

# Performance Taekwon-Do



INTERNATIONAL TAEKWON-DO FEDERATION



ITF...True and Original Taekwon-Do

## Rules of the Dojang

1. Bow to the flag when entering and leaving the training area.
2. If you are late for class (ie., students have already bowed in), you must do 20 pushups in the back of the training area before joining the rest of the group.
3. Once class begins, do not leave the training area without first asking permission from your instructor.
4. Students must bow before speaking to the instructor and use words such as "pardon me sir", "yes sir", "no sir", and "thank you sir". Students should use "ma'am" when addressing a female instructor.
5. All students are expected to be courteous and understanding to each other. Advanced students are expected to set a good example for new students and to assist such students whenever necessary.
6. Loud conversation, laughing in excess, "horsing around" and chewing gum have no place in a Taekwon-Do school.
7. Your uniform must be clean at all times, and all students must have the federation and school crests attached to their uniforms.
8. Your fingernails and toenails must be cut short, and students are prohibited from wearing jewelry (rings, earrings, watches, etc...)
9. Any substitute teacher or assisting instructor shall be treated with the same respect as your regular instructor.
10. Do not give a demonstration or teach Taekwon-Do without the permission of your instructor.
11. Do not engage in any activities that might degrade the reputation of your school and the reputation of the International Taekwon-Do Federation.
12. You must get permission of your instructor before participating in any tournament or competition.
13. Free sparring is to be practiced only by yellow belts and above, under the supervision of a Black Belt instructor. Sparring outside the Taekwon-Do school (i.e., at home, school, or in the community) is strictly prohibited.
14. When free sparring, it is mandatory that all students wear both hand and foot protectors, a mouth guard, and a groin protector. Touch contact is allowed to the head or facial area and light contact is allowed to the body. These sparring rules will be strictly enforced.

Disciplinary action will be taken for violation of the above rules. Penalties will vary at the discretion of the head instructor of the school. Such penalties could lead to suspension or termination of training.

# What is Taekwon-Do?

Taekwon-Do is a martial art, developed by General Choi Hong Hi in Korea. The name was adopted on April 11<sup>th</sup>, 1955, in Seoul, Korea, by a committee chaired by General Choi Hong Hi. Originally, it was written in three words: “Tae Kwon Do”.

Translated literally, “Tae” means to kick or smash with the foot, “Kwon” means to punch or strike with the hand, and “Do” means the art or way. Since 1972, it is written “Taekwon-Do”. General Choi explained that this new way of writing “Taekwon-Do” was chosen to highlight the need for balance between physical and mental training.

## *Definition of Taekwon-Do*

To put it simply, Taekwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is more than just that, however. It is the scientific use of the body in the method of self-defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

## *Philosophy of Taekwon-Do*

- Taekwon-Do is a ***martial art*** with increased emphasis on the traditional core values and protocol.
- Taekwon-Do is a ***sport*** which should encourage students to participate in competition to challenge their self defense skills in a controlled and fun event. Many life long friends are made at competitions.
- Taekwon-Do is a ***way of life*** which is known as the “***Do***”. This involves learning about moral culture, as well as, living by the Student Oath and the Tenets of Taekwon-Do. In learning about the mental and spiritual aspects of Taekwon-Do, we understand the “why”, not only the “how”. This will also able us to achieve a balanced life and happiness.
- Taekwon-Do is a ***tool for social development*** which can be a powerful tool to help deal with some of our world’s social problems by helping develop structure, discipline and self-confidence that carry over into all aspects of life.

The philosophy of Taekwon-Do can be summed up by the last two phrases in the ITF Student Oath:

***I shall be a champion of freedom and justice.***  
***I shall build a more peaceful world.***

By practicing Taekwon-Do and living according to its fundamental values, we can become good citizens and be able to create a better world.

# History of Taekwon-Do

The International Taekwon-Do Federation was founded on March 22<sup>nd</sup>, 1966 by General Choi Hong Hi, 9th Dan Black Belt.

The History of Taekwon-Do...

Although the origins of the martial arts are shrouded in mystery, we consider it an undeniable fact that from time in memorial there have been physical actions involving the use of the hands and feet for purpose of self-protection.

If we were to define these physical actions as "Taekwon- Do", any country might claim credit for inventing Taekwon-Do. There is, however, scant resemblance between Taekwon-Do, as it is practiced today, and the crude forms of unarmed combat developed in the past.

Modern Taekwon-Do differs greatly from other martial arts. In fact, no other martial art is so advanced with regard to the sophistication and effectiveness of its technique or the over-all physical fitness it imparts to its practitioners.

Since the theories, terminology, techniques, systems, methods, rules, practice suit, and spiritual foundation were scientifically developed, systematized, and named by the author, it is an error to think of any physical actions employing the hand and feet for self-defense as Taekwon- Do. Only those who practice the techniques based on the author's theories, principles and philosophy are considered to be students of genuine Taekwon-Do.

When and where did Taekwon-Do begin?

A combination of circumstances made it possible for me to originate and develop Taekwon-Do. In addition to my prior knowledge of Taek Kyon, I had an opportunity to learn Karate in Japan during the unhappy thirty-six years when my native land was occupied by the Japanese. Soon after Korea was liberated in 1945, I was placed in a privileged position as a founding member of the newly formed South Korean Armed Forces.

The former provided me with a definite sense of creation, and the latter gave me the power to disseminate Taekwon-Do throughout the entire armed forces, despite furious opposition.

The emergence of Taekwon-Do as an international martial art in a relatively short period of time was due to a variety of factors. The evils of contemporary society (moral corruption, materialism, selfishness, etc.) had created a spiritual vacuum. Taekwon-Do was able to compensate for the prevailing sense of emptiness, distrust, decadence and lack of confidence.

