

Centerline

Martial Arts

1st Dan Testing Requirements



Preparing For 1st Dan Black Belt Testing

Required Knowledge

New Patterns:

Choong-Moo:

Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservations of his loyalty to the king, Yi Sin-Sun was given no chance in his lifetime show his unrestrained potentiality.

Diagram: **Capital “i”**

Moves: **30**

New Kicks:

Quadruple Kicks

Four consecutive kicks – multiple targets, more difficult kicks

Flying side pushing kick

Flying side thrusting kick

Flying 360 reverse hook kick (offensive)

Flying twin foot front snap kick – 1 and 2 targets

Flying twin foot side piercing kick – 1 target

Mid-air 360 back piercing kick

New Hand Techniques:

Inward strike with the knife-hand

Inward strike with the reverse knife-hand

Inward block with the outer forearm

Checking block with the x-knife-hand

Upward block with the twin palms

New Stances:

(none)

New Step Sparring

Advanced semi-free sparring

No-contact free sparring versus one opponent

Ho Sin Sul:

Time limit: 2 minutes

Opponents: one

Specified attacks:

1. Punch with the forefist
2. Inward strike with the reverse knife-hand
3. Side strike with the back fist
4. Twin lapel grab
5. Single grab from behind (not a choke)
6. Single grab to the arm or wrist
7. Front snap kick
8. Turning kick
9. Back piercing kick
10. Choke from behind

The Meaning Of Black Belt:

Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

The Eight Parts Of The Training Secrets Of Taekwon-Do:

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a 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 the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

Additional Required Knowledge

Meaning of White Belt

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

Taekwon-Do Color Belt System

10 th Gup	Low White		5 th Gup	High Green
9 th Gup	High White		4 th Gup	Low Blue
8 th Gup	Low Yellow		3 rd Gup	High Blue
7 th Gup	High Yellow		2 nd Gup	Low Red
6 th Gup	Low Green		1 st Gup	High Red

Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

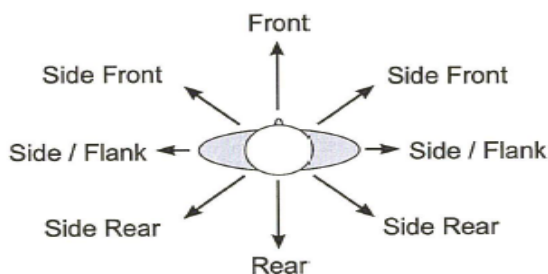
Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

The Eight Parts Of The Training Secrets Of Taekwon-Do

9. To Study the theory of power thoroughly.
10. To understand the purpose and meaning of each movement clearly.
11. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
12. To choose the appropriate attacking tool for each vital spot.
13. To become familiar with the correct angle and distance for attack and defense.
14. Keep both the arms and legs bent slightly while the movement is in motion.
15. All movements must begin with a backward motion with very few exceptions.
16. To create a sine wave during the movement by utilizing the knee spring properly.

Directions of Attacks



Chon-Ji

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 heaven, the other the earth.

+ Diagram: “plus” sign
Moves: **19**

Meaning Of Yellow Belt

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

The country where Taekwon-Do originated

Korea

The father of Taekwon-Do and his rank

General Choi Hong Hi, 9th Dan Grand Master

The Literal Translation Of Taekwon-Do

Tae – Jumping, flying, to kick or smash with the foot
Kwon – Fist, to punch or destroy with the hand or fist
Do – The art or way

Taekwon-Do – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt Rank System

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10th gup low white belt is the lowest and the 1st gup high red belt is the highest. For the black belts 1st dan is the lowest and the 9th dan is the highest.

The Nine Points To Be Observed While Performing A Pattern

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

Dan-Gun

Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.



Diagram: Capital "i"
Moves: **21**

The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.
I shall respect my instructors and seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

The Tenants of Taekwon-Do

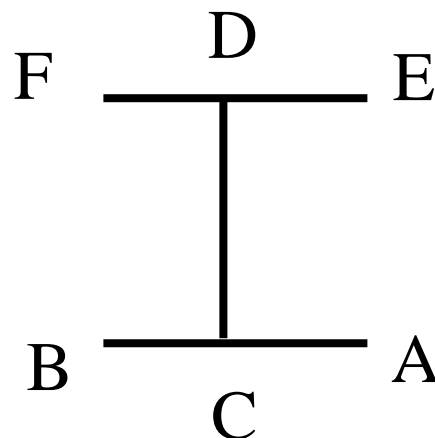
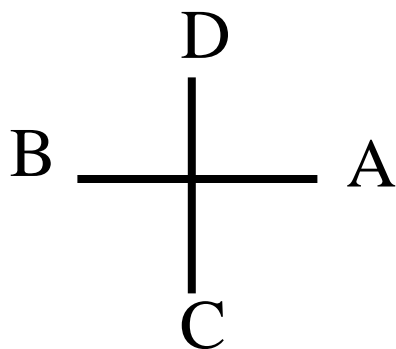
Courtesy (Ue-Ui)
Integrity (Yom-Chi)
Perseverance (In-Nae)
Self-Control (Guk-Gi)
Indomitable Spirit (Baek-Jul-Gool)

The Classes Of Black Belts

1st – 3rd Novice (Boo sa-bum)
4th – 6th Expert (Sa-bum)
7th – 8th Master (Sa-hyung)
9th Grand Master (Sa-sung)

Pattern Diagram Directions

The student stands on the A-B line facing D.



Do-San

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 to its independence movement.



Diagram: Right stair step
Moves: **24**

The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

Opening And Closing Ceremony For A Takewon-Do Class

Opening Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

Closing Ceremony

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

Won-Hyo

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



Diagram: Capital "I"
Moves: **28**

24 Korean Words Used In Class

Assistant Instructor	Boo Sa-bum (1 st – 3 rd dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 th dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 th – 6 th dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 th – 8 th dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

The Eight Examples Of Poor Integrity

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

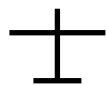


Diagram: “scholar” sign
Moves: **38**

The Meaning Of Blue Belt

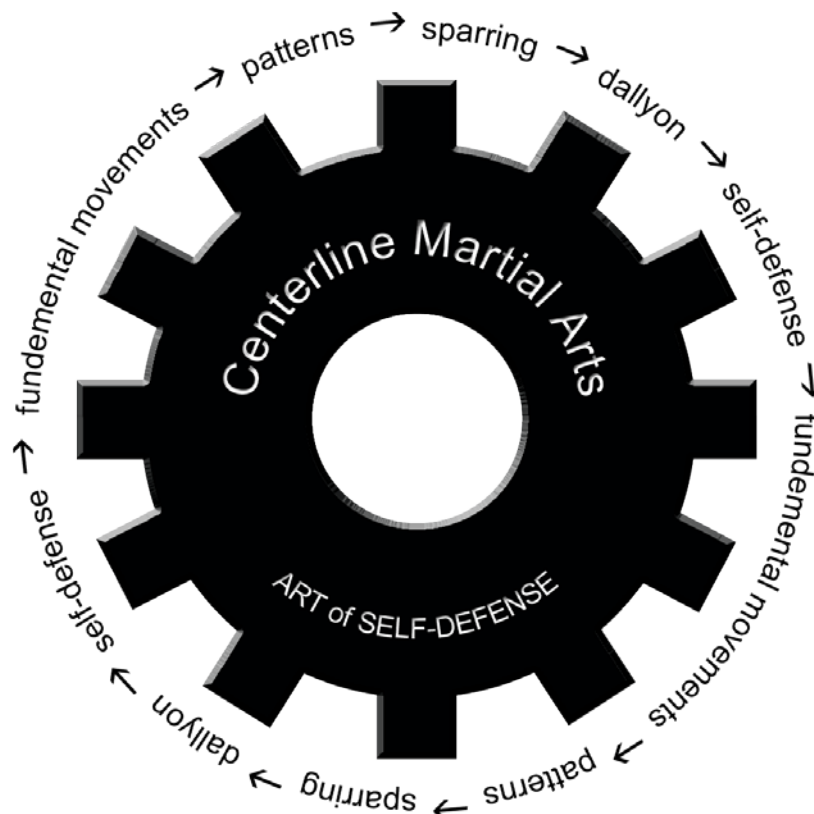
Blue signifies the heaven toward which the plant matures into a towering tree as the training in Taekwon-Do progresses.

The Five Disciplines Of Taekwon-Do Moral Culture Training

Travel
Mountain climbing
Cold showers
Public service
Etiquette

The Five Parts Of The Physical Composition Of Taekwon-Do

Fundamental Exercise
Self-defense
Dallyon (equipment maintenance, “forging, stretching, running, weight training, etc.)
Sparring
Patterns



Joon-Gun

Joon-
after
Joon-

Hiro-
first

Gun is named
the patriot Ahn
Gun who
assassinated
Bumi Ito, the
Japanese
governor-

general of Korea. It was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.



Diagram: Capital "i"
Moves: 32

The Ten Parts Of The Students Responsibility To The Student-Instructor Relationship

1. Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

Toi-Gye

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37^o latitude and the diagram represents the Chinese character for "scholar".

