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choi hong hi

GEN. CHOI HONG HI
President

International Taekwon-Do Federation

Taekwon-Do
in Korean Character

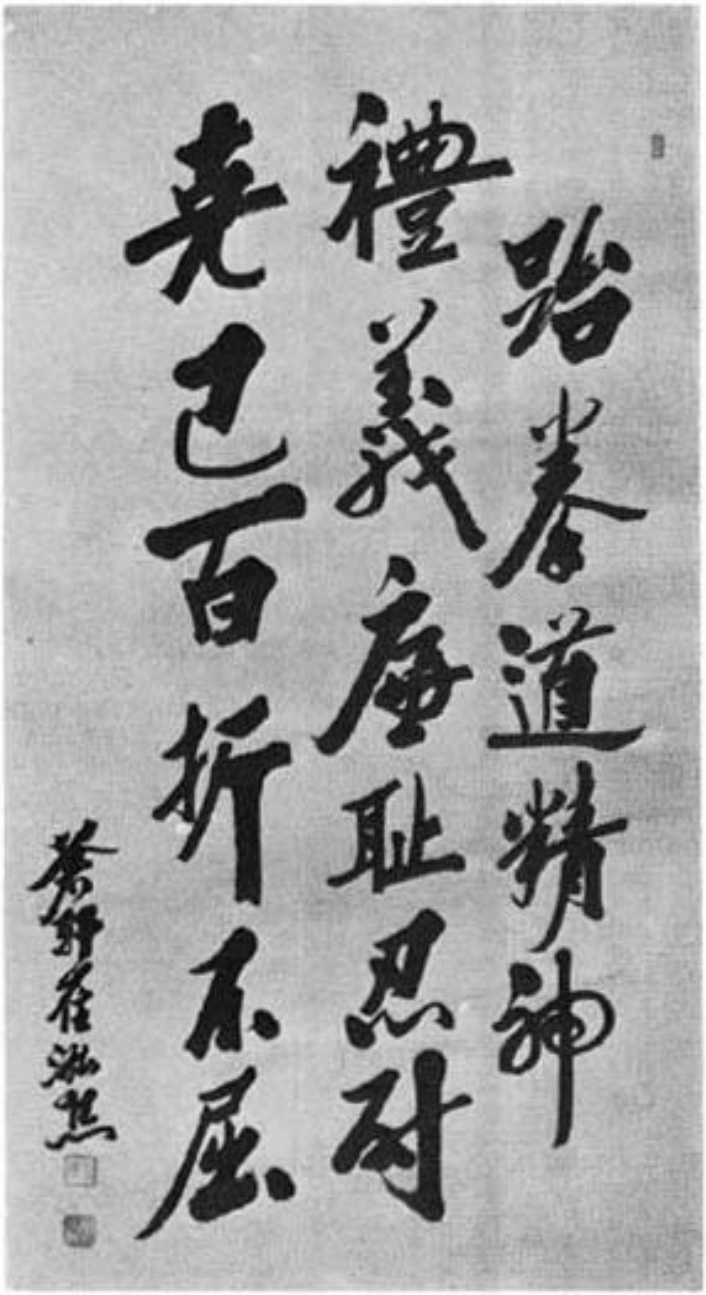
Taekwon-Do
in Chinese Character

THE TENETS OF TAEKWON-DO

(Taekwon-Do Jungshin)

TAEKWON-DO AIMS TO ACHIEVE

Courtesy *(Ye Ui)*
Integrity *(Yom Chi)*
Perseverance *(In Nae)*
Self-Control *(Guk Gi)*
Indomitable Spirit
(Baekjul Boolgool)



EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

COURTESY *(Ye Ui)*

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

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

INTEGRITY *(Yom Chi)*

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

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 that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

PERSEVERANCE *(In Nae)*

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistant efforts of a lowly spider. It was this perseverence and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

SELF-CONTROL *(Guk Gi)*

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disasterous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

"Pursue one's own goal"

INDOMITABLE SPIRIT *(Baekjul Boolgool)*

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.

PATTERNS *(Tul)*

The ancient law in the Orient was similar to the law of Hamurabi, "an eye for an eye, a tooth for a tooth," and was rigorously enforced even if death was caused accidentally.

In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practise or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rythmical movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power tests, feats and characteristic beauty.

Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.

2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

All patterns in this book are performed under the assumption the student is facing "D" (see pattern diagrams).

There are a total of twenty-four patterns in Taekwon-Do.

The reason for 24 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 travellers who pass by the eternal years of an aeon 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.

THE INTERPRETATIONS OF PATTERNS

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

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 2,333 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 Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram (士) 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 (士) 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 Yi 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 Gwang-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 fiqures 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 (I) represents his severe and strict military discipline.

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 Yi 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 (山) 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 become the first king of the Yi 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.

UL-JI: is named after general Ul-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., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram (乙) represents his surname. The 42 movements represents 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 Yi 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 (王) 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.

Since each pattern has a close relationship with the fundamental excercise, students, therefore, should practice the patterns according to the following graduation to attain the maximum results with the least effort.

NAME OF TUL	RANK	ORDER OF BELT
CHON-JI	9TH GUP	WHITE/YELLOW STRIPE
DAN-GUN	8TH GUP	YELLOW
DO-SAN	7TH GUP	YELLOW/GREEN STRIPE
WON-HYO	6TH GUP	GREEN
YUL-GOK	5TH GUP	GREEN/BLUE STRIPE
JOONG-GUN	4TH GUP	BLUE
TOI-GYE	3RD GUP	BLUE/RED STRIPE
HWA-RANG	2ND GUP	RED
CHOONG-MOO	1ST GUP	RED/BLACK STRIPE
KWANG-GAE PO-EUN GE-BAEK	1ST DAN	BLACK
EUI-AM CHOONG-JANG JUCHE	2ND DAN	BLACK
SAM-IL YOO-SIN CHOI-YONG	3RD DAN	BLACK
YONG-GAE UL-JI MOON-MOO	4TH DAN	BLACK
SO-SAN SE-JONG	5TH DAN	BLACK
TONG-IL	6TH DAN	BLACK

GENERAL INFORMATION

The purpose of this volume is to teach the beginner students (10th grade to 7th grade) to perform their patterns with effective technique and realistic feeling. The student is, therefore, advised to pay special attention to the correct execution and application of each movement before he attempts to practise his pattern.

Obviously, the pattern cannot be performed correctly without sufficient knowledge of the fundamental movements involved. The student should refer to the relevant volume in this encyclopedia for more detailed information on each motion. This book is also strongly recommended as a review for all levels advanced beyond this stage.

The illustrations for all 24 of the patterns contained in this encyclopedia assume that the student is standing on line AB and facing D.

LEGEND:

— present foot position with the exception of "Previous Posture"

— Previous foot position

— heel slightly off the ground

— direction of foot travel

"Previous Posture"	— posture of immediate preceding movement
"Other View"	— view of posture from the opposite side
"Front View"	— the performer's front
"Top View"	— reader's view from the top
"to A,B,C,...etc."	— direction of attack or block to A,B,C,...etc.
"toward A,B,C,...etc."	— direction of stance toward A,B,C,...etc.
"Front foot"	— refers to the foot which is advanced to the front.
"Rear foot"	— refers to the foot which is placed at the rear.
"Left chest"	— refers to the left half of the chest.
"Right chest"	— refers to the right half of the chest.

IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance

Sitting stance

Walking Stance *(Gunnun Sogi)*

Front View

Back View

L-Stance *(Niunja Sogi)*

Front View

Back View

ADDITIONAL TECHNIQUES FOR PATTERN EUI-AM

Walking Stance Knife-Hand Low Inward Block
(Gunnun So Sonkal Najunde Anuro Makgi)

Front View

Side View

The body becomes full facing the opponent.

Walking Stance Outer Forearm Reverse High Side Block
(Gunnun So Bakat Palmok Nopunde Bandae Yop Makgi)

Front View

Side View

* 1. The body becomes half facing the opponent.
2. The fist reaches the eye level of the defender.

Walking Stance X-Fist Downward Block
(Gunnun So Kyocha Joomuk Naeryo Makgi)

Front View

Side View

Top View

* 1. The crossed point reaches the same level as the solar plexus of the defender.
2. The crossed point must stay at the center of the defender's body.

Walking Stance Knife-Hand Reverse Rising Block
(Gunnun So Sonkal Bandae Chookyo Makgi)

Front View

Side View

Top View

* 1. The body becomes full facing the opponent.
2. The knife-hand must stay at the center of the defender's forehead.

X-Stance Back Fist High Side Strike
(Kyocha So Dung Joomuk Nopunde Yop Taerigi)

Front View

Side View

* 1. The back fist reaches the attacker's eye level.
2. The back fist becomes full facing the opponent.

High Reverse Turning Kick *(Nopunde Bandae Dollyo Chagi)*

Front View

Back View

* 1. The back heel is the attacking tool.
2. The knee must not be bent throughout the action.

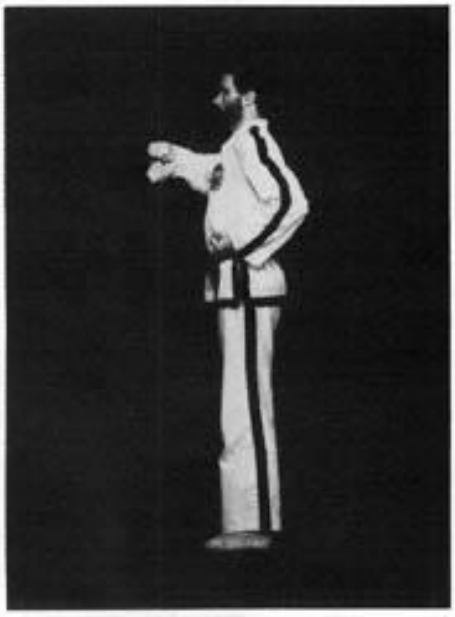
Walking Stance High Crescent Punch
(Gunnun So Nopunde Bandal Jirugi)

Front View

Side View

Parallel Stance Middle Turning Punch
(Narani So Kaunde Dollyo Jirugi)

Side View



Front View

* 1. The fist must stay at the center of the attacker's body.
2. The fist reaches the same level as the solar plexus of the attacker.

Walking Stance Knife-Hand Middle Wedging Block
(Gunnun So Sonkal Kaunde Hecho Makgi)

Front View

Side View

Walking Stance Reverse Knife-Hand Circular Block
(Gunnun So Sonkaldung Dollimyo Makgi)

Front View

Side View

The body becomes half facing the opponent.

Rear Foot Stance Twin Palm Downward Block
(Dwitbal So Sang Sonbadak Naeryo Makgi)

Front View

Side View

The palms reach the same level as the solar plexus of the defender.

L-Stance Knife-Hand Low Outward Block
(Niunja So Sonkal Najunde Bakuro Makgi)

Front View

The blocking tool reaches the same level as the scrotum of the defender.

Side View

L-Stance Reverse Knife-Hand Low Inward Block
(Niunja So Sonkaldung Najunde Anuro Makgi)

Front View

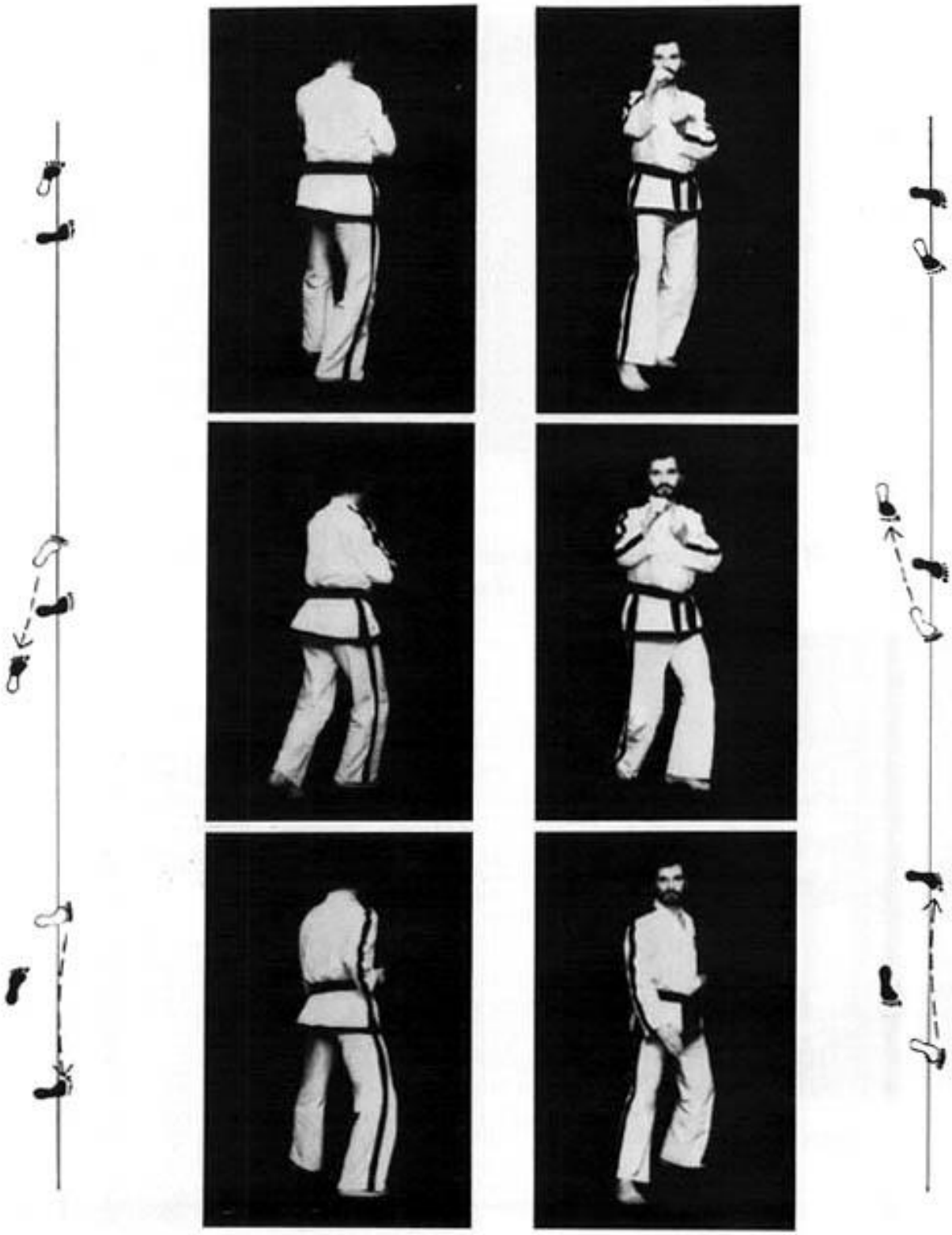
Side View

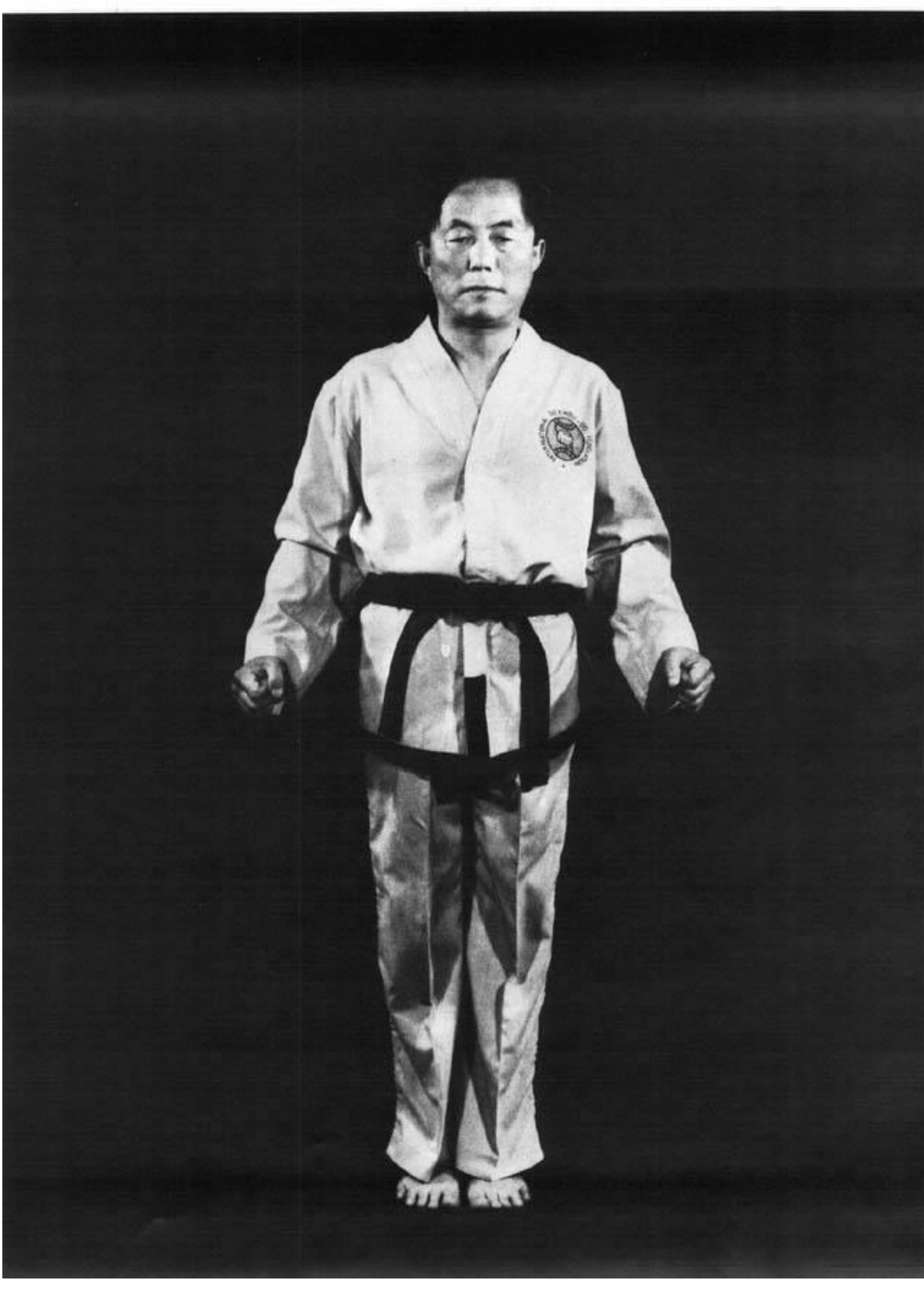
Rear Foot Stance Forearm Middle Guarding Bolck
(Dwitbal So Palmok Kaunde Daebi Makgi)

Front View

Side View

Backward Double Stepping *(Ibo Omgyo Didimyo Duruogi)*





PATTERN EUI-AM

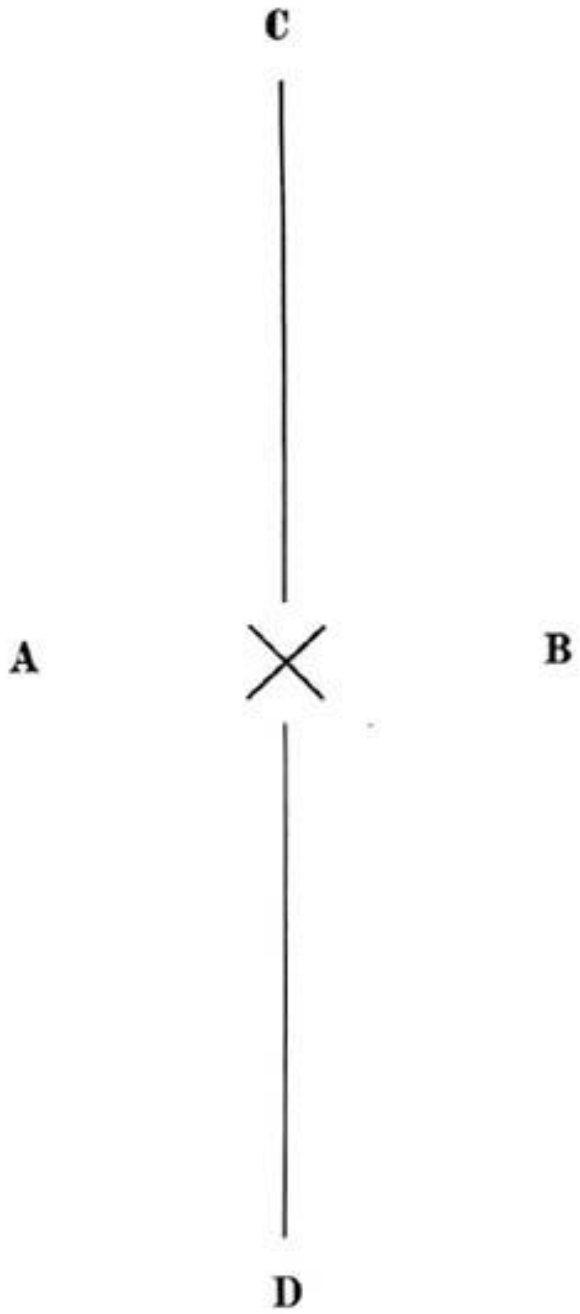
This pattern is practised by the 2nd degree and above.

DIAGRAM: |

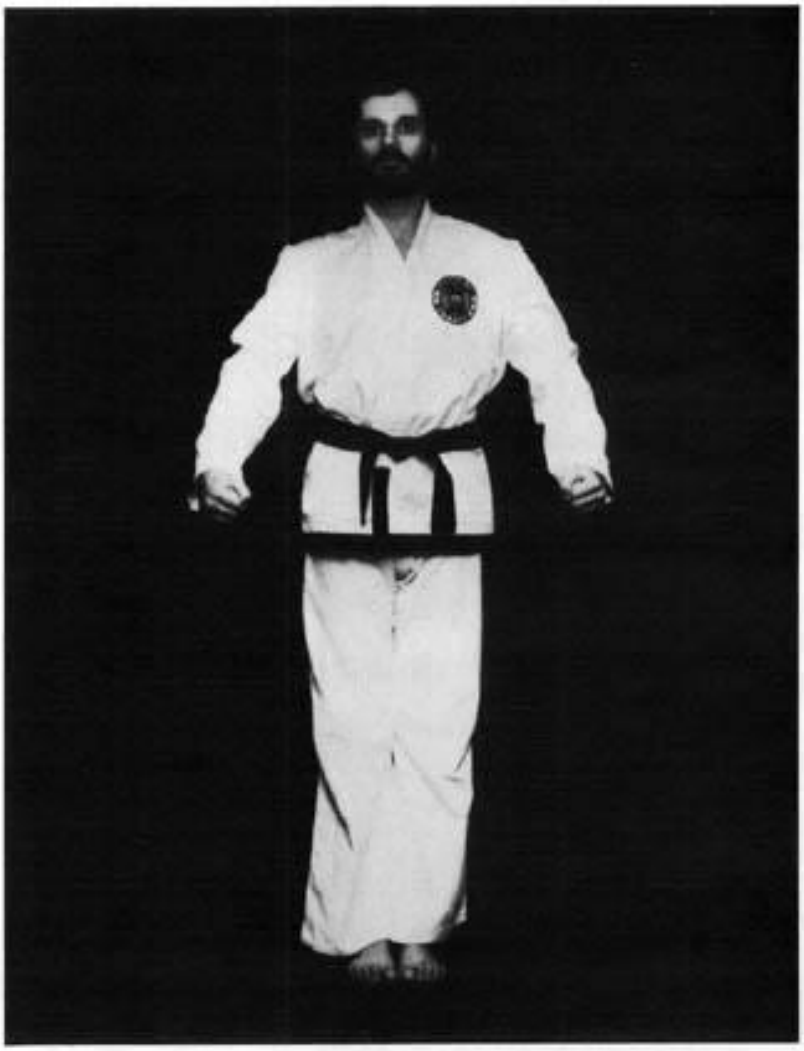
MOVEMENTS: 45

READY POSTURE: SEE PICTURE

DIAGRAM *(Yon Moo Son)*

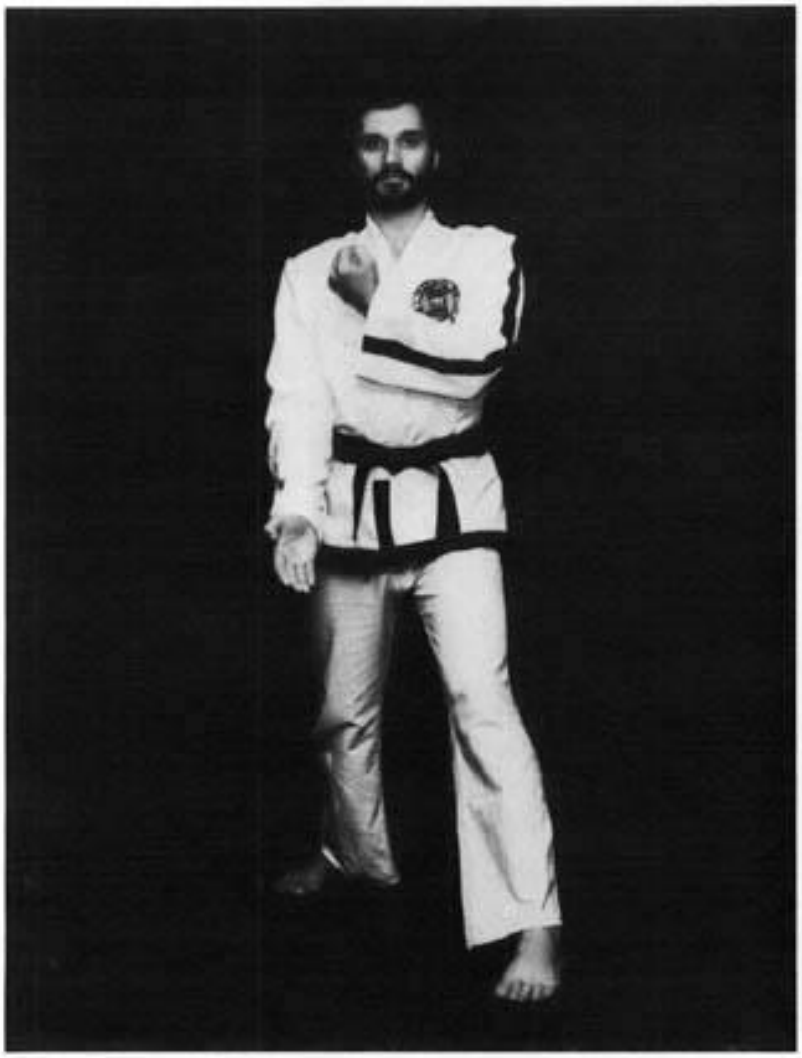


Ready Posture *(Junbi Jase)*



Close stance toward D.

1. **Move the right foot to C, forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.**



Left walking stance toward D with a right knife-hand low block.

Ready Posture

Keep both palms faced downward.

Application

Side View

The body becomes full facing the opponent.

2. Move the left foot to C, forming a right walking stance toward D while executing a high side block to D with the left outer forearm.

Right walking stance toward D with a left outer forearm high side block.

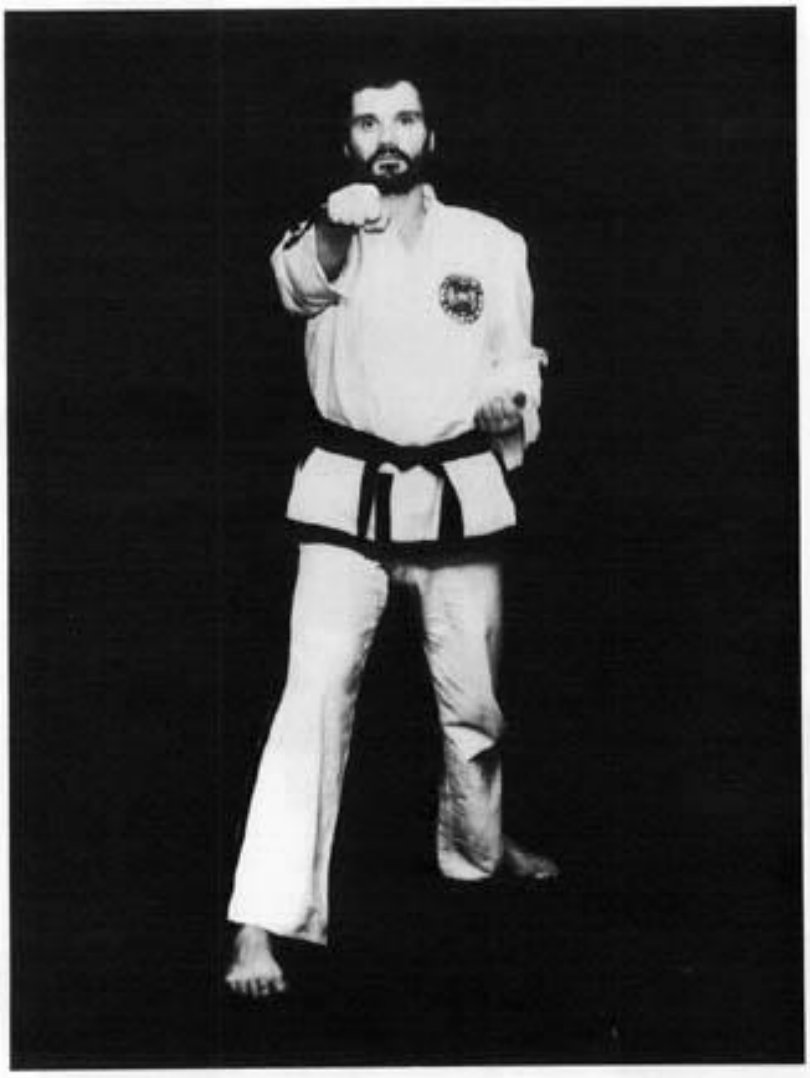
Previous Posture

Keep back forearms crossed in front of the right chest.

Application

The body becomes half facing the opponent.

3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



Right walking stance middle punch with the right fist toward D.

Previous Posture

Keep the left heel slightly off the ground.

Application

Side View

4. **Execute a low twisting kick to D with the left foot, keeping the position of the hands as they were in 3.**

Low twisting kick to D with the left foot.

Previous Posture

Application

Side View

5. **Lower the left foot to D, forming a left walking stance toward D while executing a downward block with an X-fist.**

Left walking stance toward D with an X-fist downward block.

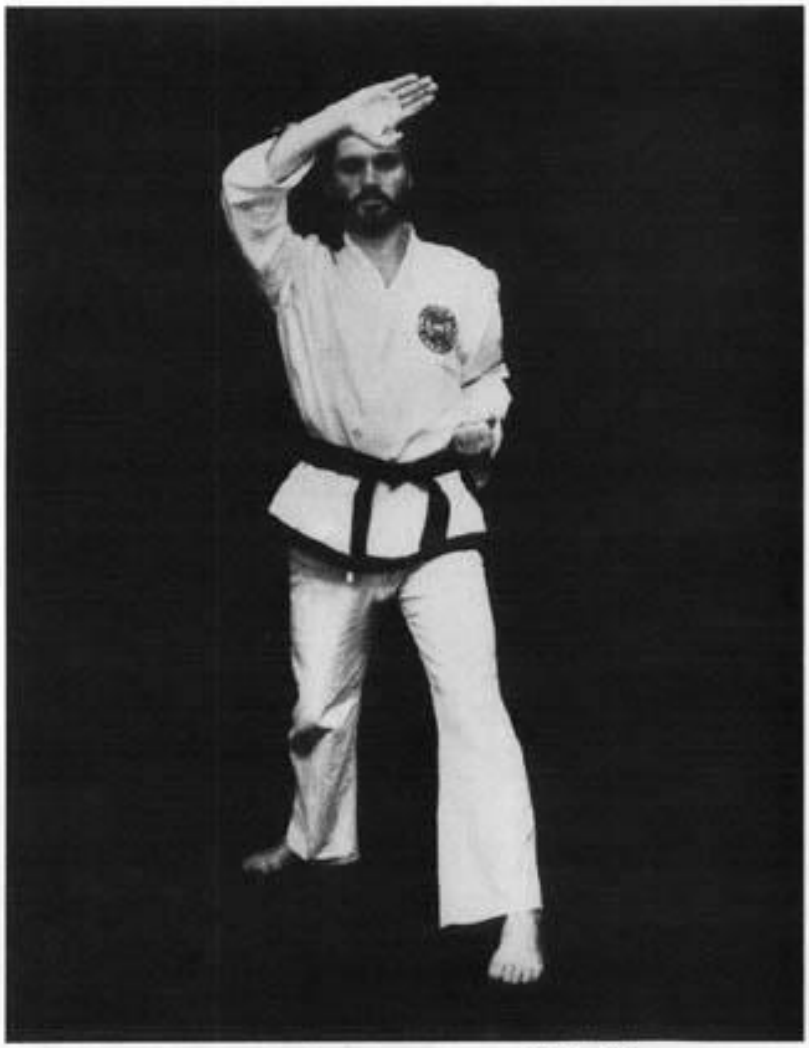
Previous posture

Keep both palms faced downward.

Application

Side View

6. **Execute a rising block with the right knife-hand, maintaining a left walking stance toward D.**
Perform 5 and 6 in a continuous motion.



Left walking stance toward D with a right knife-hand rising block.

Previous Posture

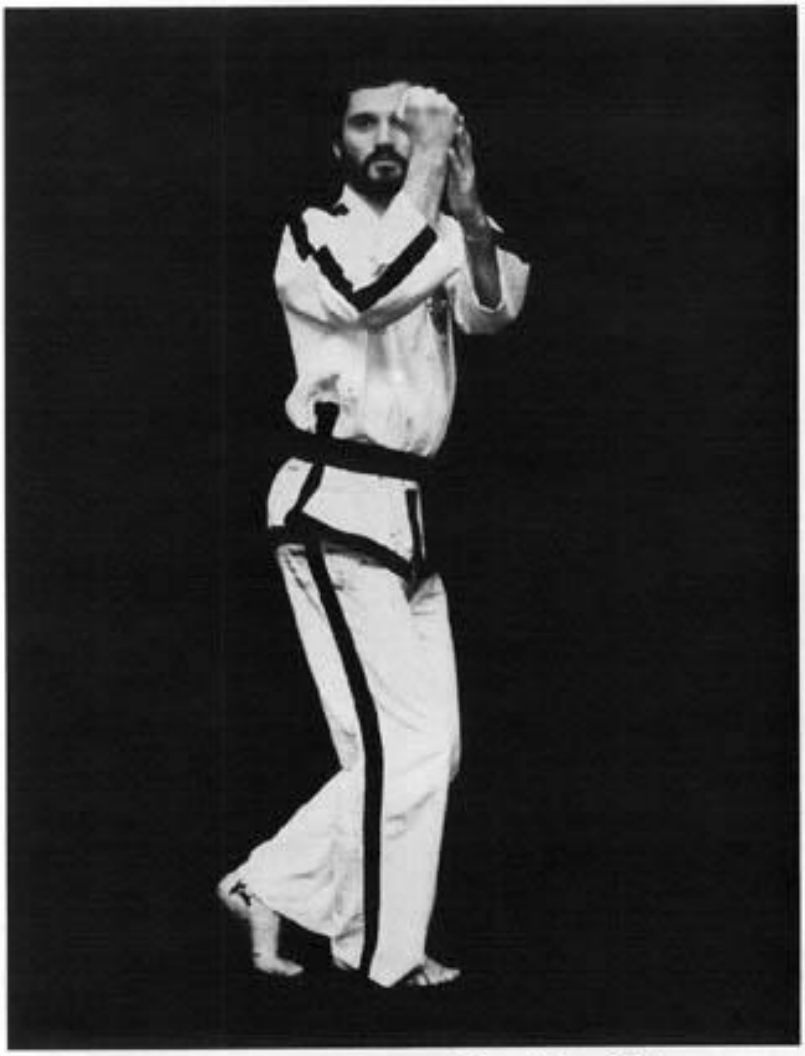
Keep the right heel slightly off the ground.

Side View

Application

Side View

7. **Jump to D, forming a right X-stance toward B while executing a high strike to D with the right back fist, bringing the left finger belly to the right side fist.**



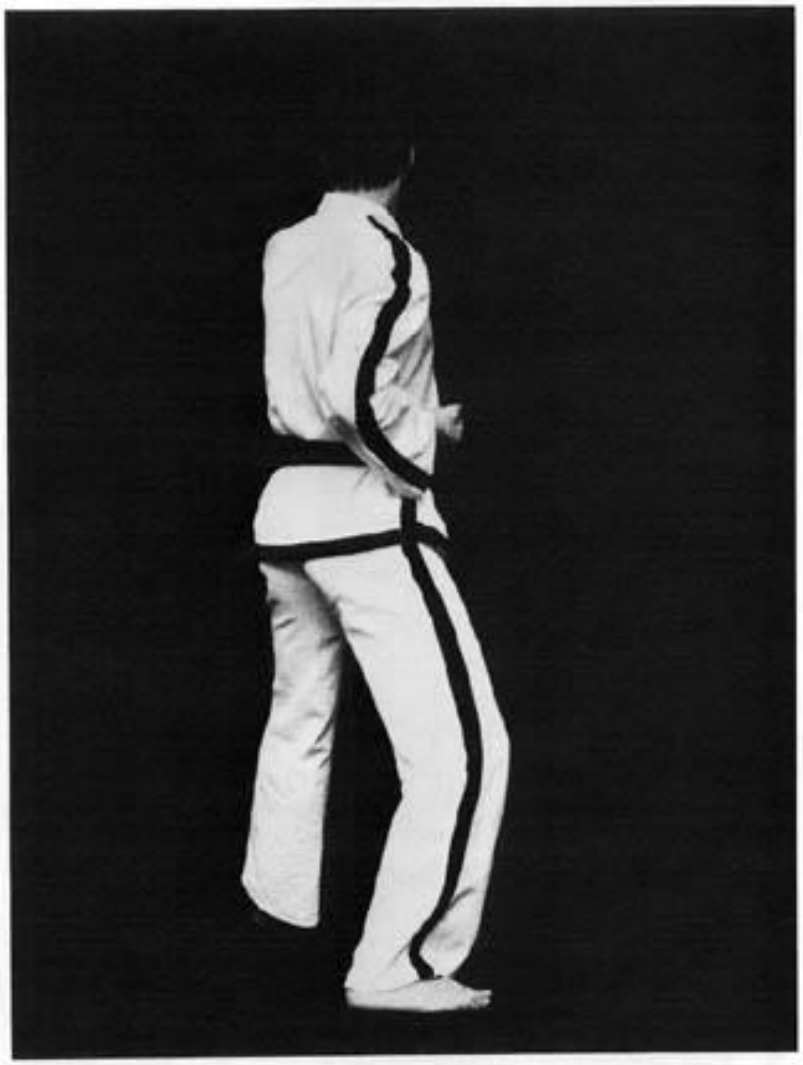
Right X-stance toward B with a right back fist high side strike to D.

Previous Posture

Application

Side View

8. **Move the left foot to C, forming a right L-stance toward C while executing a middle punch to C with the left fist.**



Ritht L-stance middle punch with the left middle knuckle fist toward C.

Previous Posture

Application

Side View

9. Execute a middle reverse turning kick to AC with the right foot.

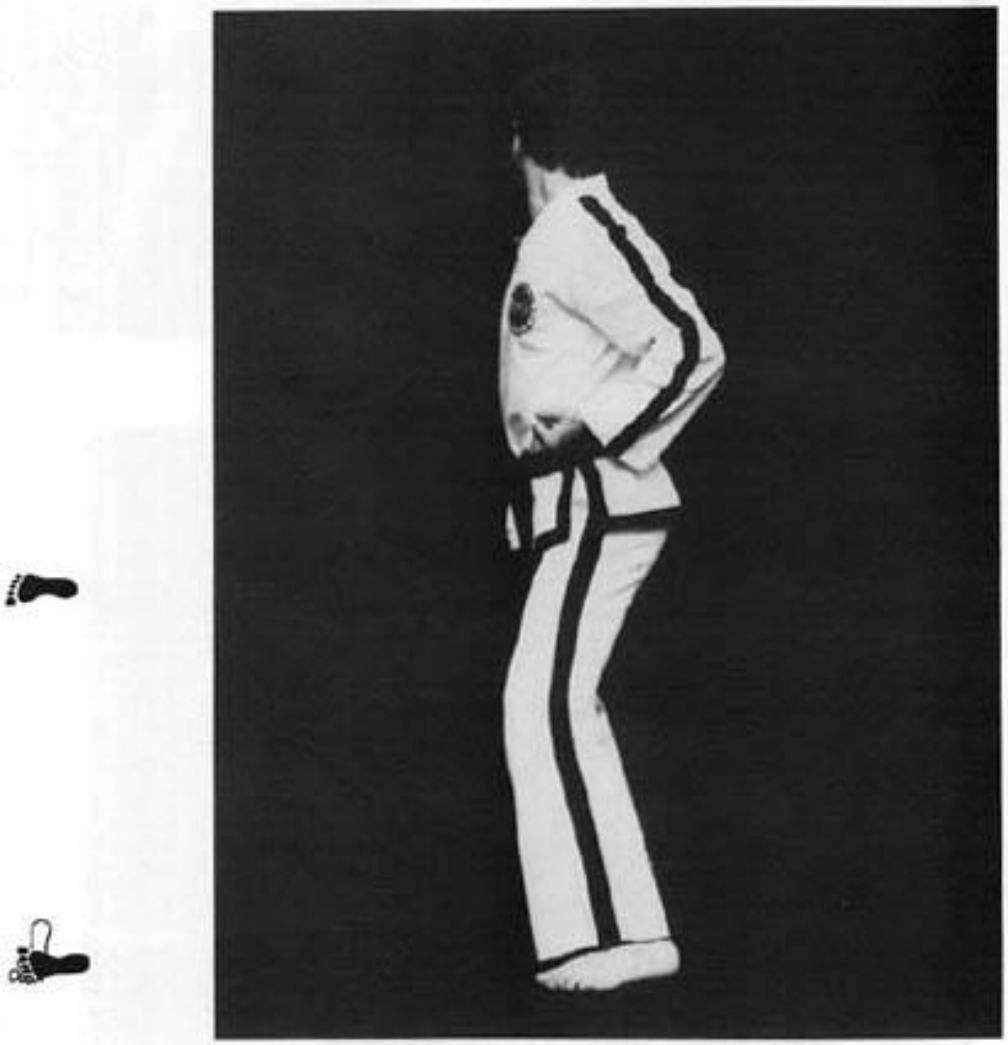
Middle reverse turning kick to AC with the right foot.

Application

Previous Posture

Other View

10. **Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.**



Sitting stance toward A with a right knife-hand middle side strike to C.

Application

Side View

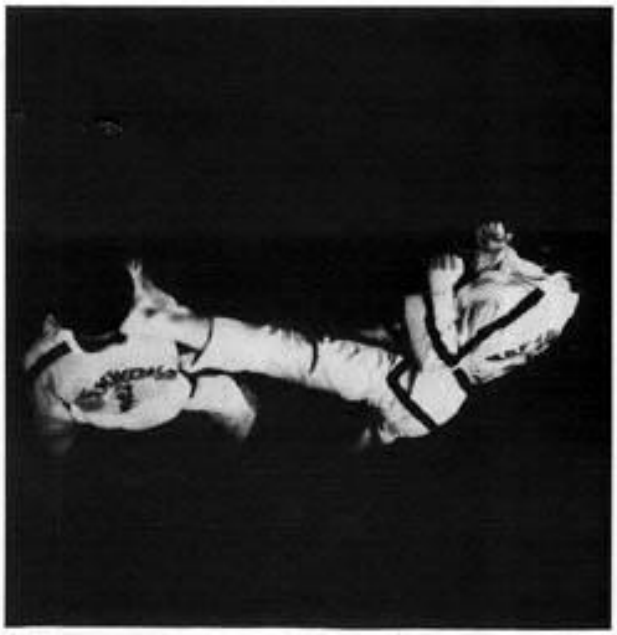
Previous Posture

Top View

11. **Execute a middle side piercing kick to C with the left foot while turning clockwise, pulling both hands in the opposite direction.**

Middle side piercing kick to C with the left foot.

Application

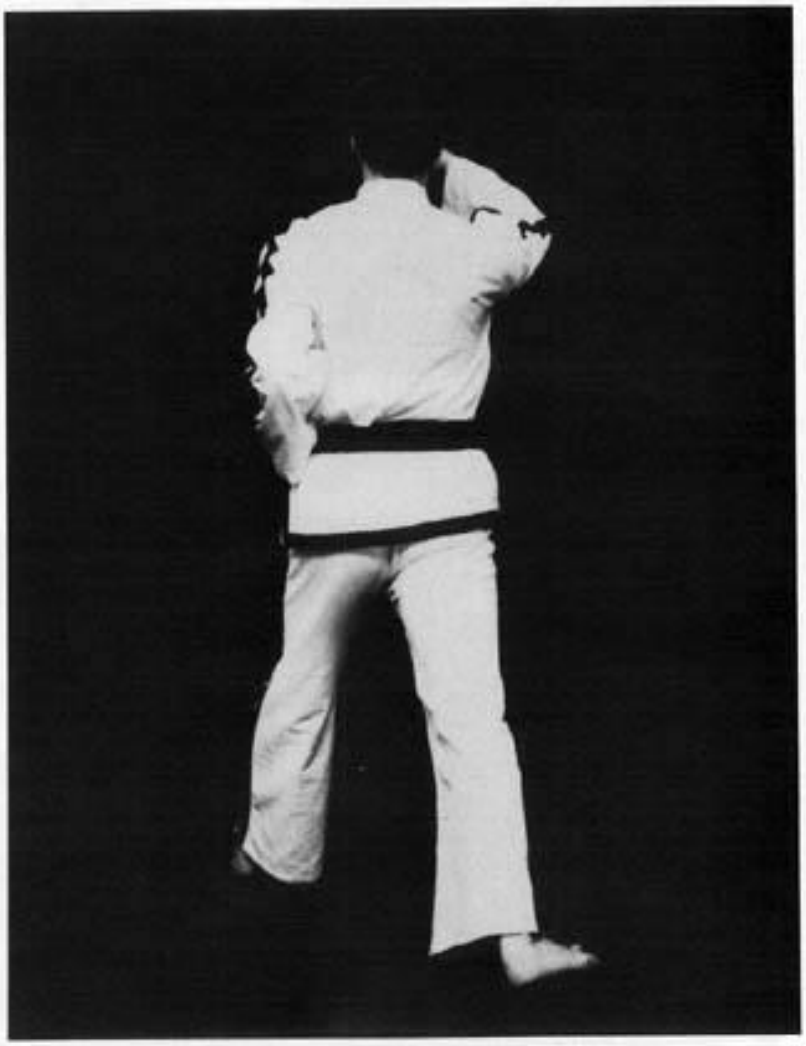


Top View

Previous posture

Side View

12. Lower the left foot to C, forming a left walking stance toward C while executing a high crescent punch with the right fist.



