

# **PATTERNS**

## FOUR-DIRECTION PUNCH (SAJU JIRUGI)

This exercise is practiced by the 10<sup>th</sup> gup holder and above.

READY POSTURE: Parallel ready stance toward D

1. Move the right foot to D, forming a **right walking stance** toward D while executing a **middle punch** to D with the right fist.
2. Move the right foot to A, forming a **left walking stance** toward B while executing a **low block to B with the left forearm**.
3. Move the right foot to B, forming a **right walking stance** toward B while executing a **middle punch** to B with the right fist.
4. Move the right foot to D, forming a **left walking stance** toward C while executing a **Low block to C with the left forearm**.
5. Move the right foot to C, forming a **right walking stance** toward C while executing a **middle punch** to C with the right fist.
6. Move the right foot to B, forming a **left walking stance** toward A while executing a **low block to A with the left forearm**.
7. Move the right foot to A, forming a **right walking stance** toward A while executing a **middle punch** to A with the right fist.

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

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

## FOUR DIRECTION BLOCK (SAJU MAKGI)

This exercise is practiced by the 10<sup>th</sup> gup holder and above.

READY POSTURE: Parallel ready stance toward D

1. Move the right foot to C, forming a **left walking stance** toward D while executing a **low block to D with the left knife-hand**.
2. Move the right foot to D, forming a **right walking stance** toward D while executing a **middle side block** to D with the right inner forearm.
3. Move the right foot to A, forming a **left walking stance** toward B while executing a **low block to B with the left knife-hand**.
4. Move the right foot to B, forming a **right walking stance** toward B while executing a **Middle side block** to B with the right inner forearm.
5. Move the right foot to D, forming a **left walking stance** toward C while executing a **low block to C with the left knife-hand**.
6. Move the right foot to C, forming a **right walking stance** toward C, at the same time executing a **middle side block** to C with the right inner forearm.
7. Move the right foot to B, forming a **left walking stance** toward A while executing a **low block to A with the left knife-hand**.
8. Move the right foot to A, forming a **right walking stance** toward A while executing a **middle side block** to A with the right inner forearm.

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

Practice this fundamental exercise clockwise and counter clockwise turning alternately.

## CHON-JI

This pattern is practiced by the 9<sup>th</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 19

PATTERN HISTORY: Chon-Ji means literally the “Heaven the Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts-one to represent Heaven and the other Earth.

READY POSTURE: Parallel ready stance toward D

1. Move the left foot to B, forming a **left walking stance** toward B while executing a **low block to B with the left outer forearm.**
2. Move the right foot to B, forming a **right walking stance** toward B while executing a **middle punch to B with the right fist.**
3. Move the right foot to A, turning clockwise to form a **right walking stance** toward A while executing a **low block to A with the right outer forearm.**
4. Move the left foot to A, forming a **left walking stance** toward A while executing a **middle punch to A with the left fist.**
5. Move the left foot to D, forming a **left walking stance** toward D while executing a **low block to D with the left forearm.**
6. Move the right foot to D, forming a **right walking stance** toward D while executing a **middle punch to D with the right fist.**
7. Move the right foot to C, turning clockwise to form a **right walking stance** toward C while executing a **low block to C with the right forearm.**
8. Move the left foot to C, forming a **left walking stance** toward C while executing a **middle punch to C with the left fist.**
9. Move the left foot to A, forming a **right L-stance** toward A while executing a **middle block to A with the left inner forearm.**
10. Move the right foot to A, forming a **right walking stance** toward A while executing **middle punch to A with the right fist.**
11. Move the right foot to B, turning clockwise to form a **left L-stance toward B** while executing a **middle block to B with the right inner forearm.**

12. Move the left foot to B, forming a **left walking stance** toward B while executing a **middle punch to B with the left fist**.
13. Move the left foot to C, forming a **right L-stance** toward C while executing a **middle block to C with the left inner forearm**.
14. Move the right foot to C, forming a **right walking stance** toward C while executing a **middle punch to C with the right fist**.
15. Move the right foot to D, turning clockwise to form a **left L-stance** toward D while executing a **middle block with the right inner forearm**.
16. Move the left foot to D, forming a **left walking stance** toward D while executing a **middle punch to D with the left fist**.
17. Move the right foot to D, forming a **right walking stance** toward D while executing a **middle punch to D with the right fist**.
18. Move the right foot to C, forming a **left walking stance** toward D while executing a **middle punch to D with the left fist**.
19. Move the left foot to C, forming a **right walking stance** toward D while executing a **middle punch to D with the right fist**.