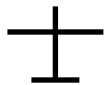


Diagram: "scholar" sign
Moves: 37

The Meaning Of Red Belt:

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

Moral Culture Training Elements

1. Humanity – The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally.
2. Righteousness – The ability to feel ashamed of unjust acts and to do one's duty to others.
3. Propriety – The proper code of conduct between various social status.
4. Wisdom – The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.
5. Trust – The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

Hwa-Rang Pattern Information:

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwon-Do developed into maturity.



Diagram: Capital "i"
Moves: **29**

The Five Parts Of The Hwa-Rang Warrior Code:

Be loyal to your king.
Be obedient to your parents.
Be honorable to your friends.
Never retreat in battle.
Make a just kill.

The Three Kingdoms Of Ancient Korea:

Koguryo
Baek-Je
Silla

The Six Factors In The Theory Of Power:

Reaction Force	Concentration
Breathe Control	Equilibrium
Speed	Mass

Attention Stance (Charyot Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: The heels of the feet are together forming a 45° angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.

Bending Ready Stance “A” (Goburyo Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 0% / 100%

Available Facings: Half

Additional Notes: The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in 15⁰ from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

Closed Ready Stance “A” (Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

Closed Ready Stance “B” (Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 15cm (6.1 inches) in front of the umbilicus.

Closed Ready Stance “C” (Moa Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A

Rear: N/A

Width: 0.0 shoulder width

Measured From: **Front:** N/A

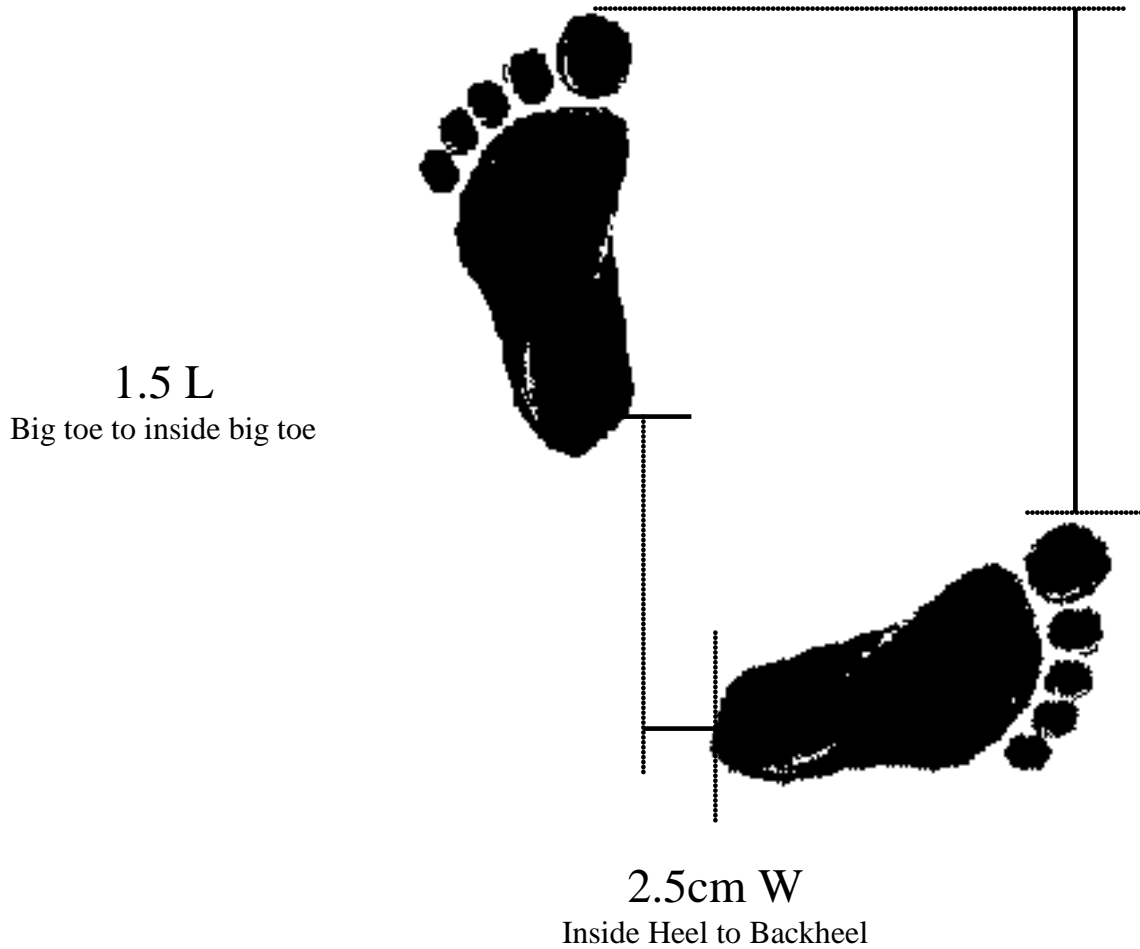
Rear: N/A

Weight Distribution (F/R): 50% / 50%

Available Facings: Full

Additional Notes: Both feet are together and parallel with both knees locked. Both hands are knife-hands with fingers pointing down. The left knife-hand is on top of the right with the left-hand index finger on the right-hand ring finger. The hands are held 10cm (4.1 inches) in front of the lower abdomen.

Fixed Stance (Gojung Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Inside of the big toe

Width: 2.5cm (1 inch)

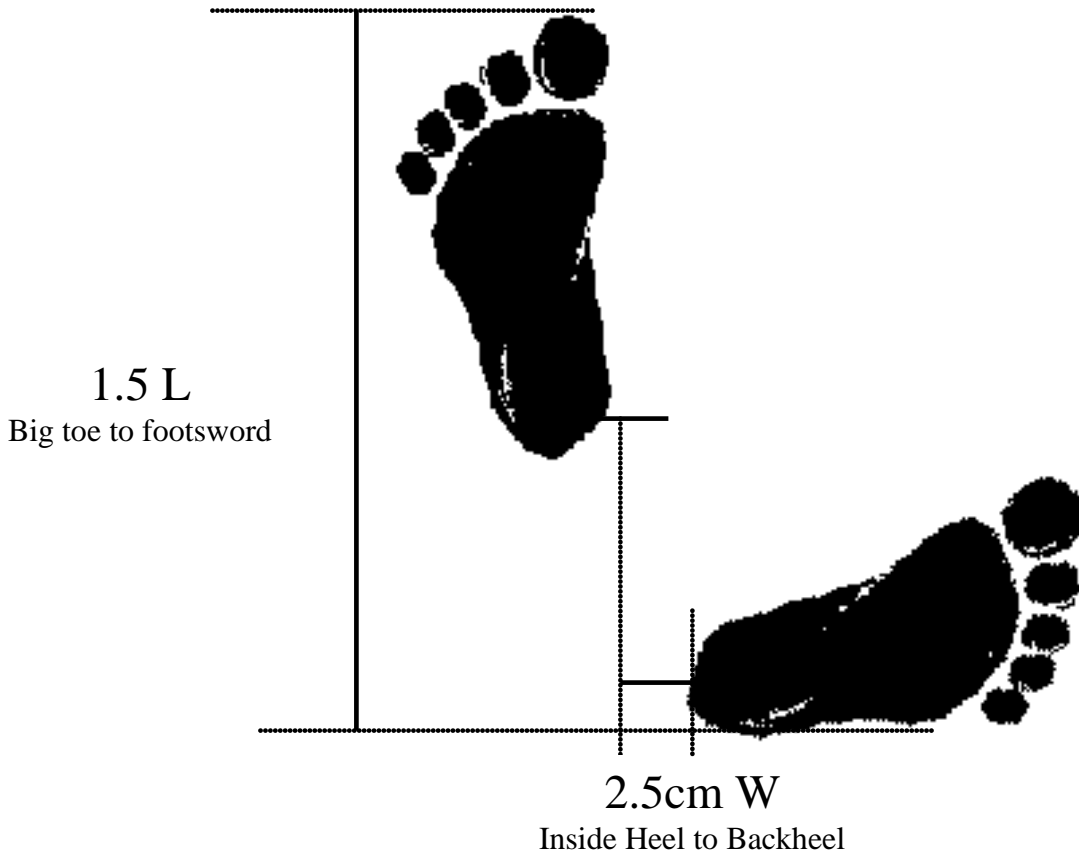
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 50% / 50%

Available Facings: Half

Additional Notes: The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

L – Stance (Niunja Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 2.5cm/1 inch

