ENCYCLOPEDIA OF TAEKWON-DO

GEN. CHOI HONG HI

VOLUME XV

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Taekwon-Do
in Korean Character

Taekwon-Do
in Chinese Character

To: CRAIG.
Aug. 19 1995

choi hong hi

GEN. CHOI HONG HI
President

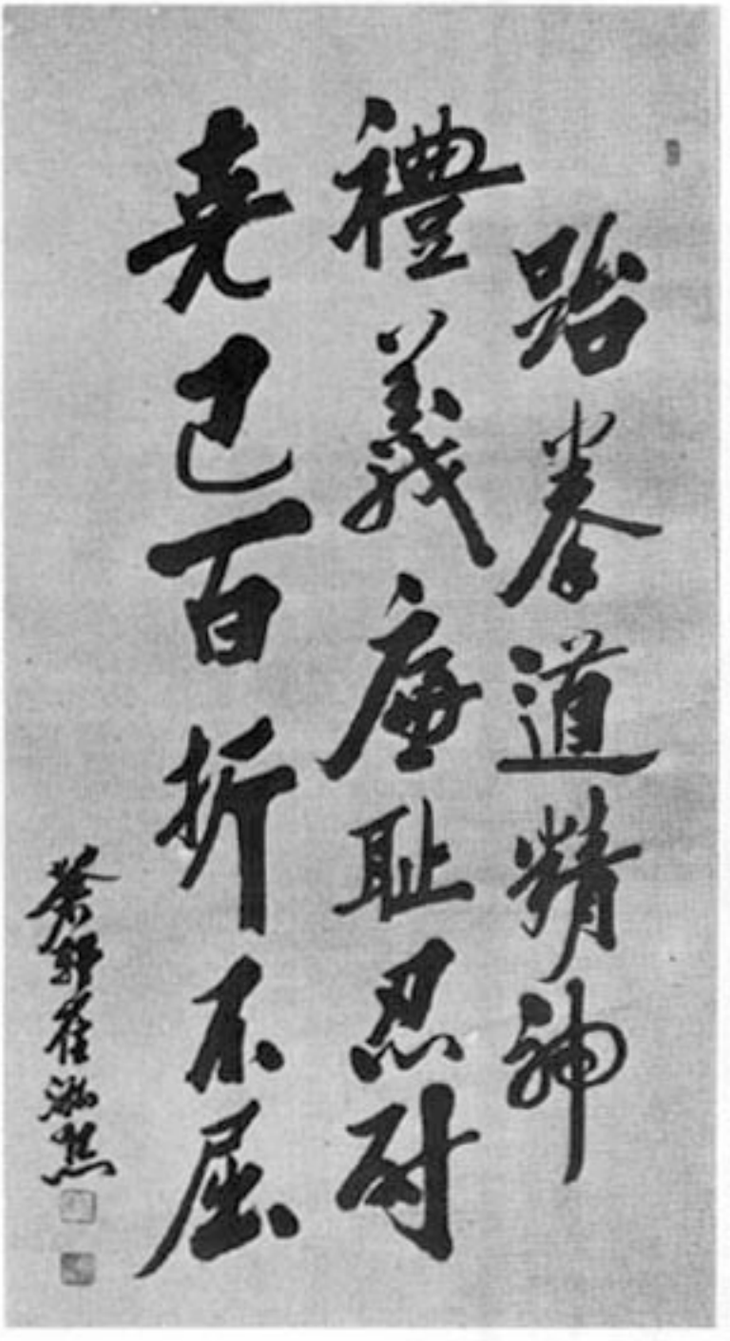
International Taekwon-Do Federation

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."

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.

"Pursue one's own goal"

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 38º 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 37º 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 (☶) 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	1ST DAN	BLACK
GE-BAEK		
EUI-AM		
CHOONG-JANG	2ND DAN	BLACK
JUCHE		
SAM-IL		
YOO-SIN	3RD DAN	BLACK
CHOI-YONG		
YONG-GAE		
UL-JI	4TH DAN	BLACK
MOON-MOO		
SO-SAN	5TH DAN	BLACK
SE-JONG		
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

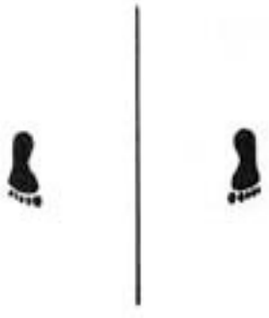
— direction of foot travel

"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 SO-SAN

Rear Foot Stance Forearm High Guarding Block
(Dwitbal So Palmok Nopunde Daebi Makgi)

Side View

Front View

Walking Stance Middle Vertical Punch
(Gunnun So Kaunde Sewo Jirugi)

Front View

The thumb reaches the same levels as solar plexus of the attacker.

Walking Stance Inner Forearm Middle Side Front Block
(Gunnun So Anpalmok Kaunde Yobap Makgi)

Front View

Side View

Flying Front Kick *(Twimyo Ap Chagi)*

Front View

Side View

Forward Double Step-Slide Turning
(Apuro Ibo Omgyo Didigo Mikulmyo Dolgi)

From a Right Walking Stance

From a Right L-Stance

Walking Stance Knife-Hand High Inward Strike
(Gunnun so Sonkal Nopunde Anuro Taerigi)

Front View

Side View

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

Front View

Side View

PATTERN SO-SAN

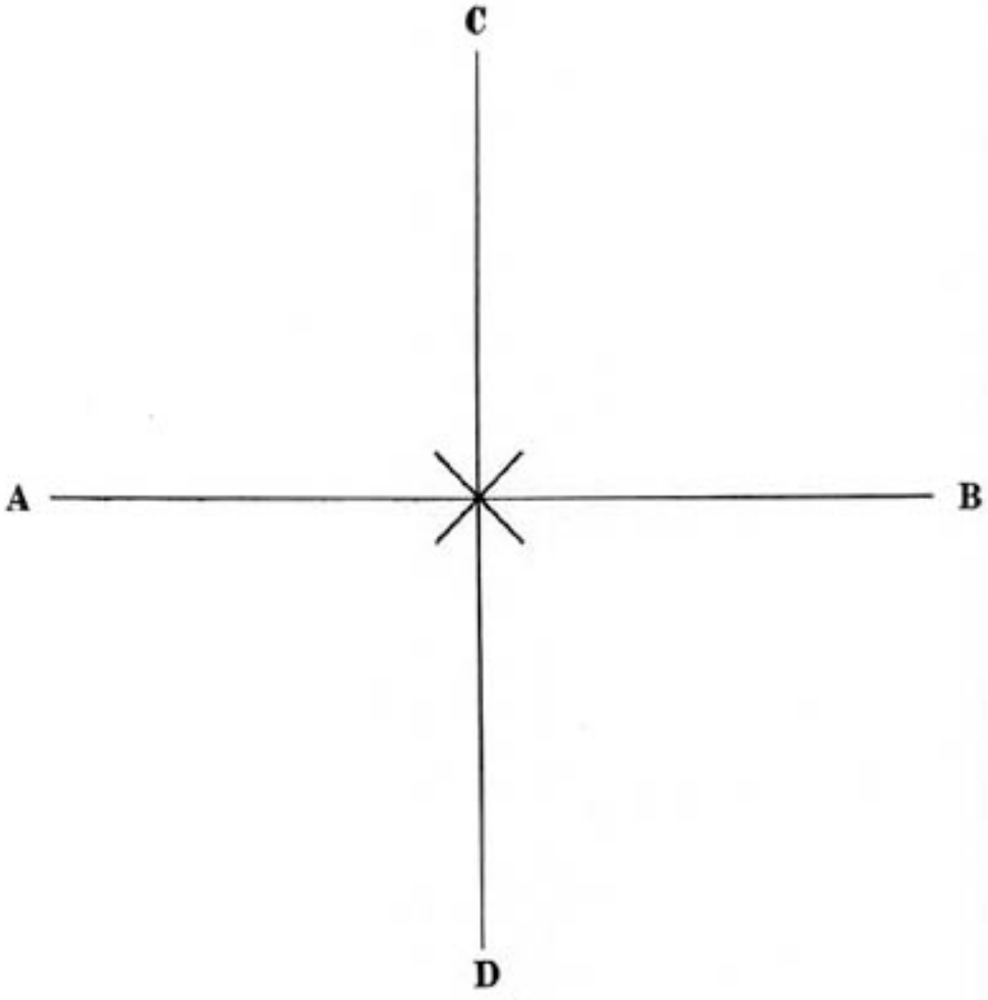
This pattern is practised by the 5th degree.

DIAGRAM: +

MOVEMENTS: 72

READY POSTURE: CLOSE READY STANCE A.

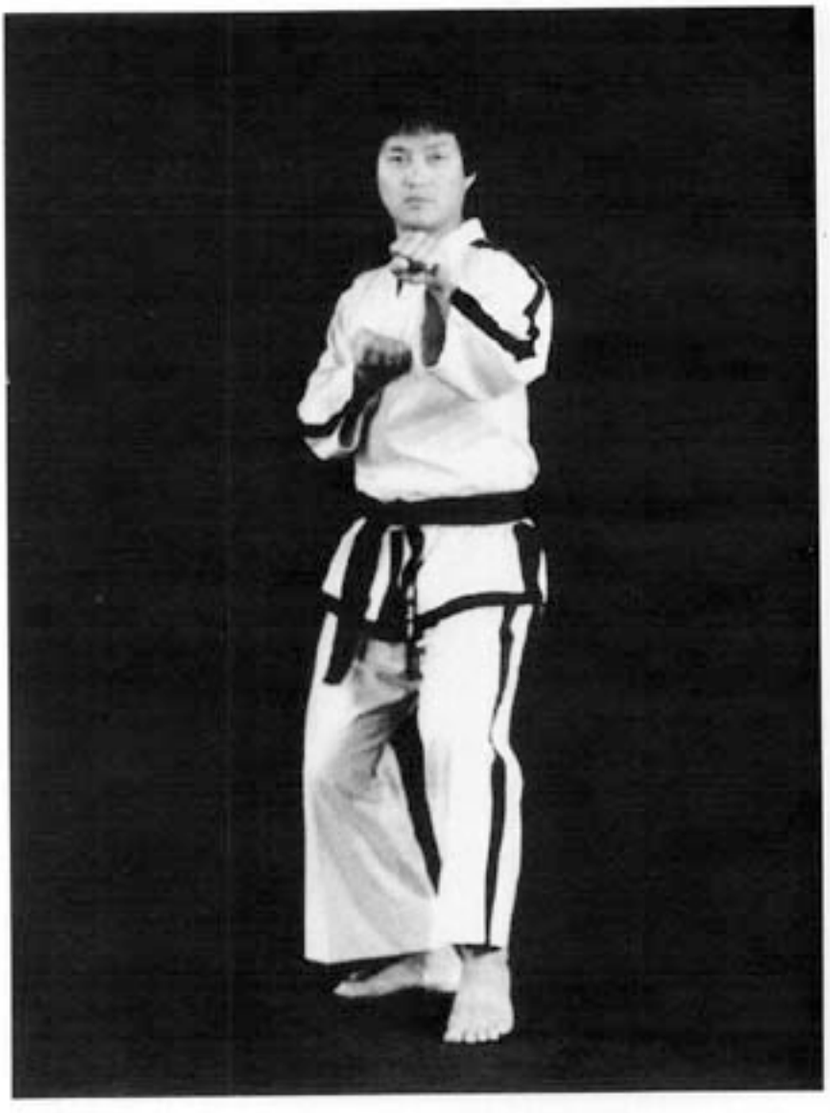
DIAGRAM *(Yon Moo Son)*



Ready Posture

Close ready stance A toward D

1. Slide to C to form a right rear foot stance toward D while executing a high guarding block to D with the forearm.



Right rear foot stance forearm high guarding block toward D.

Previous Posture

Application

Side View

Top View

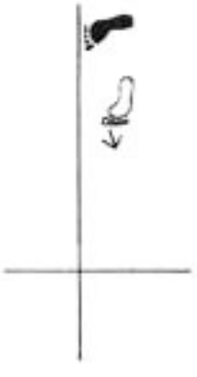
2. **Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.**

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

Previous Posture

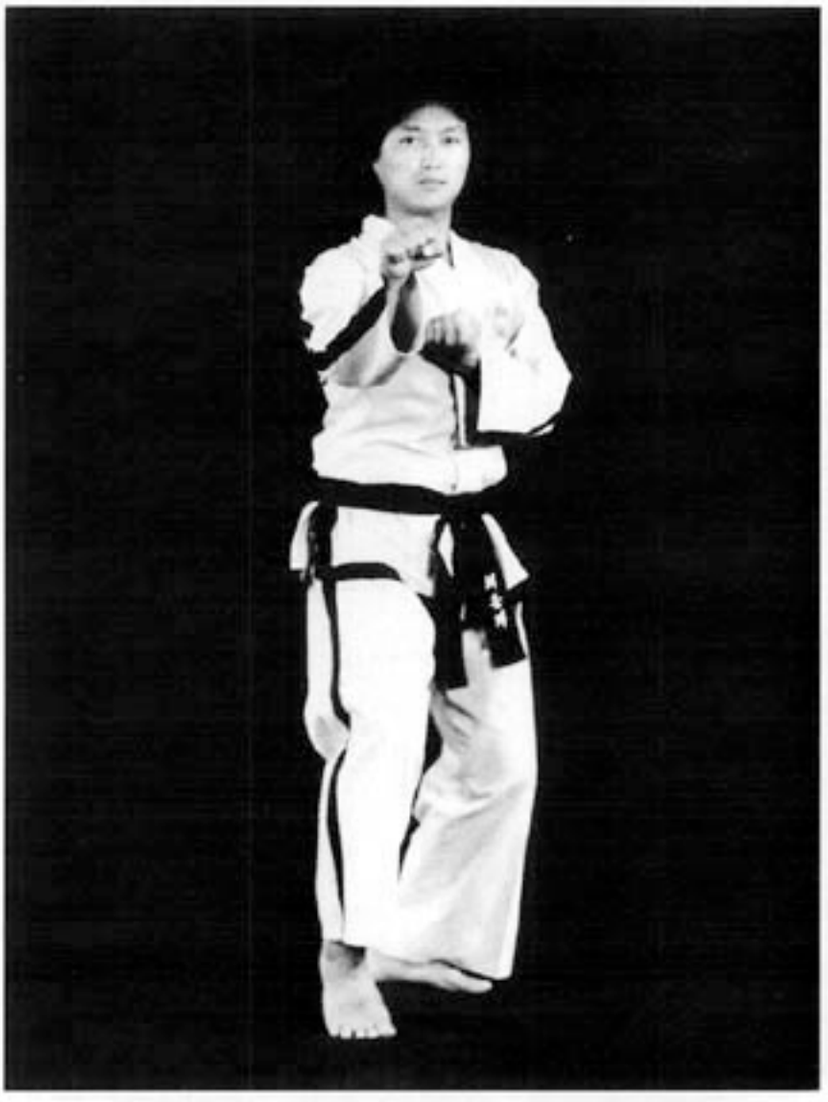
Application

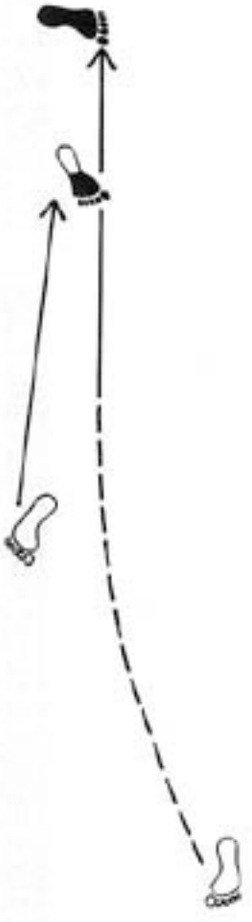
Side View



Side View

3. Slide to C, forming a left rear foot stance toward D while executing a high guarding block to D with the forearm.





Left rear foot stance forearm high guarding block toward D.

Previous Posture

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

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

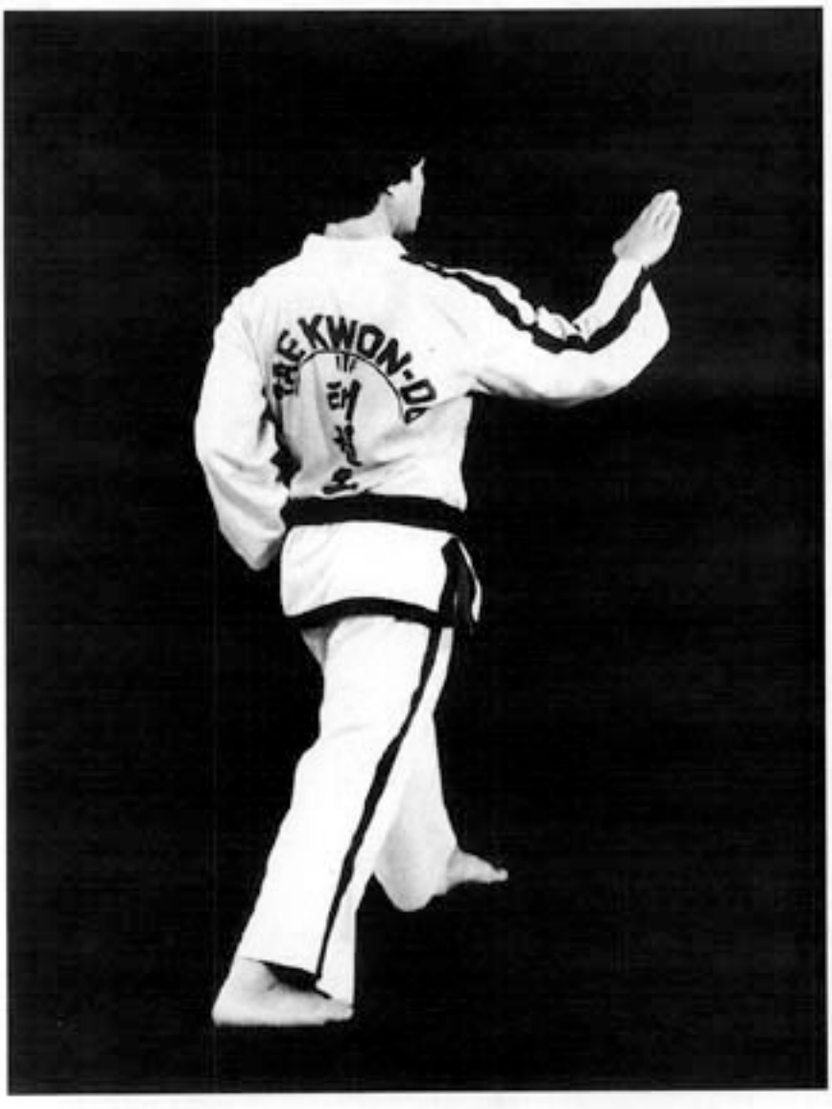
Previous Posture

Application

Side View

Other View

5. **Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.**



Left walking stance high side block with the right knife-hand toward BC.

Application

Side View

Previous Posture

Keep both heels slightly off the ground.

Side View

6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
Perform 5 and 6 in a fast motion.

Sitting stance middle punch with
the left fist toward BD.

Previous Posture

Keep both heels slightly off the ground.

Side View

Application

7. Execute a high side block to D with the left knife-hand while forming a right walking stance toward D.

Right walking stance high side block with the left knife-hand toward D.

Application

Previous Posture

Other View

Keep both heels slightly off the ground.

8. **Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.**
Perform 7 and 8 in a fast motion.

Sitting stance middle punch with the right fist toward BD.

Previous Posture

Application

9. **Move the right foot to C, turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.**

Parallel stance toward A with a twin knife-hand horizontal strike.

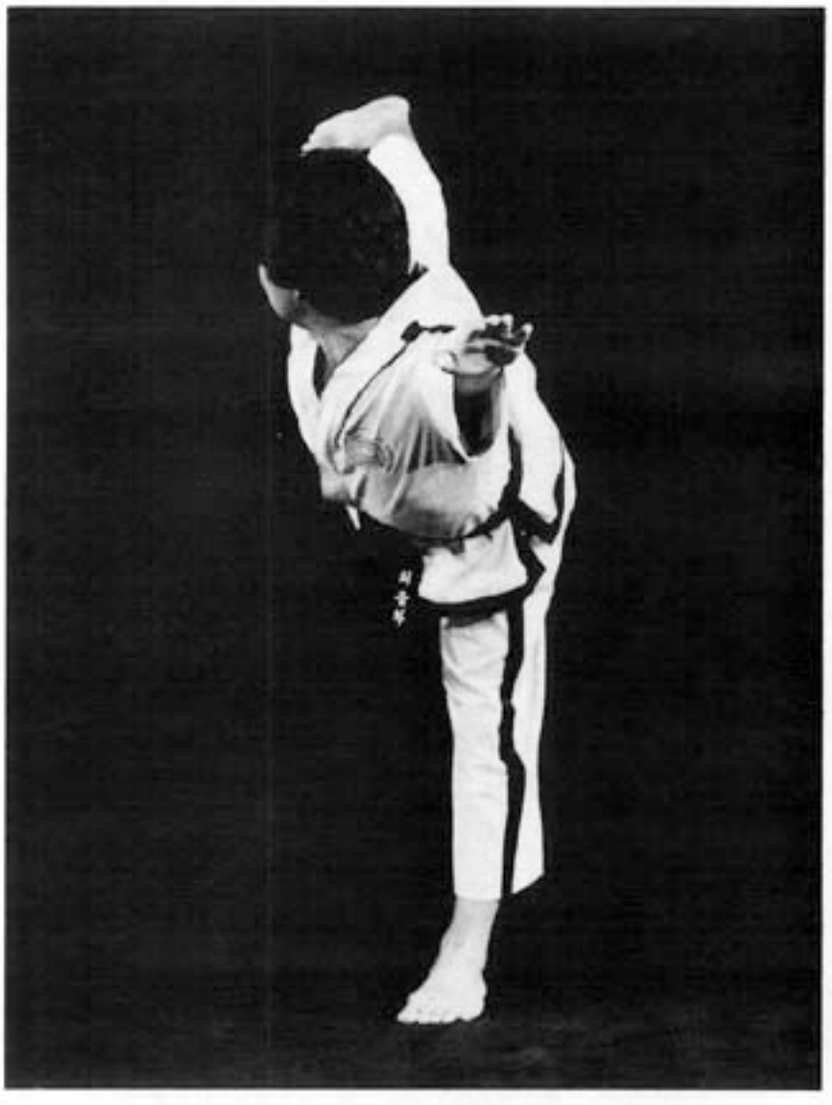
Application

Previous Posture

Top View

Front View

10. Execute a middle side piercing kick to C with the right foot, keeping the position of the hands as they were in 9.



Middle side piercing kick to C with the right foot.

Previous Posture

Application

Front View

Front View

11. Execute a middle turning kick to D with the right foot. Perform 10 and 11 in a consecutive kick.

Middle side piercing kick to D with the right foot.

Application

Previous Posture

Front View

12. **Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.**

Reght X-stance toward BD with a right back fist high side strike to D.

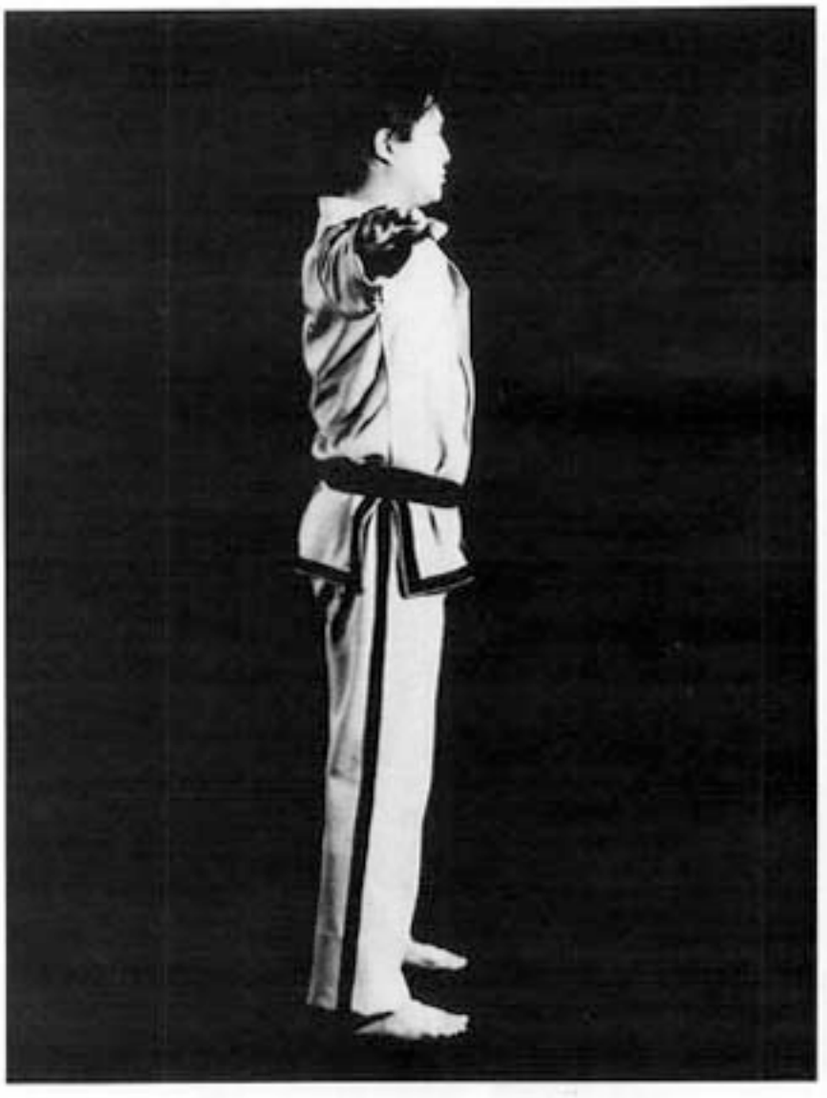
Application

Previous Posture

Top View

Other View

13. Move the left foot to C, forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.

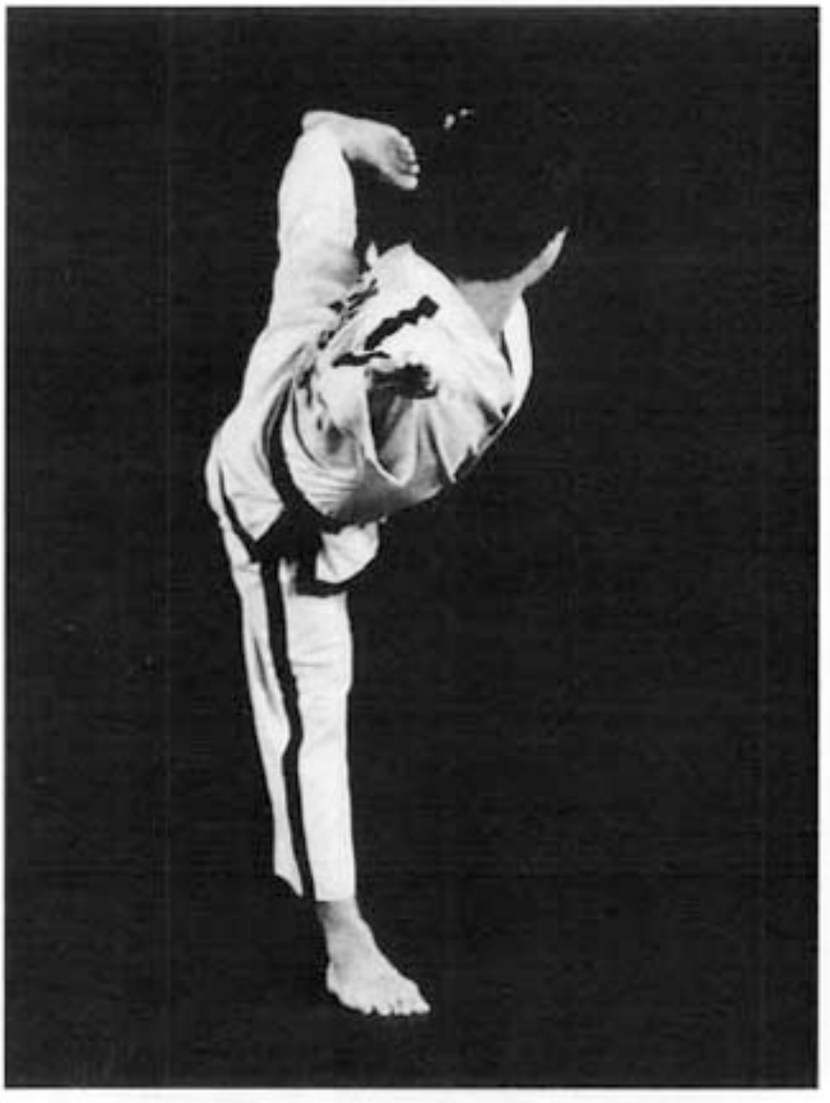


Parallel stance toward B with a twin knife-hand horizontal strike.

Previous Posture

Back View

14. Execute a middle side piercing kick to C with the left foot, keeping the position of the hands as they were in 13.



Middle side piercing kick to C with the left foot.

Application

Previous Posture

Other View

15. Execute a middle turning kick to D with the left foot. Perform 14 and 15 in a consecutive kick.

Middle turning kick to D with the left foot.

Previous Posture

Application

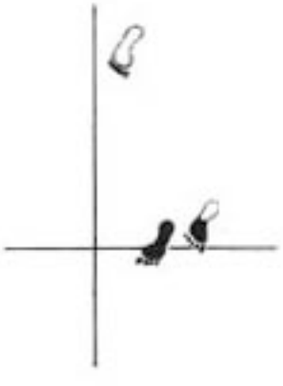
Side View

16. Lower the left foot to D in a jumping motion, forming a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.

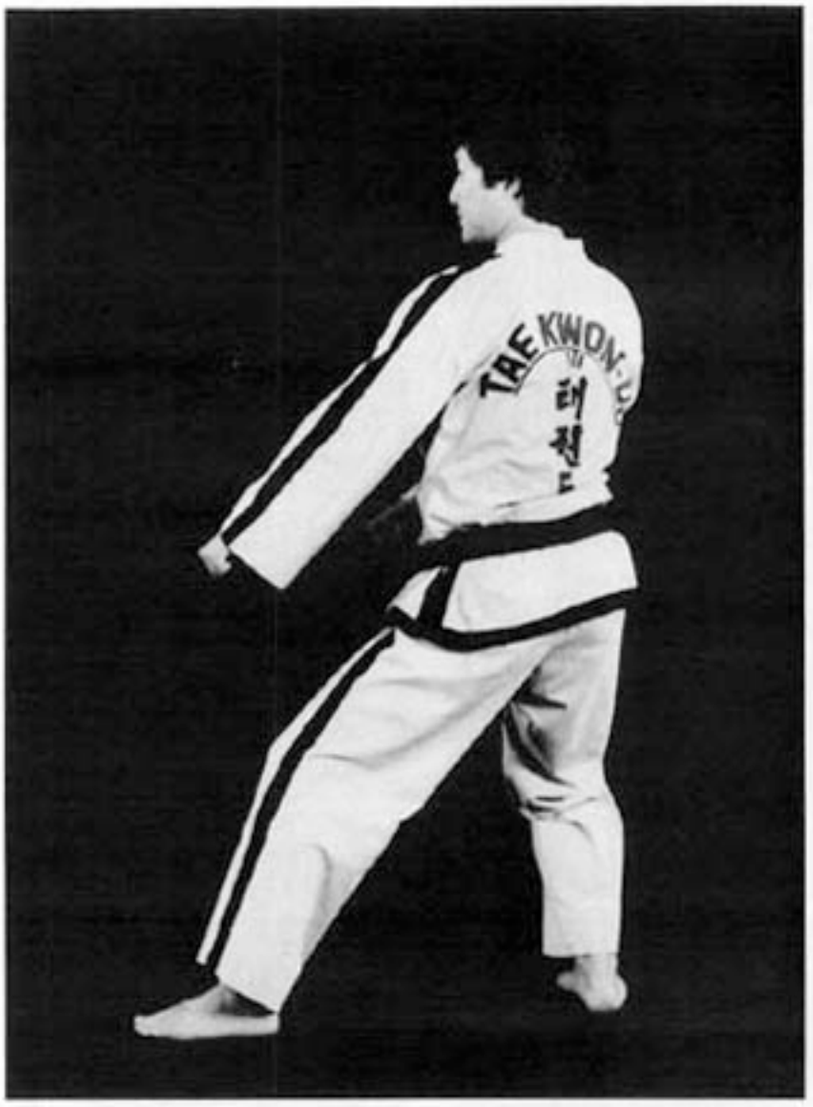
Left X-stance toward AD with a left back fist high side strike to D.

Previous Posture

Side View



17. Move the left foot to A, forming a right L-stance toward A while executing a low punch to A with a left double fist.



Right L-stance low punch with a left double fist toward A.

Front View

Previous Posture

Application

18. **Bring the right palm on the left forefist and then twist them counter-clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot.**
Perform in a releasing motion.

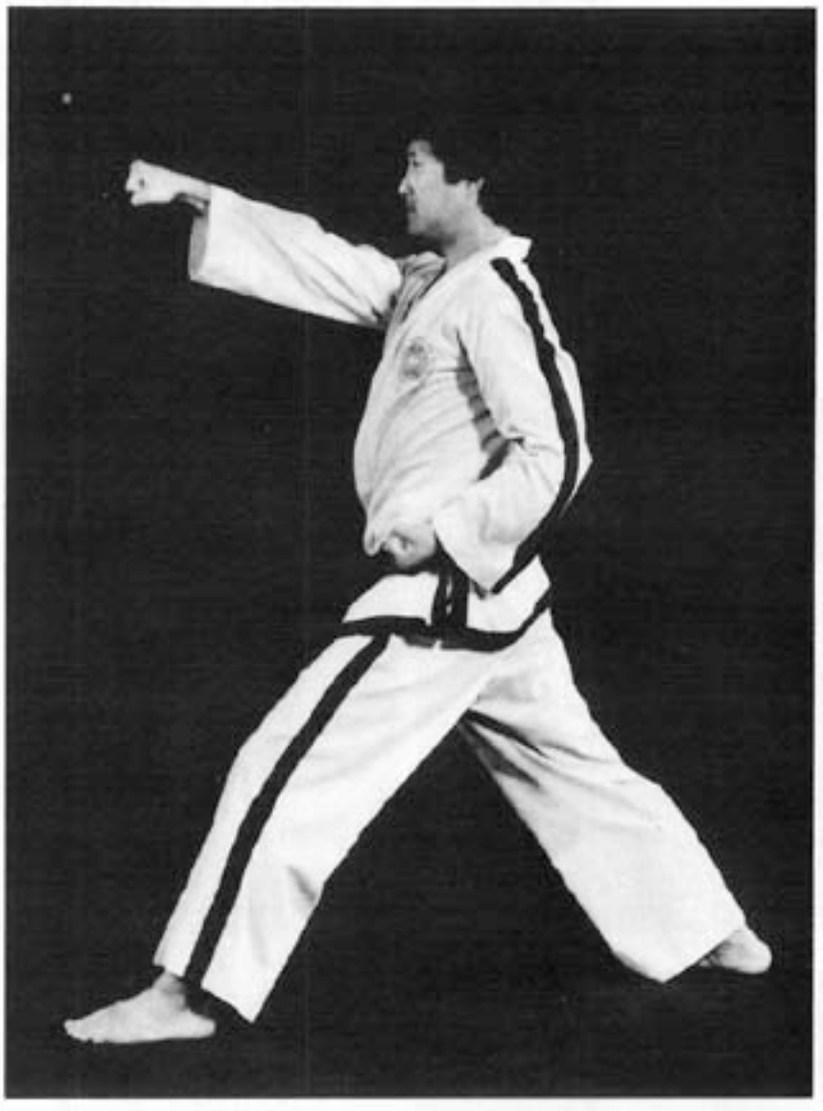
Previous Posture

Left walking stance releasing motion toward A.