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

## DAN-GUN

This pattern is practiced by the 8<sup>th</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 21

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

READY POSTURE: Parallel Ready Stance toward D

1. Move the left foot to B, forming a **right L-stance** toward B, at the same time executing a **middle guarding block to B with a knife-hand**.
2. Move the right foot to B, forming a **right walking stance** toward B while executing a **high punch to B with the right fist**.
3. Move the right foot to A, turning clockwise to form a **left L-stance** toward A, at the same time executing a **middle guarding block to A with a knife-hand**.
4. Move the left foot to A, forming a **left walking stance** toward A while executing a **high punch to A with the left fist**.
5. Move the left foot to D, forming a **left walking stance** toward D while executing a **low block to D with the left outer forearm**.
6. Move the right foot to D, forming a **right walking stance** toward D while executing a **high punch to D with the right fist**.
7. Move the left foot to D, forming a **left walking stance** toward D, at the same time executing a **high punch to D with the left fist**.
8. Move the right foot to D, forming a **right walking stance** toward D while executing a **high punch to D with the right fist**.
9. Move the left foot to E, turning counter-clockwise to form a **right L-stance** toward E while executing a **twin forearm block to E**.
10. Move the right foot to E, forming a **right walking stance** toward E while executing a **high punch to E with the right fist**.
11. Move the right foot to F, turning clockwise to form a **left L-stance toward F** while executing a **twin forearm block to F**.
12. Move the left foot to F, forming a **left walking stance** toward F. at the same time executing a **high punch to F with the left fist**.

13. Move the left foot to C, forming a **left walking stance** toward C while executing a **low block to C with the left outer forearm**.
14. Execute a **rising block with the left forearm**, maintaining the **left walking stance** toward C. **Perform 13 and 14 in a continuous motion**.
15. Move the right foot to C, forming a **right walking stance** toward C, at the same time executing a **rising block** with the right forearm.
16. Move the left foot to C, forming a **left walking stance** toward C while executing a **rising block** with the left forearm.
17. Move the right foot to C, forming a **right walking stance** toward C, at the same time executing a **rising block** with the right forearm.
18. Move the left foot to B, turning counter-clockwise to form a **right L-stance** toward B while executing a **middle outward strike to B with the left knife-hand**.
19. Move the right foot to B, forming a **right walking stance** toward B while executing a **high punch to B with the right fist**.
20. Move the right foot to A, turning clockwise to form a **left L-stance** toward A while executing a **middle outward strike to A with the right knife-hand**.
21. Move the left foot to A, forming a **left walking stance** toward A. at the same time executing a **high punch to A with the left fist**.

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

## DO-SAN

This pattern is practiced by 7<sup>th</sup> gup holder and above

DIAGRAM: MOVEMENTS: 24

PATTERN HISTORY: Do-San is the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independents movement.

READY POSTURE: Parallel ready stance toward D

1. Move the left foot to B, forming **left walking stance** toward B while executing a **high side block** to B with the left outer forearm.
2. Execute a **middle punch to B with the right fist** while maintaining a **left walking stance** toward B.
3. Move the left foot on line AB, and then turn clockwise to form a **right walking stance** toward A while executing a **high side block to A with the right outer forearm**.
4. Execute a **middle punch to A with the left fist** while maintaining a **right walking stance** toward A.
5. Move the left foot to D, forming a **right L-stance** toward D while executing a **middle guarding block to D with a knife-hand**.
6. Move the right foot to D, forming a **right walking stance** toward D while executing a middle thrust to D with the **right straight fingertip**.
7. **Twist the right knife-hand** together with the body counter-clockwise until its palm faces downward and then move the left foot to D, **turning counter-clockwise** to form a left walking stance toward D while executing a **high side strike to D with the left back fist**.
8. Move the right foot to D, forming a **right walking stance** toward D while executing a **high side strike to D with the right back fist**.
9. Move the left foot to E, turning counter-clockwise to **form left walking stance** toward E while executing a **high side block** to E with the left outer forearm.
10. Execute a **middle punch** to E with the right fist while maintaining a **left walking stance** toward E.

11. Move the left foot on line EF, and then turn clockwise to form a **right walking stance** toward F while executing a **high side block** to F with the right outer forearm.

12. Execute a **middle punch** to F with the left fist while maintaining a **right walking stance** toward F.

13. Move the left foot to CE, forming a **left walking stance** toward CE, at the same time executing a **high wedging block to CE** with the outer forearm.