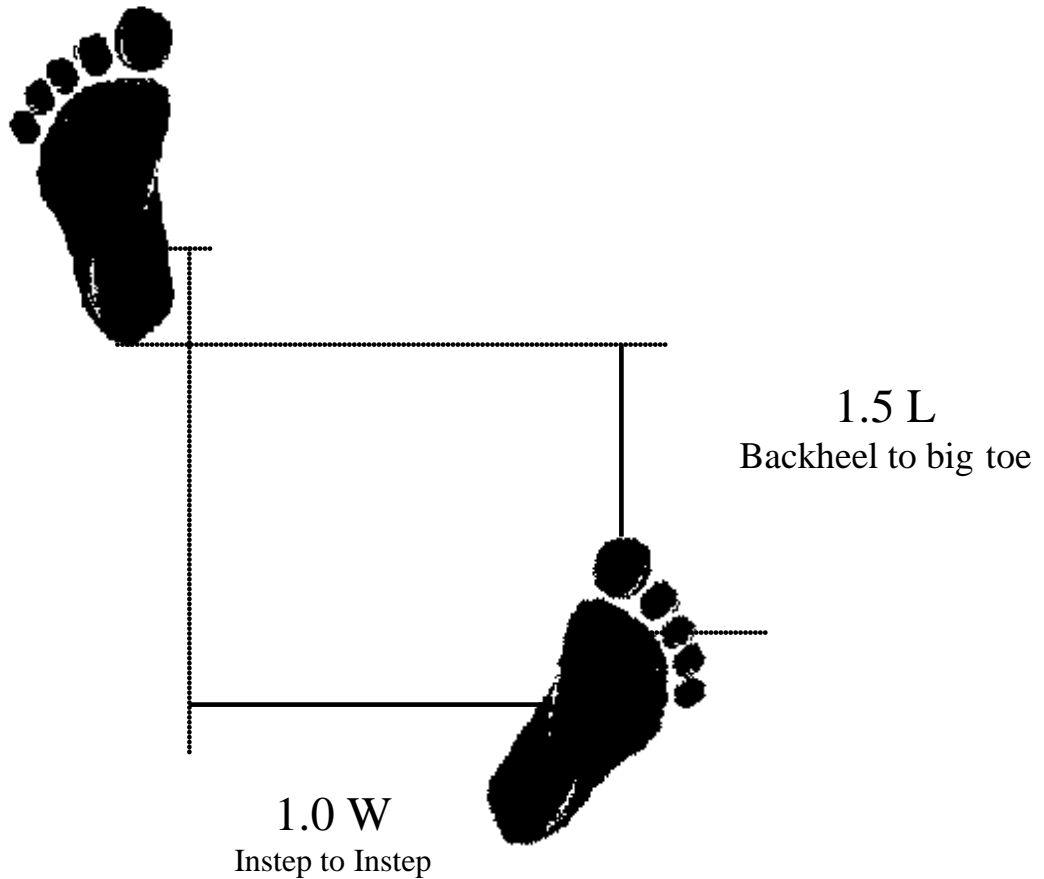
Measured From: **Front:** Inside heel
 Rear: Backheel

Weight Distribution (F/R): 30% / 70%

Available Facings: Half

Additional Notes: The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Low Stance (Nachuo Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Backheel
 Rear: Tip of big Toe

Width: 1.0 shoulder width

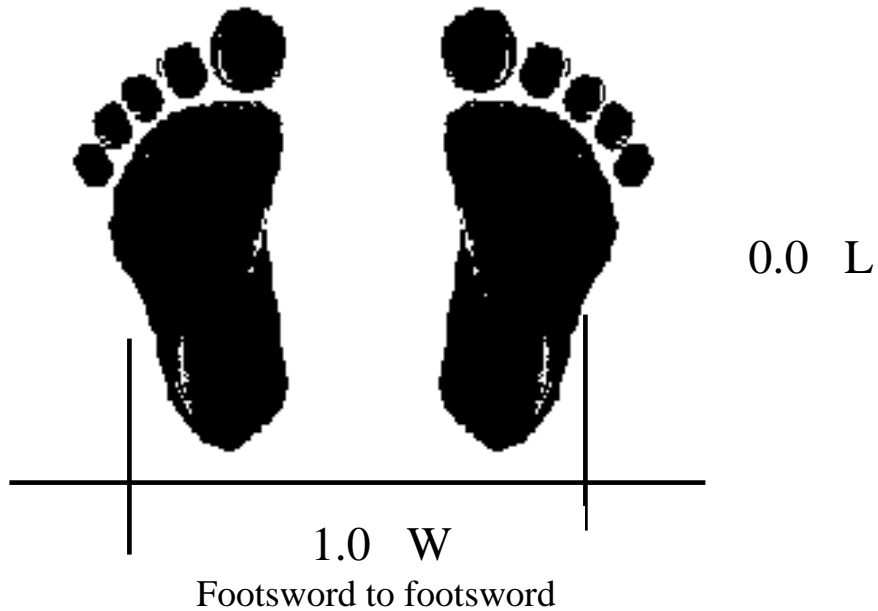
Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, or Half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25⁰ outward from the front. The foot muscles are tensed as if to pull the feet together. This stance is named after the front foot.

Parallel Ready Stance (Narani Junbi Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.0 shoulder width

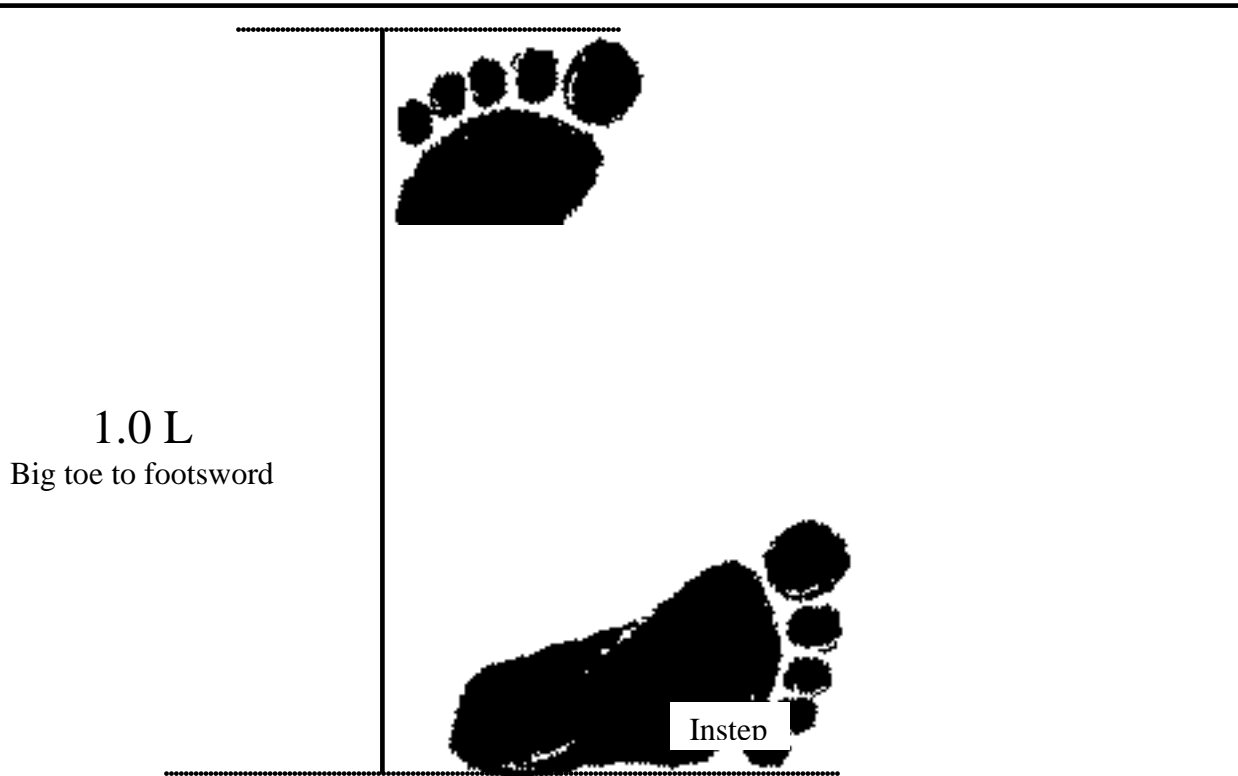
Measured From: **Front:** Footsword
 Rear: Footsword

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30⁰ and the lower arms are bent upward at 40⁰

Rear Foot Stance (Dwitbal Sogi)



Length: 1.0 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Footsword

Width: 0.0 shoulder width

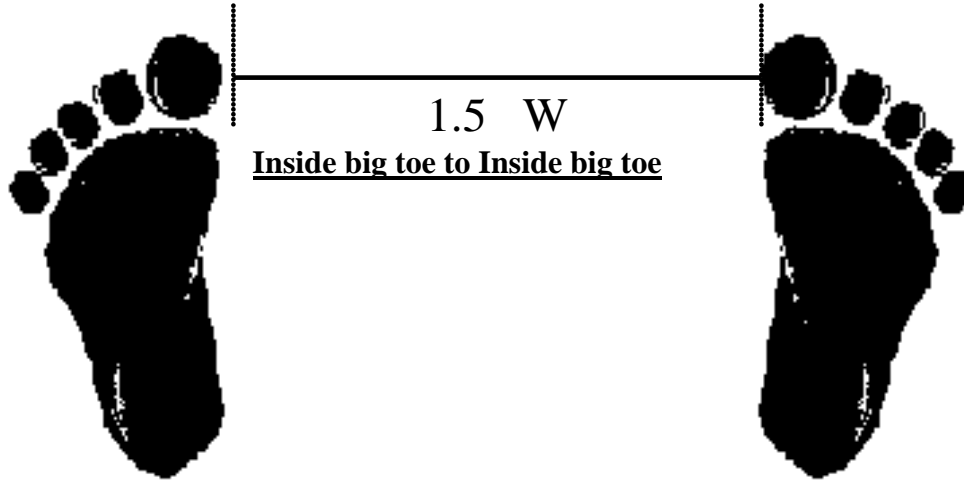
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): Most of the weight on the rear foot

Available Facings: Half

Additional Notes: The rear knee is bent so that the kneecap is over the toes of the rear foot. The front knee is bent proportionately with the ball of the foot lightly touching the floor. The heel of the front foot is above the ground and is slightly inside the heel of the rear foot. The front foot points 25° in from the front and back foot points 15° in from the side. This stance is named after the rear foot.