Application

Front View

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



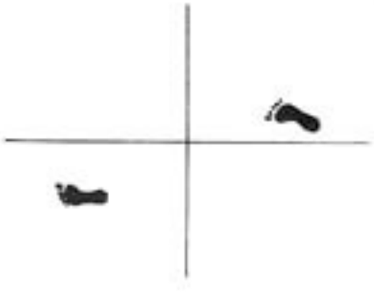
Left walking stance high punch with the right fist toward A.

Application

Front View

Previous Posture

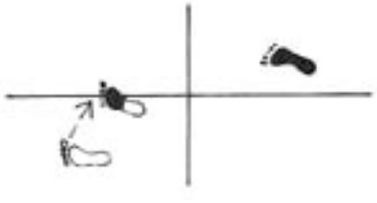
Keep the right heel slightly off the ground.

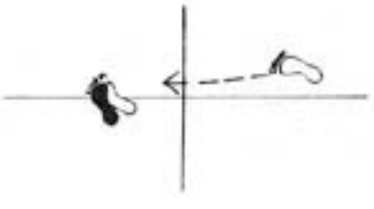


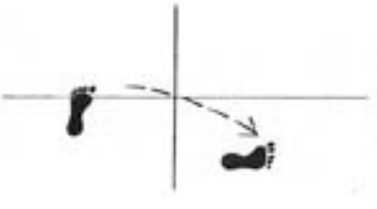
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.

Left-L-stance low punch with a right double fist toward B.

Previous Posture





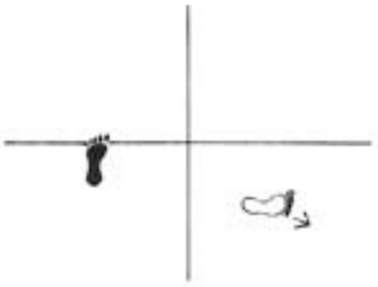


Keep the left heel slightly off the ground.

21. Bring the left palm on the right forefist, and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.

Right walking stance releasing motion toward B.

revious Posture



Side View

Front View

Application

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

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

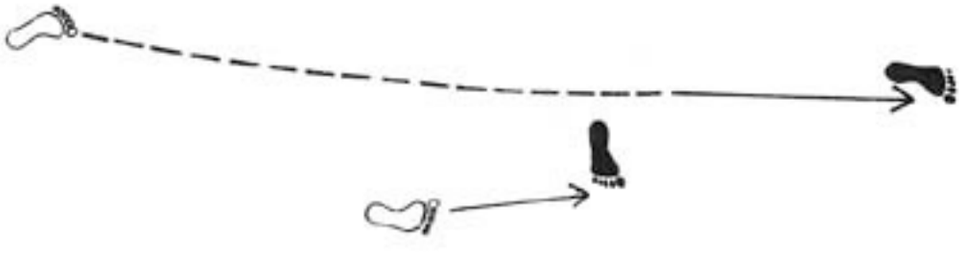
Application

Previous Posture

Keep the left heel slightly off the ground.

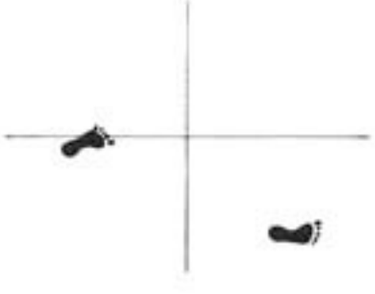
23. Slide to B to form a right L-stance to ward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.

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



Front View

Previous Posture

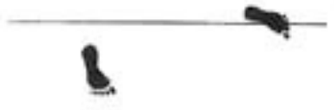


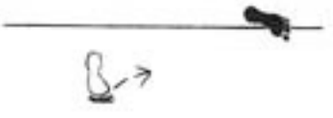
24. **Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.**

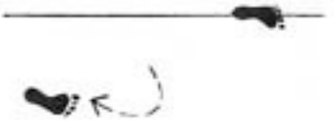
Left walking stance front strike
with the right back fist toward B.

Front View

Previous Posture

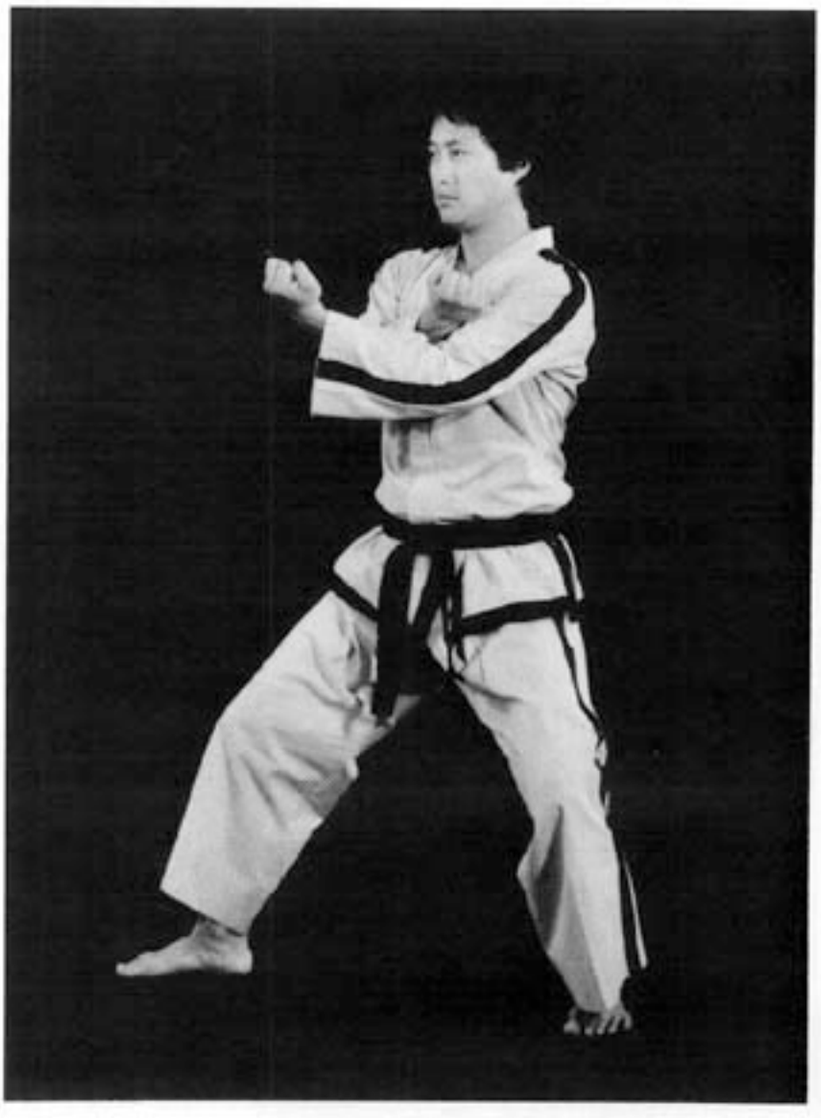






Application

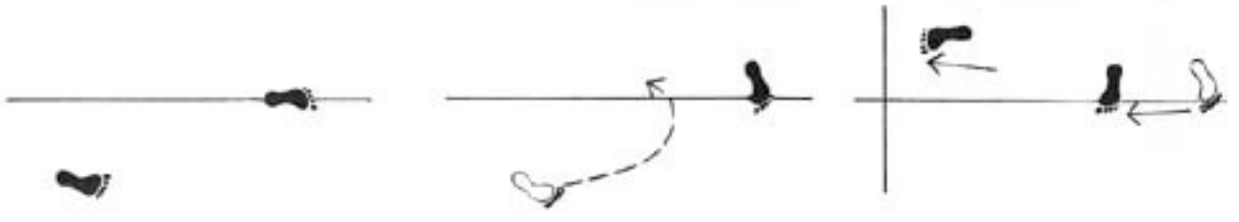
25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.



Left L-stance middle punch with a left middle knuckle fist toward A.

Application

Previous Posture



26. Execute a front strike to A, with the left back fist while forming a right walking stance toward A, slipping the left foot.

Right walking stance front strike with a left back fist toward A.

Top View

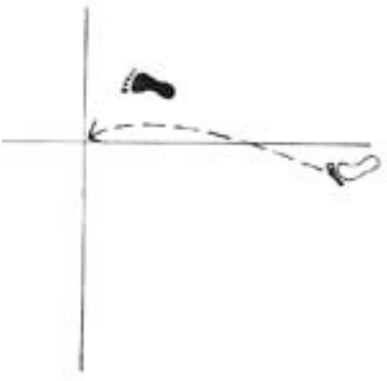
Previous Posture

27. Move the left foot to D, forming a right walking ready stance toward C.

Right walking ready stance toward C.

Other View

Previous Posture



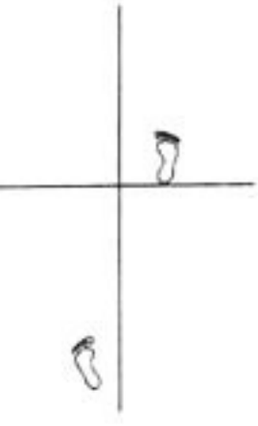
28. Jump to execute a flying front snap kick to C with the right foot.

Flying front snap kick to C with the right foot.

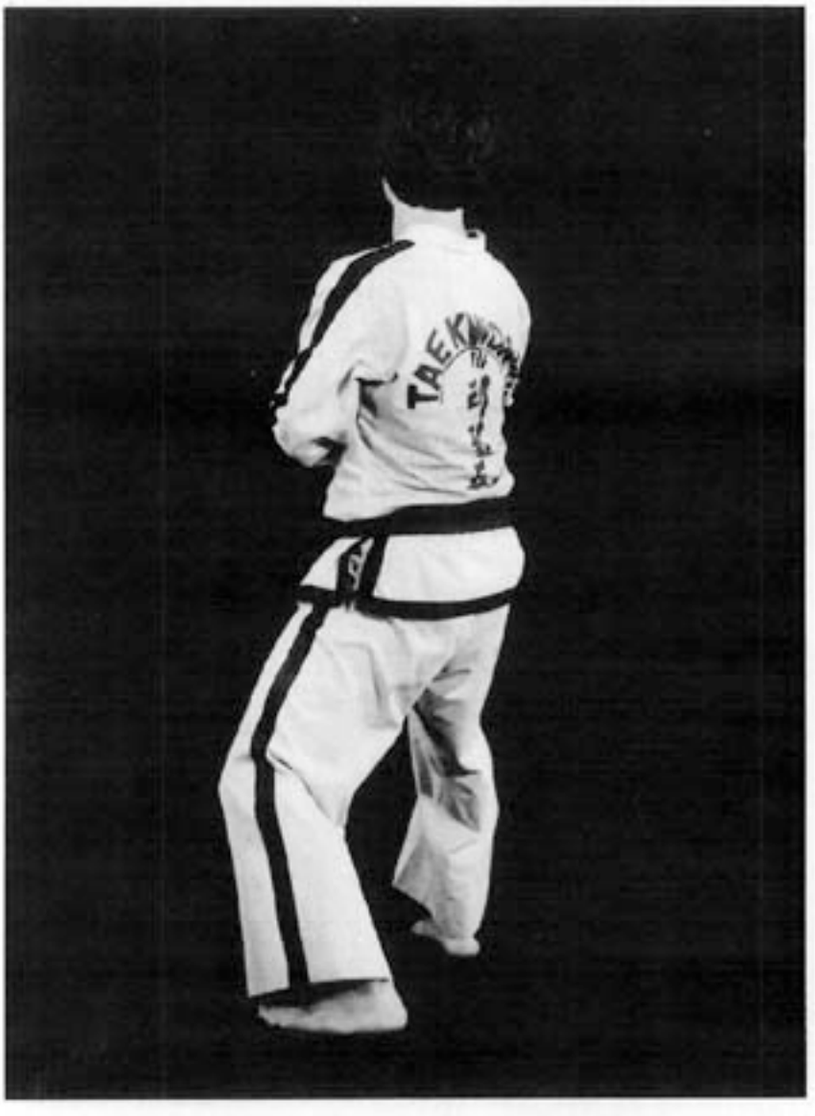
Application

Previous Posture

Side View



29. Land to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



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

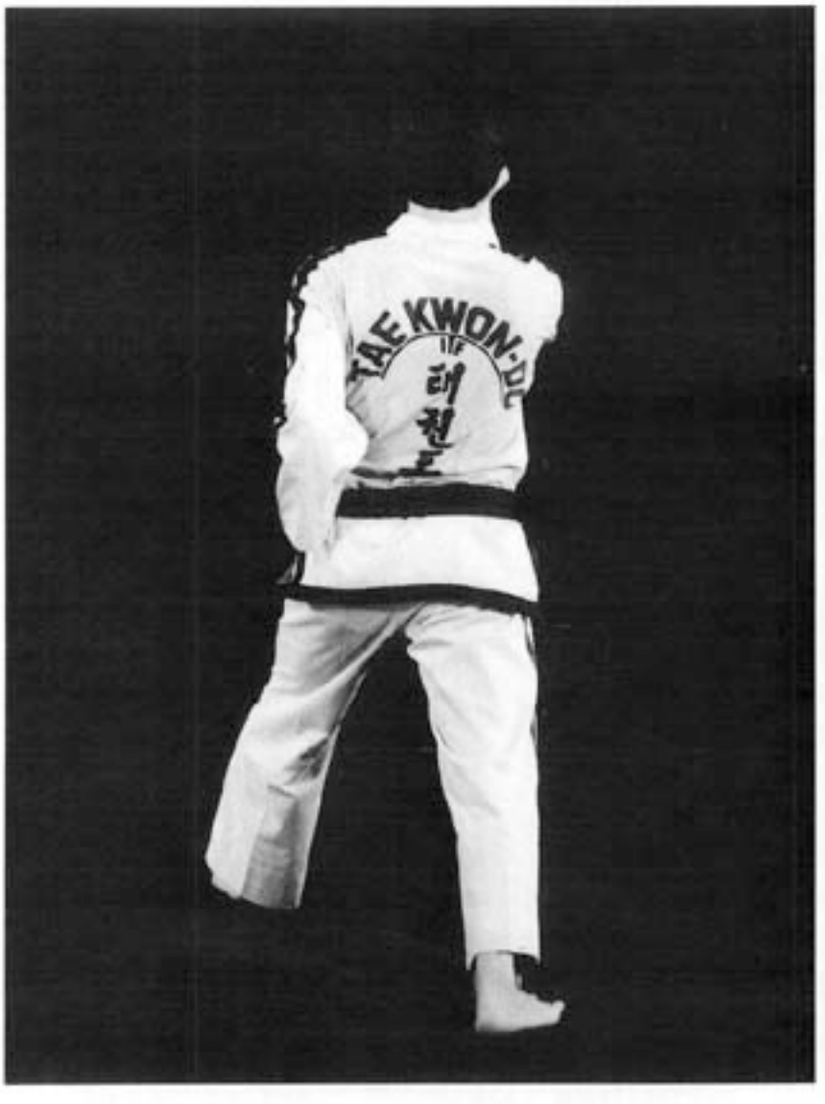
Application

Top View

Previous Posture

Side View

30. **Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.**



Left walking stance toward C with a right forearm high front block.

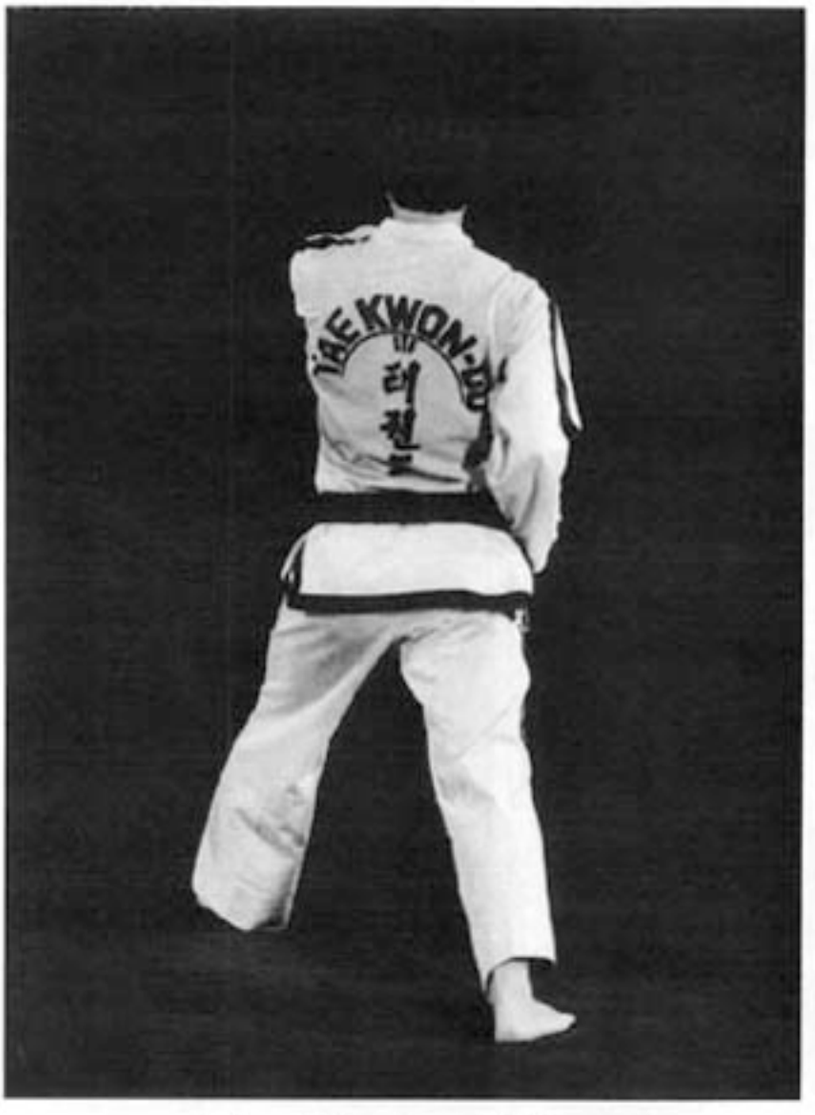
Application

Previous Posture

Side View

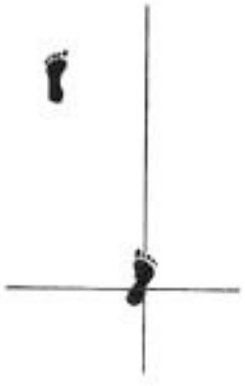
Other View

31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward DC.

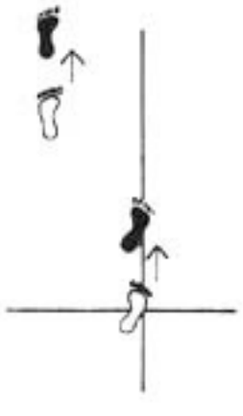


Left walking stance middle punch with the left fist toward C.

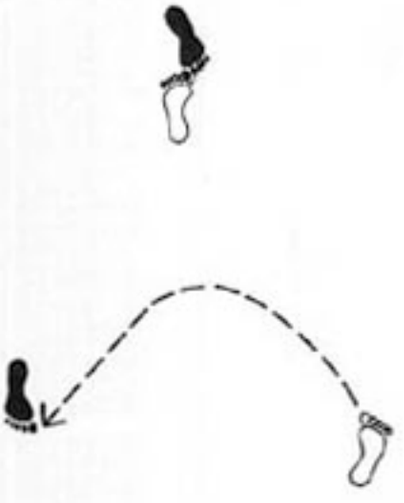
Previous Posture



Side View

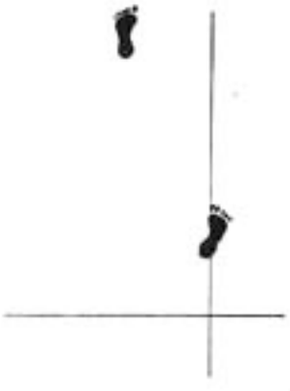


32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.

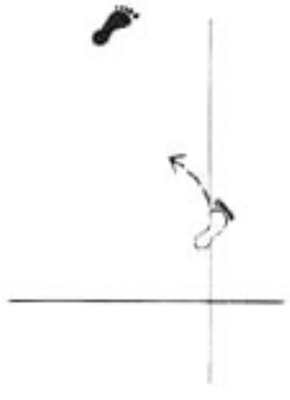


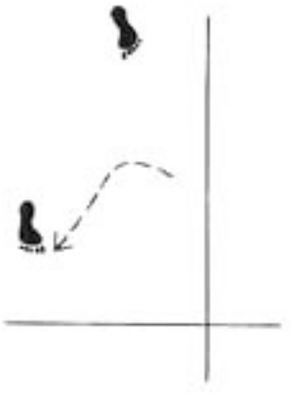
Right walking stance high front block
with a left forearm toward D

Previous Posture



Side View



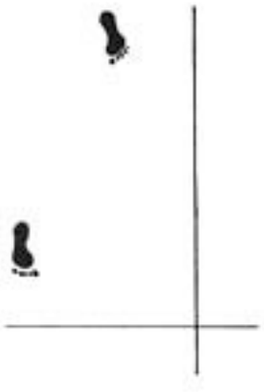


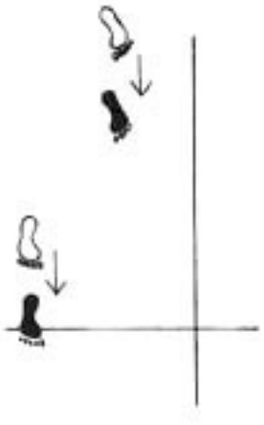
33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.

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

Previous Posture

Side View

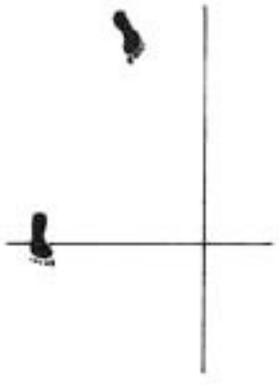


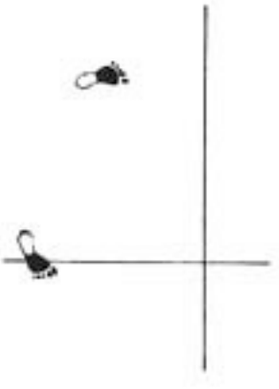


34. Execute a middle block to BD with a double arc-hand while forming a left walking stance toward **BC** and looking through the hands.

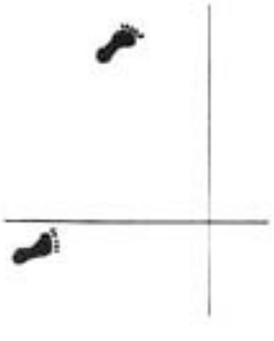
Left walking stance toward BC with a double arc-hand middle block to BD.

Previous Posture





Keep both heels slightly off the ground.



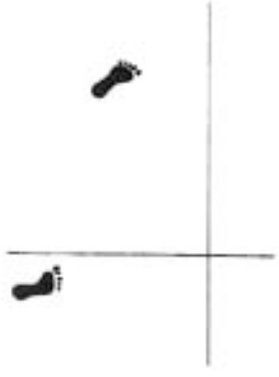
Top View

35. **Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.**

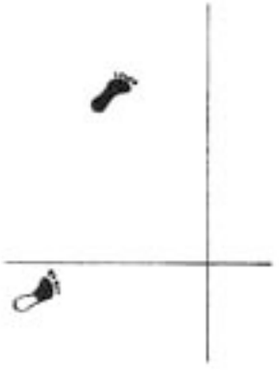
Left walking stance high inward strike with the right knife-hand toward BC.

Application

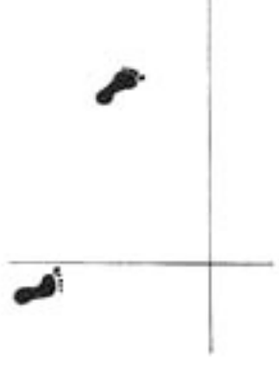
Previous Posture



Keep the right heel slightly off the ground.



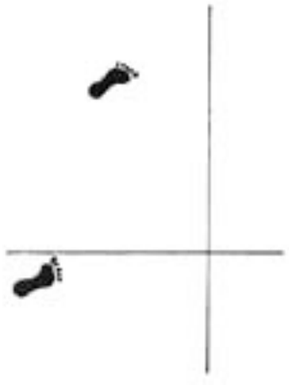
Top View



36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.

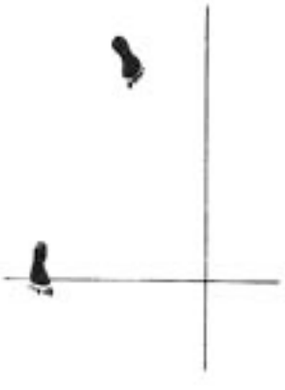
Right walking stance toward D with a left inner forearm circular block to BD.

Previous Posture



Keep both heels slightly off the ground.

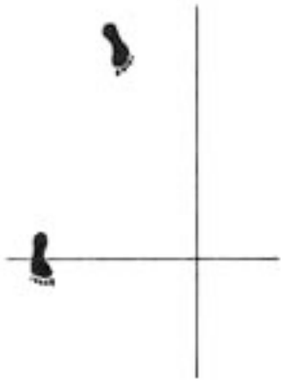
Side View



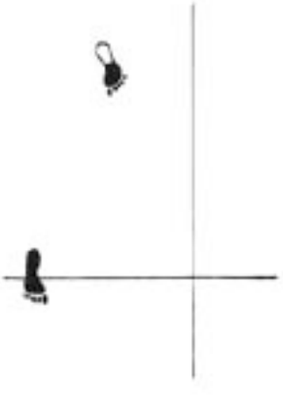
37. **Execute a high punch to D with the right fist while maintaining a right walking stance toward D.**

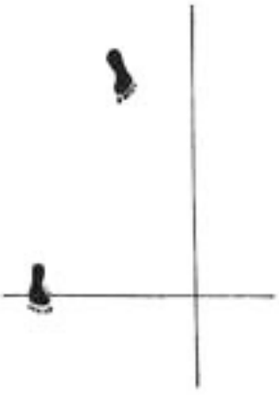
Right walking stance high punch with the right fist toward D.

Previous Posture



Side View



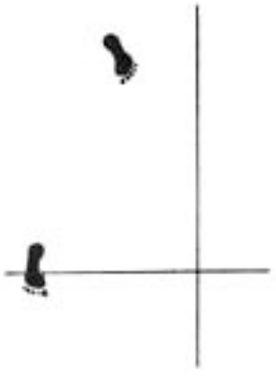


Keep the left heel slightly off the ground.

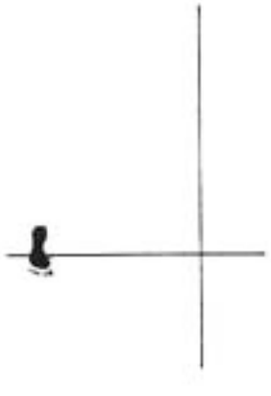
38. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 37.

Low front snap kick to D with the left foot.

Previous Posture



Side View



39. Lower the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.

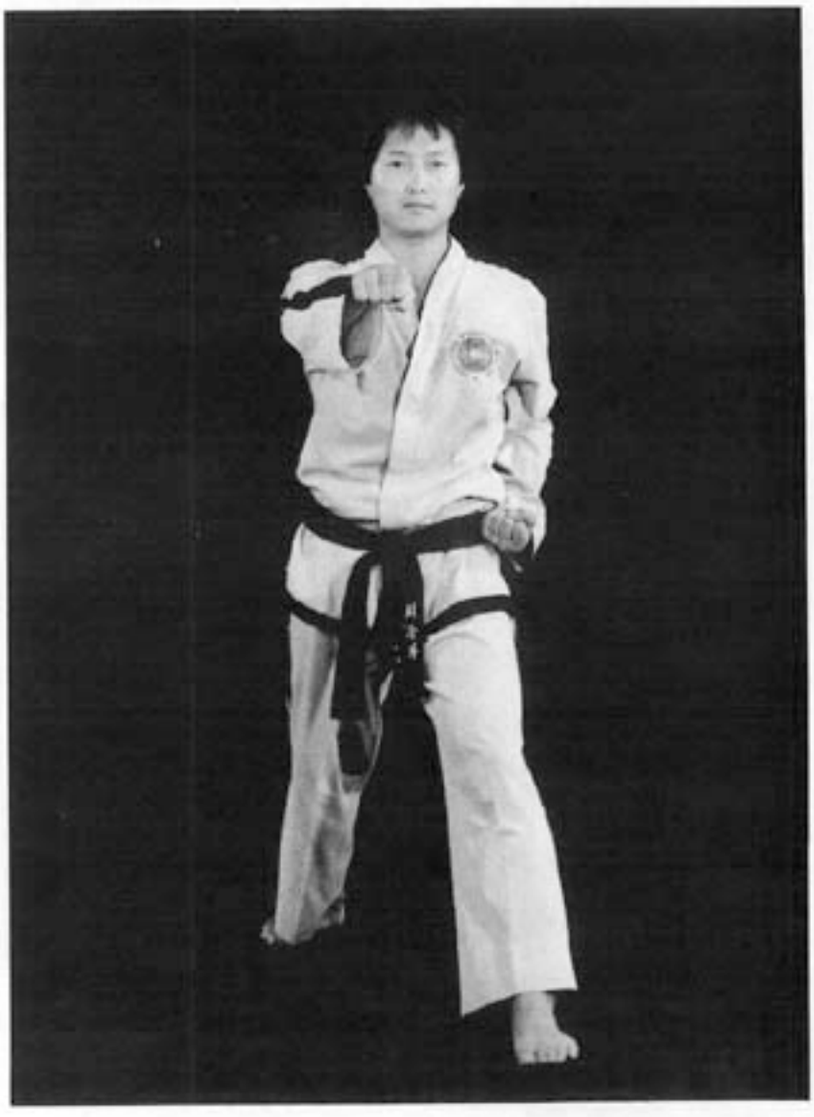
Left walking stance middle punch
with the left fist toward D.

Application

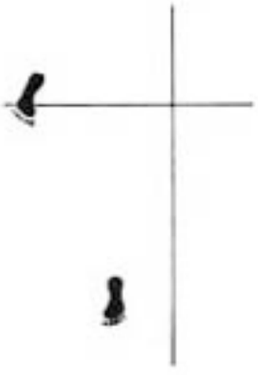
Previous Posture

Side View

40. **Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.**

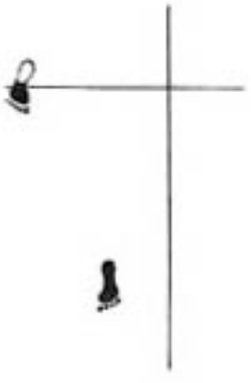


Left walking stance middle punch with the right fist toward D.

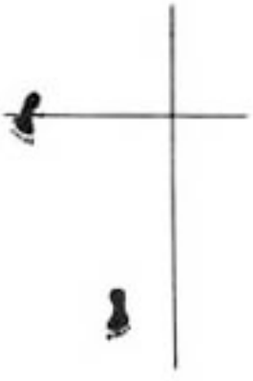


Previous Posture

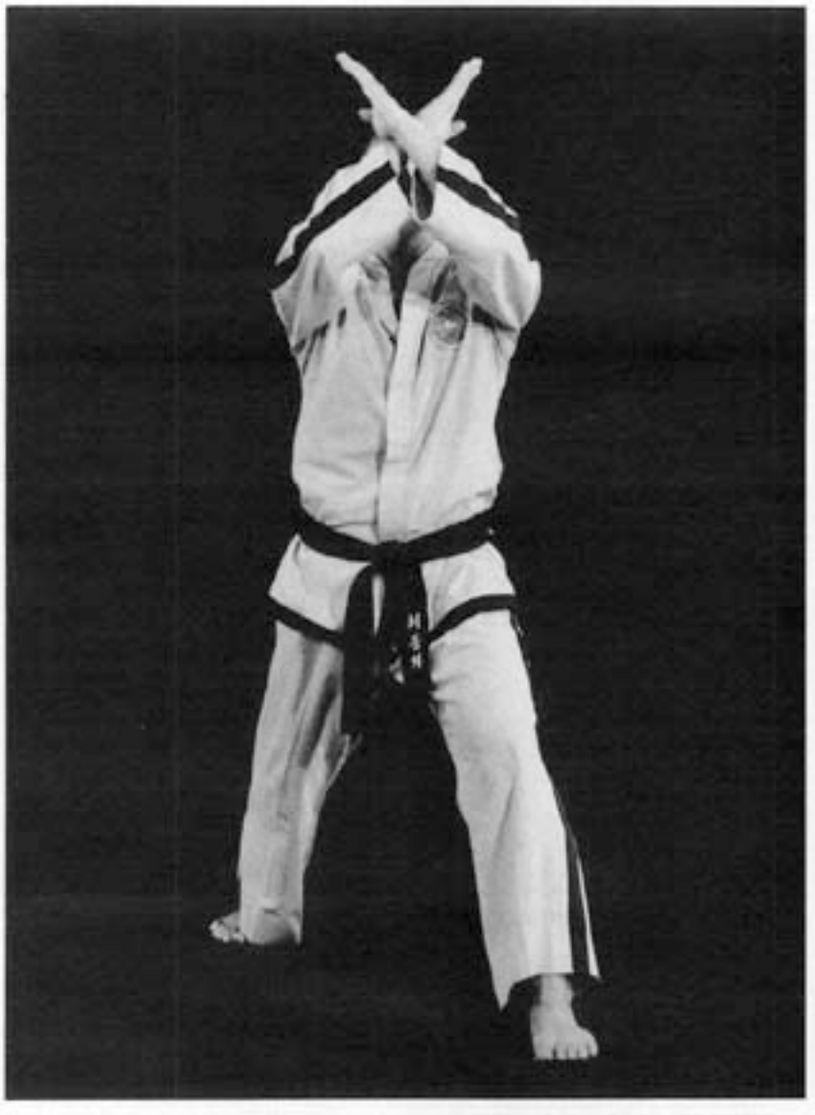
Keep the right heel slightly off the ground.



Side View



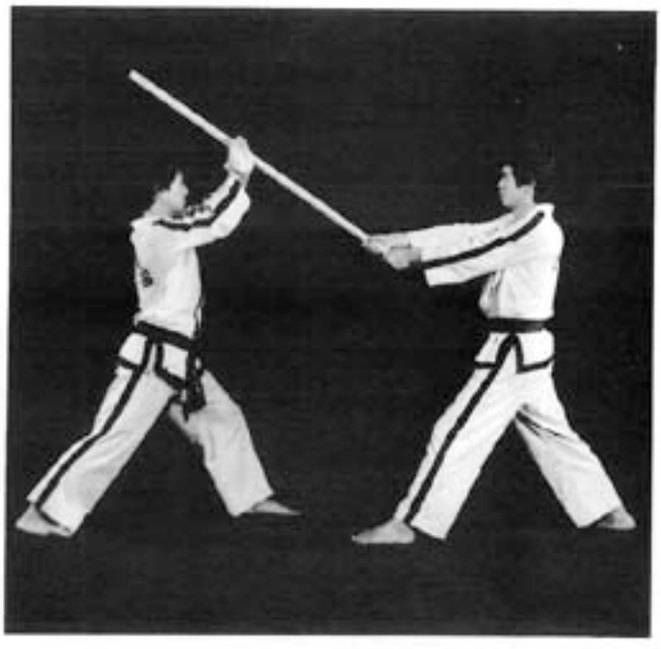
41. **Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.**



Left walking stance toward D with an X-knife-hand rising block.