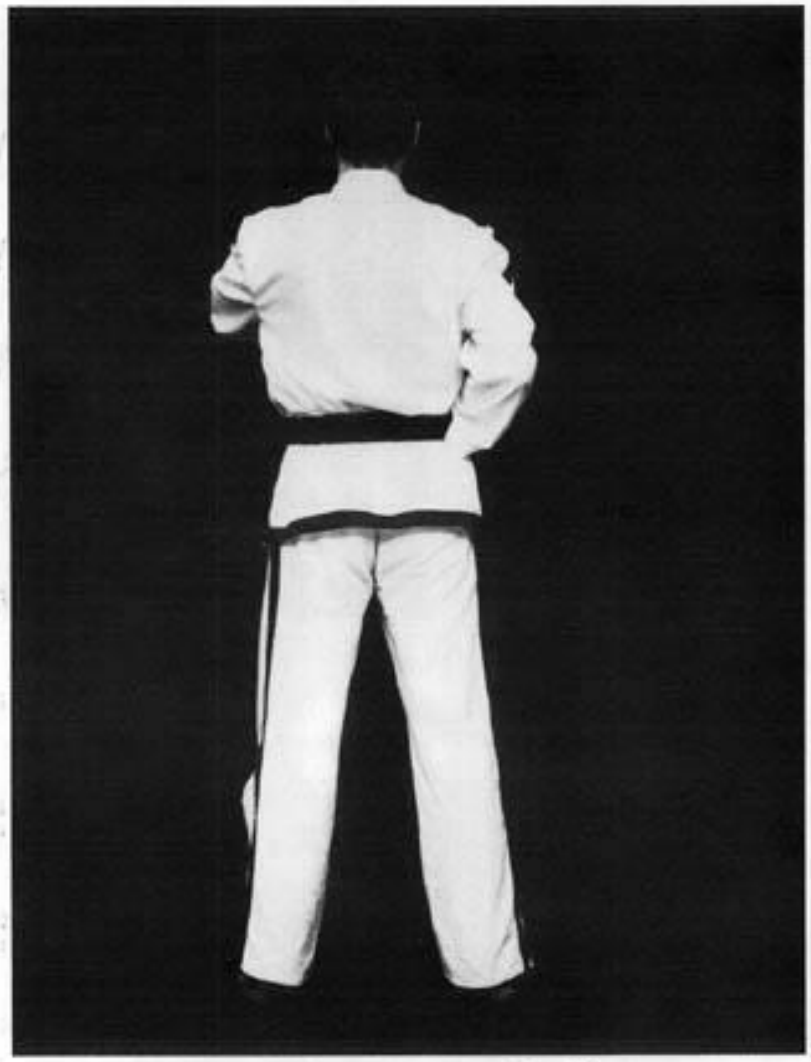
Walking stance toward C with a right fist high crescent punch.

Previous Posture

Application

Other View

13. Execute a middle turning punch with the left fist while forming a parallel stance toward C, pulling the right foot.
Perform in a slow motion.



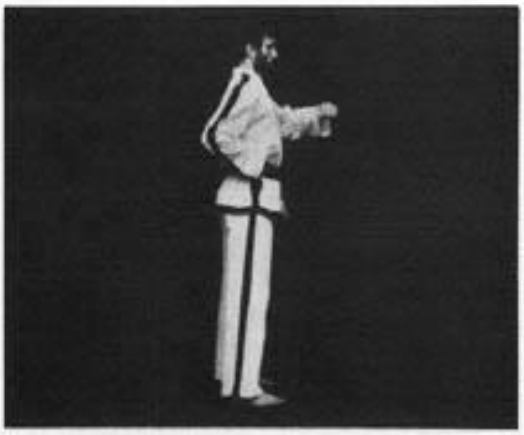
Parallel stance toward C with
a left fist turning punch.

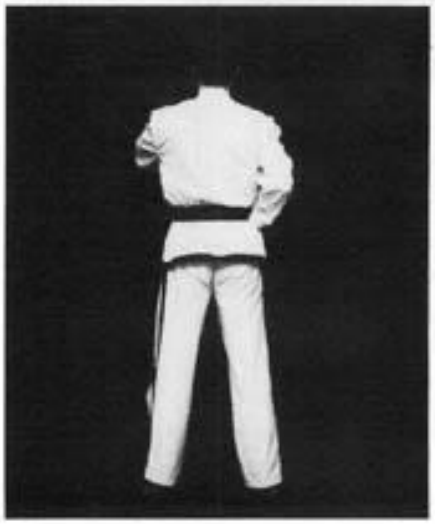
Application

Previous Posture

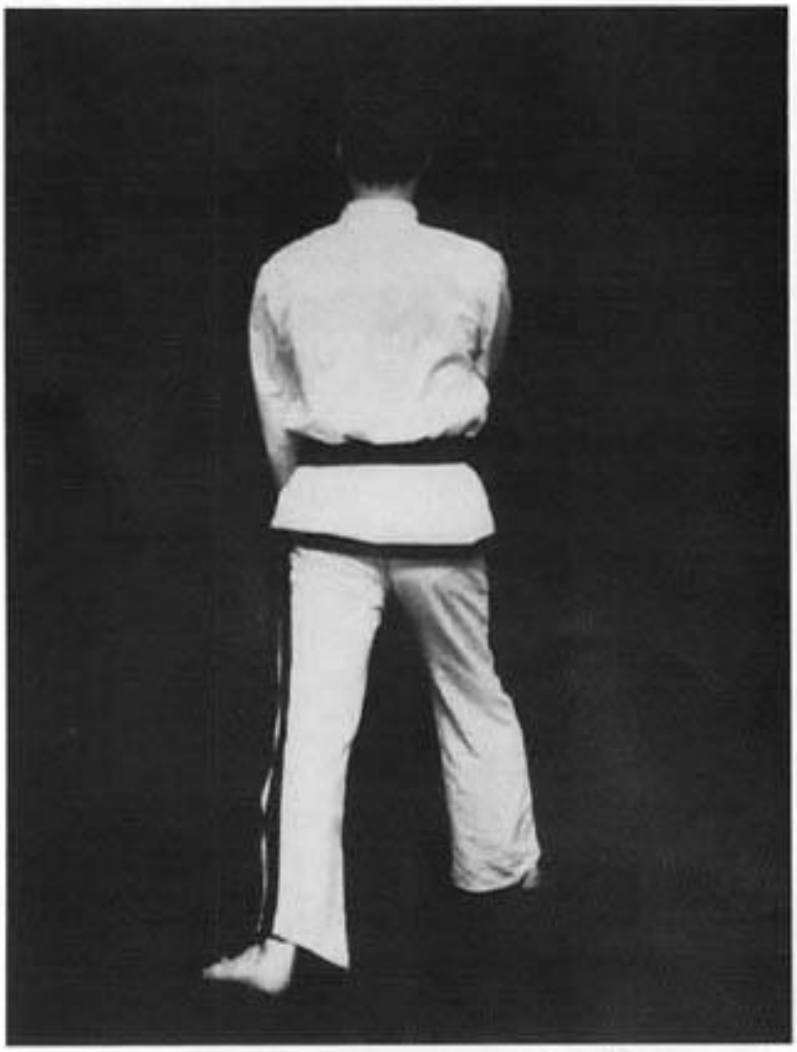
Other View

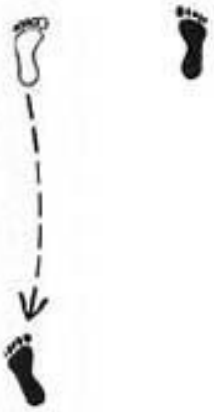
Side View





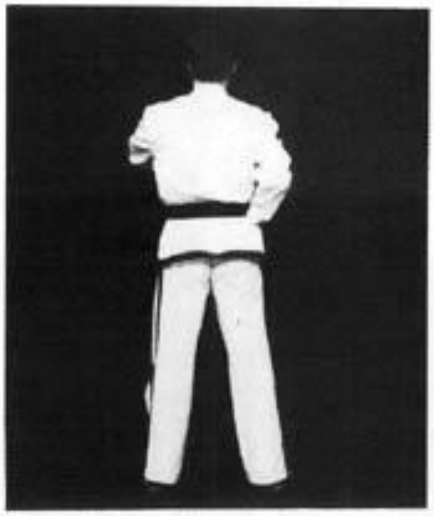
14. **Move the left foot to D, forming a right walking stance toward C while executing a low inward block with the left knife-hand.**





Right walking stance toward C with a left knife-hand low inward block.

Previous Posture



Application

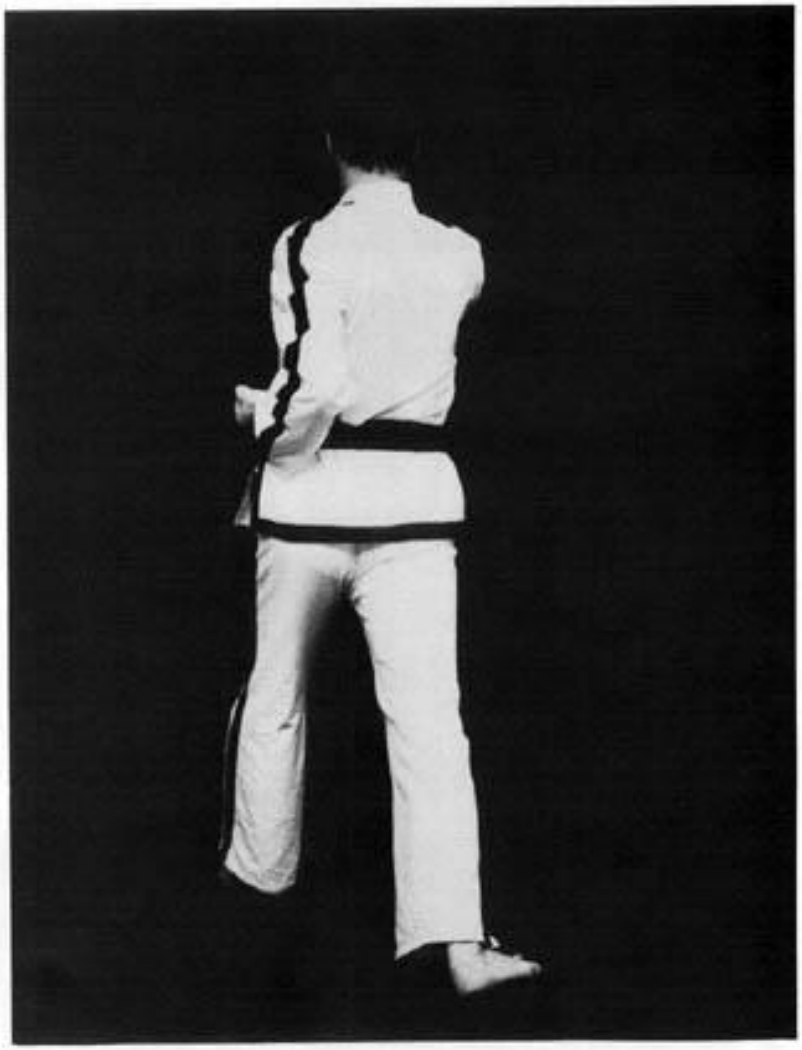
Side View

Keep both palms faced downward.

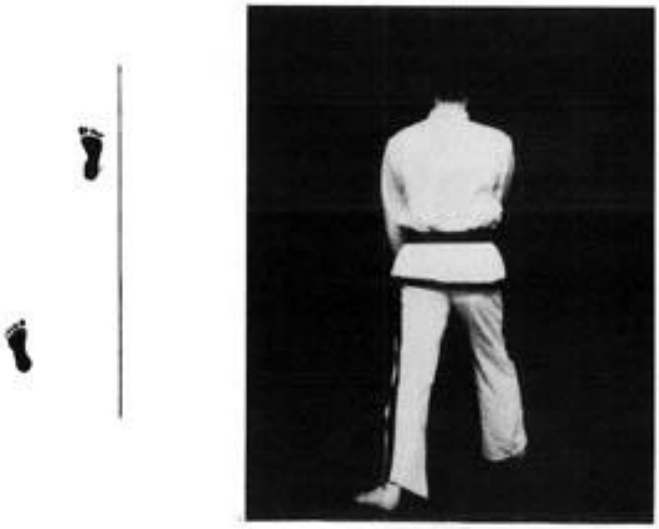
Other View

The body becomes full facing the opponent.

15. **Move the right foot to D, forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.**

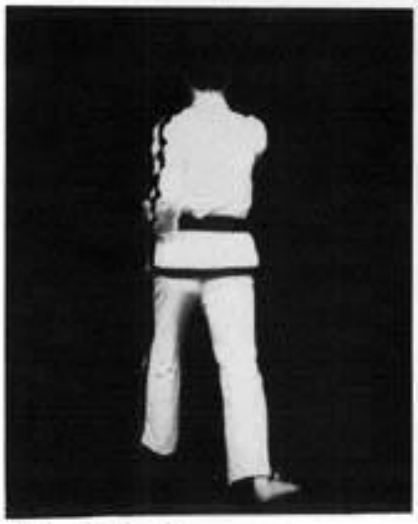


Left walking stance right outer forearm high side block toward C.



Previous Posture

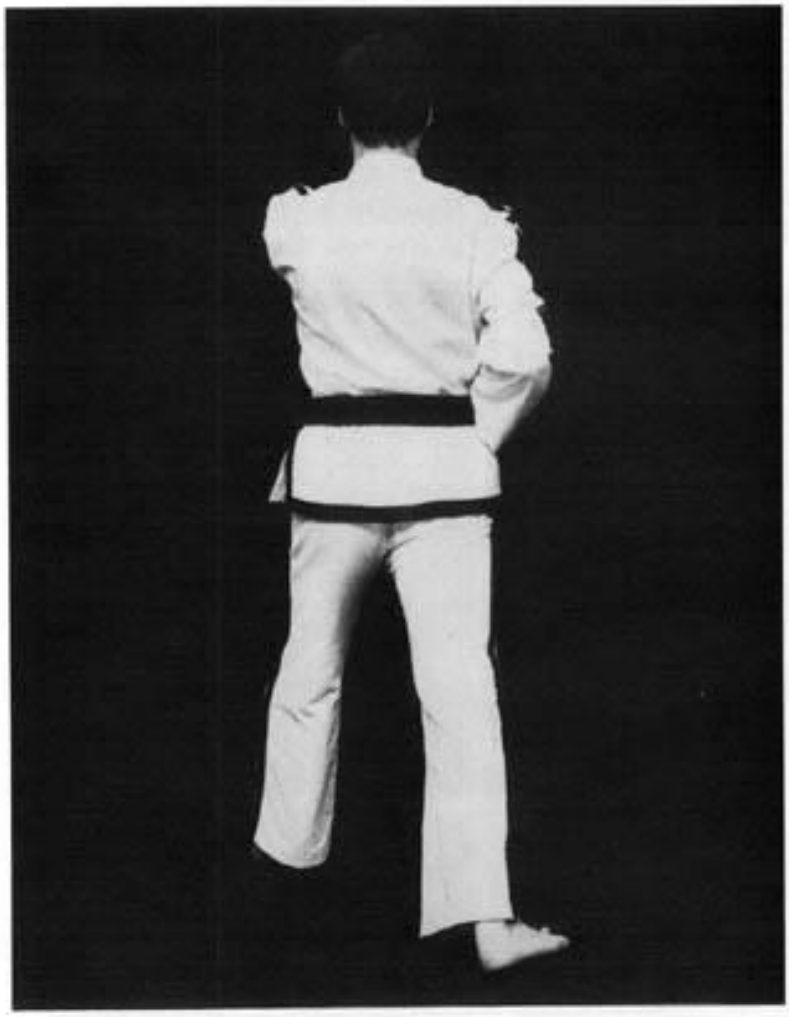
Keep the back forearms crossed in front of the left chest.



The body becomes half facing the opponent.

Other View

16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.



Left walking stance middle punch with the left fist toward C.

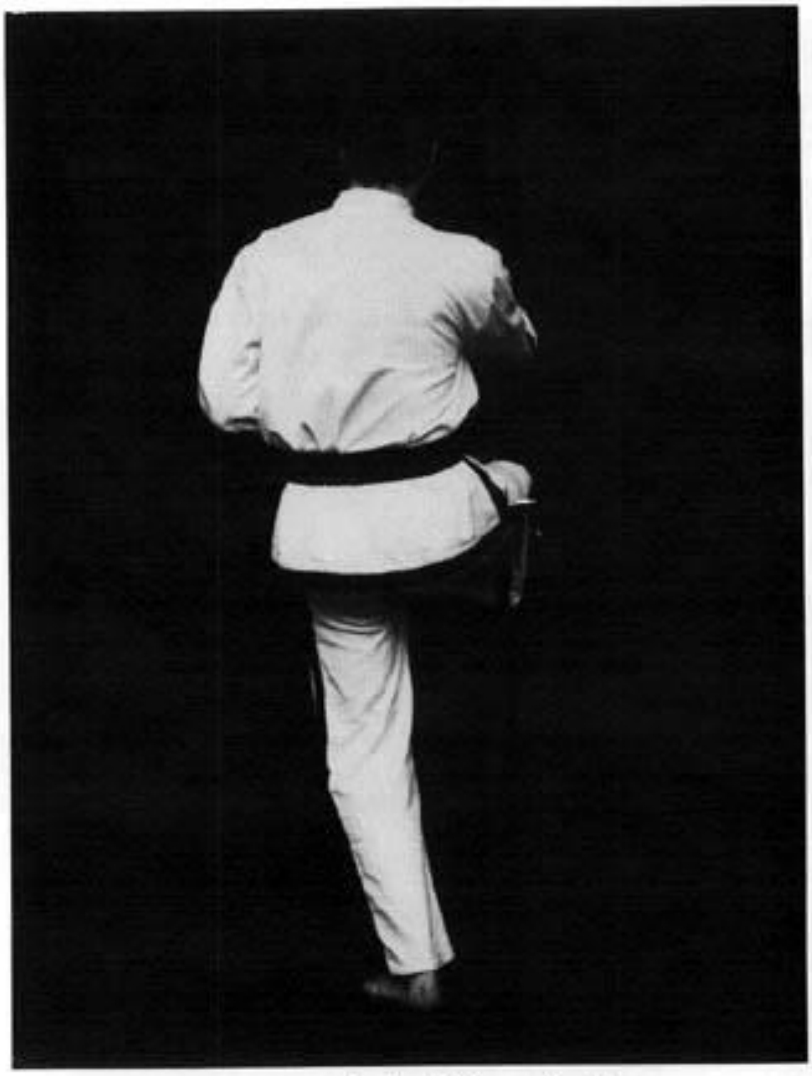
Previous Posture

Keep the right heel slightly off the ground.

Side View

Other View

17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.



Low twisting kick to C with the right foot.

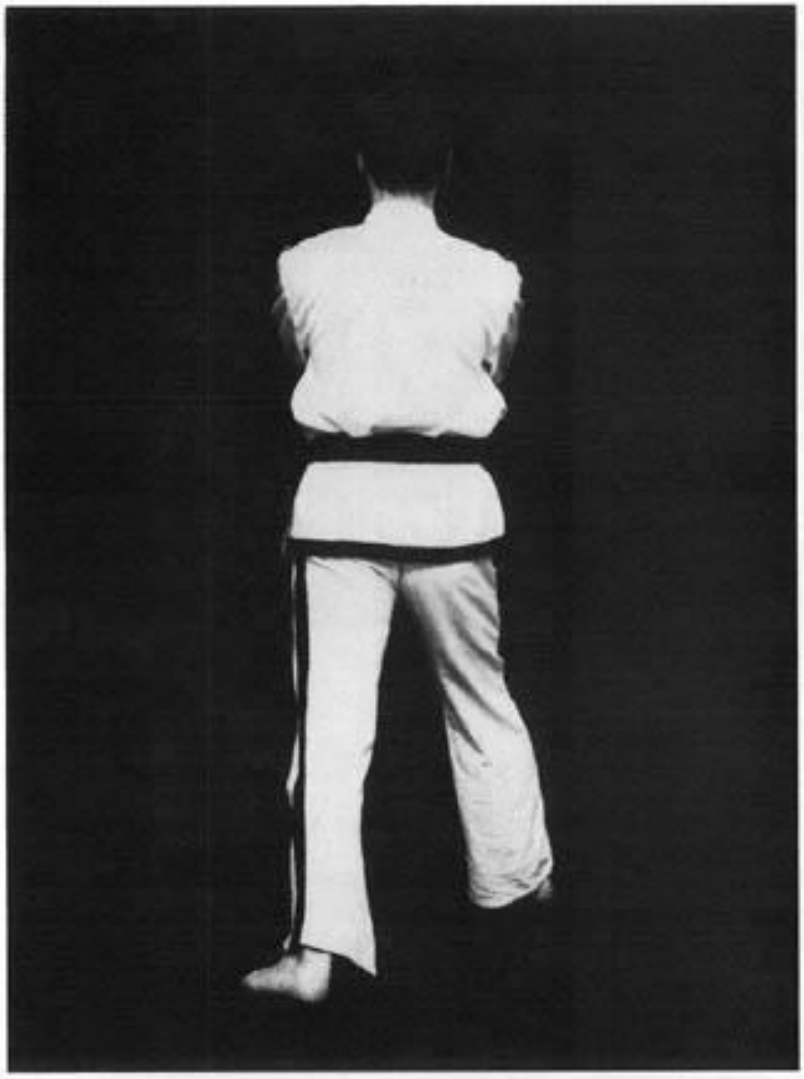
Previous Posture

Application

Side View

Other View

18. Lower the right foot to C, forming a right walking stance toward C while executing a downward block with an X-fist.



Right walking stance toward C
with an X-fist downward block.

Application

Side View

Previous Posture

Keep both palms faced downward.

Other View

Application

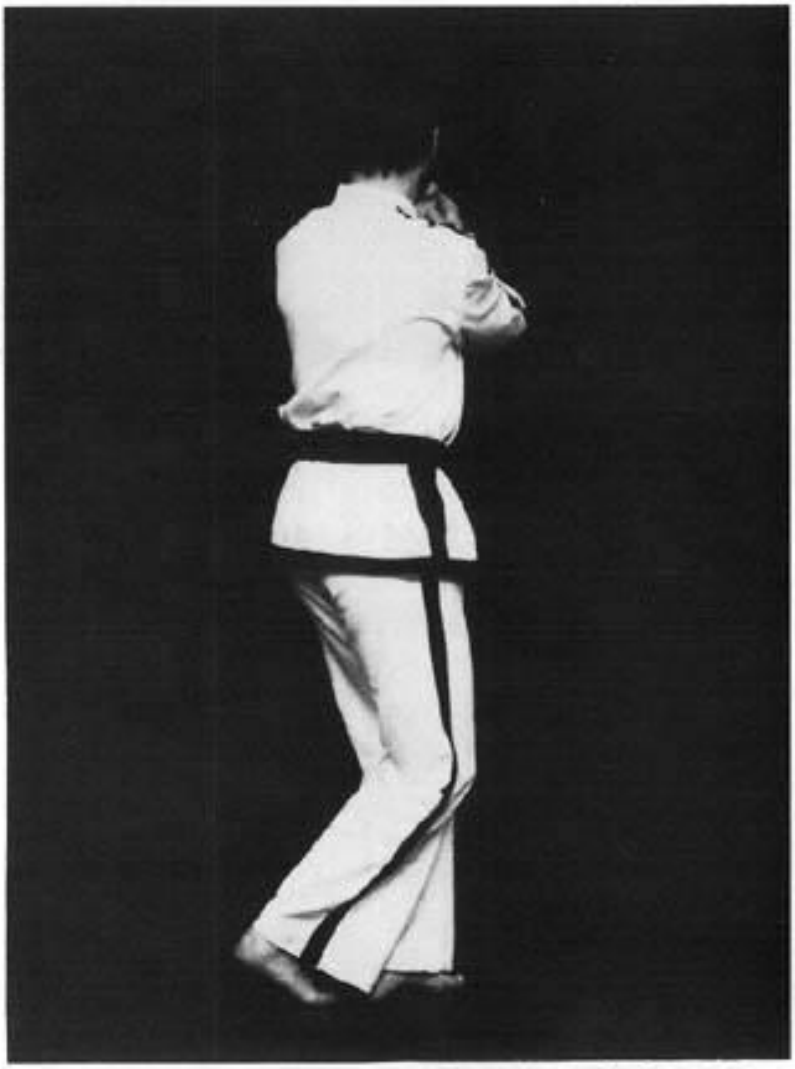
Top View

Previous Posture

Keep the left heel slightly off the ground.

Side View

20. Jump to C, forming a left X-stance toward B while executing a high strike to C with the left back fist and bringing the right finger belly to the left side fist.



Left X-stance toward B with a left back fist high side strike to C.

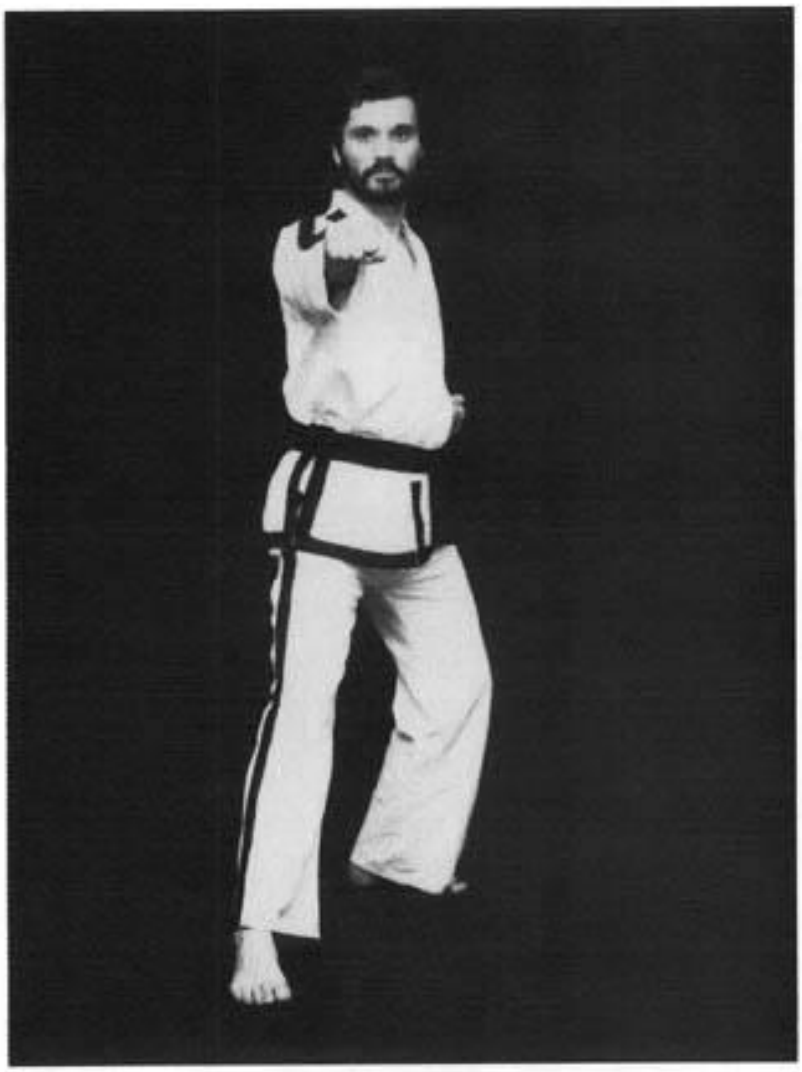
Application

Previous Posture

Top View

Side View

21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.



Left L-stance middle punch with
the right fist toward D.

Previous Posture

Application

Side View

22. Execute a middle reverse turning kick to AD with the left foot.

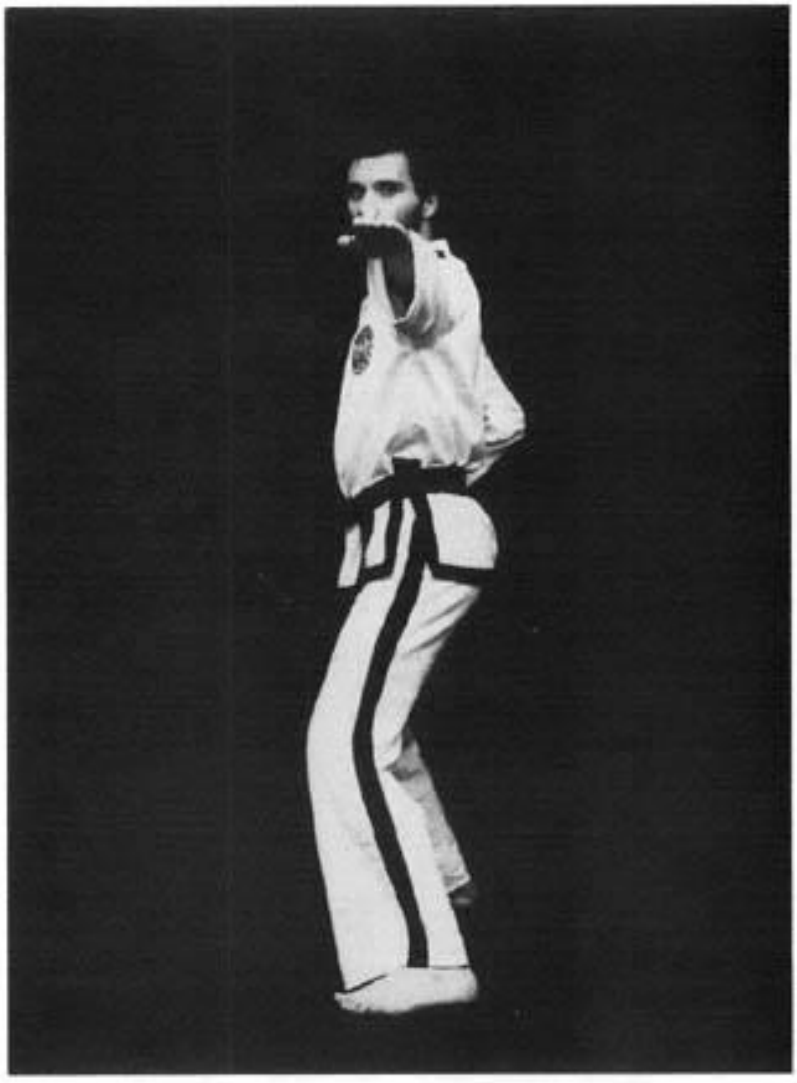
Middle reverse turning kick to AD with the left foot.

Application

Previous Posture

Side View

23. **Lower the left foot to D in a stamping motion to form a sitting stance toward A, at the same time executing a middle side strike to D with a left knife-hand.**



Sitting stance toward A with a left knife-hand middle side strike to D.

Previous Posture

Application

Front View

24. **Execute a middle side piercing kick to D with the right foot while turning counter-clockwise, pulling both hands in the opposite direction.**

Middle side piercing kick to D with the right foot.

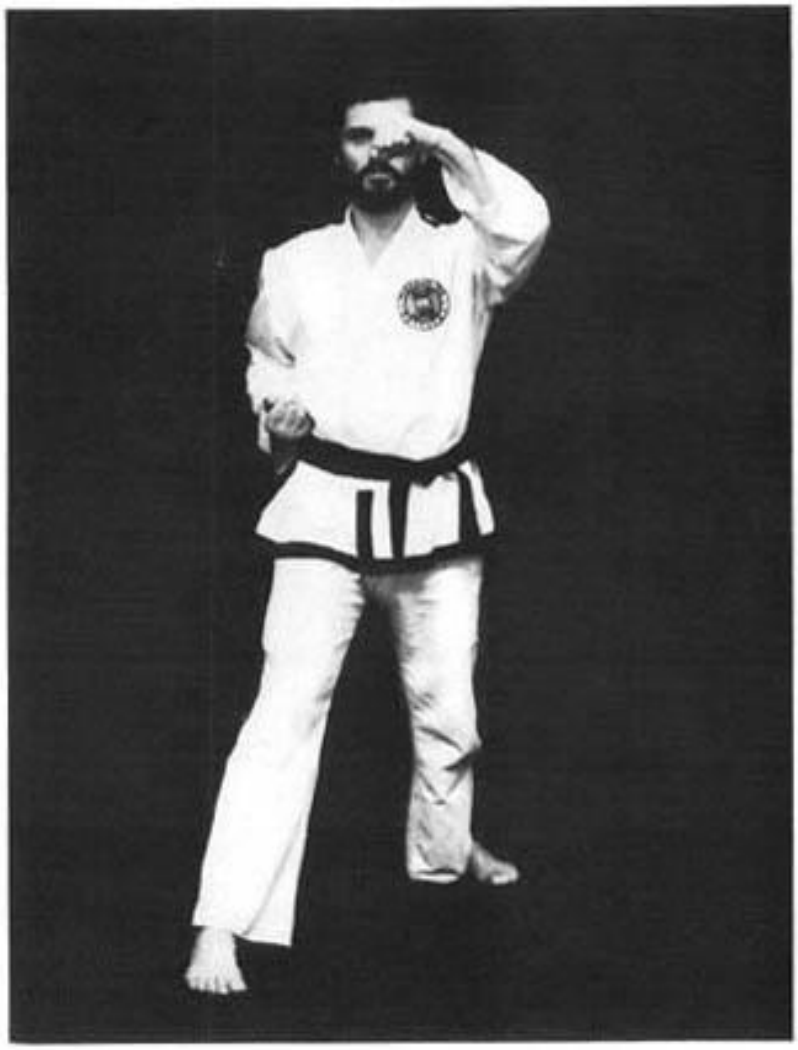
Previous Posture

Application

Side View

Side View

25. **Lower the right foot to D, forming a right walking stance toward D while executing a high crescent punch with the left fist.**



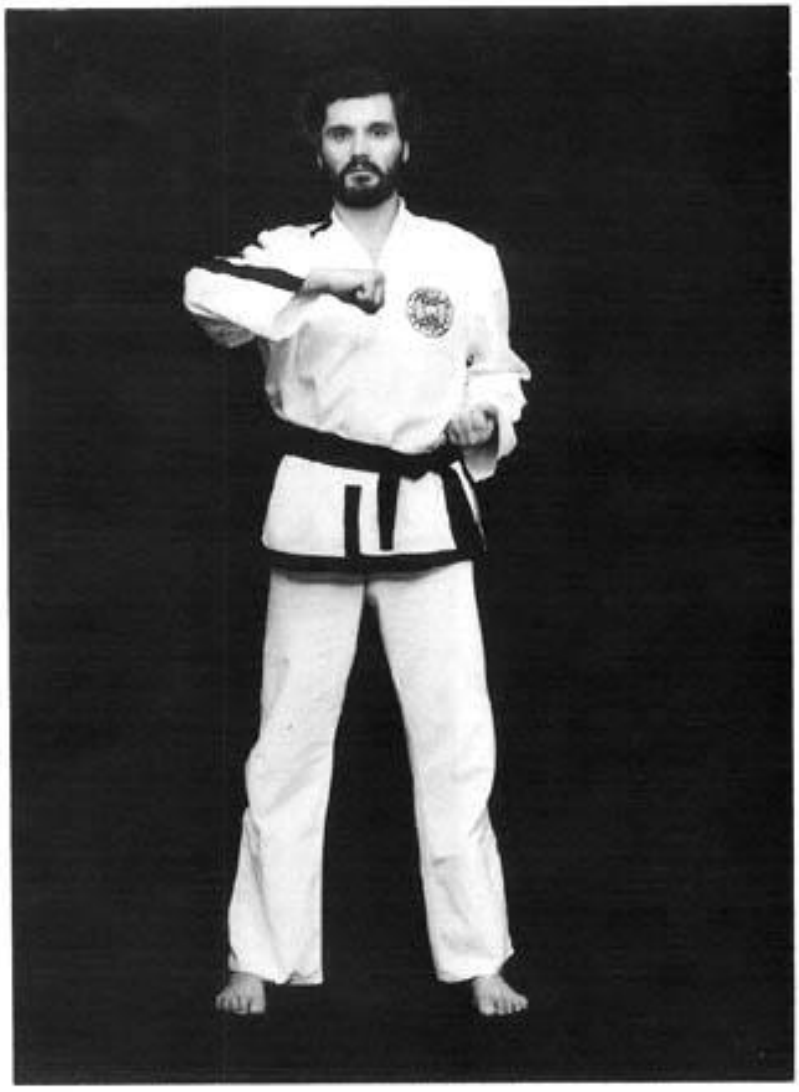
Right walking stance toward D with a left fist high crescent punch.

Previous Posture

Application

Top View

26. **Execute a middle turning punch with the right fist while forming a parallel stance toward D, pulling the left foot.**
Perform in a slow motion.



Parallel stance toward D with a right fist middle turning punch.

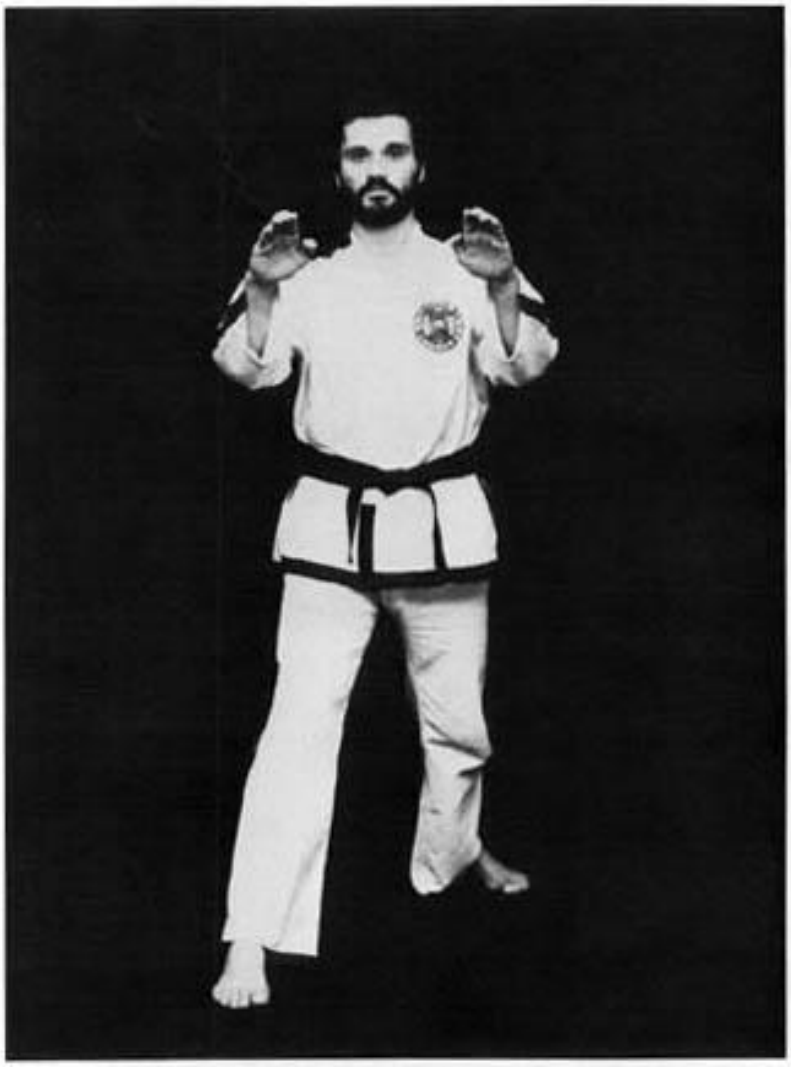
Previous Posture

Application

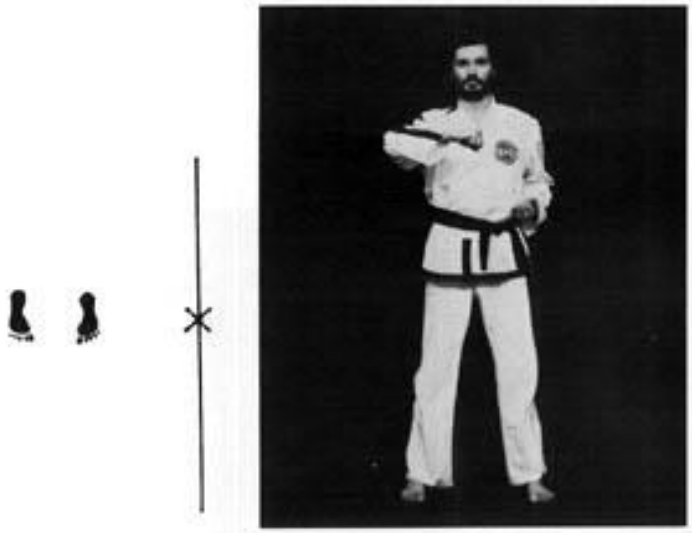
Top View

Side View

27. **Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle wedging block with a knife-hand.**



Right walking stance toward D with a knife-hand middle wedging block.



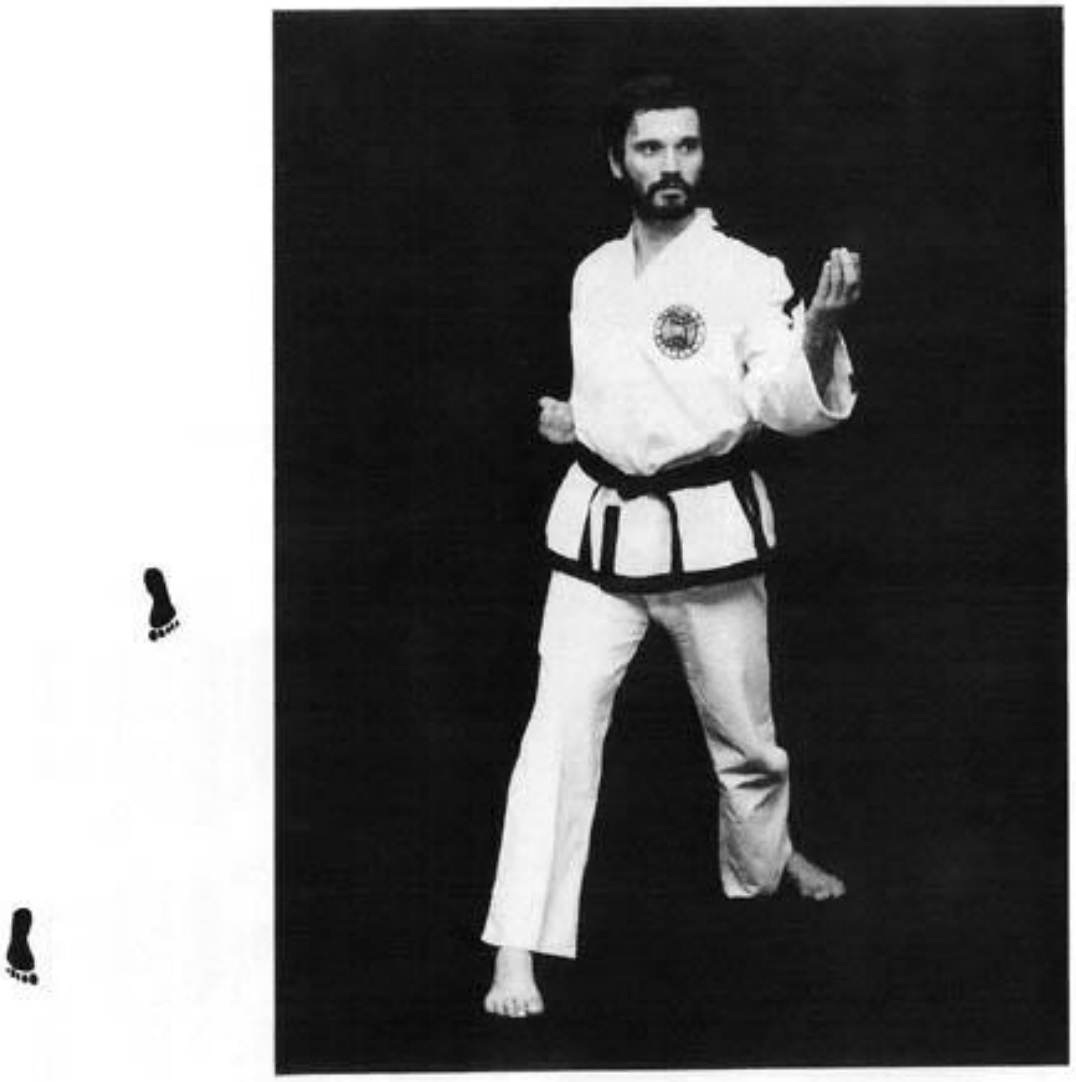
Previous Posture

Keep both back fists facing the opponent.

Application

Side View

28. **Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.**



Right walking stance toward D with a left reverse knife-hand circular block to BD.

Application

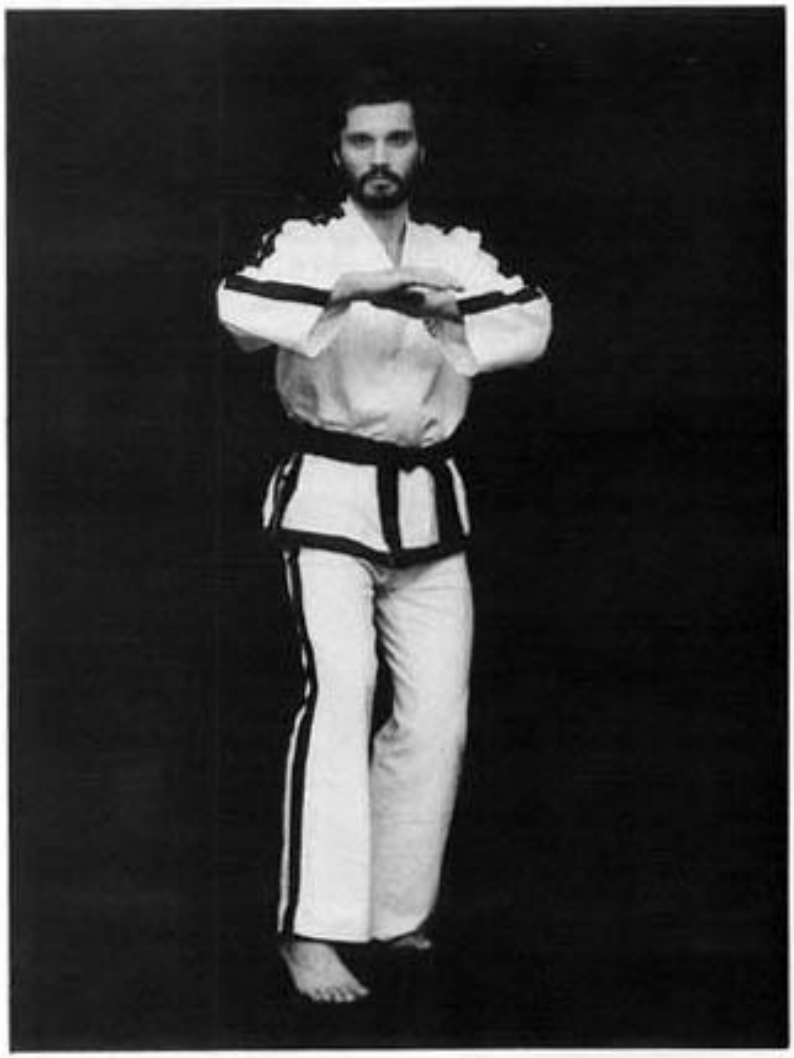
Side View

Previous Posture

Side View

Keep the left heel slightly off the ground.

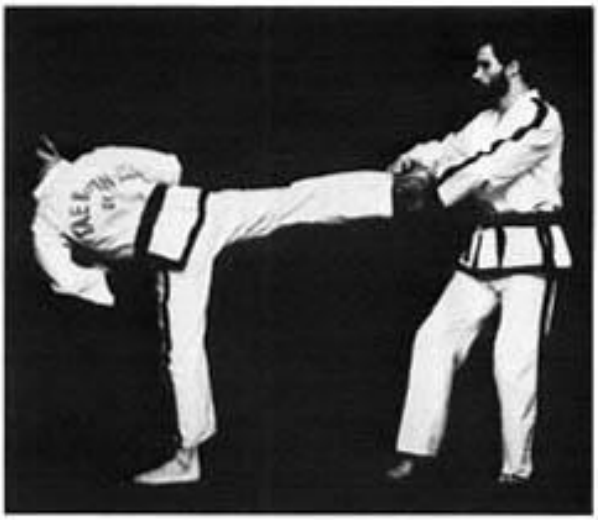
29. **Execute a downward block with the twin palm while forming a left rear foot stance toward D, pulling the right foot.**



Left rear foot stance toward D with a twin palm downward block.

Previous Posture

Application



Side View

Side View

30. **Execute a middle punch to D with the left fist while forming a left L-stance toward D, slipping the right foot.**

Left L-stance middle punch with the left fist toward D.

Previous Posture

Application

Top View

31. **Execute a low inward block to D with the right reverse knife-hand while shifting to C, maintaining a left L-stance toward D.**

Left L-stance low inward block with a right reverse knife-hand toward D.

