>

TOI-GYE

37 Movements

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37th latitude, the diagram represents 'scholar'.

Ready Stance B

1. <u>Left Inner Forearm Block</u>	<u>Left Back Stance</u>
2. <u>Right Reverse Spearhand Low</u>	<u>Left Front Stance</u>
3. <u>Right Outer Forearm Block/Left Low Block</u>	<u>Closed Stance</u>
4. <u>Right Inner Forearm Block</u>	<u>Right Back Stance</u>
5. <u>Left Reverse Spearhand Low</u>	<u>Right Front Stance</u>
6. <u>Left Outer Forearm Block/Right Low Block</u>	<u>Closed Stance</u>
7. <u>Left Low X-Block</u>	<u>Left Front Stance</u>
8. <u>Twin Punch High</u>	<u>Left Front Stance</u>
9. <u>Right Front Kick</u>	
10. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
11. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
12. <u>Twin Side Elbow Strike (Medium)</u>	<u>Closed Stance</u>
13. <u>Right Stamp Kick/Right W-Block</u>	<u>Sitting Stance</u>
14. <u>Left Stamp Kick/Left W-Block</u>	<u>Sitting Stance</u>
15. <u>Left Stamp Kick/Left W-Block</u>	<u>Sitting Stance</u>
16. <u>Right Stamp Kick/Right W-Block</u>	<u>Sitting Stance</u>
17. <u>Left Stamp Kick/Left W-Block</u>	<u>Sitting Stance</u>
18. <u>Left Stamp Kick/Left W-Block</u>	<u>Sitting Stance</u>
19. <u>Left Double Inner Forearm Block Low</u>	<u>Left Back Stance</u>
20. <u>Twin Head Grab/</u>	<u>Left Front Stance</u>
21. Right Knee Strike	
22. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
23. <u>Left Front Kick</u>	
24. <u>Left Spearhand High</u>	<u>Left Front Stance</u>
25. <u>Right Double Kinifehand Block</u>	<u>Right Back Stance</u>
26. <u>Right Front Kick</u>	
27. <u>Right Spearhand High</u>	<u>Right Front Stance</u>
28. <u>Left Low Block/Right Downward Backfist High</u>	<u>Left Back Stance</u>
29. <u>Jumping Right X-Block Low</u>	<u>Right X-Stance</u>
30. <u>Right Double Inner Forearm Block</u>	<u>Right Front Stance</u>
31. <u>Left Double Knifehand Block Low</u>	<u>Left Back Stance</u>
32. <u>Right Reverse Inner Forearm Block</u>	<u>Left Front Stance</u>
33. <u>Right Double Double Knifehand Block Low</u>	<u>Right Back Stance</u>
34. <u>Left Reverse Inner Forearm Block</u>	<u>Right Front Stance</u>
35. <u>Right Reverse Inner Forearm Block</u>	<u>Left Front Stance</u>
36. <u>Left Reverse Inner Forearm Block</u>	<u>Right Front Stance</u>
37. Right Punch Middle	<u>Sitting Stance</u>

HWA-RANG

31 Movements

Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.

Ready Stance C

1. <u>Left Palm Heel Block Middle</u>	<u>Sitting Stance</u>
2. <u>Right Punch Middle</u>	<u>Sitting Stance</u>
3. <u>Left Punch Middle</u>	<u>Sitting Stance</u>
4. <u>Right Square Block</u>	<u>Right Back Stance</u>
5. <u>Left Reverse Upset Punch High</u>	<u>Right Back Stance</u>
6. <u>Right Punch Middle</u>	<u>Right Fixed Stance</u>
7. <u>Right Downward Knifehand Strike</u>	<u>Right L Stance</u>
8. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
9. <u>Left Low Block</u>	<u>Left Front Stance</u>
10. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
11. <u>Left Hand Grab</u>	<u>Parallel Stance</u>
12. <u>Right Side Kick</u>	
13. <u>Right Knifehand Strike Middle</u>	<u>Right Back Stance</u>
14. <u>Left Punch Middle</u>	<u>Left Front Stance</u>
15. <u>Right Punch Middle</u>	<u>Right Front Stance</u>
16. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
17. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
18. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
19. <u>Right Round Kick</u>	
20. <u>Left Round Kick</u>	
21. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
22. <u>Left Low Block</u>	<u>Left Front Stance</u>
23. <u>Right Reverse Punch Middle</u>	<u>Left Fixed Stance</u>
24. <u>Left Reverse Punch Middle</u>	<u>Right Fixed Stance</u>
25. <u>Right Reverse Punch Middle</u>	<u>Left Fixed Stance</u>
26. <u>Left X-Block Low</u>	<u>Left Front Stance</u>
27. <u>Right Reverse Backward Elbow Strike</u>	<u>Left Back Stance</u>
28. <u>Right Inner Forearm Block/Left Low Block</u>	<u>Closed Stance</u>
29. <u>Left Inner Forearm Block/Right Low Block</u>	<u>Closed Stance</u>
30. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
31. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>

CHOONG-MOO

32 Movements

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson), which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

Ready Stance A

1. <u>Left Knifehand Square Block</u>	<u>Left Back Stance</u>
2. <u>Right Outside Knifehand Strike High/ Left Reverse High Block</u>	<u>Right Front Stance</u>
3. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
4. <u>Left Horizontal Spearhand High</u>	<u>Left Front Stance</u>
5. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
6. <u>Right Guard Position</u>	<u>Right Crane Stance</u>
7. <u>Right Side Kick</u>	
8. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
9. <u>Right Jump Side Kick</u>	
10. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
11. <u>Left Low Block</u>	<u>Left Back Stance</u>
12. <u>Twin Grab High</u>	<u>Left Front Stance</u>
13. <u>Right Knee Strike</u>	
14. <u>Right Reverse Ridgehand Strike High</u>	<u>Left Front Stance</u>
15. <u>Right Round Kick</u>	
16. <u>Left Spin Side Kick</u>	
17. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
18. <u>Left Round Kick</u>	
19. <u>Right C-Block</u>	<u>Right Back Stance</u>
20. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
21. <u>Right Reverse Spearhand Low</u>	<u>Left Front Stance</u>
22. <u>Left Low Block/Right Reverse Downward Backfist</u>	<u>Left Back Stance</u>
23. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
24. <u>Left Double Inner Forearm Block</u>	<u>Left Front Stance</u>
25. <u>Right Outside Block</u>	<u>Sitting Stance</u>
26. <u>Right Backfist</u>	<u>Sitting Stance</u>
27. <u>Right Side Kick</u>	
28. <u>Left Side Kick</u>	
29. <u>Right Knifehand X-Block Middle</u>	<u>Right Back Stance</u>
30. <u>Twin Rising Palm Block</u>	<u>Left Front Stance</u>
31. <u>Right High Block</u>	<u>Right Front Stance</u>
32. <u>Left Reverse Punch High</u>	<u>Right Front Stance</u>

GWANG-GAE

39 movements

Is named after the famous Gwan Gae To 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.