Application

Previous Posture



Keep the right heel slightly off the gound.

Side View

42. Execute a middle block to AD with a double arc-hand while forming a right walking stance toward AC and looking through the hands.

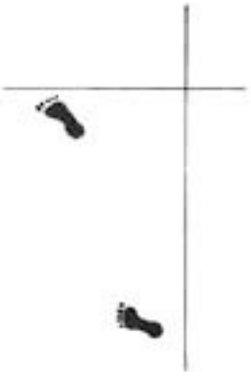
Right walking stance toward AC with a double arc-hand middle block to AD.

Application

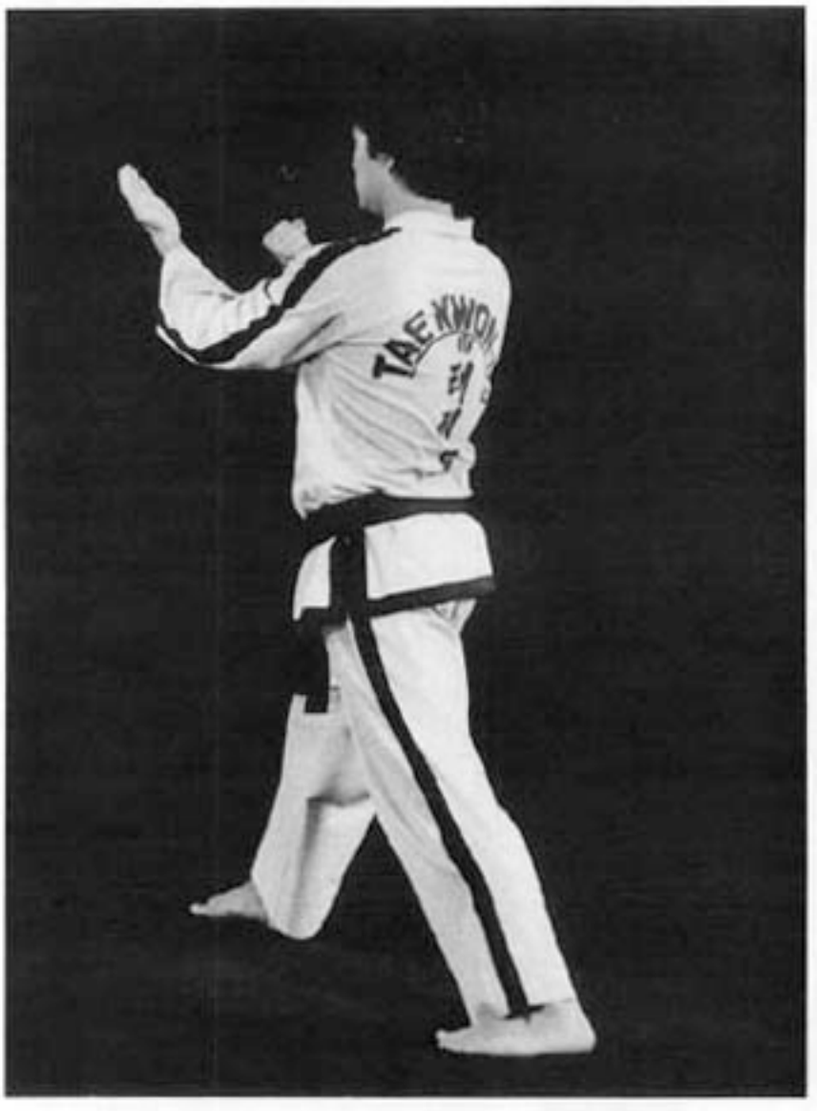
Previous Posture

Keep both heels slightly off the ground.

Back View

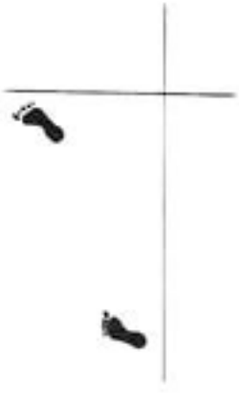


43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.



Right walking stance high inward strike with the left knife-hand toward AC.

Previous Posture



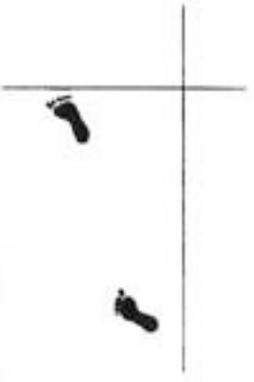
Keep the left heel slightly off the ground.

Back View

44. **Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.**

Left walking stance toward D with a right inner forearm circular block to AD.

Previous Posture

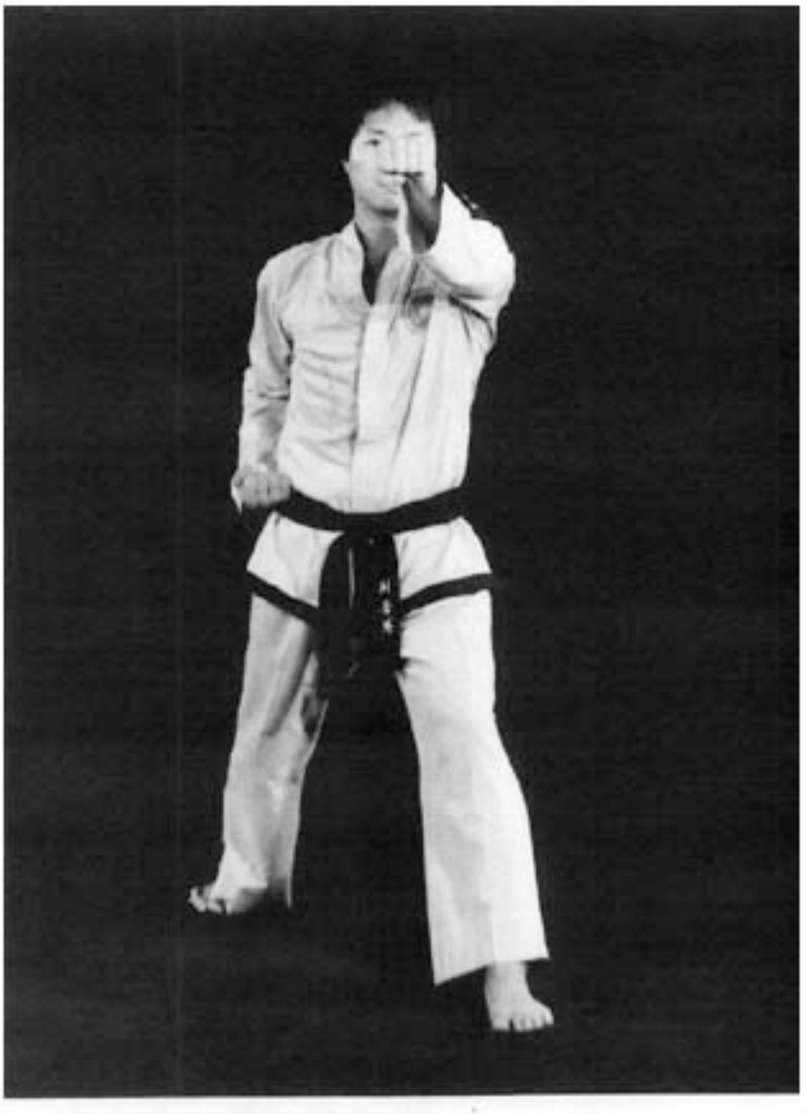


Keep both heels slightly off the ground.

Application

Top View

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

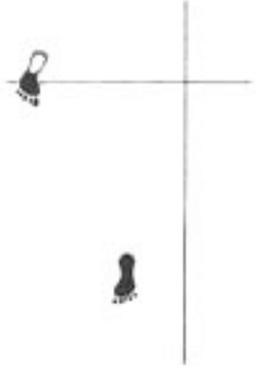


Left walking stance high punch
with the left fist toward D.

Previous Posture

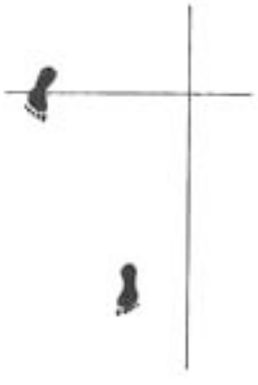
Keep the right heel slightly of the ground.

Side View



Application

Side View

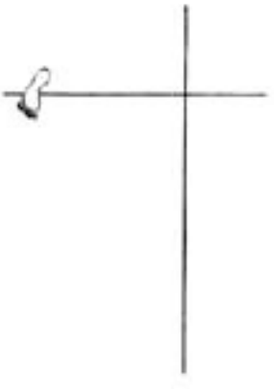


46. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 45.

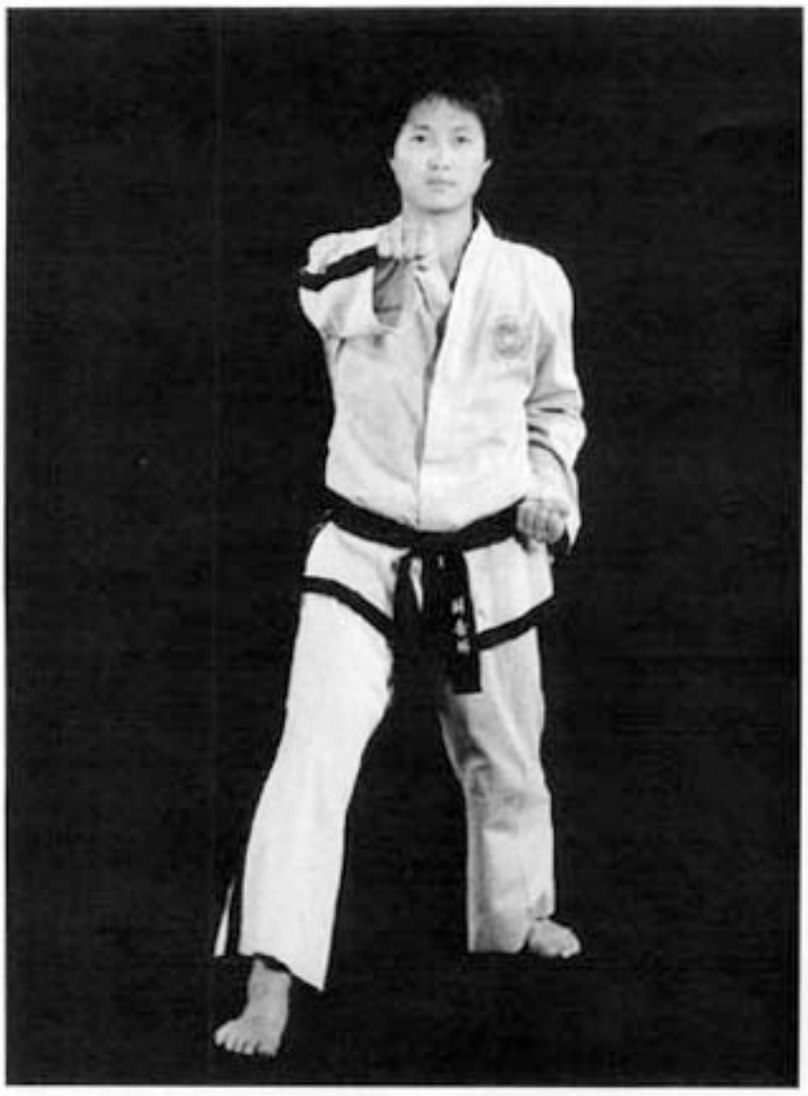
Low front snap kick to D with the right foot.

Previous Posture

Side View



47. Lower the right foot to D to form a right walking stance toward D while executing a middle punch to D with the right fist.



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

Previous Posture

Side View

48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
Perform 47 and 48 in a fast motion.

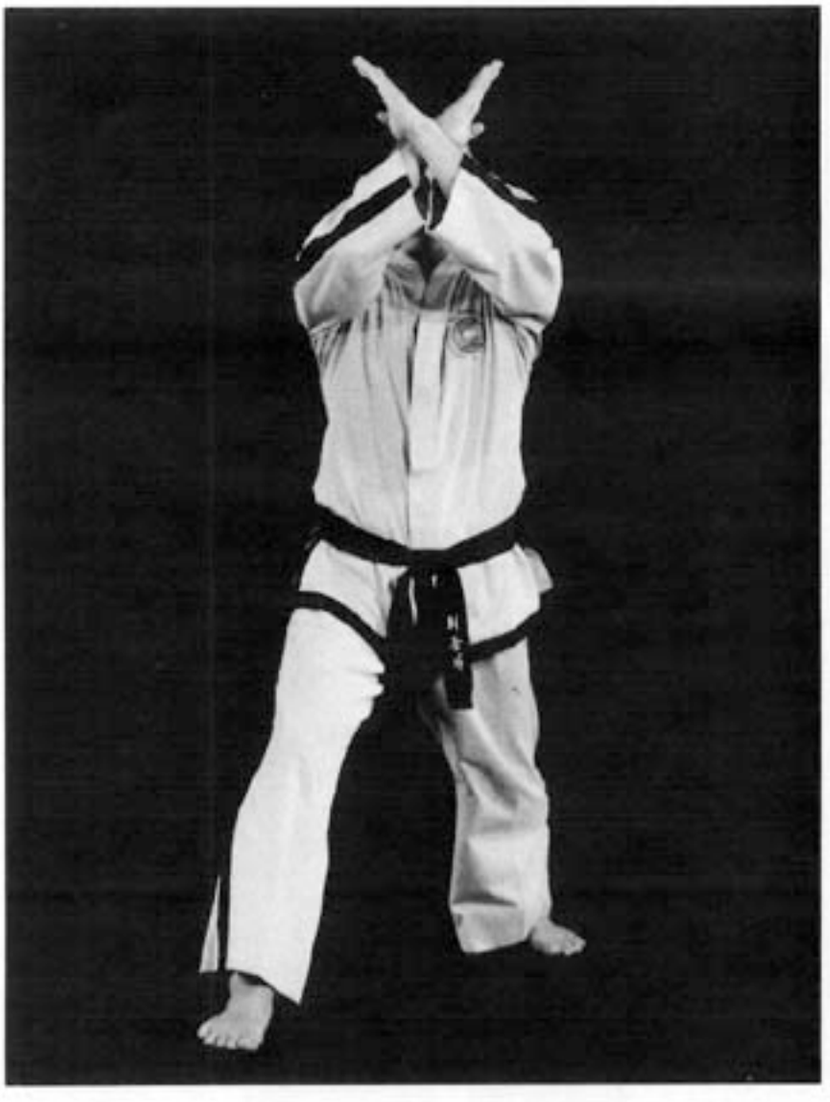
Right walking stance middle punch
with the left fist toward D.

Previous Posture

Keep the left heel slightly off the ground.

Side View

49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward **D**.



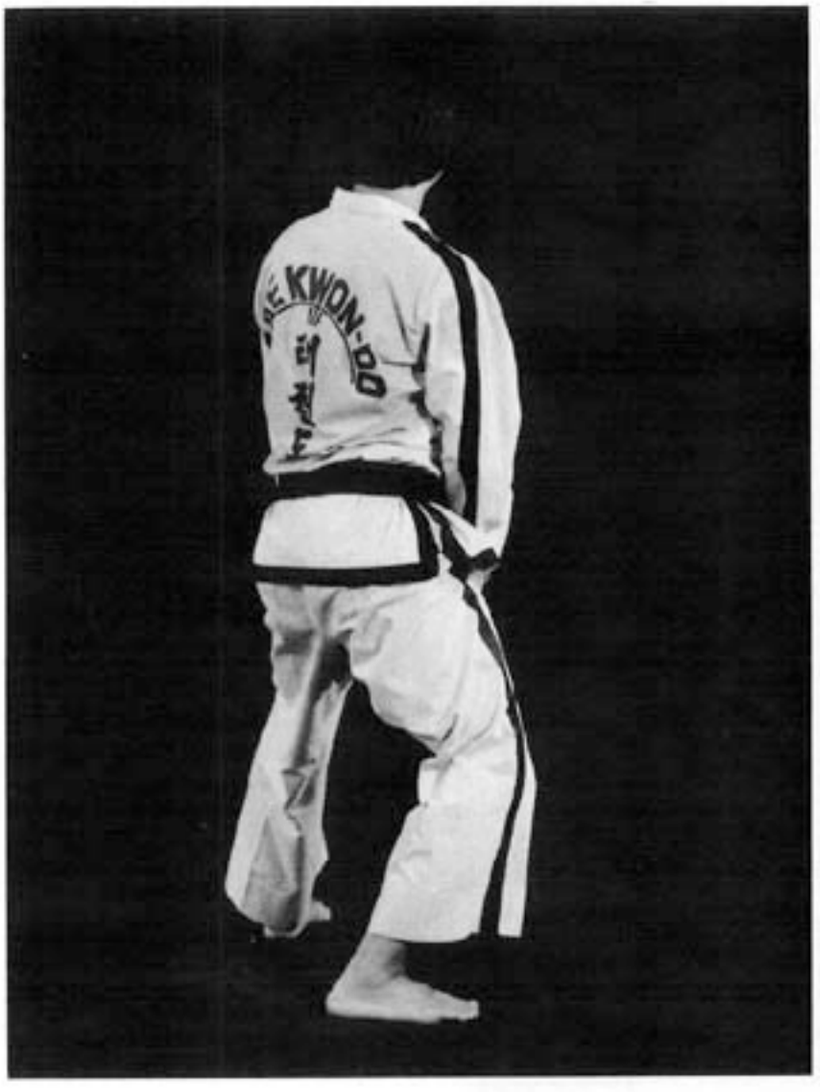
Right walking stance toward **D** with the X-knife-hand rising block.

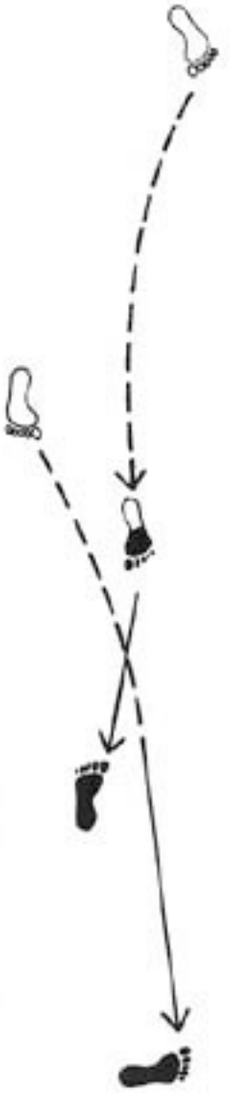
Previous Posture

Keep the left heel slightly off the ground.

Side View

50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.





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

Previous Posture

Keep the left heel slightly off the ground.

Other View

51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.

Jumping to C turning-counter-clockwise.

Right L-stance forearm middle guarding block toward D.

Previous Posture

Application

52. **Execute a low block to D with the right knife-hand and a middle side front block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.**

Left walking stance knife-hand low blow and inner forearm middle side front block toward D.

Previous Posture

Application

Side View

Side View

53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
Perform 52 and 53 in a continuous motion.

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

Previous Posture

Keep the right heel slightly off the ground.

Side View

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

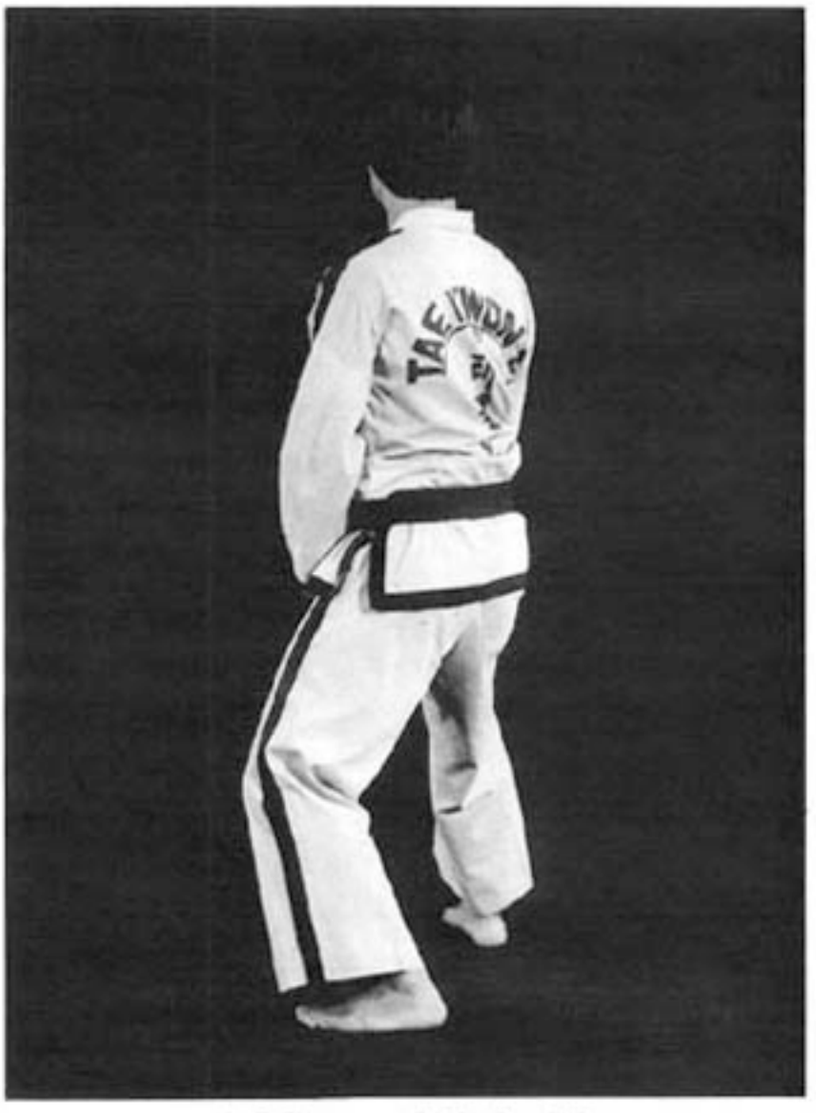
Right L-stance middle punch with the left fist toward D.

Application

Previous Posture

Side View

55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.



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

Application

Previous Posture

Keep the right heel slightly off the ground.

Side View

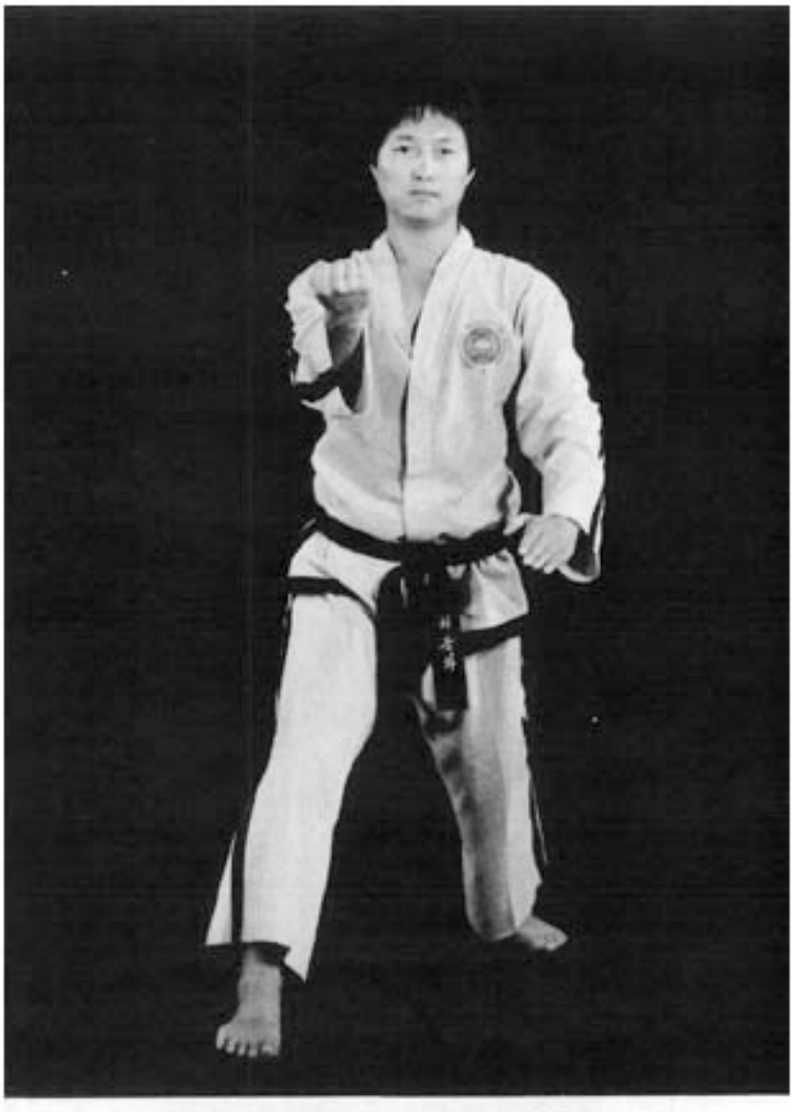
56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

Jumping to C turning clock-wise.

Left L-stance forearm middle guarding block toward D.

Previous Posture

57. Execute a low block to D with the left knife-hand and a middle side front block to D with the right inner forearm while forming a right walking stance toward D, slipping the right foot.



Right walking stance knife-hand low block and inner forearm middle side front block toward D.

Previous Posture

58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D.
Perform 57 and 58 in a continuous motion.

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

Previous Posture

Keep the left heel slightly off the ground.

Side View

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

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

Previous Posture

Side View

60. **Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.**

Left L-stance toward D with a right palm scooping block.

Previous Posture

Application

Side View

61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.

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

Previous Posture

Raise the body slightly.

Side View

Top View

Application

62. Turn C clockwise while forming a left bending ready stance A toward C.

Left bending ready stance A toward C.

Previous Posture

Side View

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

Middle side piercing kick to C with the right foot.

Previous Posture

Side View

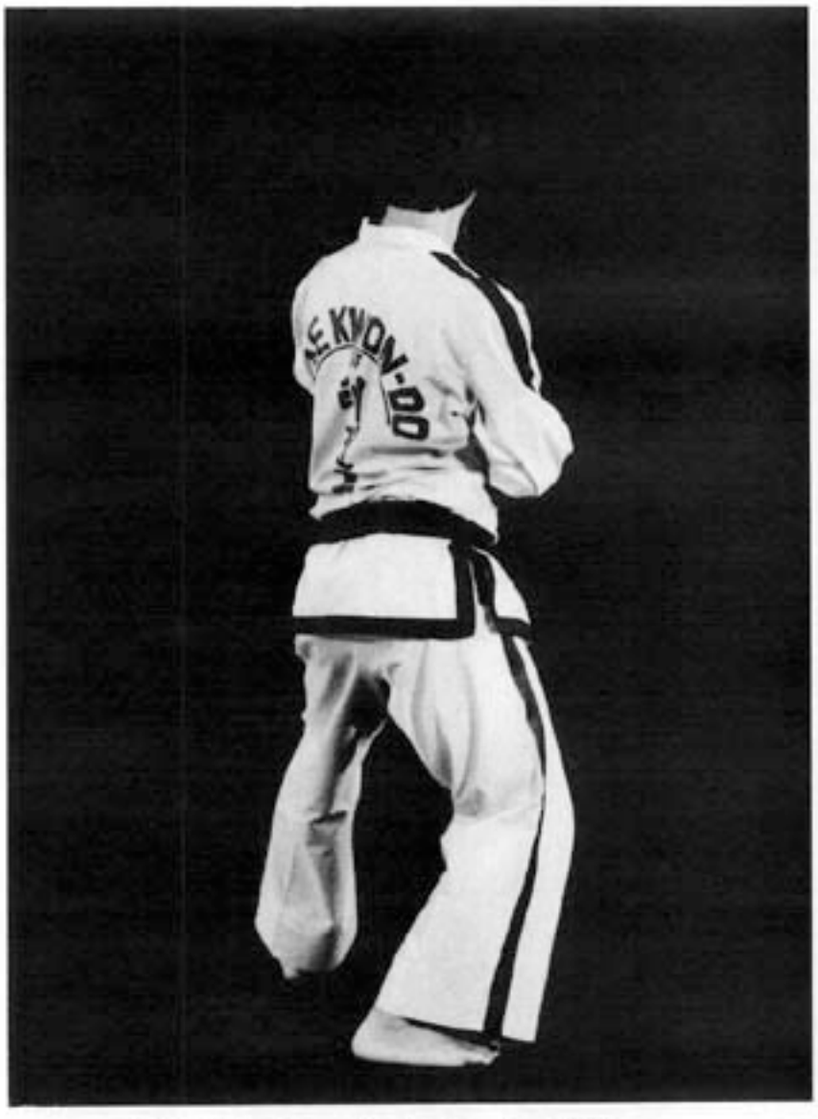
64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.

Right walking stance middle punch right the left fist toward C.

Previous Posture

Side View

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



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

Previous Posture

66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.

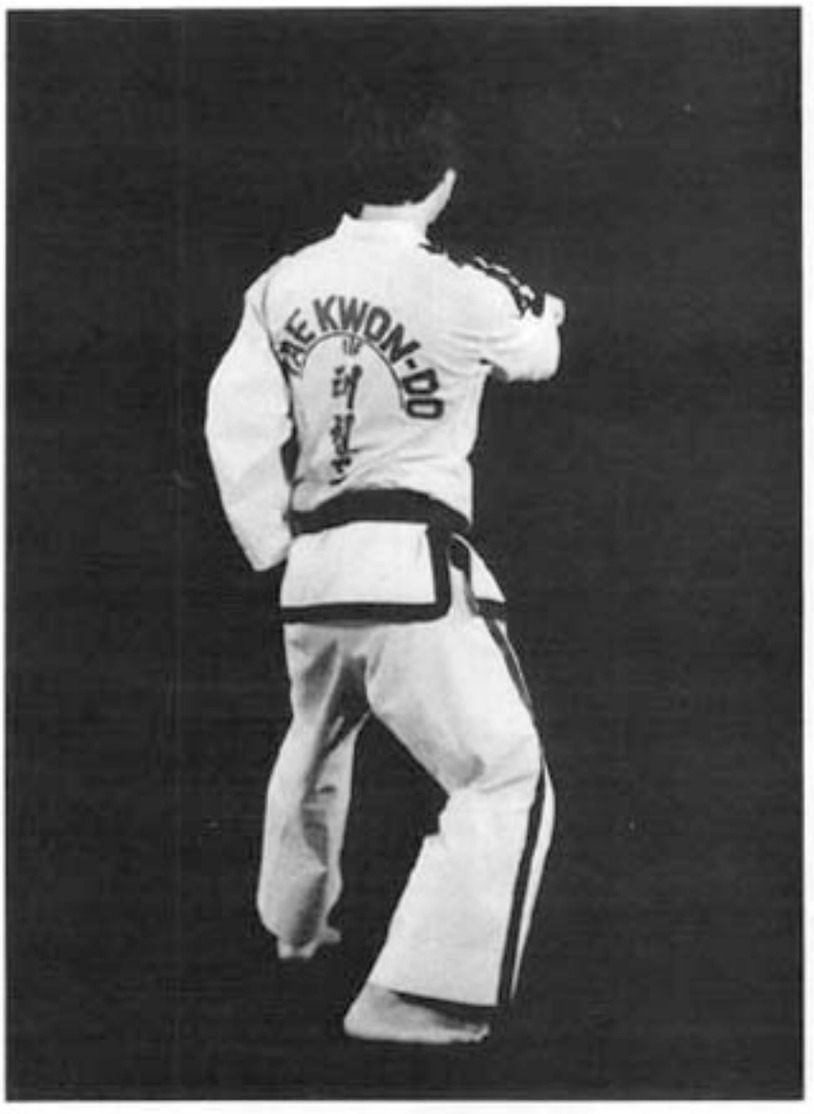
Right L-stance toward C with
a left palm scooping Block.

Previous Posture

Side View

Raise the body slightly

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.



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

Previous Posture

Raise the body slightly

Side View

68. Turn counter-clcokwise while forming a right bending ready stance A toward D.

Right bending ready stance
A toward D.

Application

Previous Posture

Side View

Side View

69. Execute a middle side piercing kick to D with the left foot.

Middle side piercing kick to D
with the left foot.

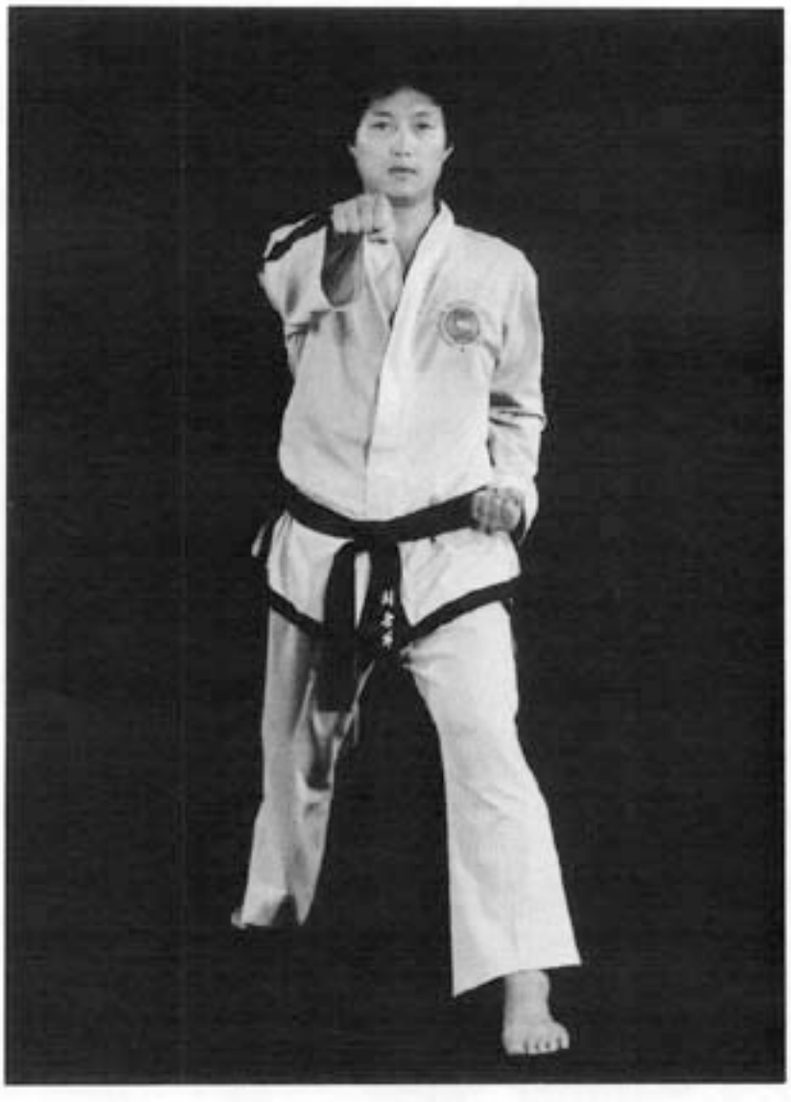
Application

Previous Posture

Side View

Side View

70. **Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.**



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

Previous Posture

Side View

71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

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

Previous Posture

Other View

72. Execute a high punch to **D** with the right fist while forming a right walking stance toward **D**, slipping the right foot.
Perform **71** and **72** in a continuous motion.