14. Execute a **middle front snap kick to CE with the right foot**, keeping the position of the hands as they were in 13.

15. Lower the right foot to CE, forming a **right walking stance** toward CE while executing a **middle punch to CE with the right fist**.

16. Execute a **middle punch to CE with the left fist** while maintaining a **right walking stance toward CE**. **Perform 15 and 16 in a fast motion.**

17. Move the right foot to CF, forming a **right walking stance toward CF** while executing a **high wedging block to CF** with the outer forearm.

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

19. Lower the left foot to CF, forming a **left walking stance** toward CF while executing a **middle punch to CF with the left fist**.

20. Execute a **middle punch to CF with the right fist** while maintaining a left walking stance toward CF. **Perform 19 and 20 in a fast motion.**

21. Move the left foot to C, forming a **left walking stance** toward C, at the same time executing a **rising block with the left forearm**.

22. Move the right foot to C, forming a **right walking stance** toward C while executing a **rising block with the right forearm**.

23. Move the left foot to B, turning counter-clockwise to form a **sitting stance** toward D while **executing a middle side strike to B with the left knife-hand**.

24. Bring the **left foot to the right foot**, and then move the right foot to A, forming a **sitting stance** toward D while executing a **middle side strike to A with the right knife-hand**.

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

## WON-HYO

This pattern is practiced by the 6<sup>th</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 28

PATTERN HISTORY: Won-Hyo was the noted monk who introduced his religion to the Silla Dynasty in the year 686 A.D.

READY POSTURE: Close Ready Stance A toward D

1. Move the Left foot to B, forming a **right L-stance toward B while executing a twin forearm block.**
2. Execute a **high inward strike to B with the right knife-hand** while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a **middle punch to B with the left fist** while forming a **left fixed stance** toward B, slipping the left foot to B.
4. Bring the **left foot to the right foot**, and then move the right foot to A, forming a **left L-stance toward A while executing a twin forearm block.**
5. Execute a **high inward strike to A with the left knife-hand** while bringing the right side fist in front of the left shoulder, maintaining a **left L-stance** toward A.
6. Execute a **middle punch** to A with the right fist while forming a **right fixed stance** toward A, slipping the right foot to A.
7. Bring the **right foot to the left foot**, and then turn the face toward D while forming a **right bending ready stance A** toward D.
8. Execute a **middle side piercing kick** to D with the left foot.
9. Lower the left foot to D, forming a **right L-stance** toward D while executing a **middle guarding block to D with a knife-hand.**
10. Move the right foot to D, forming a **left L-stance** toward D while executing a **middle guarding block to D with a knife-hand.**
11. Move the left foot to D, forming a **right L-stance** toward D while **executing a middle guarding block to D with a knife-hand.**

12. Move the right foot to D, forming a **right walking stance** toward D while executing a middle trust to D with the **right straight fingertip**.
13. Move the left foot to E, turning counter-clockwise to form a **right L-stance** toward E, at the same time executing a **twin forearm block**.
14. Execute a **high inward strike to E with the right knife-hand**, bringing the left side fist in front of the right shoulder while maintaining a right L-stance toward E.
15. Execute a **middle punch** to E with the **left fist** while forming a **left fixed stance** toward E, slipping the left foot to E.
16. Bring the **left foot to the right foot**, and then move the right foot to F, forming a **left L-stance toward F while executing a twin forearm block**.
17. Execute a **high inward strike to F with the left knife-hand**, bringing the right side fist in front of the left shoulder while maintaining a left L-stance toward F.
18. Execute a **middle punch** to F with the right fist while forming a **right fixed stance** toward F, slipping the right foot to F.
19. Bring the **right foot to the left foot**, and then move the left foot to C, forming a **left walking stance** toward C while executing a **circular block to CF with the right inner forearm**.
20. Execute a **low front snap kick to C** with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C, forming a **right walking stance** toward C while executing a **middle punch to C with the left fist**.
22. Execute a **circular block to CE with the left inner forearm** while maintaining a **right walking stance** toward C.
23. Execute a **low front snap kick to C** with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C, forming a **left walking stance** toward C while executing a **middle punch to C with the right fist**.
25. Turn the face toward C, forming a **left bending ready stance A** toward C.
26. Execute a **middle side piercing kick to C** with the right foot.

27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to **form a right L-stance** toward B, at the same time executing a **middle guarding block** to B with the forearm.

28. Bring the **left foot to the right foot**, and then move the right foot to A, forming a **left L-stance** toward A while executing a **middle guarding block** to A with the forearm.