Ready Stance D

1. <u>Twin Knifehand Strikes to Ready Stance B</u>	<u>Right One Leg Stance</u>
2. <u>Right Reverse Upset Punch Middle (Medium)</u>	<u>Left Front Stance</u>
3. <u>Left Reverse Upset Punch Middle (Medium)</u>	<u>Right Front Stance</u>
4. <u>Right Hooking Block</u>	<u>Right Front Stance</u>
5. <u>Left Double Knifehand Block Low</u>	<u>Left Back Stance</u>
6. <u>Left Hooking Block</u>	<u>Left Front Stance</u>
7. <u>Right Double Knifehand Block Low</u>	<u>Right Back Stance</u>
8. <u>Left Double Knifehand Block</u>	<u>Left Cat Stance</u>
9. <u>Right Double Knifehand Block</u>	<u>Right Cat Stance</u>
10. <u>Right Reverse Rising Palm Block (Medium)</u>	<u>Left Front Stance</u>
11. <u>Left Reverse Rising Palm Block (Medium)</u>	<u>Right Front Stance</u>
12. <u>Right Knifehand Strike Low (To Left Palm)</u>	<u>Closed Stance</u>
13. <u>Left Side Kick Low</u>	
14. <u>Left Side Kick High</u>	
15. <u>Right Reverse Outside Knifehand Strike High</u>	<u>Left Back Stance</u>
16. <u>Left Downward Hammerfist</u>	<u>Closed Stance</u>
17. <u>Right Side Kick Low</u>	
18. <u>Right Side Kick High</u>	
19. <u>Left Reverse Outside Knifehand Strike High</u>	<u>Right Back Stance</u>
20. <u>Right Downward Hammerfist</u>	<u>Closed Stance</u>
21. <u>Left Twin Palm Pressing Block (Medium)</u>	<u>Left Front Stance</u>
22. <u>Right Twin Palm Pressing Block (Medium)</u>	<u>Right Front Stance</u>
23. <u>Right Stamp Kick/Right Backfist</u>	<u>Sitting Stance</u>
24. <u>Right Double Inner Forearm Block</u>	<u>Right Front Stance</u>
25. <u>Right Inner Forearm Block/Left Reverse Low Block</u>	<u>Right Front Stance</u>
26. <u>Right Horizontal Spearhand High (Medium)</u>	<u>Right Extended Front Stance</u>
27. <u>Left Stamp Kick/Left Backfist</u>	<u>Sitting Stance</u>
28. <u>Left Double Inner Forearm Block</u>	<u>Left Front Stance</u>
29. <u>Left Inner Forearm Block/Right Reverse Low Block</u>	<u>Left Front Stance</u>
30. <u>Left Horizontal Spearhand High (Medium)</u>	<u>Left Extended Front Stance</u>
31. <u>Right Stamp Kick/Twin Punch High</u>	<u>Right Front Stance</u>
32. <u>Left Stamp Kick/Twin Upset Punch Middle</u>	<u>Left Front Stance</u>
33. <u>Right Front Kick</u>	
34. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
35. <u>Left Punch High</u>	<u>Left Front Stance</u>
36. <u>Right Stamp Kick/Twin Upset Punch Middle</u>	<u>Right Front Stance</u>
37. <u>Left Front Kick</u>	
38. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
39. <u>Right Punch High</u>	<u>Right Front Stance</u>

PO-EUN

36 MOVEMENTS

Po-Eun is the pseudonym of the loyal subject Chong Moong-Chu (1400 A.D.). He was a famous poet whose poem "I Would Not Serve a Second Master Though I Might Be Crucified A Hundred Times" is known by every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to his king and country towards the end of the Koryo Dynasty.

Ready Stance D

<u>Left Double Fist Block</u>	<u>Left Back Stance</u>
<u>Left Double Upward Punch High</u>	<u>Right Crane Stance</u>
<u>Right Side Kick Low</u>	
<u>Right Knifehand Strike Middle</u>	<u>Sitting Stance</u>
<u>Left Horizontal Punch</u>	<u>Sitting Stance</u>
<u>Right Inner Forearm Block/Left Low Block</u>	<u>Sitting Stance</u>
<u>Left Inner Forearm Block/Right Low Block</u>	<u>Sitting Stance</u>
<u>Twin Inner Forearm Block</u>	<u>Sitting Stance</u>
<u>Right Backward Elbow Strike</u>	<u>Sitting Stance</u>
<u>Right Punch Middle</u>	<u>Sitting Stance</u>
<u>Left Backward Elbow Strike</u>	<u>Sitting Stance</u>
<u>Right Double Horizontal Punch</u>	<u>Sitting Stance</u>
<u>Right Inside Low Block/Wrist Cover</u>	<u>Left X-Stance</u>
<u>Right C-Block</u>	<u>Right Back Stance</u>
<u>Twin Elbow Strike (Medium)</u>	<u>Closed Stance</u>
<u>Left Low Block/Right Backfist</u>	<u>Sitting Stance</u>
<u>Left Hammerfist Low (To Right Palm)</u>	<u>Right X-Stance</u>
<u>Left Circular Double Ridgehand Block Low</u>	<u>Left Back Stance</u>
<u>Right Double Fist Block</u>	<u>Right Back Stance</u>
<u>Right Double Upward Punch HighRight</u>	<u>Left Crane Stance</u>
<u>Left Side Kick Low</u>	
<u>Left Knifehand Strike Middle</u>	<u>Sitting Stance</u>
<u>Right Horizontal Punch</u>	<u>Sitting Stance</u>
<u>Left Inner Forearm Block/Right Low Block</u>	<u>Sitting Stance</u>
<u>Right Inner Forearm Block/Left Low Block</u>	<u>Sitting Stance</u>
<u>Twin Inner Forearm Block</u>	<u>Sitting Stance</u>
<u>Left Backward Elbow Strike</u>	<u>Sitting Stance</u>
<u>Left Punch Middle</u>	<u>Sitting Stance</u>
<u>Right Backward Elbow Strike</u>	<u>Sitting Stance</u>
<u>Left Double Horizontal Punch</u>	<u>Sitting Stance</u>
<u>Left Inside Low Block/Wrist Cover</u>	<u>Right X-Stance</u>
<u>Left C-Block</u>	<u>Left Back Stance</u>
<u>Twin Elbow Strike (Medium)</u>	<u>Closed Stance</u>
<u>Right Low Block/Left Backfist</u>	<u>Sitting Stance</u>
<u>Right Hammerfist Low (To Left Palm)</u>	<u>Left X-Stance</u>
<u>Right Circular Double Ridgehand Block Low</u>	<u>Right Back Stance</u>

GE-BAEK

44 MOVEMENTS

Ge-Baek is named after Ge-Baek, a great General in the Baek Je Dynasty (660 A.D.). The Diagram (I) represents his severe strict military discipline.