Right walking stance high punch
with the right fist toward C.

Previous Posture

Application

Side View

Side View

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

Close ready stance A toward D.

Previous Posture

Side View

Top View

ADDITIONAL TECHNIQUES FOR PATTERN SE-JONG

Fixed Stance Forearm High Guarding Block
(Gojung So Palmok Nopunde Daebi Makgi)

Front View

Side View

The fist reaches the eye level of the defender

Diagonal Stance Twin Palm Pressing Block
(Sasun So Sang Sonbadak Noollo Makgi)

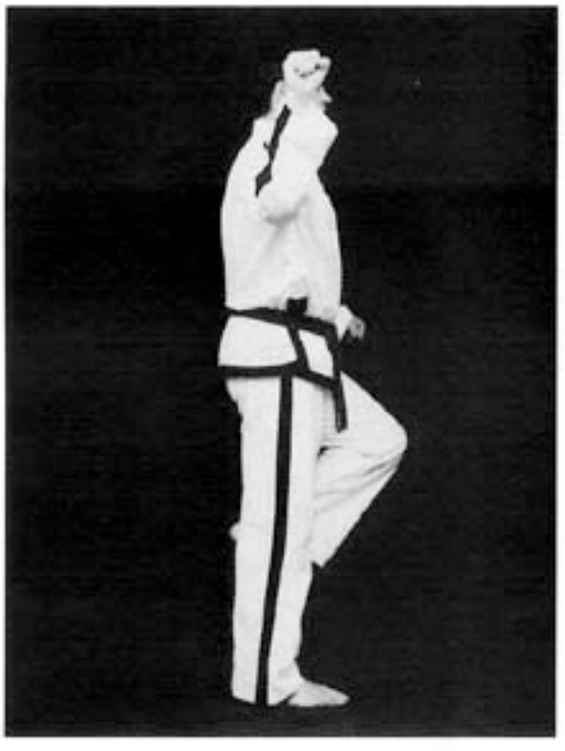
Front View

Side View

One-Leg Stance Forearm Outward Block
(Waebal So Palmok Bakuro Makgi)

Front View

Side View



The right fist reaches the eye level and the left forearm reaches the same level as the waist of the defender.

Walking Stance Palm Obverse Pressing Block
(Gunnun So Sonbadak Baro Noollo Makgi)

Side View

Front View

One-Leg Stance Back Fist Side Front Strike
(Waebal So Dung Jumok Yobap Taerigi)

Side View

Front View

Fixed Stance Side Elbow Thrust
(Gojung So Yop Palkup Tulgi)

Front View

Side View

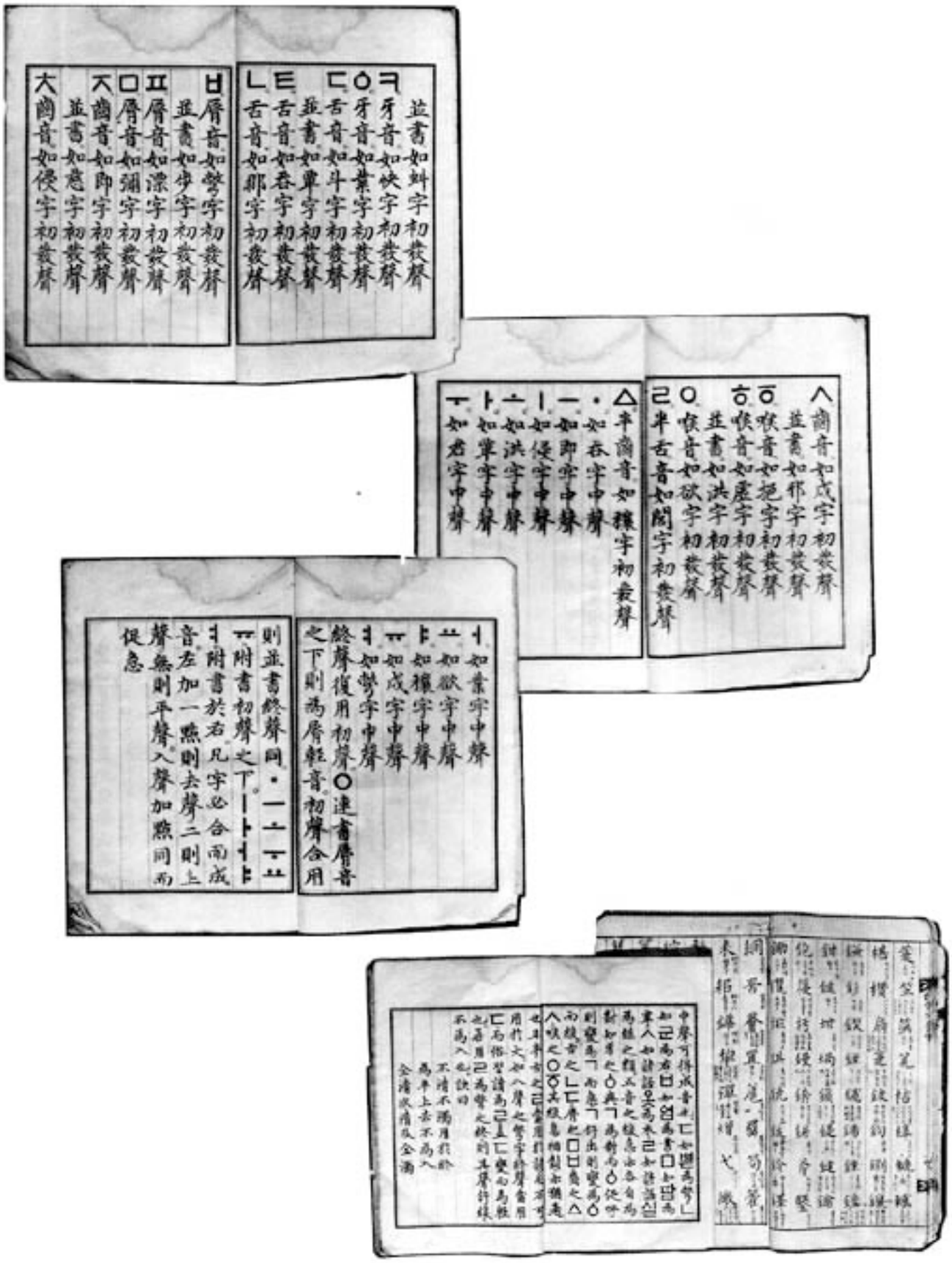
L-Stance Knife-Hand High Guarding Block
(Niunja So Sonkal Nopunde Daebi Makgi)

Side View

Front View

Top View

Back View



PATTERN SE-JONG

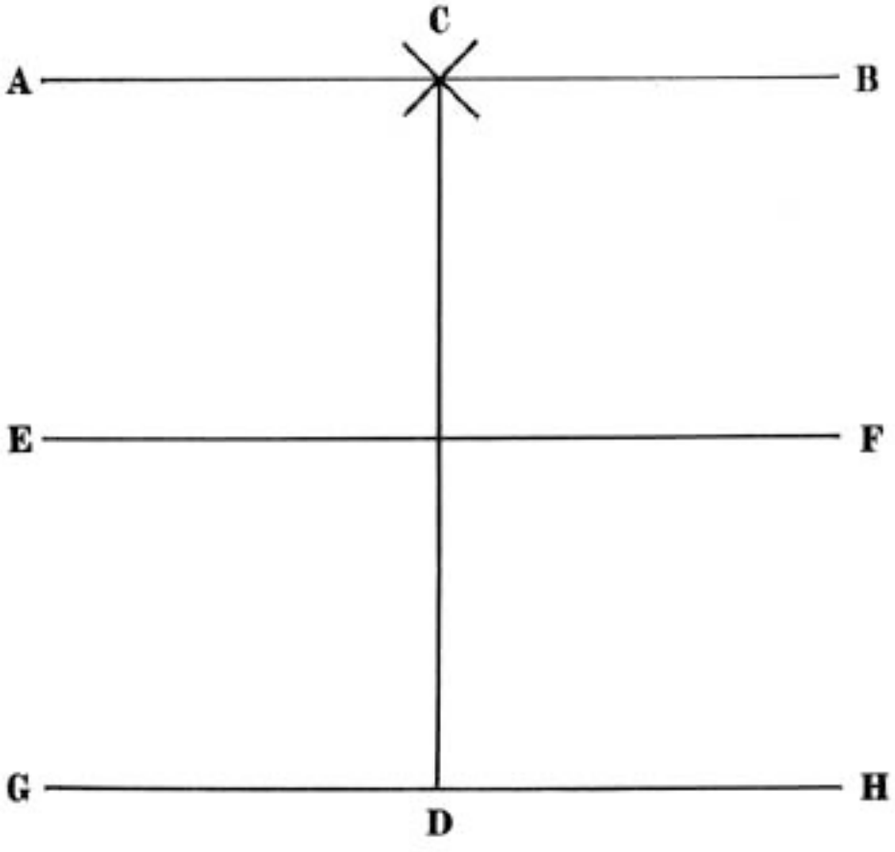
This pattern is practised by the 5th degree.

DIAGRAM:

MOVEMENTS: 24

READY POSTURE: CLOSE READY STANCE B.

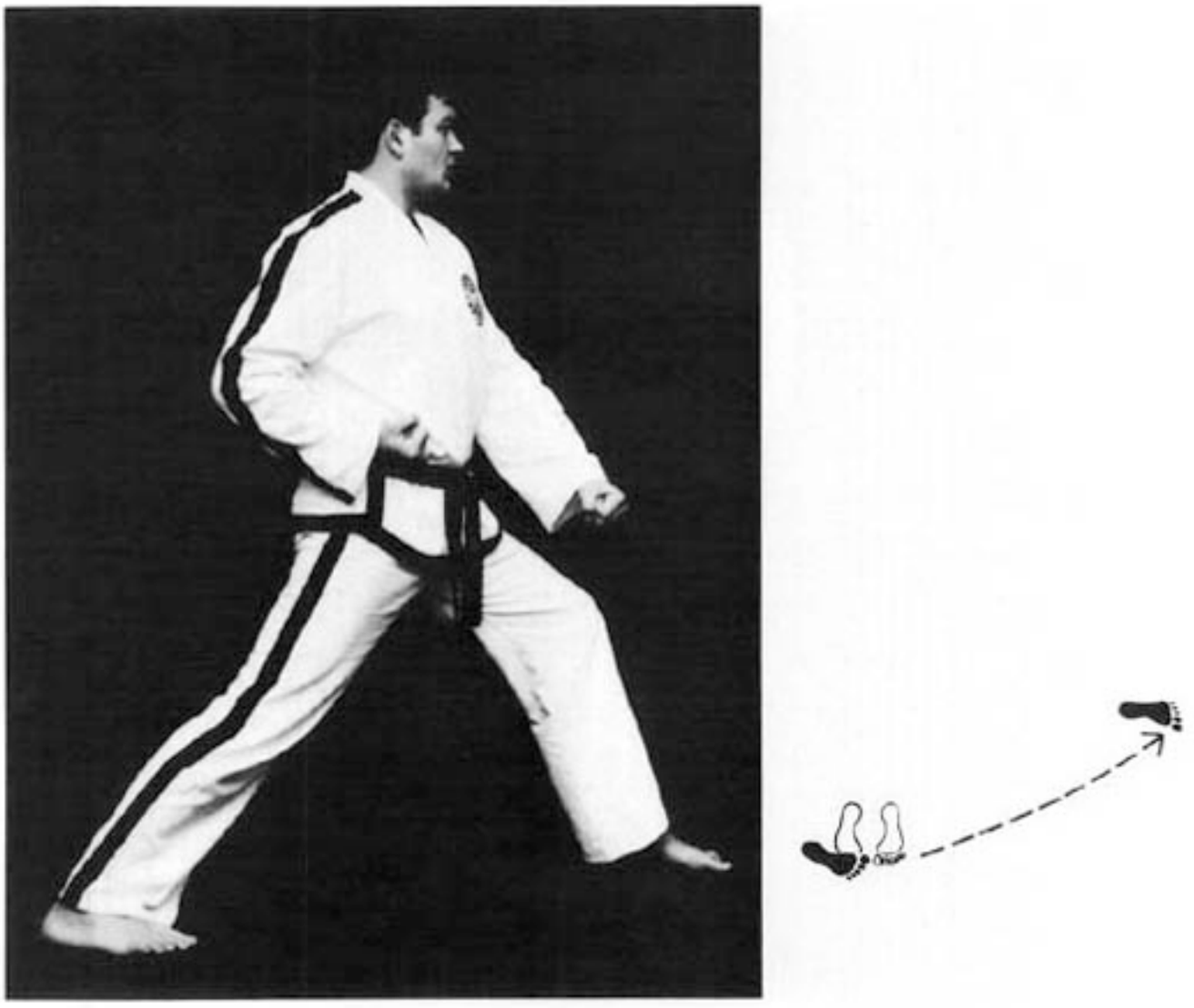
DIAGRAM *(Yon Moo Son)*



Ready Posture *(Junbi Jase)*

Close ready stance B toward D.

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.



Left walking stance low block with the left forearm toward B.

Front View

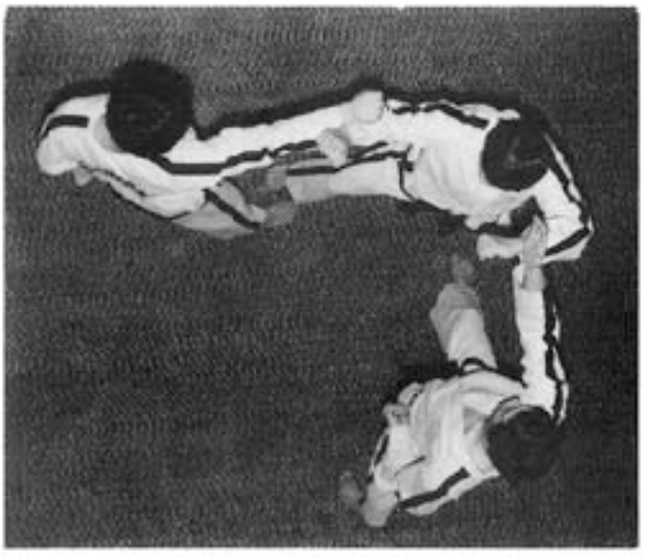
Previous Posture

Application

2. **Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block to A.**

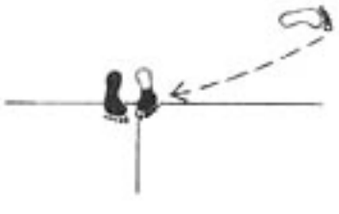
Left L-stance twin forearm block toward A.

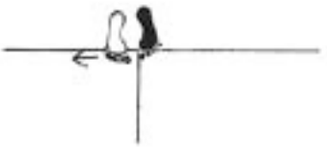
Application



Top View

Previous Posture

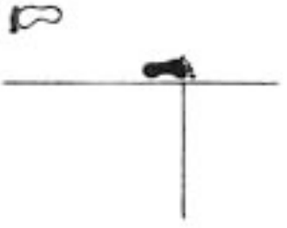




3. Execute a middle side piercing kick to D with the right foot.

Middle side piercing kick to D with the right foot.

Previous Posture



Application

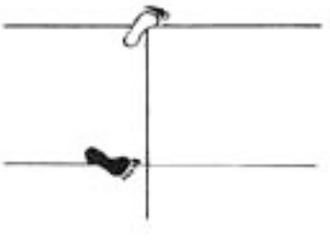
Side View

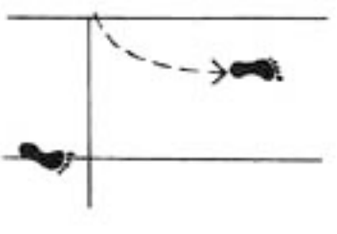
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.

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

Application

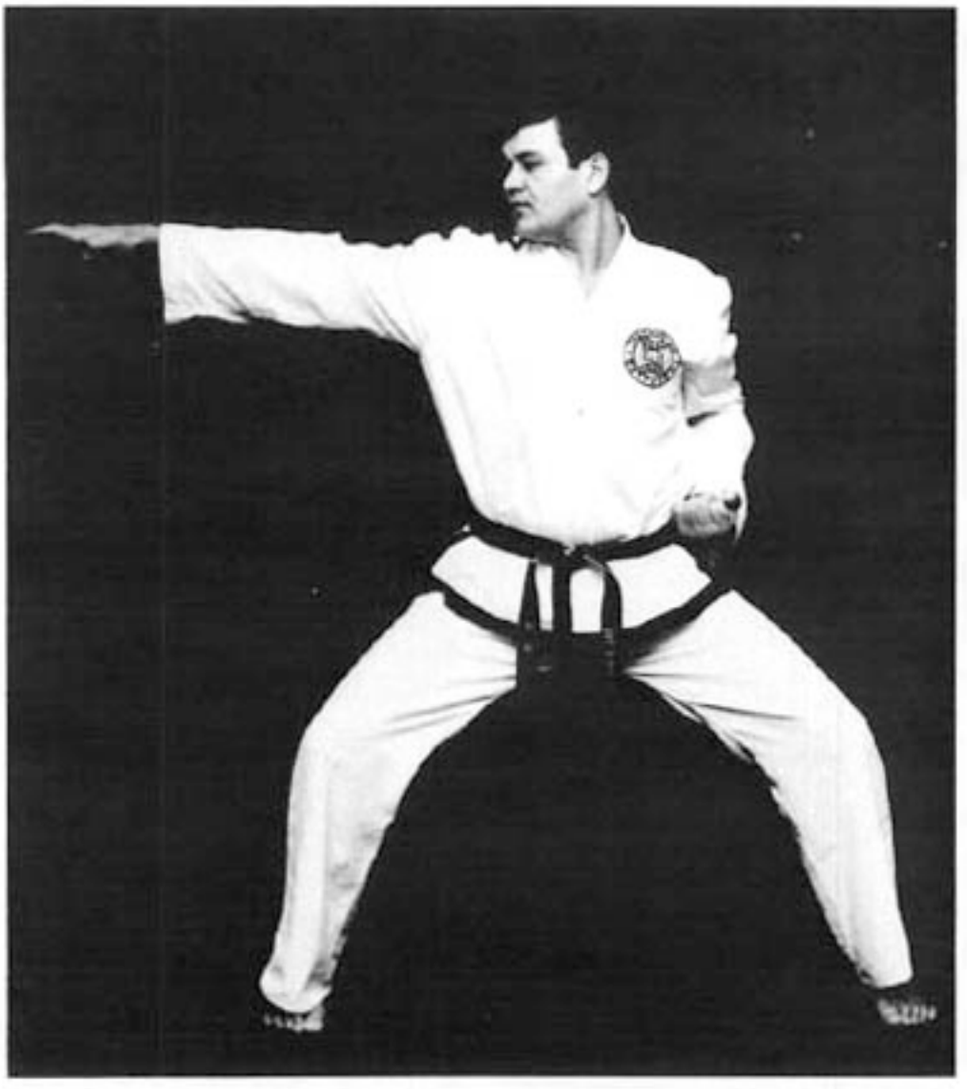
Previous Posture





Keep the right heel slightly off the ground.

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

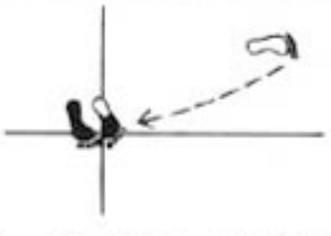


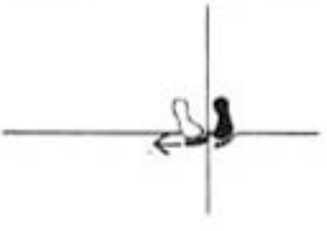
Sitting stance toward D with a right knife-hand middle side strike to E.

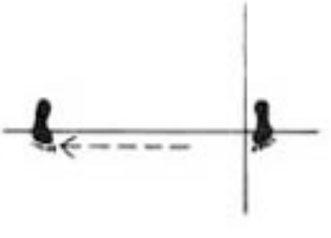
Application

Previous Posture

Side View

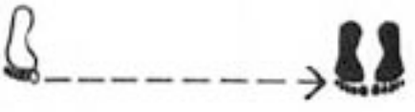






Keep the left heel slightly off the ground.

6. Bring the right foot to the left foot, forming a close ready stance B toward D.

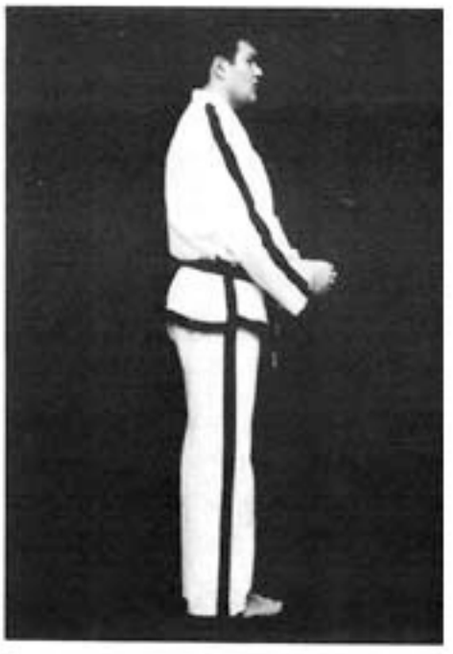


Close ready stance B toward D.

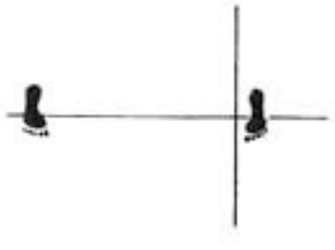
Application

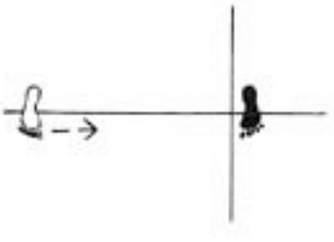
Side View

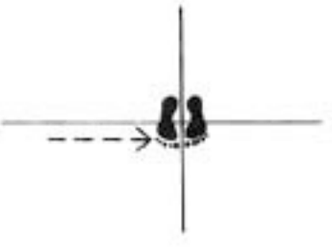
Side View



Previous Posture







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

Left X-stance toward DG with a left back fist high side strike to D.

Application

Previous Posture

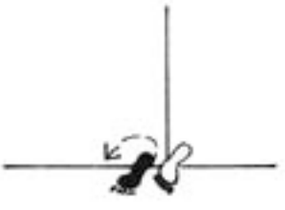
Side View

Side View

8. **Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.**

Right walking stance high punch with the right fist toward G.

Previous Posture



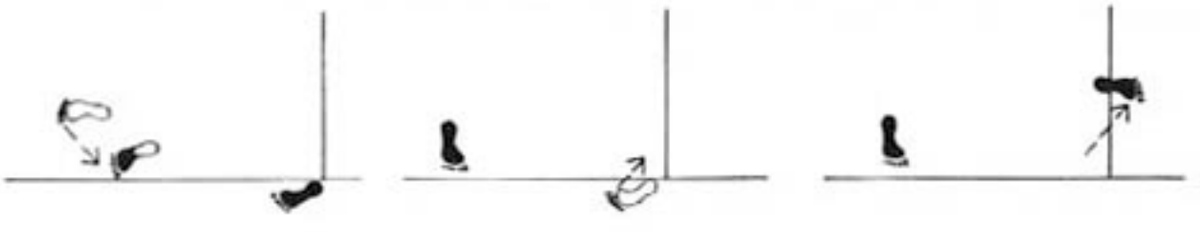
Application

9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.

Left fixed stance forearm high guarding block toward H.

Previous Posture

Front View



Keep the right heel slightly off the ground.

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

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

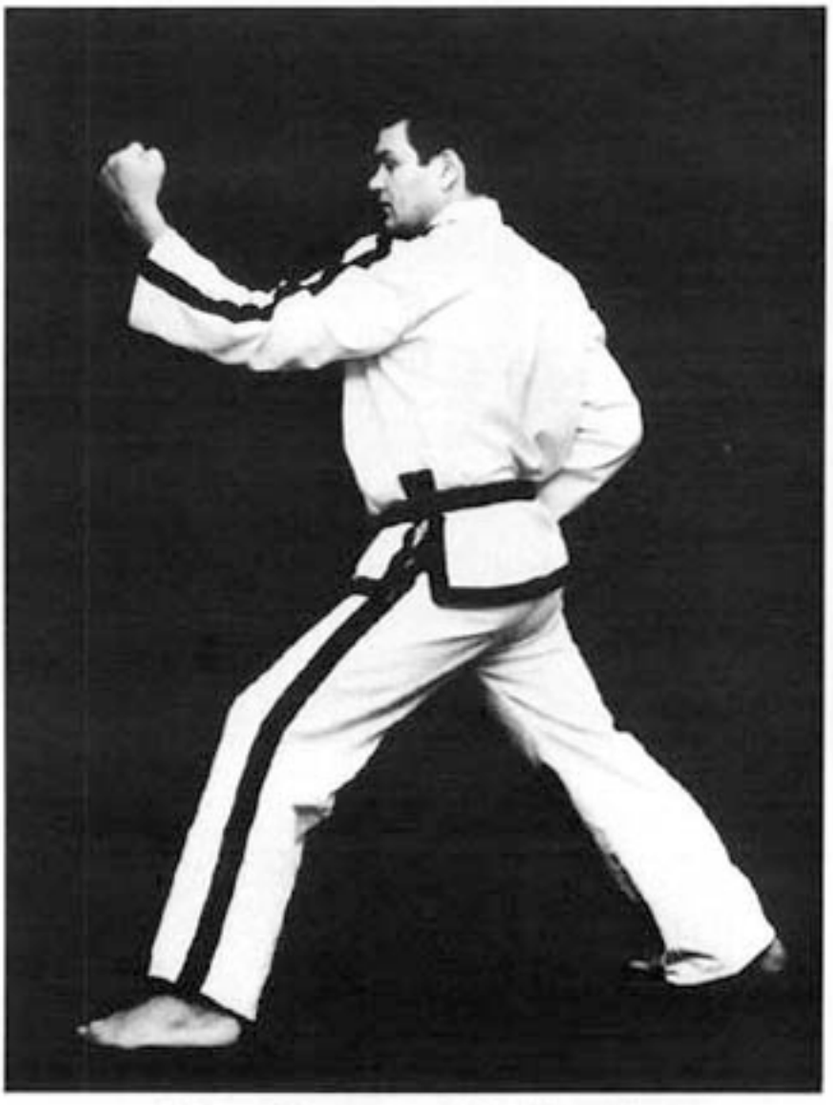
Front View

Previous Posture

Application

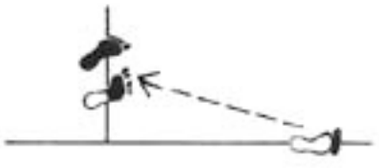
Top View

11. **Bring the right foot to the left foot, and then move the left foot to G to Form a left walking stance toward G while executing a high side strike to G with the left back fist.**



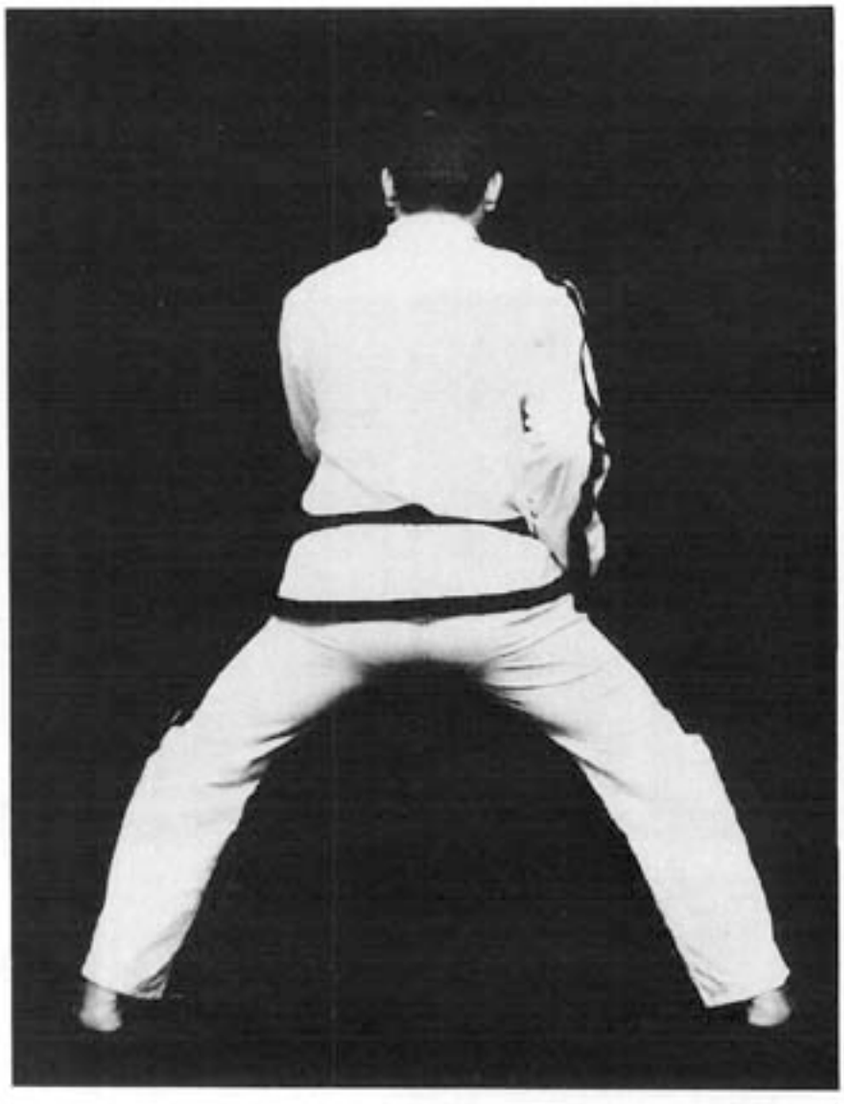
Left walking stance high side strike with the left back fist toward G.

Previous Posture



Other View

12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.



Sitting stance toward C with a left palm scooping block.

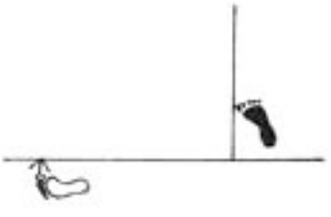
Application

Side View

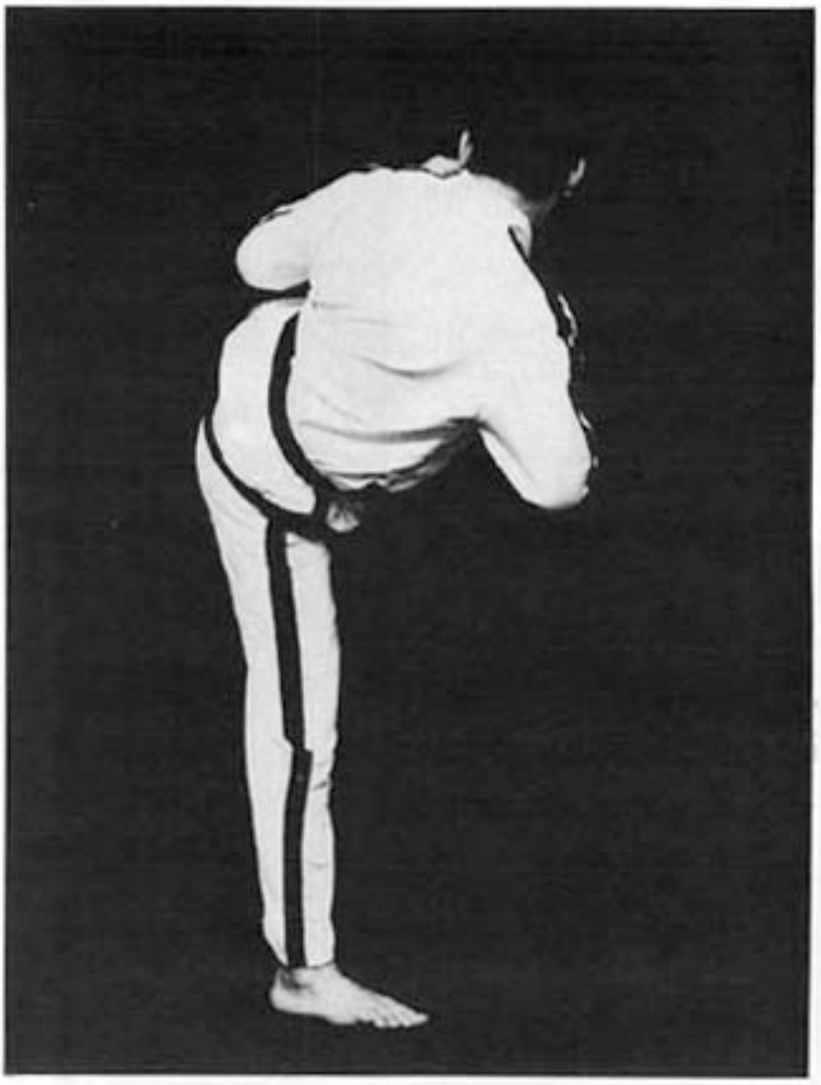
Raise the body slightly

Other View

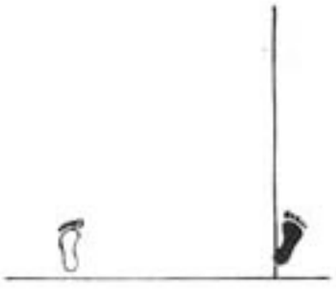
Previous Posture

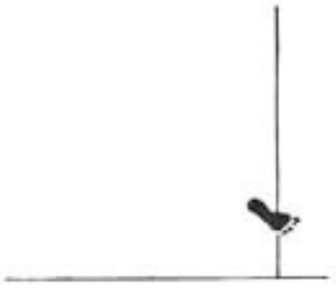


13. Execute a middle turning kick to C with the left foot.



Middle turning kick to C with the left foot.