Sitting Stance (Annun Sogi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 1.5 shoulder width

Measured From: **Front:** Inside big toe
 Rear: Inside big toe

Weight Distribution (F/R): 50% / 50%

Available Facings: Full or Side

Additional Notes: Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

Vertical Stance (Soojik Sogi)

1.0 L
Big toe to inside big toe



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Inside of the big toe

Width: 0.0

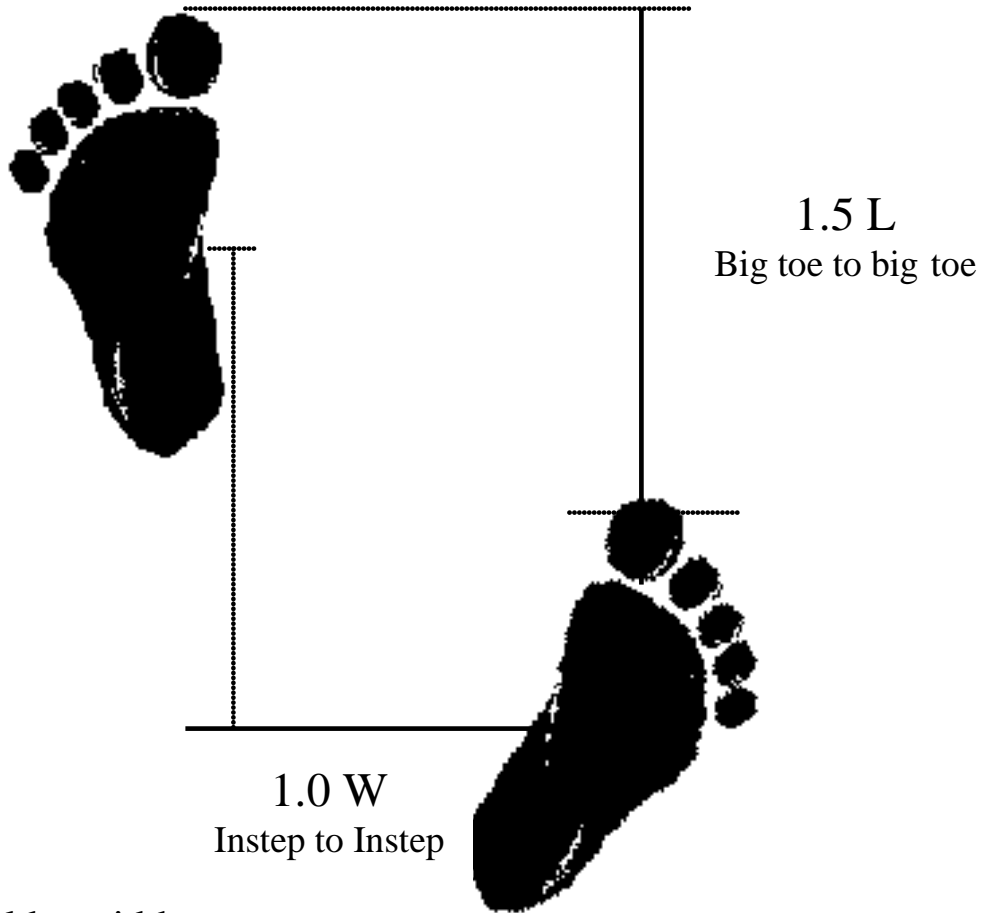
Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 40% / 60%

Available Facings: Half

Additional Notes: Both knees are locked. The heel of the front foot is slightly inside the heel of the rear foot. The front foot point 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

Walking Stance (Gunnun Sogi)



Length: 1.5 shoulder width

Measured From: **Front:** Tip of big Toe
 Rear: Tip of big Toe

Width: 1.0 shoulder width

Measured From: **Front:** Center of instep
 Rear: Center of instep

Weight Distribution (F/R): 50% / 50%

Available Facings: Full, half or reverse half

Additional Notes: The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25⁰ from the front. This stance is named after the front foot.

X-Stance (Doo Palmok Makgi)



Length: 0.0 shoulder width

Measured From: **Front:** N/A
 Rear: N/A

Width: 0.0 shoulder width


Measured From: **Front:** N/A
 Rear: N/A

Weight Distribution (F/R): 100% / 0%

Available Facings: Full, side, or half

Additional Notes: Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

PATTERN CHOONG-MOO

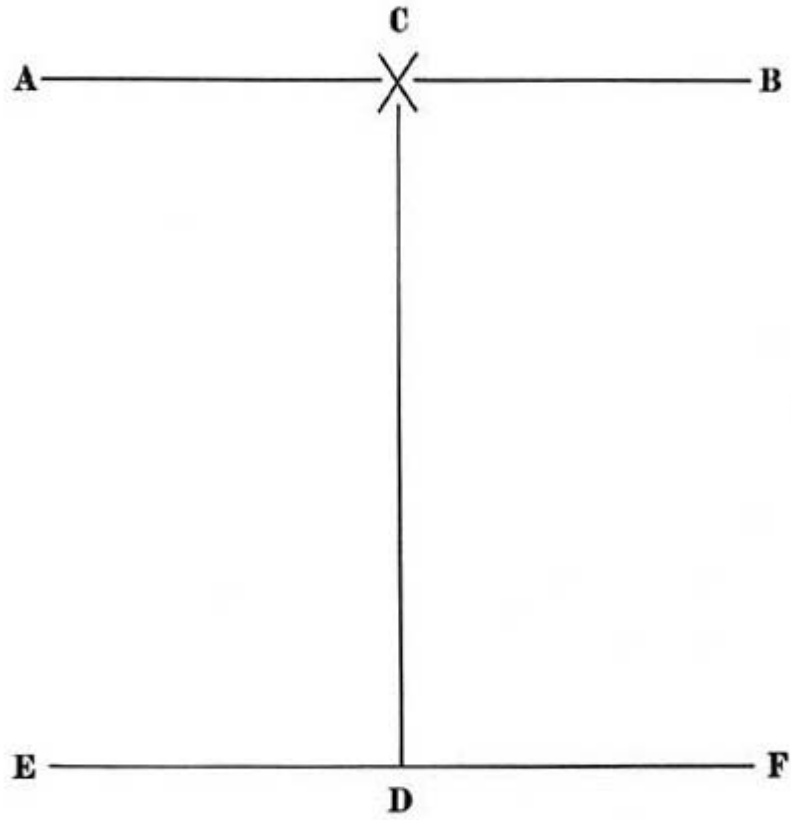
DIAGRAM: 

MOVEMENTS: 30

READY POSTURE: PARALLEL READY STANCE

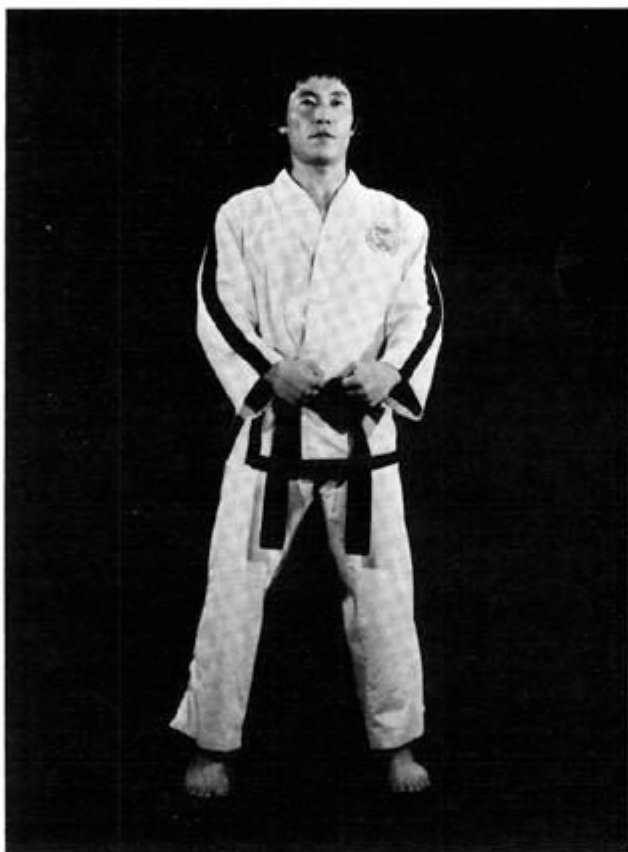
Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservations of his loyalty to the king, Yi Sin-Sun was given no chance in his lifetime show his unrestrained potentiality.

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

Parallel ready stance toward D.



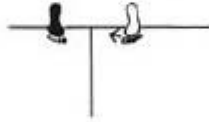
1. Move the left foot to B, forming a right L-stance toward B while executing a twin knife-hand block.



Right L-stance twin knife-hand block toward B.