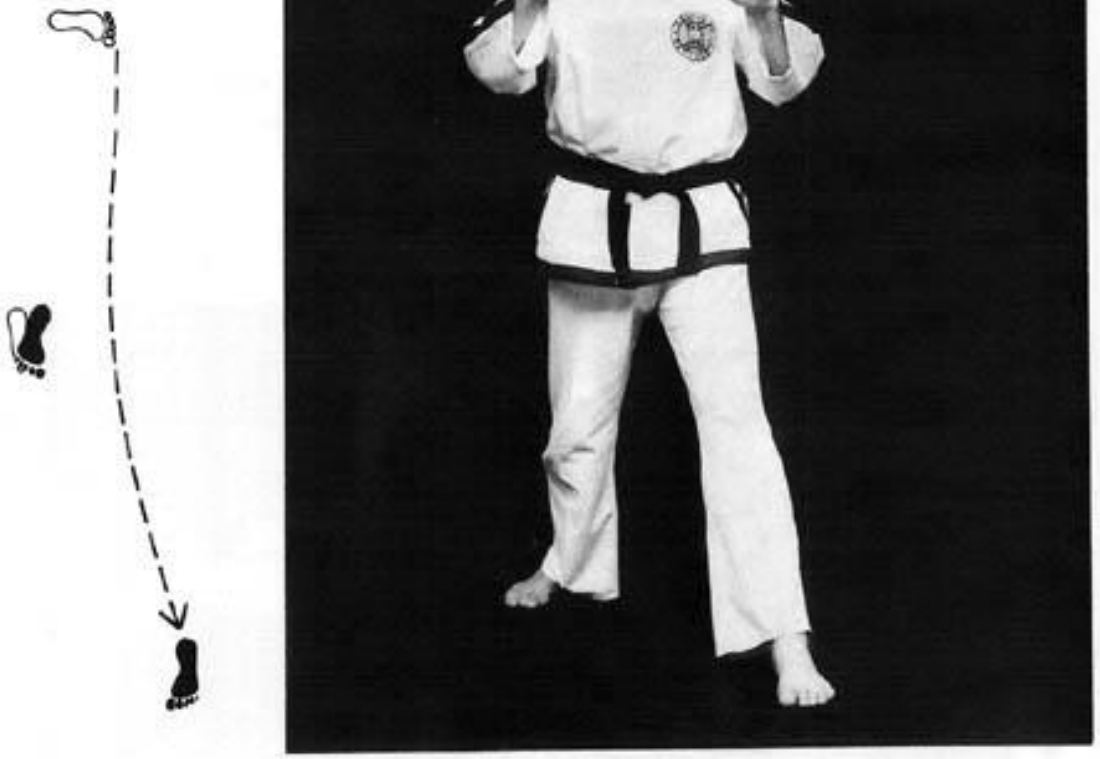
Previous Posture

Keep both side fists faced downward while raising the body slightly.

Application

Side View

32. **Move the left foot to D, forming a left walking stance toward D while executing a middle wedging block with a knife-hand.**



Left walking stance toward D with a knife-hand middle wedging block.

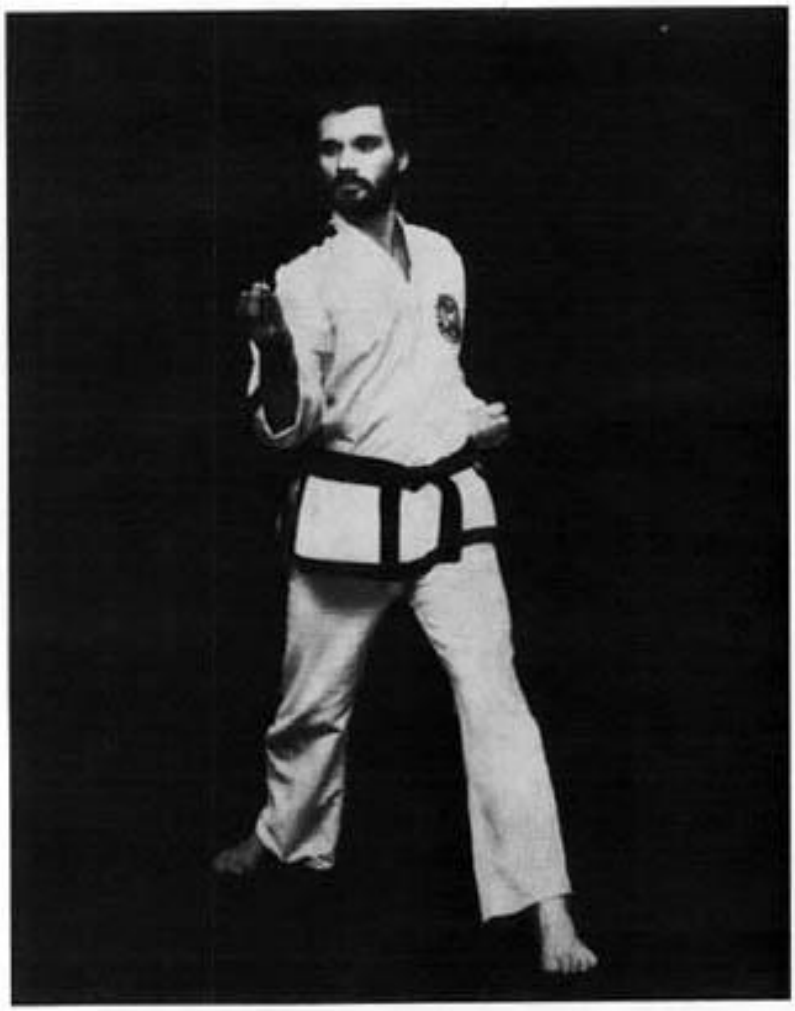
Previous Posture

Top View

Application

Side View

33. **Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.**



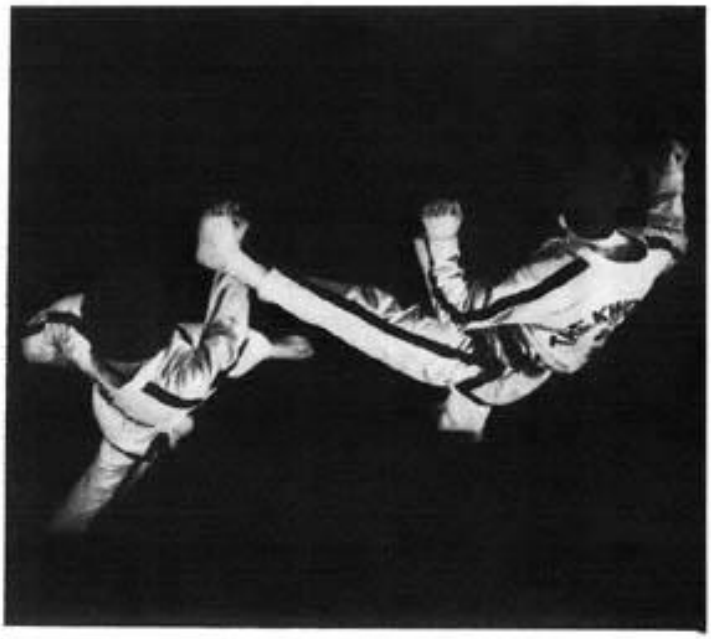
Left walking stance toward D with a right reverse knife-hand circular block to AD.

Previous Posture

Keep the right heel slightly off the ground.

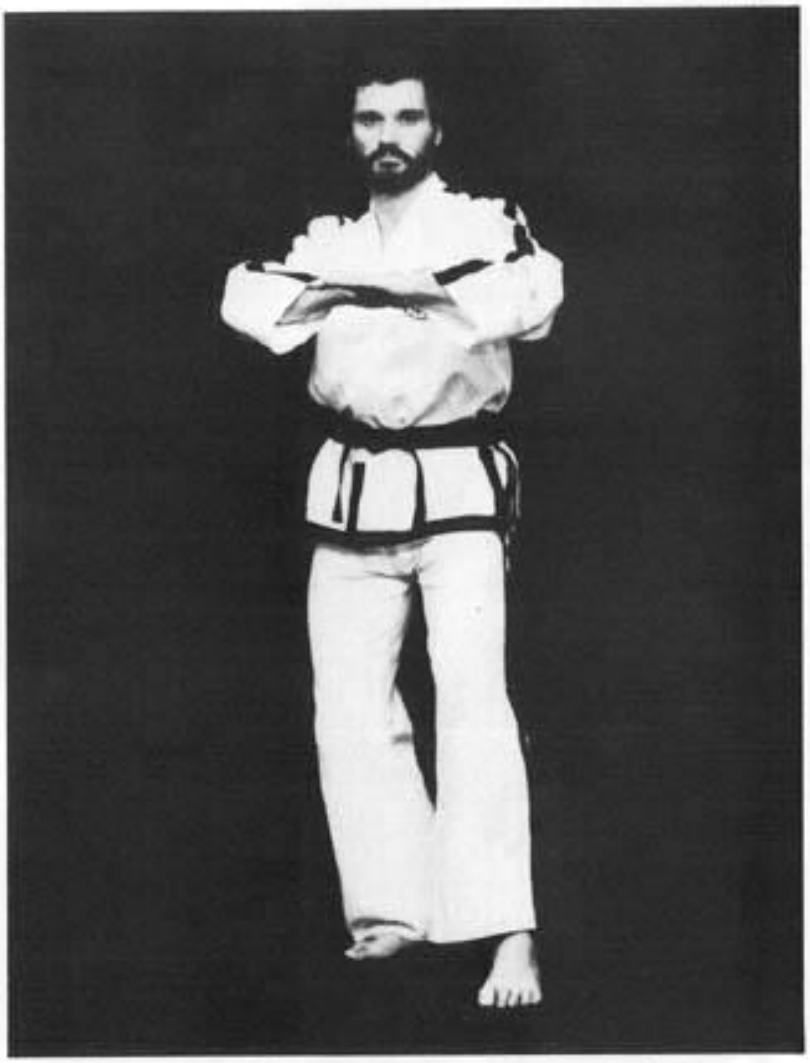
Side View

Application



Top View

34. Execute a downward block with a twin palm while forming a right rear foot stance toward D, pulling the left foot.



Right rear foot stance toward D with a twin palm downward block.

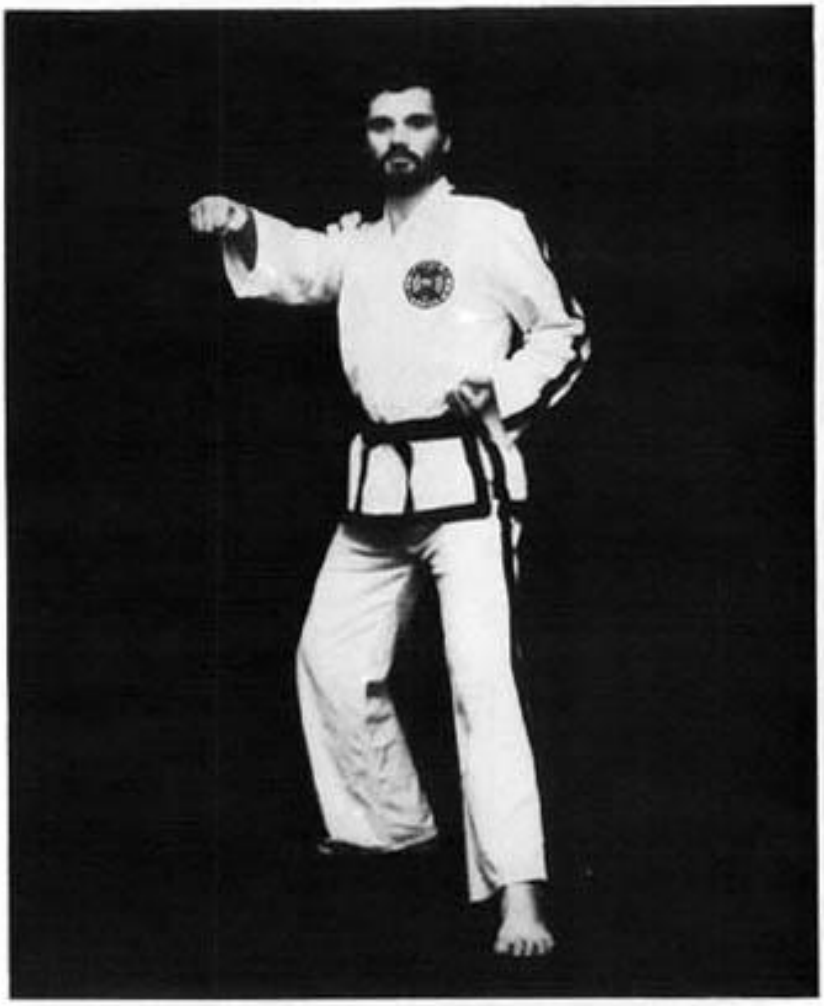
Previous Posture

Application

Side View

Top View

35. **Execute a middle punch to D with the right fist while forming a right L-stance toward D, slipping the left foot.**



Right L-stance middle punch with the right fist toward D.

Previous Posture

Application

Top View

Back View

36. Execute a low inward block to D with the left reverse knife-hand while shifting to C, maintaining a right L-stance toward D.

Right L-stance low inward block with the left reverse knife-hand toward D.

Previous Posture

Keep both palms faced downward while raising the body slightly.

Application

Top View

37. Execute a high reverse turning kick to BD with the right foot.

High reverse turning kick to BD with the right foot.

Previous Posture

Application

Top View

38. Lower the right foot to D, forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.

Left rear foot stance forearm middle guarding block toward D.

Previous Posture

Application

Side View

39. Execute a high reverse turning kick to AD with the left foot.

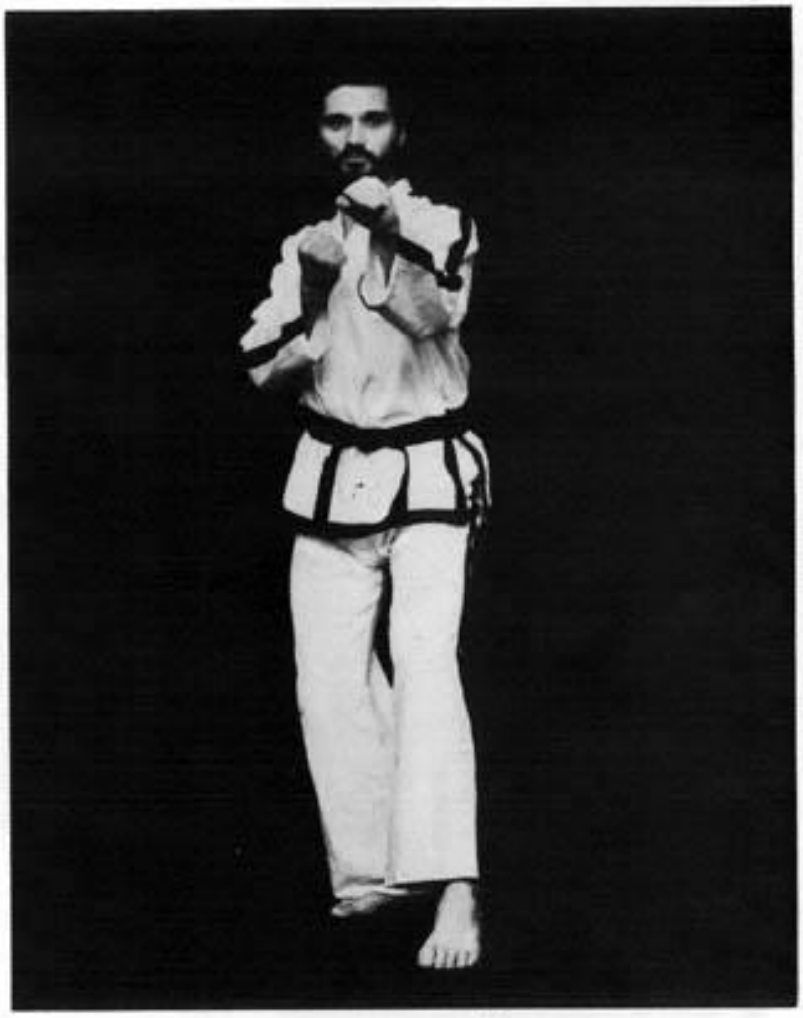
Reverse turning kick to AD with the left foot.

Previous Posture

Application

Side View

40. **Lower the left foot to D, forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.**



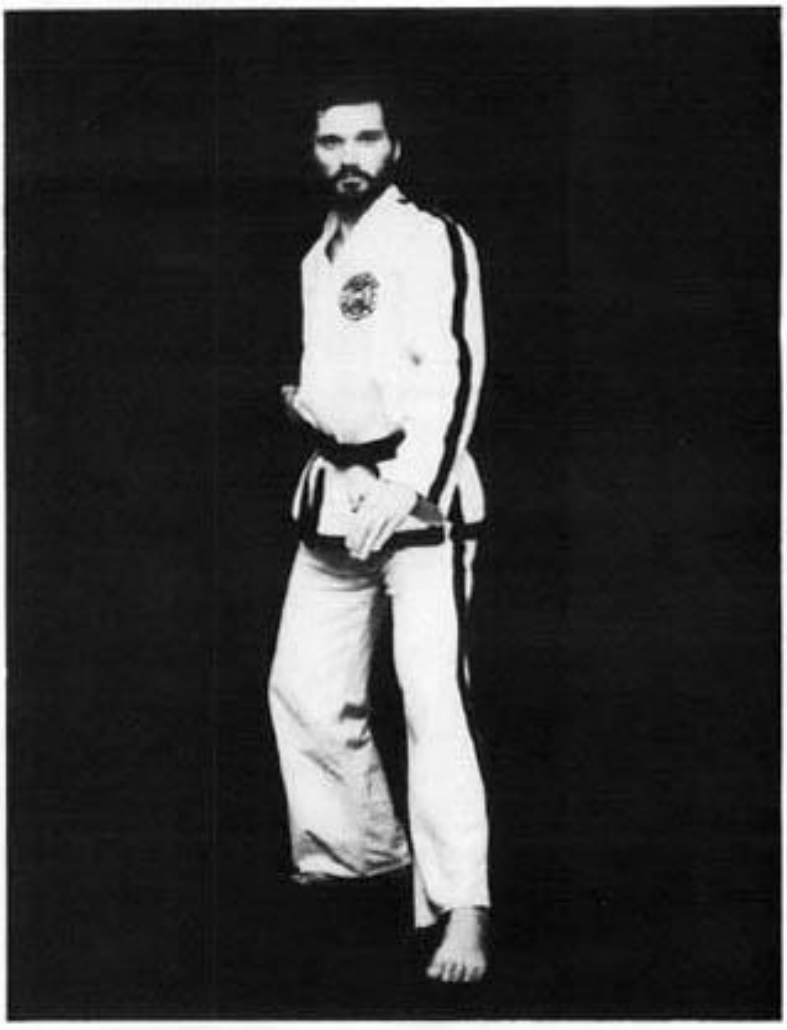
Right rear foot stance forearm middle guarding block toward D.

Previous Posture

Application

Side View

41. **Move the left foot to the side rear of the right foot, and then the right foot to C, forming a right L-stance toward D while executing a low block to D with the left knife-hand.**



Right L-stance low block with the left knife-hand toward D.

Previous Posture

Application

Side View

42. **Execute a middle punch to D with the right fist while forming a left walking stance toward D, slipping the right foot.**

Left walking stance middle punch with the right fist toward D.

Application

Previous Posture

Side View

Side View

43. **Move the left foot to C, forming a left L-stance toward D while executing a low block to D with the right knife-hand.**

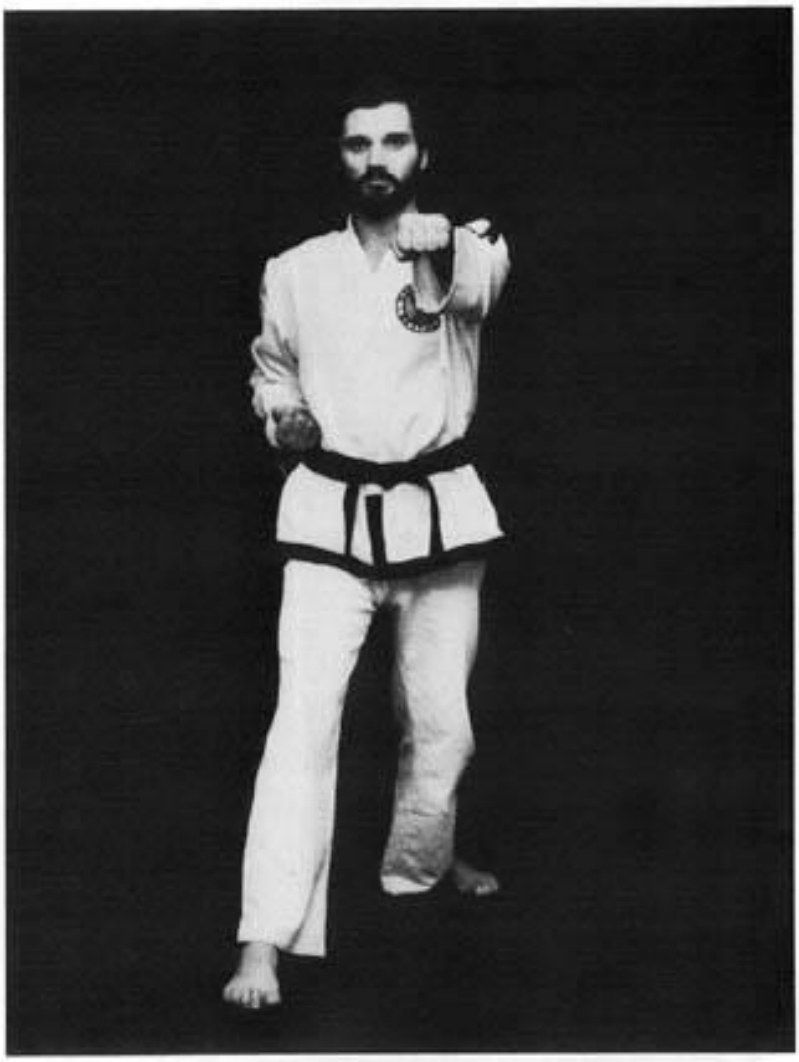
Left L-stance low block with the right knife-hand toward D.

Previous Posture

Application

Side View

44. **Execute a middle punch to D with the left fist while forming a right walking stance toward D, slipping the left foot.**

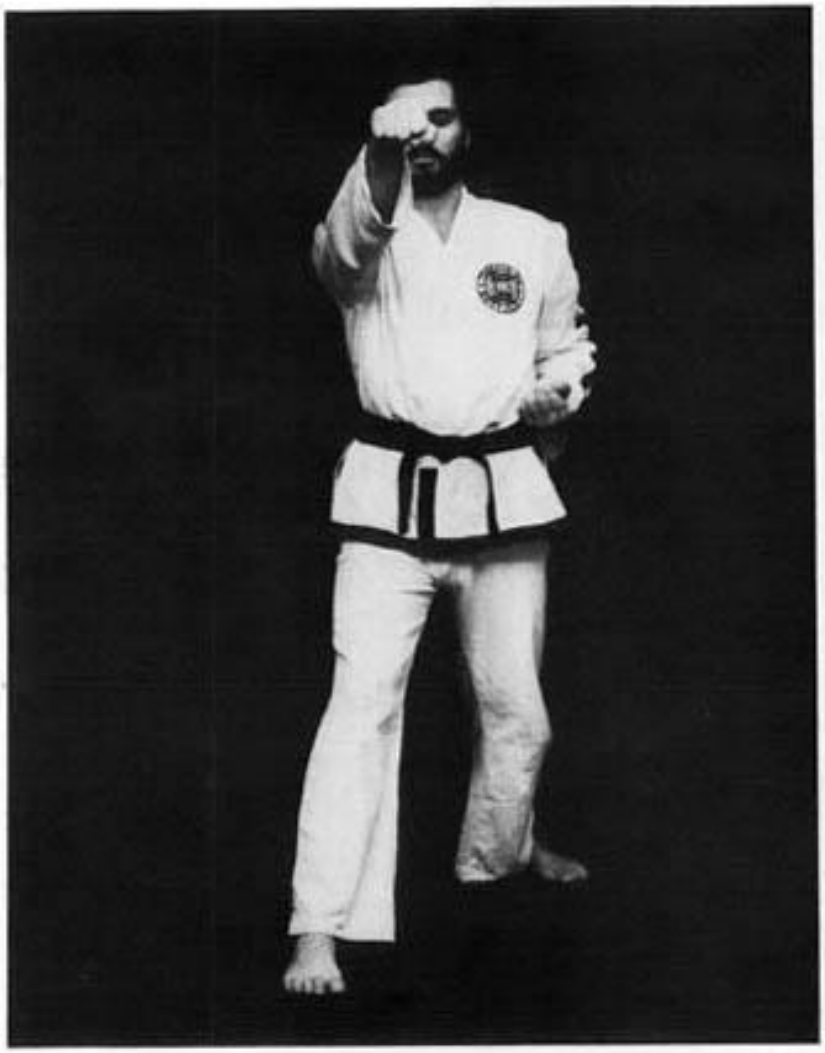


Right walking stance middle punch with the left fist toward D.

Previous Posture

Side View

45. **Execute a high punch to D with the right fist while maintaining a right walking stance toward D.**



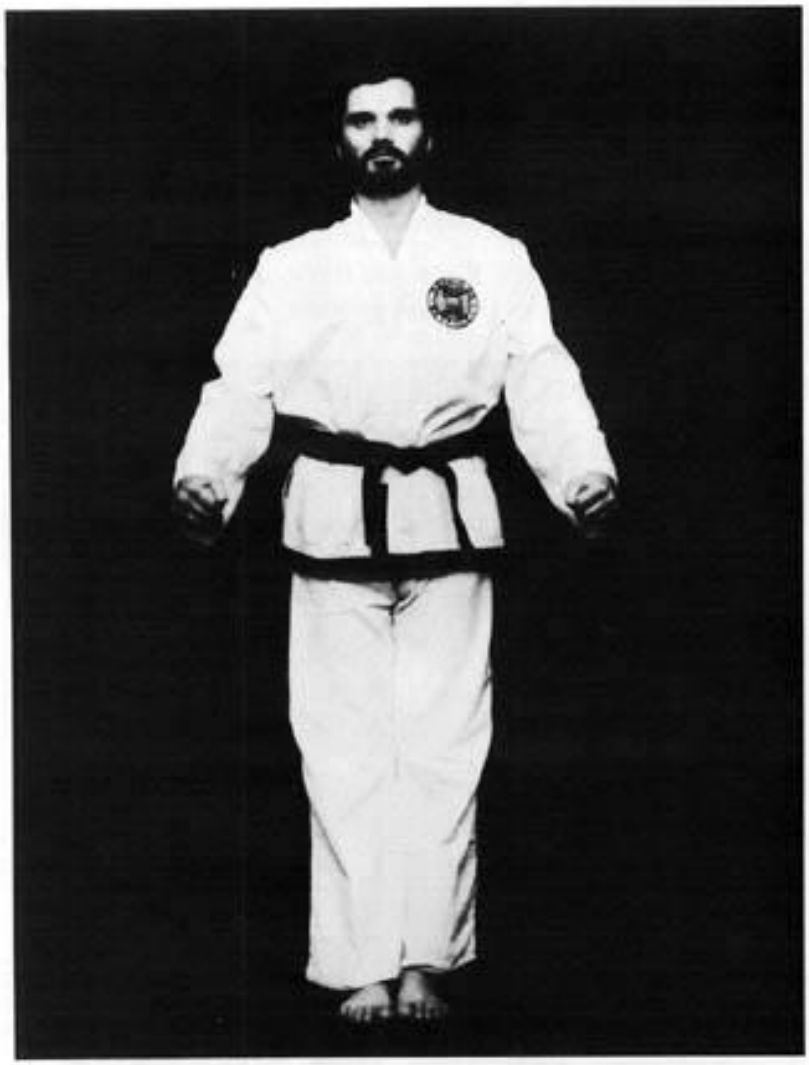
Right walking stance high punch
with the left fist toward D.

Previous Posture

Keep the left heel slightly off the ground.

Side View

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



Close stance toward D.

Previous Posture

Side View

Back View

ADDITIONAL TECHNIQUES FOR PATTERN CHOONG-JANG

Sitting Stance Inner Forearm High Side Front Block
(Annun So Anpalmok Nopunde Yopap Makgi)

Front View

Side View

Walking Stance Back Fist Front Strike *(Gunnun So Dung Joomuk Ap Taerigi)*

Front View

Side View

Walking Stance Double Finger Thrust
(Gunnun So Doo Songarak Tulgi)

Front View

Side View

L-Stance Palm Scooping Block *(Niunja So Sonbadak Duro Makgi)*

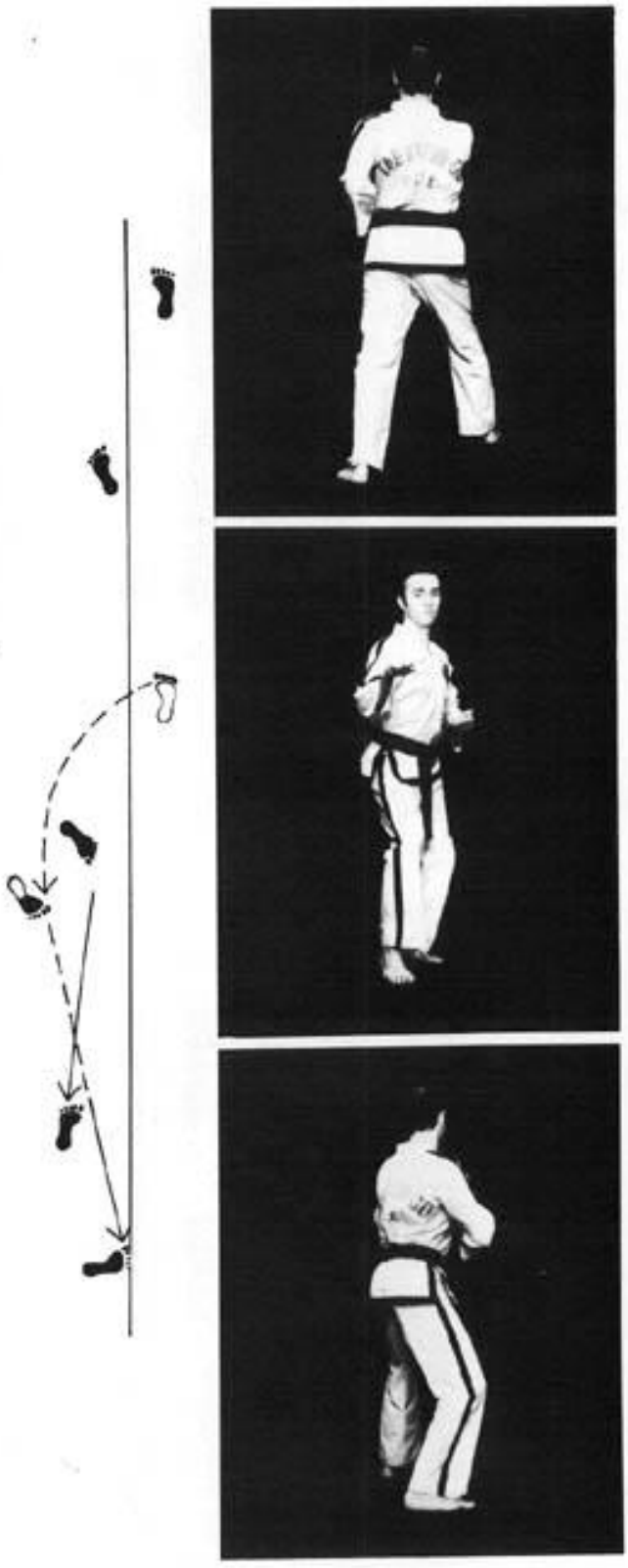
Side View

The palm reaches the same level as the solar plexus of the defender.

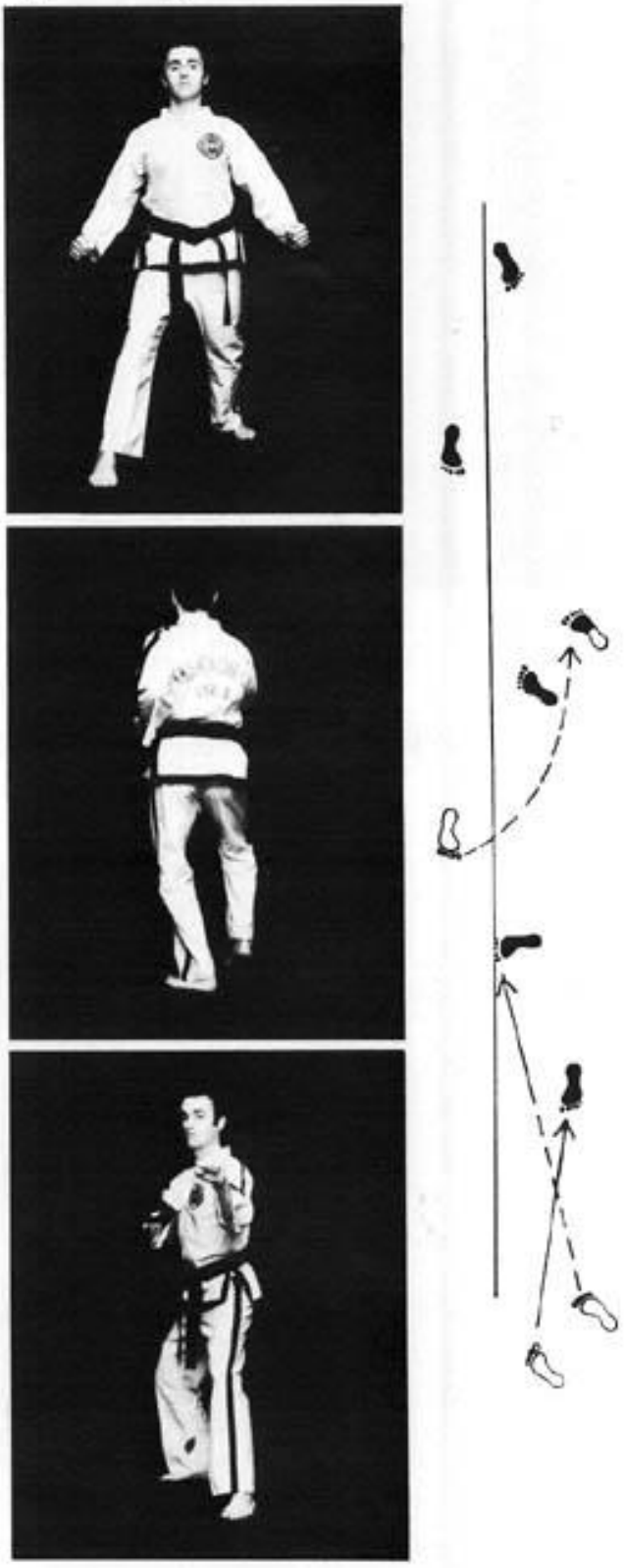
Front View

Backward Step-Slide-Turning
(Dwiro Omgyo Didigo Mikulmyo Dolgi)

Right walking stance toward C.



Right walking stance toward D.



Knee Low Front Snap Kick *(Moorup Apcha Busigi)*

Front View

Side View

The knee reaches the same level as the lower abdomen of the attacker.

Rear Foot Stance Twin Palm Pressing Block
(Dwitbal So Sang Sonbadak Noollo Makgi)

Front View

The blocking tool reaches the same level as groin area of the defender.

Side View

Walking Stance Outer Forearm Obverse High Front Block
(Gunnun So Bakat Palmok Nopunde Baro Apmakgi)

Side View

Front View

The forearm stays at the center of the defender's body.

L-Stance Flat Fingertip High Reverse Thrust
(Niunja So Opun Sonkut Nopunde Bandae Tulgi)

Front View

Side View

The fingertip reaches slightly above the eye level of the attacker.

L-Stance Back Hand Downward Strike
(Niunja So Sondung Naeryo Taerigi)

Side View

The back hand reaches the target in a circular motion.

Front View

Walking Stance Back Fist Side Front Strike
(Gunnun So Dung Joomuk Yopap Taerigi)

Front View

Side View

L-Stance Reverse Knife-Hand Low Guarding Block
(Niunja So Sonkaldung Najunde Daebi Makgi)

Side View

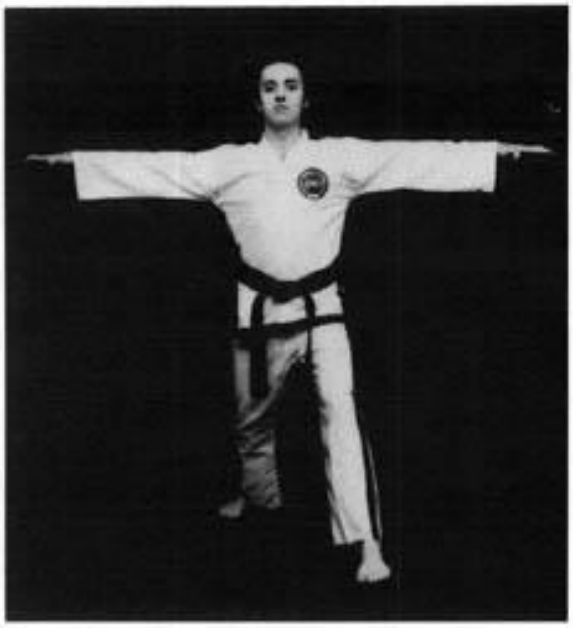
Front View

Walking Stance 9-Shape Block *(Gunnun So Gutja Makgi)*

Front View

Side View

Walking Stance Twin Knife-Hand Horizontal Strike
(Gunnun So Sang Sonkal Soopyong Taerigi)



Front View

Side View

Walking Stance Arc-Hand High Reverse Strike
(Gunnun So Bandal Son Nopunde Bandae Taerigi)

Front View

Side View

The arc-hand reaches the same level as the philtrum of the attacker.

Close Stance Twin Fore-Knuckle Fist Crescent Strike
(Moa So Sang Inji Joomuk Bandal Jirugi)

Side View

Front View

Walking Stance Open Fist High Reverse Punch
(Gunnun So Pyonjoomuk Nopunde Bandae Jirugi)

Side View

The open fist reaches the same level as the philtrum of the attacker.

Front View

PATTERN CHOONG-JANG

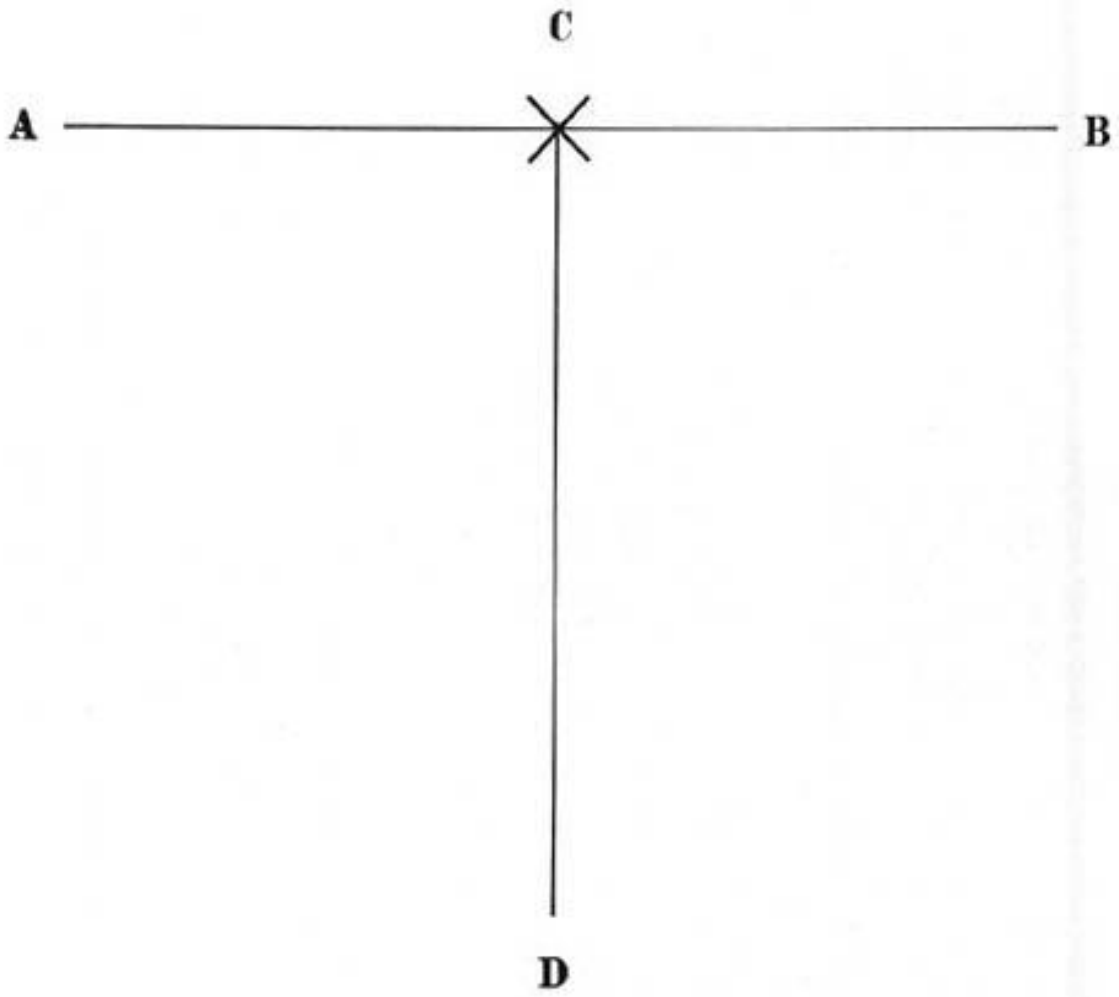
This pattern is practised by the 2nd degree and above.

DIAGRAM: T

MOVEMENTS: 52

READY POSTURE: CLOSE READY STANCE A.

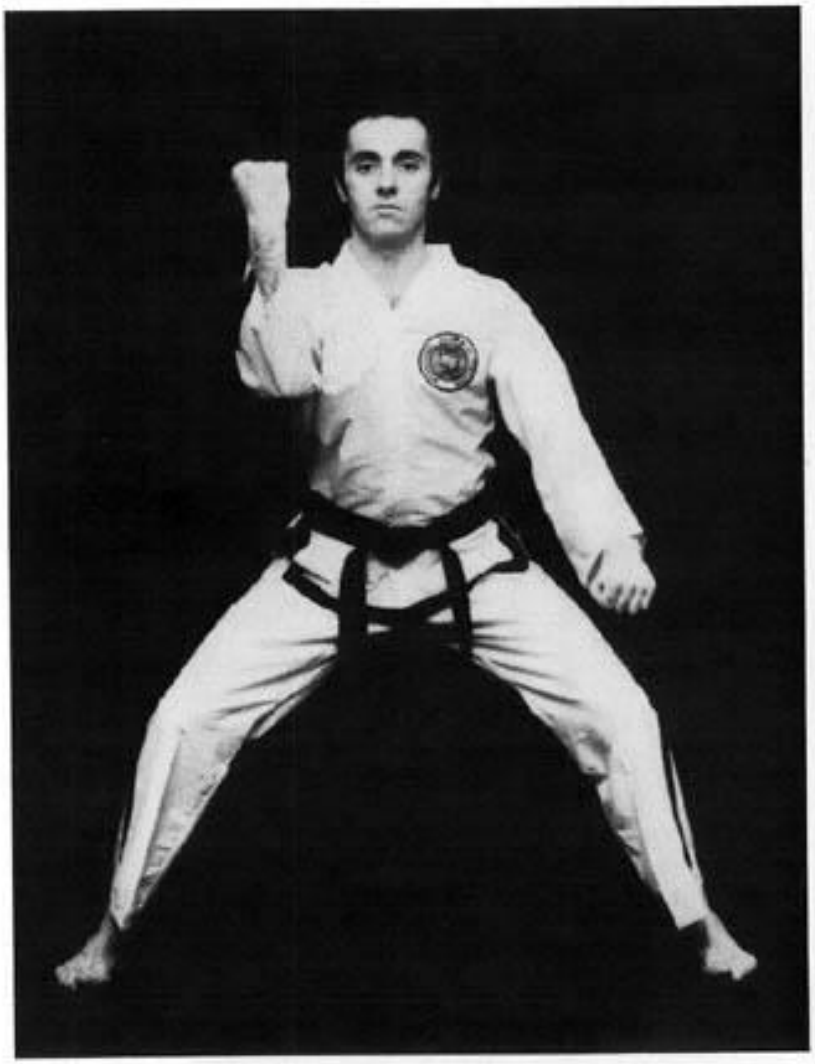
DIAGRAM *(Yon Moo Son)*



Ready Posture

Close ready stance A toward D

1. **Move the right foot to A to form a sitting stance toward D while executing a high side front block with the right inner forearm and a low block with the left outer forearm.**

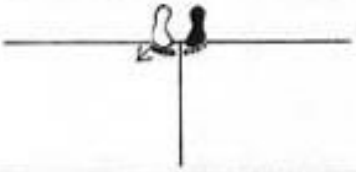


Sitting stance foward D with a right inner forearm high side front block.

Side View

Previous Posture

Keep the back forearm crossed in front of the solar plexus.



Application

Side View

2. **Execute a high side front block with the left inner forearm and a low block with the right outer forearm while maintaining a sitting stance toward D.**

Sitting stance toward D with a left inner forearm high side front block.

Previous Posture

Raise the body slightly.

Application

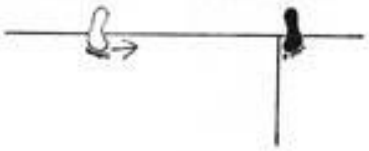
Side View

3. **Bring the right foot to the left foot forming a close stance toward D while executing an angle punch with the left fist.**
Perform in a slow motion.

Close stance toward D with a left fist angle punch.

Top View

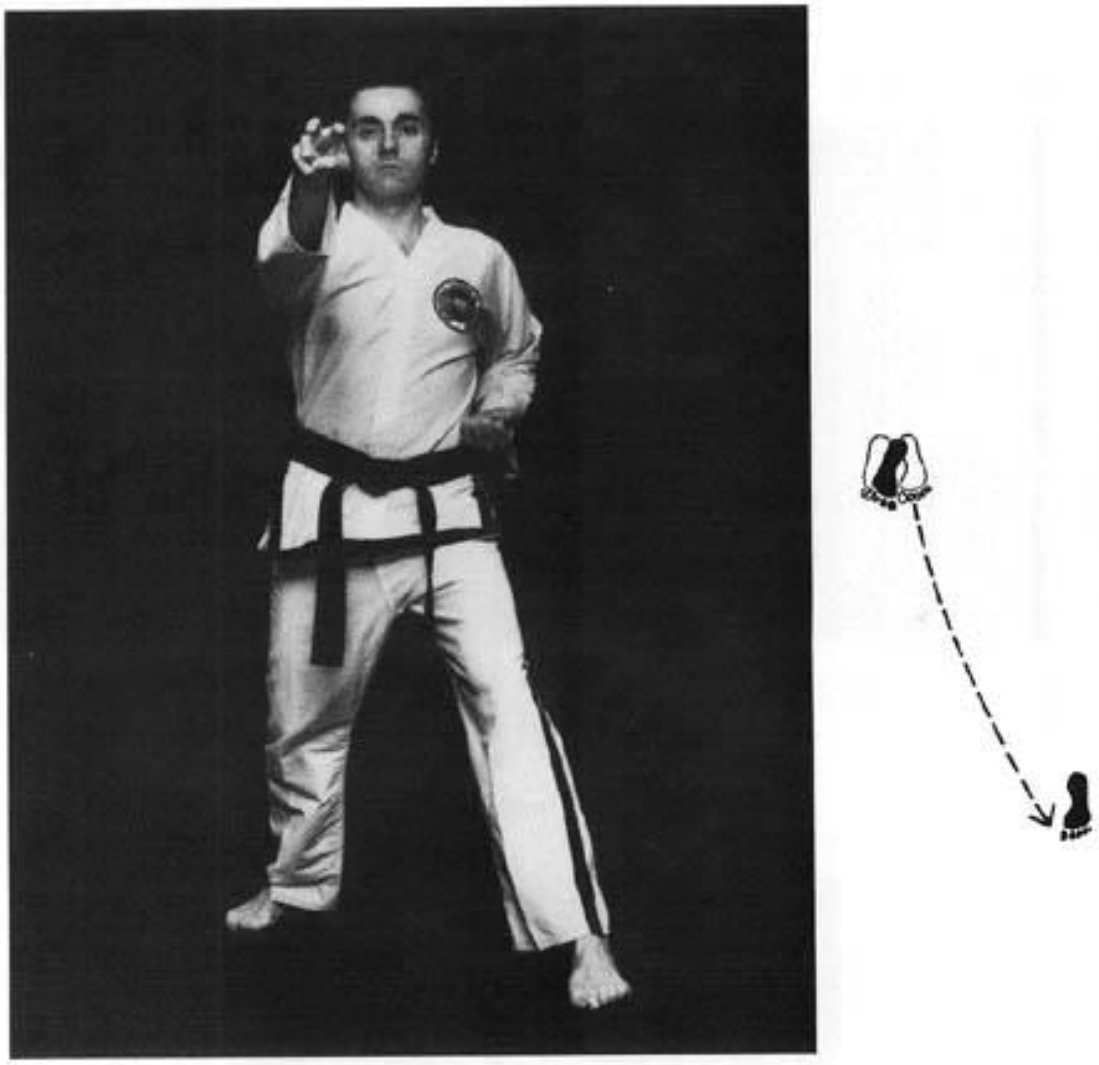
Previous Posture



Application

Side View

4. **Move the left foot to D to form a left walking stance toward D while executing a high thrust to D with the right double finger.**



Left walking stance high thrust with the right double finger toward D.

