KEUMGANG

Keumgang means diamond, sybolizing that which is too strong to be broken. Just as a diamond exhibits hardness, and the beauty through clarity, this form must express the spiritual strength necessary to cut through all distractions presented by life.

List of Movements:

- start in ready stance
- step left & spreading block
- step right & right palm strike
- step left & left palm strike
- step right & right palm strike
- step back right & left out-in knife
- step back left & right out-in knife
- step back right & left out-in knife
- lift left leg & keumgang
- step down & right twist punch
- step over right, back pivot & right twist punch
- step right & mountain block(kihap)
- step left & spreading block
- power double low block, step left & mountain block
- lift right leg & keumgang
- step down & left twist punch
- step over left, back pivot & left twist punch
- lift right leg & keumgang
- step down & left twist punch
- step over left, back pivot & left twist punch
- step left & mountain block(kihap)
- step right & spreading block
- power double low block, step right & mountain block
- lift left leg & keumgang
- step down & right twist punch
- step over right, back pivot & right twist punch
- left foot return to ready stance

Kicking Requirements:

- 5 Second Side Kick
  - Extend 5 Seconds
  - Hold 5 Seconds
  - Re-chamber 5 Seconds

Board Break Requirement:

Jab & Cross Combo

EUI-AM

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1st, 1919.

List of Movements:

- start in ready stance
- step back right & right low spear
- step back left, left forearm block & right middle punch
- left twist kick & X block
- left high knife
- step right to scissor & right back fist
- turn left & left side punch
- right back side kick & right knife strike
- left side kick & right high punch(kihap)
- step up right & left power twist punch
- step back left & left low spear
- step back right, right forearm block & left middle punch
- right twist kick & X block
- right high knife
- step left to scissor & left back fist
- turn right & right side punch
- left back side kick & left knife strike
- right side kick & left high punch(kihap)
- step up left & right power twist punch
- step right, spreading knife block & left ridge block
- shift, double press in cat, step right & left twist punch
- shuffle step back & right low block
- step left, spreading knife block & right ridge block
- shift, double press in cat, step left & right twist punch
- shuffle step back & left low block
- right back side kick & double middle block
- left back side kick & double middle block
- shuffle step back, left low block, shift & right high punch
- step back left & right low block
- shift & left/right high punch(kihap)
- left foot return to ready stance

Kicking Requirements:

- Back Side Kick to Side Kick

Board Break Requirement:

Back Kick through 2

CHOONG-JANG

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty (14th century)

List of Movements:

- start in ready stance & left foot slide to close up A
- step right to horse & right/left scissor block
- slide back & left power twist punch
- step left & right eye gouge, step right & left eye gouge
- left press, right hammer fist, step left & left high knife
- step right & right middle punch(kihap)
- step over right & double middle block
- right front snap & right spear hand strike
- slam the ground, right side kick & right middle punch
- step left & left elbow strike
- step left & double middle block
- step back right & left upward palm block
- step back left & right knife hand strike
- pivot left & low X block(closed)
- shoulder grab, right knee strike, turn left & double knife
- step right, right elbow strike, shift right & double knife
- right side kick & double low palm block in cat
- step right & right hammer to back fist
- pivot left & left side spear, shift & cross shoulder grab
- right front snap kick & right elbow strike(kihap)
- shift, left ridge block & right twist punch
- step right, right ridge block & left twist punch
- slide back, turn left, left knife strike, shift & right forearm strike
- step right, right knife strike, shift & left forearm strike
- slide back, turn left, double low knife, shift & right 9 block
- step right, double low knife, shift & left 9 block
- step back right & double horizontal knife strike
- right throat strike & right front snap
- left throat strike, left front snap & right/left middle punch(kihap)
- slide up left & overhead spreading block
- turn backward left, left low knife & right palm strike
- slide back, turn right, right low knife & left palm strike(kihap)
- right foot return to close up B & left foot return to ready stance

Kicking Requirements:

- Tornado Side Kick

Board Break Requirement:

Palm Strike through 2

JUCHE

JUCHE is a philosophical idea that people are the masters of everything and decide everything. In other words, the idea that people are the master of the world and their own destiny.

List of Movements:

- start in ready stance
- step left to horse & spreading block
- right knife strike & left middle punch
- lift right leg & double hammer fist
- right 180 side kick into hook & right back fist(kihap)
- left front & side kick, left knife strike, shift & right elbow
- step over left, left low spear, turn right & double knife
- back pivot left & left knife strike
- step right & spreading block
- left knife strike & right middle punch
- lift left leg & double hammer fist
- left 180 side kick into hook & left back fist(kihap)
- right front & side kick, right knife strike, shift & left elbow
- step over right, right low spear, turn left & double knife
- left axe kick & double middle block(kihap)
- close up(heaven's hands)
- step back left & right downward elbow strike
- shift & left throat strike
- step back right & left downward elbow strike
- shift & right throat strike
- step back left & double inward knife strike
- step back right & right low punch(kihap)
- shuffle step back & left forearm press
- right jump back kick & double middle block
- shuffle step back & right forearm press
- left jump back kick & double middle block
- 2 step scissor kick & double high palm block
- step right & right elbow strike
- lift left leg, power double low block, left power back kick & left back fist
- step right to natural stance & right spear hand
- jump & left/right middle punch(land feet together)
- step right, left downward knife, step left & right middle punch(kihap)
- left foot return to ready stance

Kicking Requirements:

- 180 Side Kick to Hook Kick
- Front Snap to Side Kick
- 2-Step Scissor Kick

Board Break Requirement:

2-Step Scissor Kick