Ready Stance A

1. Left Knifehand X Block Middle	Left Back Stance
2. Right Twist Kick	
3. Right Punch Middle	Right Front Stance
4. Left Reverse Punch Middle	Right Front Stance
5. Left High Block	Left Front Stance
6. Left Low Block	Left Front Stance
7. Twin Arc Hand Block High (Medium)	Left Front Stance
8. Left Double Fist Block	Left Crane Stance
9. Left Scooping Palm Block	Sitting Stance
10. Right Punch Middle	Sitting Stance
11. Left Supported Downward Backfist	Sitting Stance
12. Left Double Knifehand Block	Left Back Stance
13. Left Front Kick	
14. Left Horizontal Spearhand High	Left Front Stance
15. Right Reverse Horizontal Spearhand High	Left Front Stance
16. Right Side Kick	
17. Left Double Fist Block	Left Back Stance
18. Left Double Fist Block	Left Back Stance
19. Left Double Knifehand Block	Left Back Stance
20. Right Nine Block	Sitting Stance
21. Left Knifehand Low Block	Left Front Stance
22. Right Round Kick	
23. Right #3 Jump Side Kick	
24. Twin Punch High	Right Front Stance
25. Twin Horizontal Pressing Arc Hand High (Medium)	Right Front Stance
26. Left Reverse Upset Punch Middle	Right Front Stance
27. Right Reverse Horizontal Elbow Strike (To Left Palm)	Left Front Stance
28. Right Double Inner Forearm Block	Right X Stance
29. Right Palm Heel Upset Strike High	Sitting Stance
30. Left Punch Middle	Sitting Stance
31. Right Supported Downward Backfist	Sitting Stance
32. Right Reverse Ridgehand Strike High	Left Front Stance
33. Right Round Kick	
34. Twin Punch High	Left Front Stance
35. Right Reverse Upset Punch High	Left Back Stance
36. Left Nine Block	Sitting Stance
37. Left Circular Double Ridgehand Block Low	Sitting Stance
38. Right Circular Double Knifehand Block Low	Sitting Stance
39. Left W-Block/Stomp	Sitting Stance
40. Left W-Block/Stomp	Sitting Stance
41. Right High Block	Right Front Stance
42. Left Reverse Punch Middle	Right Front Stance
43. Left High Block	Left Front Stance
44. Right Reverse Punch Middle	Left Front Stance

CHOONG-JANG

54 MOVEMENTS

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th Century. This pattern ends with a left hand attack to symbolize the tragedy of his death at age 27 in prison before he was able to reach full maturity.

Ready Stance B

1. Right Inner Forearm Block/Left Low Block	Sitting Stance
2. Left Inner Forearm Block/Right Low Block	Sitting Stance
3. Left Horizontal Punch (Medium)	Closed Stance
4. Right Reverse Two Finger Strike High	Left Front Stance
5. Left Reverse Two Finger Strike High	Right Front Stance
6. Right Supported Downward Backfist	Right Front Stance
7. Left High Block	Left Front Stance
8. Right Punch High	Right Front Stance
9. Left Double Fist Block	Left Back Stance
10. Right Front Kick	
11. Right Horizontal Spearhand High	Right Front Stance
12. Right Drop Round Kick	
13. Right Punch (To Groin)	Right Kneeling Stance
14. Left Reverse Backward Elbow Strike	Right Back Stance
15. Right Double Fist Block	Right Back Stance
16. Left Rising Palm Block	Left Back Stance
17. Right Knifehand Strike High	Right Back Stance
18. Left X Block Low/ Knee Grab	Left Front Stance
19. Right Knee Strike	
20. Left Double Knifehand Block	Left Back Stance
21. Right Reverse Backward Elbow Strike	Left Back Stance
22. Right Double Knifehand Block	Right Back Stance
23. Right Side Kick	
24. Twin Palm Heel Press Block Low	Left Cat Stance
25. Right Outside Block	Right Front Stance
26. Right Backfist	Right Front Stance
27. Left Horizontal Spearhand High	Left Back Stance
28. Right Hand Grab	Left Back Stance
29. Right Front Kick	
30. Right Backward Elbow Strike (Medium)	Left Front Stance
31. Left Stomp/Left Backhand	Left Back Stance
32. Right Reverse Horizontal Punch (To Left Palm)	Left Back Stance
33. Right Stomp/Right Backhand	Right Back Stance
34. Left Reverse Horizontal Punch (To Right Palm)	Right Back Stance
35. Left Stomp/Left Knifehand Strike High	Left Back Stance
36. Right Reverse Vertical Elbow Strike (To Left Palm)	Left Front Stance
37. 37. Right Stomp/Right Knifehand Strike High	Right Back Stance
38. Left Reverse Vertical Elbow Strike (To Right Palm)	Right Front Stance
39. Left Circular Double Ridgehand Block Low	Left Back Stance
40. Right Reverse Nine Block	Left Front Stance
41. Right Circular Double Ridgehand Block Low	Right Back Stance
42. Left Reverse Nine Block	Right Front Stance

43. Twin Knifehand Strike High	Left Front Stance
44. Right Reverse Arc Hand Grab High	Left Front Stance
45. Right Front Kick	
46. Left Reverse Arc Hand Grab High	Right Front Stance
47. Left Front Kick	
48. Right Reverse Punch High	Left Front Stance
49. Left Punch High	Left Front Stance
50. Twin Inverted Punch High (Medium)	Closed Stance
51. Left Knifehand Low Block	Left Front Stance
52. Right Reverse Palm Heel Strike High	Left Front Stance
53. Right Knifehand Low Block	Right Front Stance
54. Left Reverse Palm Heel Strike High	Right Front Stance

YOO-SIN

68 MOVEMENTS

Named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The ready stance signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

