

THE STORY OF THE HOUSE

The “Story of the House” was designed to help teach and learn the first 3 Basic Hyungs; Kicho Hyungs IL, Ee and Sum. This “Story” helps students to more easily learn how to perform the Basic Hyungs. While the “Story” was developed for the young mind, it was also found to help even the mature mind as well.

GENERAL RULES FOR THE “HOUSE”

1. Only Turns 3, 4, and 5 are used in the pattern.
2. All movements are one sided. I.E. Left Hand moves with Left Foot.
3. Whichever Foot moves, that same Hand will either Block or Punch.
4. All Turns turn toward the inside of the “House”.
5. There are 2 moves into each room. A Block and a Punch.
6. There are 4 moves up and down the stairs. A Block and 3 Punches.
7. Every new direction begins with a Block.
8. Always move the foot furthest from the where you are going
9. 2 required Ki Hap. (1) Top of the Stairs; (1) Bottom of the Stairs.

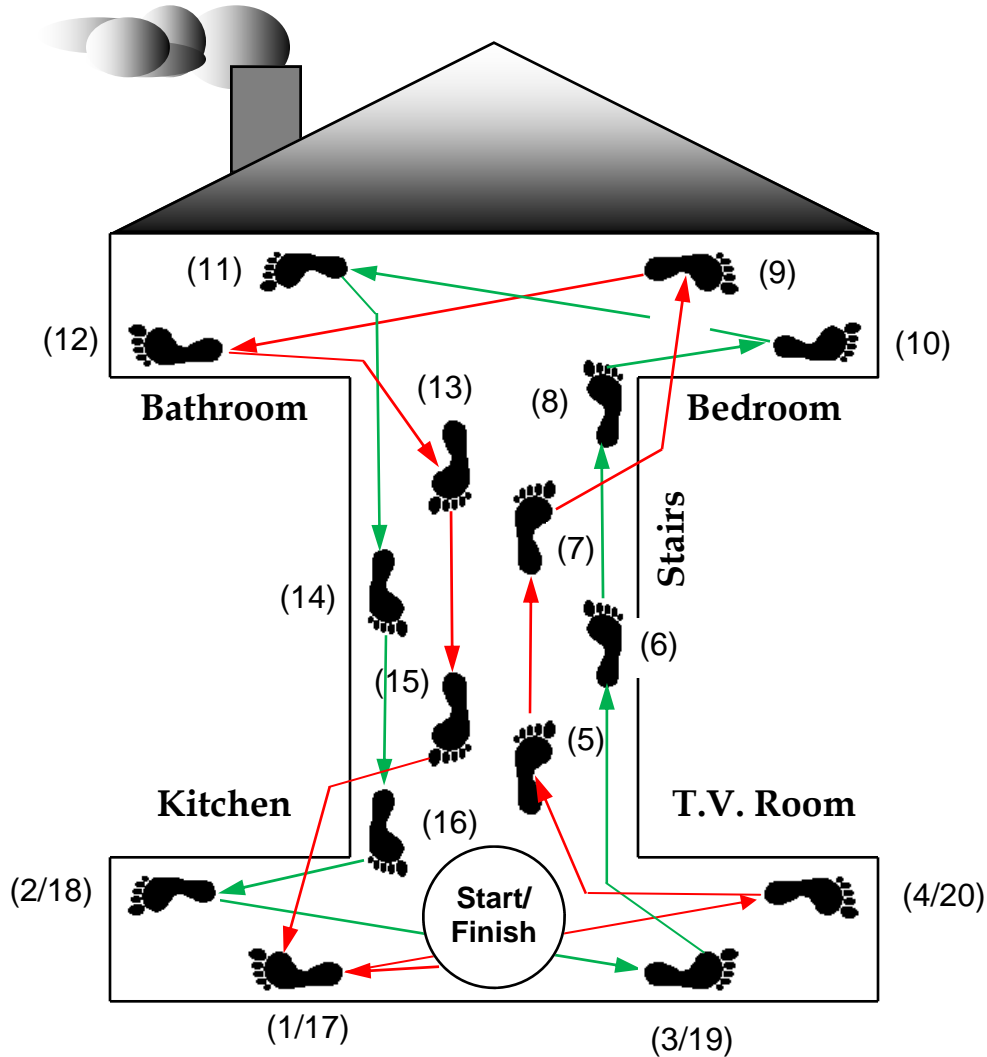
The “Story of the House”

1. You come home from school and are at the front door. (ready stance)
2. Go into the Kitchen and ask your mother to make you a snack.
3. Go to the TV Room and set the table.
4. Go Up the Stairs.
5. Into your Bedroom, put your books away and Change Clothes.
6. Go to the Bathroom and Wash Up.
7. Go Down the Stairs.
8. Into the Kitchen to get your snack.
9. Go to the TV Room to eat your snack.

HOUSE RULES

1. Turn 4 going from a Room to a Room.
2. Turn 5 going from a Room to the Stairs.
3. Turn 3 going from the Stairs to a Room.

TEN KEY POINTS OF TANG SOO DO HYUNG TRAINING



Ki Cho Hyung Aspects

1. **IL Bu**
Down Block, Forward Stance, Lunge Punch (center)
2. **Ee Bu**
Upper Block, Forward Stance, Lunge Punch (face)
3. **Sum Bu**
Outside Block, Back Stance, Horse Stance, Lunge Punch (center)

Rules :

- 1 **Into Rooms:** 1 Block, 1 Punch
- 2 **Up or Down Stairs:** 1 Block, 3 Punches/ Blocks
- 3 Always turn to the inside of the house.
- 4 Always move the foot furthest from where you are going.
- 5 All moves are one sided. I.E. Left foot moves, left hand either blocks or punches.