In addition, these were violent times, when people felt the need for a means of protecting themselves, and the superiority of Taekwon-Do technique came to be widely recognized. My social stature, the advantage of being Taekwon-Do's founder and my God-given health also contributed to the rapid growth of Taekwon-Do all over the world.

My involvement with the martial arts did much to supplement the health that God gave

me. I had been born frail and weak and was encouraged to learn Taek Kyon at the age of fifteen by my teacher of calligraphy. In 1938, a few days before I was due to leave Korea to study in Japan I was involved in an unexpected incident that would have made it difficult to return home without risk of reprisals.

I resolved to become a black belt holder in Karate while I was in Japan.

The skills I required were, I felt, sufficient protection against those who might seek to do me harm. Not only was I able to return to Korea, but I subsequently initiated the national liberation movement known as the Pyongyang Student Soldier's Incident. Like so many patriots in the long course of human history, my actions aroused the wrath of those in positions of power. I was imprisoned for a time in a Japanese army jail. In January of 1946, I was commissioned as a second lieutenant in the fledgling Republic of Korea army and posted to the 4th infantry regiment in Kwangju, Cholla Namdo Province as a company commander.

I began to teach Karate to my soldiers as a means of physical and mental training. It was then that I realized that we needed to develop our own national martial art, superior in both spirit and technique to Japanese Karate. I strongly believed that teaching it throughout the country would enable me to fulfill the pledge I had made to three of my comrades, who had shared my imprisonment by the Japanese.

"The reason that our people suffer in this way at the hands of the Japanese," I had said, "is that our ancestors failed to rule wisely".

"They exploited the people and, in the end, lost the country to foreign domination. If we ever regain our freedom and independence, let us not become the rulers of the people. Instead, let us dedicate ourselves to advising those who rule."

It was with this ambition in mind that I began to develop new techniques, systematically, from March of that same year. By the end of 1954 I had nearly completed the foundation of a new martial art for Korea, and on April 11, 1955, it was given the name "Taekwon-Do".

On the spiritual level, Taekwon-Do is derived from the traditional, ethical and moral principles of the orient and, of course, from my personal philosophy.

Even though I am only five feet tall, I pride myself on having lived-in strict accordance with my moral convictions. I have tried to fight on the side of justice without fear of any kind. I believe that this was possible for me only because of the formidable power and indomitable spirit instilled by Taekwon-Do.

The physical techniques of Taekwon-Do are based on the principles of modern science, in particular, Newtonian physics which teaches us how to generate maximum power. Military tactics of attack and defense have also been incorporated.

I wish to make it clear that although Karate and Taek Kyon were used as references in the course of my study, the fundamental theories and principles of Taekwon-Do are totally different from those of any other martial art in the world.

In March of 1959, I led the military Taekwon-Do demonstration team on a tour abroad. We visited South Vietnam and Taiwan. It was the first such visit in the history of Korea. On this occasion, I renewed my resolution to leave my personal legacy to the world, in the form of Taekwon-Do, and I formulated the following basic ideals for the Taekwon-Do practitioners:

1. by developing an upright mind and a strong body, we will acquire the self-confidence to stand on the side of justice at all times;
2. we shall unite with all men in a common brotherhood, without regard to religion, race, national or ideological boundaries;
3. we shall dedicate ourselves to building a peaceful human society in which justice, morality, trust and humanism prevail;

I also resolved to dedicate myself to the world-wide propagation of Taekwon-Do, in the sincere hope that it would provide the means by which the unification of the divided halves of my fatherland would become possible.

My study of Taekwon-Do proceeded in two parts, spiritual discipline and technical perfection. Because the human spirit belongs to the realm of metaphysics, what I mean by spiritual discipline is not easy to describe. One cannot touch, see or hear the spirit of man, It is wider and deeper than anything we can perceive.

In this respect, I, myself, am only another student participating in a continuing and never-ending learning process.

I have come to define the spiritual dimensions of Taekwon-Do as fusing oneself with the ideals of Taekwon-Do and attaining and understanding the full meaning of each of the Taekwon-Do patterns. If we consider ourselves as one with Taekwon-Do, we will respect it as we respect our own bodies and Taekwon-Do will never be used in a dishonorable way.

The names of the patterns are derived from the most illustrious people to have been produced by nearly five thousand years of Korean history. A proper understanding of the patterns leads, inevitably to the realization that Taekwon-Do is a martial art to be used only for self-defense and only in the cause of justice.

The history of Korea contains not a single sample of its military forces being employed for the invasion of its neighbors or for any other purpose except national defense.

In the technical area, I created a wide variety of techniques that can be used in almost any situation. They are based on the following principles:

1. All movement should be designed to produce maximum power in accordance with scientific formulas and the principle of kinetic energy;
2. The principles behind the techniques should be so clear that even those ignorant to Taekwon-Do will be able to distinguish correct from incorrect movement;

3. The distance and angle of each movement should be exactly defined in order to achieve more efficient attack and defense;
4. The purpose and method of each movement should be clear and simple, in order to facilitate the teaching and learning process;
5. Rational teaching methods should be developed so that the benefits of Taekwon-Do can be enjoyed by everyone, young and old, men and women;
6. Correct breathing methods should be devised, enhancing the speed of each movement and reducing fatigue;
7. Attack should be possible against any vital spot on the body and it should be possible to defend against all varieties of attack;
8. Each attacking tool should be clearly defined and soundly based on the structure of the human body;
9. Each movement should be easy to execute, enabling the student to enjoy Taekwon-Do as a sport and recreation;
10. Special consideration should be paid to promoting good health and preventing injuries;
11. Each movement should be harmonious and rhythmical so that Taekwon-Do is aesthetically pleasing;
12. Each movement in a pattern must express the personality and spiritual character of the person it is named after.