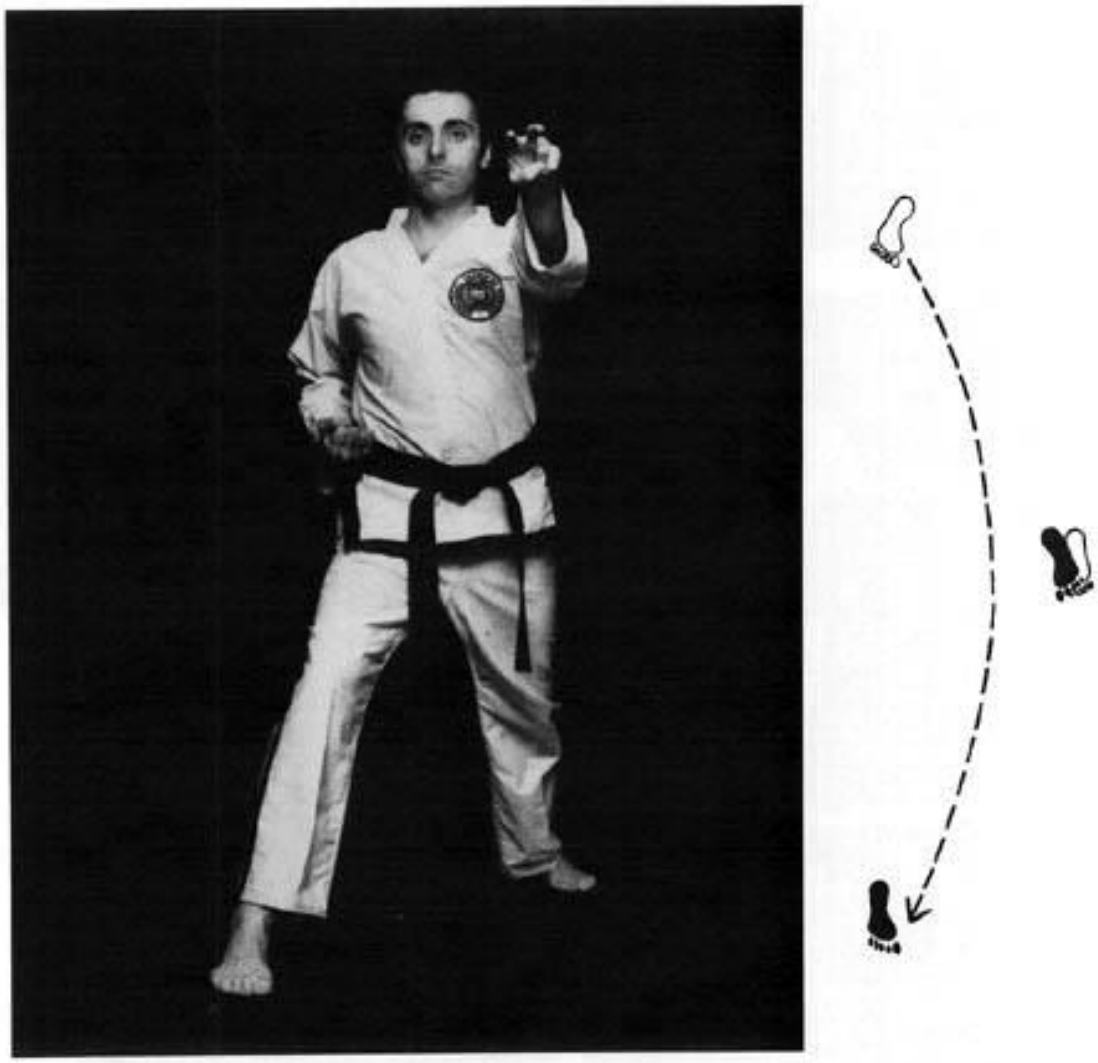
Previous Posture

Application

Side View

Side View

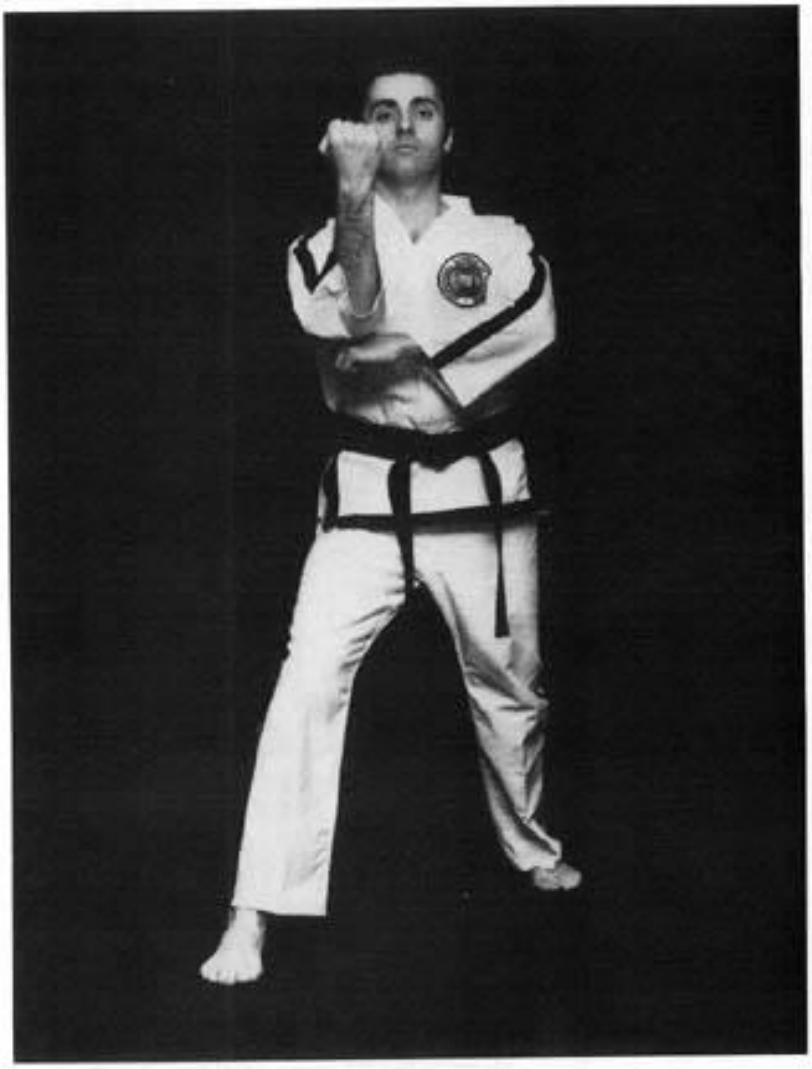
5. **Move the right foot to D, forming a right walking stance toward D, at the same time executing a high thrust to D with the left double finger.**



Right walking stance high thrust with the left double finger toward D.

Previous Posture

6. **Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.**



Right walking stance front strike with the right back fist toward D.

Application

Previous Posture

Side View

7. **Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left forearm.**

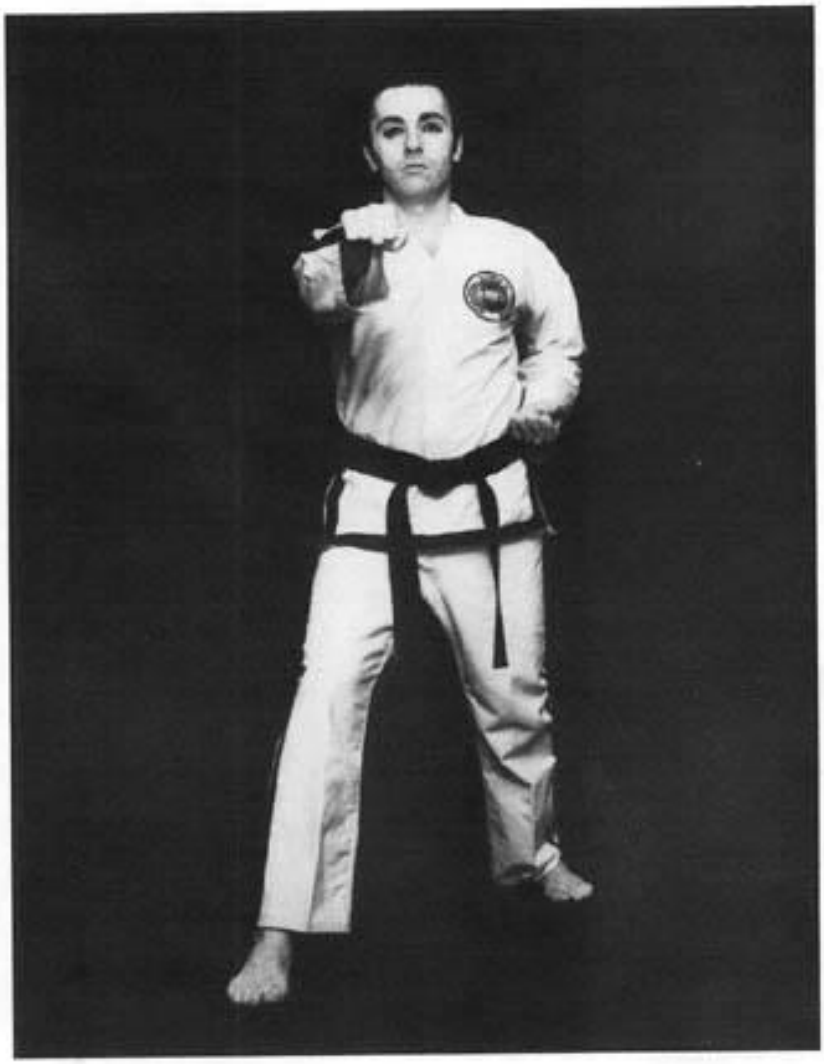
Left walking stance toward D with a left forearm rising block.

Previous Posture

Application

Side View

8. **Move the right foot to D to form a right walking stance toward D, at the same time executing a middle punch to D with the right fist.**



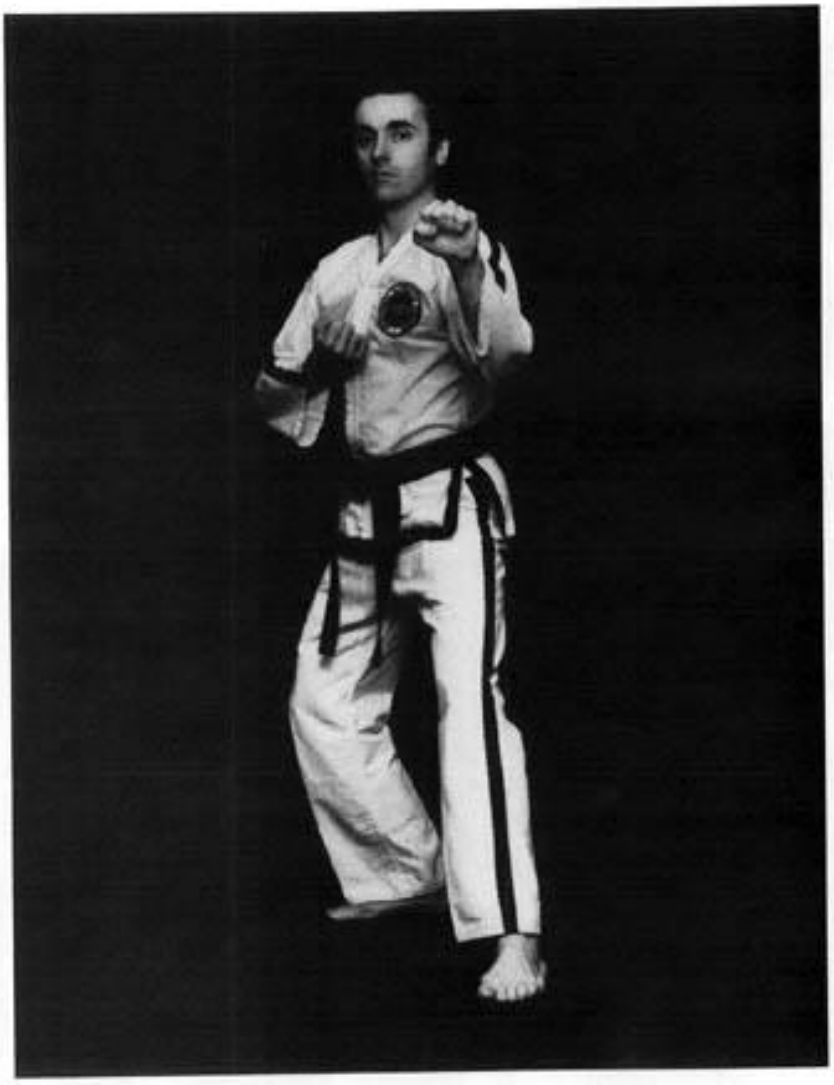
Right walking stance middle punch with the right fist toward D.

Previous Posture

Application

Side View

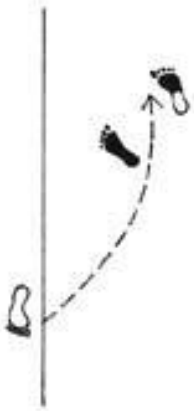
9. **Move the right foot to C, turning counter-clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.**



Right L-stance forearm middle guarding block toward D.

Previous Posture

Application



Side View

10. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 9.

Low front snap kick to D with the right foot.

Previous Posture

Application

Side View

11. **Lower the right foot to D, forming a right low stance toward D while executing a high thrust to D with the right flat fingertip.**

Right low stance high thrust with the right flat fingertip toward D.

Previous Posture

Application

Side View

Side View

12 Execute a high turning kick to D with the right foot, supporting the body with both hands and the left knee.

High turning kick to D with the right foot.

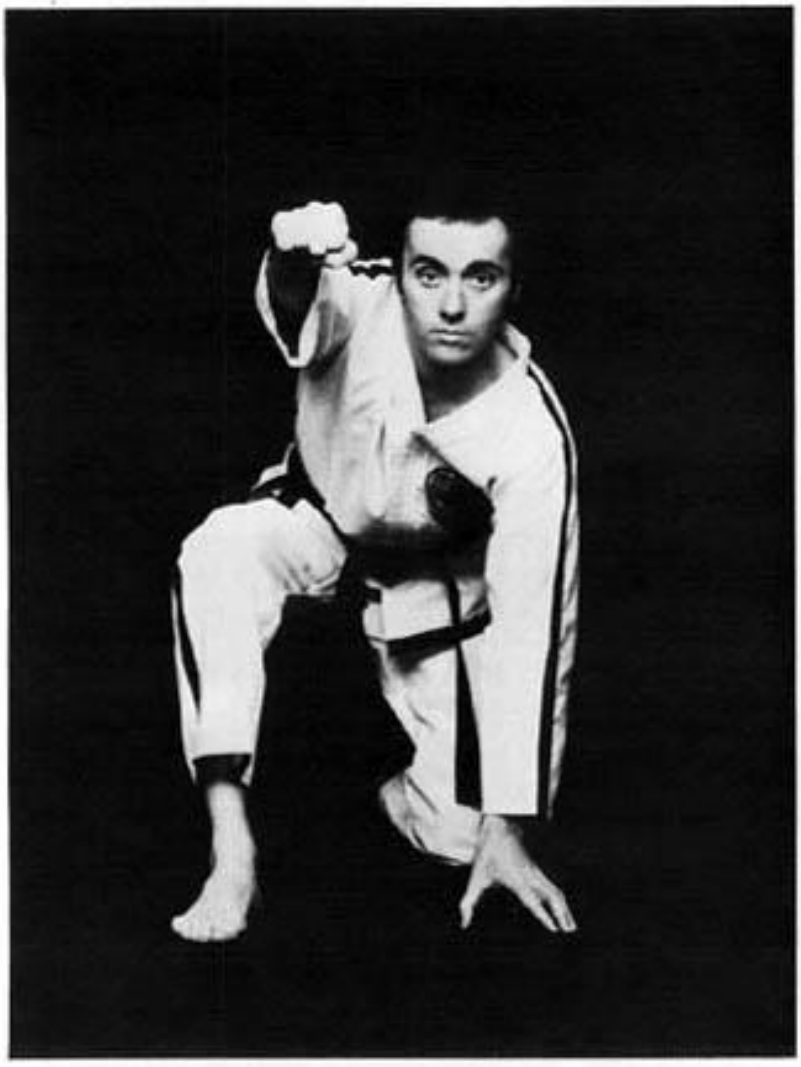
Previous Posture

Application

Side View

Side View

13. Lower the right foot to **D**, and then execute a high punch to **D** with the right fist while pressing the ground with the left palm.



High punch to D with the right fist while pressing the ground with the left palm.

Previous Posture

Application

Side View

Raise the left heel off the ground.

Side View

14. **Move the left foot to D, turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.**

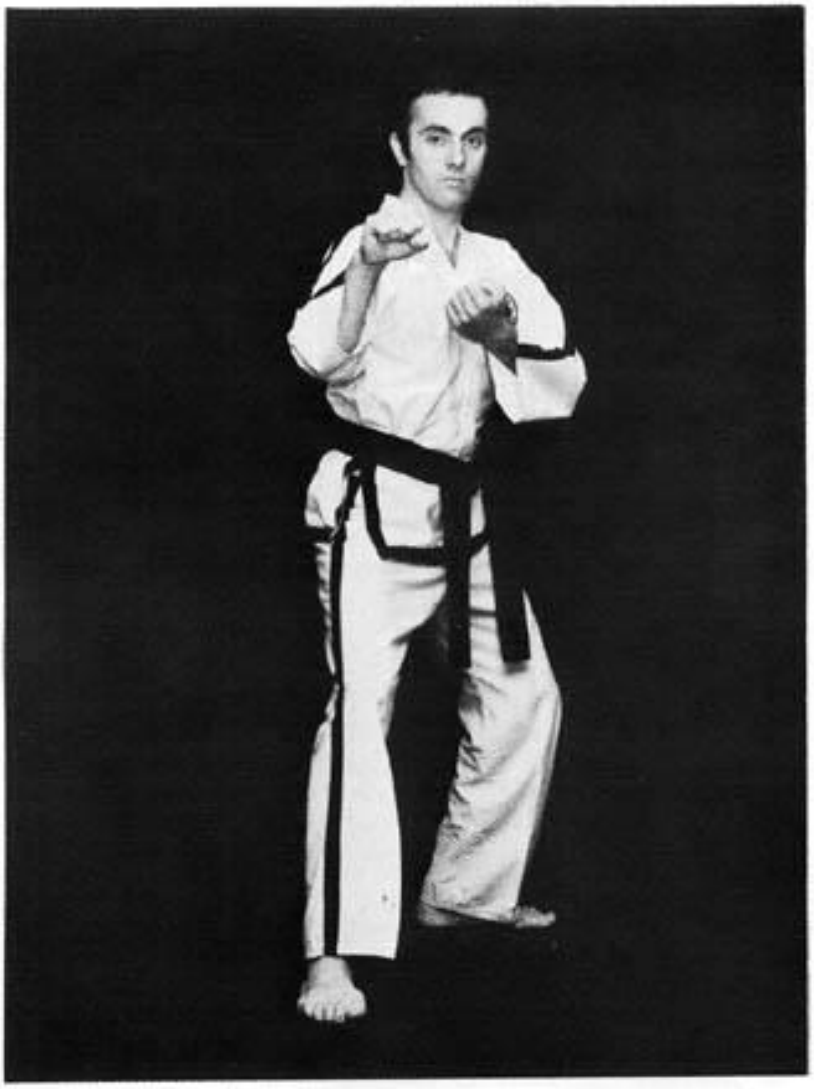
Left L-stance forward C with a left side elbow thrust to D.

Previous Posture

Application

Side View

15. **Move the left foot to C, turning clockwise to form a left L-stance toward D, at the same time executing a middle guarding block to D with the forearm.**



Left L-stance foream middle guarding block toward D.

Previous Posture

Side View

Application

Side View

16. **Move the right foot to C, forming a right L-stance toward D while executing a scooping block with the left palm.**

Right L-stance toward D with a left palm scooping block.

Previous Posture

Application

Side View

Side View

17. Move the left foot to C, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

Left L-stance middle strike with the right knife-hand toward D.

Previous Posture

Keep the back forearms crossed in front of the left chest.

Application

Side View

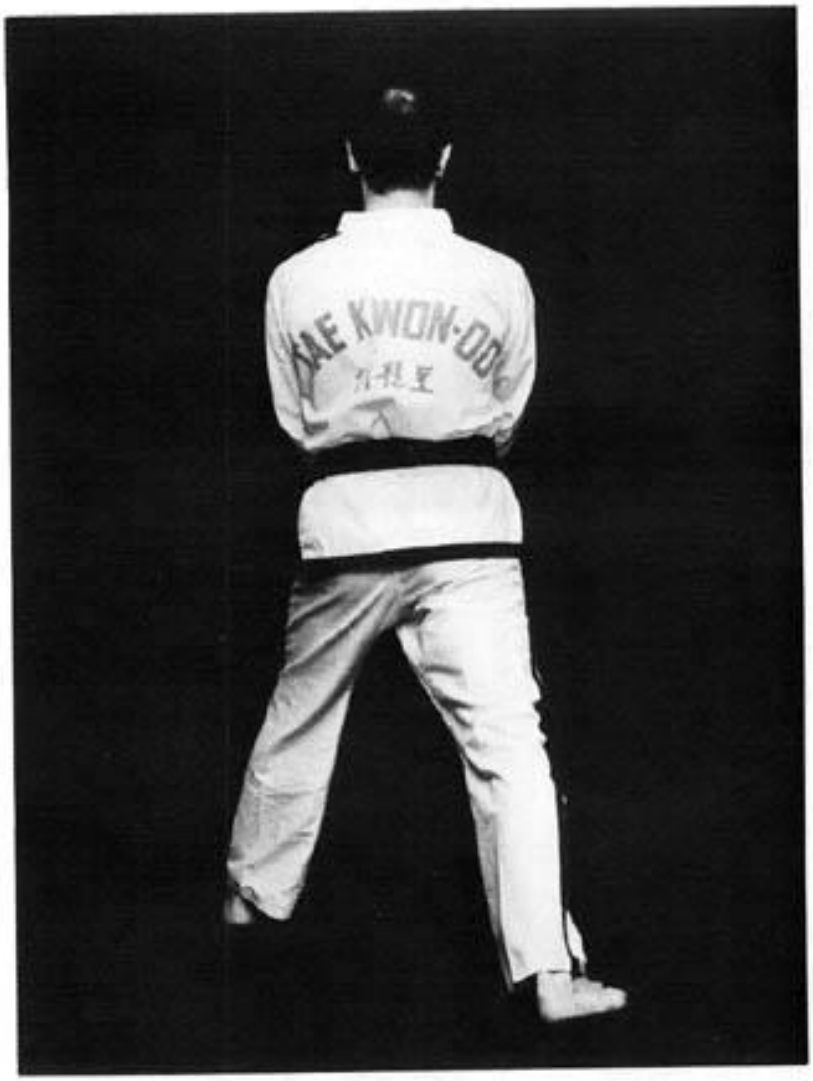
Previous Posture

Keep the back forearms crossed in front of the left chest.

Application

Side View

18. **Execute a pressing block with an X-fist while forming a left walking stance toward C, pivoting with the right foot.**



Left walking stance toward C with an X-fist pressing block.

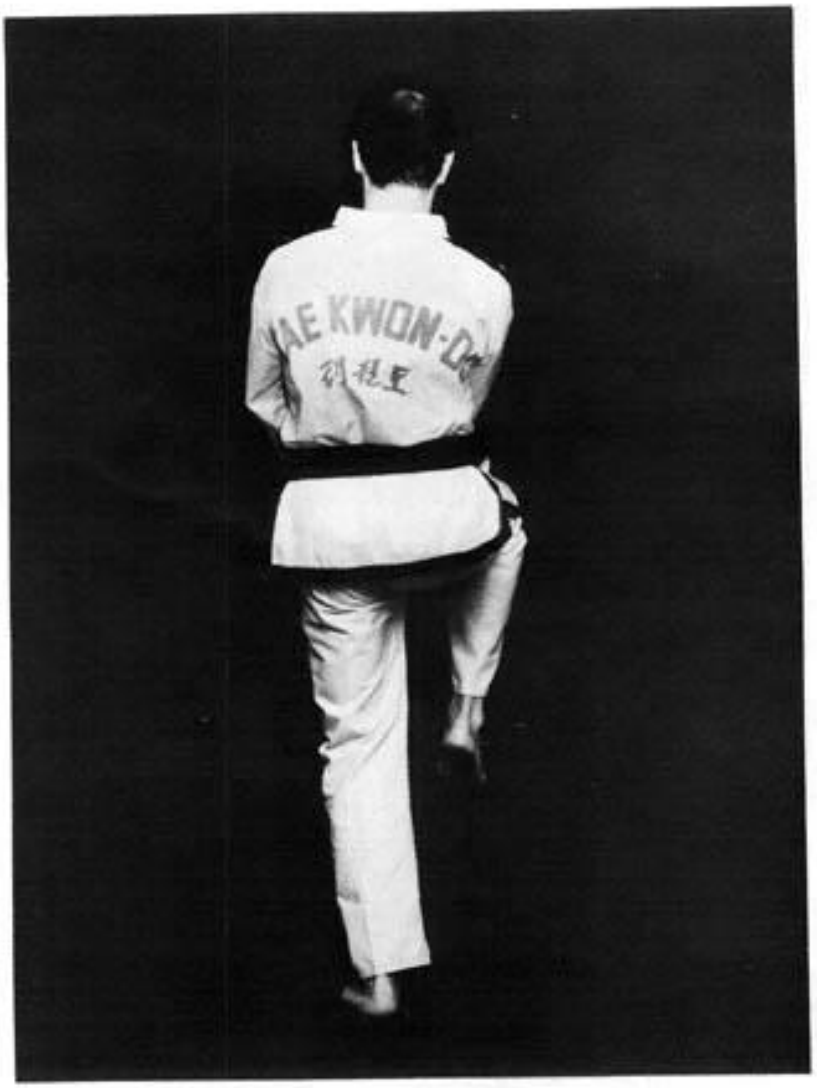
Application

Side View

Previous Posture

Other View

19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.



Low front snap kick to C with the right knee, pulling both hands.

Previous Posture

Other View

Application

Side View

20. 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.

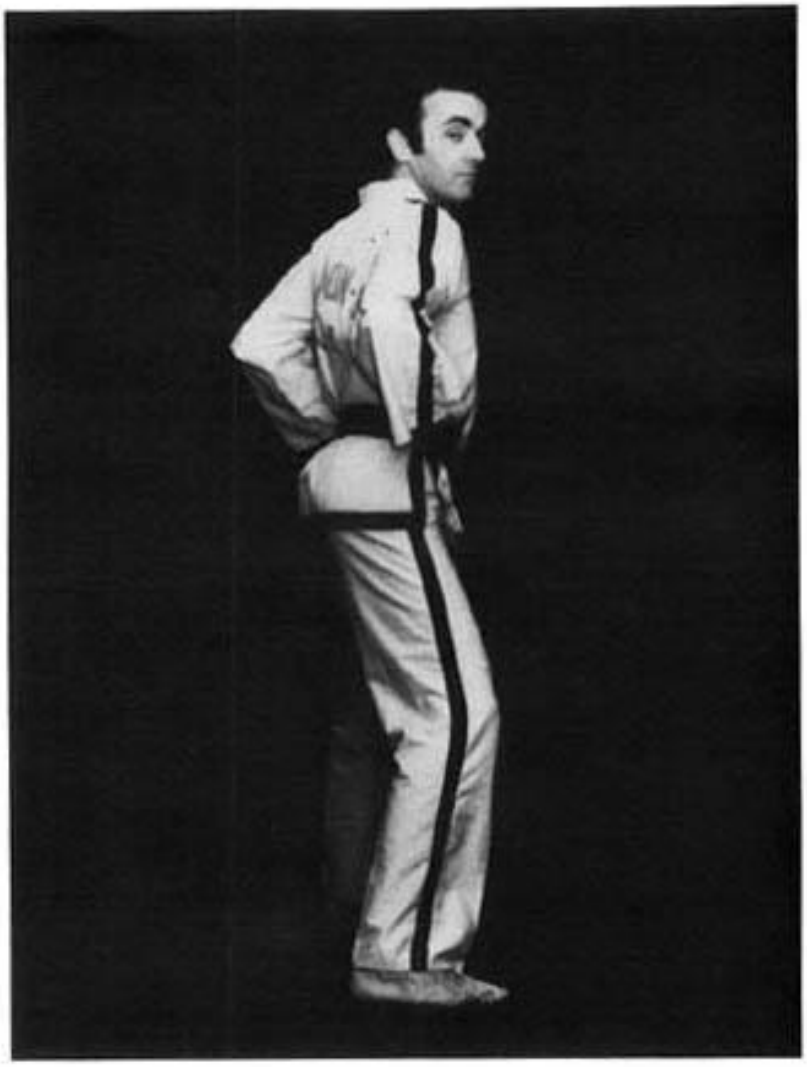
Application

Previous Posture

Top View

Side View

21. Move the right foot to D in a sliding motion to form a right L-stance toward C, while thrusting to D with the right side elbow.



Right L-stance toward C with a right side elbow thrust to D.

Previous Posture

Application

Side View

Keep both back fists faced upward.

Side View

22. Execute a middle guarding block to **D** with a knife-hand while forming a left L-stance toward **D**, pivoting with the left foot.

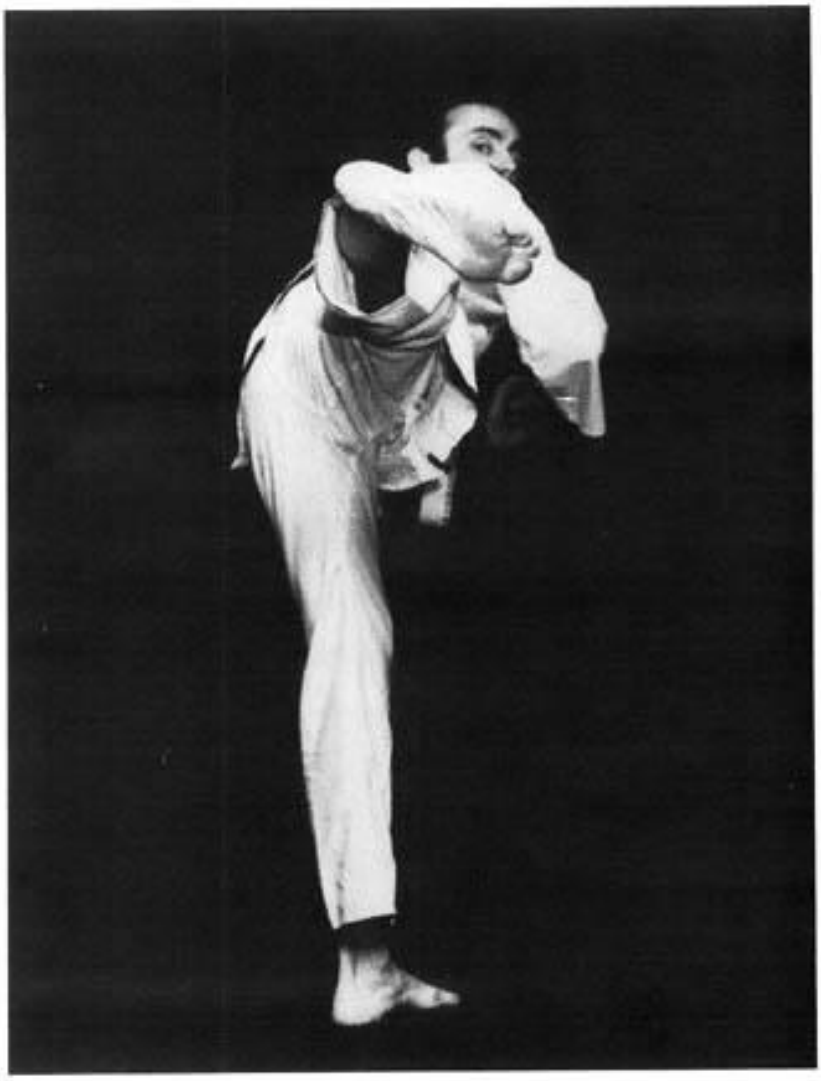
Left L-stance knife-hand middle guarding block toward **D**.

Previous Posture

Application

Side View

23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.



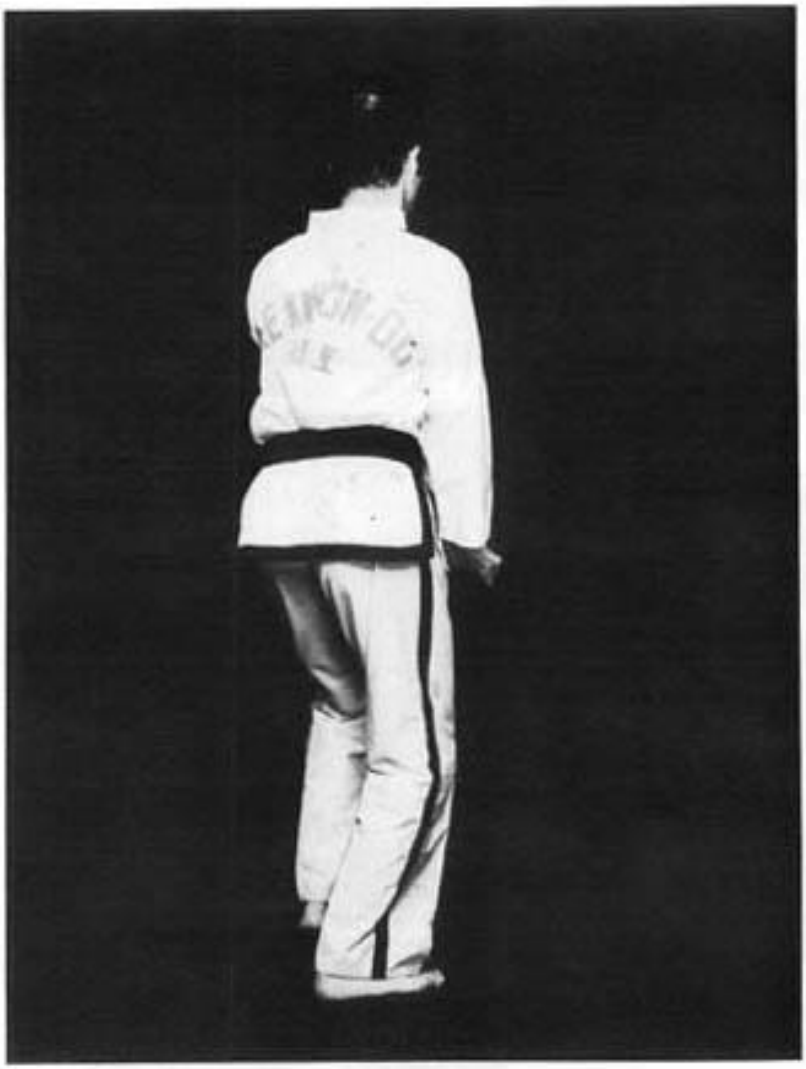
Middle side piercing kick to D with the right foot, pulling both hands.

Previous Posture

Application

Side View

24. Lower the right foot to D, and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.



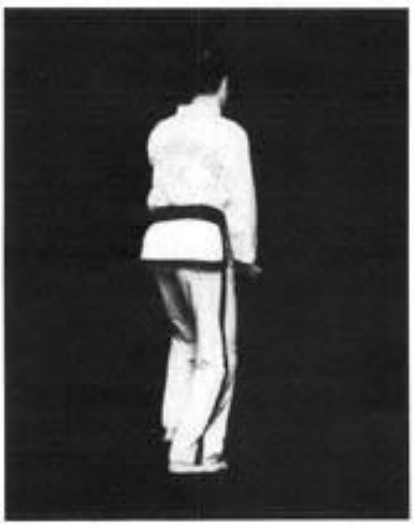
Right rear foot stance toward C
with a twin palm pressing block.

Application

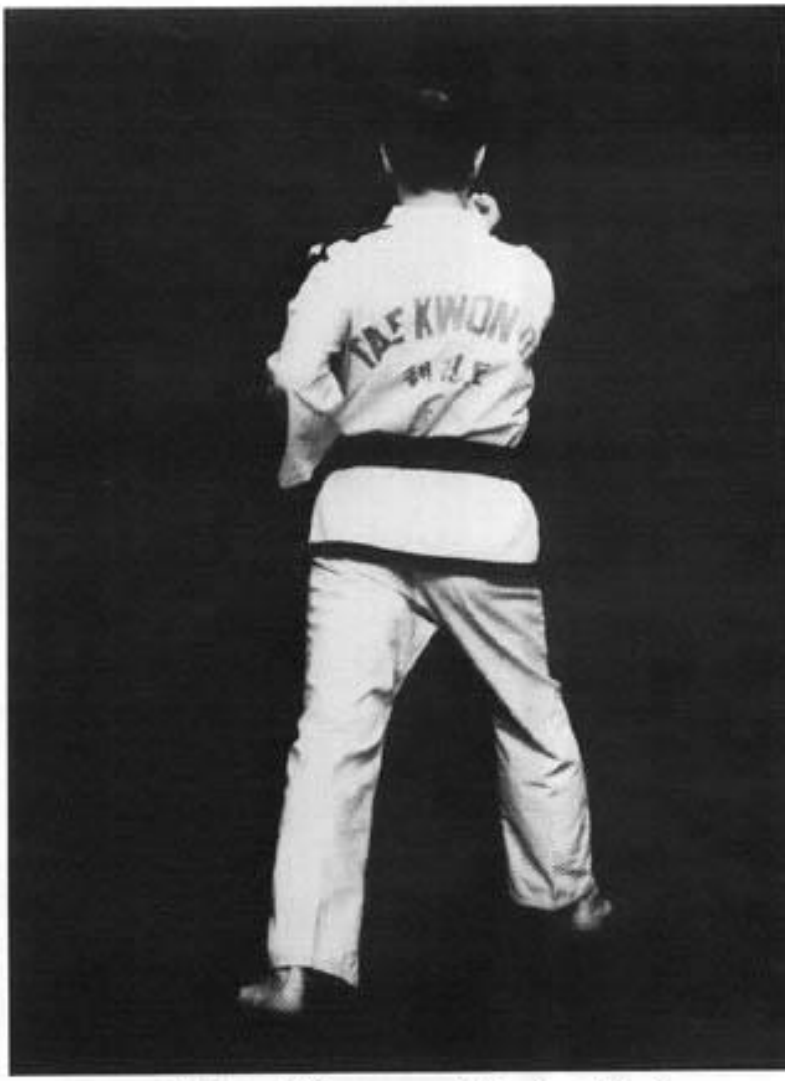
Side View

Previous Posture

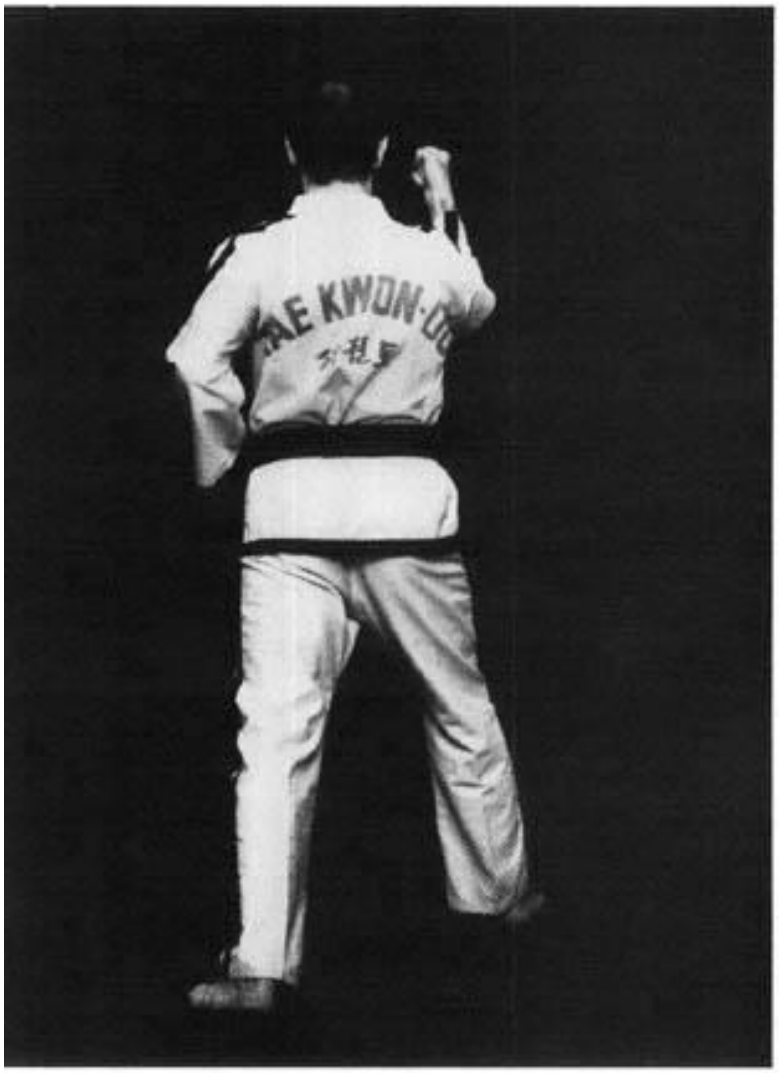
Other view



25. **Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm, and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.**



Right walking stance high front block with the right outer forearm toward C.



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

Previous Posture

Other View

Other View

Side View

Keep the left heel slightly. off the ground.

Application

Other View

Other View

26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D, pivoting with the right foot.

Right L-stance high thrust with the left flat fingertip toward D.

Previous Posture

Application

Side View

27. **Execute a low front snap kick to D with the right foot while bringing the right palm on the left back forearm.**

Low front snap kick to D with the right foot.

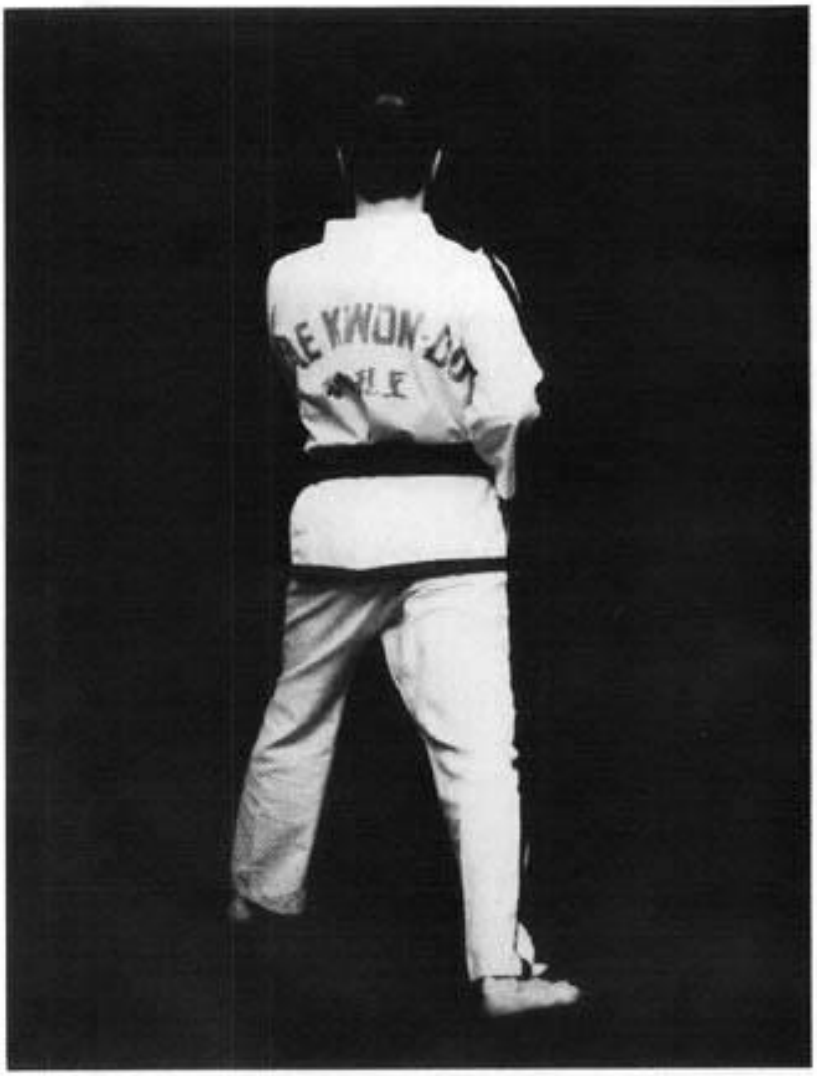
Application

Previous Posture

Side View

Side View

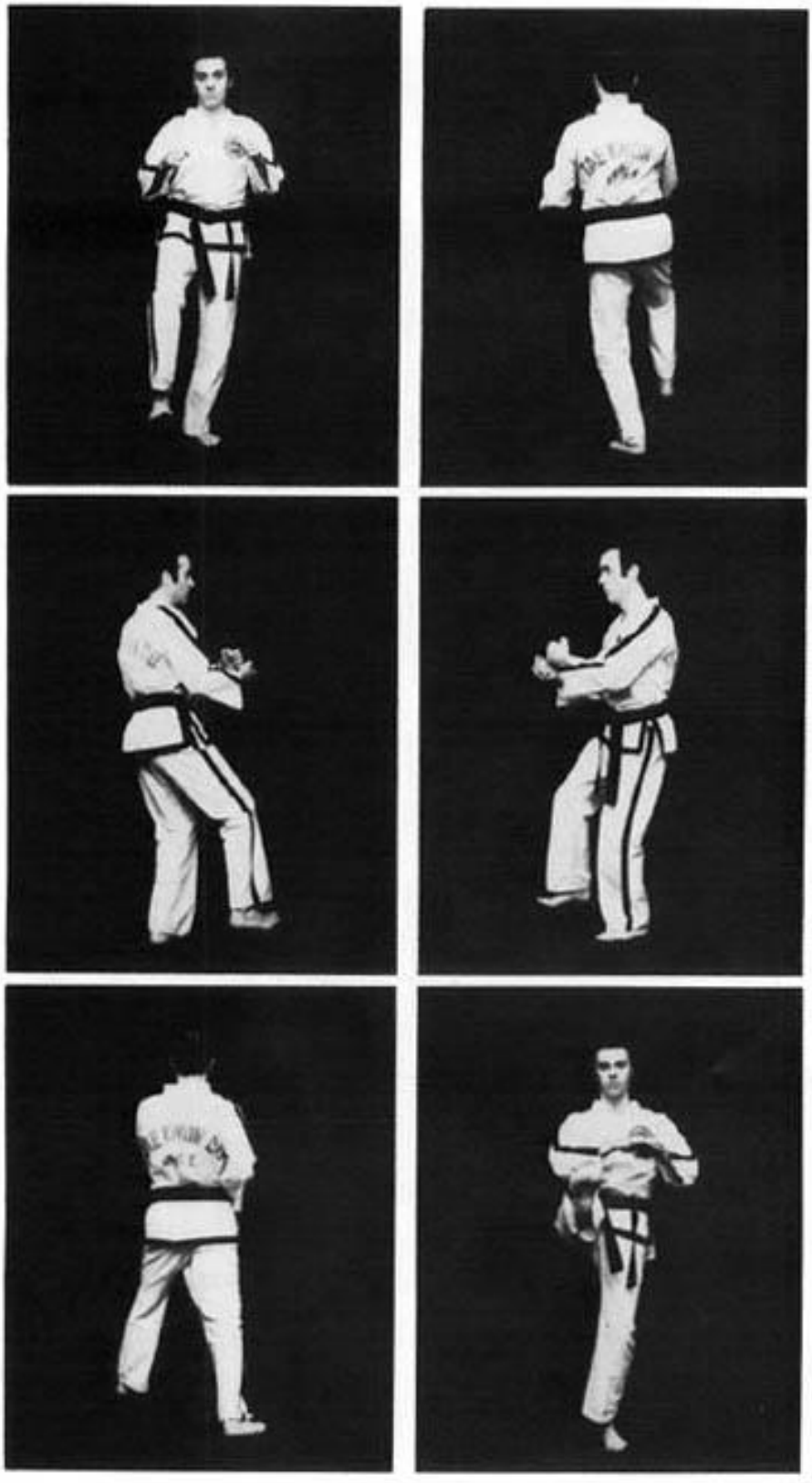
28. **Lower the right foot to D to form a left walking stance toward C, pivoting with the left foot while bringing both fists to the right hip.**
Perform in a slow motion.