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

## YUL-GOK

This pattern is practiced by the 5<sup>th</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 19

PATTERN HISTORY: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1526-1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on 38<sup>th</sup> latitude and the pattern diagram represents the Chinese character for "scholar."

READY POSTURE: Parallel Ready Stance toward D

1. Move the **left foot to B**, forming a **sitting stance** toward D while extending the **left fist** to D horizontally.
2. Execute a **middle punch to D with the right fist** while maintaining a sitting stance toward D.
3. Execute a **middle punch to D with the left fist** while maintaining a sitting stance toward D.

**Perform 2 and 3 in a fast motion.**

4. Bring the **left foot to the right foot**, and then move the right foot to A, forming a **sitting stance** toward D while extending the **right fist** to D horizontally.
5. Execute a **middle punch to D with the left fist** while maintaining a sitting stance toward D.
6. Execute a **middle punch to D with the right fist** while maintaining a sitting stance toward D. **Perform 5 and 6 in a fast motion.**
7. Move the right foot to AD, forming a **right walking stance toward AD** while executing a **middle side block to AD with the right inner forearm.**
8. Execute a **low front snap kick to AD with the left foot**, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a **left walking stance toward AD** while executing a **middle punch to AD with the left fist.**
10. Execute a **middle punch to AD with the right fist** while maintaining a left walking stance toward AD. **Perform 9 and 10 in a fast motion.**
11. Move the left foot to BD, forming a **left walking stance toward BD**, at the same time executing a **middle side block to BD with the left inner forearm.**

12. Execute a **low front snap kick to BD with the right foot**, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a **right walking stance** toward BD while executing a **middle punch to BD with the right fist**.
14. Execute a **middle punch to BD with the left fist** while maintaining a **right walking stance** toward BD. **Perform 13 and 14 in a fast motion.**
15. Execute a **middle hooking block to D with the right palm while forming a right walking stance** toward D, pivoting the left foot.
16. Execute a **middle hooking block to D with the left palm** while maintaining a **right walking stance** toward D.
17. Execute a **middle punch to D with the right fist** while maintaining a **right walking stance** toward D. **Perform 16 and 17 in a continuous motion.**
18. Move the left foot to D, forming a **left walking stance** toward D while executing a **middle hooking block to D with the left palm**.
19. Execute a **middle hooking block to D with the right palm** while maintaining a **left walking stance** toward D.
20. Execute a **middle punch to D with the left fist** while maintaining a **left walking stance** toward D. **Perform 19 and 20 in a continuous motion.**
21. Move the right foot to D, forming a **right walking stance** toward D, at the same time executing **middle punch to D with the right fist**.
22. Turn the face toward D, forming a **right bending ready stance A** toward D.
23. Execute a **middle side piercing kick to D with the left foot**.
24. Lower the left foot to D, forming a **left walking stance** toward D while **striking the left palm with the right front elbow**.
25. Turn the face toward C while forming a **left bending ready stance A** toward C.
26. Execute a **middle side piercing kick to C with the right foot**.
27. Lower the right foot to C, forming a **right walking stance** toward C while **striking the right palm with the left front elbow**.

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

29. Move the right foot to E, forming a **right walking stance** toward E while executing **middle thrust to E with the right straight fingertip**.

30. Move the right foot to F, turning clockwise to form a **left L-stance** toward F while executing a **twin knife-hand block**.

31. Move the left foot to F, forming a **left walking stance** toward F while executing a **middle thrust to F with the left straight fingertip**.

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

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

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

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

36. **Jump to C, forming a left X-stance** toward B while executing a **high side strike to C with the left back-fist**.

37. Move the right foot to A, forming a **right walking stance** toward A, at the same time executing a **high side block to A with the right double forearm**.

38. Bring the **right foot to the left foot**, and then move the left foot to B, forming a **left walking stance** toward B while executing a **high side block to B with the left double forearm**.

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

## JOONG-GUN

This pattern is practiced by the 4<sup>th</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 32

PATTERN HISTORY: Joong-Gun is named after the patriot An Joong-Gun who removed Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this “pattern” to represent Mr. An’s age when he was executed at Lui-Shung prison (1910).