Adherence to these basic principles is what makes Taekwon-Do a martial art, an aesthetic art, a science and sport.

# Resource Information

## Terminology:

Hanna	- One
Dul	- Two
Set	- Three
Net	- Four
Dasot	- Five
Yasot	- Six
Illgop	- Seven
Yadul	- Eight
Ahop	- Nine
Yul	- Ten
Dojang	- Training Gym
Dobok	- Uniform
Charyot	- Attention
Kyong Ye	- Bow
Boosabum Nim	- Asst instructor
Sabum Nim	- Instructor
Sahyun Nim	- Master
Saseong Nim	- Grand master
Chon Shi Ja Nim	- Founder
Sabum Nim Gae	- To the instructor
Junbi	- Ready stance
Sio	- Relax
Hasan	- Dismissed
Barot	- Return
Tul	- Pattern
Sijak	- Begin
Goman	- Stop
Gaesok	- Continue

## Philosophy of Self-Defense:

Talk if you will, walk away if you can, run if you must, but when all else fails ...defend yourself.

Taekwon-Do must only be used as a last resort, and you must use the least amount of force to defend yourself.

You must not use Taekwon-Do to hurt someone just because they have called you a name. Remember the philosophy of Taekwon-Do.

Any student who misuses Taekwon-Do may be expelled from the school indefinitely.

## Tenets of Taekwon-Do:

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

## Student Oath:

1. I Shall observe the tenets of Taekwon-Do.
2. I Shall respect my instructors and seniors.
3. I Shall never misuse Taekwon-Do.
4. I Shall be a champion of freedom and Justice.
5. I Shall build a more peaceful world.

## Training Secrets of Taekwon-Do:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the action of eyes, hands, feet and breath into one single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once a movement is in motion it should not be stopped before reaching the target.
8. To create sine wave during the movement by utilizing the knee spring.
9. To exhale briefly at the moment of each blow except a connecting motion.



# Theory of Power

"Where does one obtain the power to create the devastating results attributed with Taekwon-Do?" This power is attributed to the utilization of a person's full potential through the mathematical application of Taekwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, sex or age who can condition himself to use 100 percent of his potential can also perform the same destructive techniques.

The *Theory of Power* explains that power is not necessarily created by superb physical fitness or superhuman strength, but rather a combination of the following components:

- 1. Reaction Force** Every force has an equal and opposite force. An opponent creates a partial force with his momentum moving towards you, coupled with the force of your own blow, creates reaction force from your opponent. Another reaction force is your own, such as in pulling back the left fist to the hip with as much force, while punching with the right fist.
- 2. Concentration** Is done in two ways: one is to concentrate every muscle of the body, particularly the larger muscles around the hip and abdomen towards the appropriate tool (ie; an arm punching). The second way is to concentrate such mobilized muscles onto the smallest target area being the opponent's vital spot.
- 3. Equilibrium** By keeping the body in equilibrium, that is, well balanced, a blow is more effective and deadly. Balance is obtained by keeping the center of gravity equally distributed on both legs while staying flexible and utilizing knee spring.
- 4. Breath Control** Controlling breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. This is done by slowly inhaling during preparation of a movement and sharply exhaling at the moment of impact.
- 5. Mass** Maximum force is obtained by maximizing your body weight through the use of your abdominal muscles and hip rotation, as well as, the use of the knee spring action.
- 6. Speed** Is the most essential factor of force or power. Scientifically force equals mass times acceleration ( $F=MA$ ).
- 7. Speed and Reflex** It is essential to understand the relation of speed and reaction time in both executing an attack and a block. When recognizing an open vital spot you only have a split second to react with speed and attack. Likewise, you must anticipate an attack from an opponent to be able to react quickly and block before the attacking tool reaches you and creates any speed and power.

It is important to understand that not one of these components alone will create effective power, but rather all of them combined together effectively.

# Systems of Rank

In Taekwon-Do, character development, fortitude, tenacity, and technique are graded as well as individual capacity. The promotional scale is divided into nineteen ranks - 10 grades (Gups) and nine degrees (Dans). The former begins with 10th grade (Gup) the lowest and ends at the first grade. Degrees begin with the first degree (Dan) and end with the ultimate, ninth degree.

There is, of course, a certain significance in the numbering system. With degree, the number 9 is not only the highest one among one digit number but also is the number of 3 multiplied by 3. In the Orient, three is the most esteemed of all the numbers. The Chinese character representing three is written 三. The upper line symbolizes the heaven; the middle line, mortals; and the bottom line, earth.

It was believed that the individual who was successful in promoting his country, fellowmen and God, and able to reach an accord with all three would aspire to become King, which was written thusly 王. The Chinese character for three and King are nearly synonymous. When the number three is multiplied by itself, the equation is nine, the highest of the high; therefore, ninth degree is the highest of the high ranking belts. It is also interesting to note that when the numeral 9 is multiplied by any other single digit number and the resultant figures are added together, the answer always equals 9, i.e.  $9 \times 1 = 9$ ;  $9 \times 2 = 18$ ,  $1 + 8 = 9$  and so on up to  $9 \times 9 = 81$ ,  $8 + 1 = 9$ . Since this is only single digit number having this property, it again points to the number 9 as being the most positive of figures.

Taking the use of the number three one step further, the degrees are further divided into three distinct classes. First through third degree is considered the novice stages of black belt. Students are still merely beginners in comparison to the higher degrees. At fourth degree, the student crosses the threshold of puberty and enters the expert class. Seventh through ninth is composed of Taekwon-Do masters - the elite who fully understand all the particulars of Taekwon-Do, mental and physical.