Ready Stance E

1. Twin Elbow Strike	Sitting Stance
2. Left Over the Shoulder Punch	Sitting Stance
3. Right Over the Shoulder Punch	Sitting Stance
4. Right Hooking Block (Medium)	Sitting Stance
5. Left Punch Middle	Sitting Stance
6. Left Hooking Block (Medium)	Sitting Stance
7. Right Punch Middle	Sitting Stance
8. Left Outer Forearm Block	Left Front Stance
9. Right Reverse Inner Forearm Block	Left Front Stance
10. Left Scooping Block	Sitting Stance
11. Right Punch Middle	Sitting Stance
12. Right Outer Forearm Block	Right Front Stance
13. Left Reverse Inner Forearm Block	Right Front Stance
14. Right Scooping Block	Sitting Stance
15. Left Punch Middle	Sitting Stance
16. Right Reverse Hooking Block (Medium)	Left Front Stance
17. Left Punch Middle	Sitting Stance
18. Left Reverse Hooking Block (Medium)	Right Front Stance
19. Right Punch Middle	Sitting Stance
20. Left X Block Low	Left Front Stance
21. Left Knifehand X Block High	Left Front Stance
22. Wrist Release	Left Front Stance
23. Right Reverse Punch Middle	Left Front Stance
24. Right Front Kick	
25. Left Reverse Punch Middle	Right Front Stance
26. Right X Block Low	Right Front Stance
27. Right Knifehand X Block High	Right Front Stance
28. Wrist Release	Right Front Stance
29. Left Reverse Punch Middle	Right Front Stance
30. Left Front Kick	
31. Right Reverse Punch Middle	Left Front Stance
32. Right Double Knifehand Block	Right Back Stance
33. Left Double Knifehand Block	Left Back Stance
34. Right Double Knifehand Block	Right Back Stance
35. Left Double Knifehand Block	Left Back Stance
36. Right Double Inner Forearm Block	Right Front Stance
37. Right Inner Forearm Block/Left Reverse Low Block	Right Front Stance
38. Left Double Inner Forearm Block	Left Front Stance
39. Left Inner Forearm Block/Right Reverse Low Block	Left Front Stance
40. Right Punch Middle	Right Front Stance
41. Left Ridgehand Block High	Left Back Stance
42. Ready Stance C (Medium)	Closed Stance

43. Twin Upset Punch Middle	Right Front Stance
44. Twin Upset Punch Middle	Left Front Stance
45. Right Inner Forearm Block	Right Back Stance
46. Left Reverse Horizontal Punch	Right Back Stance
47. Right Horizontal Punch (Medium)	Closed Stance
48. Left Inner Forearm Block	Left Back Stance
49. Right Reverse Horizontal Punch	Left Back Stance
50. Left Horizontal Punch (Medium)	Closed Stance
51. Left C-Punch	Left Back Stance
52. Right C-Punch	Right Back Stance
53. Right Stomp/Right Supported Outside Block	Sitting Stance
54. Right Inner Leg Block/Right Supported Outer Forearm Block	Sitting Stance
55. Left Inner Leg Block/Right Supported Outside Block	Sitting Stance
56. Right Backhand	Sitting Stance
57. Left Inside Crescent Kick (To Right Palm)/Side Kick	
58. Left Backhand	Sitting Stance
59. Right Inside Crescent Kick (To Left Palm)/Side Kick	
60. Right Nine Block	Sitting Stance
61. Left Nine Block	Sitting Stance
62. Right Nine Block	Sitting Stance
63. Left Nine Block	Sitting Stance
64. Right Downward Hammerfist	Closed Stance
65. Twin Punch High	Left Front Stance
66. Twin Punch High	Left Front Stance
67. Left Double Knifehand Block	Left Back Stance
68. Right Double Knifehand Block	Right Back Stance

UL-JI

42 MOVEMENTS

Ul-Ji is named after General Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly 1 million soldiers. Ul-Ji, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represents the author's age when he designed the pattern.

Ready Stance F

1. Twin Hammerfist Strike High	Right Front Stance
2. <u>Left X Block Low</u>	<u>Left Front Stance</u>
3. <u>Left Knifehand X Block High</u>	<u>Left Front Stance</u>
4. <u>Right Reverse Outside Knifehand Strike/Left Ridgehand Block</u>	<u>Left Front Stance</u>
5. <u>Left Backhand High</u>	<u>Sitting Stance</u>
6. <u>Right Inside Crescent Kick (To Left Palm)</u>	
7. <u>Right Horizontal Elbow Strike</u>	<u>Sitting Stance</u>
8. <u>Right Horizontal Punch</u>	<u>Sitting Stance</u>
9. <u>Left Low Block/Right Backfist</u>	<u>Sitting Stance</u>
10. <u>Twin Fists on Hips (Medium)</u>	<u>Closed Stance</u>
11. <u>Look Right/Stepping Into Left X-Stance</u>	<u>Left X-Stance</u>
12. <u>Right Side Kick</u>	
13. <u>Twin Elbow Strike</u>	<u>Left X Stance</u>
14. <u>Left Double Horizontal Punch</u>	<u>Sitting Stance</u>
15. <u>Right Outside Knifehand Strike High/Left Knifehand High Block</u>	<u>Parallel Stance</u>
16. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
17. <u>Right Jump Spin Side Kick</u>	
18. <u>Right Double Inner Forearm Block</u>	<u>Right Front Stance</u>
19. <u>Ready Stance B (Medium)</u>	<u>Closed Stance</u>
20. <u>Right Hammerfist (To Left Palm)</u>	<u>Right X Stance</u>
21. <u>Left Reverse High Block</u>	<u>Right Front Stance</u>
22. <u>Left Front Kick</u>	
23. <u>Right Reverse Punch High</u>	<u>Left Front Stance</u>
24. <u>Right Spearhand Middle</u>	<u>Right Front Stance</u>
25. Left Turning Backfist/Stomp	Sitting Stance
26. <u>Twin Low Block (sides of body)</u>	<u>Right Front Stance</u>
27. <u>Right #3vJump Front Kick</u>	
28. <u>Right Knifehand X Block Middle</u>	<u>Right Back Stance</u>
29. <u>Left X Block Low/Twin Inner Forearm Block</u>	<u>Left Back Stance</u>
30. <u>Left Front Kick</u>	
31. <u>Twin Punch High</u>	<u>Left Front Stance</u>
32. <u>Right Knifehand Block/Left Reverse Palm Heel Strike High</u>	<u>Right Back Stance</u>
33. <u>Left Punch High</u>	<u>Left Back Stance</u>
34. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
35. <u>Right Round Kick</u>	
36. <u>Left Spin Side Kick</u>	
37. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
38. <u>Right Rising Palm Block</u>	<u>Right Back Stance</u>
39. <u>Left Reverse Inner Forearm Block</u>	<u>Right Front Stance</u>
40. <u>Right Reverse Inner Forearm Block</u>	<u>Left Front Stance</u>
41. <u>Left Punch High</u>	<u>Sitting Stance</u>
42. Right Punch High	Sitting Stance

YON-GAE

51 Movements

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon.