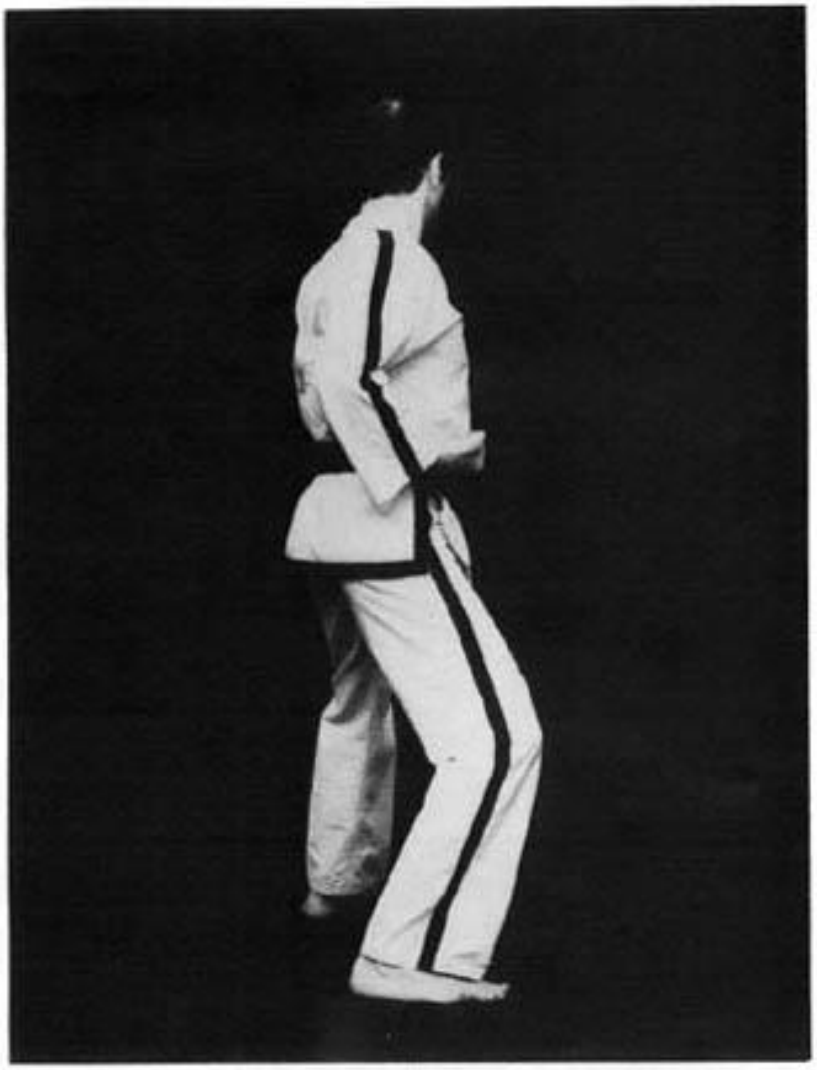
Left walking stance toward C, placing the left side fist on the right under fist.

Previous Posture

Other View



29. **Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot.**
Perform in a stamping motion.



Right L-stance toward C with a left back hand downward strike.

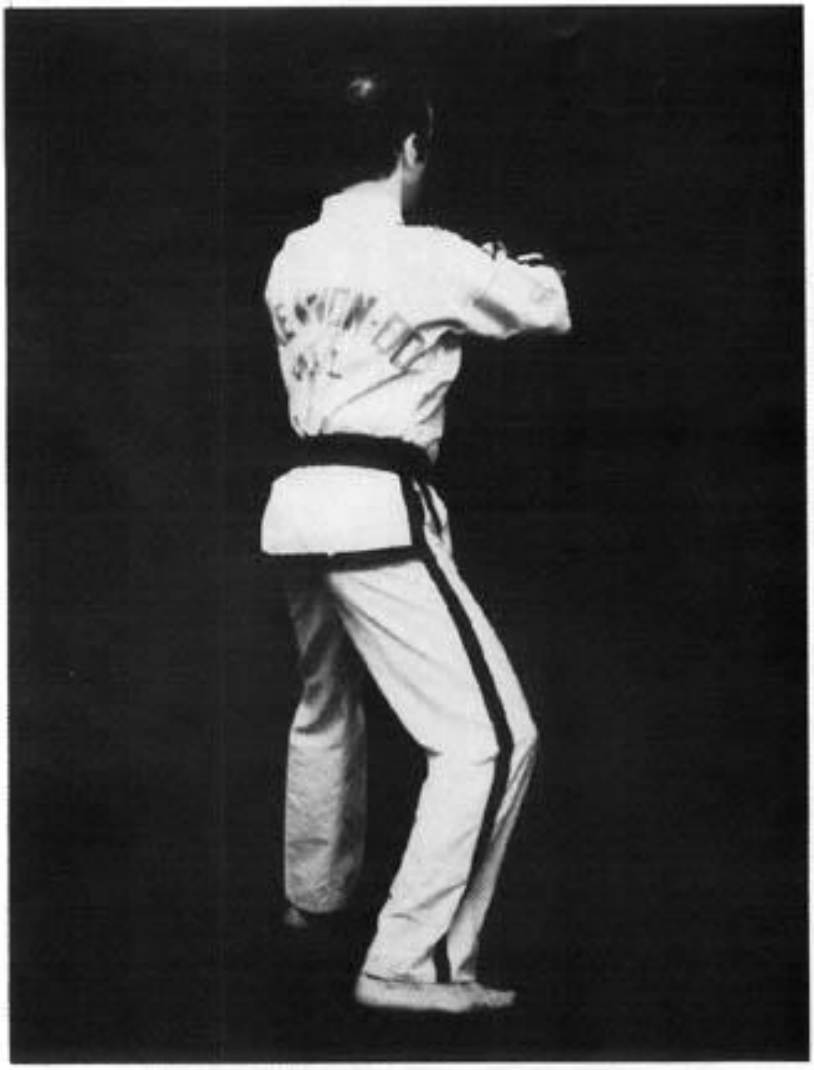
Application

Top View

Previous Posture

Side View

30. **Punch the left palm with the right fist while maintaining a right L-stance toward C.**



Right L-stance middle punch with the right fist toward C.

Application

Side View

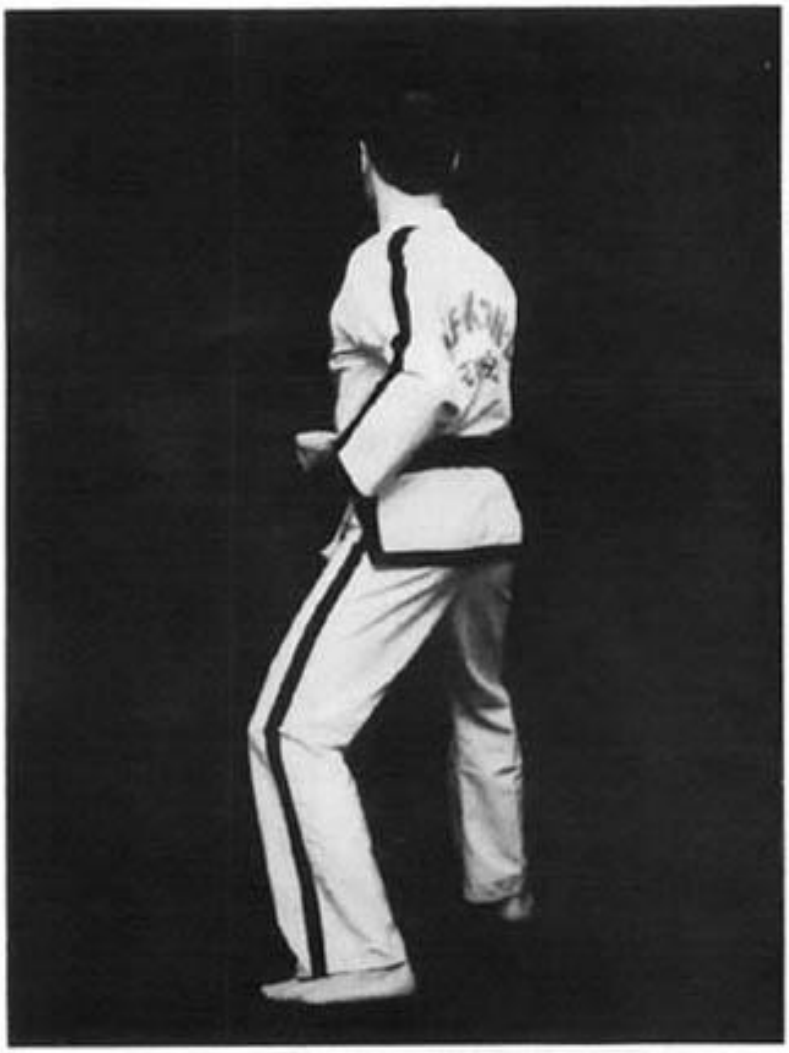
Previous Posture

Raise the body slightly.

Other View

Other View

31. **Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.**

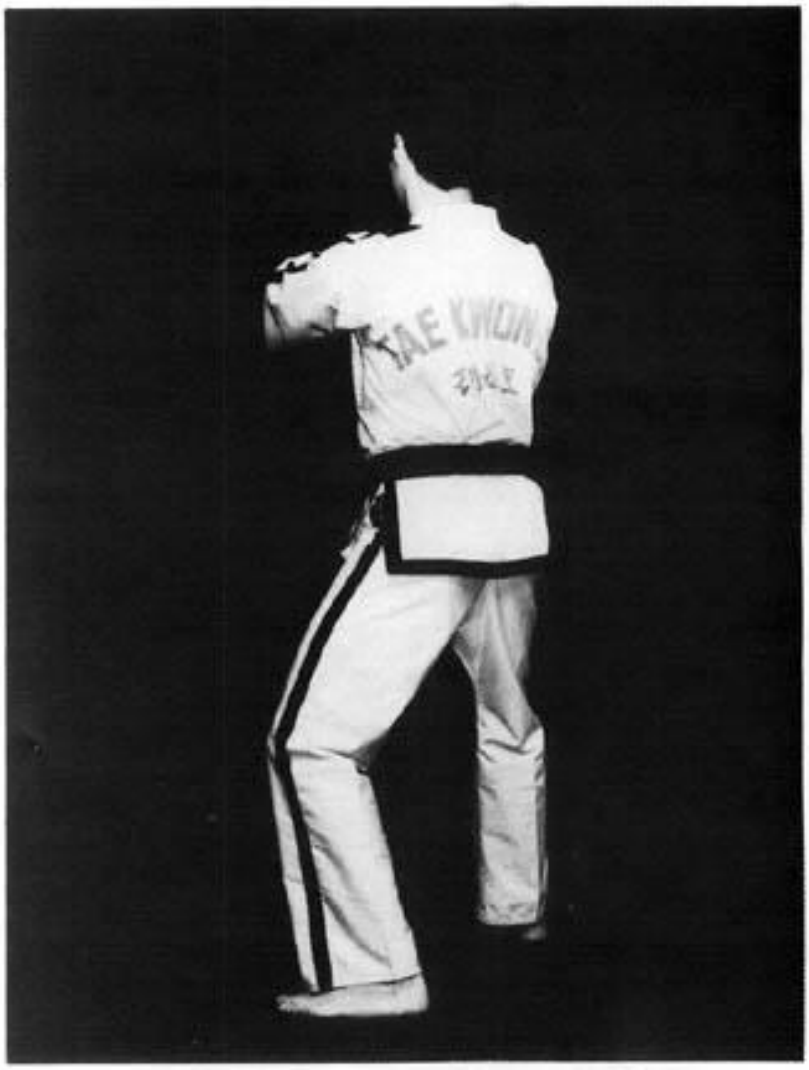


Left L-stance toward C with a right back hand downward strike.

Previous Posture

Other View

32. **Punch the right palm with the left fist while maintaining a left L-stance toward C.**



Left L-stance middle punch with the left fist toward C.

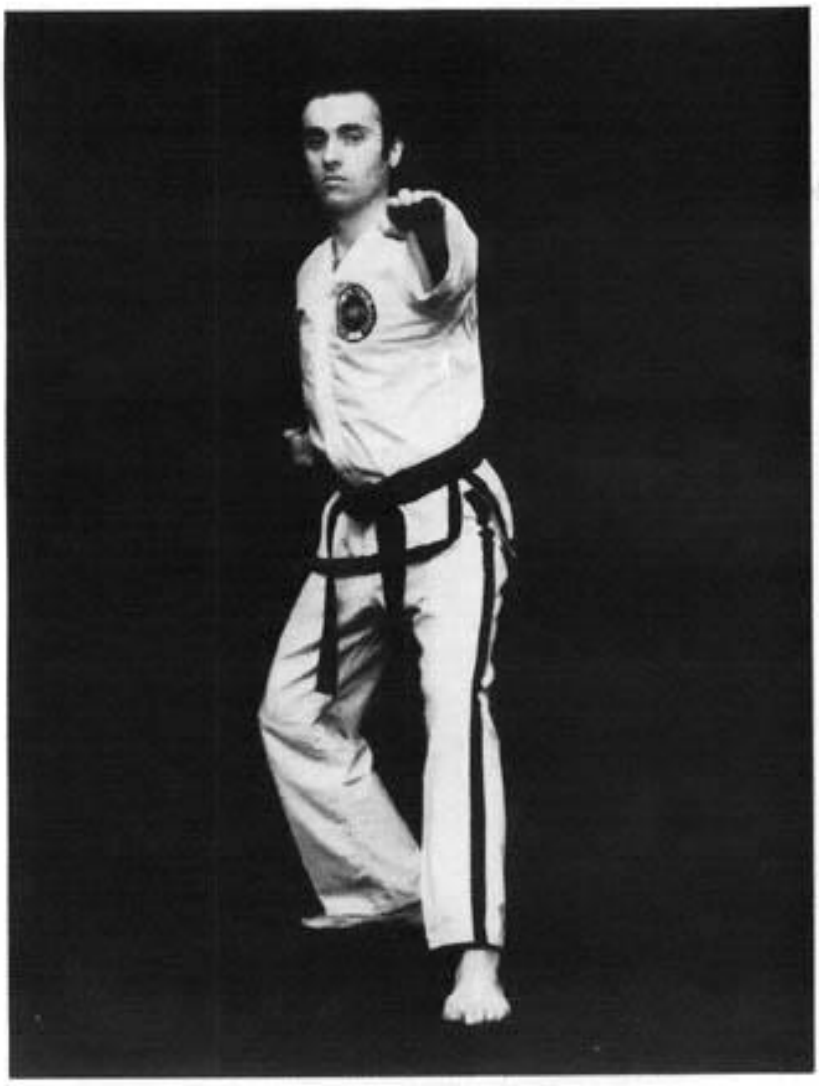
Application

Previous Posture

Raise the body slightly.

Side View

33. **Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot.**
Perform in a stamping motion.



Right L-stance middle strike with the left knife-hand toward D.

Previous Posture

Application

Side View

Keep the back forearms crossed in front of the right chest, placing the striking one under the other.

Side View

34. **Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.**

Left walking stance high side front strike with the right back fist toward D.

Previous Posture

Application

Top View

Side View

35. **Move the right foot to D, forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.**
Perform in a stamping motion.

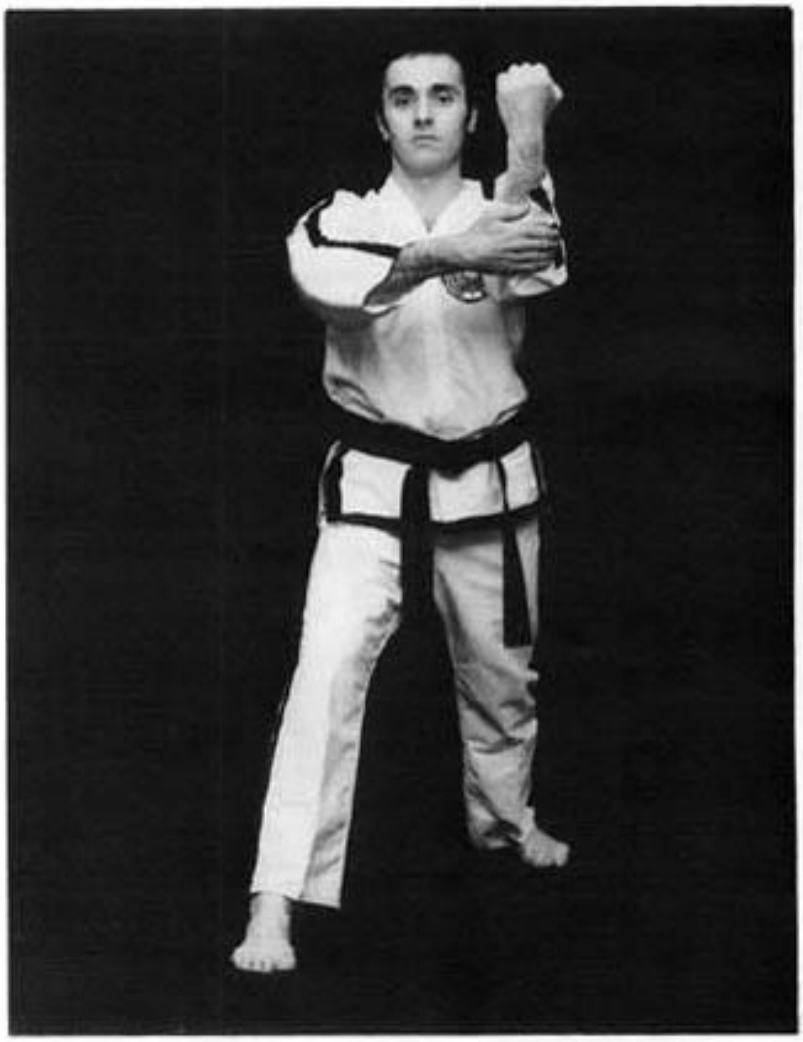
Left L-stance middle strike with the right knife-hand toward D.

Previous Posture

Keep the back forearms crossed in front of the left chest.

Application

36. **Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.**



Right walking stance high side front strike with the left back fist toward D.

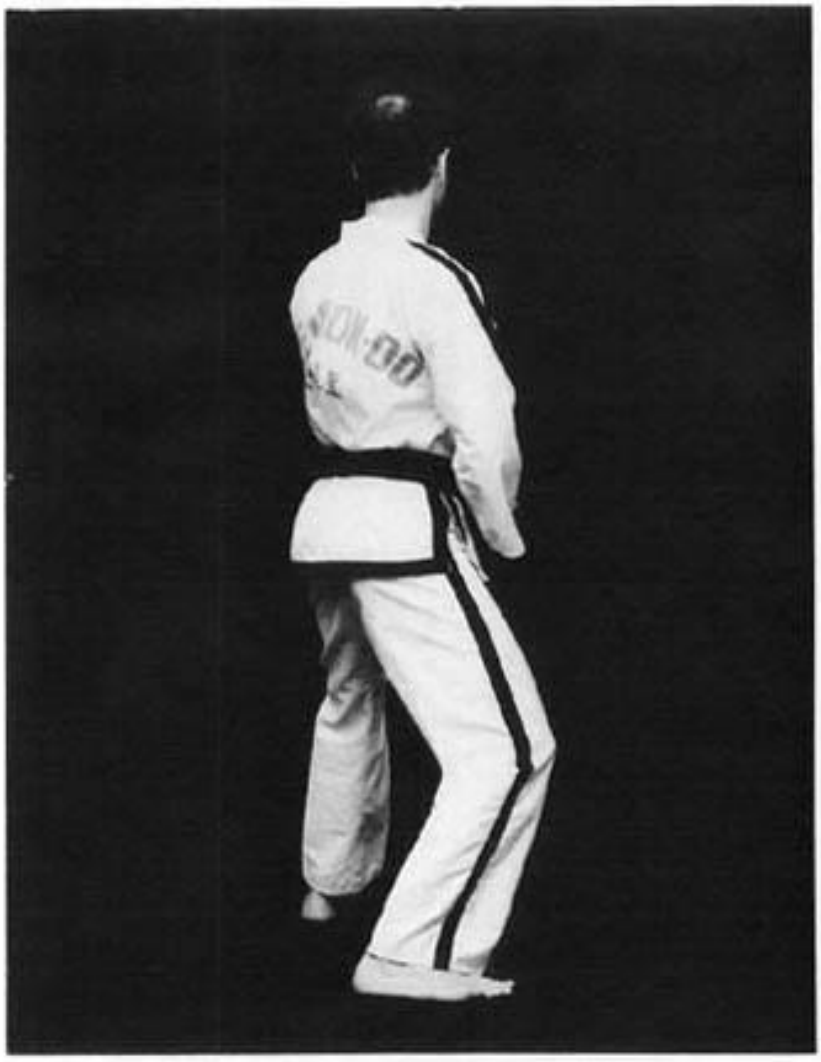
Previous Posture

Application

Side View

Top View

37. **Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C, pivoting with the right foot.**



Right L-stance reverse knife-hand low guarding block toward C.

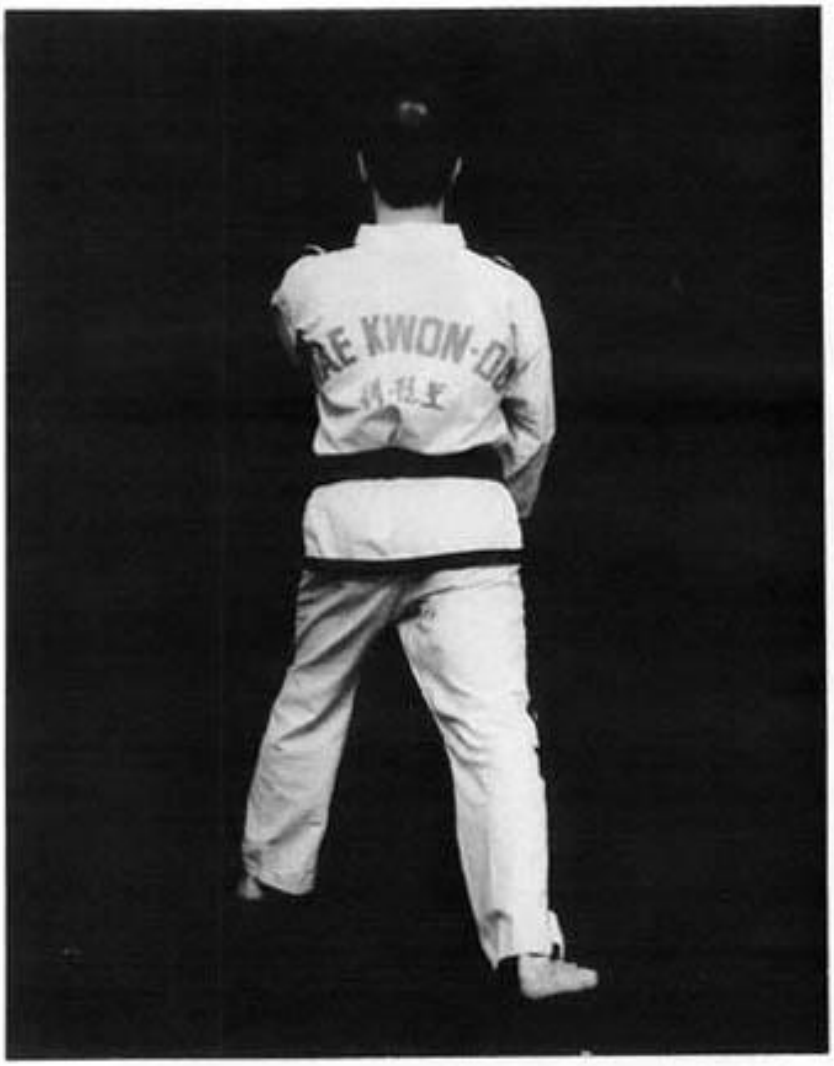
Previous Posture

Application

Top View

Other View

38. **Execute a right 9-shape block while forming a left walking stance toward C, slipping the left foot.**



Left walking stance toward C with a right 9-shape block.

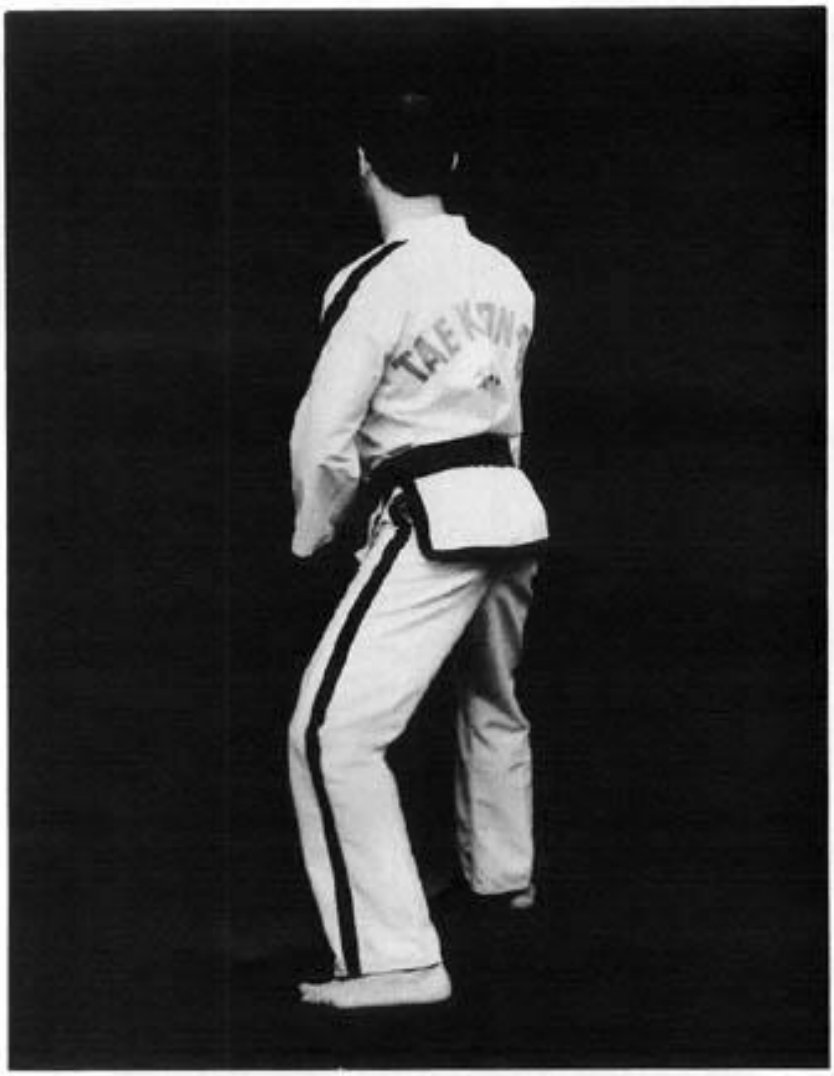
Previous Posture

Application

Side View

Other View

39. **Move the right foot to C, forming a left L-stance toward C while executing a low guarding block toward C with a reverse knife-hand.**



Left L-stance reverse knife-hand
low guarding block toward C.

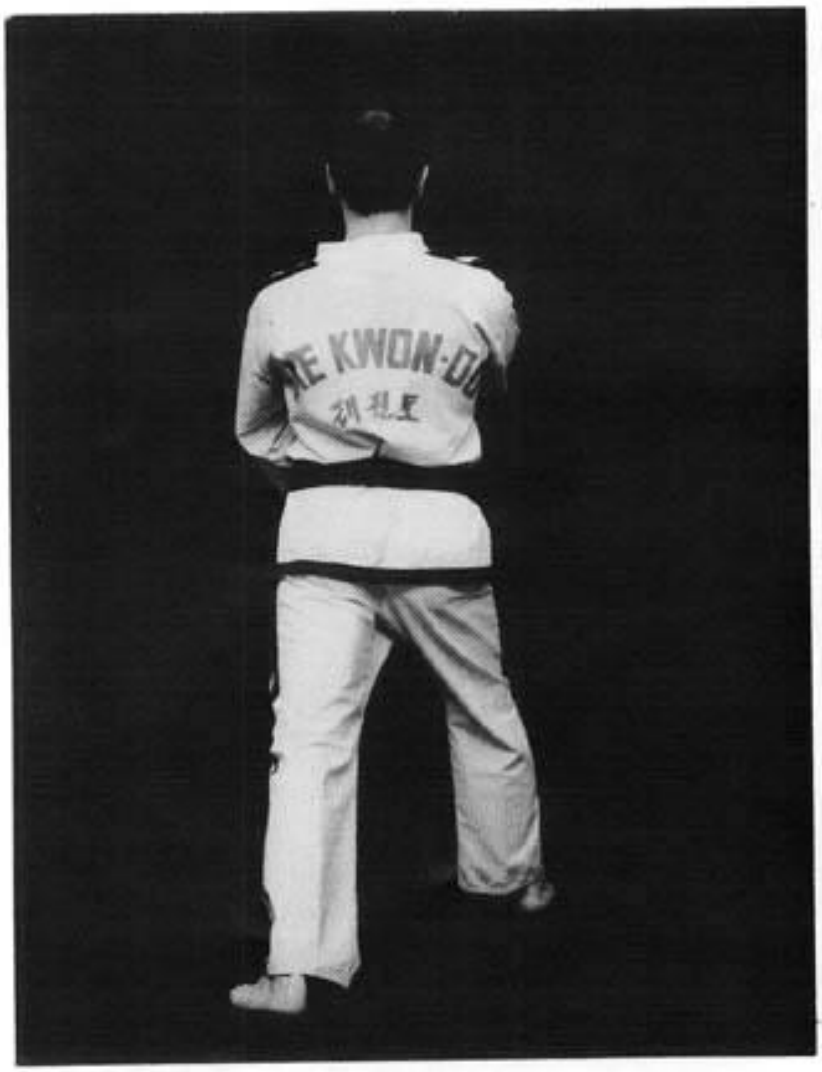
Application

Previous Posture

Top View

Side View

40. **Execute a left 9-shape block while forming a right walking stance toward C, slipping the right foot.**



Right walking stance toward C
with a left 9-shape block.

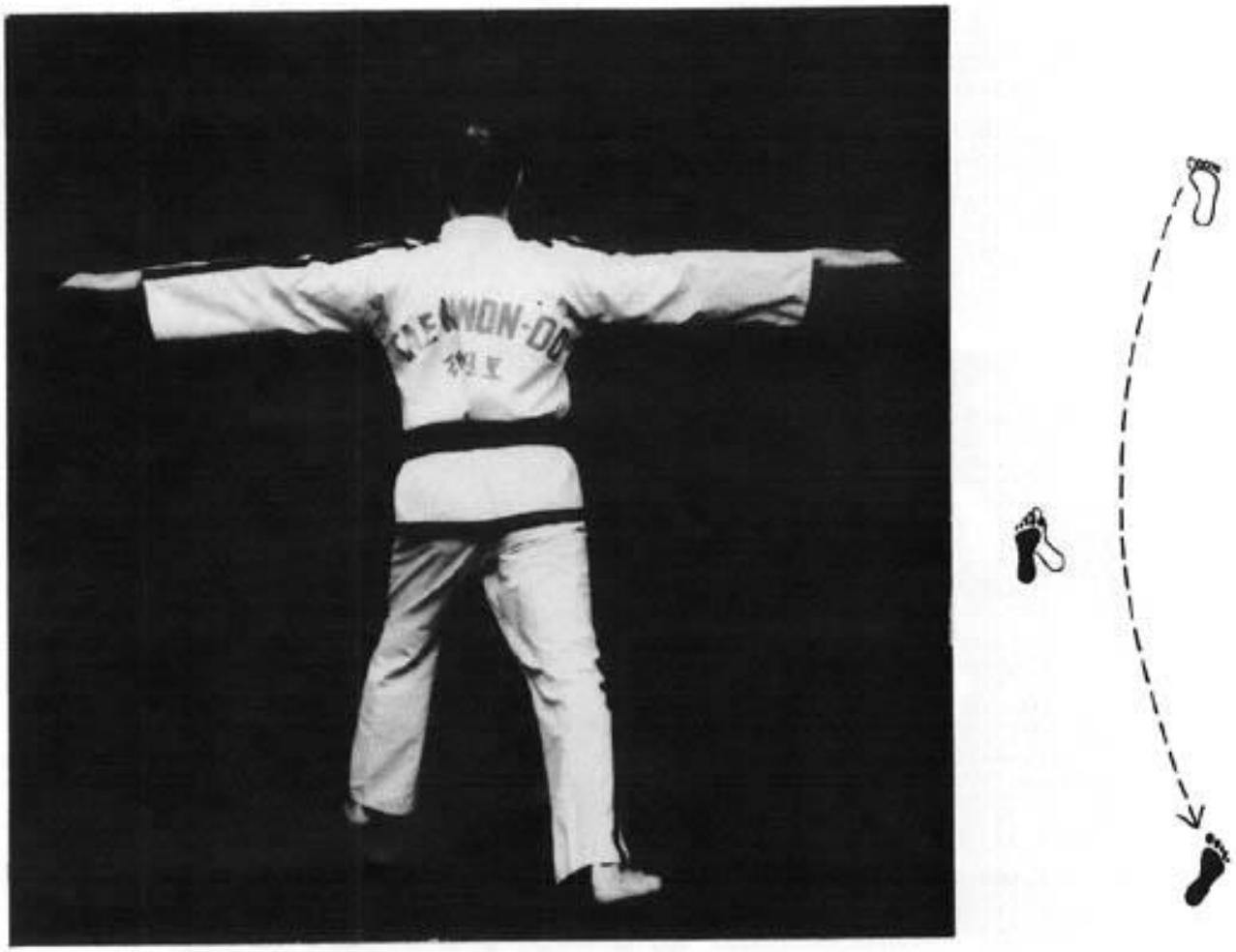
Application

Side View

Previous Posture

Side View

41. **Move the right foot to D, forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.**



Left walking stance toward C with a twin knife-hand horizontal strike.

Application

Other View

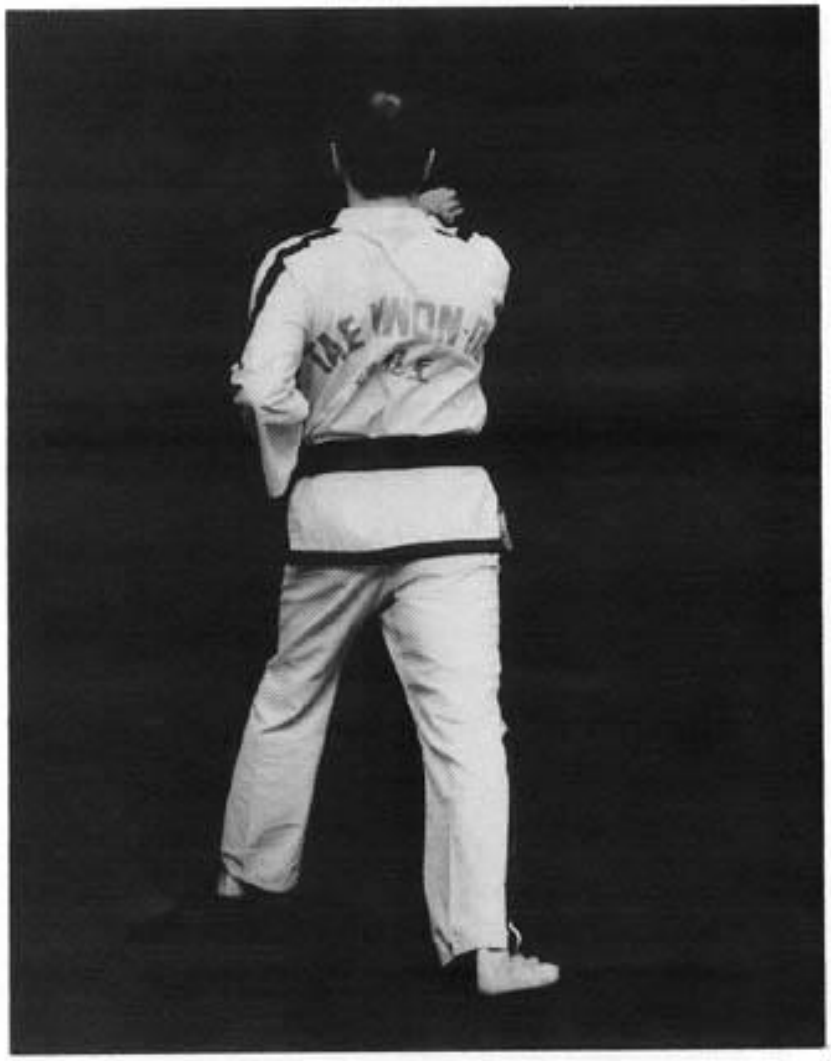
Previous Posture

Keep both back fists faced the opponent.

Side View

Side View

42. **Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.**



Left walking stance high strike with the right arc-hand toward C.

Application

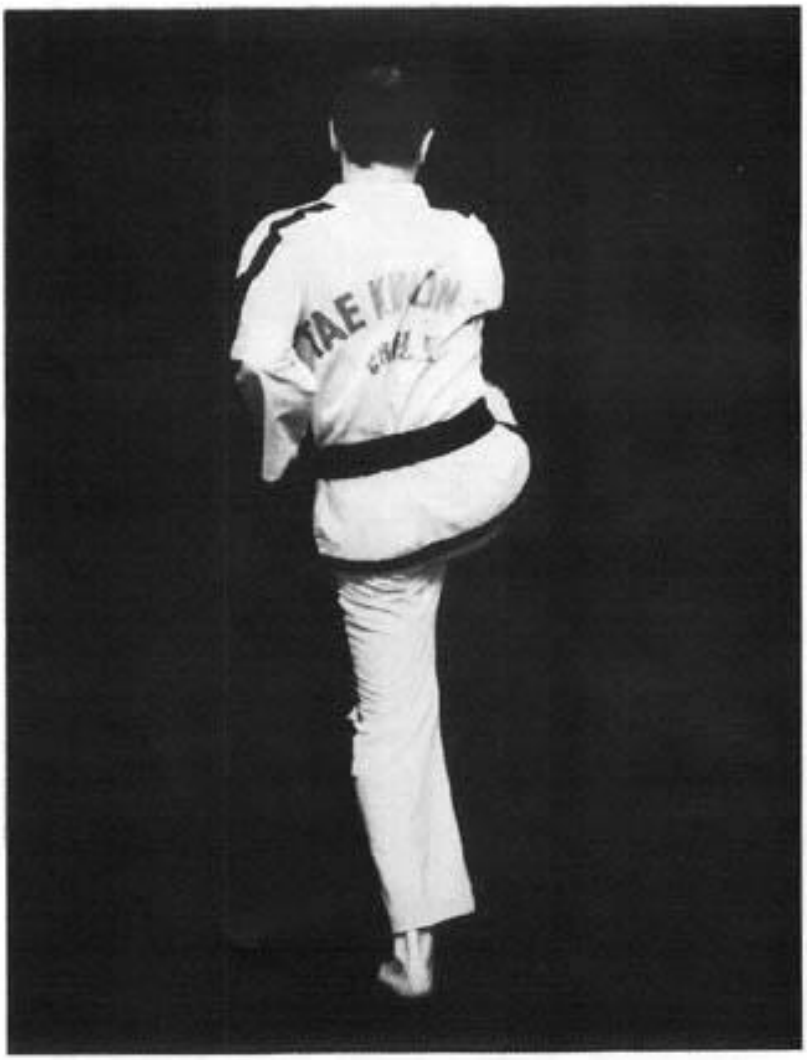
Previous Posture

Side View

Keep the right heel slightly off the ground.

Side View

43. Execute a middle front snap kick to C with the right foot, keeping the position of the hands as they were in 42.



Middle front snap kick to C with the right foot.

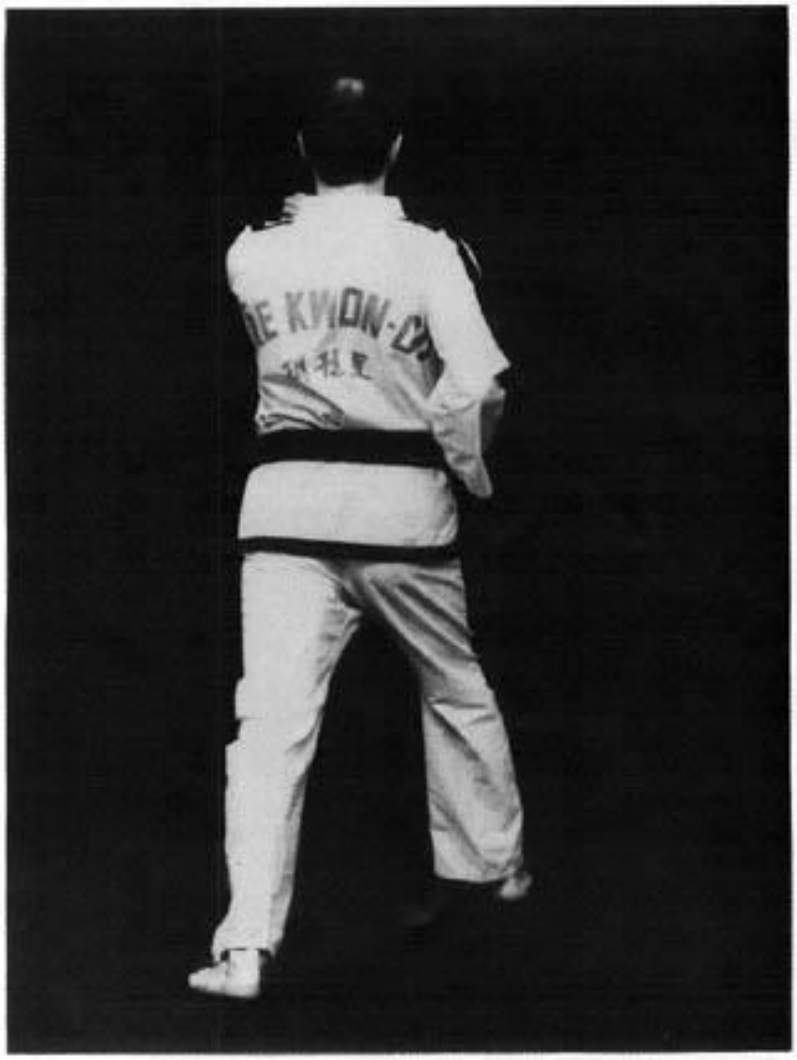
Application

Side View

Previous Posture

Other View

44. **Lower the right foot to C, forming a right walking stance toward C while executing a high strike to C with the left arc-hand.**

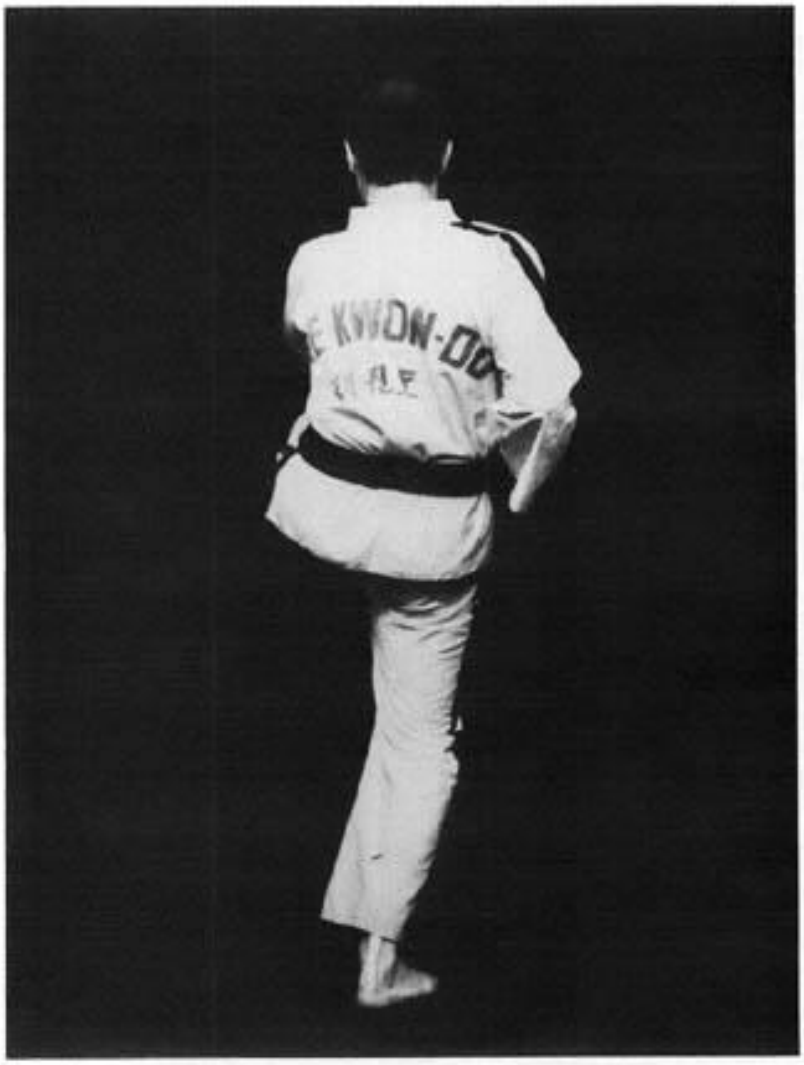


Right walking stance high strike with the left arc-hand toward C.

Previous Posture

Other View

45. **Execute a middle front snap kick to C with the left foot, keeping the position of the hands as they were in 44.**



Middle front snap kick to C with the left foot.