Previous Posture



Top View



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.



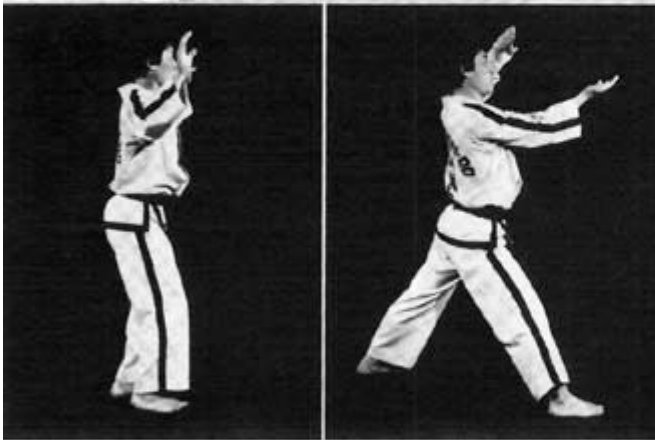
Right walking stance knife-hand front strike toward B.



Previous Posture



Front View

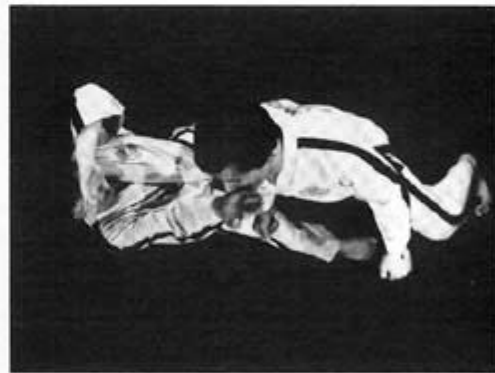


Application



Side View

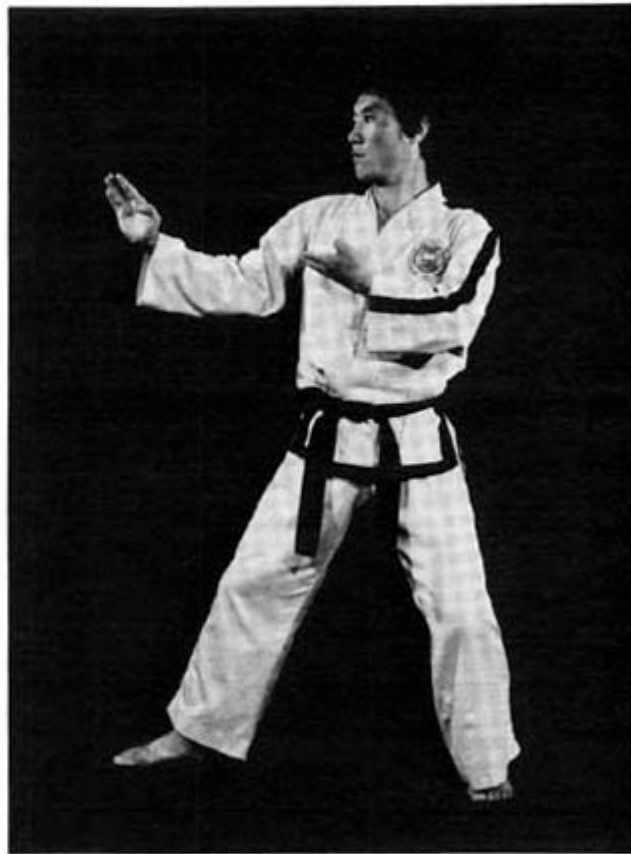
Application



Top View



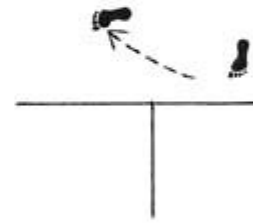
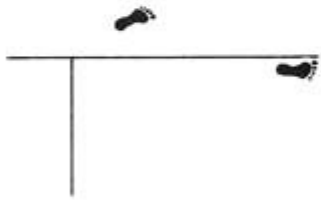
3. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



Left L-stance knife-hand middle guarding block toward A.



Previous Posture



Application

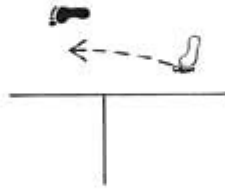


4. Move the left foot to A, forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.

Left walking stance high thrust with the left flat fingertip toward A.



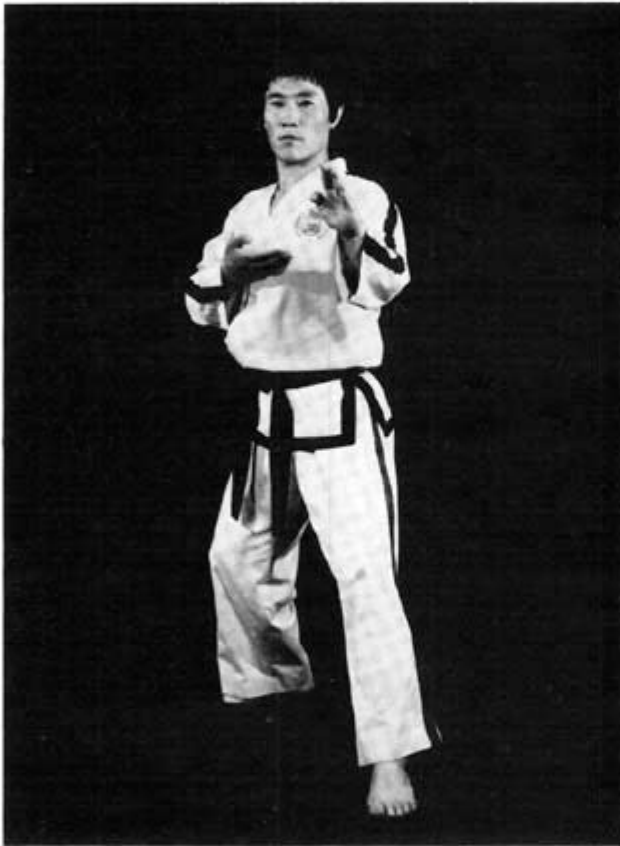
Previous Posture



Application

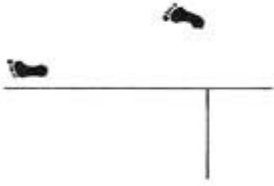


5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

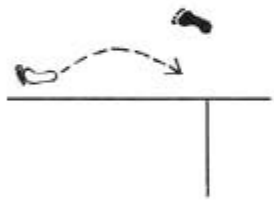


Right L-stance knife-hand middle guarding block toward D.





Previous Posture



Application



Side View

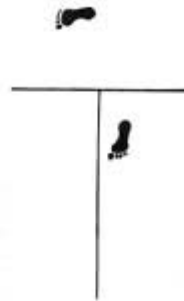


6. Turn the face to C, forming a left bending ready stance A toward C.



Left bending ready stance A toward C.

Previous Posture



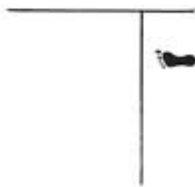
Side View



Application



Top View



7. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.

Application

Previous Posture



Side View



Side View



Side View

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.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Application

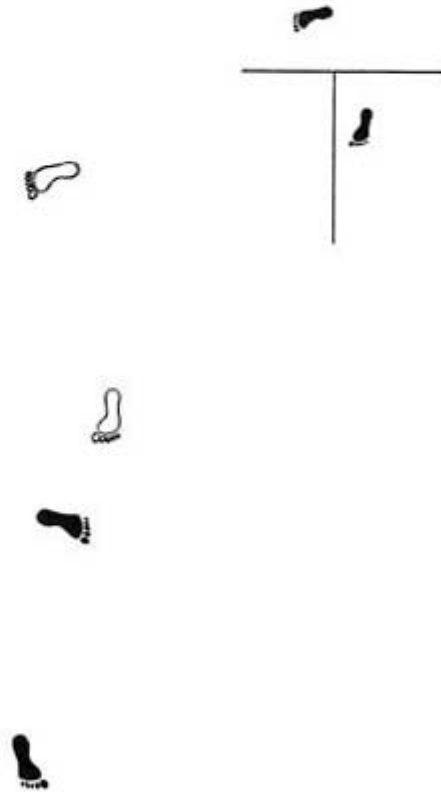


Side View

9. Execute a flying side piercing kick to D with the right foot in a double motion, and then land to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance middle guarding block with a knife-hand toward D.