Ready Stance E

1. <u>Left Circular Double Ridgehand Block Low</u>	<u>Left Back Stance</u>
2. <u>Right Reverse Punch High</u>	<u>Left Front Stance</u>
3. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
4. <u>Right Knifehand Strike High</u>	<u>Right Back Stance</u>
5. <u>Right X-Block High</u>	<u>Right Back Stance</u>
6. <u>Right Horizontal Spearhand Strike</u>	<u>Right Front Stance</u>
7. <u>Right Downward Elbow</u>	<u>Right Cat Stance</u>
8. <u>Left Downward Backfist</u>	<u>Left X-Stance</u>
9. <u>Right Reverse Knifehand Low Block</u>	<u>Left Front Stance</u>
10. <u>Left Hooking Block (Medium)</u>	<u>Parallel Stance</u>
11. <u>Right Punch High</u>	<u>Parallel Stance</u>
12. <u>Right Circular Double Ridgehand Block Low</u>	<u>Right Back Stance</u>
13. <u>Left Reverse Punch High</u>	<u>Right Front Stance</u>
14. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
15. <u>Left Knifehand Strike High</u>	<u>Left Back Stance</u>
16. <u>Left X-Block</u>	<u>Left Back Stance</u>
17. <u>Left Horizontal Spearhand Strike</u>	<u>Left Front Stance</u>
18. <u>Left Downward Elbow Strike</u>	<u>Left Cat Stance</u>
19. <u>Right Downward Backfist</u>	<u>Right X-Stance</u>
20. <u>Left Reverse Knifehand Low Block</u>	<u>Right Front Stance</u>
21. <u>Right Hooking Block (Medium)</u>	<u>Parallel Stance</u>
22. <u>Left Punch High</u>	<u>Parallel Stance</u>
23. <u>Twin Ridgehand Block</u>	<u>Sitting Stance</u>
24. <u>Twin Elbow Strike</u>	<u>Left X-Stance</u>
25. <u>Twin Inner Forearm Block</u>	<u>Sitting Stance</u>
26. <u>Right Reverse Upset Punch</u>	<u>Left X-Stance</u>
27. <u>Right Spin Hook Kick</u>	
28. <u>Left Side Kick</u>	
29. <u>Left Downward Backfist</u>	<u>Left X-Stance</u>
30. <u>Twin Ridgehand Block</u>	<u>Sitting Stance</u>
31. <u>Twin Elbow Strike</u>	<u>Right X-Stance</u>
32. <u>Twin Inner Forearm Block</u>	<u>Sitting Stance</u>
33. <u>Left Reverse Upset Punch</u>	<u>Right X-Stance</u>
34. <u>Left Spin Hook Kick</u>	
35. <u>Right Side Kick</u>	
36. <u>Right Downward Backfist</u>	<u>Right X-Stance</u>
37. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
38. <u>Right Low Block</u>	<u>Right Cat Stance</u>
39. <u>Left Knifehand Strike High</u>	<u>Left Back Stance</u>
40. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
41. <u>Left Low Block</u>	<u>Left Cat Stance</u>
42. <u>Right Knifehand Strike High</u>	<u>Right Back Stance</u>
43. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
44. <u>Right Jump Spin Side Kick</u>	
45. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
46. <u>Left Jump Spin Side Kick</u>	
47. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
48. <u>Right Reverse Spearhand Strike Low</u>	<u>Left Front Stance</u>
49. <u>Left Reverse Backward Elbow Strike</u>	<u>Right Back Stance</u>
50. <u>Left Reverse Spearhand Strike Low</u>	<u>Right Front Stance</u>
51. <u>Right Reverse Backward Elbow Strike</u>	<u>Left Back Stance</u>

JUCHE

53 Movements

Juche is the Korean philosophy that man is the master of his own destiny.

Ready Stance A

1. Twin Inner Forearm Block	Sitting Stance
2. Right Hooking Block	Sitting Stance
3. Left Punch Middle	Sitting Stance
4. Twin Outer Forearm Block	Left Crane Stance
5. Right Side Kick (Medium)	
6. Left Double Fist Block	Left Back Stance
7. Right Hook Kick	
8. Right Downward Backfist	Right X Stance
9. Left Front Kick/Side Kick	
10. Left Knifehand Strike Middle	Sitting Stance
11. Right Reverse Horizontal Elbow Strike High	Left Front Stance
12. Left Knifehand Low Block	Left X Stance
13. Right Double Knifehand Block	Right Back Stance
14. Left Knifehand Strike	Left Back Stance
15. Twin Inner Forearm Block	Sitting Stance
16. Left Hooking Block	Sitting Stance
17. Right Punch Middle	Sitting Stance
18. Twin Outer Forearm Block	Right Crane Stance
19. Left Side Kick (Medium)	
20. Right Double Fist Block	Right Back Stance
21. Left Hook Kick	
22. Left Downward Backfist	Left X Stance
23. Right Front Kick/Side Kick	
24. Right Knifehand Strike Middle	Sitting Stance
25. Left Reverse Horizontal Elbow Strike High	Right Front Stance
26. Right Knifehand Low Block	Right X Stance
27. Left Double Knifehand Block	Left Back Stance
28. Right Knifehand Strike	Right Back Stance
29. Left Pick Shaped Kick	
30. Left Double Fist Block	Left Cat Stance
31. Twin Arc Hand High	Closed Stance
32. Right Downward Elbow	Right Cat Stance
33. Left Reverse Ridgehand	Right Front Stance
34. Left Downward Elbow	Left Cat Stance
35. Right Reverse Ridgehand	Left Front Stance
36. Twin Outside Knifehand Strike High	Right Front Stance
37. Right Reverse Punch Low	Left Front Stance
38. Left Low Block	Left Back Stance
39. Right Jump Spin Side Kick	
40. Right Double Fist Block	Right Back Stance
41. Right Low Block	Right Back Stance
42. Left Jump Spin Side Kick	
43. Left Double Fist Block	Left Back Stance
44. Jump Twin Kick (Left Twist Kick/Right Side Kick)	
45. Twin Palm Heel Press Block High	Sitting Stance
46. Right Reverse Backward Elbow Strike	Left Back Stance
47. Twin Low Block	Left Crane Stance
48. Left Turn Side Kick	
49. Left Backfist	Left Back Stance
50. Right Ridgehand Strike High	Parallel Stance
51. Right Punch High/ Right Upset Punch	Closed Stance
52. Left Reverse Downward Knifehand Strike	Right Front Stance
53. Right Reverse Punch Middle	Left Front Stance

KO-DANG

55 Movements

Ko-Dang is the pseudonym of the patriot Cho Man Ik, who dedicated his life to the secession and education of his nation.