READY POSTURE: Close ready stance B

1. Move the left foot to B, forming a **right L-stance** toward B while executing a **middle side block to B with a left reverse knife-hand**.
2. Execute a **low side front snap kick to B with the left foot**, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B, forming a **left rear foot stance** toward B while executing an **upward block with a right palm**.
4. Move the right foot to A, forming a **left L-stance** toward A while executing a **middle side block to A with a right reverse knife-hand**.
5. Execute a **low side front snap kick to A** with the right foot, keeping the position of the hands as in 4.
6. Lower the right foot to A and then move the left foot to A, forming a **right rear foot stance** toward A while executing an **upward block with a left palm**.
7. Move the left foot to D, forming a **right L-stance** toward D while executing a **middle guarding block to D with a knife-hand**.
8. Execute a **high strike to D** with the **right upper elbow** while forming a **left walking stance** toward D, slipping the left foot to D.
9. Move the right foot to D, forming a **left L-stance** toward D while executing a **middle guarding block to D with a knife-hand**.
10. Execute a **high strike to D** with the **left upper elbow** while forming a **right walking stance** toward D, slipping the right foot to D.
11. Move the left foot to D, forming a **left walking stance** toward D while executing a **high vertical punch to D with a twin fist**.

12. Move the right foot to D, forming a **right walking stance** toward D while executing an **upset punch to D with a twin fist**.
13. Move the right foot on line CD, and then **turn counter-clockwise** to form a **left walking stance** toward C while executing a **rising block with an X-fist**.
14. Move the left foot to E, forming a **right L-stance** toward E while executing a **high side strike to E with the left back fist**.
15. **Twist the left fist** counter-clockwise until the back fist faces downward, at the same time forming a **left walking stance** toward E, slipping the left foot to E.
16. Execute a **high punch** to E with the **right fist** while maintaining a **left walking stance** toward E. **Perform 15 and 16 in a fast motion**.
17. Bring the **left foot to the right foot** and then move the right foot to F, forming a **left L-stance** toward F while executing a **high side strike to F with a right back fist**.
18. **Twist the right fist** counter-clockwise until the back fist faces downward, at the same time forming a **right walking stance** toward F, slipping the right foot to F.
19. Execute a **high punch** to F with **the left fist** while maintaining a **right walking stance** toward F. **Perform 18 and 19 in a fast motion**.
20. Bring the right foot to the left foot and then move the **left foot to C**, forming a **left walking stance** toward C while executing a **high block to C with a left double forearm**.
21. Execute a **middle punch** to C with the **left fist** while forming a **right L-stance** toward C, pulling the left foot.
22. Execute a **middle side piercing kick to C with the right foot**.
23. Lower the right foot to C, forming a **right walking stance** toward C while executing **high side block to C with the right double forearm**.
24. Execute a **middle punch** to C with the **right fist** while forming a **left L-stance** toward C, pulling the right foot.
25. Execute a **middle side piercing kick to C with the left foot**.
26. Lower the left foot to C, forming a **right L-stance** toward C while executing a **middle guarding block** to C with the forearm.

27. Execute a **pressing block** to C with the right palm while forming a **left low stance** toward C, slipping the left foot.

28. Move the right foot to C, forming a **left L-stance** toward C while executing a **middle guarding block** to C with the forearm.

29. Execute a **pressing block** to C with the left palm while forming a **right low stance** toward C, slipping the right foot.

30. Bring the **left foot to the right foot**, forming a **close stance toward A** while executing **an angle punch with the right fist**.

31. Move the right foot to A, forming a **right fixed stance** toward A while executing a **U-shape block to A**.

32. Bring the **right foot to the left foot** and then move the left foot to B, forming a **left fixed stance** toward B, at the same time executing a **U-shape block to B**.

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

## TOI-GYE

This pattern is practiced by the 3<sup>rd</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 37

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

READY POSTURE: Close ready stance B

1. Move the left foot to B, forming a **right L-stance** toward B while executing a **middle side block to B with the left inner forearm.**
2. Execute a **low thrust to B with the right upset fingertip** while forming a **left walking stance** toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a **close stance toward D** while executing a **side back strike to C with the right back fist, extending the left arm to the side-downward.**  
**Perform in a slow motion.**
4. Move the right foot to A, forming a **left L-stance** toward A while executing a **middle side block to A with the right inner forearm.**
5. Execute a **low thrust to A with the left upset fingertip** while forming a **right walking stance** toward A, slipping the right foot to A.
6. Bring the **right foot to the left foot to form a close stance toward D** while executing a **side back strike to C with the left back fist, extending the left arm to the side-downward.**  
**Perform in a slow motion.**
7. Move the left foot to D, forming a **left walking stance** toward D while executing a **pressing block with an X- fist.**
8. Execute a **high vertical punch** to D with a **twin fist** while maintaining a **left walking stance toward D.**
9. Execute a **middle front snap kick to D with the right foot**, keeping the position of the hands as they were in 8.
10. Lower the right foot to D, forming a **right walking stance** toward D while executing a **middle punch to D with the right fist.**