There is perhaps one question that remains; why begin with the lowest of the two digit numbers, "10" why not begin with the lowest one digit number and proceed from first grade to ninth grade, and then begin again for degrees? Though it would certainly be more logical, the 10 to 1 and 1 to 10 numerical system in the Orient is ageless. It would be impossible, if not even a bit impertinent, to attempt to change a practice that is even carried into children's games.

Perhaps there was an initial logical reason for it; however, it seems to have been lost in antiquity. Anyhow, the number "10" is the lowest existing two digit number; consequently, a beginner must start at this rather than 11 or 12 which are numerically higher.

# Significance of Belt Colors

There are six belts: white, yellow, green, blue, red and black. White is given to beginners and black is earned by students who have progressed through the grades and have a solid foundation for learning the techniques of Taekwon-Do.

The definition of the belts are as follows :

## **White Belt**

Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

## **Yellow Belt**

Signifies the earth from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.

## **Green Belt**

Signifies the plant's growth as Taekwon-Do skills begin to develop.

## **Blue Belt**

Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

## **Red Belt**

Signifies Danger, cautioning the the student to exercise control and warning the opponent to stay away.

## **Black Belt**

Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do, also indicates the wearer's imperviousness to darkness and fear.

## **Meaning of the ITF Crest:**

The words "International Taekwon-Do Federation" is inscribed around the globe to imply that the ITF is a world-wide organization and that Taekwon-Do is a martial art practiced worldwide. There is a blue circle and two half circles inside it, one on the top and one on the bottom. The top circle represents heaven and the bottom circle represents earth. The blue background symbolizes peace, righteous and pure spirit to be nurtured by Taekwon-Do practitioners. In between these two, there is the image of a fist and "Tae" and "Kwon" in Korean on either side of it to represent purpose of Taekwon-Do is to bring the people around the globe (grid lines), together as one. A wavy line connects heaven to earth through Taekwon-Do.



# The Interpretation of Patterns

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives. Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life - General Choi Hong Hi.

**Chon-Ji** means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

**Dan-Gun** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

**Do-San** 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.

**Won-Hyo** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

**Yul-Gok** is the pseudonym of a great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38' latitude and the diagram (·) represents "scholar".

**Joong-Gun** is named after the patriot Ahn 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. Ahn's age when he was executed at Lui-Shung prison (1910).

**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 37 latitude, the diagram (·) represents "scholar".

**Hwa-Rang** is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

**Choong-Moo** was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

**Kwang-Gae** Is named after the famous Kwang-Gae-Toh-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. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

**Po-Eun** is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram ( - ) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**Ge-Baek** is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram ( | ) represents his severe and strict military discipline.

# The Interpretation of Patterns

**Eui-Am** is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

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

**Juche** is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (&) represents Baekdu Mountain.

**Sam-Il** denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

**Yoo-Sin** is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A. D., the year Korea was united. 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.

**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. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Lee Dynasty.

**Yon-Gae** is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A. D., the Year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

**Ui-Ji** is named after general Ui-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ui-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram ( L ) represents his surname. The 42 movements represent the author's age when he designed the pattern.

**Moon-Moo** honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's 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. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

**So-San** is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

**Se-Jong** is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (Z) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

**Tong-Il** denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

# Fundamental Techniques

## Techniques required for:

### Saju Jurigi (14 movements)

- (1) Parallel ready stance
- (2) Walking stance
- (3) Walking stance forearm low block
- (4) Walking stance middle front punch

## Additional techniques for:

### Saju Makgi (16 movements)

- (1) Walking stance knife-hand low block
- (2) Walking stance inner forearm middle block

## Additional techniques for pattern:

### Chon-Ji (19 movements)

- (1) L-stance
- (2) L-stance inner forearm middle block

## Additional techniques for pattern:

### Dan-Gun (21 movements)

- (1) Walking stance high front punch
- (2) L-stance knife-hand middle guarding block
- (3) L-stance twin forearm block
- (4) Walking stance forearm rising block
- (5) L-stance knife-hand middle outward strike

## Additional techniques for pattern:

### Do-San (24 movements)

- (1) Sitting stance
- (2) Walking stance outer forearm high side block
- (3) Walking stance straight fingertip thrust
- (4) Walking stance backfist high side strike
- (5) Walking stance outer forearm high wedging block
- (6) Middle front snap kick
- (7) Sitting stance knife-hand side strike

## Additional techniques for pattern:

### Won-Hyo (28 movements)

- (1) Closed ready stance A
- (2) Fixed Stance
- (3) Bending Ready Stance A
- (4) L-stance knife-hand high inward strike
- (5) Fixed stance middle punch
- (6) Walking stance reverse punch
- (7) Walking stance Inner forearm circular block
- (8) L-stance forearm middle guarding block
- (9) Middle side piercing kick
- (10) Low front snap kick

## Additional techniques for pattern:

### Yul-Gok (38 movements)

- (1) Sitting stance middle punch
- (2) L-stance twin knife-hand block
- (3) Walking stance palm middle hooking block
- (4) Walking stance palm middle reverse hooking block
- (5) Walking stance front elbow strike
- (6) X-stance backfist high side strike
- (7) Walking stance double forearm high block