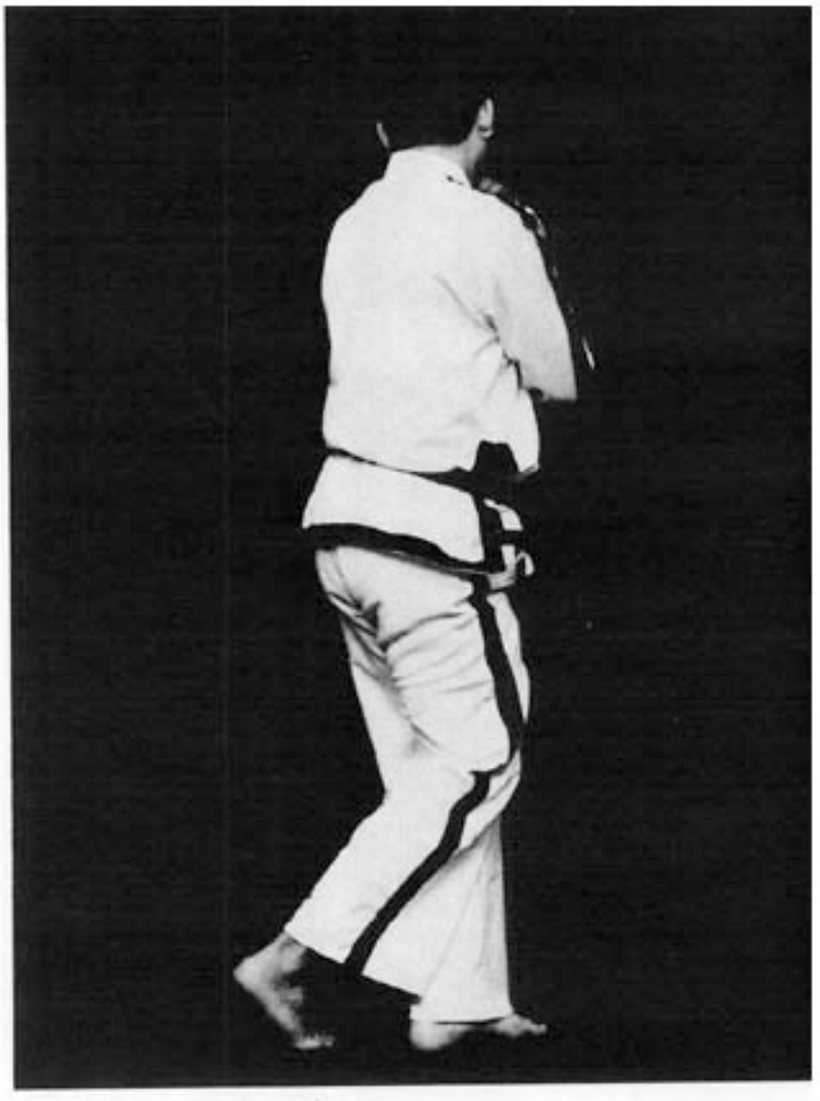




Previous Posture

Other View

14. **Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.**



Left X-stance toward CF with a double forearm high block to C.

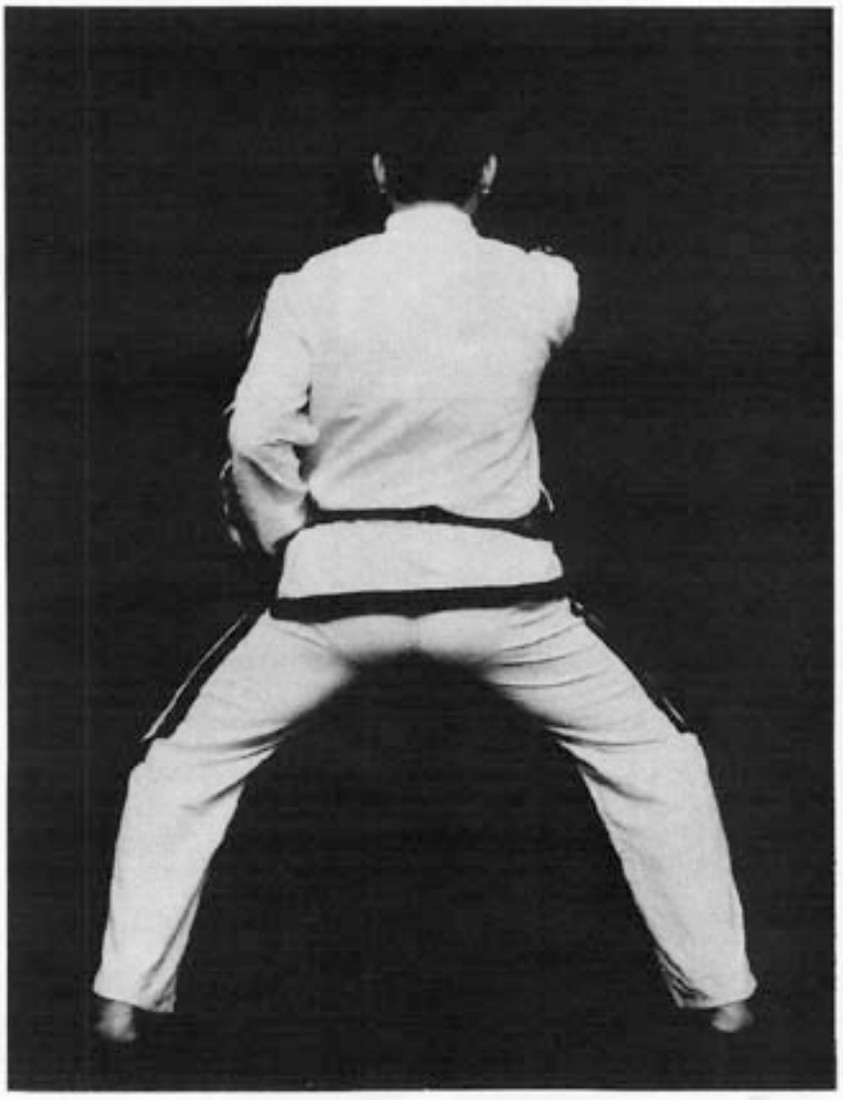
Application

Previous Posture

Side View

Other View

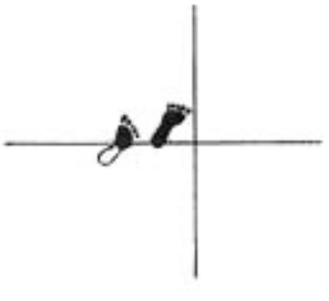
15. **Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.**

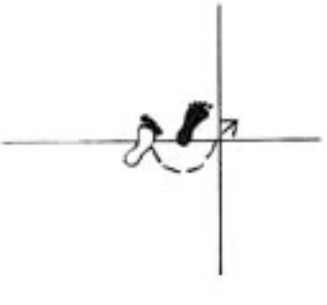


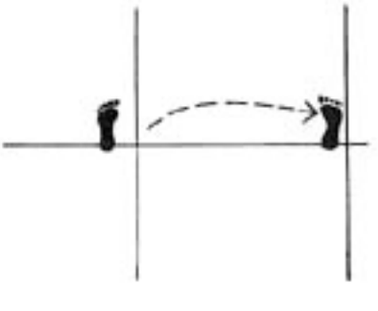
Sitting stance with the right fist extended horizontally toward C.

Other View

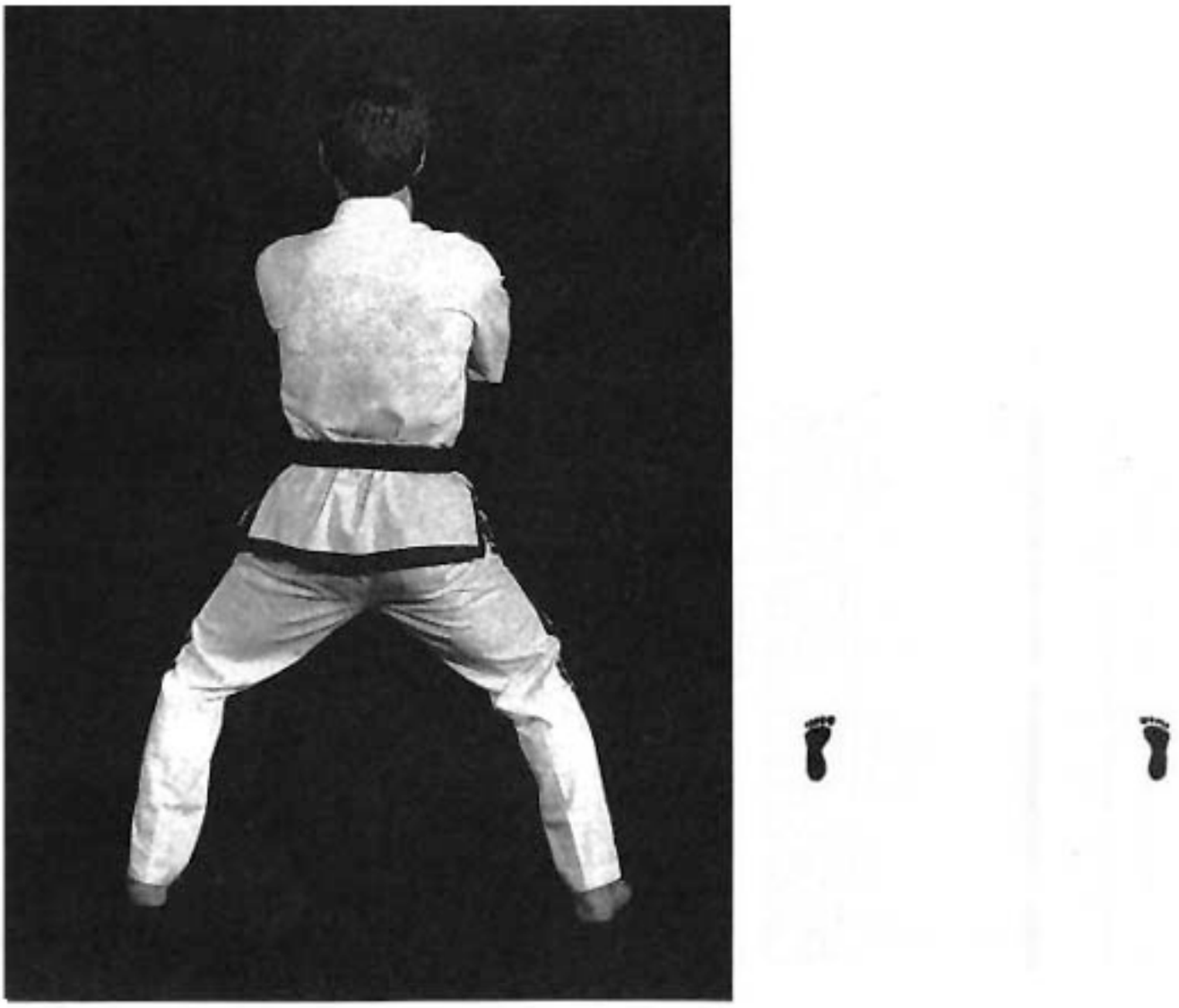
Previous Posture







16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.



Sitting stance front strike with the left back fist toward C.

Raise the body slightly

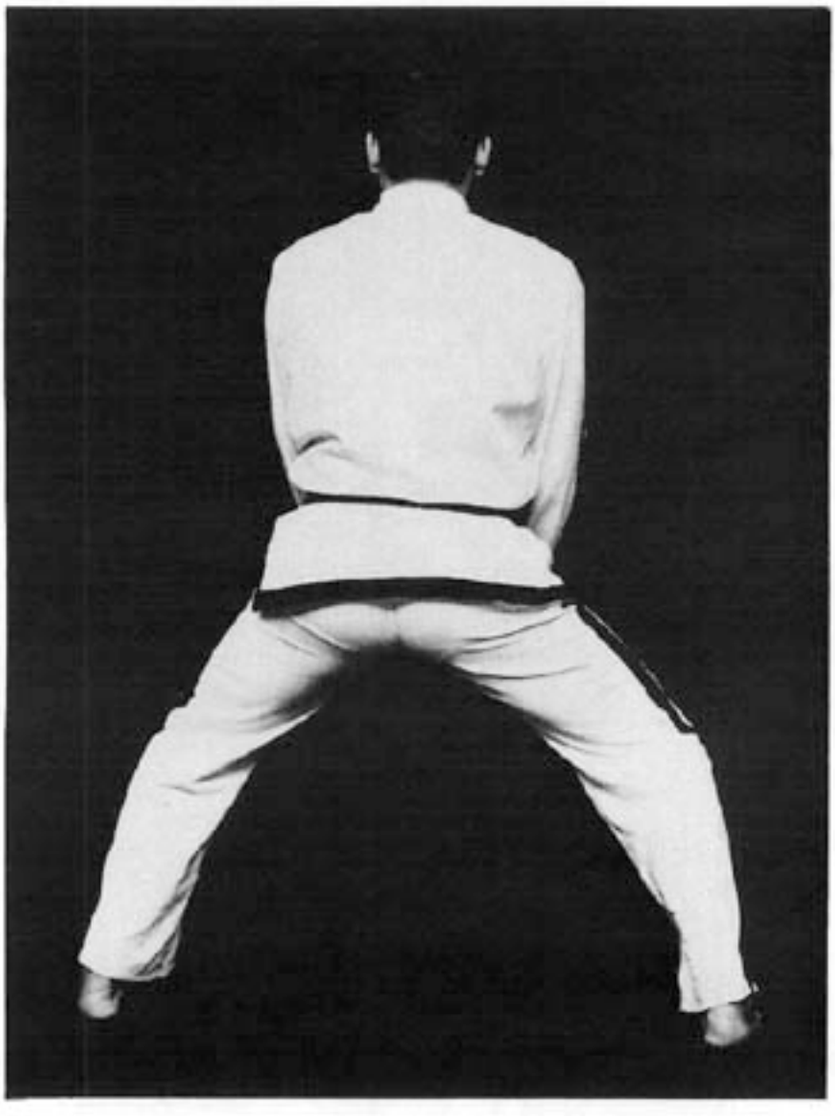
Side View

Previous Posture

Application

Side View

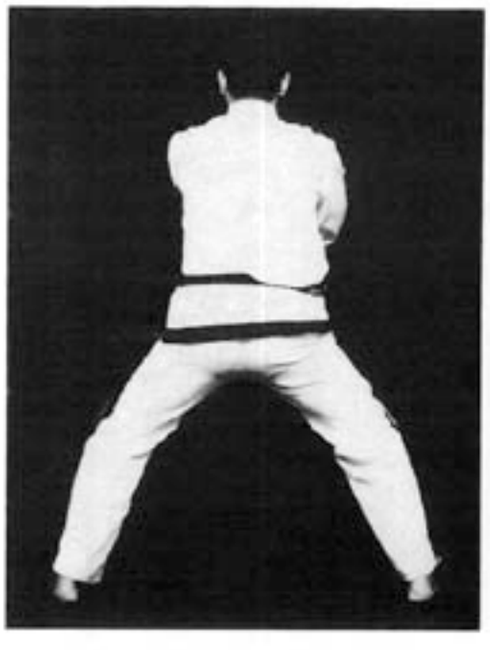
17. **Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.**

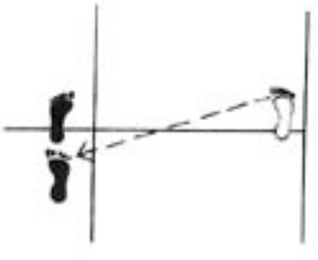


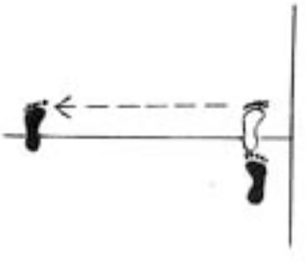
Left diagonal stance toward C with a twin palm pressing block.

Front View

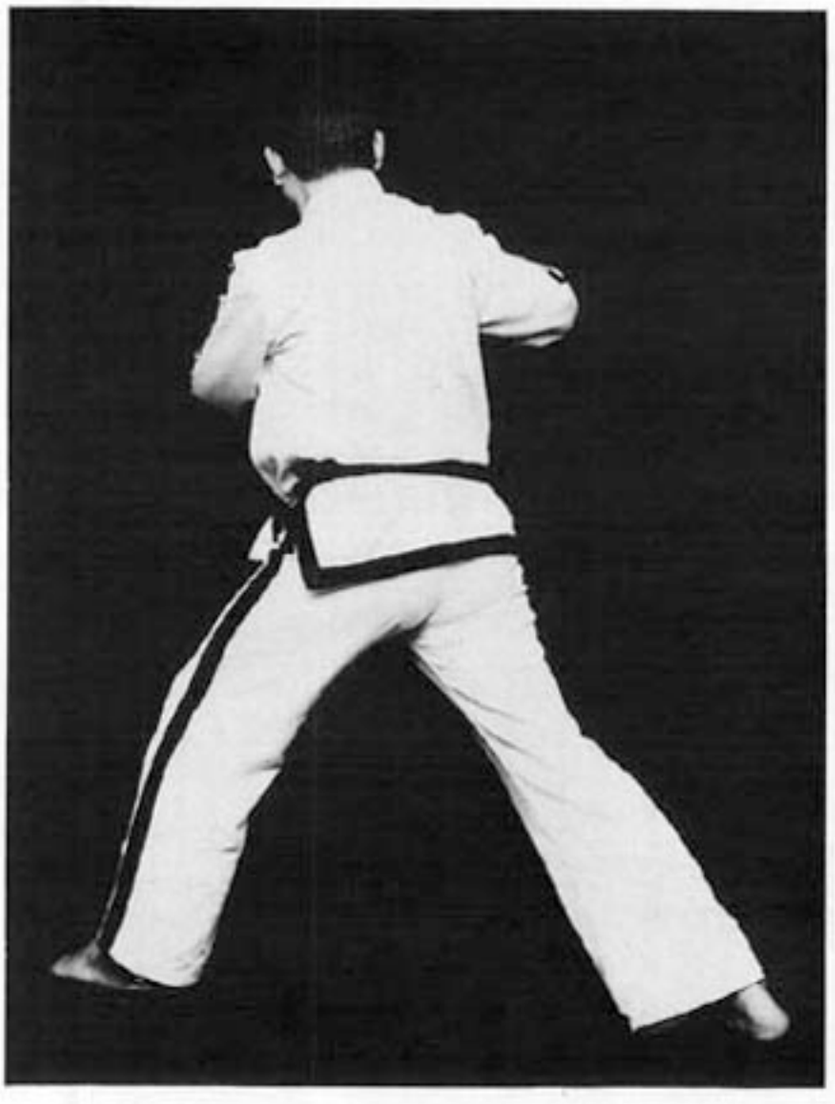
Previous Posture





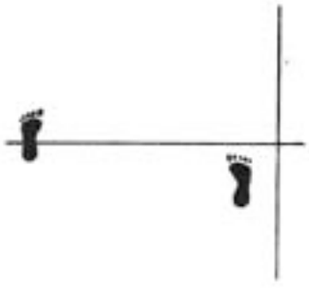


18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.

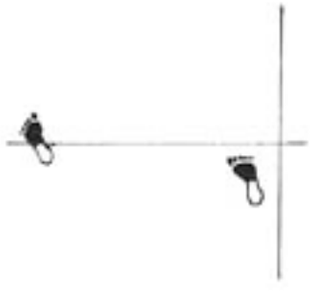


Left walking stance toward CE with a double arc-hand middle block to C.

Previous Posture



Keep both heels slightly off the ground.



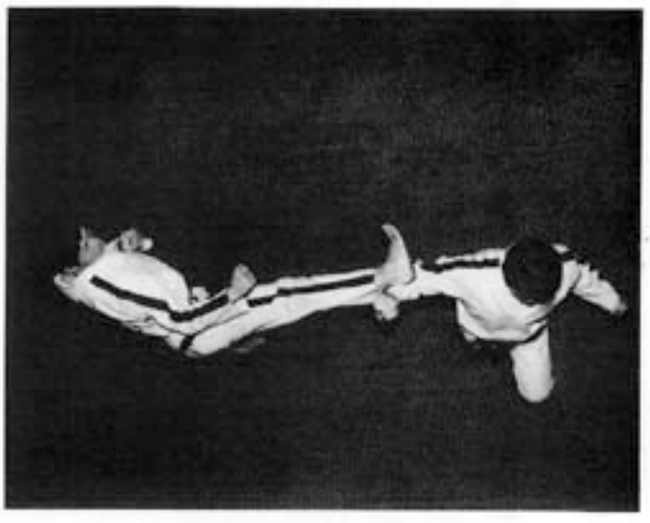
Other View

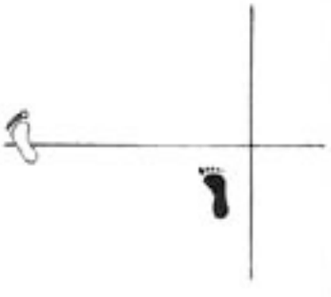
19. **Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.**

Right one-leg stance toward C with a right outer forearm high side block.

Previous Posture

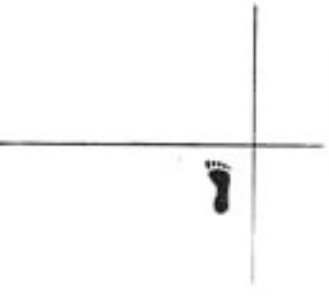
Application



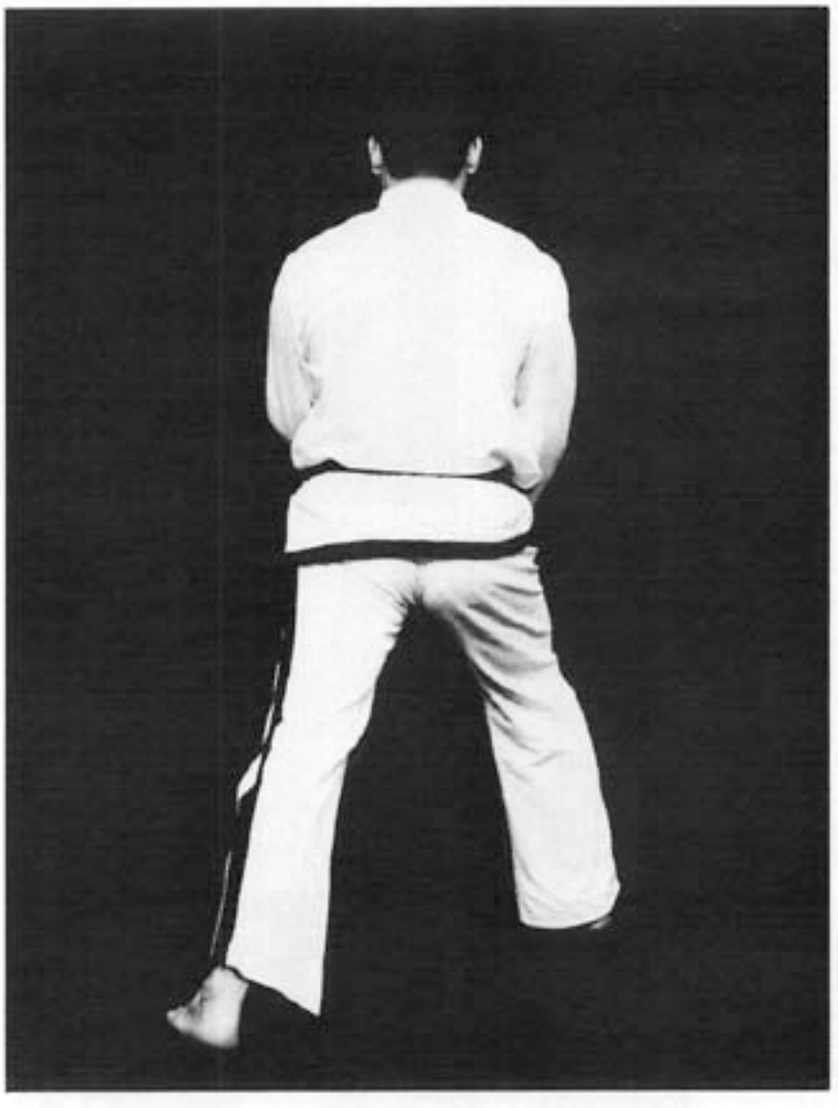


Top View

Side View



20. **Lower the left foot to D, forming a right walking stance toward C while executing a pressing block with the right palm.**
Perform in a slow motion.



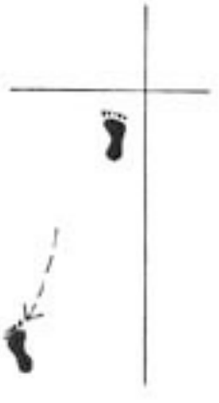
Right walking stance toward C with a right palm pressing block.

Application

Previous Posture

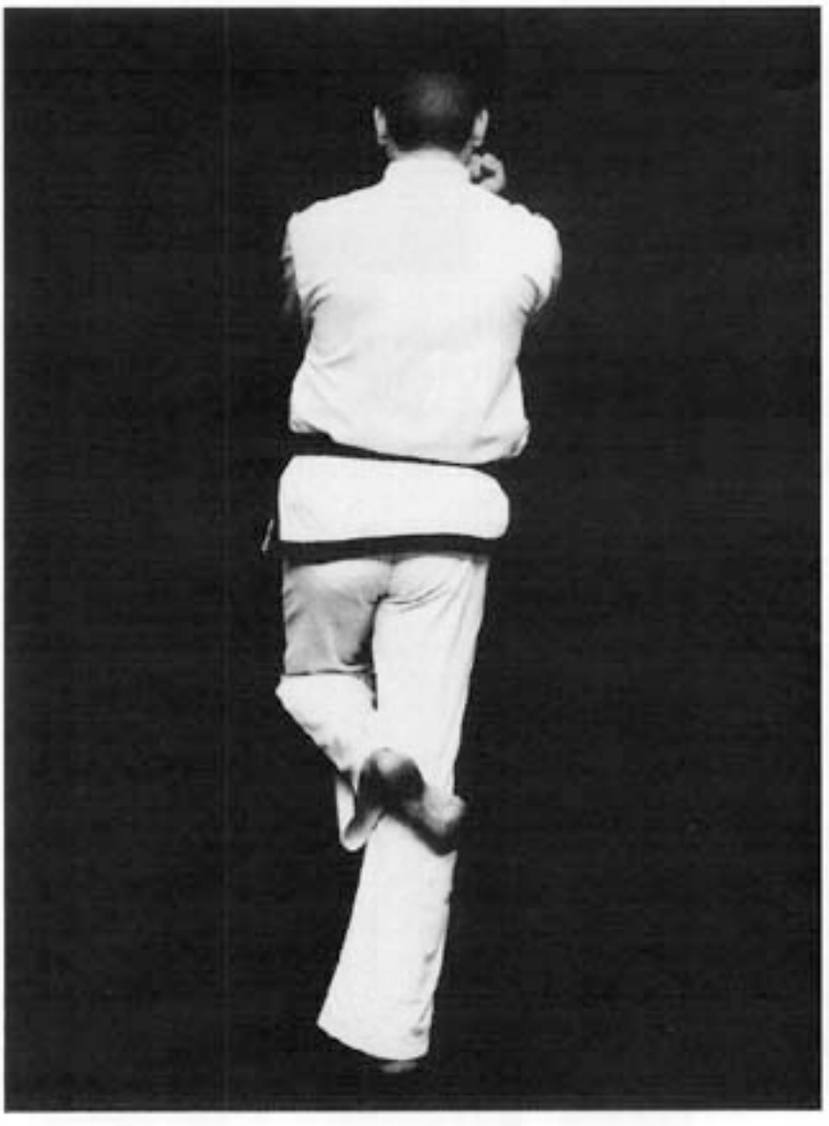
Side View

Keep the left heel slightly off the ground.



Side View

21. **Pull the left instep to the follow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.**



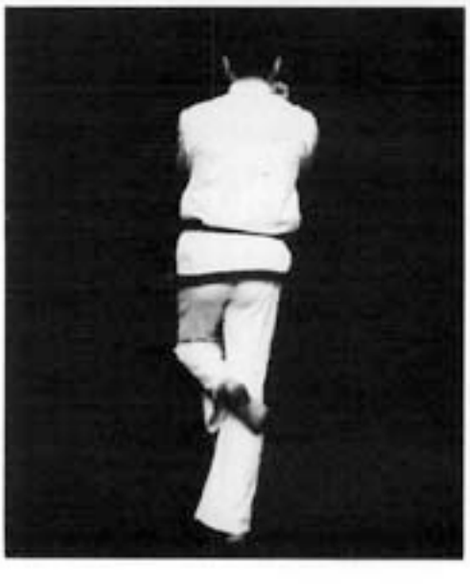
Right one-leg stance high side front strike with the right back fist toward C.

Application

Side View

Previous Posture

Other View



22. Lower the left foot to **C**, turning clockwise to form a right fixed stance toward **D** while thrusting to **C** with the left side elbow.

Right fixed stance toward **D** with a left side elbow thrust to **C**.

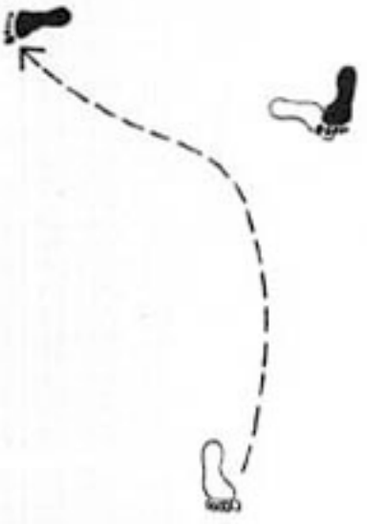
Application

Previous Posture

Top View

Side View

23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.



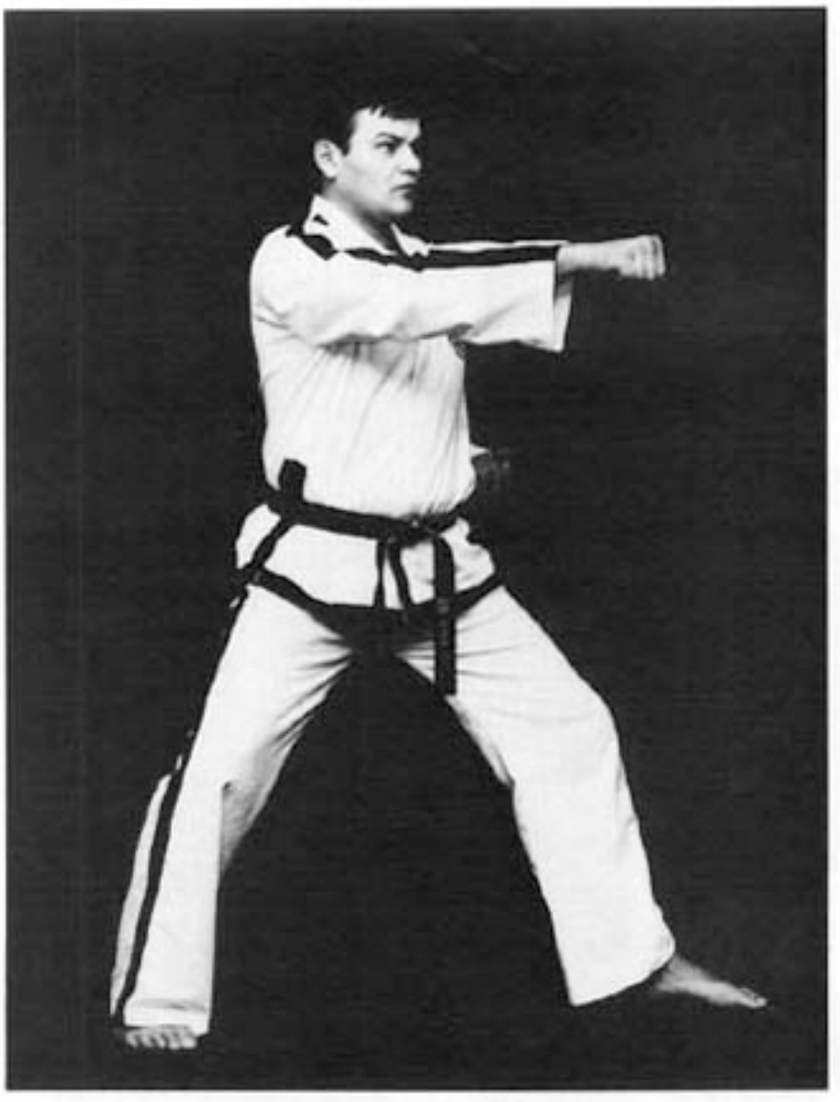
Left L-stance knife-hand high guarding block toward A.

Application

Front view

Previous Posture

24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.



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

Application

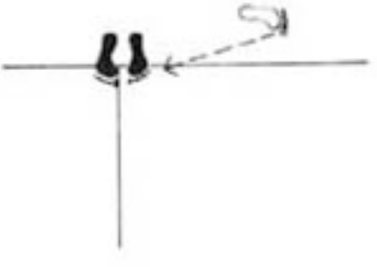
Previous Posture

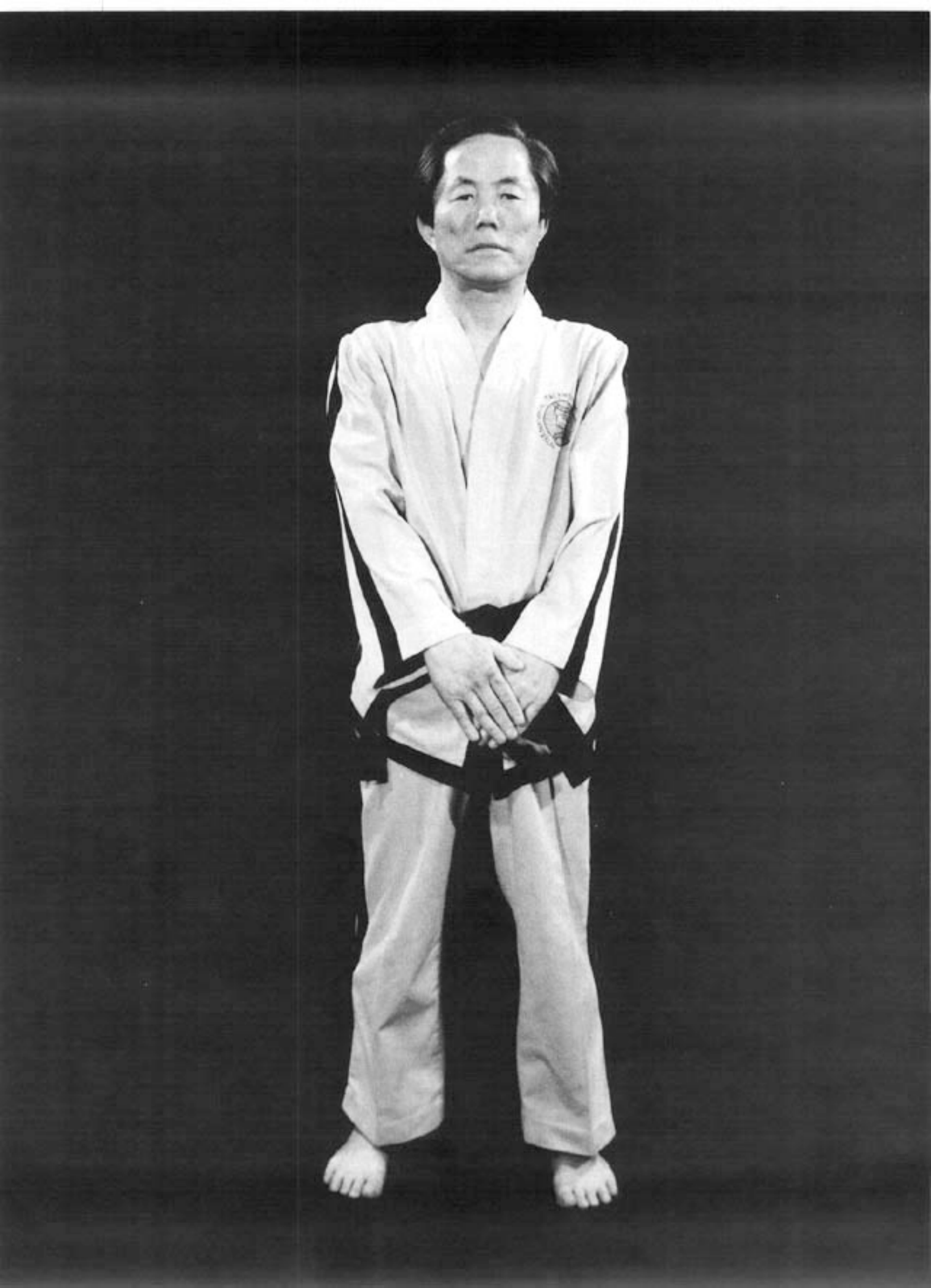
END: Bring the left foot back to a ready posture.