11. Execute a **middle punch to D with the left fist** while maintaining a **right walking stance** toward D.
12. Bring the **left foot to the right foot**, forming a **close stance** toward F while bringing **both fists to the hips simultaneously**. Perform in a **slow motion**.
13. Move the right foot to F in a **stamping motion**, forming a **sitting stance** toward C while executing a **W-shape block** to C with the right outer forearm.
14. Move the left foot to F in a **stamping motion**, turning clockwise to form a **sitting stance** toward D while executing a **W-shape block** to D with the left outer forearm.
15. Move the left foot to E in a **stamping motion**, turning clockwise to form a **sitting stance** toward C while executing a **W-shape block** to C with the left outer forearm.
16. Move the right foot to E in a **stamping motion**, turning counter-clockwise to form a **sitting stance** toward D while executing a **W-shape block** to D with the right outer forearm.
17. Move the left foot to E in a **stamping motion**, turning clockwise to form a **sitting stance** toward C while executing a **W-shape block** to C with the left outer forearm.
18. Move the left foot to F in a **stamping motion**, turning clockwise to form a **sitting stance** toward D while executing a **W-shape block** to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D, forming a **right L-stance** toward D while executing a **low pushing block to D with the left double forearm**.
20. Extend both hands upward as if to **grab the opponent's head** while forming a **left walking stance** toward D, slipping the left foot to D.
21. Execute an **upward kick with the right knee** while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C, forming a **right L-stance** toward C while executing a **middle guarding block to C with a knife-hand**.
23. Execute a **low side front snap kick** to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C, forming a **left walking stance** toward C while executing a **high thrust to C with the left flat fingertip**.
25. Move the right foot to C, forming a **left L-stance** toward C while executing a **middle guarding block to C with a knife-hand**.
26. Execute a **low front snap kick** to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C, forming a **right walking stance** toward C while executing a **high thrust to C with the right flat fingertip**.
28. Move the right foot to D, forming a **right L-stance** toward C while executing a **side back strike** to D with the **right back fist** and a **low block to C with the left forearm**.
29. **Jump to C**, forming a **right X-stance** toward A while executing a **pressing block to A with an X-fist**.
30. Move the right foot to C, forming a **right walking stance** toward C while executing **high block to C with the right double forearm**.
31. Move the left foot to B, forming a **right L-stance** toward B while executing **low guarding block to B with a knife-hand**.
32. Execute a **circular block to BD with the right inner forearm** while forming a **left walking stance** toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A, forming a **left L-stance** toward A, at the same time executing a **low guarding block to A with a knife-hand**.
34. Execute a **circular block to AD with the left inner forearm** while forming a **right walking stance** toward A, slipping the right foot to A.
35. Execute a **circular block to CE with the right inner forearm** while forming a **left walking stance** toward CE.
36. Execute a **circular block to CE with the left inner forearm** while forming a **right walking stance** toward A.
37. Move the right foot on line AB to form a **sitting stance** toward D while executing a **middle punch to D with the right fist**.

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

## HWA-RANG

This pattern is practiced by the 2<sup>nd</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 29

PATTERN HISTORY: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th infantry Division, where Taekwon-Do developed into maturity.

READY POSTURE: Close ready stance C

1. Move the left foot to B to form a **sitting stance** toward D while executing **middle pushing block to D with the left palm**.
2. Execute a **middle punch to D** with the **right fist** while maintaining a **sitting stance** toward D.
3. Execute a **middle punch to D** with the **left fist** while maintaining a **sitting stance** toward D.
4. Execute a **twin forearm block forming a left L-stance** toward A, pivoting with the left foot.
5. Execute an **upward punch with the left fist** while pulling the right side fist in front of the left shoulder.
6. Execute a **middle punch to A with the right fist** while forming a **right fixed stance** toward A in a sliding motion.
7. Execute a **downward strike with the right knife-hand** while forming a **left vertical stance** toward A, pulling a right foot.
8. Move the left foot to A, forming a **left walking stance** toward A while executing a **middle punch to A with the left fist**.
9. Move the left foot to D, forming a **left walking stance** toward D while executing a **low block to D with the left forearm**.
10. Move the right foot to D, forming a **right walking stance** toward D while executing a **middle punch to D with the right fist**.