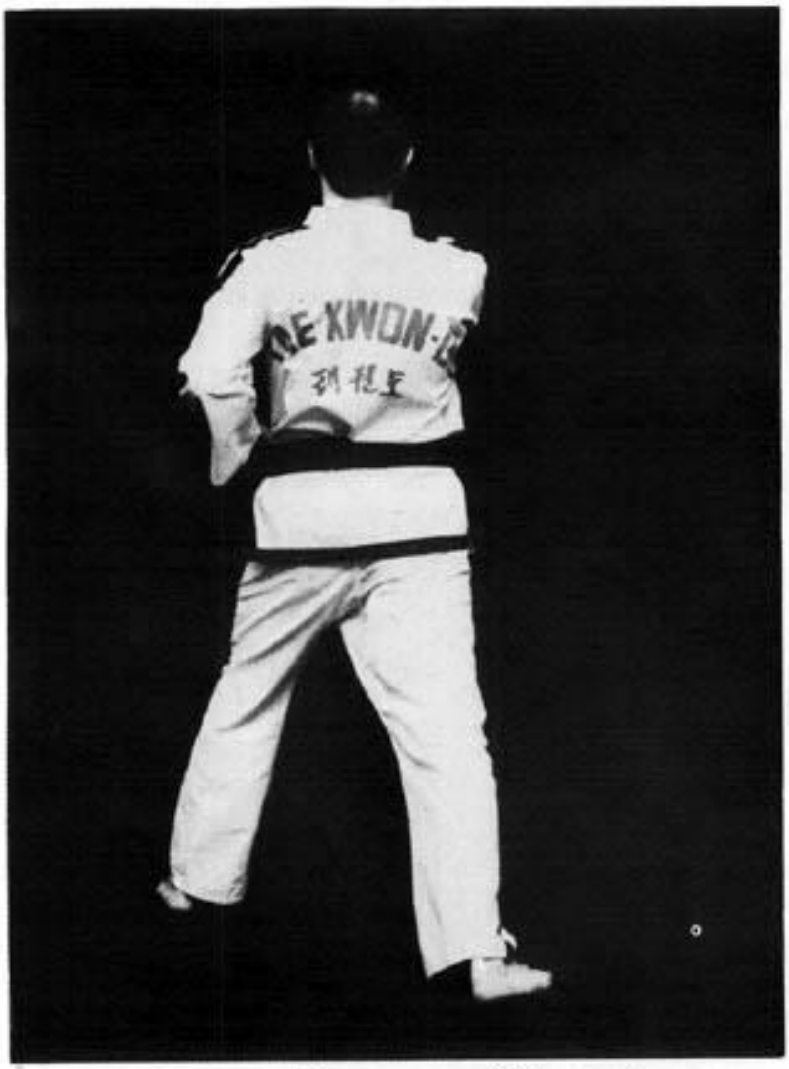
Application

Side View

Previous Posture

Side View

46. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.



Left walking stance middle punch
with the right fist toward C.

Application

Previous Posture

Top View

Other View

47. **Execute a middle punch to C with the left fist while maintaining a left walking stance toward C. Perform 46 and 47 in a fast motion.**

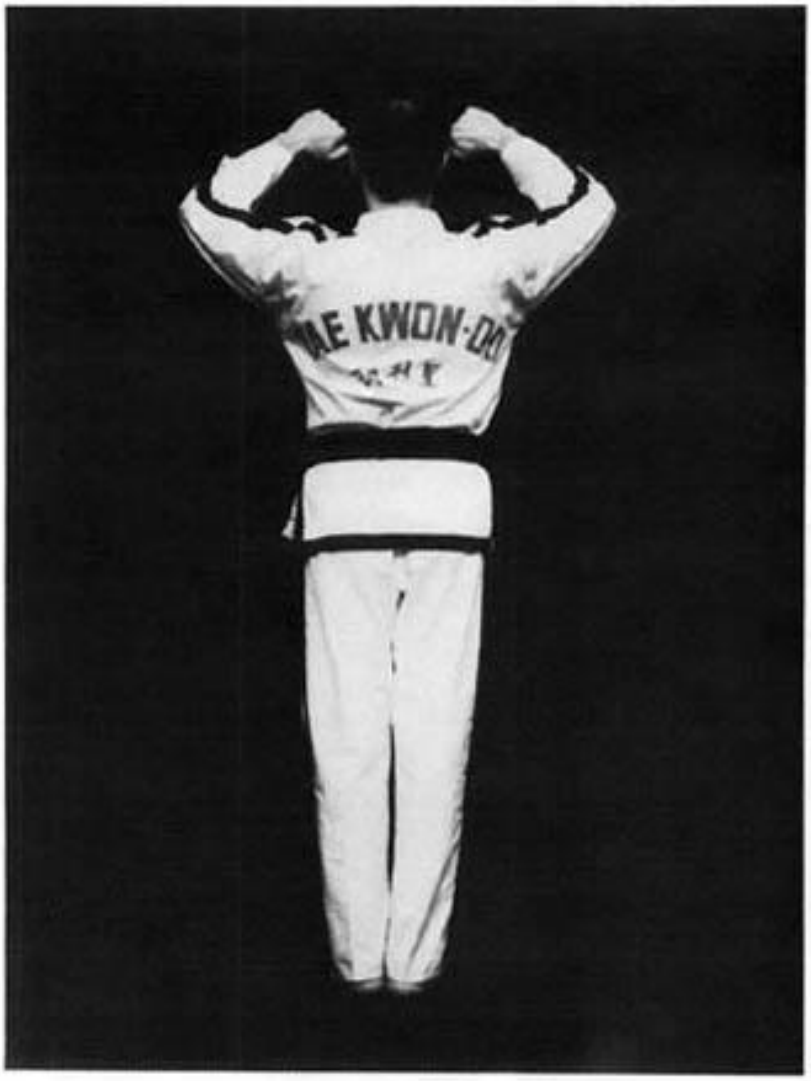
Left walking stance middle punch with left fist toward C.

Previous Posture

Keep the right heel slightly off the ground.

Side View

48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin fore-knuckle fist.



Close stance toward C with a twin fore-knuckle fist high crescent punch.

Application

Previous Posture

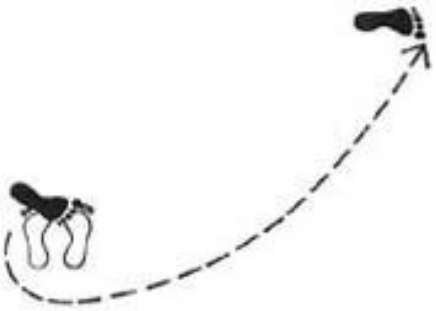
Top View

Other View

Other View

49. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.

Left walking stance low block with the right knife-hand toward B.

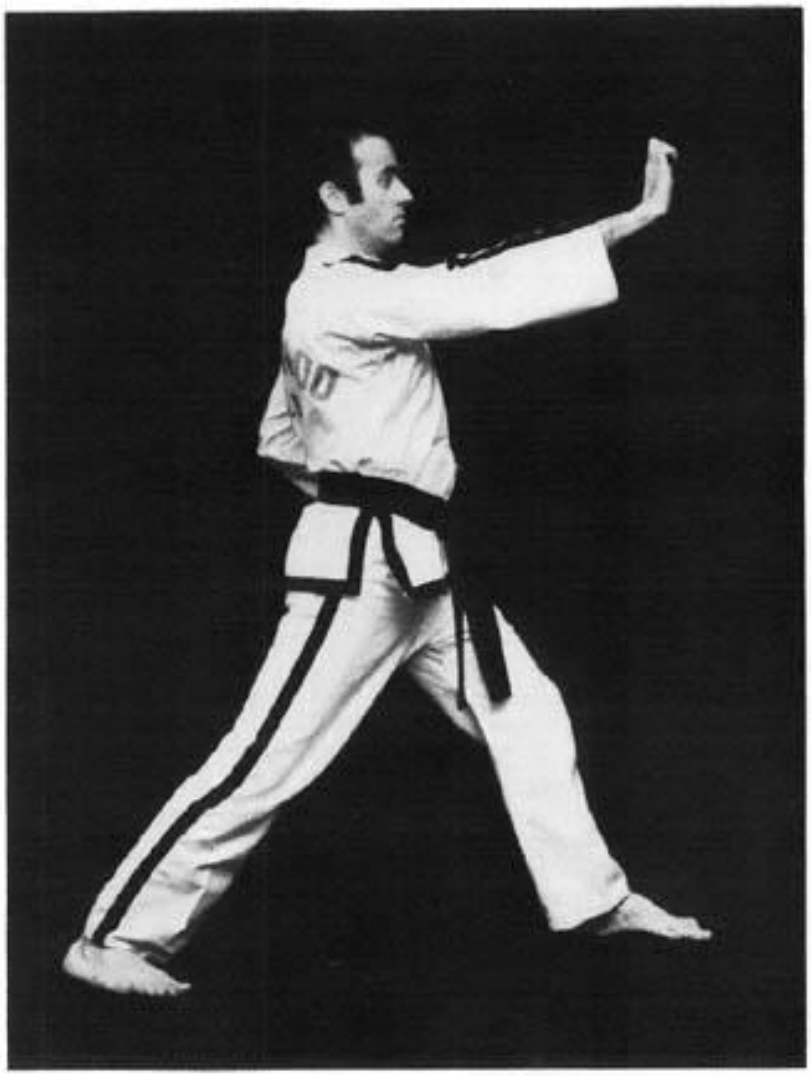


Application

Previous Posture

Other View

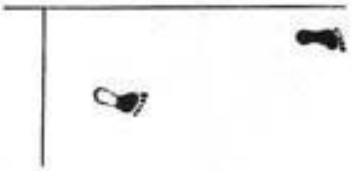
50. **Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.**



Left walking stance high punch with the right open fist toward B.

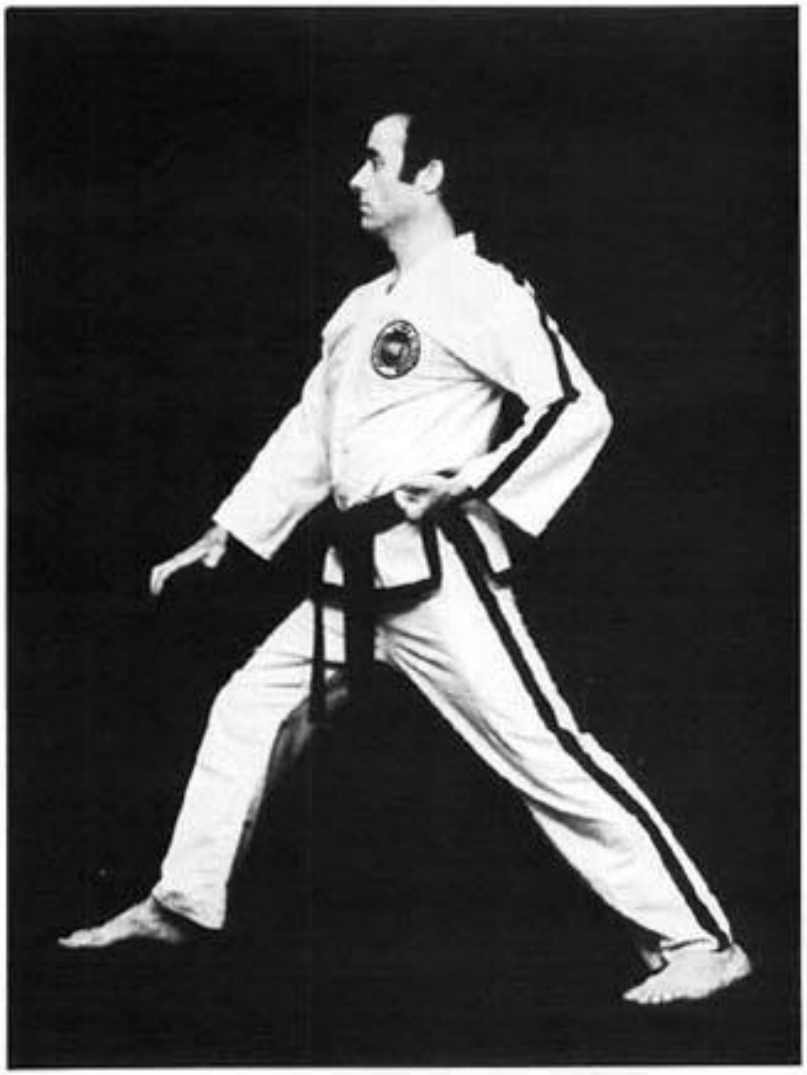
Previous Posture

Keep the right heel slightly off the ground.



Application

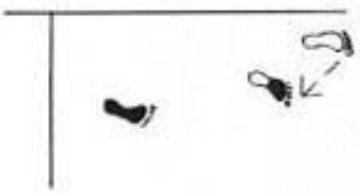
51. **Move the left foot on line AB, forming a right walking stance toward A while executing a low block to A with the right knife-hand.**



Right walking stance low block with the right knife-hand toward A.

Previous Posture

Keep the left heel slightly off the ground.



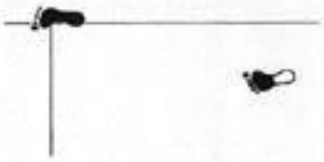
Application

52. **Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.**

Right walking stance high punch with the right open fist toward A.

Keep the left heel slightly
off the ground.

Previous Posture



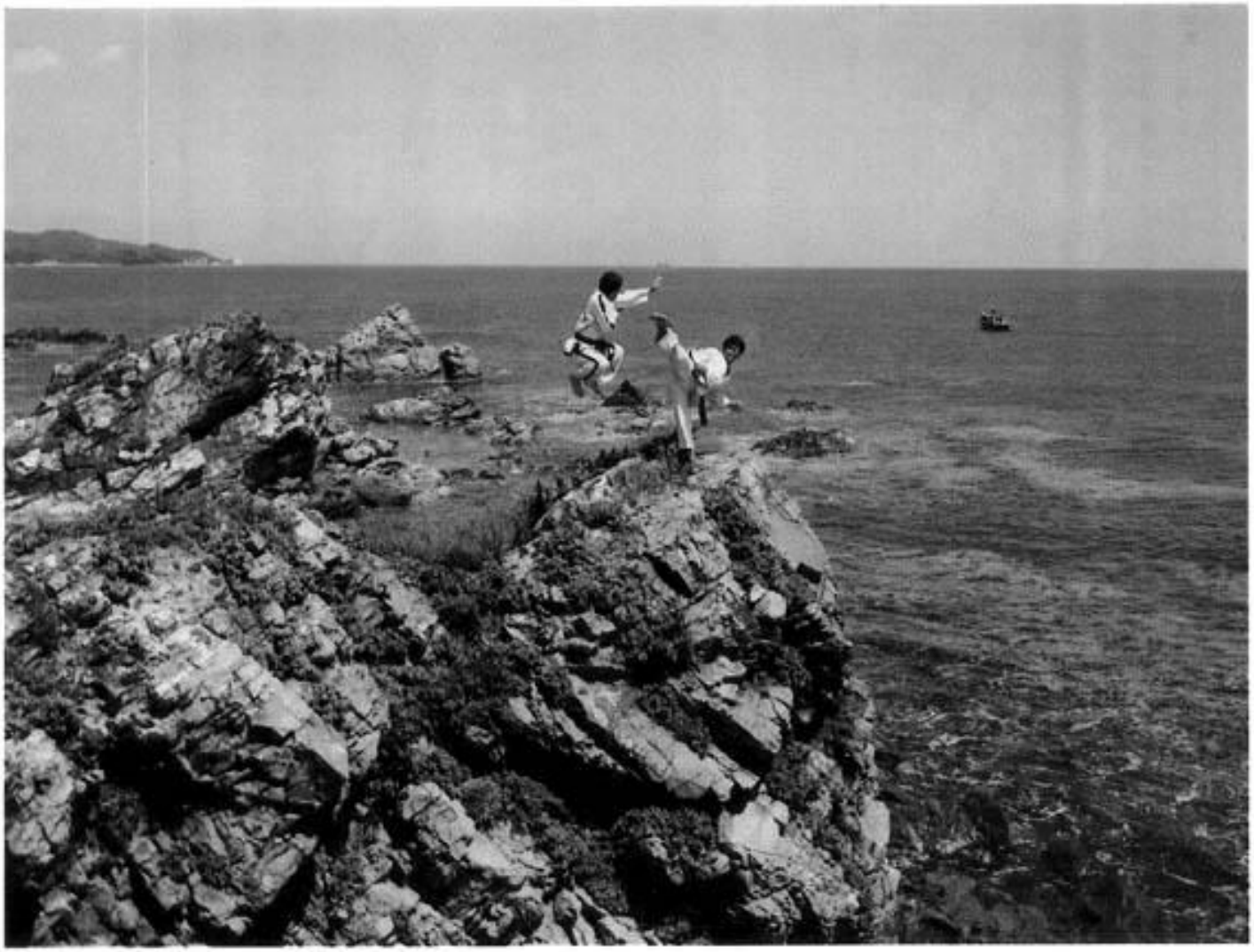
Application

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

Close ready stance A toward D

Previous Posture

Side View



ADDITIONAL TECHNIQUES FOR PATTERN JUCHE

Sitting Stance Inner Forearm Parallel Block
(Annun So Anpalmok Narani Makgi)

Front View

The back fist faces front.

Side View

One-Leg Stance Outer Forearm Parallel Block
(Waebal So Bakat Palmok Narani Makgi)

Side View

Front View

X-Stance Back Fist Downward Strike
(Kyocha So Dung Joomuk Naeryo Taerigi)

Side View

Front View

Hooking Kick *(Golcho Chagi)*

Front View

Side View

Sitting Stance Flat Fingertip Outward Cross Cut
(Annun So Opun Sonkut Bakuro Gutgi)

Front View

Side View

X-Stance Reverse Knife-Hand Low Front Block
(Kyocha So Sonkal Dung Najunde Ap Makgi)

Front View

Side View

Walking Stance High Elbow Strike
(Gunnun So Nopun Palkup Taerigi)

Front View

Side View

Knife-Hand Mid-Air Strike *(Sonkal Twio Dolmyo Taerigi)*

Close Stance with a Heaven Hand *(Moa So Hanulson)*

Front View

Side View

Pick-Shape Kick *(Gokgaeng-i Chagi)*

Side View

The back heel reaches the same level as shoulder of the attacker.

Front View

Walking Stance Arc-Hand Crescent Strike
(Gunnun So Bandalson Bandal Taerigi)

Front View

Side View

Rear Foot Stance Straight Elbow Downward Thrust
(Dwitbal So Sun Palkup Naeryo Tulgi)

Side View

Front View

*1. The elbow reaches the same level as the solar plexus of the attacker.
2. The back fist faces forward.

Walking Stance Twin Knife-Hand Inward Strike
(Gunnun So Sang Sonkal Anuro Taerigi)

Front View

Side View

Walking Stance Downward Punch *(Gunnun So Naeryo Jirugi)*

Front View

Side View

The back fist faces front.

Backward Double Step-Sliding
(Dwiro Ibo Omgyo Didimyo Mikulgi)

Left walking stance toward D.

Left L-stance toward D.

L-Stance Outer Forearm Downward Block
(Niunja So Bakat Palmok Naeryo Makgi)

Front View

Side View

The outer forearm reaches the same level as the solar plexus of the defender.

Dodging Reverse Turning Kick (*Piha myo Bandae Dollyo Chagi)*

←

Flying Two Direction Kick *(Twimyo Sangbang Chagi)*

Side View

Diagonal Stance Twin Palm Rising Block
(Sasun So Sang Sonbadak Chookyo Makgi)

Front View

Side View

Rear Foot Stance Side Elbow Thrust
(Dwitbal So Yop Palkup Tulgi)

Side View

Back View

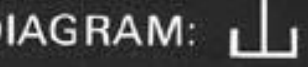
Bending Ready Stance B *(Guburyo Junbi Sogi B)*

Side View

Front View

PATTERN JUCHE

This pattern is practised by the 2nd degree and above.

DIAGRAM: 

MOVEMENTS: 45

READY POSTURE: PARALLEL STANCE WITH FOREFISTS TO THE HIPS

Flying Consecutive Punch *(Twimyo Yonsok Jirugi)*

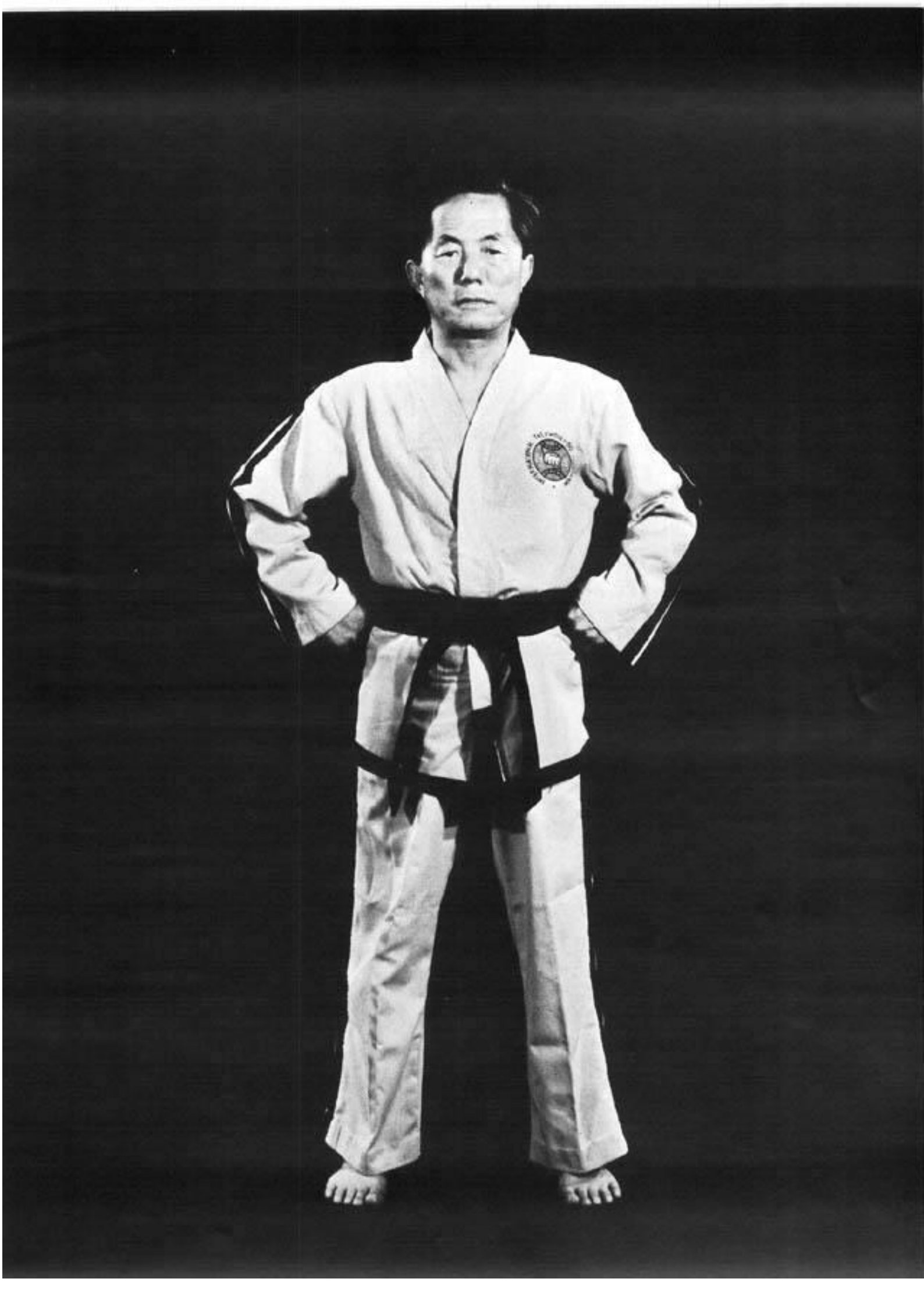
Front Punch

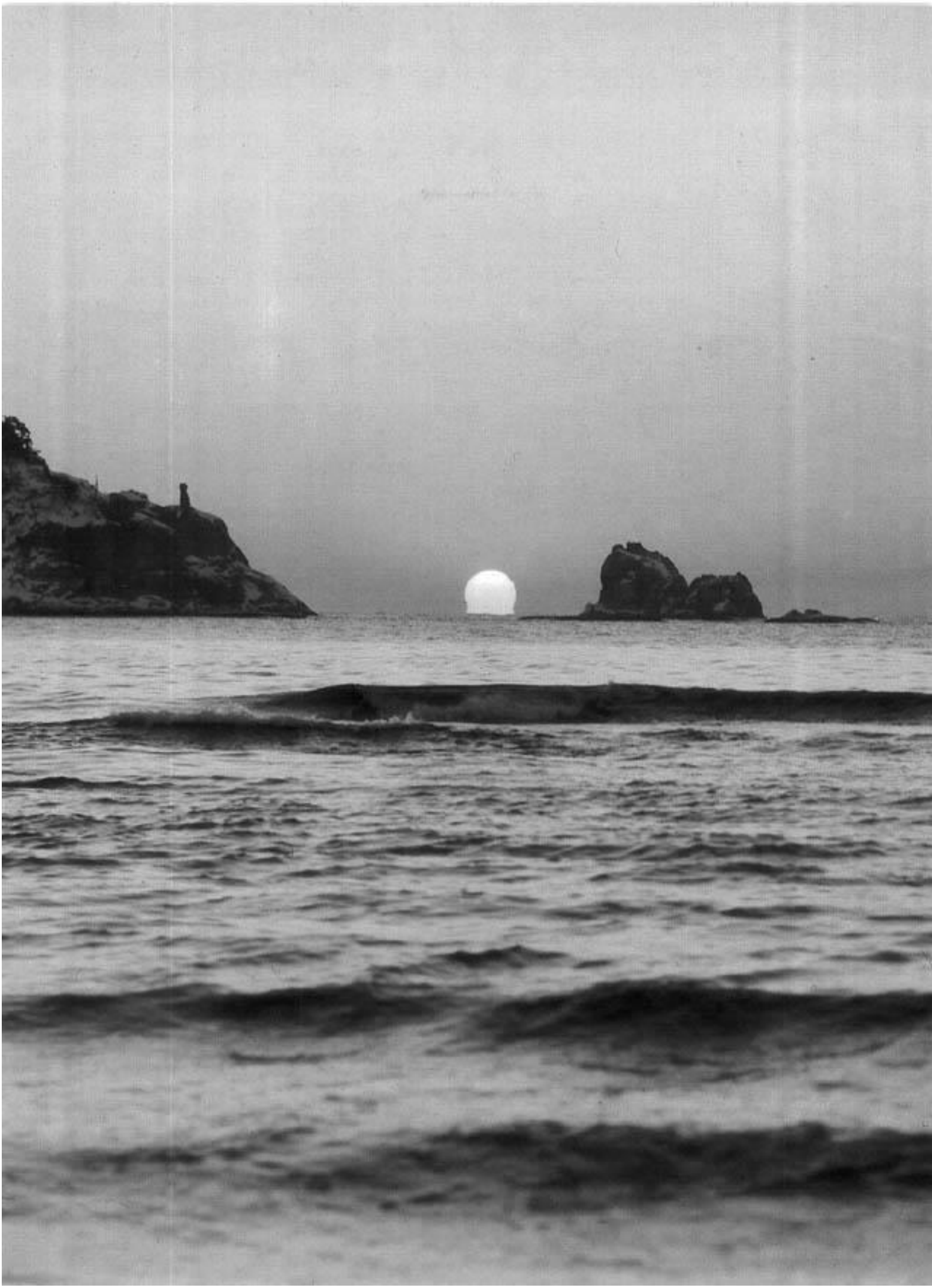
Upset Punch

Walking Stance Knife-Hand Front Downward Strike *(Gunnun So Sonkal Ap Naeryo Taerigi)*

Front View

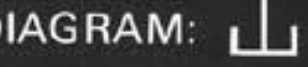
Side View





PATTERN JUCHE

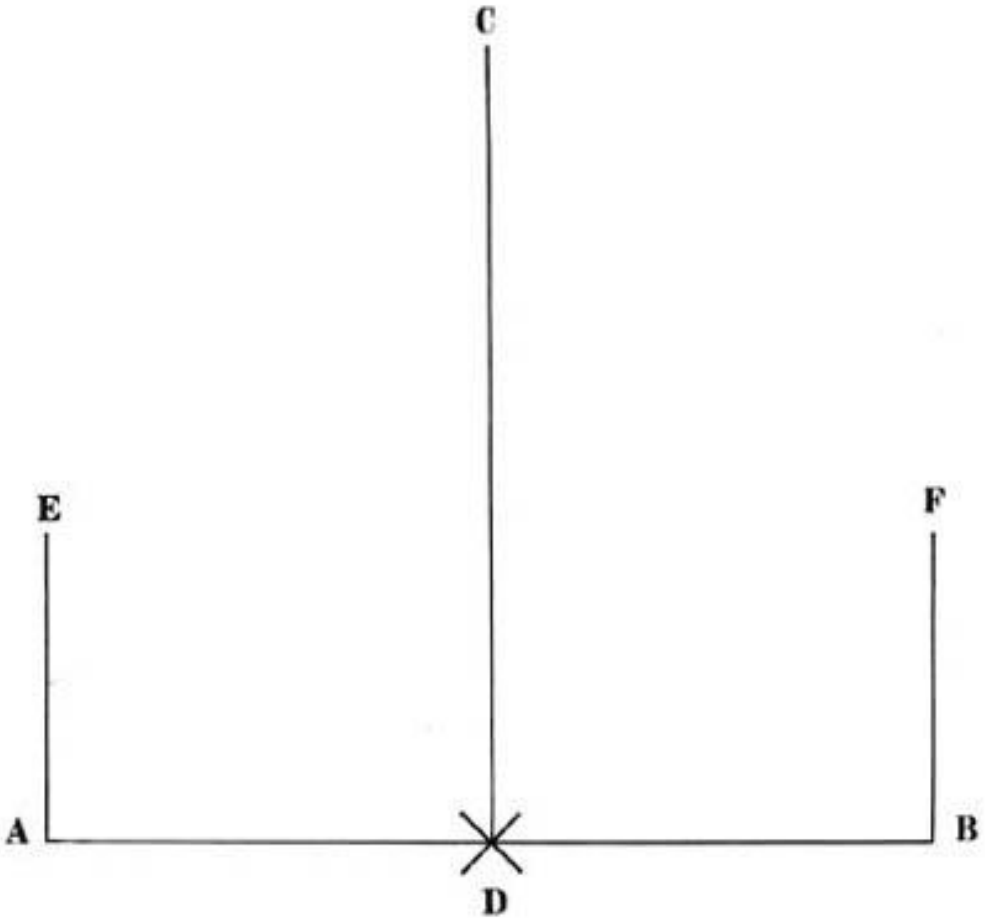
This pattern is practised by the 2nd degree and above.

DIAGRAM: 

MOVEMENTS: 45

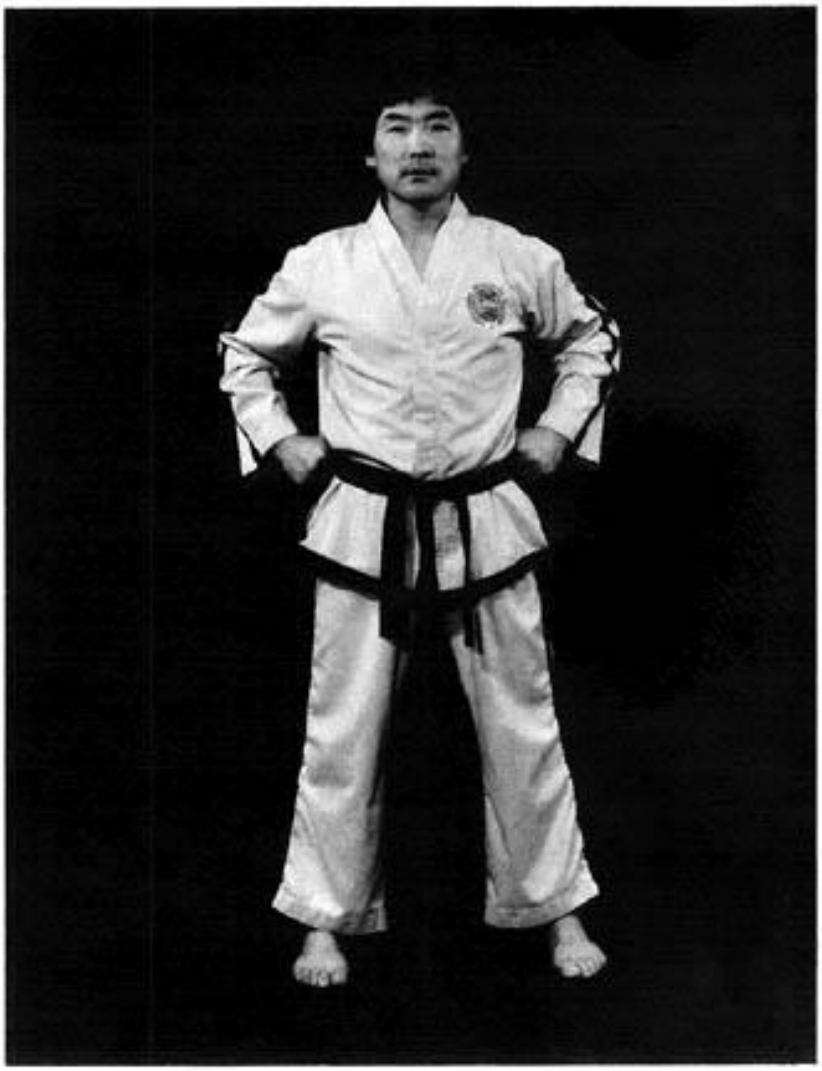
READY POSTURE: PARALLEL STANCE WITH FOREFISTS TO THE HIPS

DIAGRAM *(Yon Moo Son)*

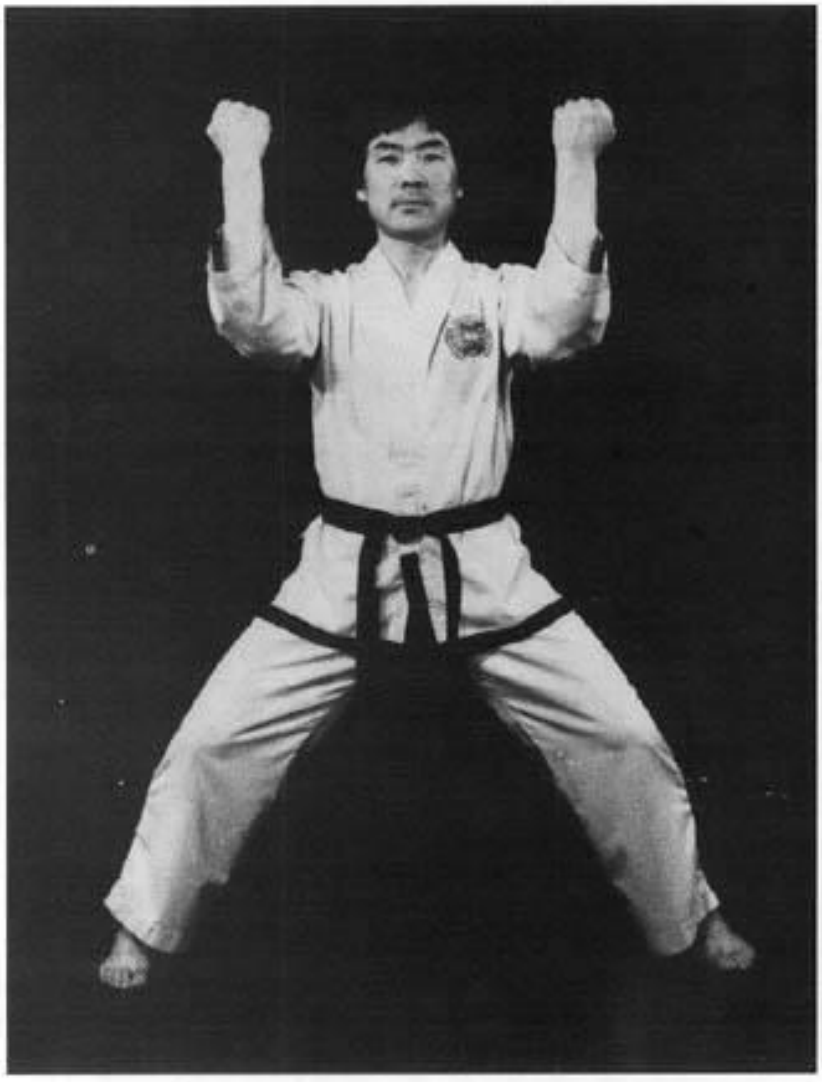


Ready Posture

Parallel stance with a heaven hand toward D.



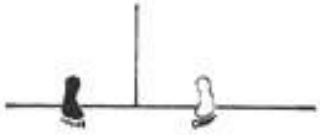
1. **Move the left foot to B, forming a sitting stance toward D while executing a parallel block with the inner forearm.**



Sitting stance toward D with inner forearm parallel block.

Side View

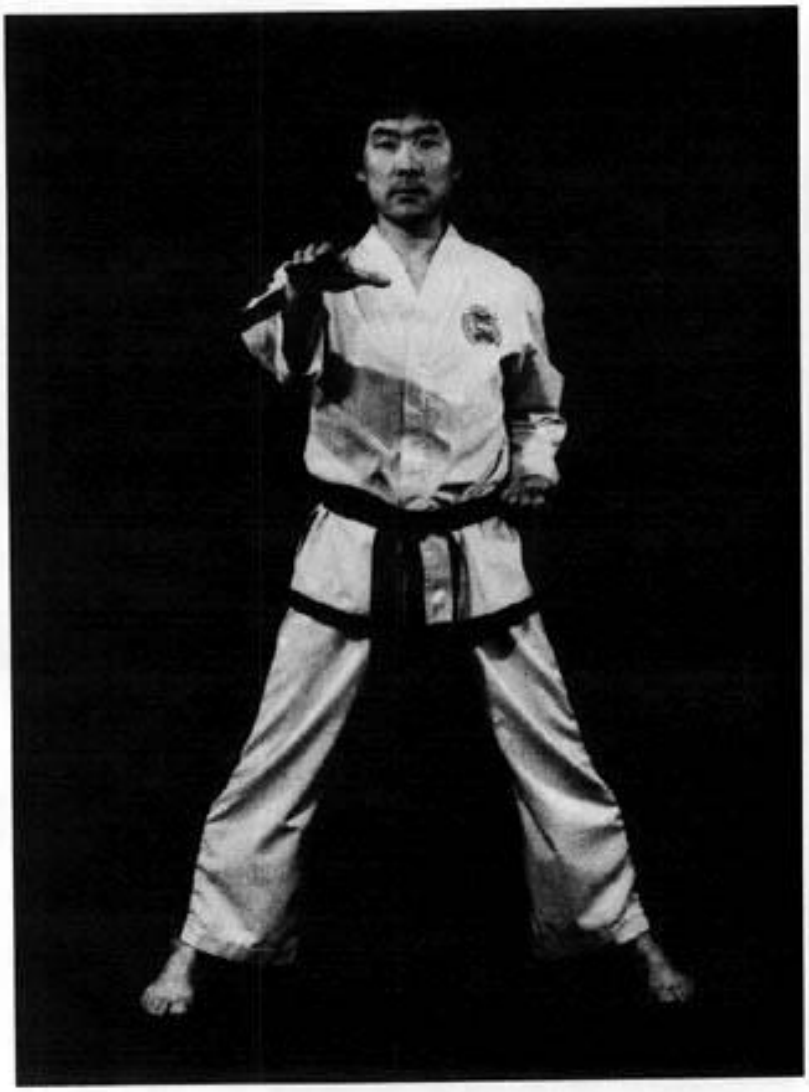
Previous Posture



Application

Top View

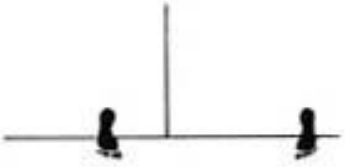
2. **Execute a middle hooking block to D with the right palm while standing up toward D.**

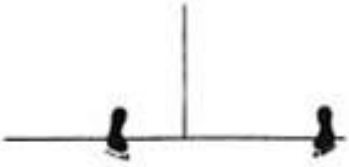


Right palm middle hooking block while standing up toward D.

Previous Posture

Raise the body slightly.

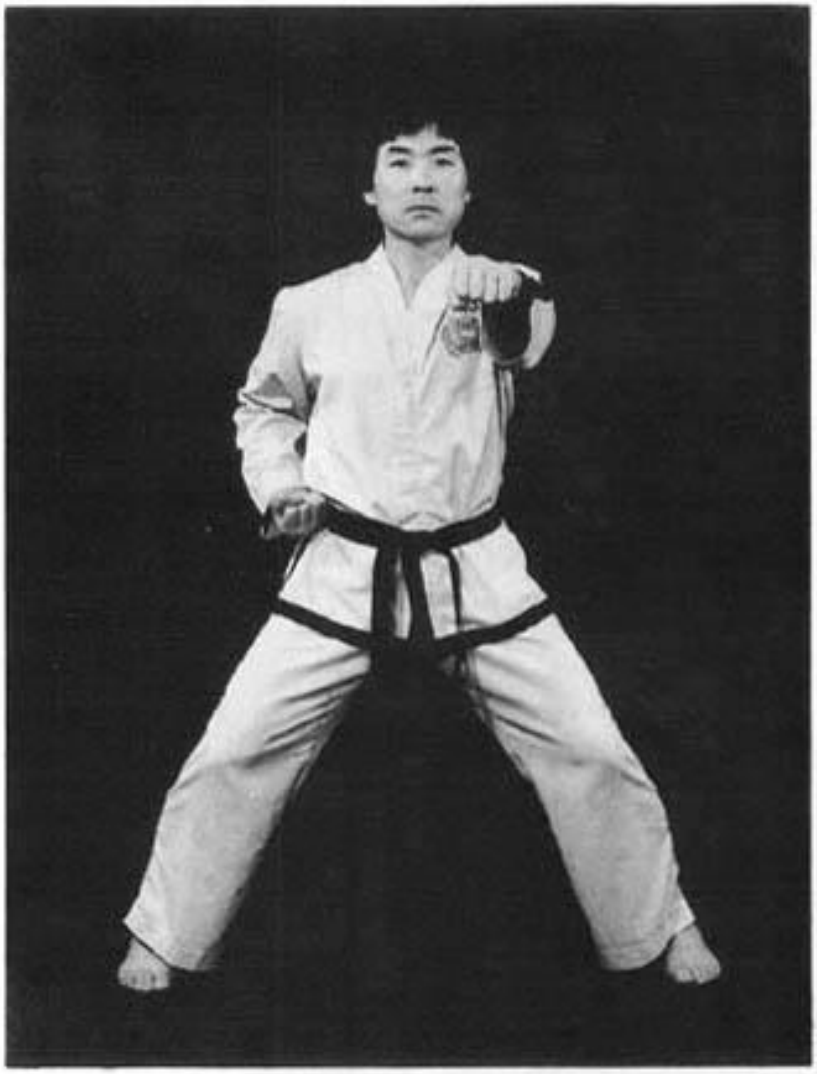




Application

Side View

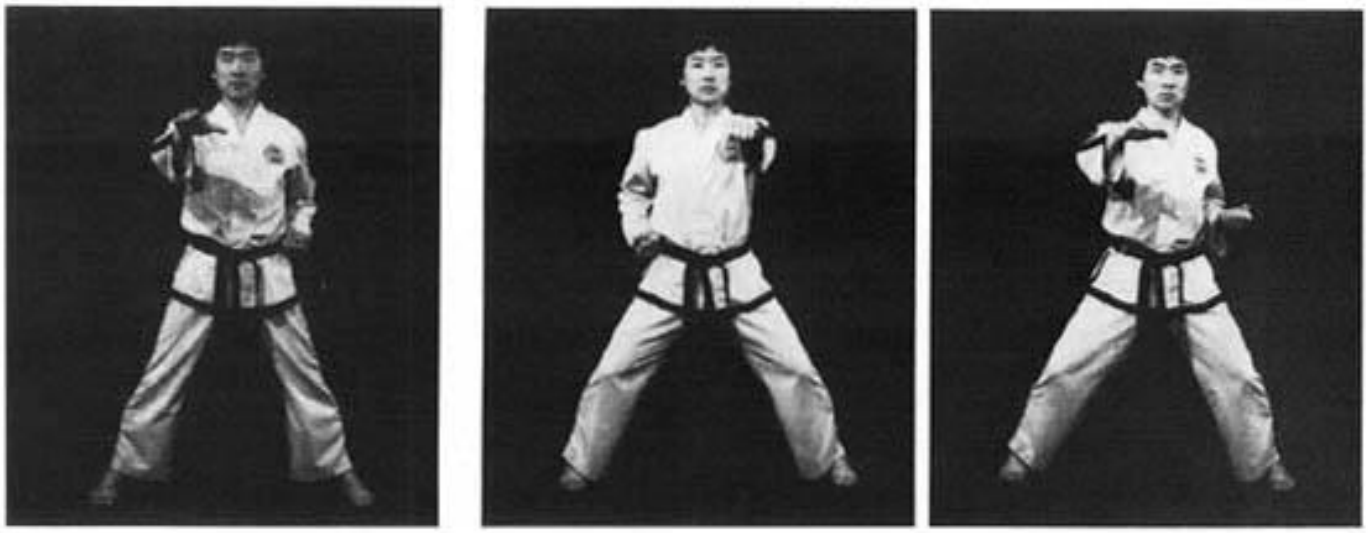
3. **Execute a middle punch to D with the left fist while forming a sitting stance toward D.**
Perform 2 and 3 in a continuous motion.



Sitting stance middle punch with the left fist toward D.

Previous Posture

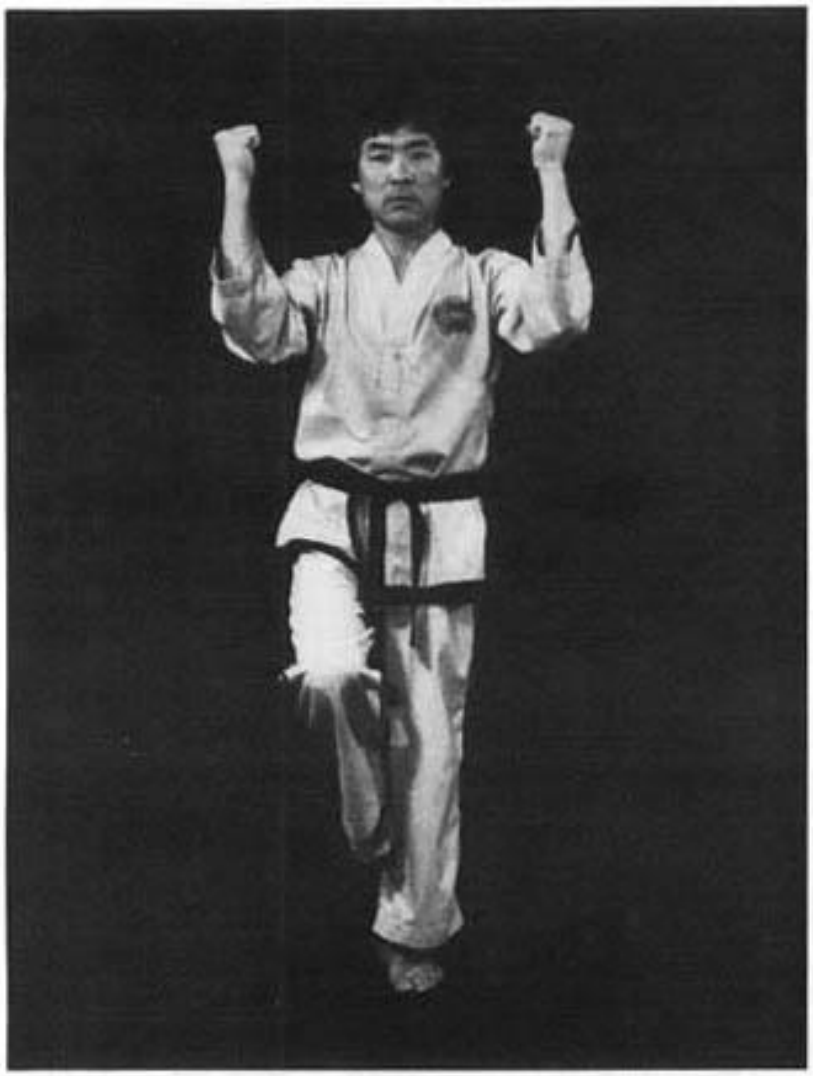
Raise the body slightly



Application

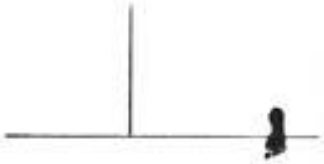
Side View

4. **Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.**



Left one-leg stance toward D with outer forearm parallel block.