Close ready stance B toward D.

Top View

Side View





ADDITIONAL TECHNIQUES FOR PATTERN TONG-IL

Walking Stance Twin Fist Middle Punch
(Gunnun So Sang Joomuk Kaunde Jirugi)

Front View

Side View

Rear Foot Stance Forearm Middle Inward Block
(Dwitbal So Palmok Kaunde Anuro Makgi)

Front View

Side View

Walking Stance Palm Low Inward Block
(Gunnun So Sonbadak Najunde Anuro Makgi)

Front View

Side View

The palm reaches the same level as the lower abdomen of the defender.

L-Stance Back Hand High Outward Strike
(Niunja So Sondung Nopunde Bakuro Taerigi)

Front View

Side View

L-Stance Twin Palm Horizontal Block
(Niunja So Sang Sonbadak Soopyong Makgi)

The palms reach the same level at the chest of the defender.

Side View

Front View

Outward Vertical Kick *(Bakuro Sewo Chagi)*

Front View

Side View

The foot reaches the shoulder level of the attacker.

Walking Stance Reverse Knife-Hand High Obverse Side Block
(Gunnun So Sonkaldung Nopunde Baro Yop Makgi)

Front View

Side View

Walking Stance Reverse Knife-Hand Middle Reverse Side Block
(Gunnun So Sonkaldung Kaunde Bandae Yop Makgi)

Side View

Front view

Downward Kick *(Naeryo Chagi)*

Front View

Side View

L-Stance Back Fist Downward Strike *(Niunja So Dung Joomuk Naeryo Taerigi)*

Keep the elbow slightly bent.

Front View

Side View

Inward Vertical Kick *(Anuro Sewo Chagi)*

Front View

Side View

Rear Foot Stance Bow Wrist Upward Block
(Dwitbal So Sonmokdung Ollyo Makgi)

The blocking tool reaches the same level of the defender's solar plexus.

Side View

Front View

Walking Stance Angle Fingertip High Thrust
(Gunnun So Homi Sonkut Nopunde Tulgi)

Side View

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

Front View

The blocking tool reaches the target in a circular motion.

Sitting Stance Outer Forearm Sliding W-Shape Block
(Annun So Bakat Palmok Mikulmyo San Makgi)

Side View

Front View

Walking Stance Under Fist Front Strike
(Gunnnun So Mit Joomuk Ap Taerigi)

Front View

Side View

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

Side View

Front View

Close Stance Twin Side Back Elbow Thrust
(Moa So Sang Yopdwi Palkup Tulgi)

Front View

Back View

Walking Stance Palm Middle Pushing Block
(Gunnun So Sonbadak Kaunde Miro Makgi)

Side View

Front View

Sitting Stance Side Punch *(Annun So Yop Jirugi)*

Front View

Side View

INTERNATIONAL TAEKWON-DO FEDERATION

PATTERN TONG-IL

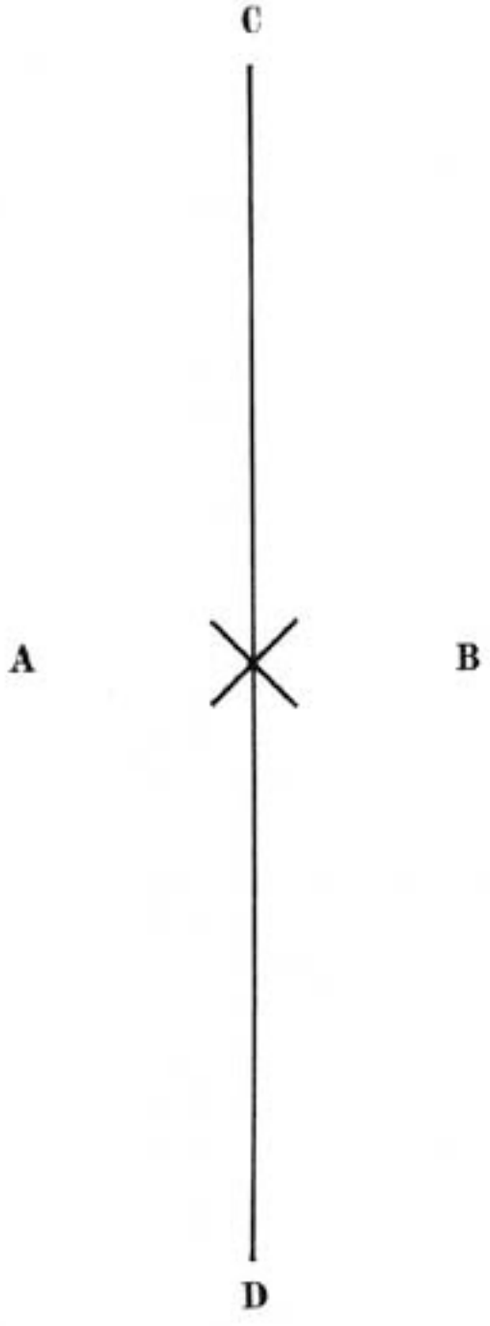
This pattern is practised by the 6th degree.

DIAGRAM: |

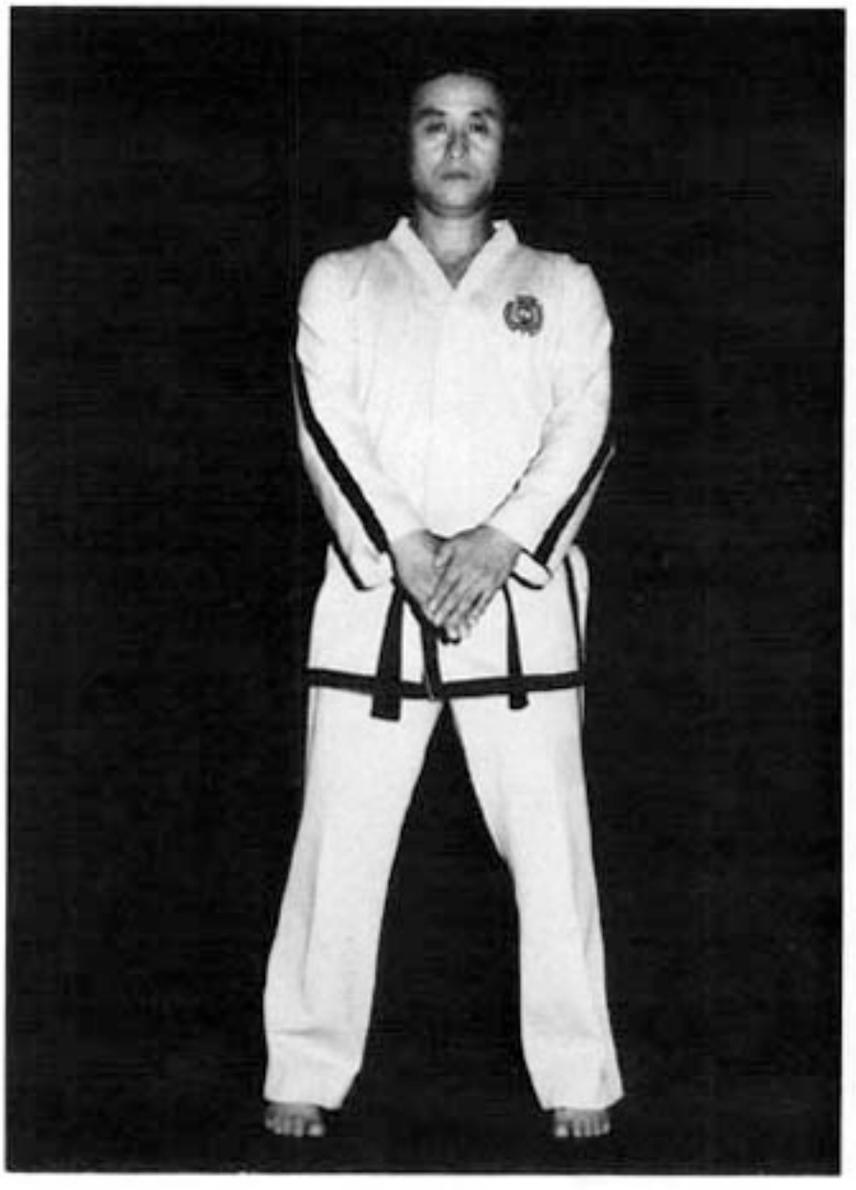
MOVEMENTS: 56

READY POSTURE: SEE PICTURE

DIAGRAM *(Yon Moo Son)*

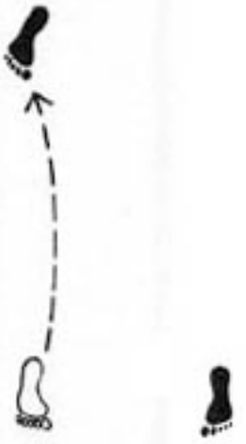


Ready Posture *(Junbi Jase)*



Parallel stance toward D

1. **Move the right foot to C to form a left walking stance toward D while executing a middle punch with a twin fist to D.**
   Perform in a slow motion.



Left walking stance middle punch with a twin fist toward D.

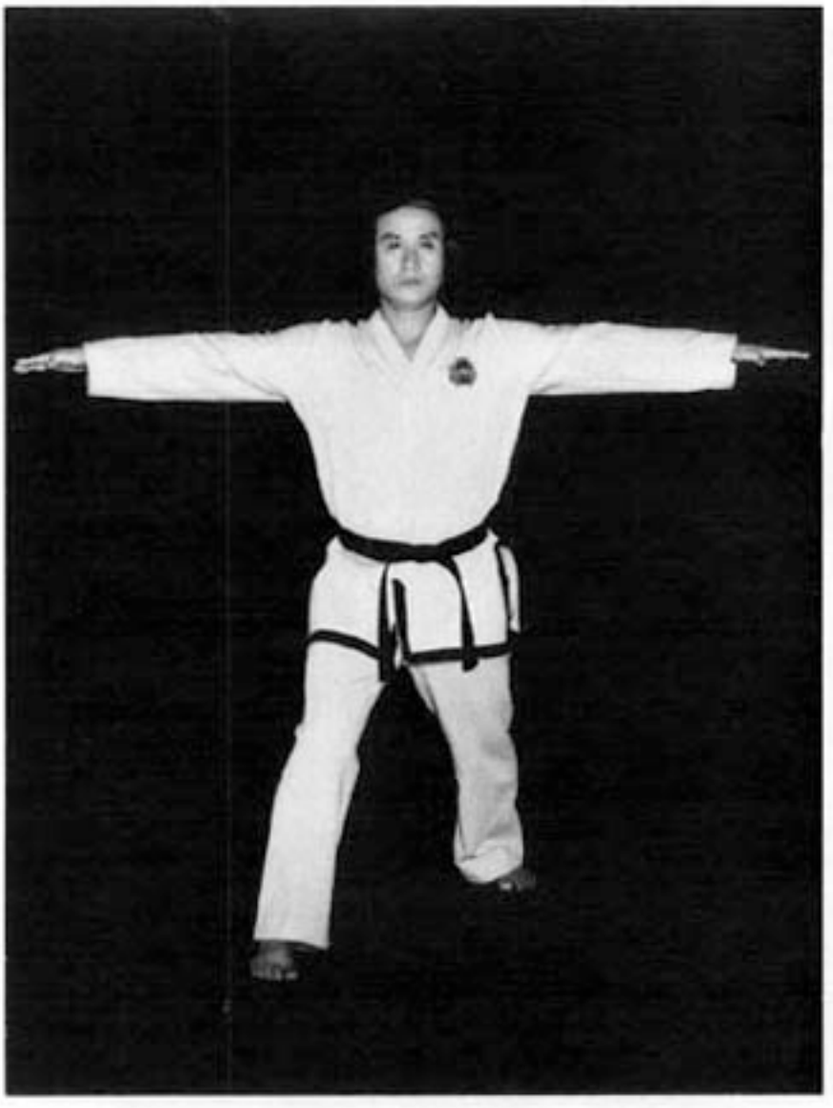
Previous Posture

Application

Top View

Side View

2. **Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand.**
Perform in a slow motion.



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

Previous Posture

Application

Side View

3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.

Right rear foot stance middle inward block with a left outer forearm toward D.

Application

Previous Posture

Side View

4. **Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.**

Left walking stance low inward block with the right palm toward D.

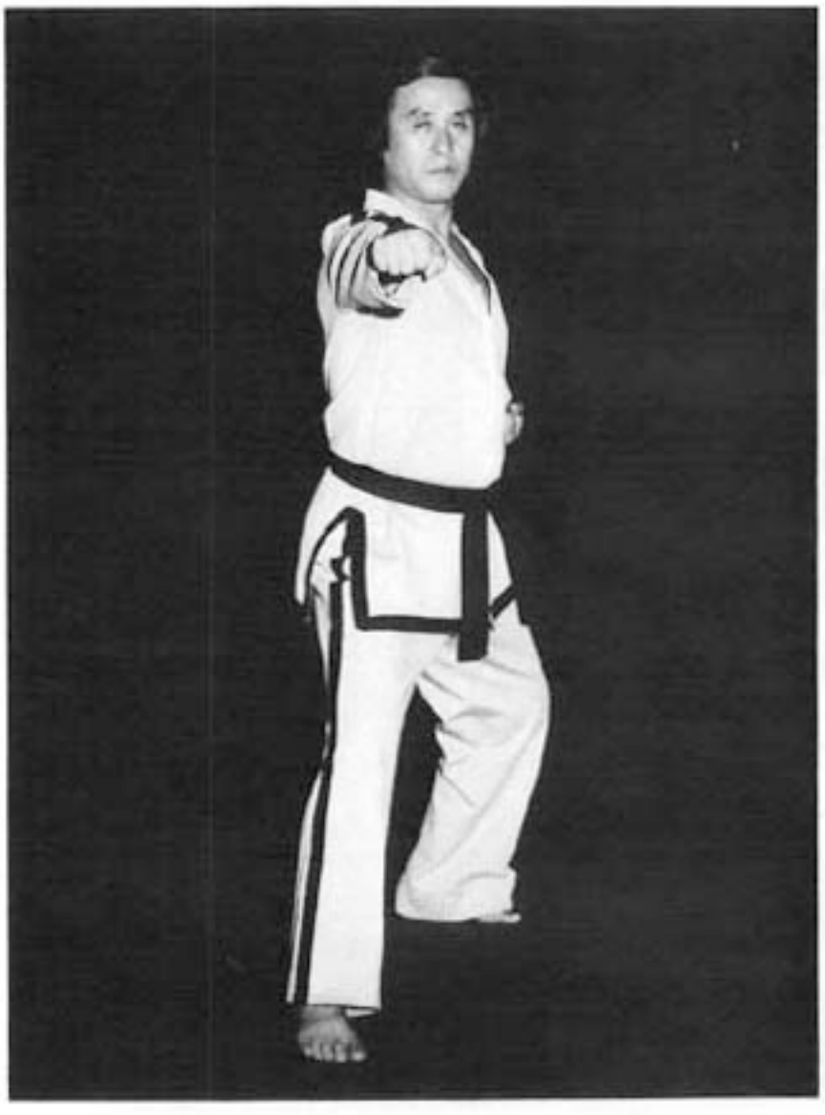
Previous Posture

Application

Side View

Side View

5. 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.

Application

Previous Posture

Side View

Side View

6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.

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

Previous Posture

Raise the body slightly

Side View

7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left back hand.

Right L-stance high strike with the left back hand toward D.

Previous Posture

Application

Side View

Side View

8. **Execute an inward vertical kick to the left palm with the right reverse footsword.**

Inward vertical kick to D with the right reverse footsword.

Previous Posture

Application

Side View

9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high strike to D with the right back hand.

Left L-stance high strike with the right back hand toward D.

Previous Posture

Top View

Application

Top View

10. Execute an inward vertical kick to the right palm with the left reverse footsword.

Inward vertical kick to D with the left reverse footsword.

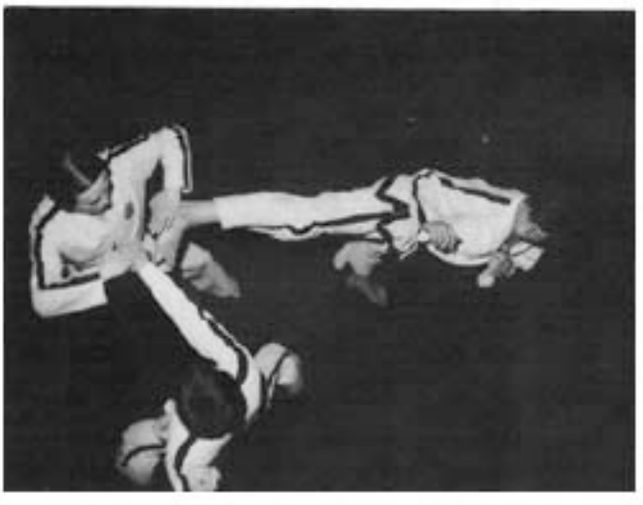
Previous Posture

11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot.
Perform in a slow motion.

Right L-stance toward **D** with a twin palm horizontal block.

Previous Posture

Application



Top View

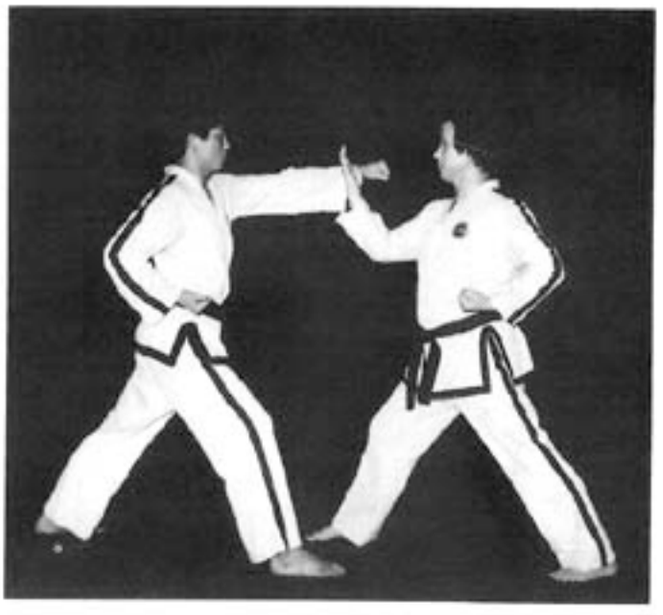
Side View

12. **Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand.**
Perform in a slow motion.

Right walking stance high side block with the right reverse knife-hand toward D.

Previous Posture

Application



Side View

13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D.
Perform in a slow motion.

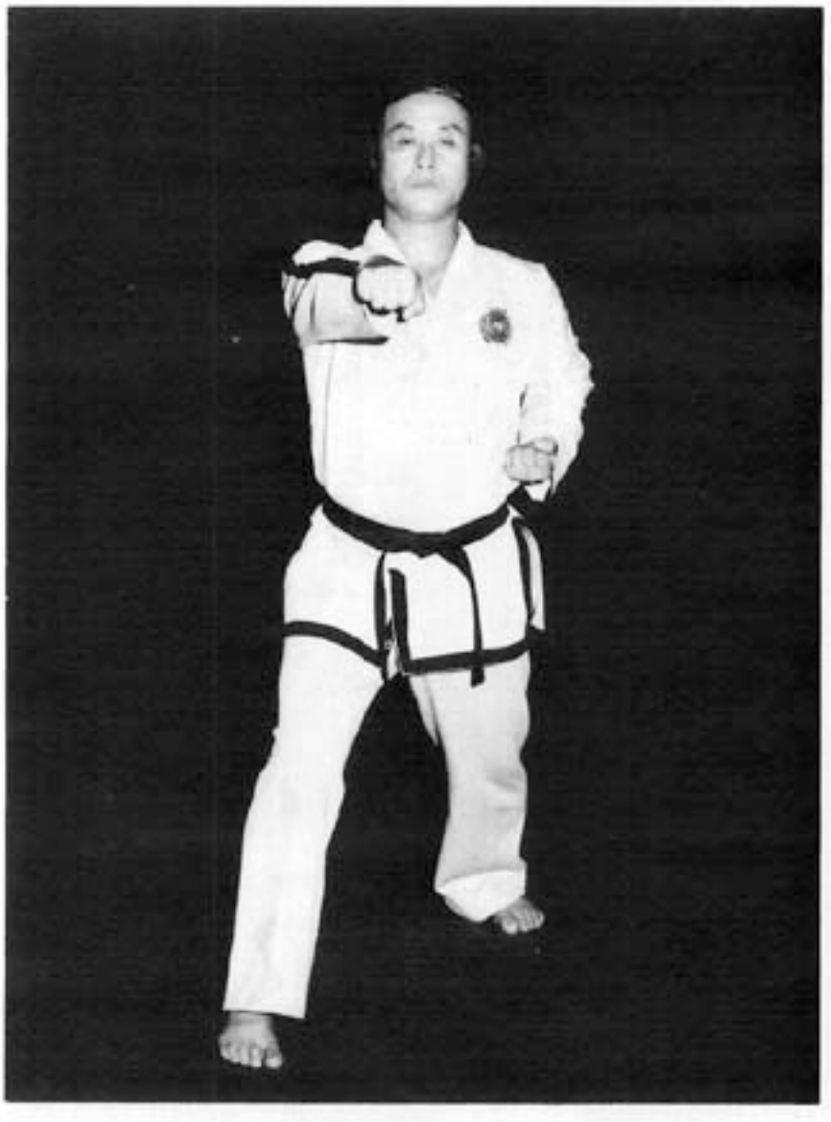
Right walking stance middle side block with the left reverse knife-hand toward D.

Previous Posture

Keep the left heel slightly off the ground.

Side View

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



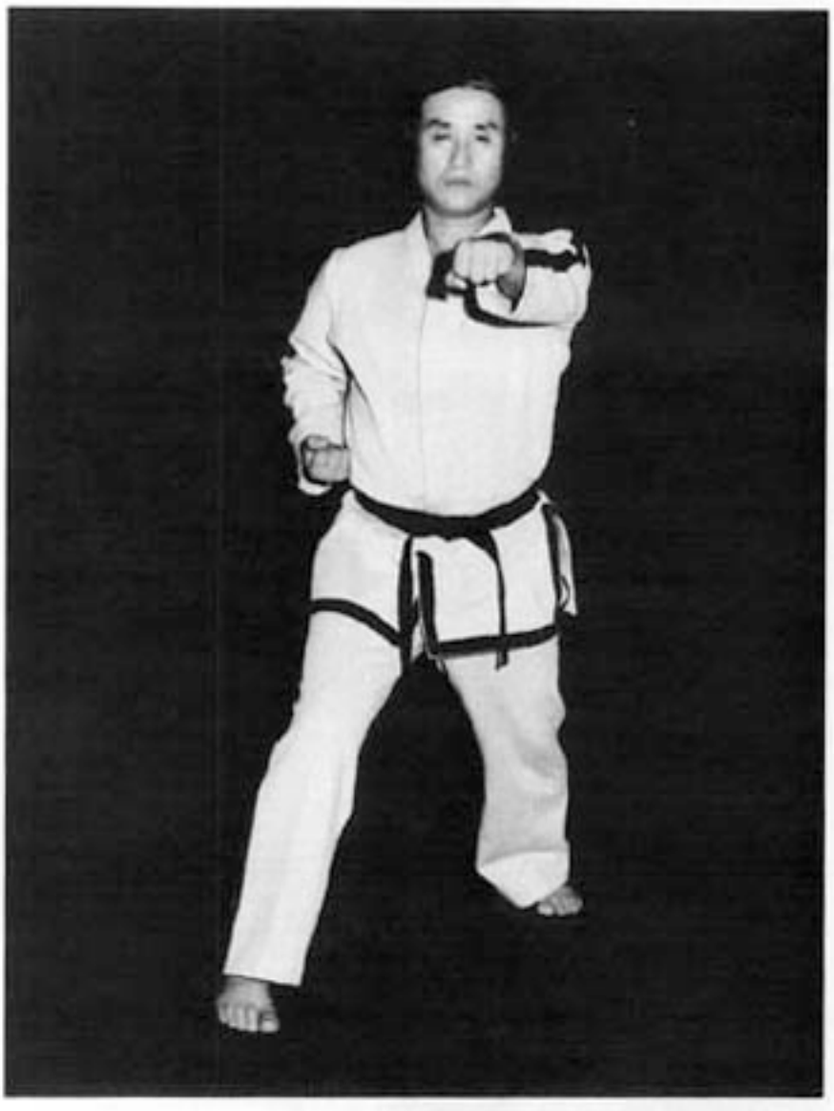
Right walking stance middle punch with the right fist toward D.

Previous Posture

Keep the left heel slightly off the ground.

Side View

15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 14 and 15 in a fast motion.



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

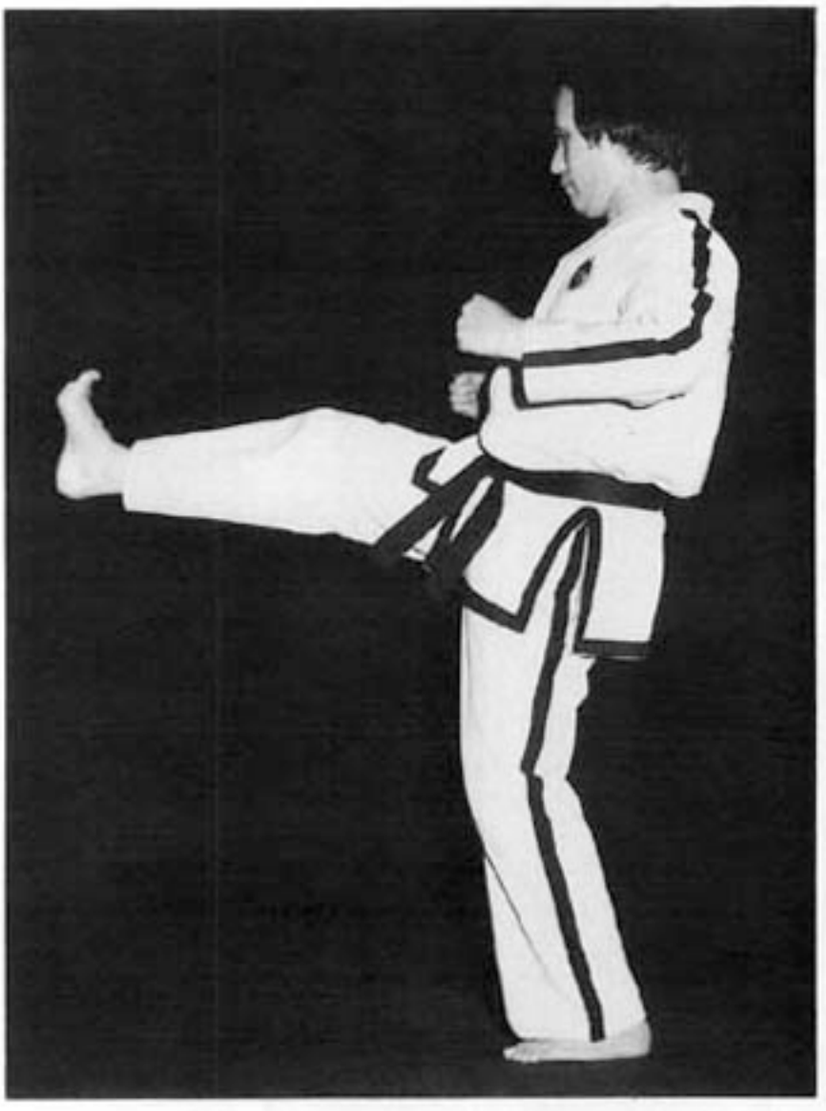
Previous Posture

Keep the left heel slightly off the ground.

Side View

Application

16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.



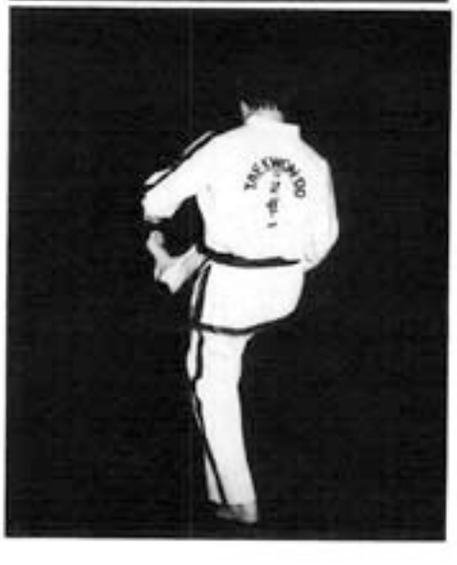
Downward kick to AC with the right foot.

Application

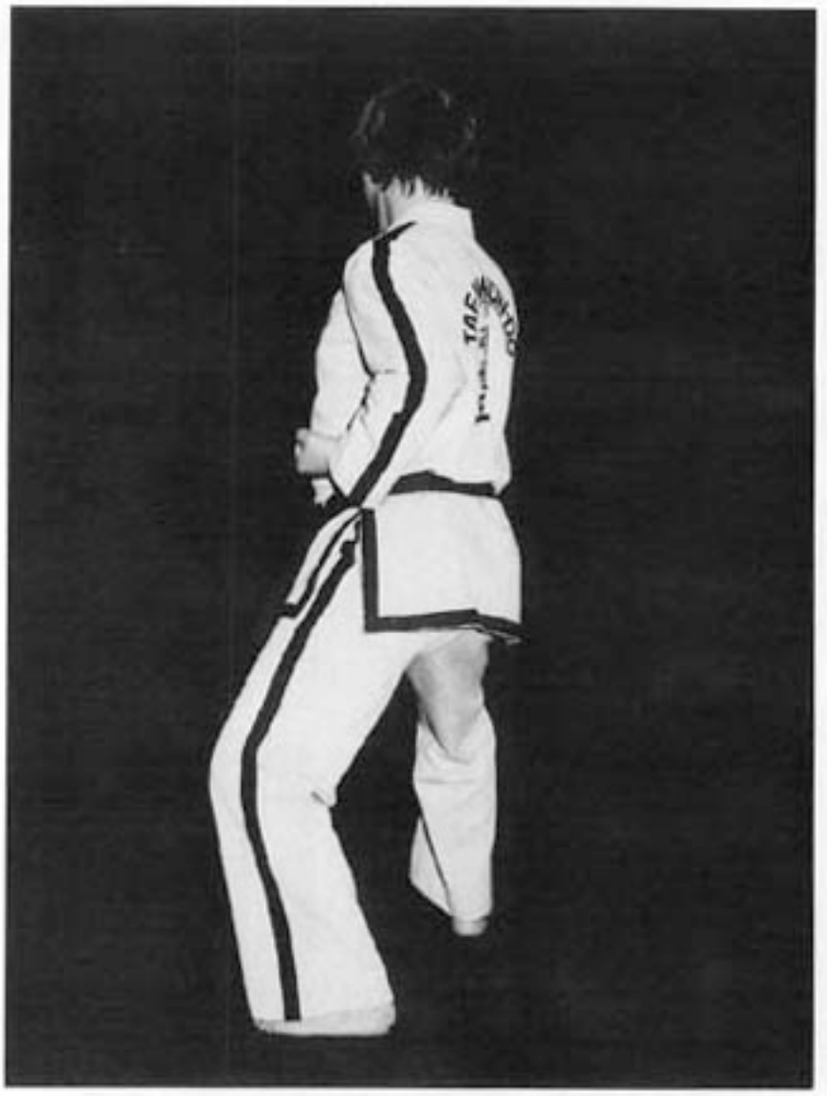
Previous Posture

Side View

Other View



17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.



Left L-stance downward strike with the right back fist toward C.

Application

Previous Posture

Other View

18. Execute an outward vertical kick to **BC** with the left foot, keeping the position of the hands as they were in 17.

Outward vertical kick to BC with the left foot.

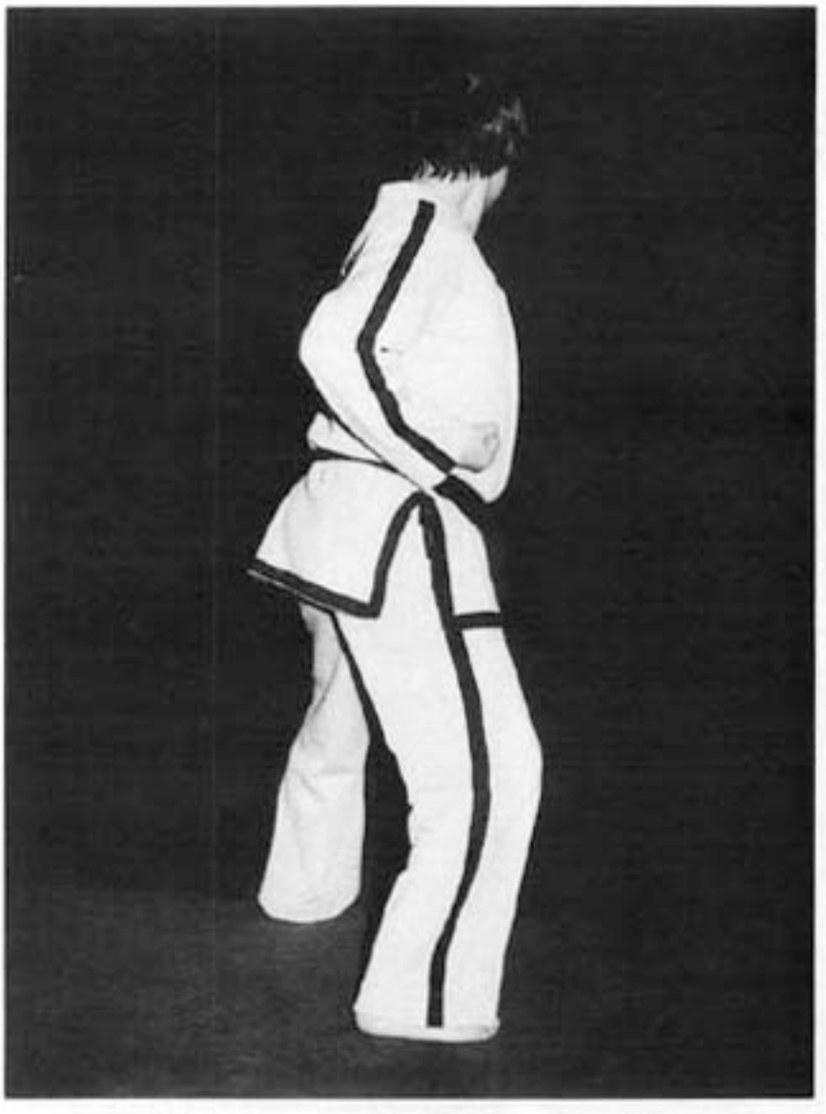
Application

Previous Posture

Side View

Other View

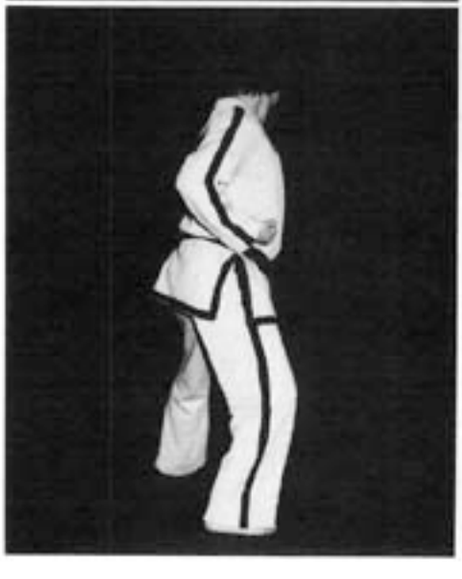
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.