Ready Stance C

1. <u>Left Palm Heel Strike Middle (Medium)</u>	<u>Sitting Stance</u>
2. <u>Right Punch Middle</u>	<u>Sitting Stance</u>
3. <u>Right Hook Kick / Round Kick</u>	
4. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
5. <u>Left Inner Forearm Block / Right Reverse Low Block</u>	<u>Left Back Stance</u>
6. <u>Right Palm Heel Strike Middle (Medium)</u>	<u>Sitting Stance</u>
7. <u>Left Punch Middle</u>	<u>Sitting Stance</u>
8. <u>Left Hook Kick / Round Kick</u>	
9. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
10. <u>Right Inner Forearm Block / Left Reverse Low block</u>	<u>Right Back Stance</u>
11. <u>Twin Inner Forearm Block</u>	<u>Right Back Stance</u>
12. <u>Right Jump Spin Side Kick</u>	
13. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
14. <u>Twin Inner Forearm Block</u>	<u>Left Back Stance</u>
15. <u>Left Jump Spin Side Kick</u>	
16. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
17. <u>Left Downward Elbow Strike</u>	<u>Left Cat Stance</u>
18. <u>Right Downward Elbow Strike</u>	<u>Right Cat Stance</u>
19. <u>Left Double Knifehand Press Block</u>	<u>Left Front Stance</u>
20. <u>Right Double Knifehand Press Block</u>	<u>Right Front Stance</u>
21. <u>Left Low Block</u>	<u>Left Back Stance</u>
22. <u>Right Double Round Kick</u>	
23. <u>Left Jump Spin Crescent Kick</u>	
24. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
25. <u>Right Low Block</u>	<u>Right Back Stance</u>
26. <u>Left Double Round Kick</u>	
27. <u>Right Jump Spin Crescent Kick</u>	
28. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
29. <u>Right Palm Heel Upset Strike High</u>	<u>Right Cat Stance</u>
30. <u>Left Palm Heel Upset Strike High</u>	<u>Left Cat Stance</u>
31. <u>Right Front Kick</u>	
32. <u>Twin Outside Knifehand Strike High</u>	<u>Right Front Stance</u>
33. <u>Left Knifehand High Block</u>	<u>Left Front Stance</u>
34. <u>Left Knifehand Low Block</u>	<u>Left Back Stance</u>
35. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
36. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
37. <u>Left Jump Front Kick</u>	
38. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>
39. <u>Right Downward Backfist</u>	<u>Right X-Stance</u>
40. <u>Left Outer Forearm Block</u>	<u>Left Front Stance</u>
41. <u>Right Reverse Punch Middle</u>	<u>Left Front Stance</u>
42. <u>Right Outer Forearm Block</u>	<u>Right Front Stance</u>
43. <u>Left Reverse Punch Middle</u>	<u>Right Front Stance</u>
44. <u>Right Reverse Upset Punch High</u>	<u>Left Back Stance</u>
45. <u>Right Leg Sweep</u>	
46. <u>Right Downward Knifehand Strike</u>	<u>Right Back Stance</u>
47. <u>Right Side Kick (Medium)</u>	
48. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
49. <u>Left Reverse Upset Punch High</u>	<u>Right Back Stance</u>
50. <u>Left Leg Sweep</u>	
51. <u>Left Downward Knifehand Strike</u>	<u>Left Back Stance</u>
52. <u>Left Side Kick (Medium)</u>	
53. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
54. <u>Right Double Knifehand Block</u>	<u>Right Back Stance</u>
55. <u>Left Double Knifehand Block</u>	<u>Left Back Stance</u>

CHOI-YONG

50 Movements

Choi-Yong is named after the General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.

Ready Stance C

1. <u>Left Double Fist Block</u>	<u>Left Cat Stance</u>
2. <u>Left Vertical Punch High</u>	<u>Left Cat Stance</u>
3. <u>Right Double Fist Block</u>	<u>Right Cat Stance</u>
4. <u>Right Vertical Punch High</u>	<u>Right Cat Stance</u>
5. <u>Left Knifehand High Block</u>	<u>Left Front Stance</u>
6. <u>Right Reverse Inner Forearm Block</u>	<u>Left Front Stance</u>
7. <u>Left Punch High</u>	<u>Left Front Stance</u>
8. <u>Right Knifehand High Block</u>	<u>Right Front Stance</u>
9. <u>Left Reverse Inner Forearm Block</u>	<u>Right Front Stance</u>
10. <u>Right Punch High</u>	<u>Right Front Stance</u>
11. <u>Left Double Knifehand Block Low</u>	<u>Left Back Stance</u>
12. <u>Right Round Kick</u>	
13. <u>Left Spin Hook/Round Kick</u>	
14. <u>Right Reverse Horizontal Elbow Strike (To Left Palm)</u>	<u>Left Front Stance</u>
15. <u>Right Double Knifehand Block Low</u>	<u>Right Back Stance</u>
16. <u>Left Round Kick</u>	
17. <u>Right Spin Hook Kick/Round Kick</u>	
18. <u>Left Reverse Horizontal Elbow Strike (To Right Palm)</u>	<u>Right Front Stance</u>
19. <u>Left Double Knifehand Press Block (Medium)</u>	<u>Left Front Stance</u>
20. <u>Right Double Knifehand Press Block (Medium)</u>	<u>Right Front Stance</u>
21. <u>Twin Knifehand Block</u>	<u>Left Front Stance</u>
22. <u>Right Front Kick</u>	
23. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
24. <u>Twin Knifehand Block</u>	<u>Right Front Stance</u>
25. <u>Left Front Kick</u>	
26. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
27. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
28. <u>Left Horizontal Spearhand High</u>	<u>Left Front Stance</u>
29. <u>Right Horizontal Spearhand High</u>	<u>Right Front Stance</u>
30. <u>Right Hooking Block (Medium)</u>	<u>Parallel Stance</u>
31. <u>Left Punch High</u>	<u>Parallel Stance</u>
32. <u>Right Double Fist Block</u>	<u>Right Crane Stance</u>
33. <u>Right Side Kick</u>	
34. <u>Right Hammerfist (To Left Palm)</u>	<u>Right X Stance</u>
35. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
36. <u>Left Front Kick/Round Kick</u>	
37. <u>Right Jump Spin Heel Kick</u>	
38. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
39. <u>Right Knifehand Strike High</u>	<u>Right Back Stance</u>
40. <u>Left Hooking Block (Medium)</u>	<u>Parallel Stance</u>
41. <u>Right Punch High</u>	<u>Parallel Stance</u>
42. <u>Left Double Fist Block</u>	<u>Left Crane Stance</u>
43. <u>Left Side Kick</u>	
44. <u>Left Hammerfist (To Right Palm)</u>	<u>Left X Stance</u>
45. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
46. <u>Right Front Kick/Round Kick</u>	
47. <u>Left Jump Spin Heel Kick</u>	
48. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
49. <u>Left Knifehand Strike High</u>	<u>Left Back Stance</u>
50. <u>Right Punch High</u>	<u>Right Back Stance</u>