# Fundamental Techniques

## Additional Techniques for pattern: Joong-Gun (32 movements)

- (1) closed ready stance B
- (2) Rear foot stance
- (3) Low stance
- (4) L-stance reverse knife-hand outward block
- (5) side front snap kick
- (6) Rear foot stance palm upward block
- (7) Walking stance upper elbow strike
- (8) Walking stance twin fist high vertical punch
- (9) Walking stance twin fist upset punch
- (10) Walking stance x-fist rising block
- (11) L-stance backfist high side strike
- (12) L-stance middle punch
- (13) walking stance palm pressing block
- (14) Fixed stance U-shape block
- (15) Closed stance angle punch

## Additional techniques for pattern: Toi-Gye (37)

- (1) Walking stance upset fingertip low thrust
- (2) Closed stance backfist side back strike
- (3) Walking stance X-fist pressing block
- (4) Closed stance twin side elbow thrust
- (4) Sitting stance outer forearm w-shape block
- (5) Knee upward kick
- (6) Walking stance flat fingertip high trust
- (7) L- stance double forearm low pushing block
- (8) L-stance back fist side back strike
- (9) X-stance X-fist pressing block
- (10) L-stance knifehand low guarding block

## Additional techniques for pattern: Hwa-Rang (29 movements)

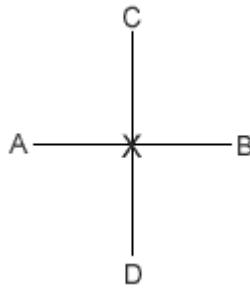
- (1) Closed ready stance C
- (2) Vertical stance
- (3) Sitting stance palm pushing block
- (4) L-stance upward punch
- (5) Vertical stance knife-hand downward strike
- (6) High turning kick
- (7) L-stance reverse punch
- (8) L-stance side elbow thrust
- (9) Closed stance inner forearm side front block

## Additional techniques for pattern Choong-Moo (30 movements)

- (1) Walking stance knife-hand high front strike
- (2) Flying side piercing kick
- (3) L-stance forearm low block
- (4) Walking stance reverse knife-hand high front strike
- (5) Middle back piercing kick
- (6) Sitting stance outer forearm middle front block
- (7) Sitting stance backfist high side strike
- (8) L-stance X-knife-hand checking block
- (9) Walking stance twin palm upward block

# SAJU-JIRUGI

## FOUR DIRECTION PUNCH



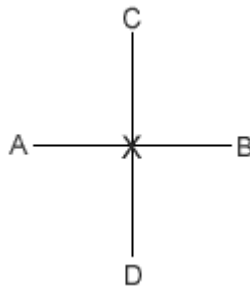
### Ready Posture - PARALLEL READY STANCE (Facing D)

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
  3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
  4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
  5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
  6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
  7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
- END:** Bring the right foot back to a ready posture.

**Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.**

# SAJU-MAKGI

## FOUR DIRECTION BLOCK



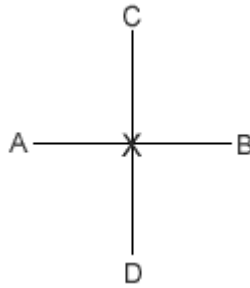
### Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
  2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
  3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
  4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
  5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
  6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
  7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
  8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
- END:** Bring the right foot back to a ready posture.

**Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.**



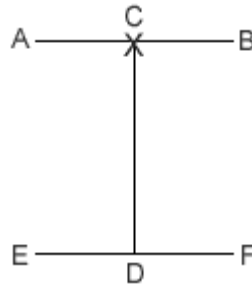
# CHON-JI Tul



## Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
  2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
  3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
  4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
  5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
  6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
  8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
  9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
  10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
  11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
  12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
  13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
  14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
  15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
  16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
  17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
  19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the left foot back to a ready posture.

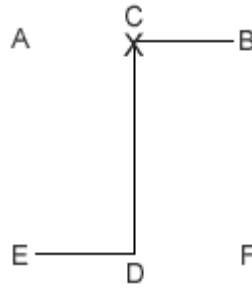
# DAN-GUN Tul



## Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
  2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
  3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
  4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
  5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
  6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
  7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
  8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
  9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
  10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
  11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
  12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
  13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
  14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
  15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
  17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
  19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
  20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
  21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
- END:** Bring the left foot back to a ready posture.

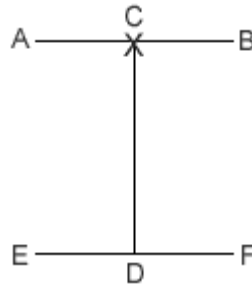
# DO-SAN Tul



## Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
  2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
  3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
  4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
  5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
  7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
  8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
  9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
  10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
  11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
  12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
  13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
  14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
  15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
  16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
  17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
  18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
  19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
  20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
  21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
  22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
  23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
  24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- END:** Bring the right foot back to a ready posture.

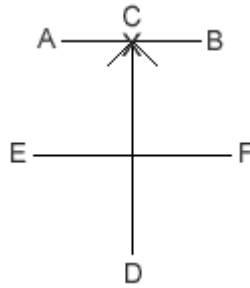
# WON-HYO Tul



## Ready Posture - CLOSED READY STANCE A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
  2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
  3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
  4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
  5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
  6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
  7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
  8. Execute a middle side piercing kick to D with the left foot.
  9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
  11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
  13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
  14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
  15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
  16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
  17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
  18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
  19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
  20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
  21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
  22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
  23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
  24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
  25. Turn the face toward C forming a left bending ready stance A toward C.
  26. Execute a middle side piercing kick to C with the right foot.
  27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
  28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.
- END:** Bring the right foot back to a ready posture.