Previous Posture



Application

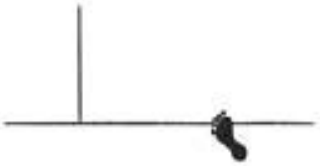
5. **Execute a middle side piercing kick to A, and then a high reverse hooking kick to B consecutively with the right foot, keeping the position of the hands as they were in 4.**
Perform in a slow motion.

Middle side piercing kick to A with the right foot.

High reverse turning kick to B with the right foot.

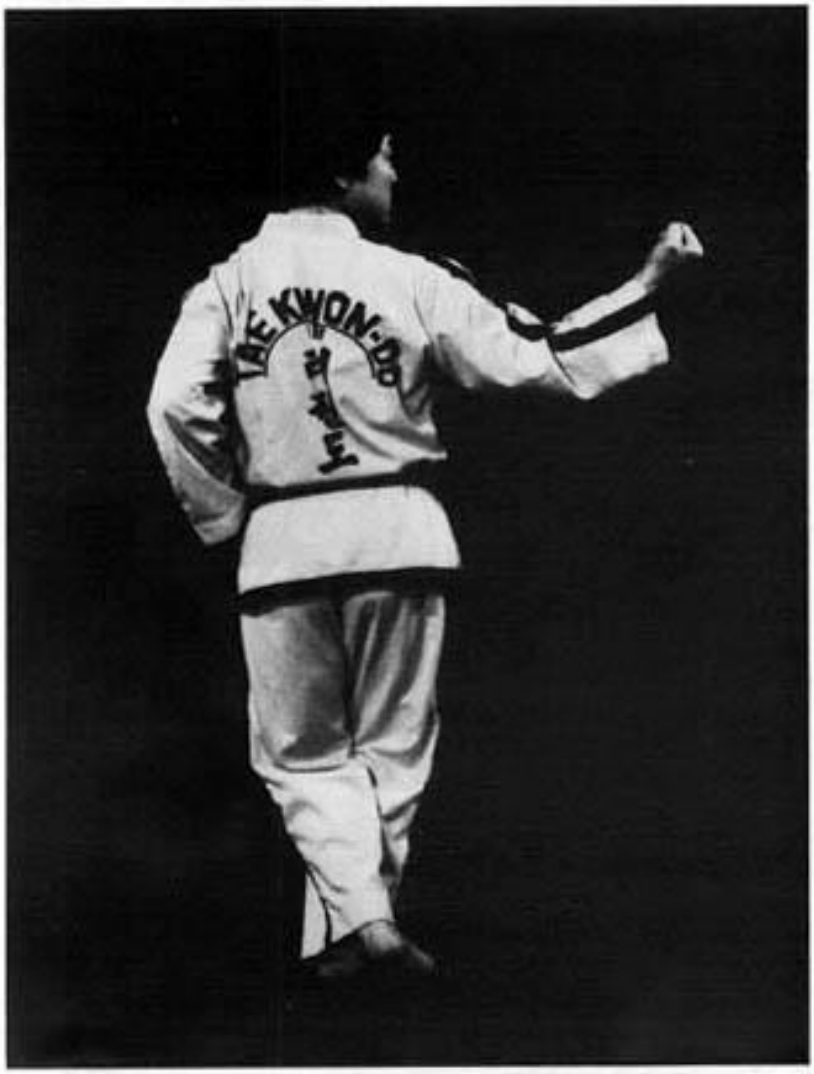
Previous Posture

Side View



Application

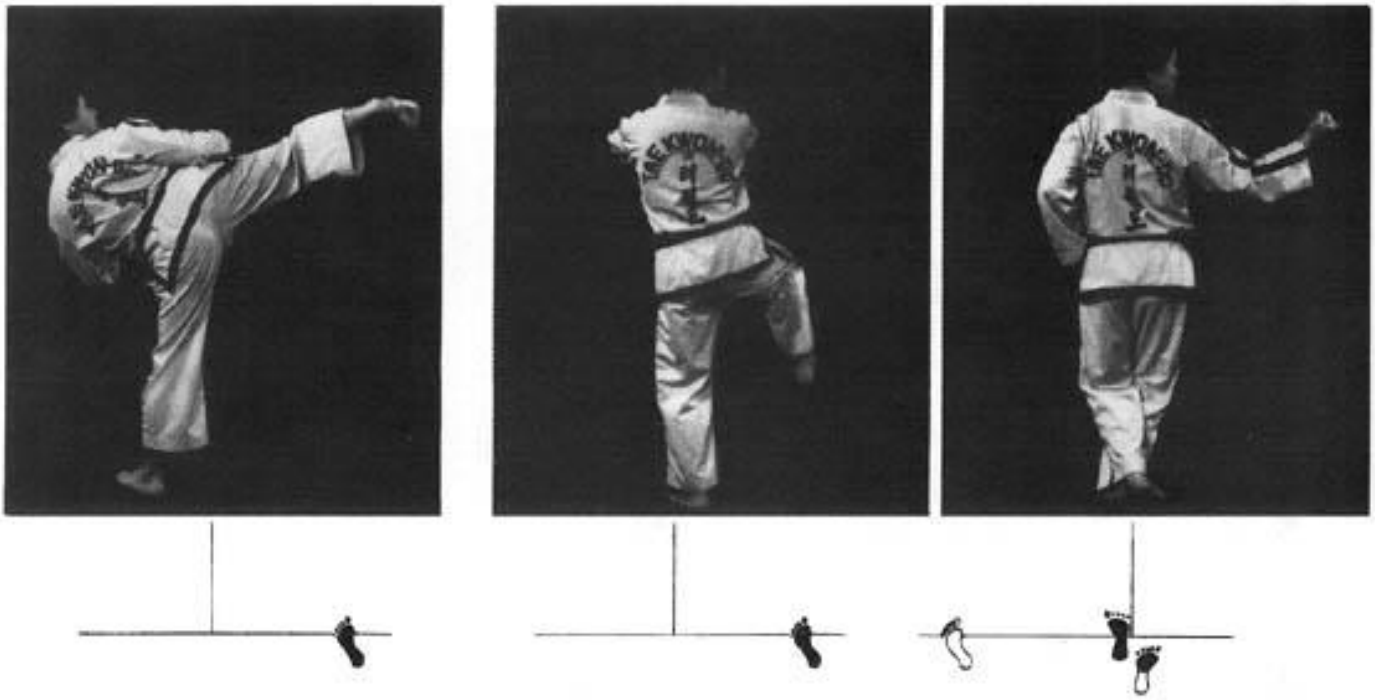
6. **Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.**



Right X-stance toward F with a right back fist downward strike to B.

Other View

Previous Posture



Application

7. **Execute a middle hooking kick, and then a high side piercing kick to F consecutively with the left foot.**

Middle hooking kick to F with the left foot.

High side piercing kick to F with the left foot.

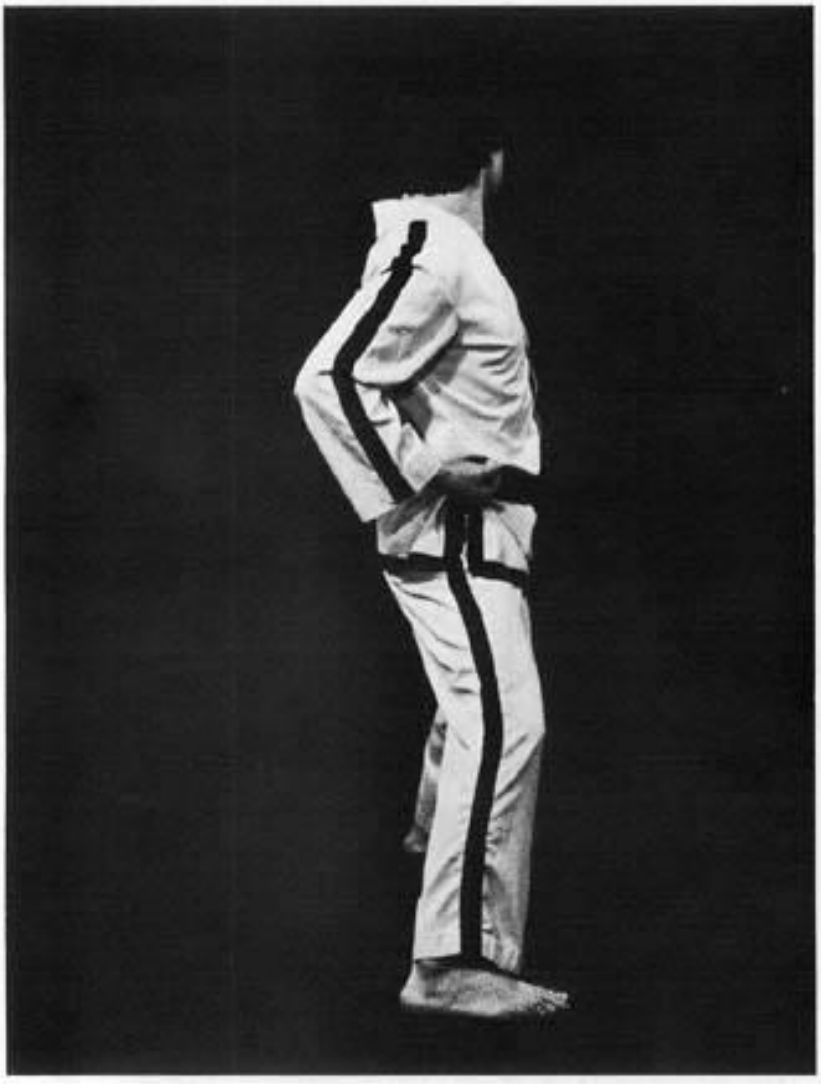
Previous Posture

Top View

Application

Side View

8. **Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat fingertip.**



Sitting stance toward B with a left flat fingertip high outward cross-cut to F.

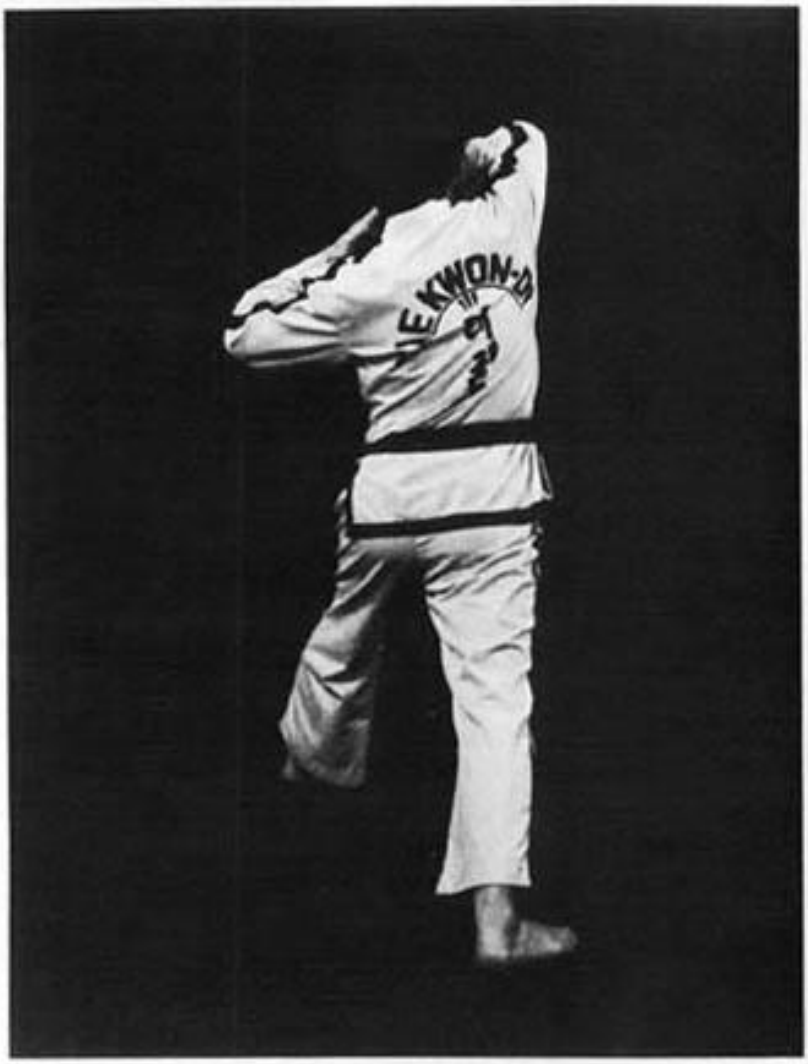
Application

Previous Posture

Top View

Side View

9. **Execute a right high elbow strike to BF, pressing the right side fist with the left palm while forming a left walking stance toward BF.**



Left walking stance high elbow strike toward BF.

Application

Side View

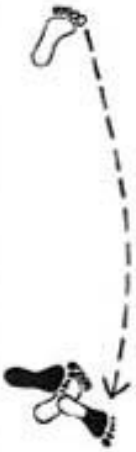
Previous Posture

Keep both heels slightly off the ground.

Side View

Side View

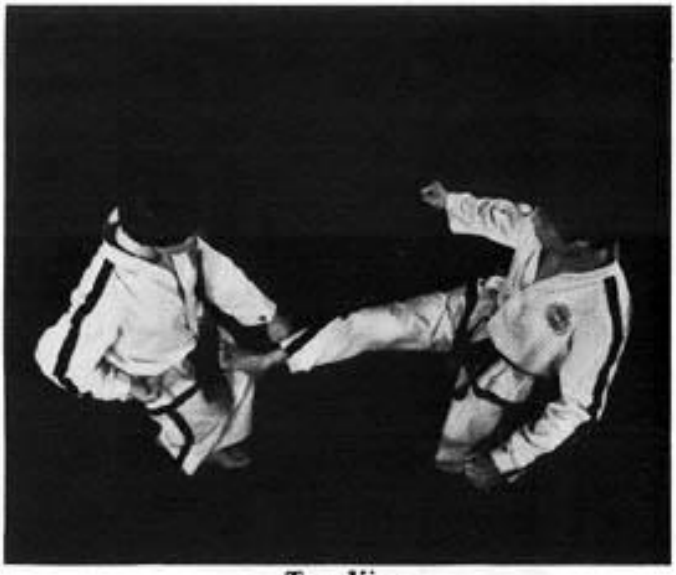
10. **Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.**



Right X-stance low front block with the left reverse knife-hand toward B.

Application

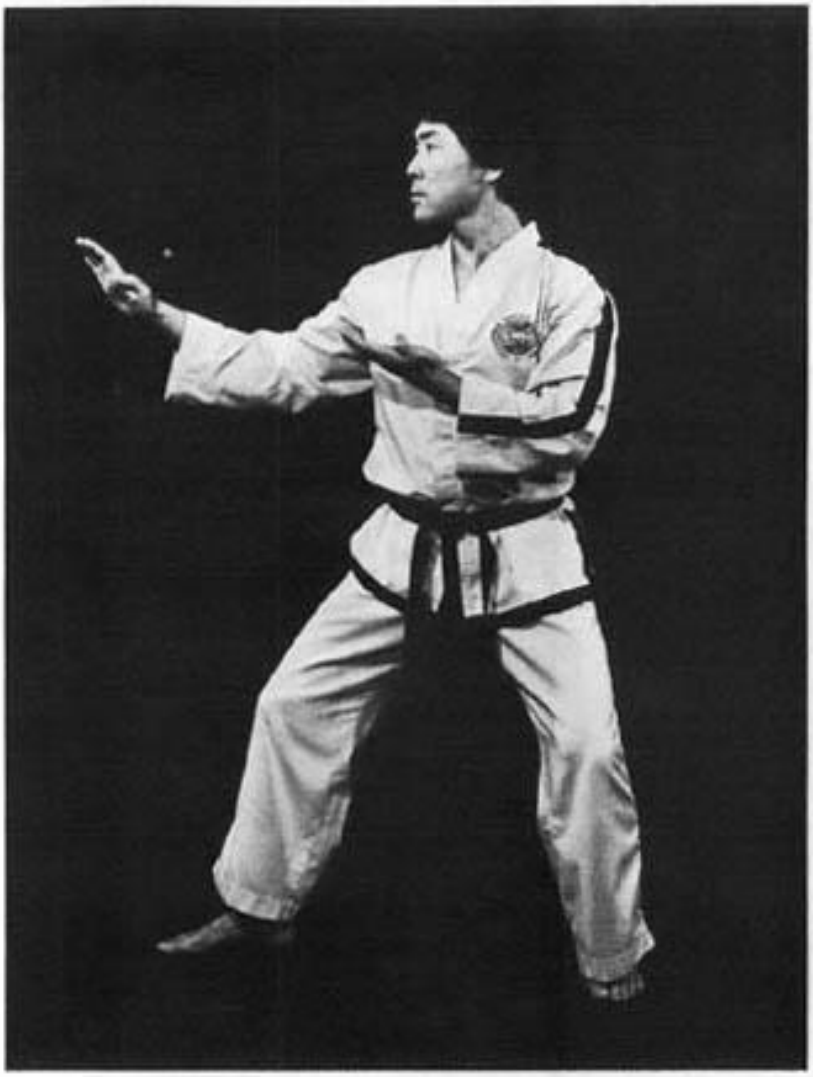
Previous Posture

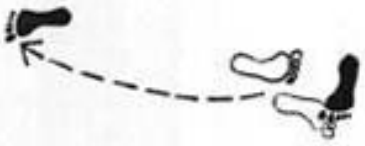


Top View

Front View

11. **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.**





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

Previous Posture

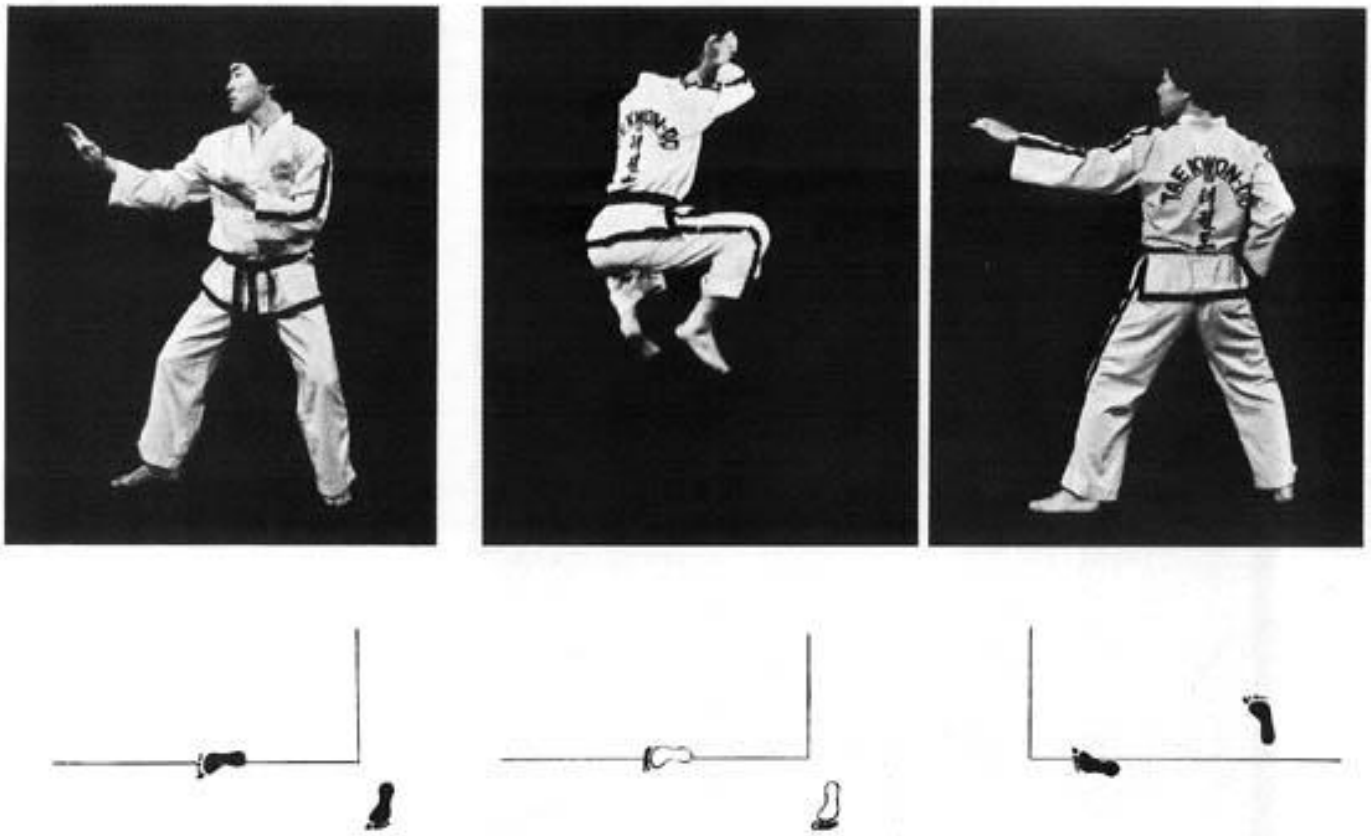
Application

12. **Execute a mid-air strike to A with a left knife-hand while spinning counter-clockwise, and then land to A forming a right L-stance toward A with the left arm extended.**

Mid-air strike to A with the left knife-hand.

Right L-stance toward A with the left arm extended to A.

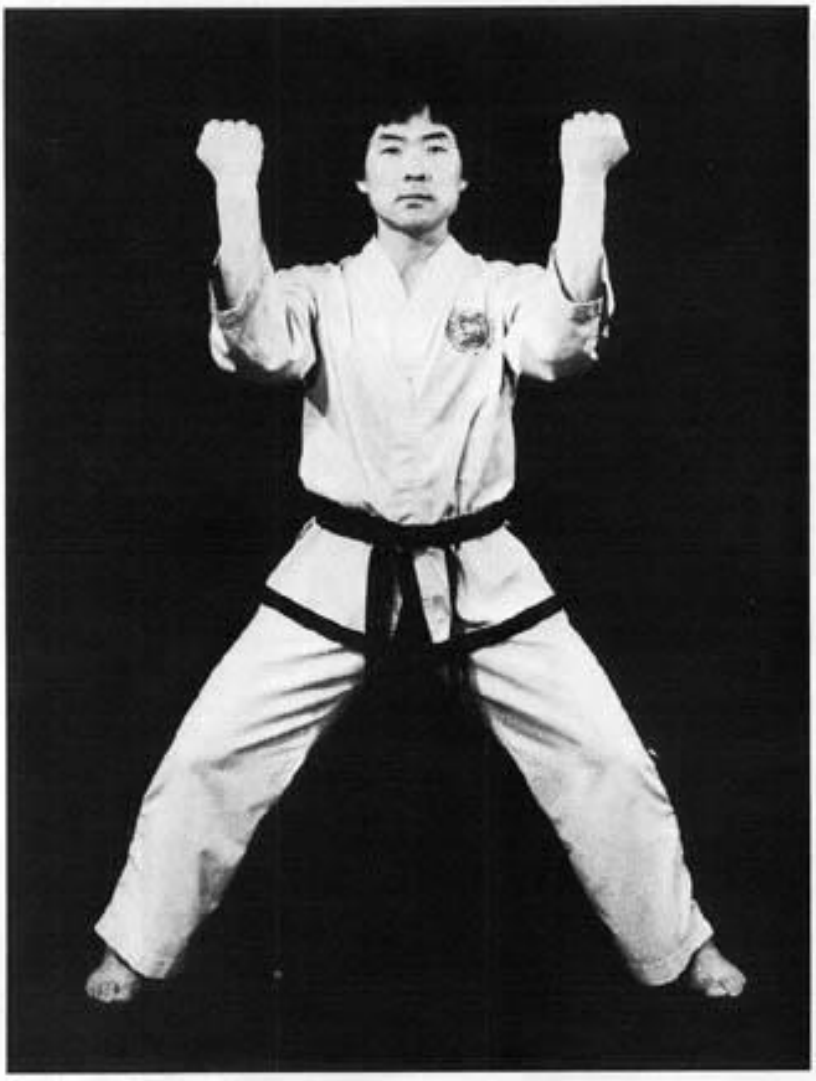
Previous Posture



Application

Other View

13. **Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.**

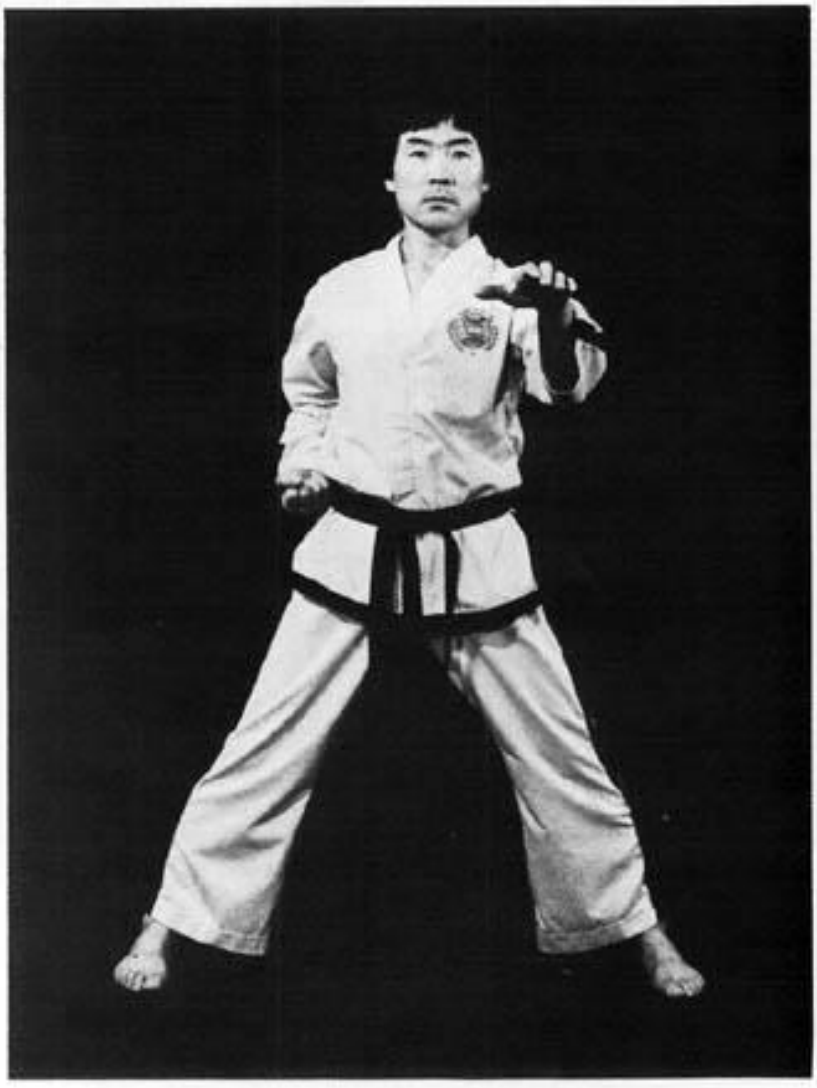


Sitting stance toward **D** with the inner forearm parallel block.

Top View

Previous posture

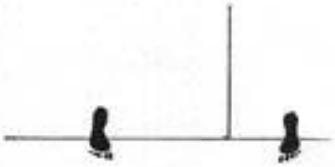
14. **Execute a middle hooking block to D with the left palm while standing up toward D.**

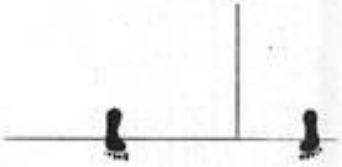


Left palm middle hooking block while standing up toward D.

Previous Posture

Keep both legs straight

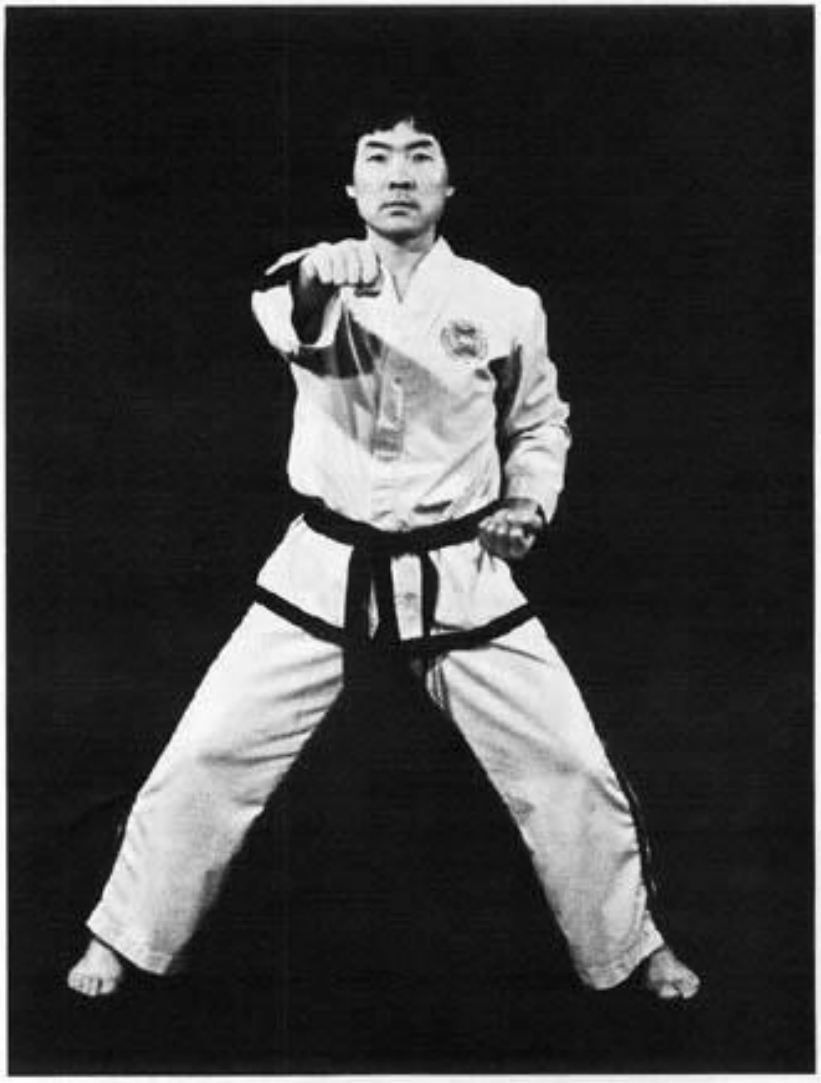




Application

Side View

15. **Execute a middle punch to D with the right fist while forming a sitting stance toward D.**
Perform 14 and 15 in a continuous motion.



Sitting stance middle punch with the right fist toward D.

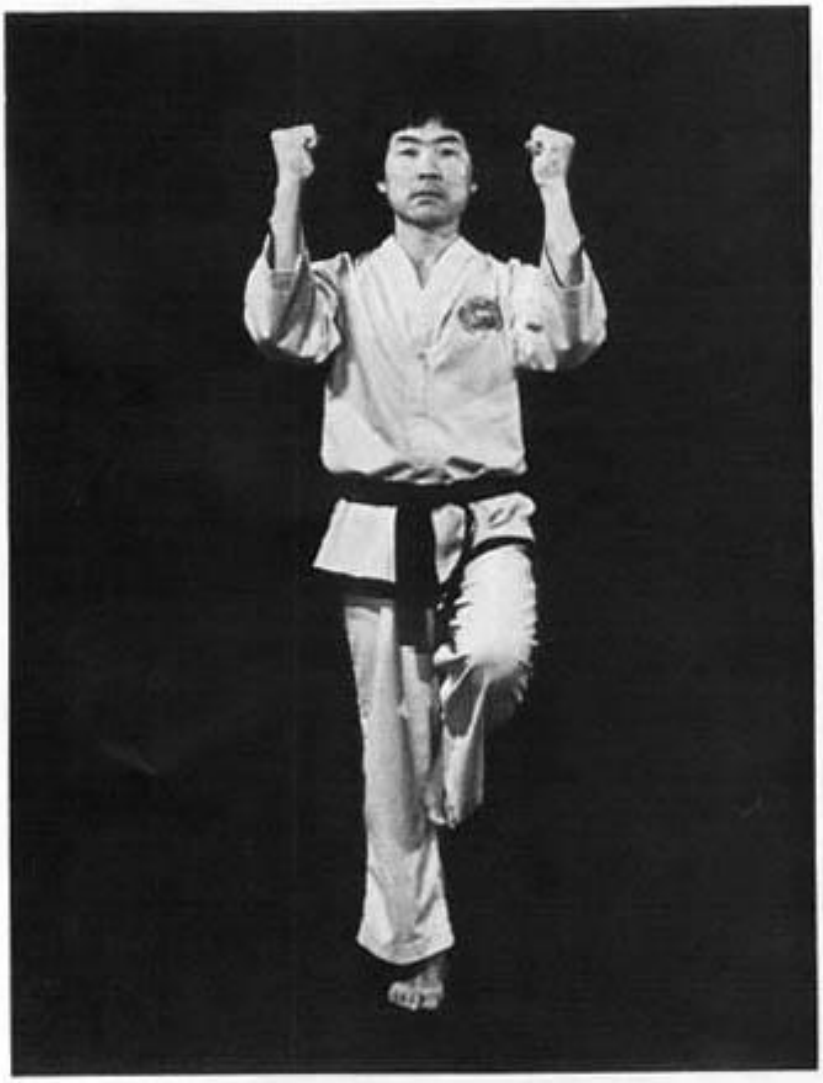
Previous Posture

Raise the body slightly.

Application

Side View

16. **Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward D while executing a parallel block with the outer forearm.**



Right one-leg stance toward D with the outer forearm parallel block.

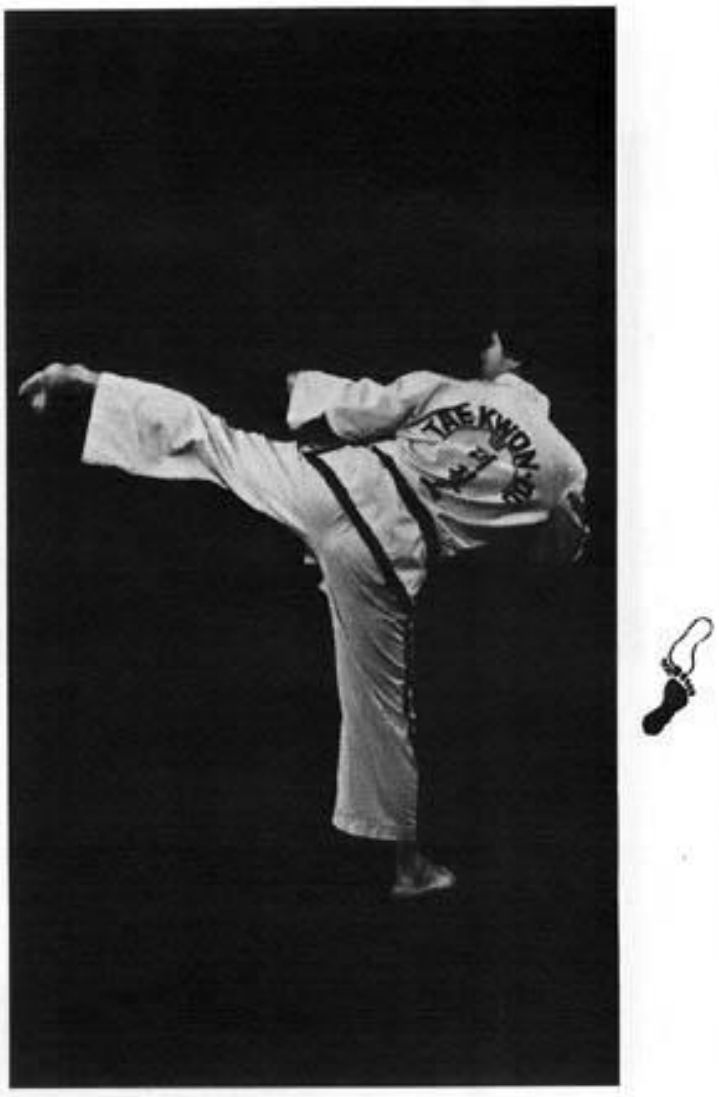
Side View

Previous Posture

Application

17. **Execute a middle side piercing kick to B, and then a high reverse hooking kick to A consecutively with the left foot, keeping the position of the hands as they were in 16.**
Perform in a slow motion.

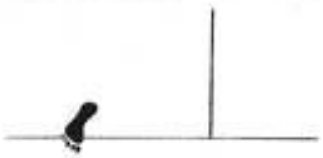
Middle side piercing kick
to B with the left foot.



High reverse hooking kick
to A with the left foot.

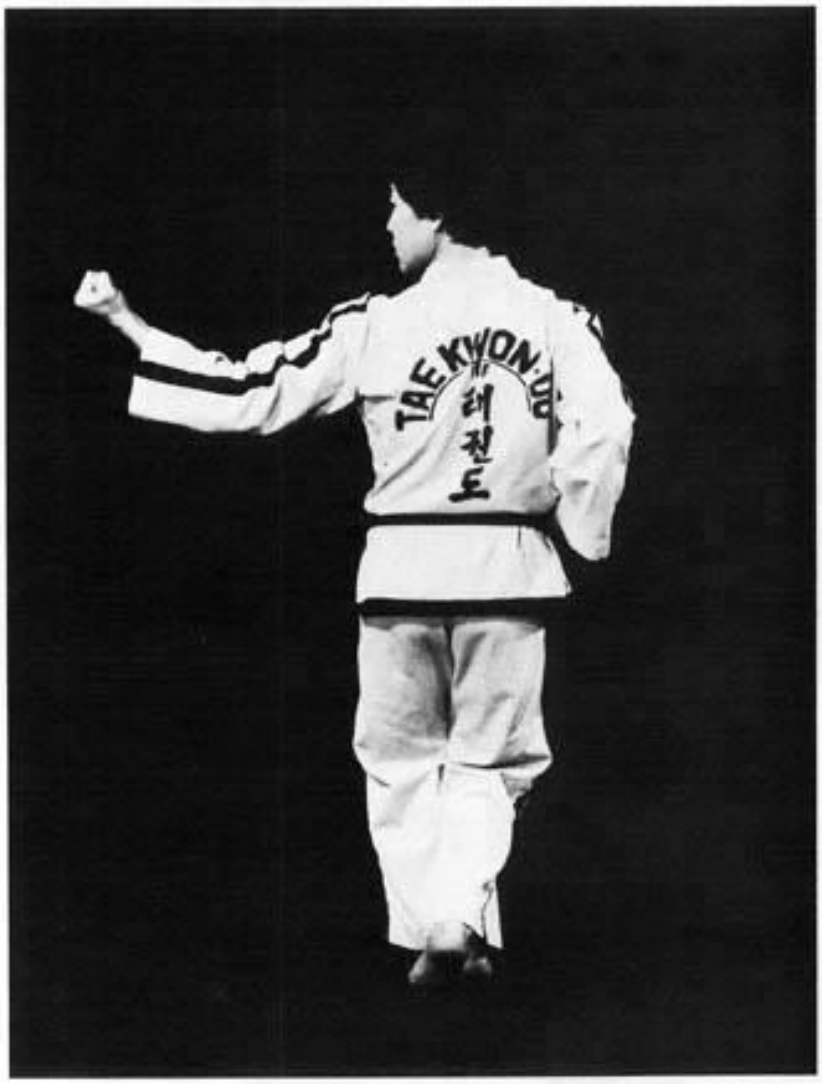
Previous Posture

Top View



Application

18. **Lower the left foot to a in a jumping motion to form a left X-stance toward E while executing a downward strike with the left back fist.**



Left X-stance toward E with a left back fist downward strike.

Other view

Previous Posture

19. **Execute a middle hooking kick, and then a high side piercing kick to E consecutively with the right foot.**

Middle hooking kick to E with the right foot.

High side piercing kick to E with the right foot.

Previous Posture

Other View

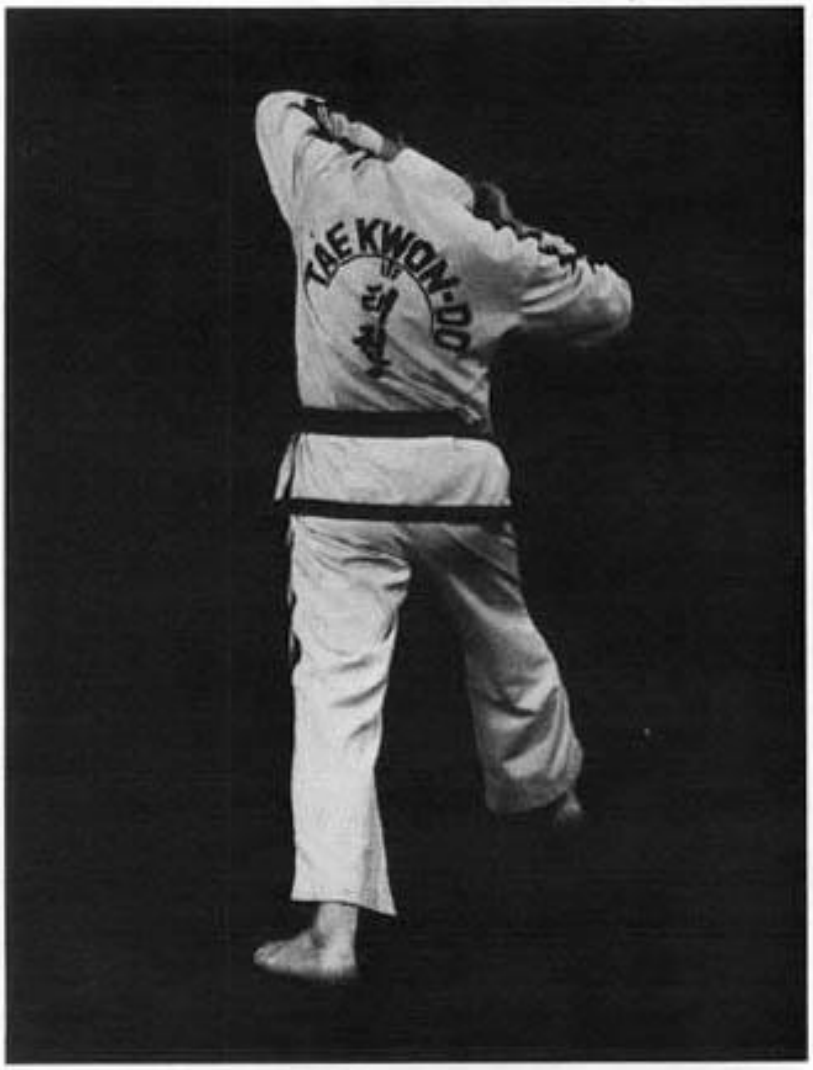
20. **Lower the right foot to E in a stamping motion to form a sitting stance toward A, at the same time executing a high outward cross-cut to E with the right flat fingertip.**

Sitting stance toward A with a right flat fingertip high outward cross-cut to E.

Previous posture

Front View

21. **Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.**



Right walking stance high strike with the left elbow toward AE.

Application

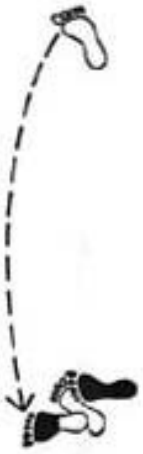
Previous Posture

Top View

Keep both heels slightly off the ground.

Side View

22. **Cross the right foot over the left, forming a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.**

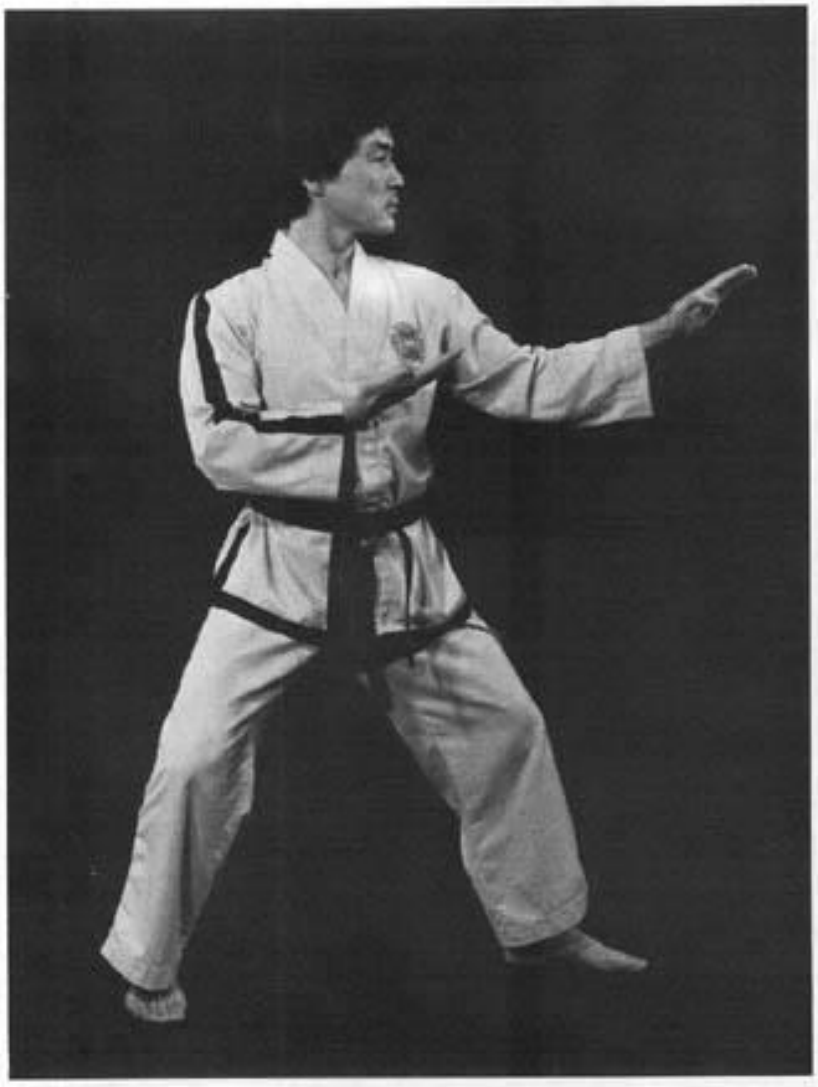


Left X-stance low front block with the right reverse knife-hand toward A.

Previous Posture

Front View

23. **Move the left foot to B to form a right L-stance toward B while executing a middle guarding block to B with a knife-hand.**



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

Previous Posture

Application

Front View

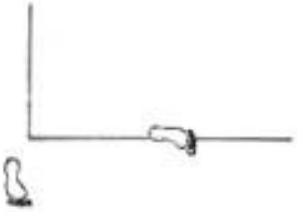
24. **Execute a mid-air strike to B with the right knife-hand while spinning clockwise, and then land to B, forming a left L-stance toward B with the right arm extended.**

Mid-air strike to B with the right knife-hand.

Left L-stance toward B with the right arm extended to B.

Previous Posture

Front View

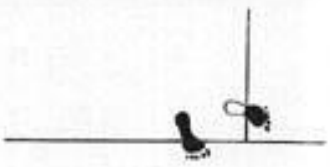


25. **Execute a pick-shape kick to B with the left foot, and then lower it to B,forming a right rear foot stance toward B while executing a middle guarding block with the forearm.**

Pick-shape kick to B with the left foot.

Right rear foot stance toward middle guarding block toward B.

Front View



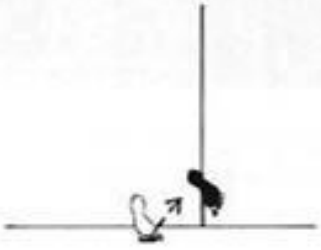
Application

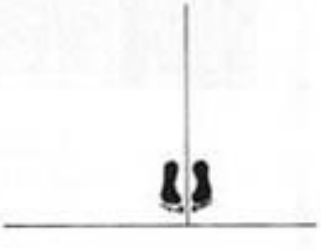
26. **Bring the right foot to the left foot, forming a close stance with a heaven hand toward D. Perform in a slow motion.**

Close stance with a heaven hand toward D.