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 Knifehand 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 Downward Backfist	Left Back Stance
9. Left Backhand	Left Back Stance
10. Right Inside Crescent Kick	
11. Right Low Block/Left Reverse Downward Backfist	Right Back Stance
12. Right Backhand	Right Back Stance
13. Left Inside Crescent Kick	
14. Twin Elbow Strike	Left Back Stance
15. Right Ridgehand Block High	Right Front Stance
16. Left Reverse Ridgehand 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 Backfist	Left Back Stance
21. Right Twist Kick	
22. Right Backfist	Right Back Stance
23. Left Outside Knifehand Strike High	Left Cat Stance
24. Right Outside Knifehand Strike High	Right Cat Stance
25. Left Double Knifehand Press Block (Medium)	Left Front Stance
26. Right Double Knifehand Press Block (Medium)	Right Front Stance
27. Right Knifehand Strike Low (To Left Palm)	Closed Stance
28. Right Spin Heel Kick	
29. Left Knifehand High Block	Left Front Stance
30. Right Reverse Punch High	Left Front Stance
31. Left Reverse Upset Punch High	Right Back Stance
32. Right Reverse Horizontal Punch	Left Front Stance
33. Left Spin Heel Kick	
34. Right Knifehand High Block	Right Front Stance
35. Left Reverse Punch High	Right Front Stance
36. Right Reverse Upset Punch High	Left Back Stance
37. Left Reverse Horizontal Punch	Right Front Stance
38. Right Circular Double Ridgehand Block Low	Right Back Stance
39. Left Circular Double Ridgehand Block Low	Left Back Stance
40. Left Knifehand Block/Right Reverse Low Block	Left Front Stance
41. Twin High Punch	Right Front Stance
42. Right Hammerfist (To Left Palm)	Right Crane 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 Knifehand Block/Left Reverse Low Block	Right Front Stance
51. Twin Punch High	Left Front Stance
52. Left Hammerfist (To Right Palm)	Left Crane Stance
53. Left Spin Side Kick	
54. Twin Inner Forearm Block	Sitting Stance
55. Left Jump Hook Kick	

56. Twin Inner Forearm Block	<u>Sitting Stance</u>
57. Left X Block Low	<u>Left X Stance</u>
58. Left Outside Block	<u>Left Front Stance</u>
59. Right Outside Block	<u>Right Front Stance</u>
60. Left Reverse Palm Heel Strike High (Medium)	<u>Right Front Stance</u>
61. Left Low Block/Right Reverse Knifehand Block	<u>Left Front Stance</u>
62. Right Reverse Palm Heel Strike High (Medium)	<u>Left Front Stance</u>
63. Right Low Block/Left Reverse Knifehand Block	<u>Right Front Stance</u>
64. Right High Block	<u>Right Front Stance</u>
65. Left Reverse Punch High	<u>Right Front Stance</u>
66. Left High Block	<u>Left Front Stance</u>
67. Right Reverse Punch High	<u>Left Front Stance</u>

MOON-MOO

69 Movements

Moon-moo honors the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb.

Ready Stance A

1. <u>Left Double Fist Block</u>	<u>Right One Leg Stance</u>
2. <u>Left Side Kick (Medium)</u>	
3. <u>Left Side Kick</u>	
4. <u>Right Horizontal Spearhand High</u>	<u>Sitting Stance</u>
5. <u>Right Jump Spin Hook Kick</u>	
6. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
7. <u>Right Knifehand Strike High</u>	<u>Right X Stance</u>
8. <u>Left Double Knifehand Press Block (Medium)</u>	<u>Left Front Stance</u>
9. <u>Right Double Knifehand Press Block (Medium)</u>	<u>Right Front Stance</u>
10. <u>Right Knifehand Low Block/Left Reverse Knifehand Block</u>	<u>Right One Leg Stance</u>
11. <u>Right Double Fist Block</u>	<u>Left One Leg Stance</u>
12. <u>Right Side Kick (Medium)</u>	
13. <u>Right Side Kick</u>	
14. <u>Left Horizontal Spearhand High</u>	<u>Sitting Stance</u>
15. <u>Left Jump Spin Hook Kick</u>	
16. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
17. <u>Left Knifehand Strike High</u>	<u>Left X Stance</u>
18. <u>Right Double Knifehand Press Block (Medium)</u>	<u>Right Front Stance</u>
19. <u>Left Double Knifehand Press Block (Medium)</u>	<u>Left Front Stance</u>
20. <u>Left Knifehand Low Block/Right Reverse Knifehand Block</u>	<u>Left One Leg Stance</u>
21. <u>Twin Low Block</u>	<u>Left One Leg Stance</u>
22. <u>Right Side Kick</u>	
23. <u>Right Reverse Punch High</u>	<u>Left Front Stance</u>
24. <u>Twin Low Block</u>	<u>Right One Leg Stance</u>
25. <u>Left Sidekick</u>	
26. <u>Left Reverse Punch High</u>	<u>Right Front Stance</u>
27. <u>Left Palm Heel Press Block Low</u>	<u>Left Cat Stance</u>
28. <u>Left Front Kick</u>	
29. <u>Right Crescent Kick</u>	
30. <u>Right Hammerfist Middle</u>	<u>Sitting Stance</u>
31. <u>Left Palm Heel Upset Strike High</u>	<u>Sitting Stance</u>
32. <u>Right Punch Middle</u>	<u>Sitting Stance</u>
33. <u>Left Knifehand Low Block</u>	<u>Sitting Stance</u>
34. <u>Right Jump Side Kick</u>	
35. <u>Left Jump Spin Heel Kick</u>	
36. <u>Right Double Fist Block</u>	<u>Right Back Stance</u>
37. <u>Left Hooking Block (Medium)</u>	<u>Left Front Stance</u>
38. <u>Right Palm Heel Press Block Low</u>	<u>Right Cat Stance</u>
39. <u>Right Front Kick</u>	
40. <u>Left Crescent Kick</u>	
41. <u>Left Hammerfist Middle</u>	<u>Sitting Stance</u>
42. <u>Right Palm Heel Upset Strike High</u>	<u>Sitting Stance</u>
43. <u>Left Punch Middle</u>	<u>Sitting Stance</u>
44. <u>Right Knifehand Low Block</u>	<u>Sitting Stance</u>
45. <u>Left Jump Side Kick</u>	
46. <u>Right Jump Spin Heel Kick</u>	
47. <u>Left Double Fist Block</u>	<u>Left Back Stance</u>
48. <u>Right Hooking Block (Medium)</u>	<u>Right Front Stance</u>
49. <u>Right Twist Kick</u>	
50. <u>Left Low Block/Right Reverse Backfist</u>	<u>Left Back Stance</u>
51. <u>Right Reverse Supported Outside Block</u>	<u>Left Front Stance</u>
52. <u>Left Twist Kick</u>	
53. <u>Right Low Block/Left Reverse Backfist</u>	<u>Right Back Stance</u>