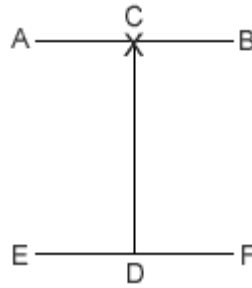
# YUL-GOK Tul



## Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
  2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
  3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
  4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
  5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
  6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
  7. Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
  8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
  9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
  10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
  11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
  12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
  13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
  14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
  15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
  16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
  17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
  18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
  19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
  20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
  21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
  22. Turn the face toward D forming a right bending ready stance A toward D.
  23. Execute a middle side piercing kick to D with the left foot.
  24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
  25. Turn the face toward C forming a left bending ready stance A toward C.
  26. Execute a middle side piercing kick to C with the right foot.
  27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
  28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
  29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
  30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
  31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
  32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
  33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
  34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
  35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
  36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
  37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
  38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.
- END:** Bring the left foot back to a ready posture.

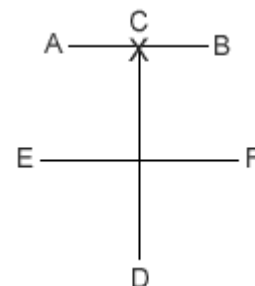
# JOONG-GUN Tui



## Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

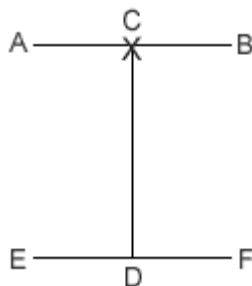
**END:** Bring the left foot back to a ready posture.



## Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
  2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
  3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
  4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
  5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
  6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
  7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
  8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
  9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
  10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
  12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
  13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
  14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
  15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
  16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
  17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
  18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
  19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
  20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
  21. Execute an upward kick with the right knee while pulling both hands downward.
  22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
  23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
  24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
  25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
  26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
  27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
  28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
  29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
  30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
  31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
  32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
  33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
  34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
  35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
  36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
  37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.

# HWA-RANG Tul

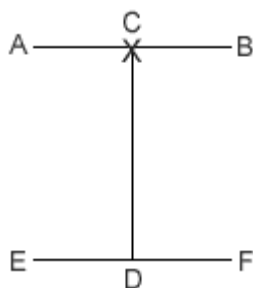


## Ready Posture - CLOSED READY STANCE C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
  2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
  3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
  4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
  5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
  6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
  7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
  8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
  9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
  10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
  12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
  13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
  14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
  15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
  16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
  17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
  18. Execute a high turning kick to DF with the right foot and then lower it to F.
  19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
  20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
  21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
  22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
  23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
  24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
  25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
  26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
  27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
  28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
  29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END:** Bring the right foot back to a ready posture.



# CHOONG-MOO Tui



## Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
  2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
  3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
  4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
  5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  6. Turn the face to C forming a left bending ready stance A toward C.
  7. Execute a middle side piercing kick to C with the right foot.
  8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
  10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
  11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
  12. Execute an upward kick to E with the right knee pulling both hands downward.
  13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
  14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
  15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
  16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
  17. Execute a middle turning kick to DE with the left foot.
  18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
  19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
  20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
  21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
  22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
  23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
  24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
  25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
  26. Execute a middle side piercing kick to A with the left foot turning clockwise.
  27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
  28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
  29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
  30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.

# Pre-Arranged Sparring

## Three Step Sparring (Sambo Matsogi)

*This is the initial basic exercise among beginners. This is an exercise for familiarization of correct attack and defense techniques. All three step sparring includes three of the same attacks and three of the same defense followed by a counter attack. Always measure up first, then return to parallel ready stance, then step back into a walking stance forearm low block. Both X and Y shout “Ya” as a ready signal.*

1. X) Walking stance middle obverse punch.  
Y) Walking stance inner forearm obverse side block and then a middle punch with the right fist (fast motion).
2. X) Walking stance high obverse punch.  
Y) Walking stance outer forearm high obverse side block, and then a middle punch with the right fist.
3. X) Low front snap kick to the lower abdomen.  
Y) Walking stance outer forearm low obverse block, and then a high punch with the right fist.
4. X) Middle turning kick to the solar plexus.  
Y) L-stance knife-hand middle guarding block and then a side piercing kick with the left foot.
5. X) Low front snap kick to the groin area.  
Y) Walking stance outer knife-hand low obverse block, and then a low front snap kick with the left foot.

## Two Step Sparring (Ibo Matsogi)

*The main purpose is to acquire a mixed technique of hand and foot, therefore the attacker uses both hand and foot alternatively. All two step sparring starts by stepping back into an L-stance, middle forearm guarding block. Both X and Y shout “Ya” as a ready signal. Alternatively, the counter attacker ends in an L-stance, middle forearm guarding block.*

1. X) Right walking stance right middle obverse punch, and then a low front snap to the lower abdomen with the left foot.  
Y) Left walking stance inner forearm obverse side block, right walking stance X-fist pressing block, and then a high obverse punch with the right fist.
2. X) Right walking stance middle obverse punch, and then a middle side piercing kick with the left foot.  
Y) Left walking stance outer forearm obverse side block, left L-stance right outer forearm inward block, and then a right walking stance front elbow strike, slipping the right foot.
3. X) Left L-stance middle reverse punch, and then a low front snap kick with the left in-step to the groin area.  
Y) Right L-stance inner forearm outward block, right walking stance knife-hand low obverse outward block, and then a high reverse punch with the left fist maintaining the same stance.
4. X) Middle side piercing kick with the right foot, and then a right L-stance outward strike with the left knife-hand.  
Y) Left L-stance knife-hand guarding block, right L-stance knife-hand reverse outward block, and then a middle punch with the right fist while forming a left walking stance, slipping the left foot.
5. X) Left walking stance knife-hand reverse front downward strike, and then a middle side piercing kick with the right foot.  
Y) Right L-stance forearm reverse rising block, left L-stance forearm guarding block, and then a middle side piercing kick with the left foot.

