

TAEBAEK



TAEBAEK, Meaning “bring mountain” is the name of a mountain in Korean mythology, from where the legendary founder of Korea, Dan-Gun, is thought to have ruled the nation. Taebaek can be defined as “light” and must be performed with the agility of light.

List of Movements:

- start in ready stance
- turn left to cat & double low spreading knife block
- right front snap & right/left middle punch
- turn right & double low spreading knife block
- left front snap & left/right middle punch
- turn left, left high block(open hand) & right knife strike
- right turning palm block
- step right & left middle punch
- left turning palm block
- step left & right middle punch
- right turning palm block
- step right & left middle punch(kihap)
- turn backward left & double high forearm block
- right uppercut, left side punch, left side kick & right elbow
- slide back, turn right & double high forearm block
- left uppercut, right side punch, right side kick & left elbow
- turn left & double knife
- step right, left press & right spear hand strike
- shift left & pull right hand down, back pivot & left back first
- step right & right middle punch(kihap)
- turn backward left & scissor block
- right front snap & right/left middle punch
- turn right & scissor block
- left front snap & left/right middle punch
- right foot return to ready stance

Kicking Requirements:

- Front Snap Kick(from cat)
- Side Kick(from L)

Board Break Requirement:

Spear Hand Strike

SAM-IL



Sam-il denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919.

List of Movements:

- start in ready stance & close up C
- step left & double middle block
- step right & assisted middle block
- step left & double rising palm block(left to right)
- right twist kick & right middle punch(kihap)
- shift to horse & spreading ridge block
- shift, right low spear hand, shift & keumgang
- step right & spreading ridge block
- shift & double low block
- step left & double rising palm(left to right)
- step right & left middle punch(kihap)
- shuffle back, step left & double low block
- step up right, turn left & double ridge block
- staff block, right sweep & staff block
- pull back, 360 jump & double knife
- right side kick & right elbow strike
- step right, left backward elbow, shift & low X block
- step left, mountain block, left side kick & double low knife
- step left to cat & left upward palm block
- step right to cat & double low palm block
- turn left & double upset punch
- step right, right low block & right twist punch
- pivot left & right hammer to left middle punch
- left front snap kick, step right & double high vert. punch
- right foot return to close up C
- left foot return to ready stance

Kicking Requirements:

- Twist Kick

Board Break Requirement:

Twist Kick

CHOI-YONG



Choi-Yong is named after 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.

List of Movements:

- start in ready stance & close up C
- step left to cat, & double middle block
- left high diamond punch(kihap)
- pivot right to cat & double middle block
- right high diamond punch
- pivot left & left high knife block
- right middle block & left middle punch
- slide back, turn right, right high knife & left middle block
- right middle punch
- pivot left & double low knife
- left roundhouse, right hook to side kick & right elbow
- slide back, turn right & double low knife
- right roundhouse, left hook to side kick & left elbow
- step left & double palm press
- step right & double palm press
- step back right, step back left, turn left & W knife block
- right front snap, land backward & double middle block
- step right & W knife block, & left front snap
- land forward, turn right & double middle block
- step left, step right, step left, turn right & double middle block
- step left, left spear hand, pivot right & right spear hand
- step back right, turn right, right power shoulder grab & left high punch
- turn right, double middle in crane, right side kick
- hop to scissor & right back fist
- turn right, right hook & right knife strike
- slide back left, turn left, left power shoulder grab & right high punch
- turn left, double middle in crane, left side kick
- hop to scissor & left back fist
- turn left, left hook & left knife strike
- step right & right side punch(kihap)
- right foot return to close up C & left foot return to ready stance

Kicking Requirements:

- Roundhouse, Hook to Side Kick
- Side Kick(from crane)

Board Break Requirement:

Diamond Punch

YOO-SIN



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

List of Movements:

- start in ready stance & close to warrior ready stance
- step left to horse & double horizontal elbow(kihap)
- hop right & left over shoulder punch
- hop left & right over shoulder punch
- right shoulder grab & left middle punch
- left shoulder grab & right middle punch
- shift left, left forearm block & right middle block
- shift right to horse, left upward palm & right middle punch
- shift right, right forearm block & left middle block
- shift left to horse, right upward palm & left middle punch
- right knife, left middle punch, left knife & right middle punch
- step back right, low X(closed), high X(open)
- pull to right hip(flower), left press & right middle punch
- right front snap & left middle punch
- low X(closed), high X(open)
- pull to left hip(flower), right press & left middle punch
- left front snap & right middle punch
- step right, double knife, step left & double knife
- step back left, double knife, step back right & double knife
- step right, right assisted middle block to scissor block
- step left, left assisted middle block to scissor block
- step right & right middle punch(kihap)
- pivot left, left ridge block, step up right to close up C
- step right, double upset punch, slide back, step left & double upset punch
- step back left, turn right, right middle block & left twist punch
- slide in left & right power twist punch
- turn left, left middle block, right twist punch
- slide in right & left power twist punch
- step left, U punch, switch feet & U punch
- step back right to horse & right uppercut

Kicking Requirements:

- Outside-In Crescent to Side Kick

Board Break Requirement:

Back Kick through 3



List of Movements(continued):

- right forearm block and right hammer fist
- shift right & present right hand
- left outside-in crescent to side kick & present left hand
- right outside-in crescent to side kick
- land in horse & right/left 9 block
- step over left to horse & right/left 9 block
- slide in left & right downward hammer first
- step back right & double high vertical punch
- step up right(feet together) & turn left
- step back right & double high vertical punch
- step up right, turn left & double knife
- slide back left, step right & double knife(kihap)
- right foot return to warrior ready stance
- return to ready stance