Right L-stance downward strike with the left back fist toward C.

Previous Posture

Side View



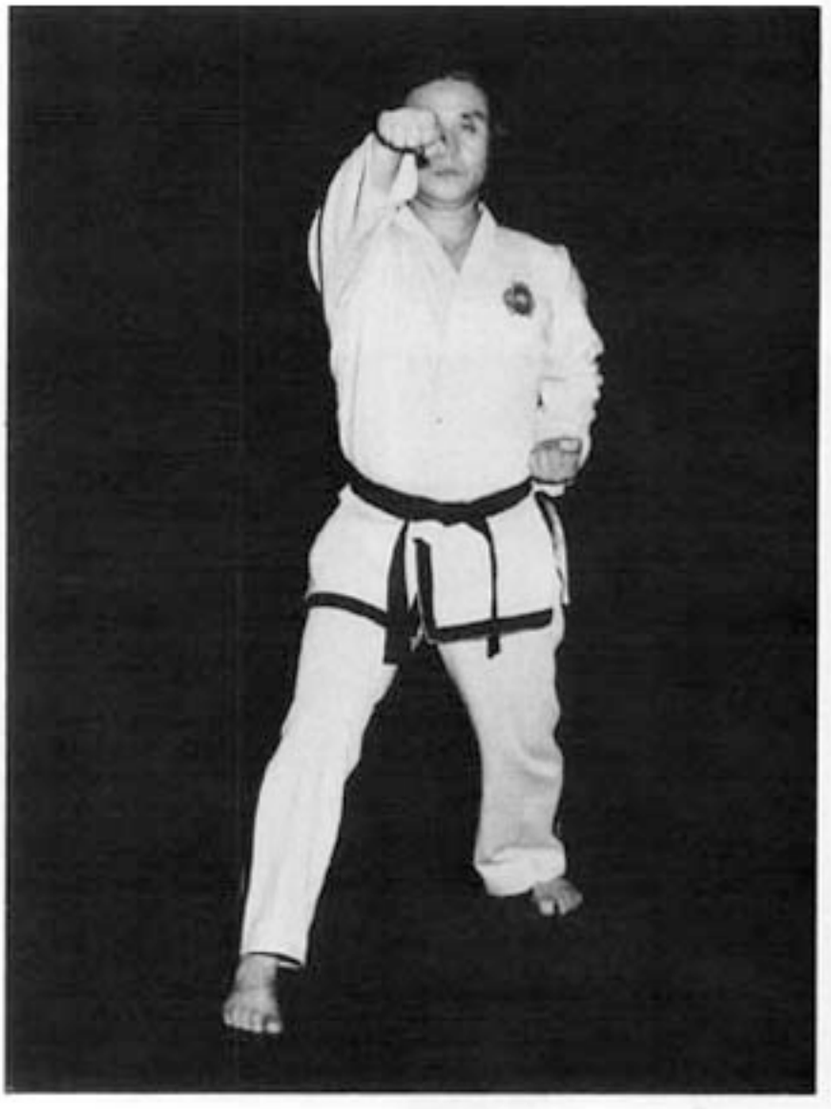
20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.

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

Previous Posture

Side View

21. **Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.**



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

Previous Posture

Keep the left heel slightly off the ground.

Side View

22. **Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.**

Right rear foot stance toward D with a left bow wrist upward block.

Previous Posture

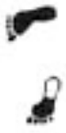
Application

Side View

23. **Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.**

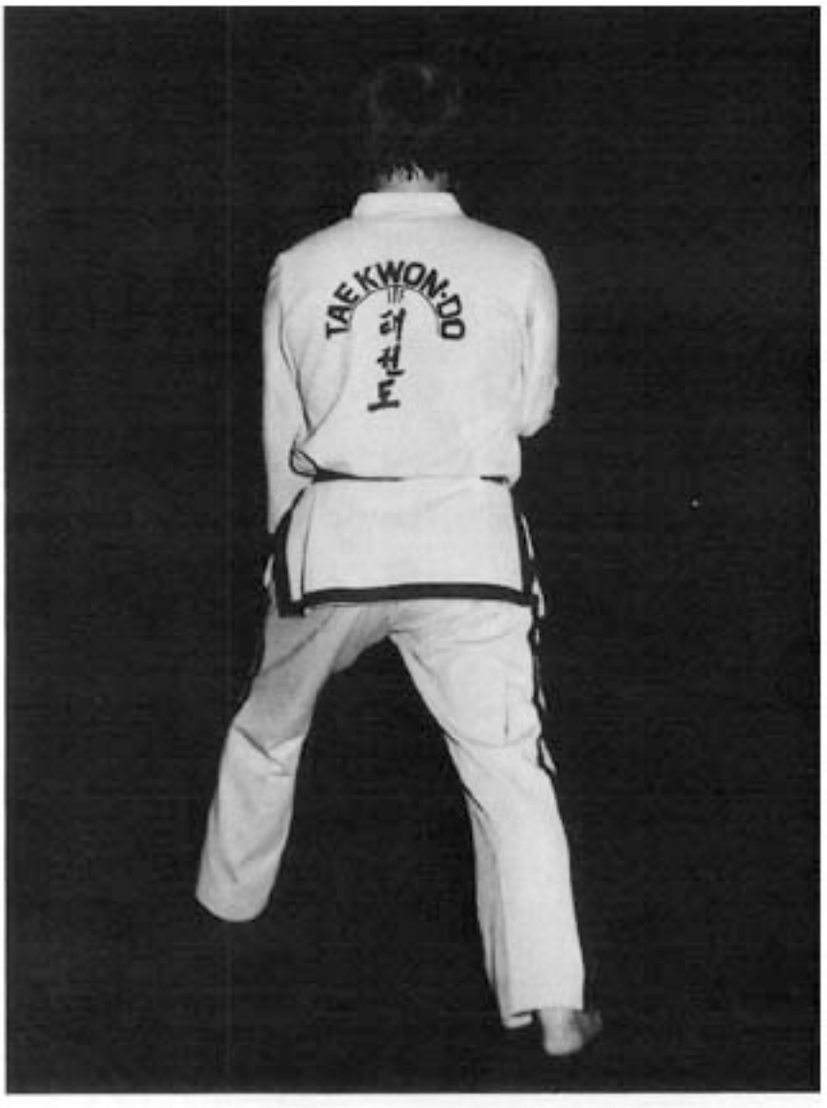
Left rear foot stance toward D with a right bow wrist upward block.

Previous Posture



Side View

24. **Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.**

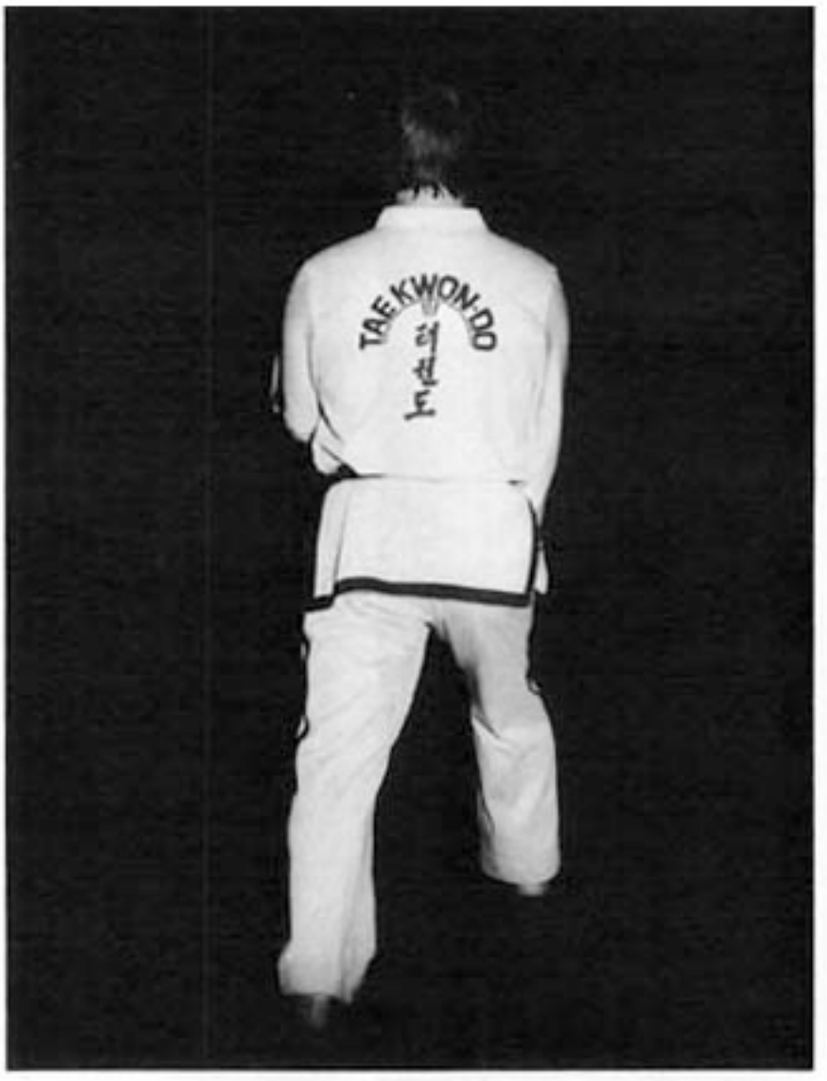


Left walking stance toward C with a left palm pressing block.

Previous Posture

Other View

25. **Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm.**



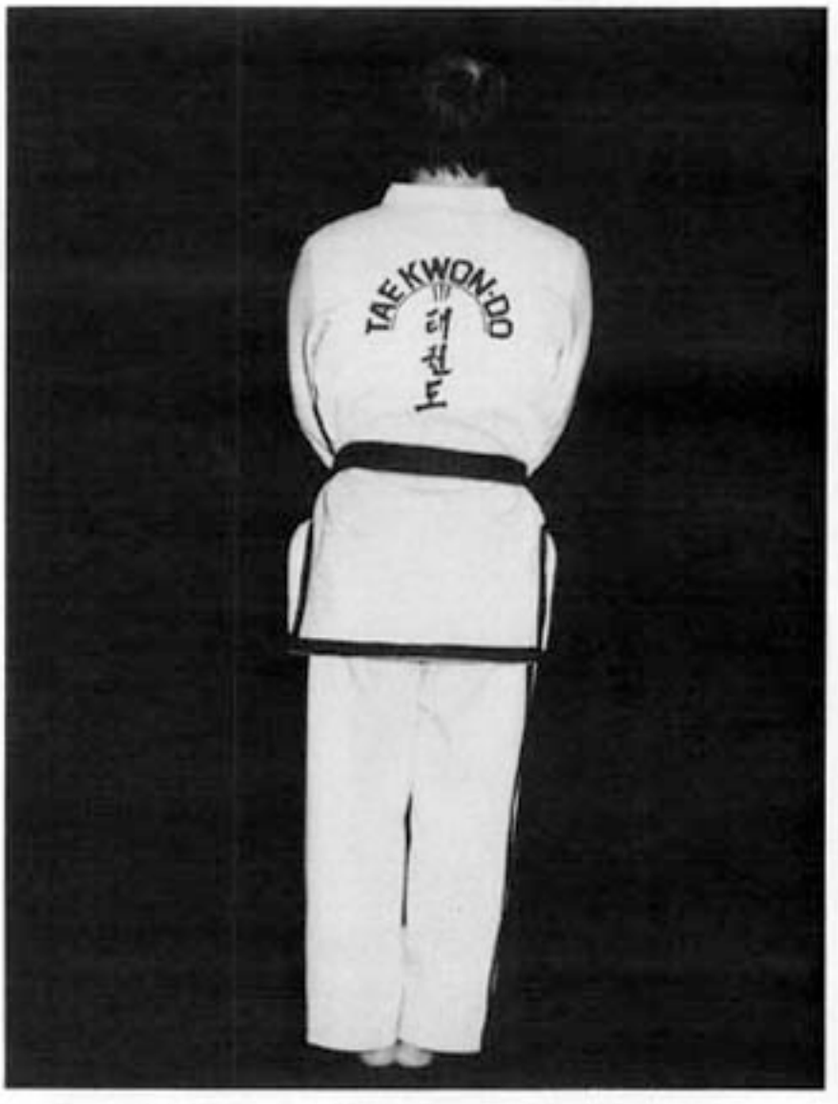
Right walking stance toward C with a right palm pressing block.

Application

Previous Posture

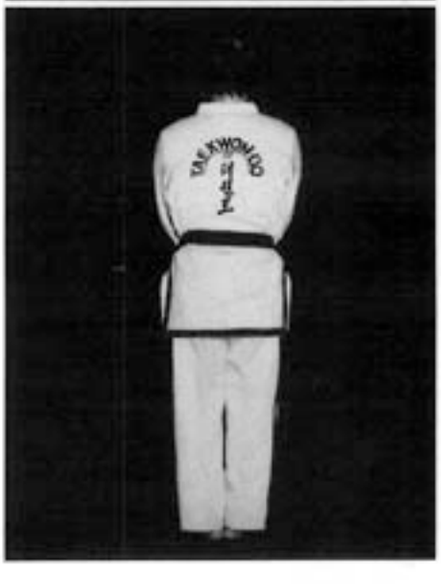
Side View

26. **Bring the left foot to the right foot to form a close stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.**



Close stance low front block with the right knife-hand toward C.

Previous Posture



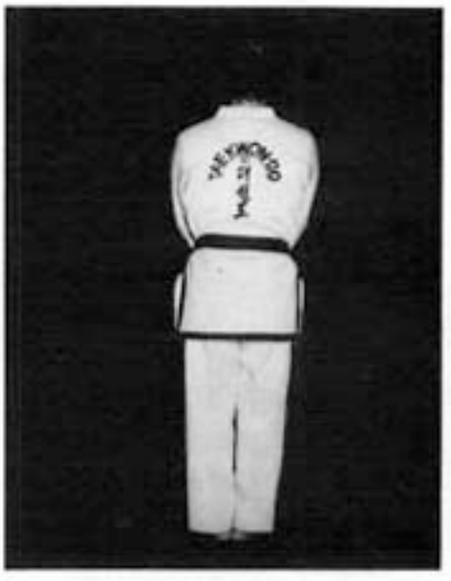
Application

Other View

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

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

Previous Posture



Side View

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

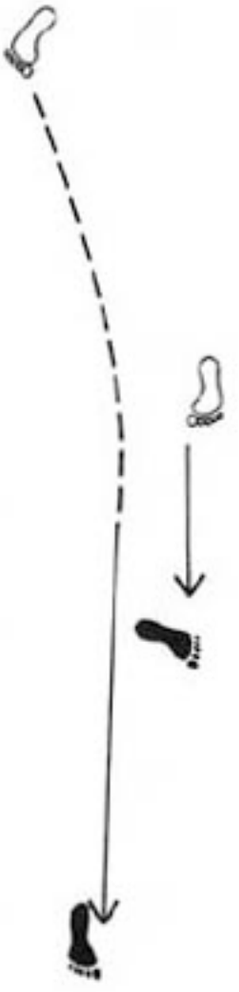
Left walking stance high punch with the right fist toward D.

Previous Posture

Keep the right heel slightly off the ground.

Side View

29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, and bringing the right side fist in front of the left shoulder.



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

Previous Posture

Application

Side View

30. **Move the right foot to C, forming a left walking stance toward D while executing a high thrust to D with the right angle fingertip.**

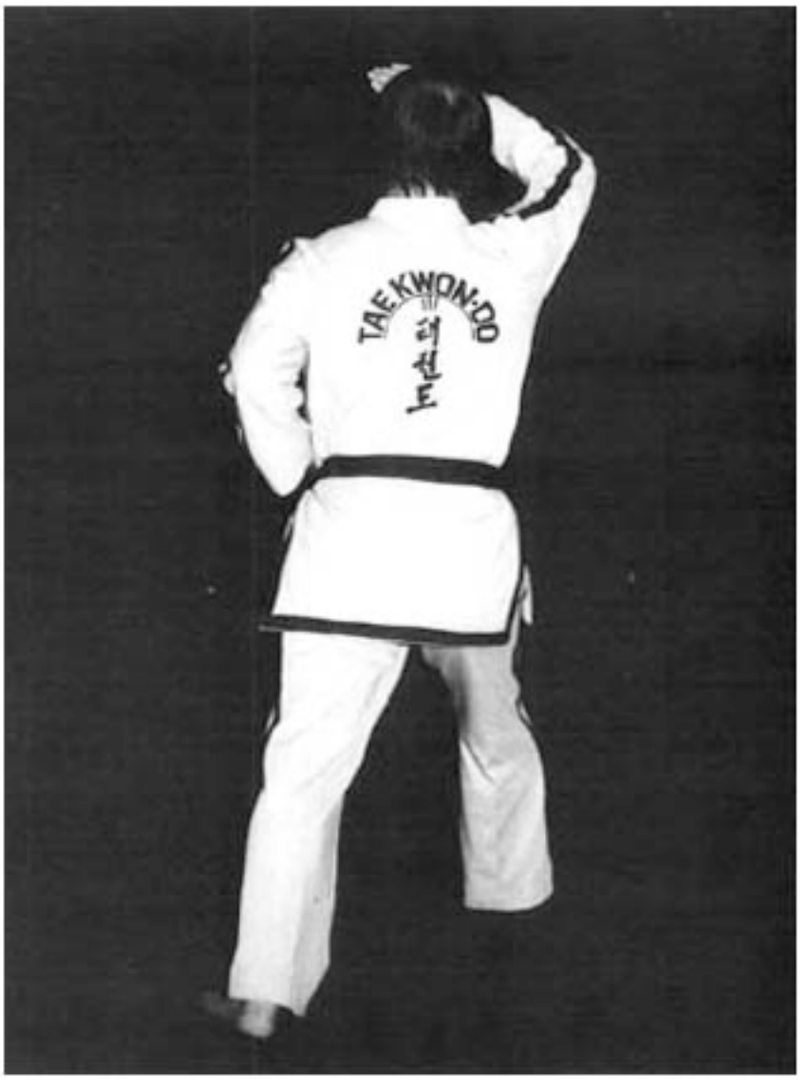
Left walking stance toward D with a right angle fingertip high thrust.

Previous Posture

Application

Side View

31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.



Right walking stance toward C with a right knife-hand rising block.

Previous Posture

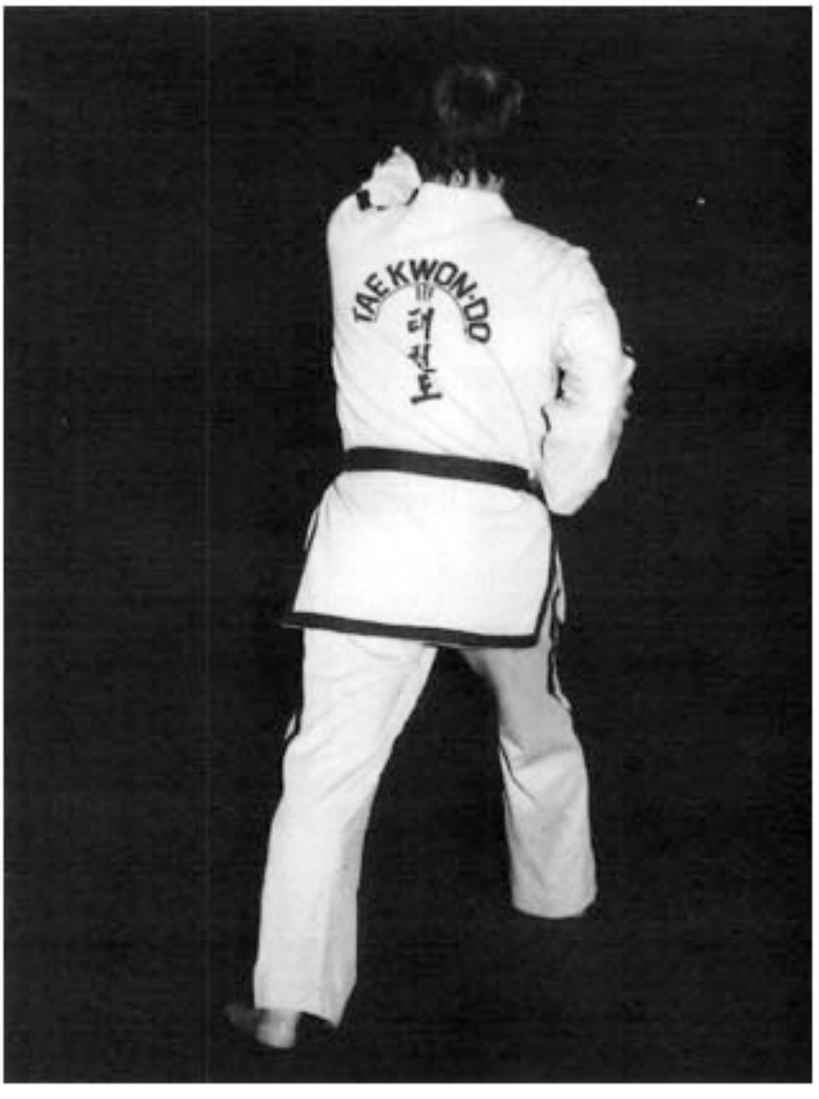
Application

Side View

Keep the left heel slightly off the ground.

Other View

32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.



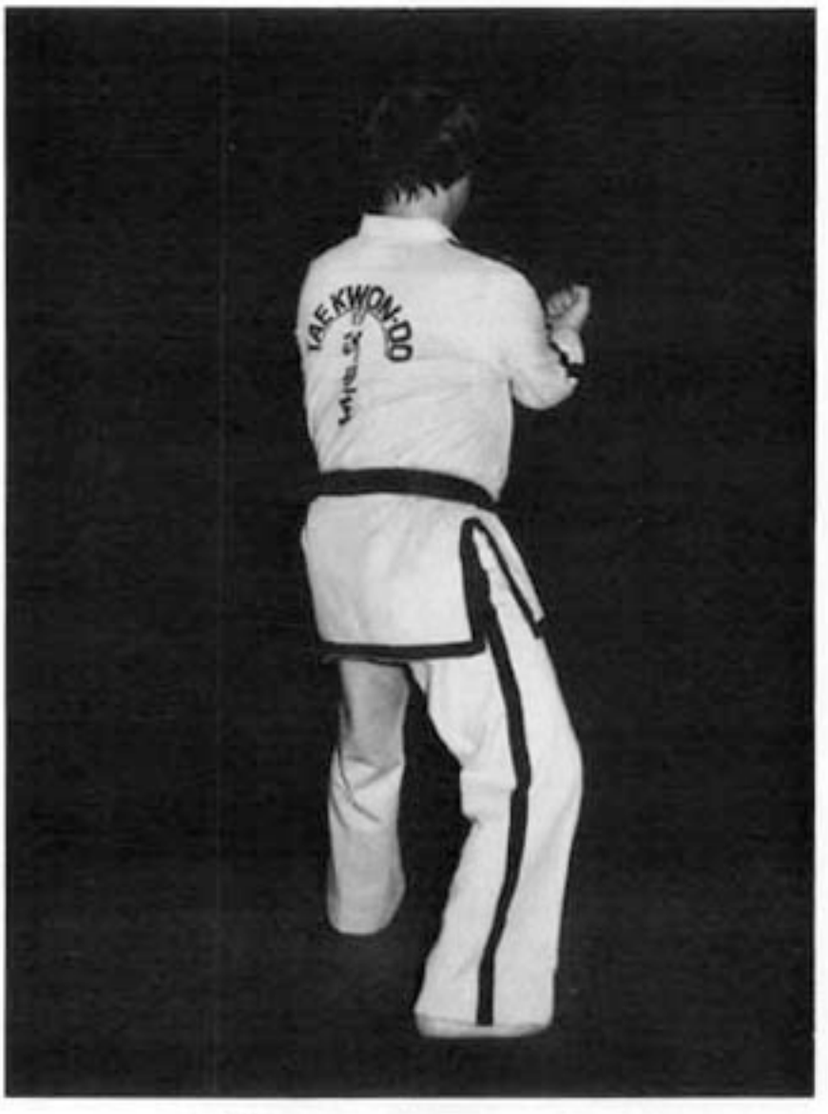
Right walking stance high punch with the left fist toward C.

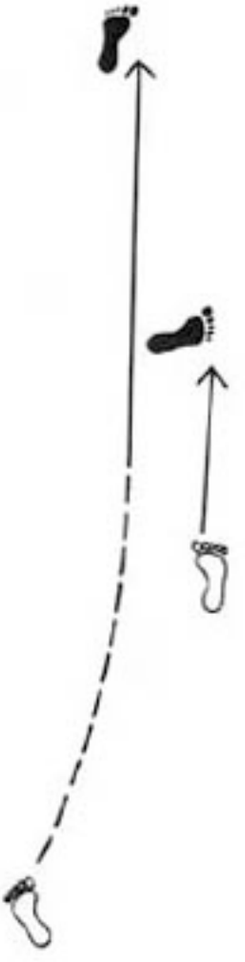
Previous Posture

Keep the left heel slightly off the ground.

Side View

33. Slide to C, forming a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.



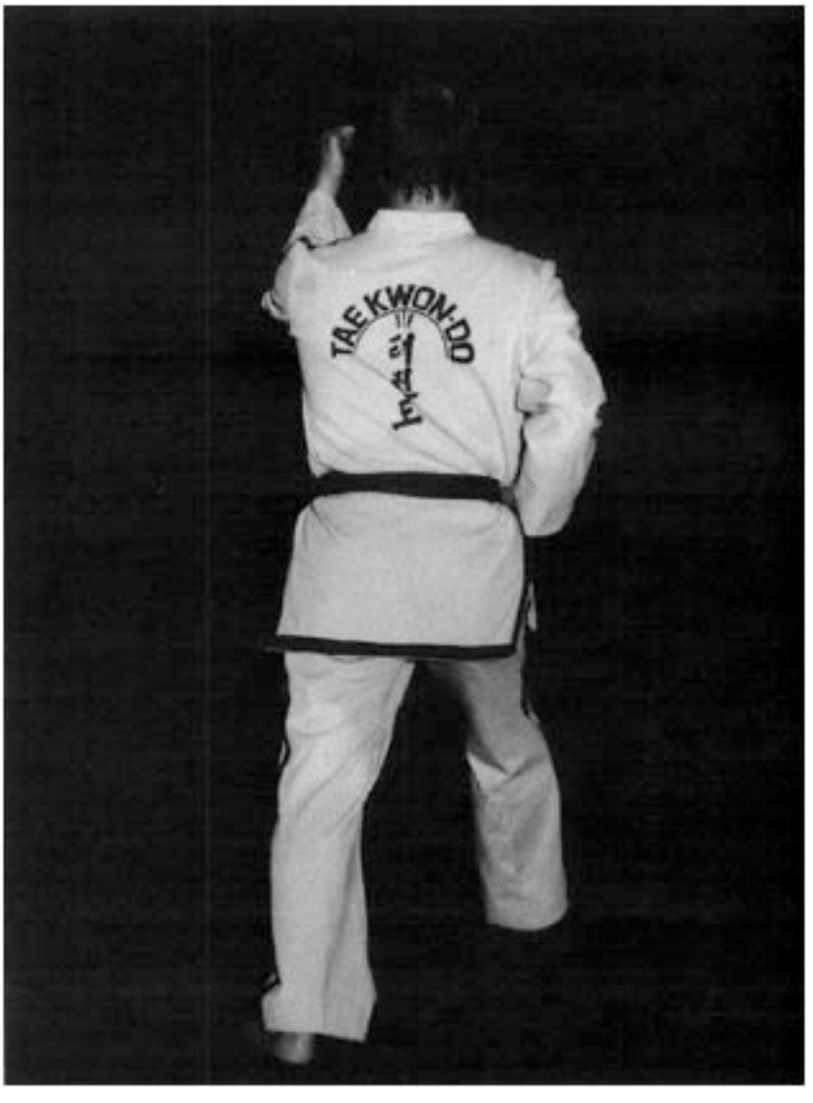


Right L-stance upset punch with the right fist toward D.

Previous Posture

Other View

34. **Move the left foot to D to form a right walking stance toward C while executing a high thrust with the left angle fingertip.**



Right walking stance toward C with a left angle fingertip high thrust.

Previous Posture

Other View

35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.

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

Application

Previous Posture

Side View

Other View

36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.

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

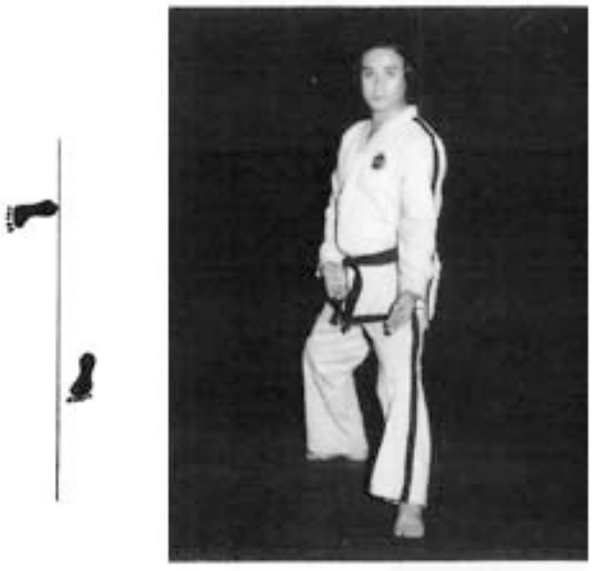
Previous Posture

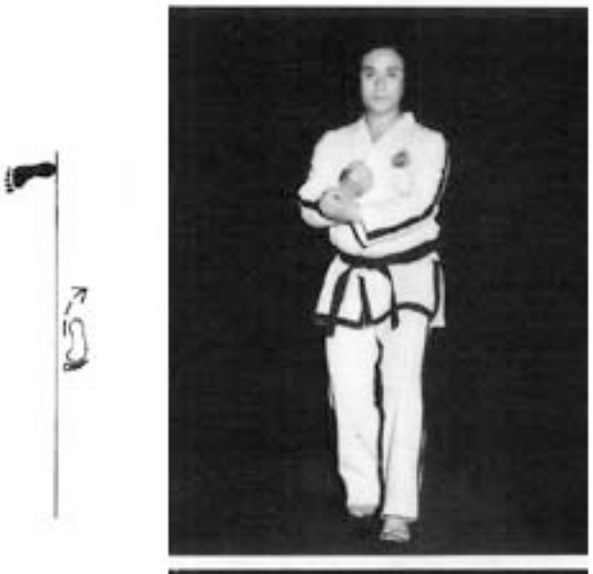
Side View

37. Execute a low block with the right forearm and a middle side front block with the left knife-hand while forming a left walking stance toward D, slipping the left foot.

Left walking stance forearm low block and knife-hand middle side front block toward D.

Previous Posture





Application

Side View

38. **Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.**

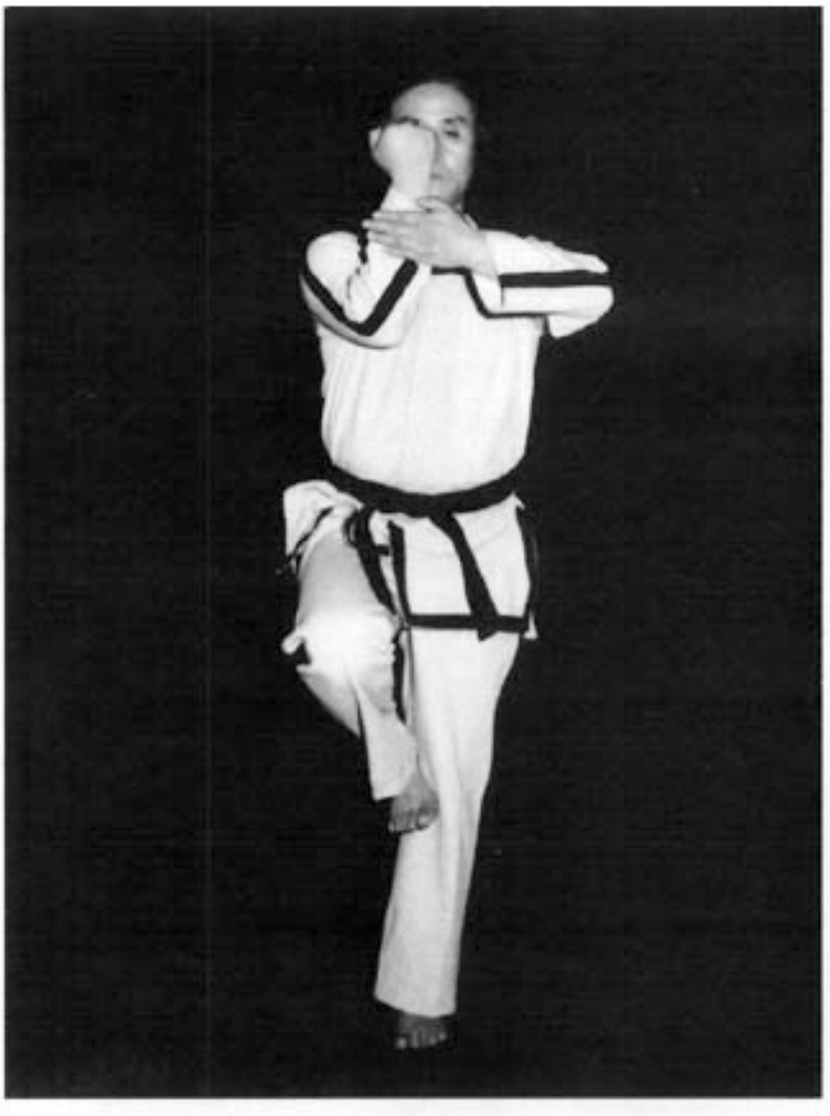
Right walking stance twin fist high vertical punch toward D.

Previous Posture

Application

Side View

39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward **D** while striking the left palm with the right back forearm.



Left one-leg stance side front strike with a right back fist toward **D**.