Previous Posture



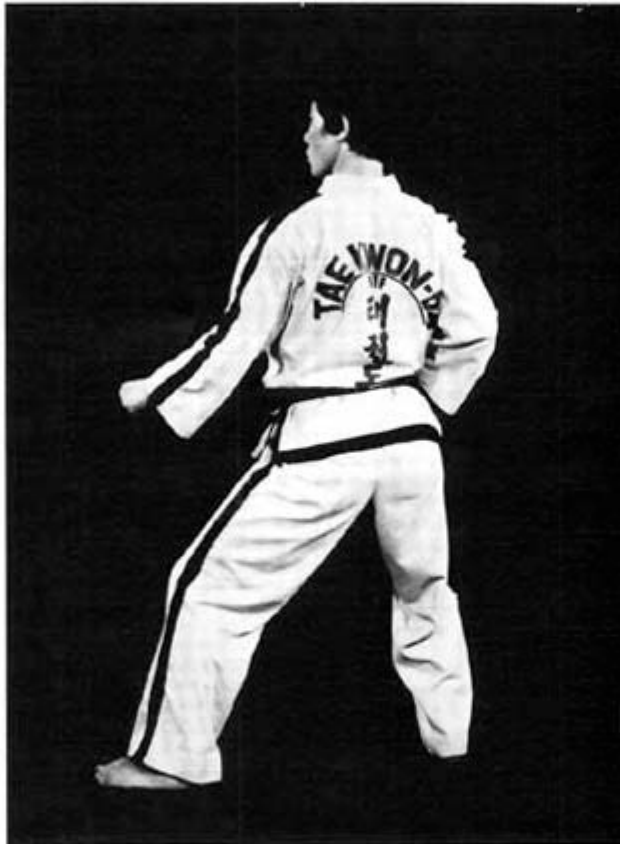
Application



Side View



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.



Right L-stance low block with the left forearm toward E.



Previous Posture



Application



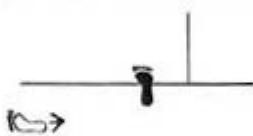
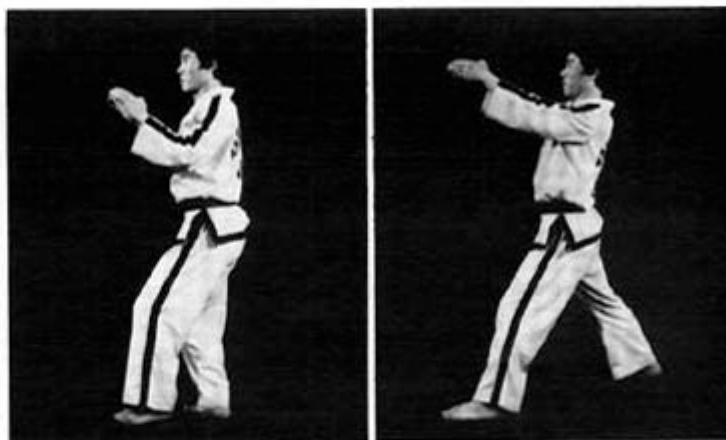
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.



Left walking stance with both hands extended toward E.



Previous Posture



Application



12. Execute an upward kick to E with the right knee, pulling both hands downward.



Upward kick with the right knee toward E.



Top View



Previous Posture



Application

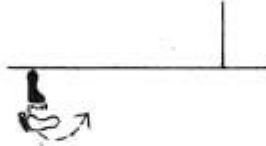
13. Lower the right foot to the left foot and then move the left foot to F, forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.



Left walking stance high front strike with the right reverse knife-hand toward DF.



Previous Posture



Keep the right foot slightly off the ground.

Application



14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.



High turning kick with the right foot to DF.



Previous Posture



Application



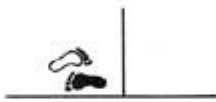
Top View

15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.



Middle back piercing kick to F with the left foot.

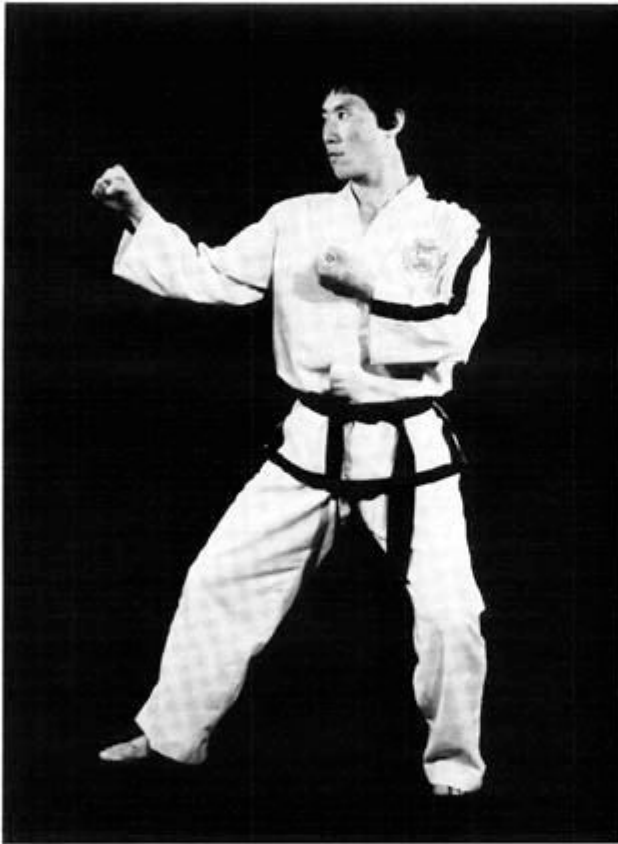
Previous Posture



Application



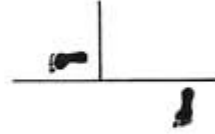
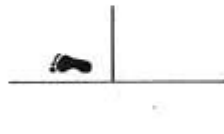
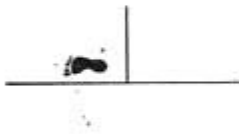
16. Lower the left foot to F, forming a left L-stance toward E while executing a middle guarding block to E with the forearm.



Left L-stance forearm middle guarding block toward E.



Previous Posture



Application

17. Execute a middle turning kick to DE with the left foot.



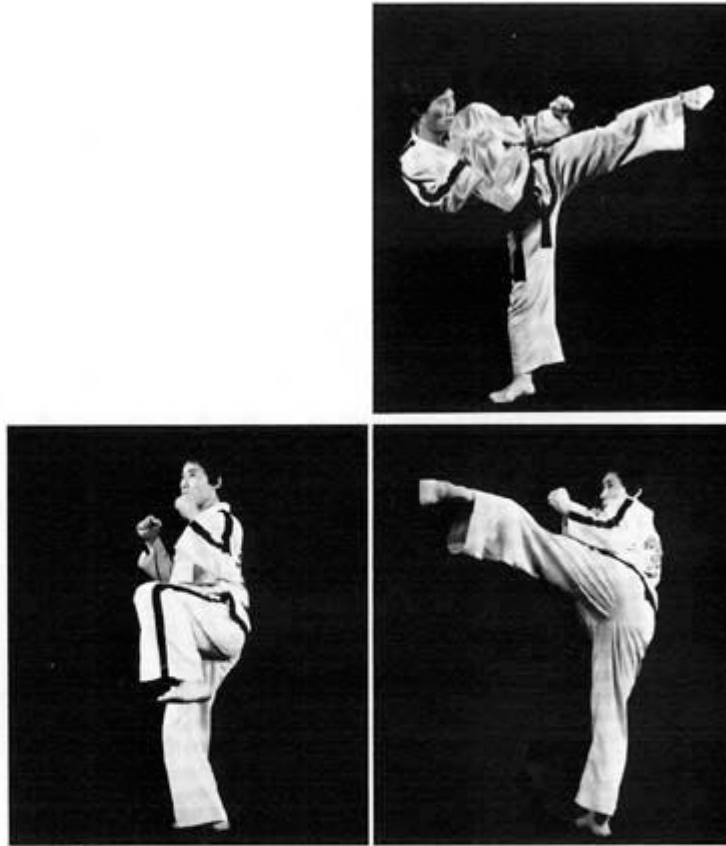
Middle turning kick to DE with the left foot.



Previous Posture

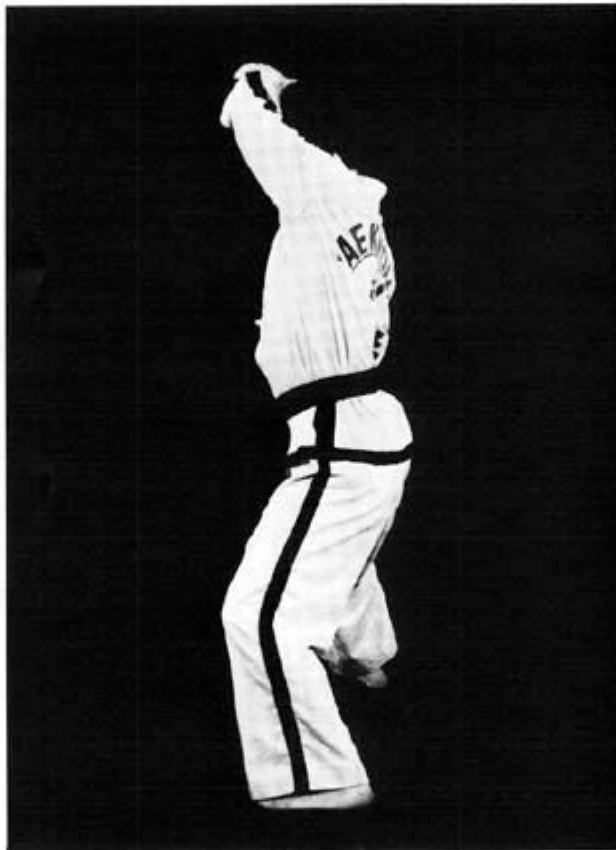


Top View



Application

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 an U-shape block toward C.