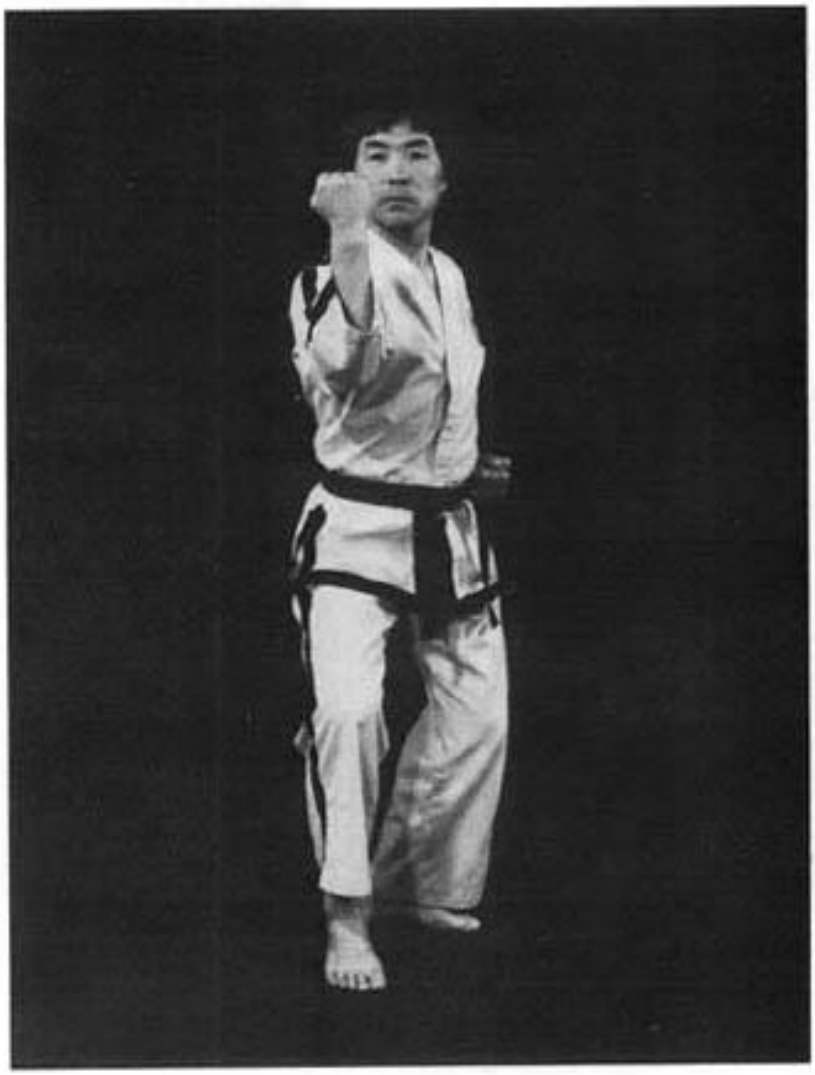
Side View

Previous Posture





27. **Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.**



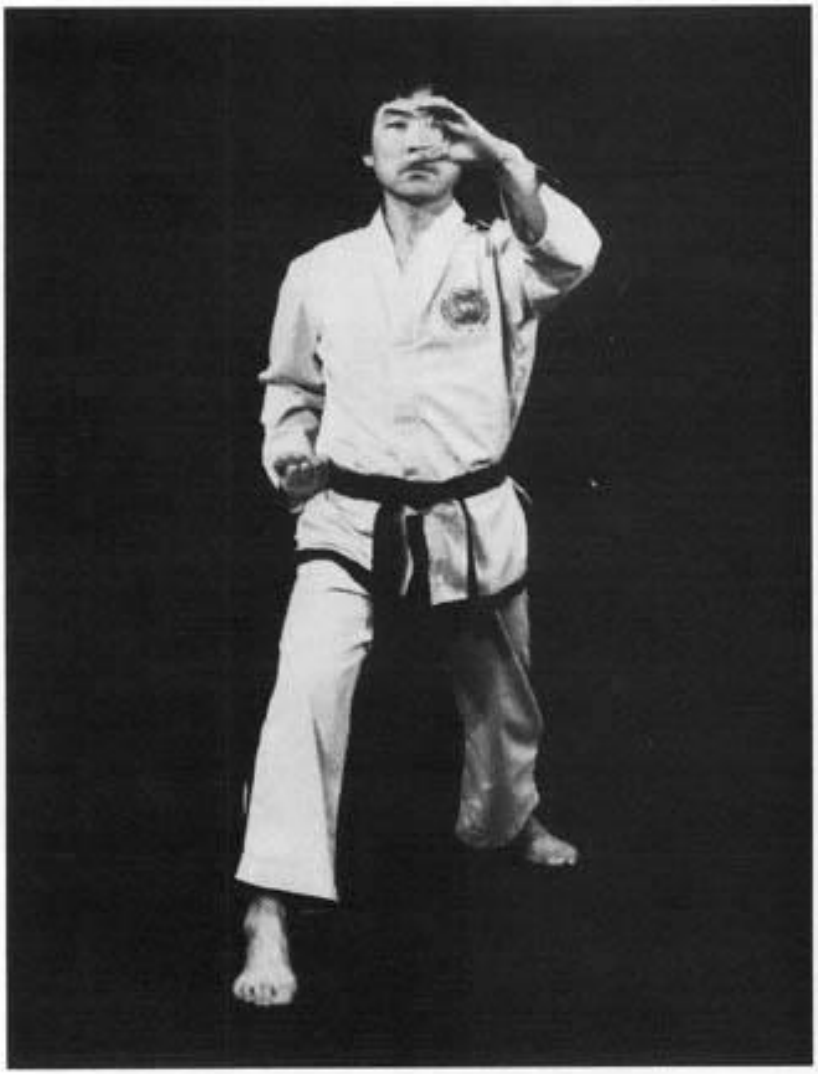
Left rear foot stance toward D with a right straight elbow downward thrust.

Previous Posture

Application

Side View

28. **Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.**



Right walking stance toward D with a left arc-hand high crescent strike.

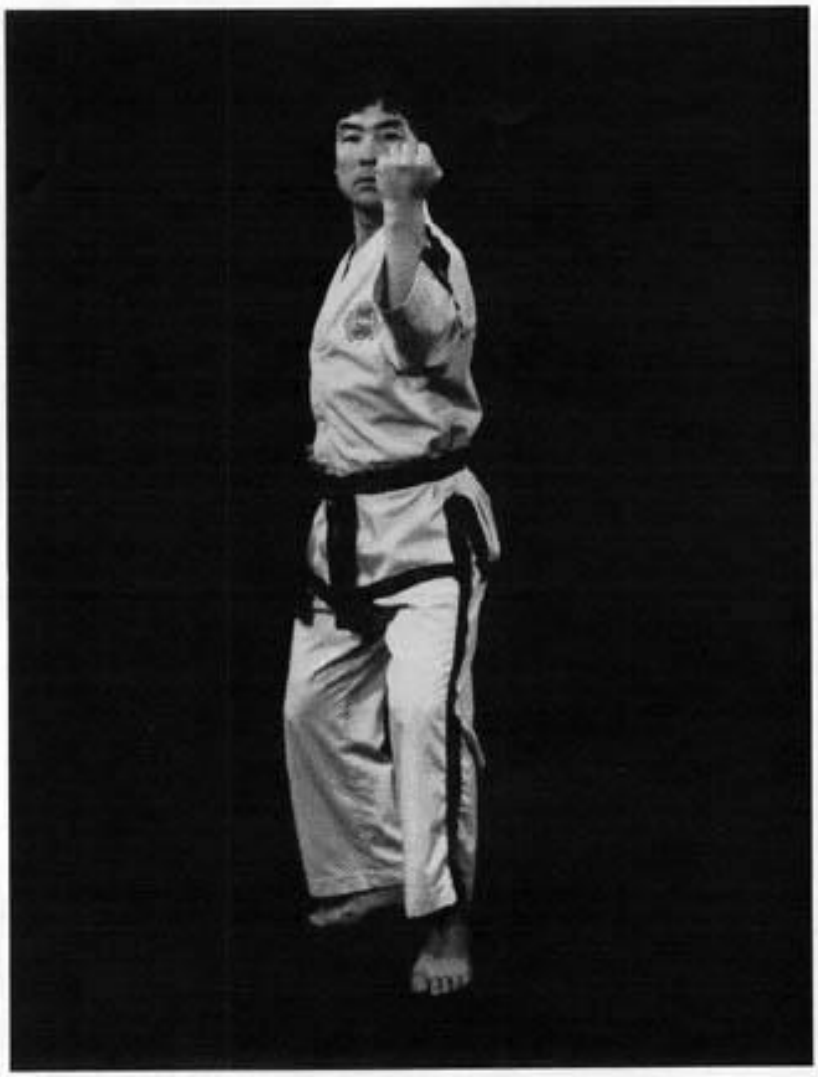
Previous Posture

Application

Side View

Top View

29. Slide to C, forming a right rear foot stance toward D while executing a downward thrust with a left straight elbow.



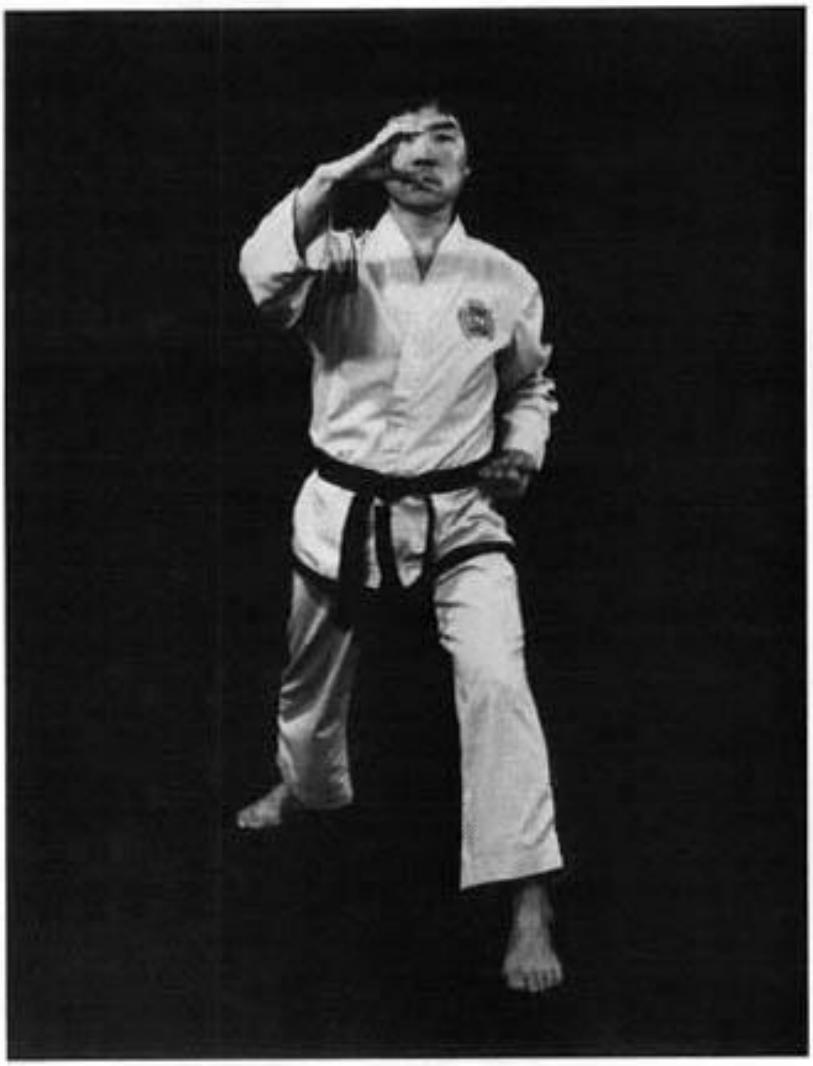
Right rear foot stance toward D with a left elbow downward strike.

Previous Posture

Application

Top View

30. **Execute a high crescent strike D with the right arc-hand while forming a left walking stance toward D, slipping the left foot.**



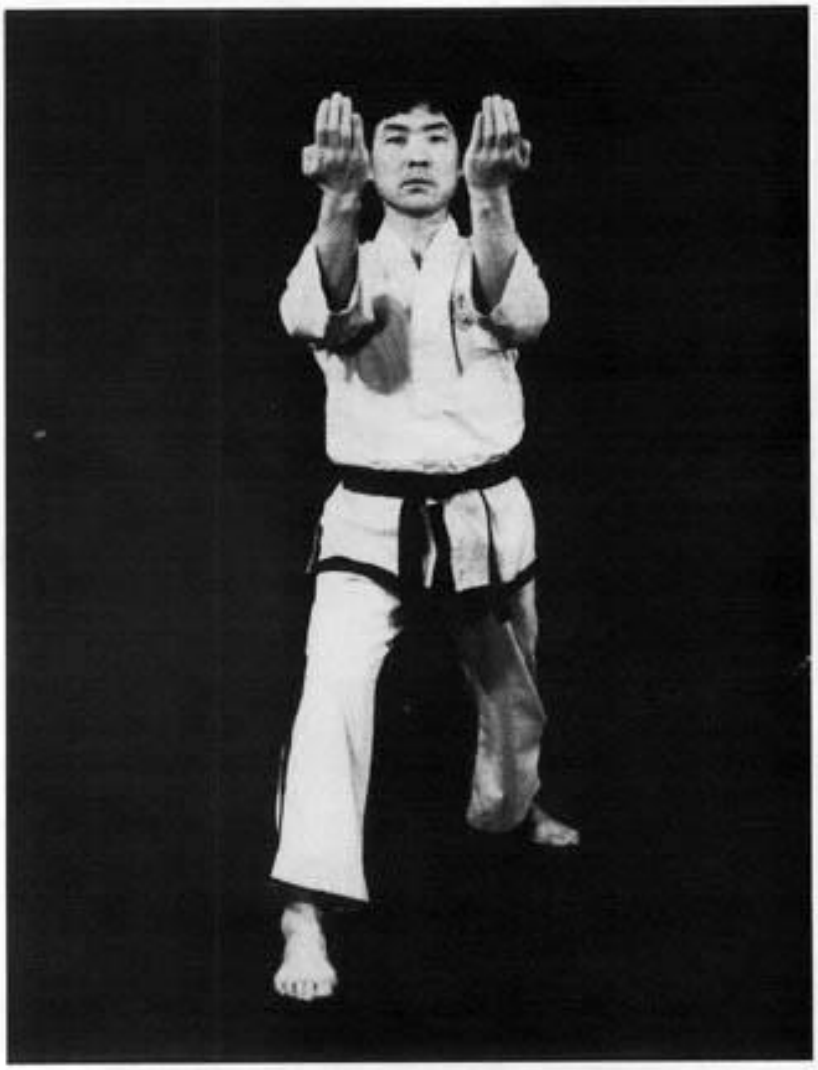
Left walking stance toward D with a right arc-hand high crescent strike.

Previous Posture

Application

Side View

31. **Move the left foot to C, forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hands.**



Right walking stance high inward strike with a twin knife-hand toward D.

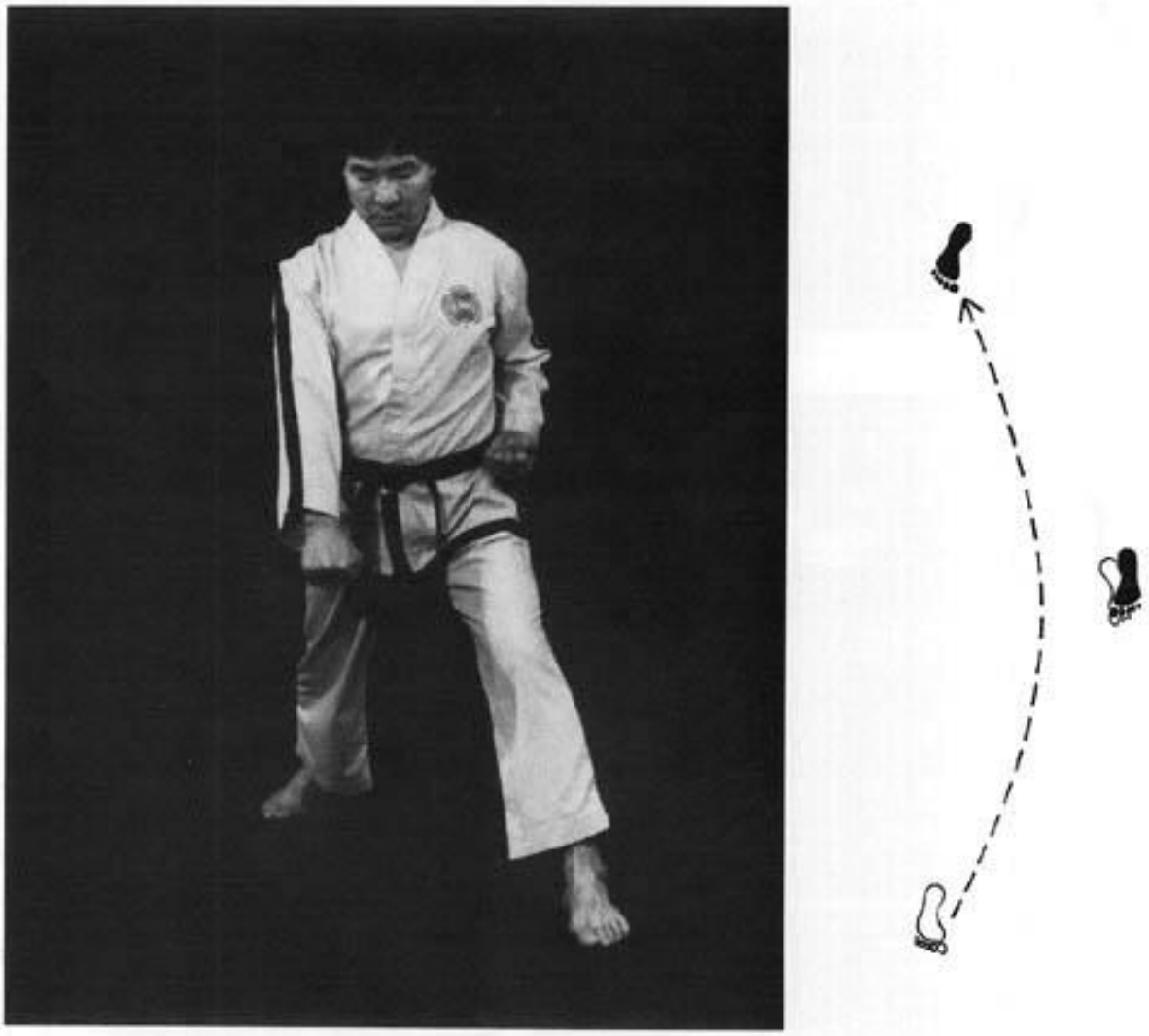
Previous Posture

Application

Side View

Top View

32. **Move the right foot to C, forming a left walking stance toward D while executing a downward punch with the right fist.**



Left walking stance toward D with a right fist downward punch.

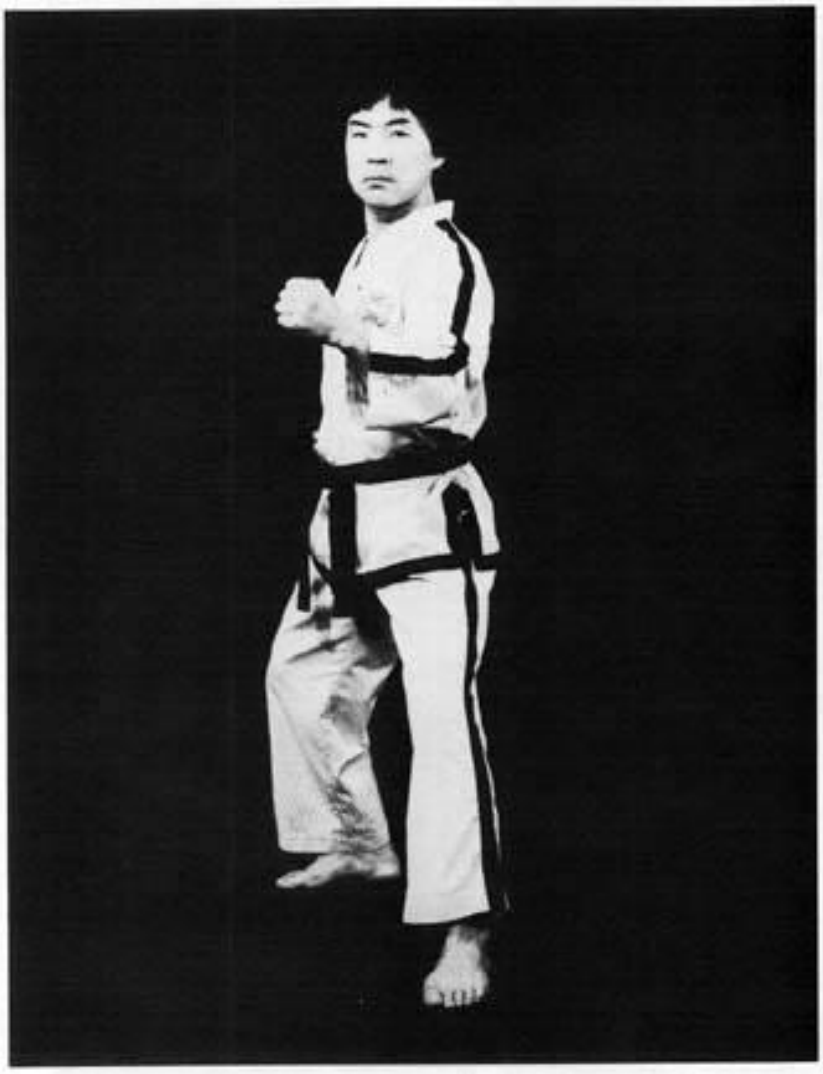
Previous Posture

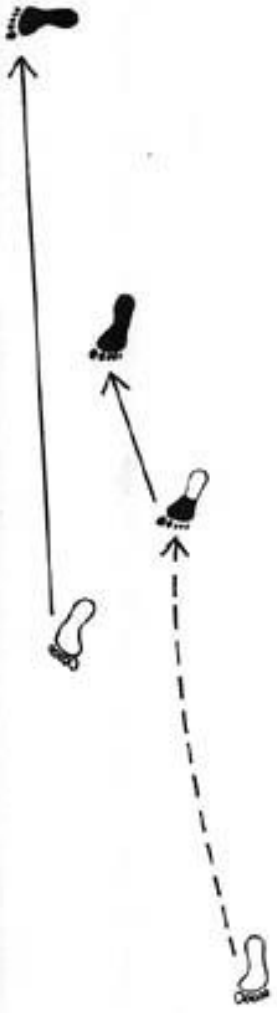
Application

Side View

Back View

33. Move the left foot to the side rear of the right foot, and then slide to C, forming a right L-stance toward D while executing a downward block with the left outer forearm.





Right L-stance toward D with a left outer forearm downward block.

Previous Posture

Application

Side View

Keep the left heel slightly off the ground.

Side View

34. **Execute a reverse turning kick to D with the right foot while flying away from D, and then land to C to form a left L-stance toward D, at the same time executing a middle guarding block to D with the forearm.**

Dodging reverse turning kick to D with the right foot.

Left L-stance forearm guarding block toward D.

Previous Posture

Application

Side View

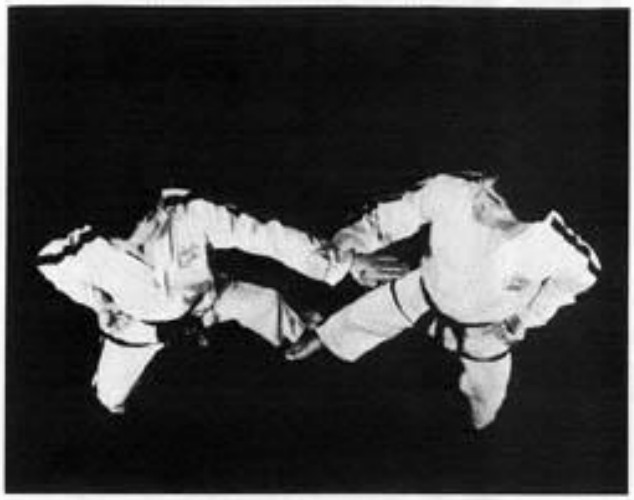
35. **Move the right foot to the side rear of the left foot, and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.**

Left L-stance toward D with a right outer forearm downward block.

Previous Posture

Keep the right heel slightly off the ground.

Application



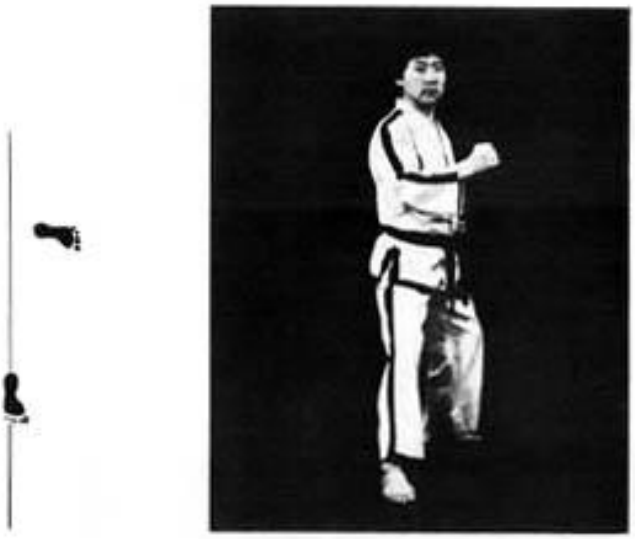
Top View

36. **Execute a reverse turning kick to D with the left foot while flying away from D, and then land to C to form a right L-stance toward D, at the same time executing a middle guarding block to D with the forearm.**

Dodging reverse turning kick to D with the left foot.

Right L-stance forearm middle guarding block toward D.

Previous Posture



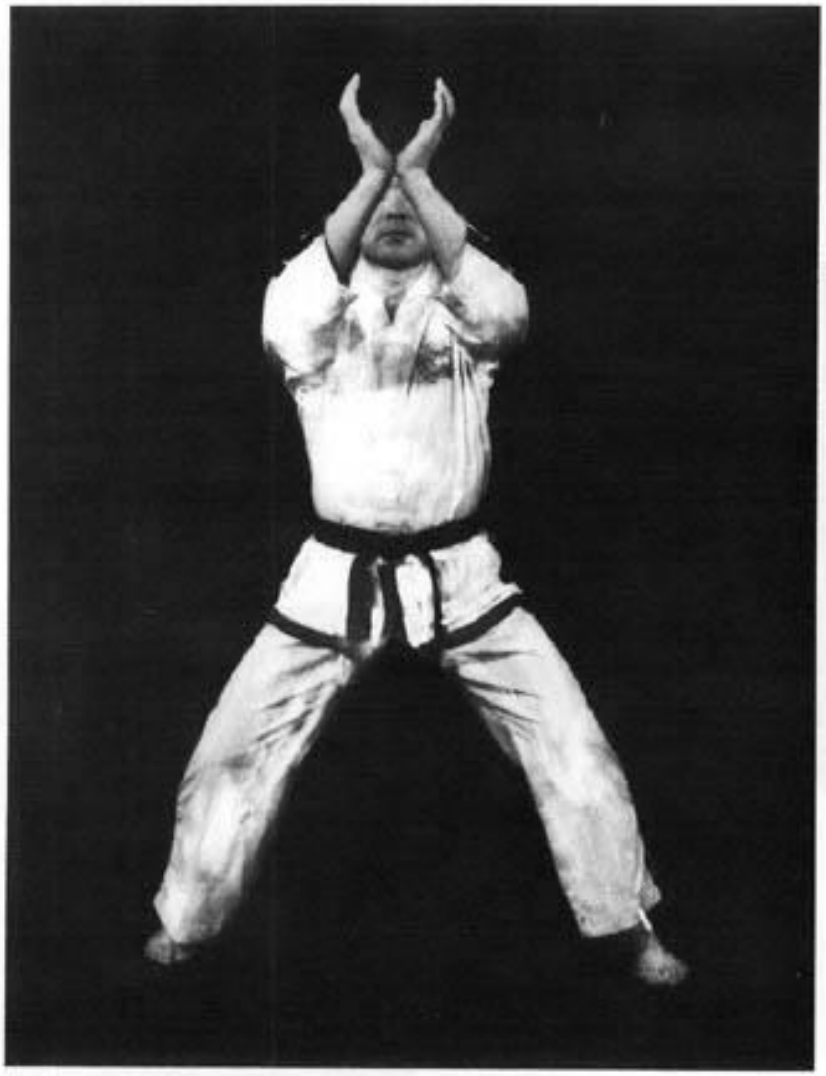
37. **Move the right foot to D and the left foot to D, then execute a flying two direction kick (twisting kick with the left, side kick with the right foot) while flying to D.**

Flying side-twisting two direction kick.

Application

Previous Posture

38. **Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.**



Left diagonal stance toward D with a twin palm rising block.

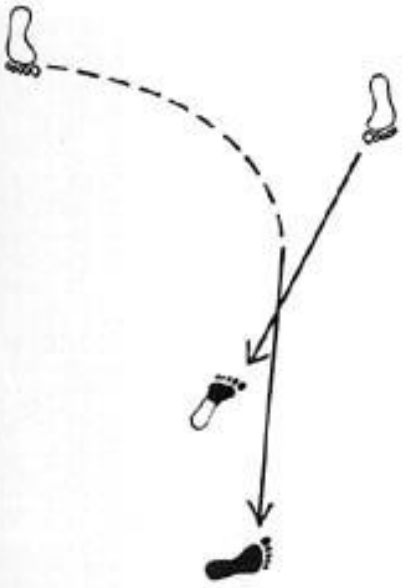
Application

Previous Posture

Side View

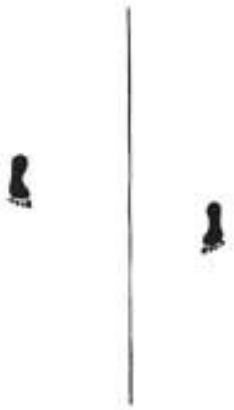
Side View

39. **Slide to D, forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.**



Rear foot stance toward C with a right side elbow thrust to D.

Previous Posture

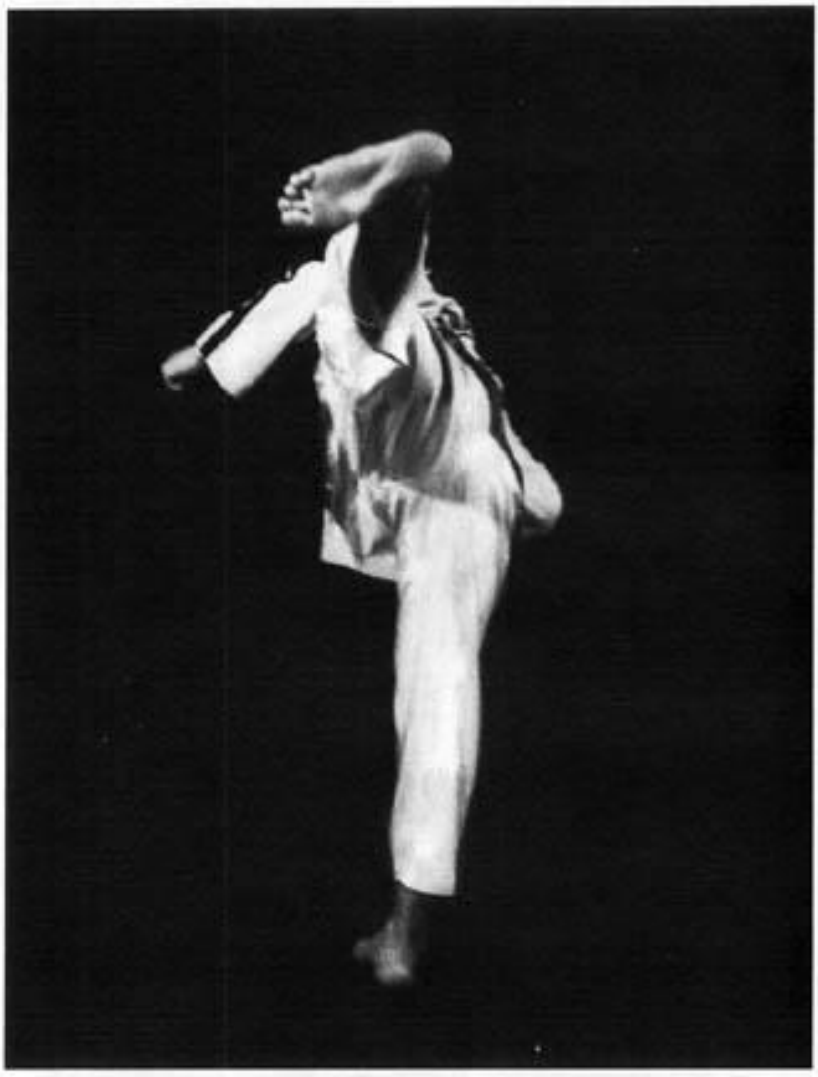


Application

Side View

Other View

40. **Turn the face to D while forming a right bending ready stance toward C, and then execute a middle back piercing kick to D with the left foot. Perform in a slow motion.**



Middle back piercing kick to D with the left foot.

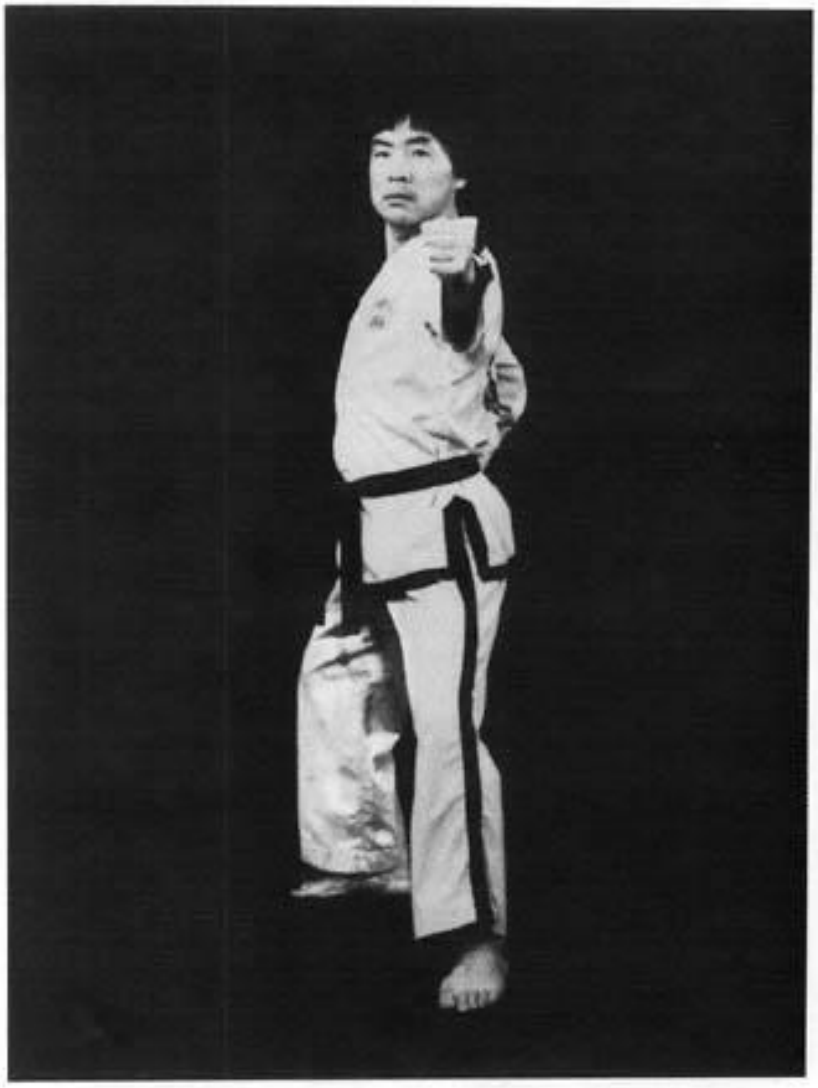
Previous Posture

Application

Side View

Side View

41. **Lower the left foot to D in a stamping motion, forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.**



Right L-stance horizontal strike with the left back fist toward D.

Previous Posture

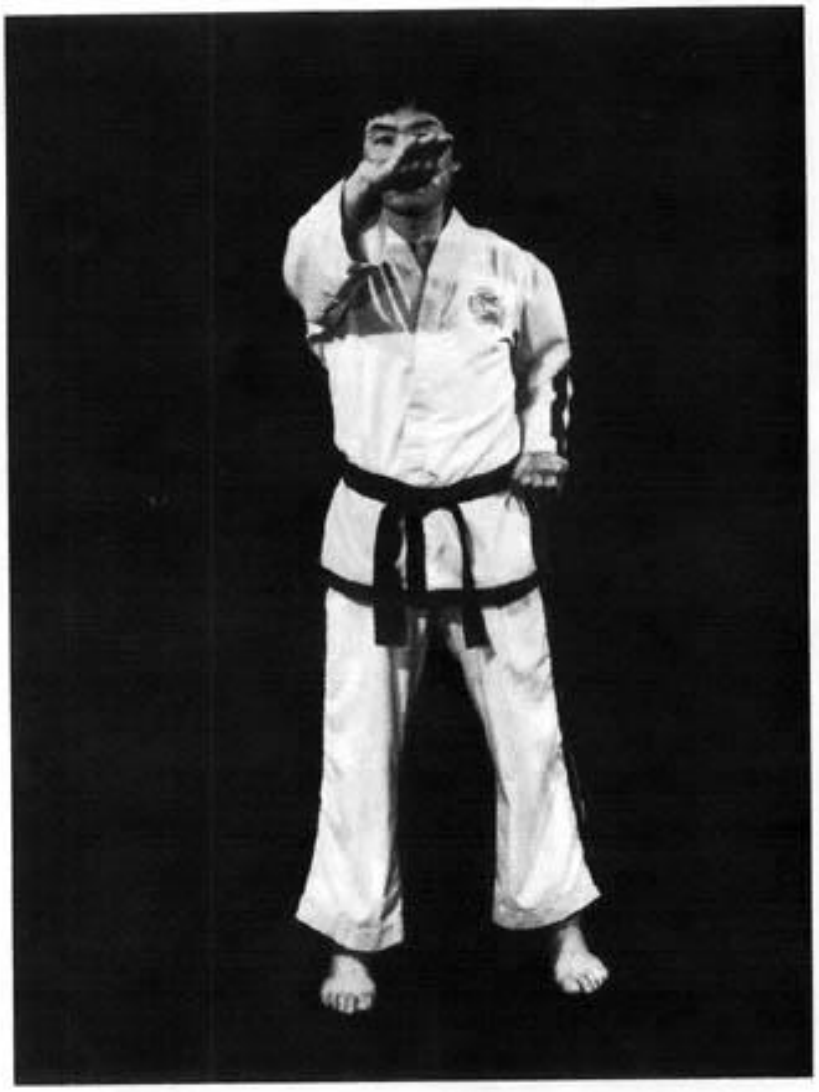
Application

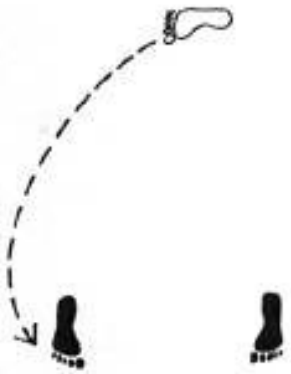
Side View

Keep the side fist faced downward.

Side View

42. **Execute a high inward cross-cut to D with the right flat fingertip while forming a parallel stance toward D, pulling the right foot.**





Parallel stance high inward cross-cut with the right flat fingertip toward D.

Previous Posture

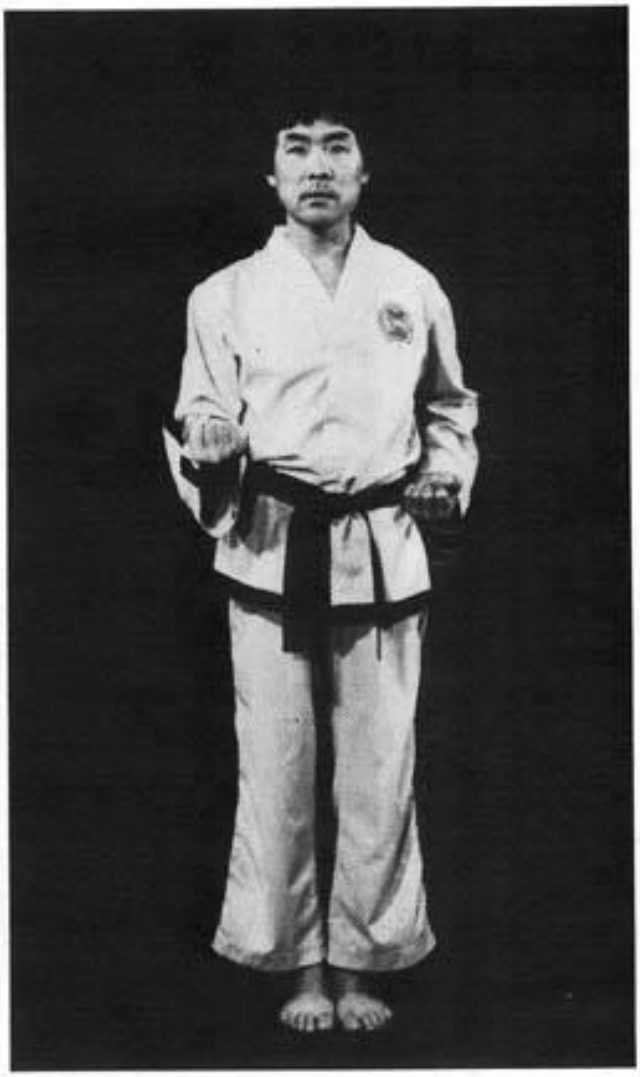
Application

Top View

Side View

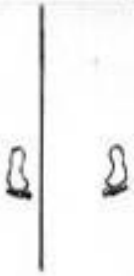
43. **Execute a front punch and an upset punch to D consecutively with the right fist while flying to D, and then land to D forming a close stance toward D with the right fist extended.**

Flying front and upset punch to D with the right fist.



Close stance toward D with the right fist extended.

Previous Posture



44. **Move the right foot to D, forming a right walking stance toward D while executing a front downward strike with the left knife-hand.**

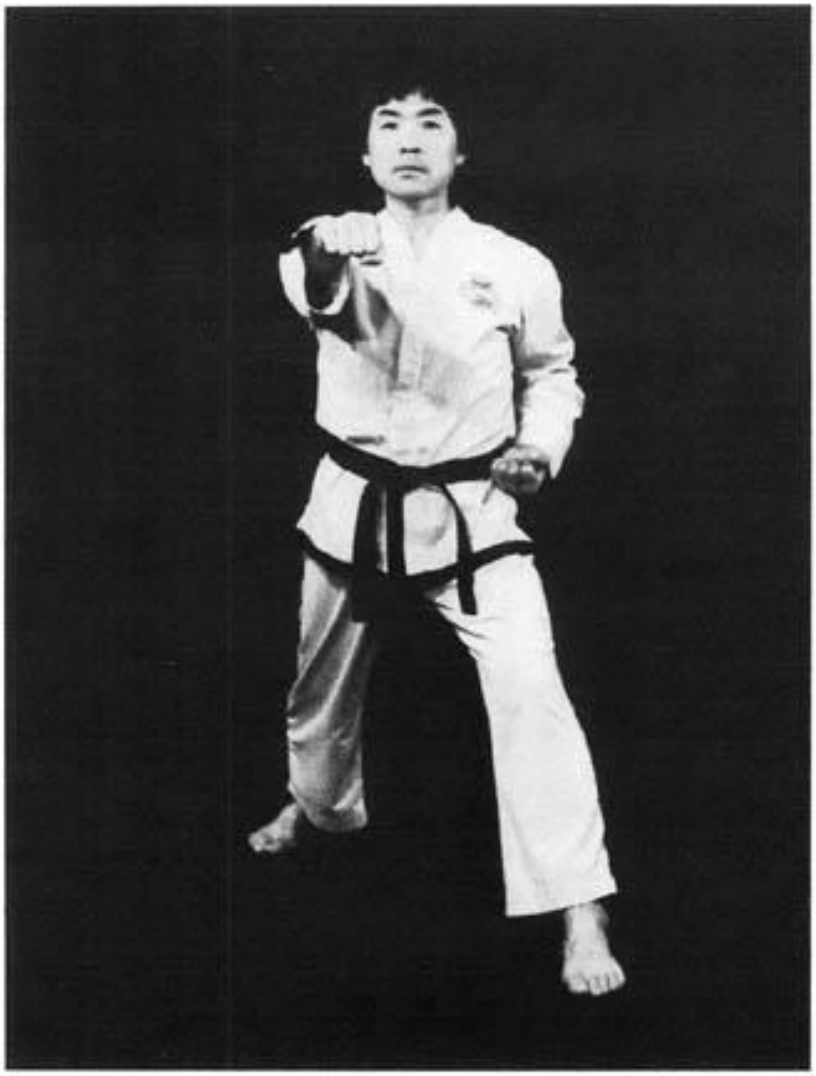
Right walking stance toward D with a left knife-hand front downward strike.

Previous Posture

Application

Side View

45. **Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the right fist.**



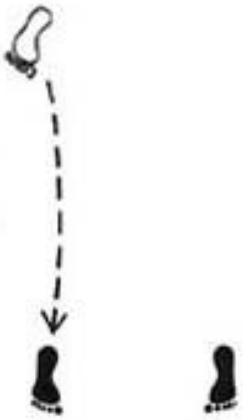
Left walking stance middle punch with the right fist toward D.

Previous Posture

Application

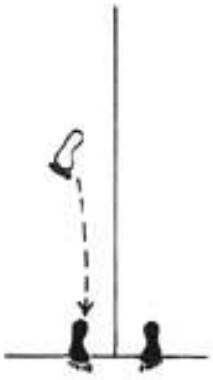
Side View

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



Parallel ready stance toward **D.**

Previous Posture



Side View

SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

VOLUME I:

1) Origin and Development of Martial Arts
2) History of Taekwon-Do
3) Moral Culture
4) Philosophy
5) Training Schedule
6) Cycle and Composition of Taekwon-Do
7) Demonstration
   - A) Model Sparring
   - B) Pre-arranged Free Sparring
   - C) Sample of Self-defence Techniques
8) About the Author
9) Group photos

VOLUME II:

1) Theory of Power
2) Attacking and Blocking Tools
3) Vital Sports
4) Training
   - A) Training Hall
   - B) Conduct in Do Jang
   - C) Training Equipment
   - D) Practice Suits
5) Stances
6) Training Aids

VOLUME III: Hand Techniques

VOLUME IV: Foot Techniques

VOLUME V: Sparring

VOLUME VI: Fundamental Exercises (A)

VOLUME VII: Fundamental Exercises (B)

VOLUME VIII:	1) Four-Direction Punch
	2) Four-Direction Block
	3) Pattern Chon-Ji
	4) Pattern Dan-Gun
	5) Pattern Do-San
VOLUME IX:	1) Pattern Won-Hyo
	2) Pattern Yul-Guk
	3) Pattern Joong-Gun
VOLUME X:	1) Pattern Toi-Gae
	2) Four-Direction Thrust
	3) Pattern Hwa-Rang
	4) Pattern Choong-Moo
VOLUME XI:	1) Pattern Gwang-Gae
	2) Pattern Po-Eun
	3) Pattern Ge-Baek
VOLUME XII:	1)Pattern Eui-Am
	2) Pattern Choong-Jang
	3) Pattern Juche
VOLUME XIII:	1) Pattern Sam-Il
	2) Pattern Yoo-Sin
	3) Pattern Choi-Yong
VOLUME XIV:	1) Pattern Yon-Gae
	2) Pattern Ul-Ji
	3) Pattern Moon-Moo
VOLUME XV:	1) Pattern So-San
	2) Pattern Se-Jong
	3) Pattern Tong-Il