11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a **middle side piercing kick** to D with **the right foot while pulling both hands in the opposite direction**, and then lower it to D, forming a left L-stance toward D, at the same time executing a **middle side strike to D with the right knife-hand**.
13. Move the left foot to D, forming a **left walking stance** toward D while executing a **middle punch to D with the left fist**.
14. Move the right foot to D, forming a **right walking stance** toward D, at the same time executing a **middle punch to D with the right fist**.
15. Move the left foot to E, turning counter-clockwise to form a **right L-stance** toward E while executing a **middle guarding Block to E with a knife-hand**.
16. Move the right foot to E, forming a **right walking stance** toward E while executing a **middle thrust to E with the right straight fingertip**.
17. Move the right foot on line EF, forming a **right L-stance** toward F while executing **middle guarding block to F with a knife-hand**.
18. Execute a **high turning kick to DF with the right foot** and then lower it to F.
19. Execute a **high turning kick to CF with the left foot** and then lower it forming a right L-stance toward F while executing **middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion**.
20. Move the left foot to C, forming a **left walking stance** toward C while executing a **low block to C with the left forearm**.
21. Execute a **middle punch with the right fist** while forming a **right L-stance** toward C, pulling the left foot.
22. Move the right foot to C, forming a **left L-stance** toward C while executing a **middle punch to C with the left fist**.
23. Move the left foot to C, forming a **right L-stance** toward C, at the same time executing a **middle punch to C with the right fist**.
24. Execute a **pressing block to C with an X-fist** while forming a **left walking stance** toward C, slipping the left foot.
25. Move the **right foot to C in a sliding motion**, forming a **right L-stance** toward D **while trusting to C with the right side elbow**.

26. Bring the left foot to the right foot, turning counter-clockwise to form a **close stance toward B while executing a high side front block with the right inner forearm and a low** block with the left forearm.

27. Execute a **high side front block with the left inner forearm** and a **low block with the right forearm**.

28. Move the left foot to B, forming a **right L-stance** toward B, at the same time executing **middle guarding block to B with a knife-hand**.

29. Bring the left foot to the right foot and then move the right foot to A, forming a **left L-stance** toward A while executing a **middle guarding block to A with a knife-hand**.

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

## CHOONG-MOO

This pattern is practiced by 1<sup>st</sup> gup holder and above.

DIAGRAM: MOVEMENTS: 30

PATTERN HISTORY: Choong-Moo was the given name to the great admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) which was the precursor of the present day submarine in 1592 A. D. The reason why this pattern ends up with the left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the force of his loyalty to the king.

READY POSTURE: Parallel ready stance

1. Move the left foot to B, forming a **right L-stance** toward B while executing a **twin knife-hand block**.
2. Move the right foot to B, forming a **right walking stance** toward B while executing a **high front strike to B with the right knife-hand and bring the left back hand to front of the forehead**.
3. Move the right foot to A, turning clockwise to form a **left L-stance** toward A while executing a **middle guarding block to A with a knife-hand**.
4. Move the left foot to A, forming a **left walking stance** toward A while executing a **high thrust to A with the left flat fingertip**.
5. Move the left foot to D, forming a **right L-stance** toward D while executing a **middle guarding block to D with a knife-hand**.
6. Turn the face to C, forming a **left bending ready stance A** toward C.
7. Execute a **middle side piercing kick to C with the right foot**.
8. Lower the right foot to C, forming a **right L-stance** toward D while executing **middle guarding block to D with a knife-hand**.
9. Execute a **flying side piercing kick to D with the right foot in a double motion**, and then land to D, forming a **left L-stance** toward D while executing a **middle guarding block to D with a knife-hand**.
10. Move the left foot to E, turning counter-clockwise to form a **right L-stance** toward E, at the same time executing **low block to E with the left forearm**.

11. **Extend both hands upward as if to grab the opponent's head** while forming a **left walking** stance toward E, slipping the left foot.
12. Execute an **upward kick to E with the right knee, pulling both hands downward.**
13. Lower the right foot to the left foot and then move the left foot to F, forming a **left walking** stance toward F while executing a **high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.**
14. Execute a **high turning kick to DF with the right foot** and then lower it to the left foot.
15. Execute a **middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.**
16. Lower the left foot to F, forming a **left L-stance** toward E while executing a **middle guarding block to E with the forearm.**
17. Execute a **middle turning kick to DE with the left foot.**
18. Lower the left foot to the right foot and then move the right foot to C, forming a **right fixed stance** toward C while executing a **U-shape block toward C.**
19. **Jump and spin around counter-clockwise,** landing on the same spot to form a **left L-stance toward C while executing a middle guarding block to C with a knife-hand.**
20. Move the left foot to C, forming a **left walking stance** toward C, at the same time executing a **low thrust to C with the right upset fingertip.**
21. Execute a **side back strike to D with the right back fist** and a **low block to C with the left forearm** while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a **right walking stance** toward C while executing a **middle thrust to C with the right straight fingertip.**
23. Move the left foot to B, turning counter-clockwise to form a **left walking stance** toward B while executing a **high block to B with the left double forearm.**
24. Move the right foot to B, forming a **sitting stance** toward C while executing a **middle front block to C with the right forearm,** and then a **high side strike to B with the right back fist.**