# Pre-Arranged Sparring

## One Step Sparring (Ilbo Matsogi)

*This is considered the most important one from the point of view that the ultimate goal of Taekwon-Do in real combat is to win victory with a single blow. All one step sparring starts in a parallel ready stance. Both X and Y shout “Ya” as a ready signal.*

1. X) Right walking stance middle obverse punch.  
Y) Right L-stance knife-hand outward block, and then a middle side piercing kick with the left foot.
2. X) Left walking stance middle reverse punch.  
Y) Left L-stance forearm guarding block, and then a knife-hand middle side strike while forming a sitting stance, slipping the right foot.
3. X) Right walking stance middle obverse punch.  
Y) Left walking stance knife-hand reverse side block, and then a high turning kick with the right instep.
4. X) Right walking stance middle obverse punch.  
Y) Left rear foot stance outer forearm inward block, and then an upset punch while forming a right walking stance, slipping the right foot.
5. X) Right walking stance middle obverse punch.  
Y) Outside crescent kick with the left foot, and then a side piercing kick with the same foot.

## Model Sparring (Mobum Matsogi)

*The primary purpose of this sparring is to show the spectator the agility and skill of the demonstrator and the physical application of every single movement. This is accomplished with repetition of the same movement in a slow motion first.*

*The role of the counterpart in the demonstration is to provide a precise target upon which the demonstrator acts. The distance between the players can be adjusted freely by the demonstrator, and the counterpart executes only one attack that is pre-arranged during each display.*

*Model sparring is to be created by each student with the use of fundamental hand & foot techniques when grading for the levels of 2<sup>nd</sup> Gup and higher.*



## Grading Criteria

### Yellow Stripe (9<sup>th</sup> Gup):

1. Fundamental Movements
2. Saju Jirugi & Saju Makgi
3. Hand & Foot Technique
4. Self Defense
5. 10 push ups
6. 10 sit ups
7. 3 burpees
8. 5 sec side kick hold
9. 5 sec front kick hold

### Yellow Belt (8<sup>th</sup> Gup):

1. Fundamental Movements
2. Saju Jirugi, Saju Makgi & Chon-Ji
3. Hand & Foot Technique
4. Self Defense
5. 15 push ups
6. 15 sit ups
7. 5 burpees
8. 5 sec side kick hold
9. 5 sec front kick hold

### Green Stripe (7<sup>th</sup> Gup):

1. Fundamental Movements
2. All patterns up to Dan-Gun
3. Hand & Foot Technique
4. Sparring | Free Sparring
5. Self Defense
6. 20 push ups
7. 20 sit ups
8. 8 burpees
9. 5 sec side kick hold
10. 5 sec front kick hold

### Green Belt (6<sup>th</sup> Gup):

1. Fundamental Movements
2. All patterns up to Do-San
3. Hand & Foot Technique
4. Sparring | Free Sparring
5. Self Defense
6. 25 push ups
7. 25 sit ups
8. 10 burpees
9. 10 sec side kick hold
10. 10 sec side kick hold

### Blue Stripe (5<sup>th</sup> Gup):

1. Fundamental Movements
2. All patterns up to Won-Hyo
3. Hand & Foot Technique
4. Sparring | Free Sparring

5. Self Defense
6. 30 push ups
7. 30 sit ups
8. 12 burpees
9. 10 sec side kick hold
10. 10 sec front kick hold

### Blue Belt (4<sup>th</sup> Gup):

1. Fundamental Movements
2. All patterns up to Yul-Guk
3. Sparring | 3-Step (x3)
4. Sparring | 2-Step (x3)
5. Sparring | 1-Step (x3)
6. Sparring | Module Sparring (x3)
7. Sparring | Free Sparring
8. Self Defense
9. Board breaking | Front Kick
10. 35 push ups
11. 35 sit ups
12. 15 burpees
13. 10 sec side kick hold
14. 10 sec front kick hold

### Red Stripe (3<sup>rd</sup> Gup):

1. Fundamental Movements
2. All patterns up to Joong-Gun
3. Sparring | 3-Step (x3)
4. Sparring | 2-Step (x3)
5. Sparring | 1-Step (x3)
6. Sparring | Module Sparring (x5)
7. Sparring | Free Sparring
8. Self Defense
9. Board breaking | Fore Fist Punch, Stationary Side Piercing Kick
10. 40 push ups
11. 40 sit ups
12. 18 burpees
13. 20 sec side kick hold
14. 20 sec front kick hold

### Red Belt (2<sup>nd</sup> Gup):

1. Fundamental Movements
2. All patterns up to Toi-Gye
3. Sparring | 3-Step (x3)
4. Sparring | 2-Step (x3)
5. Sparring | 1-Step (x3)
6. Sparring | Module Sparring (x5)
7. Sparring | Free Sparring
8. Self Defense
9. Board breaking | Knife Hand, Step Behind Side Piercing Kick

10. 45 push ups
11. 45 sit ups
12. 20 burpees
13. 25 sec side kick hold
14. 25 sec front kick hold

**Black Stripe (1<sup>st</sup> Gup):**

1. Fundamental Movements
2. All patterns up to Hwa-Rang
3. Sparring | 3-Step (x3)
4. Sparring | 2-Step (x3)
5. Sparring | 1-Step (x3)
6. Sparring | Module Sparring (x8)
7. Sparring | Free Sparring
8. Self Defense
9. Board breaking | Back Fist,  
Flying Side Piercing Kick (height)
10. 50 push ups
11. 50 sit ups
12. 25 burpees
13. 30 sec side kick hold
14. 30 sec front kick hold