Right fixed stance U-shape block toward C.

Previous Posture



Application



Side View



Keep the left heel slightly off the ground.

Side View



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.



Left L-stance middle guarding block with a knife-hand toward C.



Previous Posture



Application



Side View

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.



Left walking stance low thrust with the right upset fingertip toward C.

Application



Side View

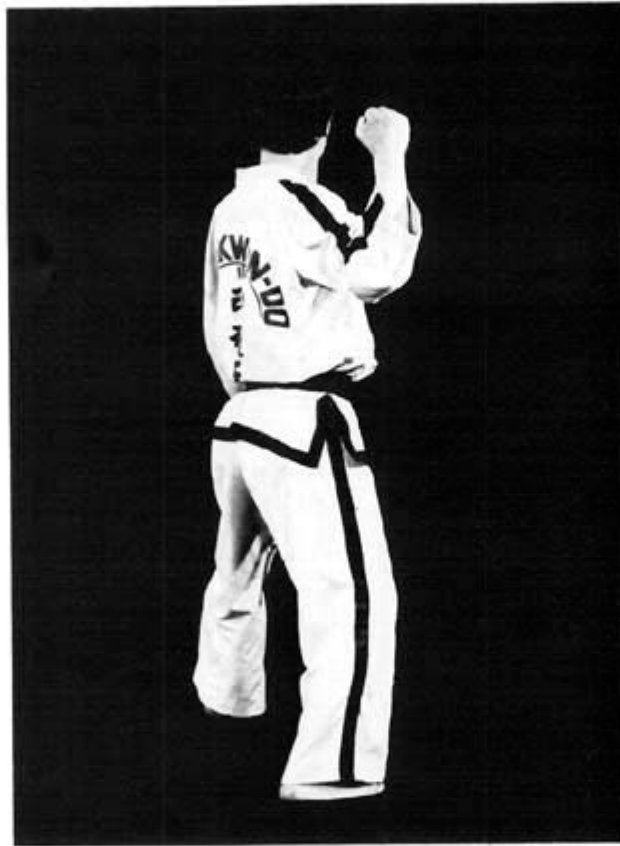
Previous Posture



Other View



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.



Right L-stance side back strike to D with the right back fist.

Previous Posture



Application



Side View

Side View



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 fingertip.



Right walking stance middle thrust with the right straight fingertip toward C.

Application

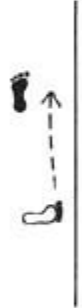


Side View

Previous Posture



Other View

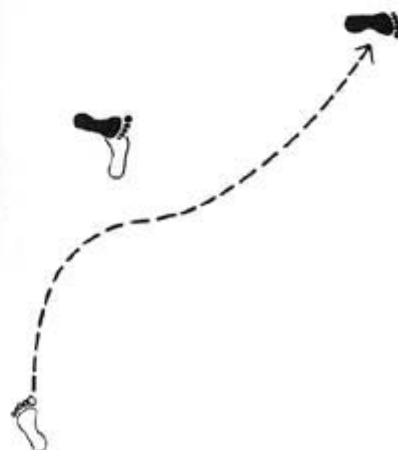


23. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.

Left walking stance high block with a left double forearm toward B.



Previous Posture



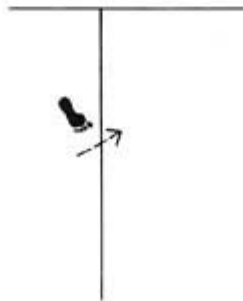
Keep both back fists facing upward.



Application



Side View



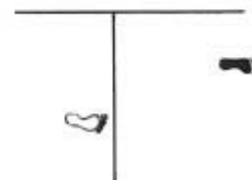
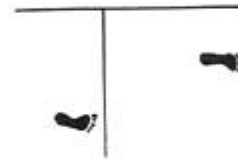
24. Move the right foot to B, forming a sitting stance toward C while executing a middle front block to C with the right forearm, and then a high side strike to B with the right back fist.



Sitting stance high side strike with the right back fist toward C.



Previous posture



Other View



Raise the body slightly.



Application of No. 24

Side View



Side View



Top View



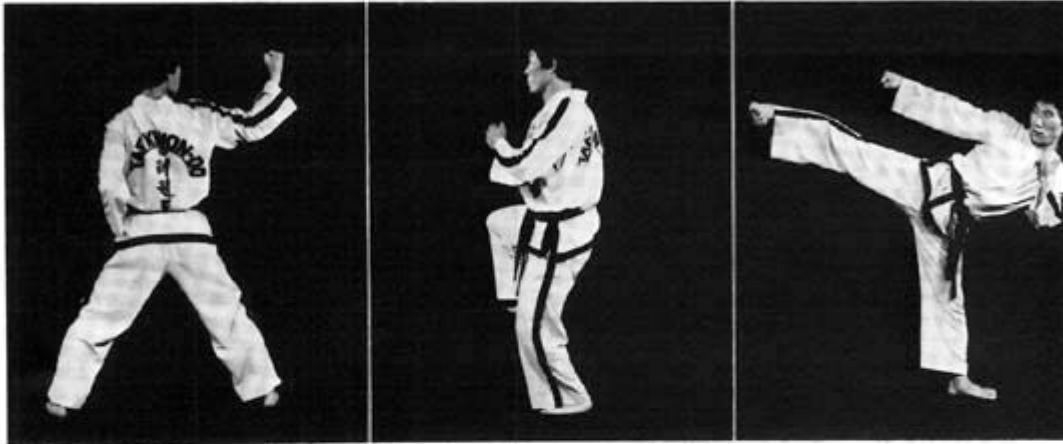
25. Execute a middle side piercing kick to A with the right foot, turning counter-clockwise and then lower it to A.



Middle side piercing kick to A with the right foot.



Previous Posture

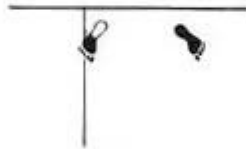


Application





Keep the right heel slightly off the ground.



Application



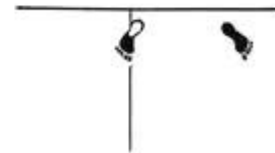
26. Execute a middle side piercing kick to A with the left foot turning clockwise.



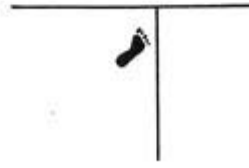
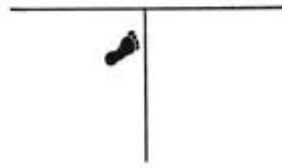
Middle side piercing kick to A with the left foot.



Previous Posture



Application



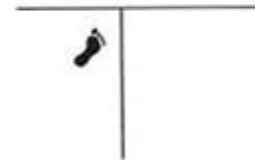
27. Lower the left foot to A and then execute a middle block to B with an X-knife-hand while forming a left L-stance toward B, pivoting with the left foot.



Left L-stance middle block with an X-knife-hand toward B.