25. Execute a **middle side piercing kick to A with the right foot**, turning counter-clockwise and then lower it to A.
26. Execute a **middle side piercing kick to A with the left foot** turning clockwise.
27. Lower the left foot to A and then execute a **middle block to B with an X-knife-hand** while forming a left L- stance toward B, pivoting with the left foot.
28. Move the left foot to B, forming a **left walking stance** toward B while executing an **upward block to B with both palms**.
29. Move the left foot on line AB and then execute a **rising block** to A with the right forearm while forming a **right walking stance** toward A.
30. Execute a **middle punch to A with the left fist** while maintaining a **right walking stance** toward A.

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

# **STEP SPARRING**

## STEP SPARRING INSTRUCTIONS

When performing step sparring, the student should keep the following points in mind:

- \_ Distance is important when executing step sparring.
- \_ All techniques should be executed with good focus and speed, at the proper location and with the proper tools.
- \_ Attacks, defenses, and counterattacks should be techniques taught to the student at their belt level. This includes all requirements up to and including the belt level of the student.
- \_ Students should be familiar with all terminology to ensure that the step sparring routines proceed smoothly and there are no delays.
- \_ Instructions given to step sparring partners should be simple, clear, easily understood, and technically correct.
- \_ Step sparring is intended to demonstrate the skill of the defender, not the attacker. The emphasis should be on the blocking techniques and counterattacks rather than on the attack.
- \_ Blocking techniques should make no more than light contact with the attacker.
- \_ The students should not be in a hurry. Step sparring is very sloppy when it is carried out quickly.
- \_ All step sparring routines begin with a simple bow to your partner. The bow should be at 15°, while looking at your partner's eyes. The junior student should come up from the bow after their senior.

### DISTANCE MEASUREMENT

Distance measurement is mandatory in 3-step sparring and optional in 2-step sparring. Distance measurement is not important at 1-step sparring level, as the student should have a good grasp of the distance required for each technique. Both participants come to attention. The attacker steps forward with his/her right foot to measure distance.

- If the attacker is to start from a walking stance: The attacker steps forward with his/her right foot into a right walking stance placing his/her right foot just to the outside the defender's left foot.

Attacking with: Measurement:

Middle punch half the foot

High punch toe of the attacker to heel of the defender

Rising block or a high strike heel to heel

Low punch toe of the attacker to heel of the defender

Straight fingertip toe to toe

- If the attacker is to start from an L-stance: Attacker steps forward into left L-stance placing his/her right foot between the defender's feet.
- If the attacker is to start with a kick: Attacker measures with the kick.

## **SEMI-FREE SPARRING**

Requirement for 1<sup>st</sup> Gup – Red Belt/Black Stripe

In semi-free sparring, it is important that the student demonstrates General Choi's idea of ending a conflict with "one kick or one punch." If multiple counterattacks are to be used, they may consist of combination and consecutive techniques with hand and/or feet, but the number of counterattacks should not be excessive.

The students come to attention and bow.

Preparatory Move: Both the attacker and the defender step back into an L-stance. The attacker then kihaps to signal his/her intention to execute the first attack. The defender kihaps to signal his/her readiness to begin.

Number of Attacks and Counterattacks:

Three attacks and counterattacks are executed by each participant.

The defender must counter each attack with same class of counterattack as that used by the attacker (i.e., a foot attack to answer a foot attack, and a hand attack to answer a hand attack).

The final counterattack should not be blocked.

If the attacker executes a flying attack technique, then the defender must execute a flying block and answer with a flying attack.

These attacks and counterattacks may only consist of techniques that are taught to the student at up to and including their belt level. After the original defender has completed his/her last counterattack, both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps.

If the final counterattack is a kick, the original defender should first step down with the kicking leg into an appropriate stance, then both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps.

Return to Ready Position: Both the original defender and the original attacker step forward into parallel ready stances.