Previous Posture

Top View

Application

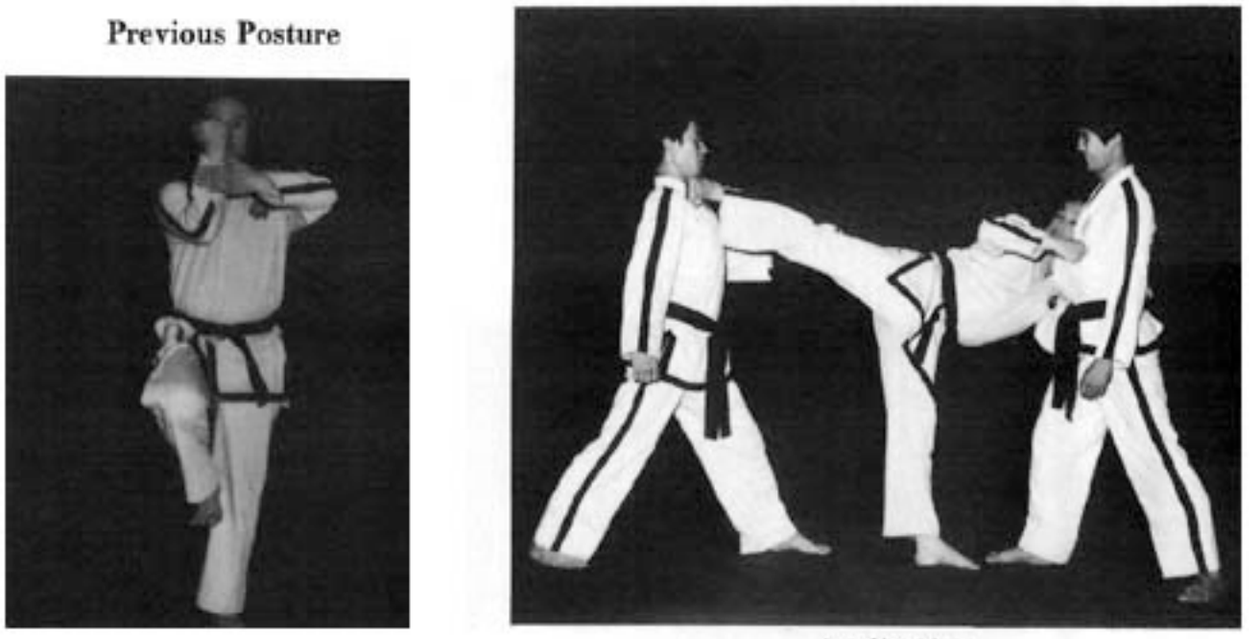
Side View

40. **Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.**

Middle back piercing kick to C with the right foot.

Side View

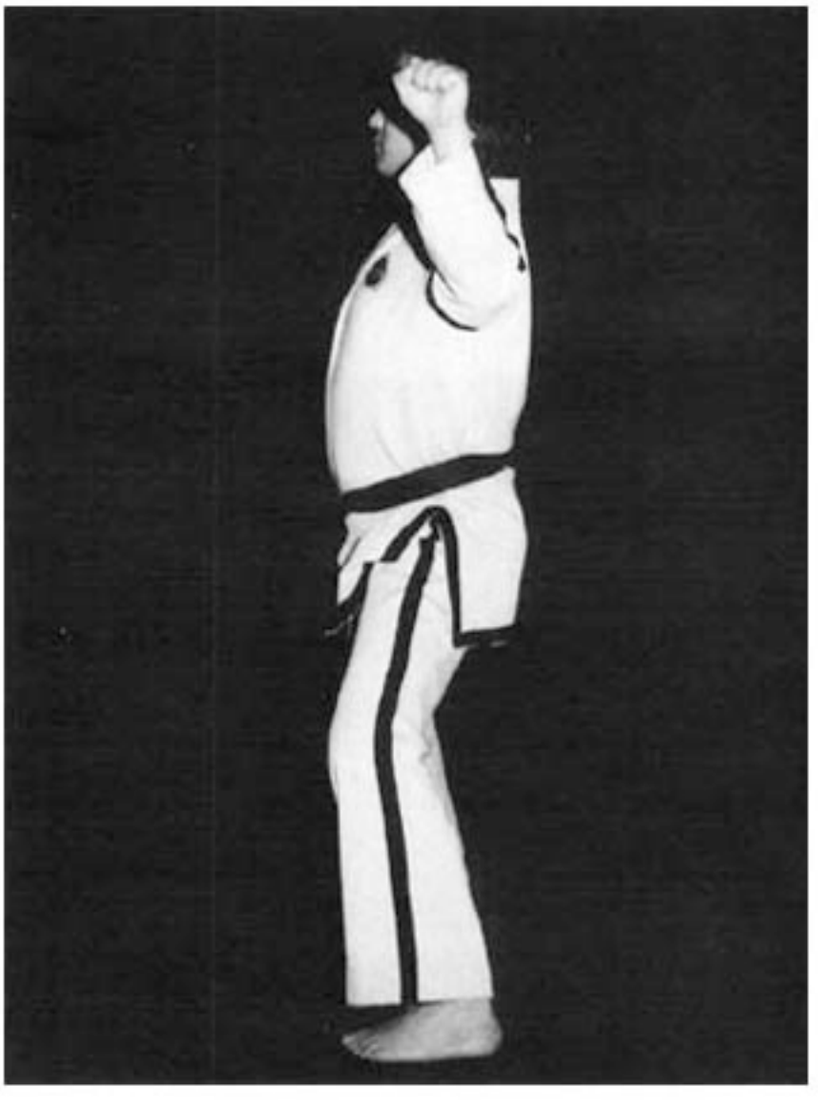
Previous Posture



Application

Side View

41. **Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.**



Sitting stance toward A with outer forearm W-shape block.

Previous Posture

Application

Front View

Keep forearms half facing.

42. Slide to C, maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.

Sitting stance toward A with the outer forearm W-shape block.

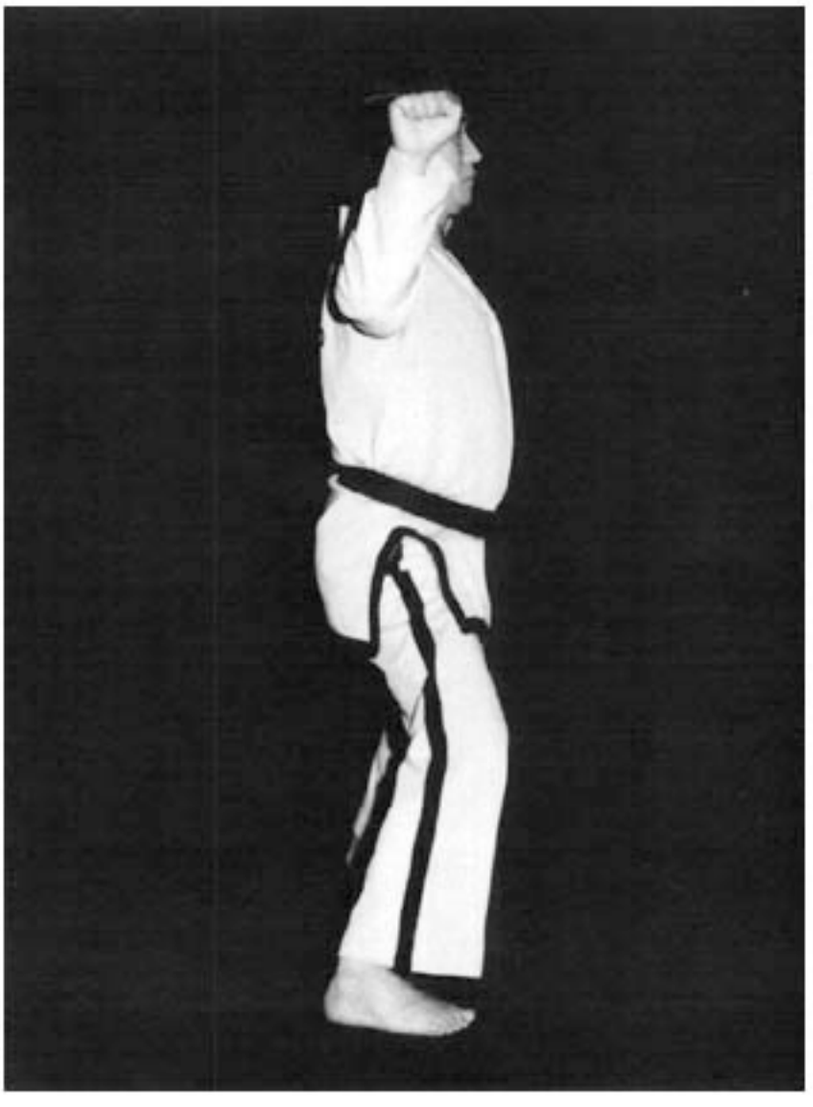
Previous Posture

Raise the body slightly.

Front View

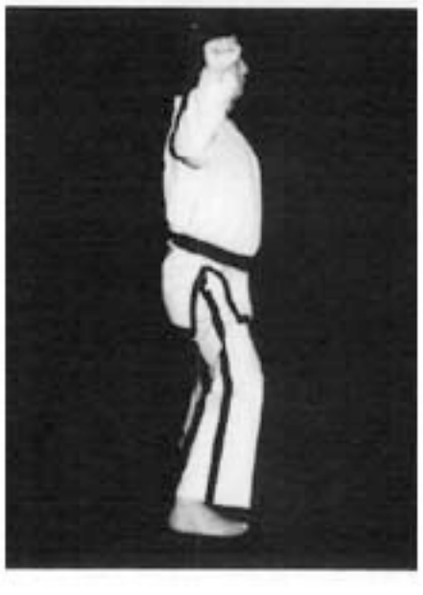
Keep forearms half facing.

43. **Move the right foot to D in a stamping motion, turning counter-clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.**



Sitting stance toward B with the outer forearm W-shape block.

Previous Posture

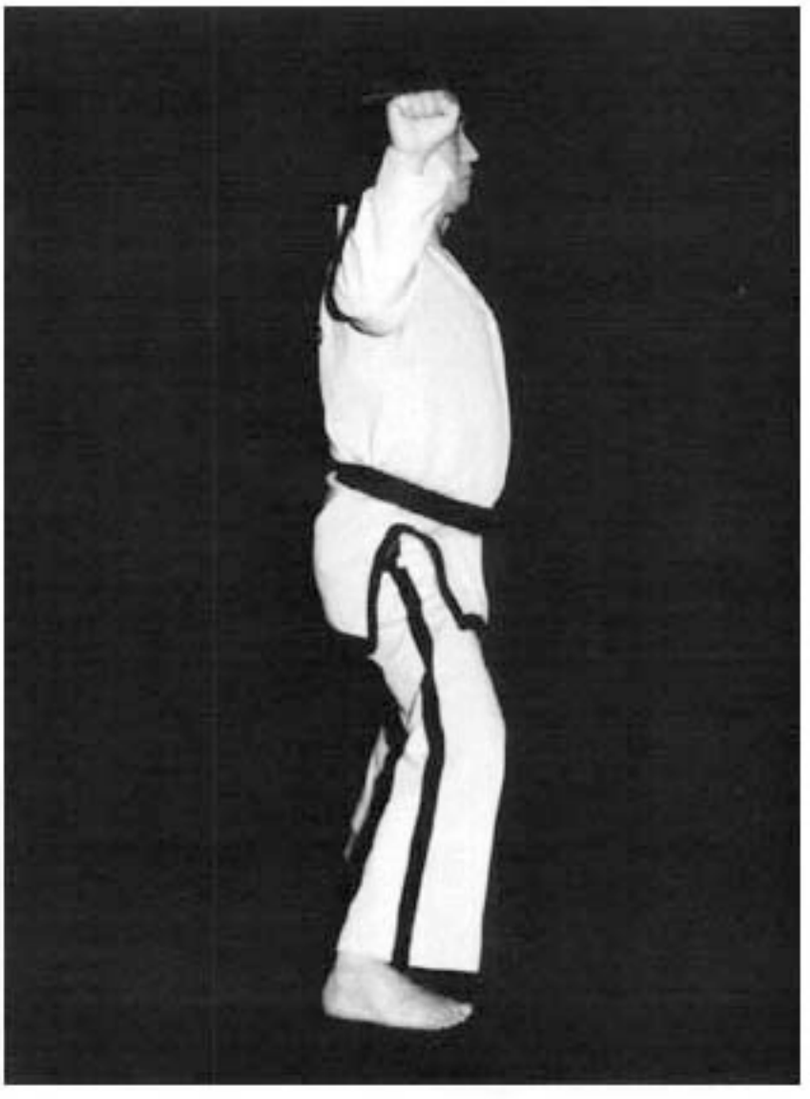


Application

Keep the forearms straight with the outer forearms faced B.

Front View

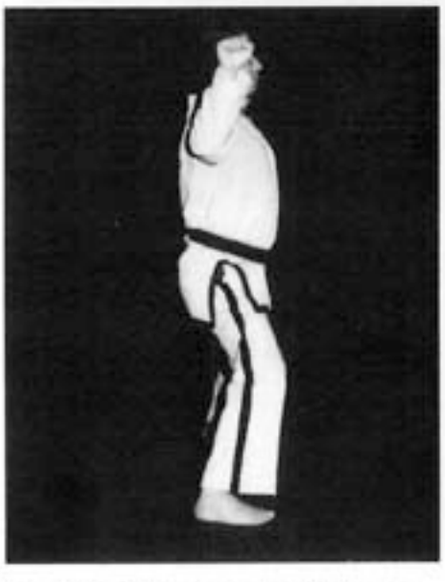
44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.



Sitting stance toward B with the outer forearm W-shape block.

Previous Posture

Raise the body slightly



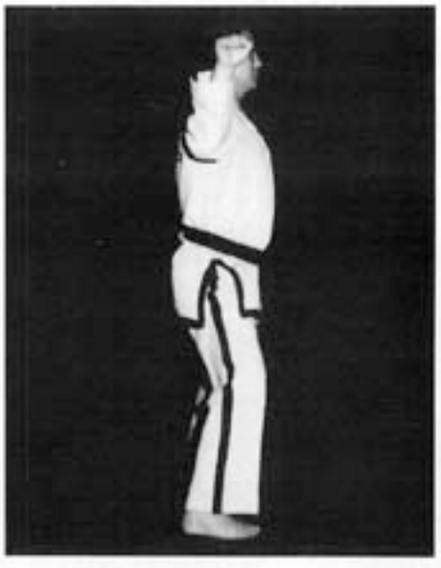
Front View

Keep the forearms half facing.

45. **Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time striking the right palm with the left back forearm.**

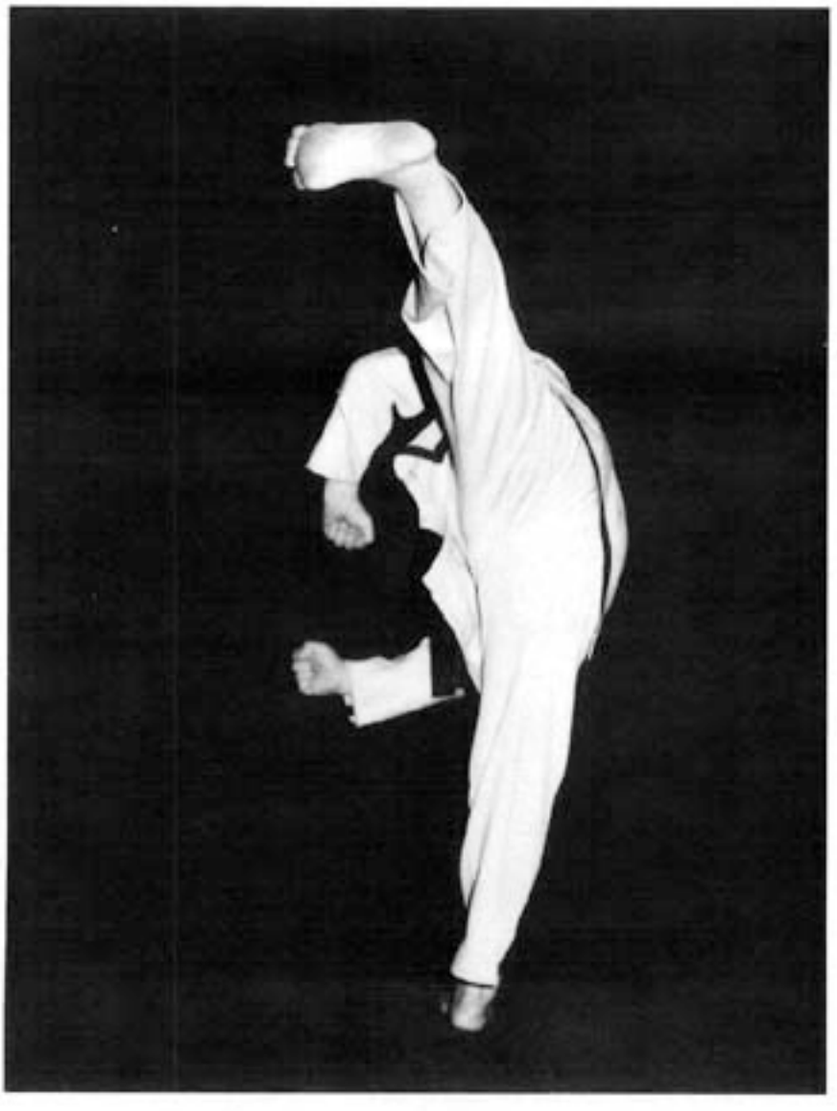
Right one-leg stance with a left back fist side front strike toward C.

Previous Posture



Front View

46. Execute a middle back piercing kick to D with the left foot, pulling both hands in the opposite direction.

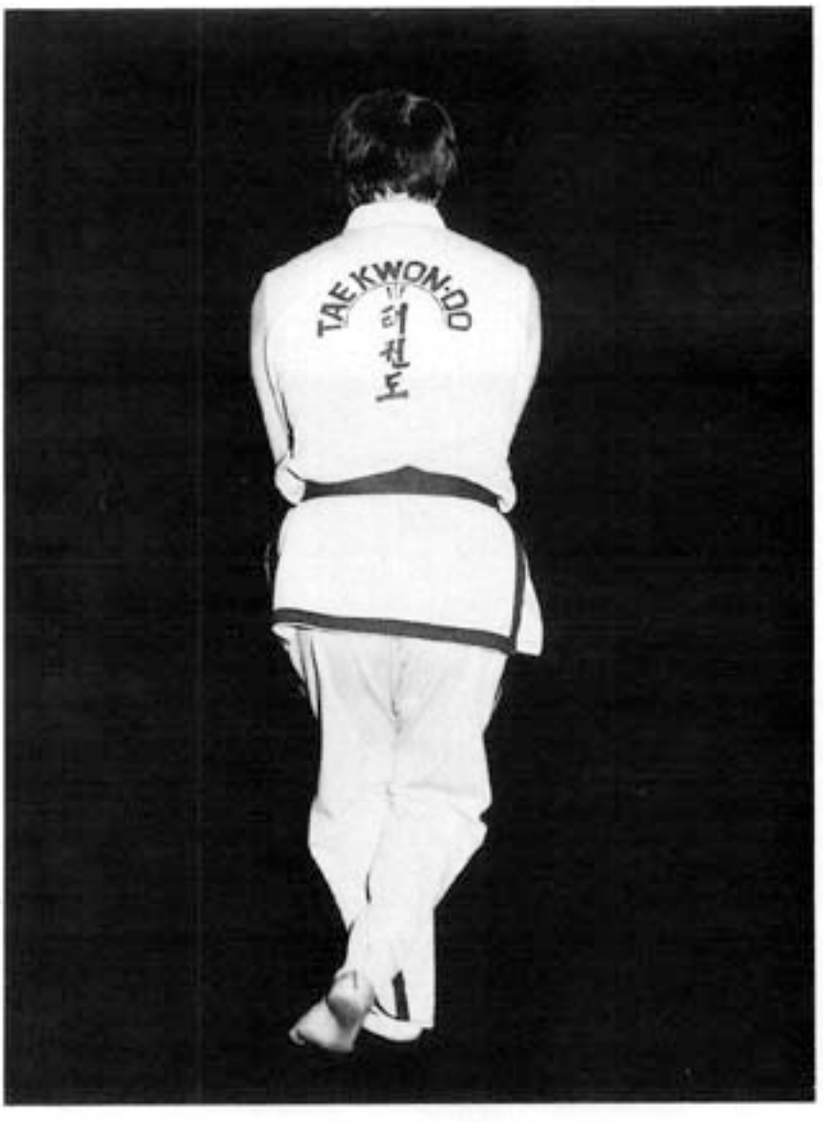


Middle back piercing kick to D with the left foot.

Previous Posture

Side View

47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block wiht an X-fist.



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

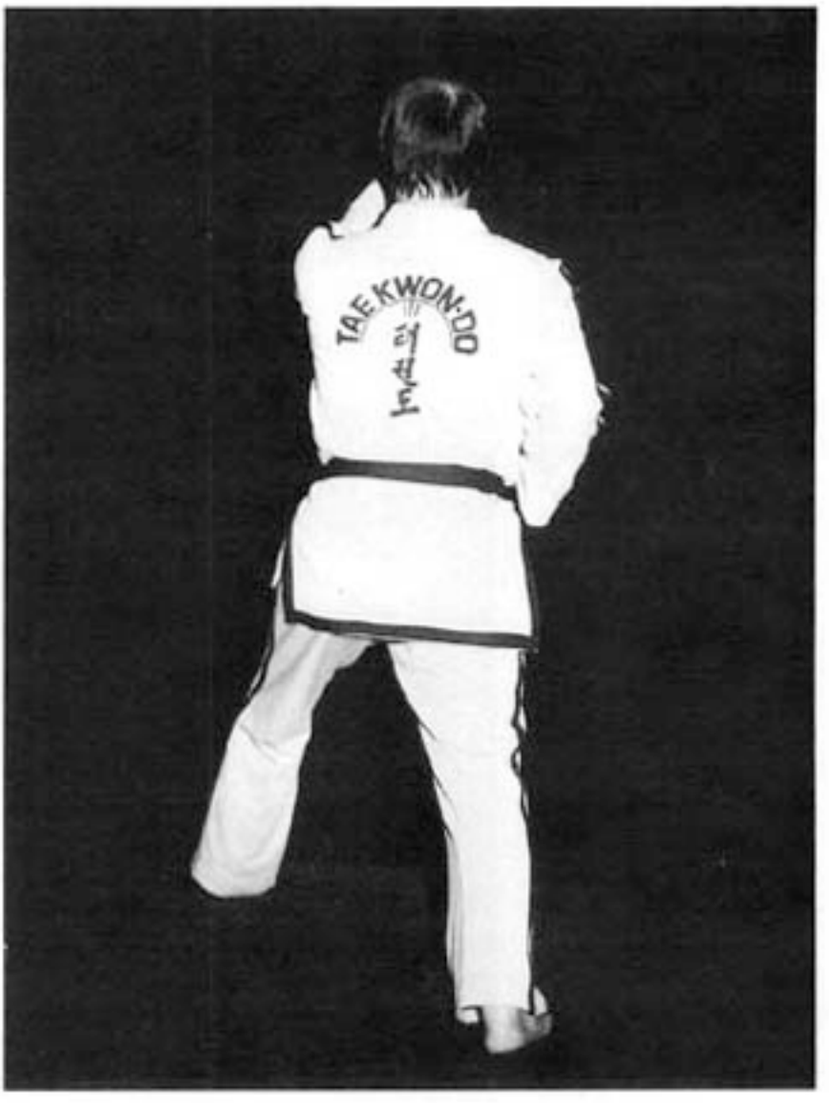
Application

Previous Posture

Side View

Other View

48. **Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.**



Left walking stance toward C with a left under fist front strike.

Application

Previous Posture

Side View

49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.

Right walking stance toward C with a right under fist front strike.

Previous Posture

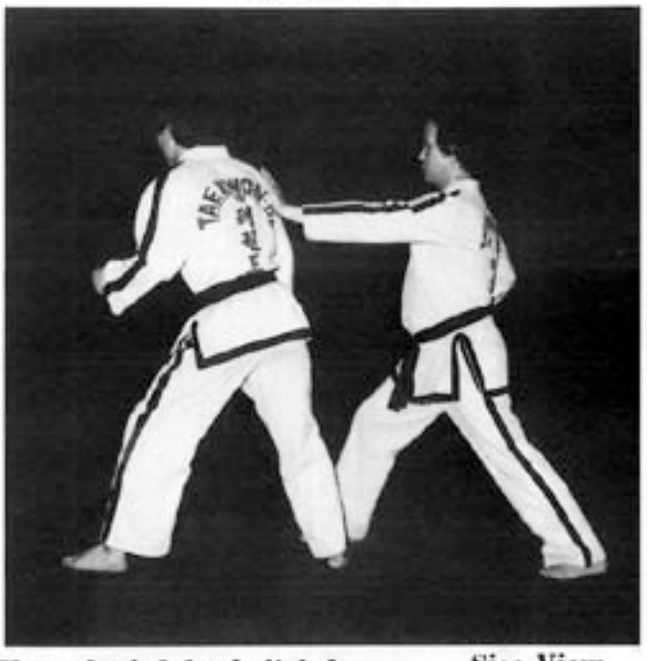
Other View

50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.

Right walking stance middle pushing block with the left palm toward C.

Previous Posture

Application



Keep the left heel slightly off the ground.

Sice View

Side View

51. Execute a circular block to AD with the right knife-hand while forming a left walking stance toward AD.

Left walking stance circular block with the right knife-hand toward AD.

Side View

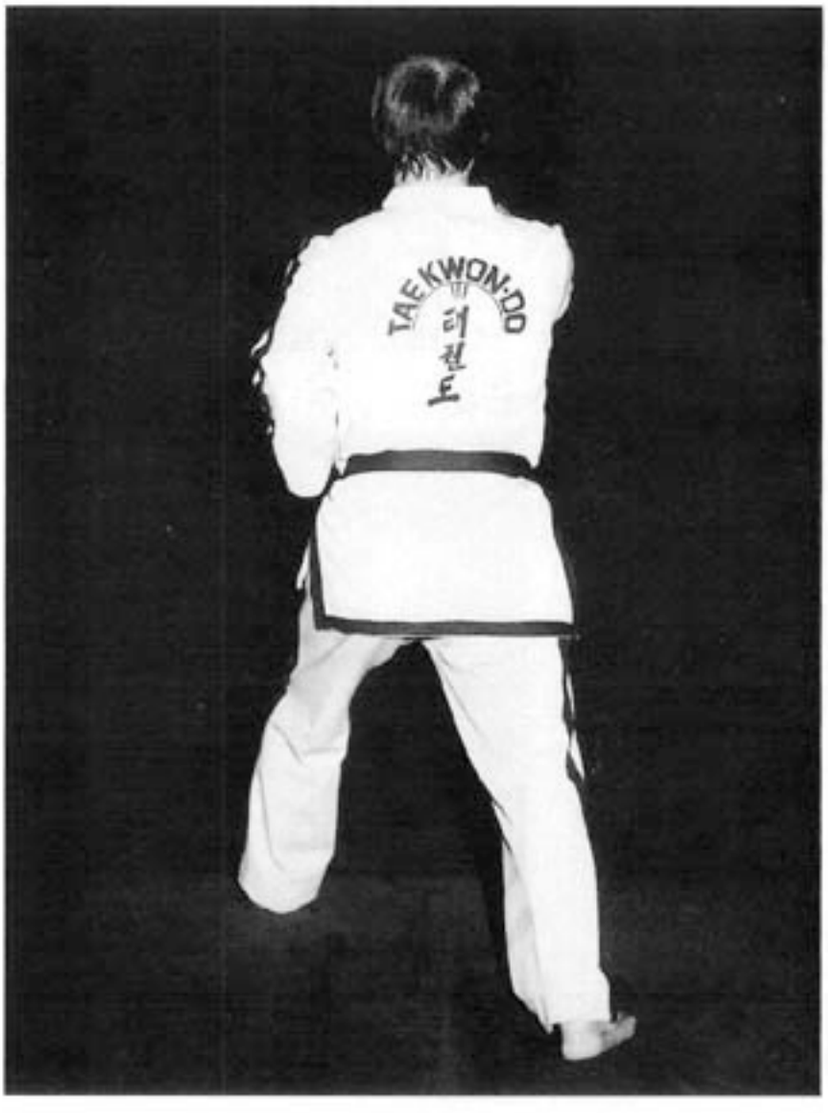
Previous Posture

Application

Keep both heels slightly off the ground.

Side View

52. **Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.**



Right walking stance middle pushing block with the right palm toward C.

Previous Posture

Other View

53. Execute a circular block to BD with the left knife-hand while forming a right walking stance toward BD.

Right walking stance circular block with the left knife-hand toward BD.

Previous Posture

Keep both heels slightly off the ground.

Other View

54. Execute a middle side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a close stance toward D while executing a twin side back elbow thrust.

Previous Posture

Middle side piercing kick to D with the right foot.

Close stance toward D with a twin side back elbow thrust.

Side View

55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.

Sitting stance toward A with a left fist middle side punch to D.

Application

Previous Posture

Back View

Front View

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

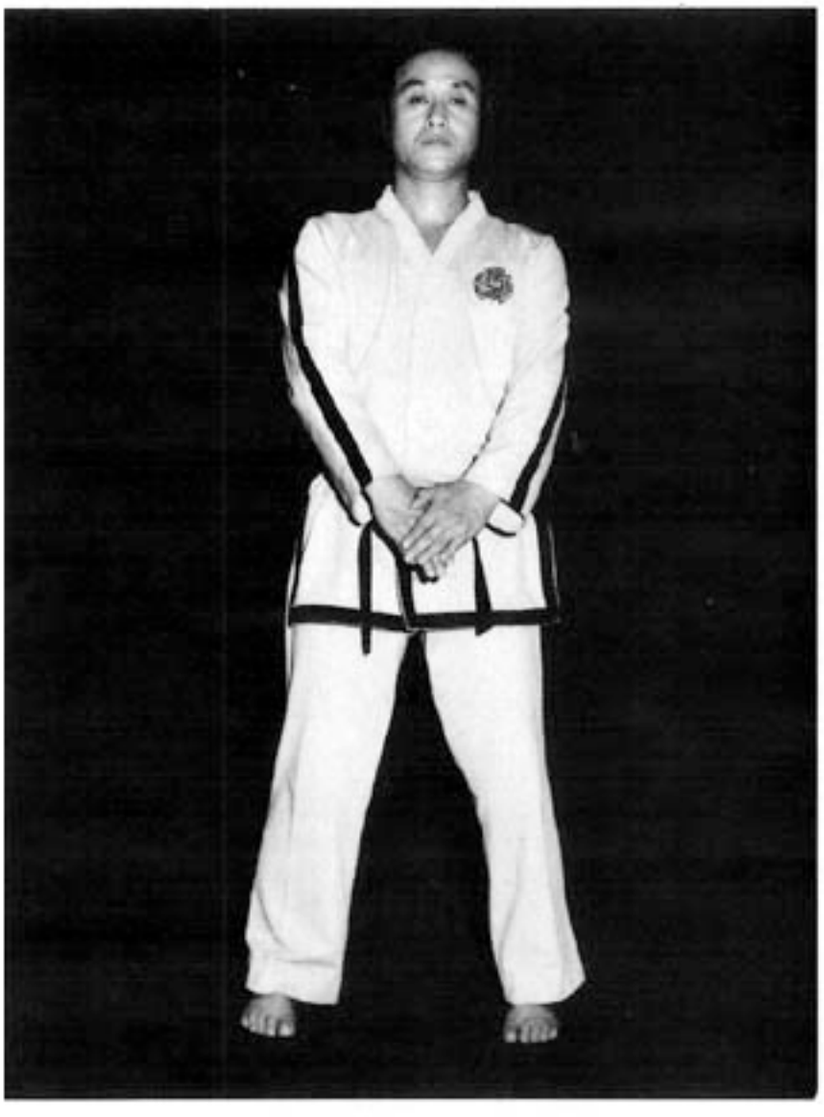
Left walking stance middle punch with the right fist toward D.

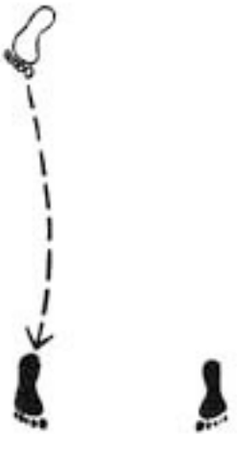
Previous Posture

Side View

Application

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





Parallel stance toward D.

Previous Posture

Top View

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:

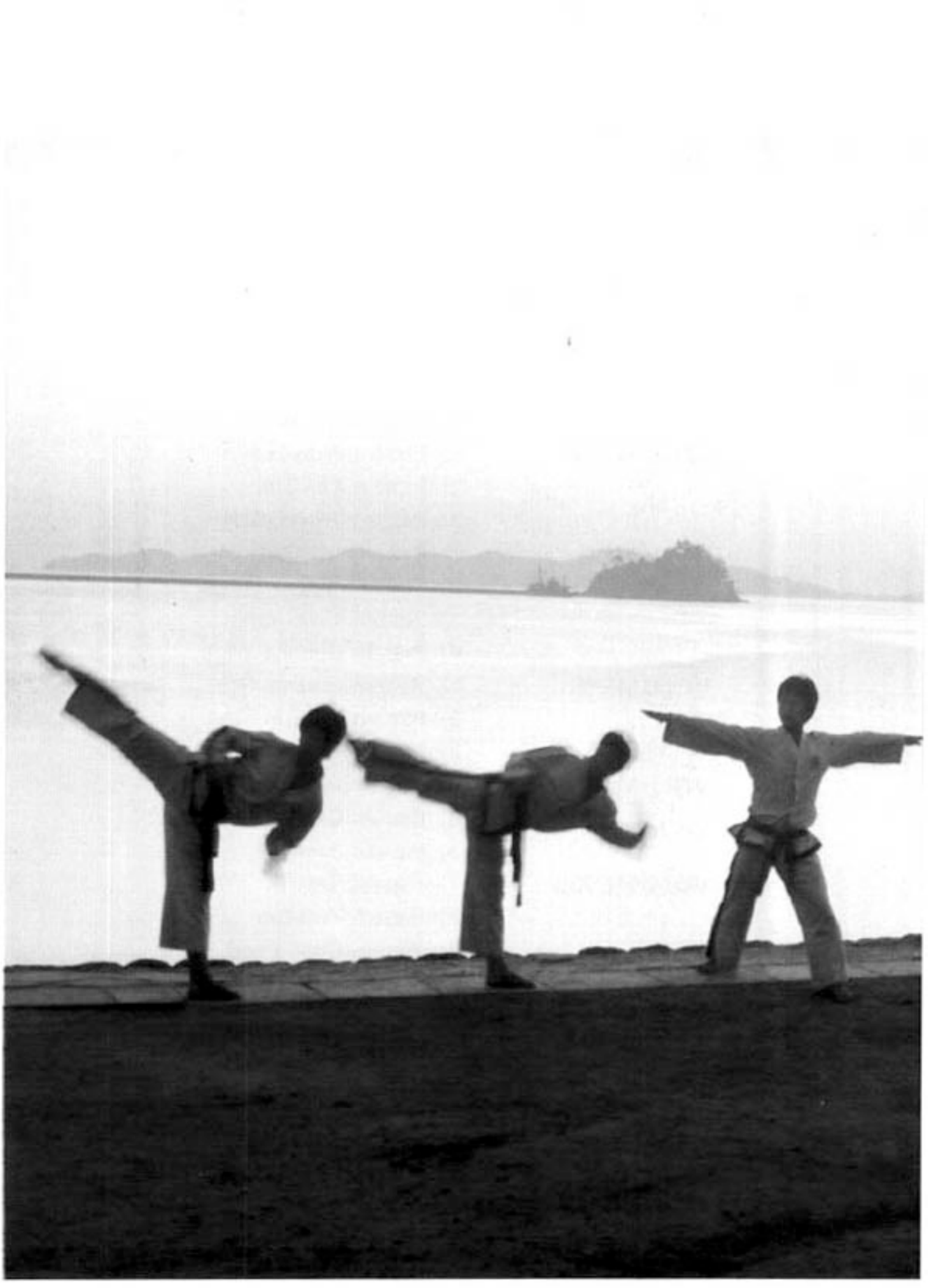
1) Theory of Power
2) Attacking and Blocking Tools
3) Vital Sports
4) Training
   A) Training Hall
   B) Conduct in Do Jang
   C) Training Equipment
   D) Practice Suits
5) Stances
6) Training Aids

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