**1<sup>st</sup> Dan Black Belt:**

1. Fitness Test
2. Theory Test (Written Exam)
3. All patterns up to Choong-Moo
4. Sparring | 3, 2 & 1-Step (3 of each)
5. Sparring | Module Sparring (10)
6. Sparring | Pre-Arranged Sparring
7. Sparring | Free Sparring
8. Self Defense | Spontaneous
9. Board breaking | Turning Kick,  
Reverse Turning Kick, Palm Heel  
strike

# Grading Criteria

## 2<sup>nd</sup> Dan Black Belt:

1. Fitness Test
2. Theory Test (Written Exam)
3. All patterns up to Gae-Baek
4. Sparring | 2 & 1-Step (3 of each)
5. Sparring | Module Sparring (5)
6. Sparring | Pre-Arranged Sparring
7. Sparring | Free Sparring
8. Self Defense | Spontaneous
9. Board breaking | Flying Twisting Kick, Reverse Turning Kick, Fore Fist Punch

## 3<sup>rd</sup> Dan Black Belt:

1. Fitness Test (10/10/10)
2. Theory Test (Thesis - 5 Page)
3. All patterns up to Juche
4. Sparring | 1-Step (5)
5. Sparring | Pre-Arranged Sparring
6. Sparring | Free Sparring
7. Self Defense | Spontaneous
8. Board breaking | Flying High Kick, Flying Side Kick (Height), Knife Hand Strike

## 4<sup>th</sup> Dan Black Belt:

All patterns up to Choi-Young

## 5<sup>th</sup> Dan Black Belt:

All patterns up to Moon-Moo

## 6<sup>th</sup> Dan Black Belt:

All patterns up to Se-Jong

## 7<sup>th</sup> Dan Black Belt:

All patterns up to Tong-Il

## 8<sup>th</sup> & 9<sup>th</sup> Dan Black Belt:

Appointment by the Masters Promotion Committee

## Regular Class Attendance:

All students are expected to attend classes regularly. Class attendance is taken into consideration for grading requirements and grading scores.

**Only a Senior Instructor can give permission to be graded and under no circumstances are students to request to be graded. The time frames below are a general estimate but it is in no way a schedule. Hard work, acquiring skill, and dedication are the only ways to advance.**

**Note:** Only students aged 16+ are required to break boards up to red stripe. At red belt, board breaking is mandatory for all ages.

## Estimated Grading Times/Class Requirements for Color Belts

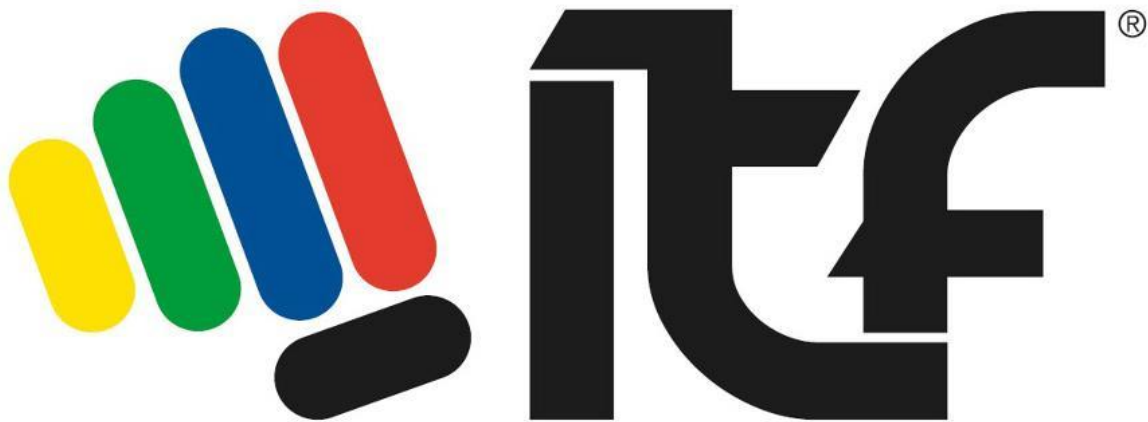
9 <sup>th</sup> - Yellow Stripe	20 classes / 2 Mths
8 <sup>th</sup> - Yellow Belt	20 classes / 2 Mths
7 <sup>th</sup> - Green Stripe	24 classes / 3 Mths
6 <sup>th</sup> - Green Belt	24 classes / 3 Mths
5 <sup>th</sup> - Blue Stripe	32 classes / 4 Mths
4 <sup>th</sup> - Blue Belt	32 classes / 4 Mths
3 <sup>rd</sup> - Red Stripe	40 classes / 5 Mths
2 <sup>nd</sup> - Red Belt	40 classes / 5 Mths
1 <sup>st</sup> - Black Stripe	48 classes / 6 Mths

## Minimum Training Time Requirement for Black Belt Grading:

1 <sup>st</sup> Dan Black Belt	6 Months
2 <sup>nd</sup> Dan Black Belt	1.5 years
3 <sup>rd</sup> Dan Black Belt	2+ years
4 <sup>th</sup> Dan Black Belt	3+ years
5 <sup>th</sup> Dan Black Belt	4+ years
6 <sup>th</sup> Dan Black Belt	5+ years
7 <sup>th</sup> Dan Black Belt	6+ years
8 <sup>th</sup> Dan Black Belt	7+ years
9 <sup>th</sup> Dan Black Belt	8+ years

**Note:** 7<sup>th</sup> and 8<sup>th</sup> Dan Black Belts hold the title of Master. 9<sup>th</sup> Dan Black Belts hold the title of Grand Master.





INTERNATIONAL TAEKWON-DO FEDERATION

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