54. Left Reverse Supported Outside Block	Right Front Stance
55. Left Leg Sweep	
56. Left Double Knifehand Block	Left Back Stance
57. Left Double Side Kick	
58. Left Knifehand Strike High	Left Back Stance
59. Right Leg Sweep	
60. Right Double Knifehand Block	Right Back Stance
61. Right Double Side Kick	
62. Right Knifehand Strike High	Right Back Stance
63. Right Reverse Punch High	Left Front Stance
64. Left Reverse Upset Punch Low	Right X Stance
65. Right Reverse Upset Punch Low	Left X Stance
66. Right Jump Spin Side Kick	
67. Right Double Knifehand Block	Right Back Stance
68. Left Reverse Arc Hand Grab High	Right Front Stance
69. Right Punch High	Right Front Stance

BOARD BREAKING

Board breaking is a part of testing used by the judges and instructors to measure the speed, power and accuracy of a kicking or striking technique. The best method of practicing board breaking is to strike a padded target. Consistent repetition of good technique is essential.

RULES OF ENGAGEMENT

- The student is responsible for knowing what techniques and what size or color board they should break. (See the chart below for details)
- At testing, the student receives 3 attempts to bring his/her boards. If a student fails to break his/ her board, he/she does not pass that testing.
- When setting up a board station, the board should be placed so that the student can deliver the most powerful techniques possible. The grain of the board must be set to follow the striking surface of the techniques.
- A small amount of practice is encouraged to ensure proper board placement. Excessive practice can fatigue board holders. It is not counted as an attempt if the student breaks his/ her board prior to bowing in.
- Once the student is ready to break, he/she is instructed to bow. After the bow, all movement towards the board counts as an attempt. Practicing after the bow is not allowed.
- After the student breaks his/her boards or exhausts his/her 3 attempts, the student should bow and shake hands with his/her board holders to thank them.

BOARD BREAKING REQUIREMENTS FOR BROWN BELTS & SENIOR BROWN BELTS

All Brown belts must break with either a Front Kick or Side Kick and 1 approved hand technique.

MALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15	Blue	11 Inch
16 and above	Brown	11 Inch

FEMALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15 and above	Blue	9 Inch

BOARD BREAKING REQUIREMENTS FOR RED BELTS & SENIOR RED BELTS

Red Belts must break with either a Round Kick or Side Kick and 1 approved hand technique.

MALES - AGES	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15	Brown	2 x 11 Inch
16 and above	Black	2 x 11 Inch

FEMALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15 and above	Blue/ Brown	11 Inch

ALL BLACK BELT BOARD BREAKING REQUIREMENTS

All black belts have at least two kicking techniques at each level. At least one of the kicking techniques must be done with the alternate foot.

RANK	PATTERN	MIN. TIME	BREAKING TECHNIQUES		SPAR
			KICK	STRIKE	
1st Probationary	Gwang Gae	2 Months	1: Front, Side or Round 2: Front, Side or Round	none	Free
1st Recommended	Gwang Gae	2 Months	1: Front, Side or Round 2: Front, Side or Round (different kick with each leg)	none	Free
1st Decided	Po Eun	4 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free
1st Senior	Ge Baek	6 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free
2nd Degree	Choong Jang	8 Months	1: Spin Kick 2: Jump Kick	none	Free
2nd Decided	Yoo Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free
2nd Senior	Ui Ji	10 Months	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free
3rd Degree	Yon Gae	1 Year	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free
3rd Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free
3rd Senior	Ko Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free
4th Decided	Choi Yong	2 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved	Free
4th Senior	Tong Il	2 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved	Free
5th Degree	Moon Moo	5 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick	2 Approved	Free

SPARRING COMBINATIONS

Roanoke Taekwondo Academy uses Sparring Combinations to introduce the principles of free sparring. It is a controlled method of sparring in which students practice fighting combinations with a moving partner and light contact. Sparring Combinations encourage students to use a wide variety of fighting techniques, develops physical control of these techniques and teaches students the proper distance from a target that a technique should be executed. White, Yellow, and Orange belts are required to learn pre-arranged Sparring Combinations as part of their training. Green belts and higher are required to create their own with the help of the instructors.

BASIC RULES OF SPARRING COMBINATIONS

Sparring Combinations should never be attempted without direct supervision of an Instructor and only approved gear may be used. This includes hand gear, foot gear, head gear, shin guards, elbow pads, a mouthpiece and, for men, a groin protector.

Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy and indicates both partners are ready to begin.

- While fighting stances vary greatly, most follow the following principles:
- Hands are up around the chin. This makes blocking techniques to the head much easier.
- Body is turned sideways. This limits the surface area that is square to the opponent.
- Light on your feet. This makes it easier to move and evade incoming techniques.
- Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully and may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are:
 - The front and sides of the torso above the belt.
 - The padded areas of the headgear.
 - Light contact to the head.
 - These legal target areas may be struck with either the hands or feet.
- Striking with the knees, elbows and any contact to the throat, face, back or below the belt is strictly prohibited. Sweeps, takedowns, grabbing and grappling are also prohibited.
- Sparring may be stopped at any time by either partner for any reason and is signaled by holding up their hand and removing the headgear.
- Never continue sparring if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.

Kicks by Belt:

At each belt rank we have specific kicks that the student is responsible for learning and incorporating into their sparring combinations. The sparring combinations are choreographed for the students at white, yellow, & orange belt. When students reach the rank of Green belt they are required to begin creating their own sparring combinations to use in class and at testing. Instructors will always help the students in the creation of these combos but the student is responsible for practicing and applying them.

White Belt: Front Kicks, Side Kicks, & Crescent Kicks.

Yellow Belt: Round Kicks, Spin Side Kicks, & Spin Crescent Kicks.

Orange Belt: Jump Front Kicks, Jump Round Kicks, & Jump Side Kicks.

Green Belt: Hook Kicks & Spin Hook Kicks.

Senior Green Belt: Spin Heel Kicks.

Purple Belt: Jump Spin Side Kicks.

Senior Purple Belt: Jump Spin Hook Kicks.

Blue Belt: Jump Spin Crescent Kicks.

Senior Blue Belt: Jump Spin Heel Kicks.

Brown Belt: Twist Kicks & Butterfly Kicks.

Senior Brown Belt: 360 Front Kicks & 360 Round Kicks.

Red Belt: 360 Side Kicks.

Senior Red Belt: 360 Hook Kicks.

Probationary 1st Degree: 360 Heel Kicks.

Recommended 1st Degree: 360 Crescent Kicks.