Previous Posture





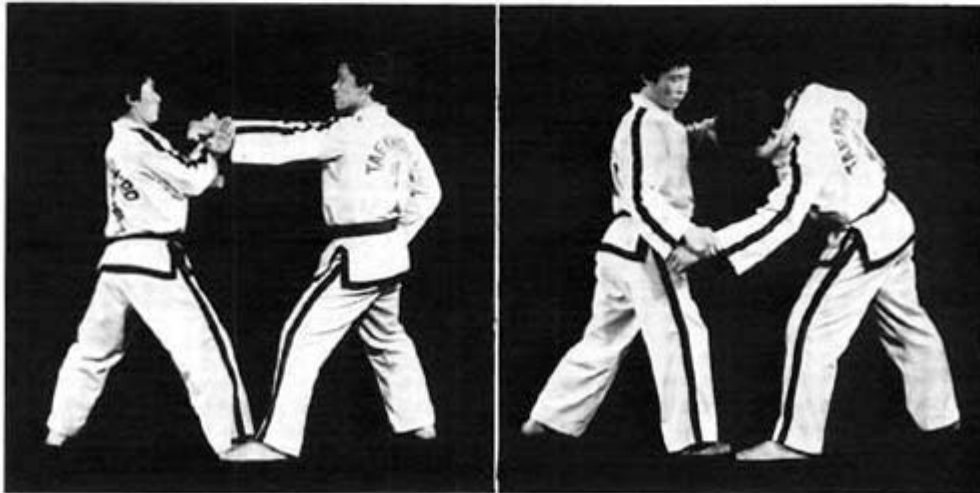
Front View



Blocking

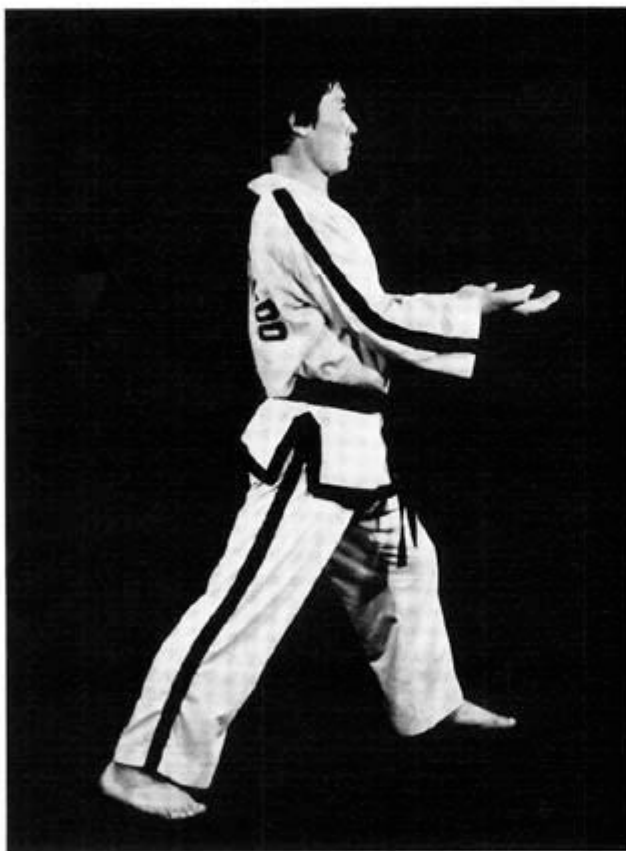
Pulling

Application

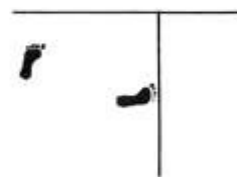


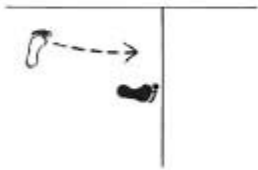
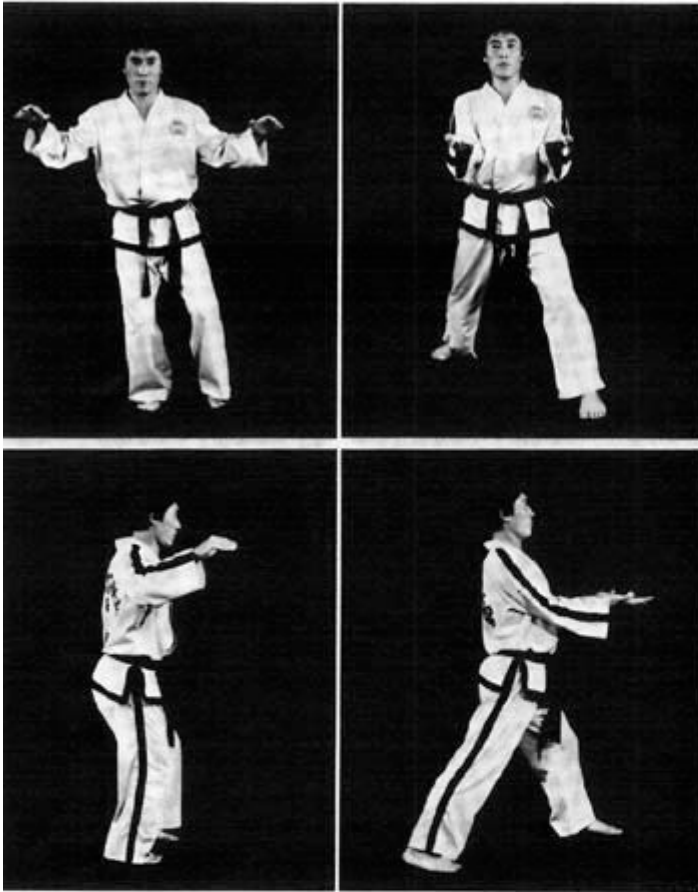
28. Move the left foot to B, forming a left walking stance toward B while executing an upward block to B with both palms.

Left walking stance upward block with both palms toward B.



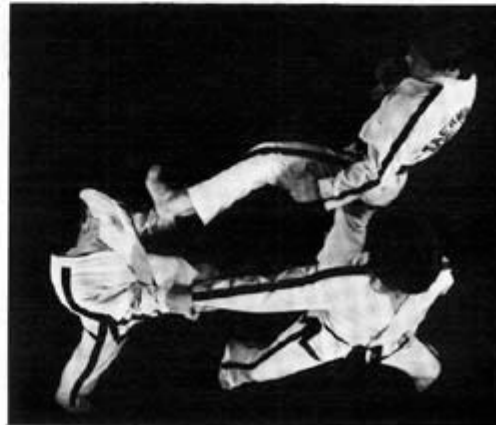
Previous Posture





Top View

Application



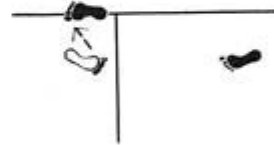
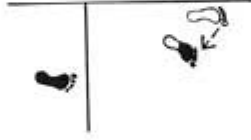
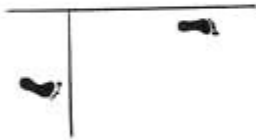
29. Move the left foot on line AB and then execute a rising block to A with the right forearm while forming a right walking stance toward A.



Right walking stance rising block with a right forearm toward A.



Previous Posture



Application



30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



Right walking stance middle punch with the left fist toward A.



Previous posture

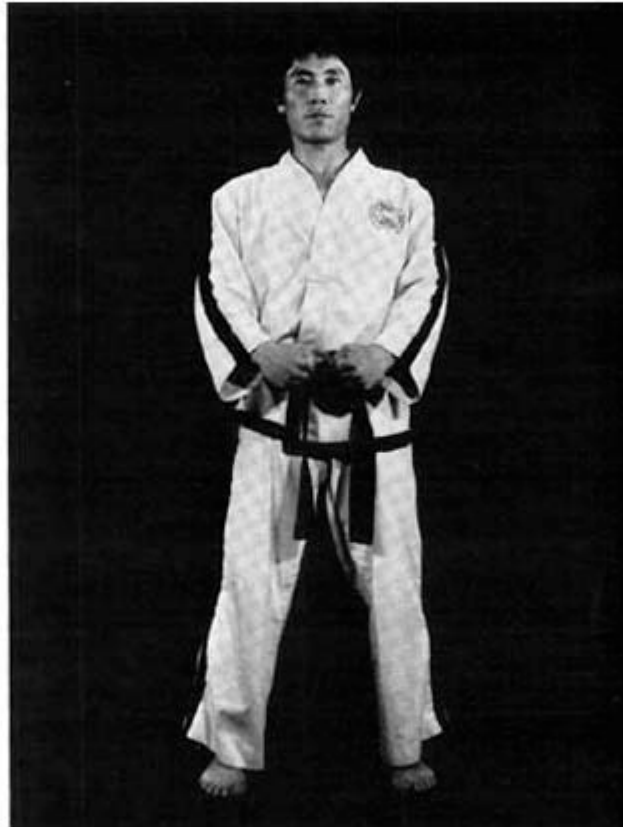


Keep the left heel slightly off the ground.



Application

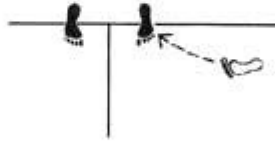
END: Bring the left foot back to a ready posture.



Parallel ready stance toward D.



Previous Posture



Side View



**ADDITIONAL TECHNIQUES
FOR
PATTERN CHOONG-MOO**

Walking Stance Knife-hand High Front Strike (*Gunnun So Sonkal Nopunde Ap Taerigi*)



- *1. The fingertip reaches the eye level of the attacker.
- 2. The body becomes full facing the opponent.
- 3. The knife-hand must stay at the center of the attacker's body.



Flying Side Piercing Kick (*Twimyo Yopcha Jirugi*)



Side View



The foot should be slightly lower than the attacker's hip.

L-Stance Forearm Low Block (*Niunja So Palmok Najunde Makgi*)



Front View



Side View

Back View



Top View

Walking Stance Reverse Knife-hand High Front Strike
(Gunnun So Son Dung Nopunde Ap Taerigi)



Front View

Side View



Top View



- *1. The reverse knife-hand reaches the same level as the philtrum of the attacker.
- 2. The body becomes full facing the opponent.
- 3. The reverse knife-hand must stay at the center of the attacker's body.

Middle Back Piercing Kick (*Kaunde Dwitcha Jirugi*)

Front View



Side View



- *1. The foot reaches the same level as the shoulder of the **attacker**.
2. Keep the toes of the stationary foot pointed to the front.
3. Footsword is the attacking tool.



Back View



Top View

Jumping (*Twigi*)



Sitting Stance Forearm Middle Front Block
(Annun So Palmok Kaunde Ap Makgi)



Front View



Top View

The forearm must stay at the center of the body.

Sitting Stance Back Fist High Side Strike
(Annun So Dung Joomuk Nopunde Yop Taerigi)



Side View

The back fist should be half facing the opponent.



L-Stance X-Knife-hand Middle Side Block
(Niunja So Kyocha Sonkal Kaunde Yop Makgi)



Front View

Side View



Top View

The fingertip reach the same level as the shoulder of the defender.

Walking Stance Both Palms Upward Block
(Gunnun So Doo Sonbadak Ollyo Makgi)

Top View



Front View

- *1. The attacking tools reach the target in a circular motion.
- 2. The palms reach the same level as the elbows of the defender.



Side View



The world's first iron clad battleship (Kobukson), reputed to be the forerunner of the modern day submarine, invented by General Yi Soon-Sin in 1592.