

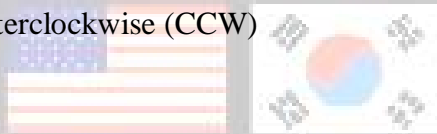
Martial Arts Carolina Curriculum

REQUIREMENT CHART

RANK	CARDIO/STRENGTH	BREAK	LOW RANK MATERIAL	JOINT LOCK	GROUND	WEAPONS Adults Only
J. Camo/ A. Green	25 push ups, 25 sit ups, 100 kicks		Chon-Ji			
A. Purple - Brown		2 basic techniques				
J. Brown - Red		2 basic techniques				
A. Brown/ J. Red	50 – 25 min., 50 “”, 100 kicks, 100 strikes & blocks		Chon-Ji – Won Hyo			
A. Red – RB2		1 basic technique and 1 jump kick or block to break		Intro (1 – 3 techs.)	I	
J. RB1 – RB2		1 basic technique and 1 jump kick		I	I	
A. RB2 / J. RB2			All	I	I	
A. JBB/ J. JBB	100 – 25 min., 100 “”, 100 kicks, 100 strikes & blocks	2 basic techniques and 1 jump #4 side kick	All	I	I	Level 1 (4 – 6 techs.)
1D	“”	3 techniques	All	1	1	1
2R	“”	3 techniques	All	Level 2 (6 – 8 techs.)	2	2
2	“”	3 techniques	All	3 (8 – 12 techs.)	2	3 plus weapon application (escrima, blade or bo-staff)

Form Notes:

- All forms start facing North.
- Directions are listed as N,S,E,W
 - North- flag
 - East- dressing rooms
 - South- back room
 - West- parking lot
- Turns are clockwise (CW) or counterclockwise (CCW)
- Stances are Left (L) or Right (R)
 - F- front stance
 - B- back stance
 - R- rear/ cat stance
 - M- middle/ horse stance
 - C- closed stance
 - X- crossed stance
 - S- sparring stance
 - Cr- crane/ one-legged stance



Chon-Ji

19 movements

History: Chon-Ji literally means “heaven and earth,” which signifies the creation of the world or the beginning of human history. This pattern has two beginnings--one representing heaven and the other earth.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW left low block	W	LF
2. Step right punch (mid-section)	W	RF
3. Turn CW right low block	E	RF
4. Step left punch	E	LF
5. Turn CCW left high block	N	LF
6. Step right punch	N	RF
7. Turn CW right high block	S	RF
8. Step left punch	S	LF
9. Turn CCW left inner forearm block	E	RB
10. #2 right front kick (mid-section) (hands in guard position)	E	RF
11. Turn CW right inner forearm block	W	LB
12. #2 left front kick	W	LF
13. Turn CCW left inner forearm block	S	RB
14. #2 right side kick	S	RF
15. Turn CW right inner forearm block	N	LB
16. #2 left side kick	N	LF
17. Step up right punch	N	RF
18. Step back left punch	N	LF
19. Step back right punch KIHAP	N	RF

Left foot returns to ready position

Form Related Self Defense Combos (hands in guard position): (1) Inner forearm block, #1 Front kick, Jab, Cross, and #1 Side kick; (2) Arm Bar from cross wrist grab.



Dan-Gun

21 movements

History: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW double knife hand block	W	RB
2. Step right punch (high section)	W	RF
3. Turn CW double knife hand block	E	LB
4. Step left punch	E	LF
5. Turn CCW left low block	N	RB
6. Right #2 round kick	N	RF
7. Left #2 round kick	N	LF
8. Immediately step right punch KIHAP	N	RF
9. Turn CCW 270° knife hand square block	E	RB
10. Step right punch	E	RF
11. Turn CW 180° knife hand square block	W	LB
12. Step left punch	W	LF
13. Turn left low block	S	LF
14. No step left high block	S	LF
15. Step right high block	S	RF
16. Step left high block	S	LF
17. Step right high block KIHAP	S	RF
18. Turn CCW 270° left knife hand strike	W	RB
19. Step right #2 round kick	W	RF
20. Turn CW right knife hand strike	E	LB
21. Step left #2 round kick	E	LF

Left foot returns to ready position

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: **Knife hand block (back hand), #2 Round kick and step behind, knife hand strike to back of neck, sweep take-down (back collar grab), and Punch.**

(1b) SS: **#1 Front kick, Jab, Cross, Hook, and #1 Round kick.**

(2a) SD: **Knife hand block (front hand), #1 Front kick, Jab, and #1 Side kick.**

(2b) SS: **Other side.**



Do-San

24 movements

History: 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 independent movement.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW left outer forearm block	W	LF
2. No step, right reverse punch		
3. Step online turn 180° CW, right outer forearm block	E	RF
4. No step, left reverse punch		
5. Slide left foot to back stance, dbl. outer forearm block	N	RB
6. Step forward, right #2 crescent kick	N	RF
7. Step left #2 crescent kick	N	LF
8. Step forward, right back fist strike KIHAP	N	RF
9. Turn CCW 270°, left outer forearm block	E	LF
10. No step, right reverse punch		
11. Step online turn CW, right outer forearm block	W	RF
12. <u>No step, left reverse punch</u>		
13. Step left foot SE, twin outer forearm block	SE	LF
14. Right front kick (mid section)	SE	
15. Right punch	SE	RF
16. No step, left reverse punch		
17. Step right foot SW, twin outer forearm block	SW	RF
18. Left front kick	SW	
19. Left punch	SW	LF
20. No step, right reverse punch		
21. Step left foot S, left low block, immediately Followed by left high block	S	LF
22. Step forward, right high block	S	RF
23. Turn CCW 270° to middle stance facing N, left #1 Crescent kick to W	N	M
24. Step left to right and then step right foot to E, right #1 Crescent kick to E. KIHAP	N	M
Right foot returns to ready position		

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Outer Forearm block (back hand), #2 Front kick and step behind, Outer Forearm strike to kidney/lower back, Sweep take-down (under hook), and Punch.

(1b) SS: #1 Front kick, Jab, Cross, Hook, and #1 Crescent kick.

(2a) SD: Outer Forearm block (front hand), #1 Crescent kick, #2 Side kick, and Back fist.

(2b) SS: Other side.

Won-Hyo

27 movements

History: Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position A (high) facing North		
1. Step left foot to W, square block to W	W	RB
2. Right upset knife-hand strike to W, pull left fist to right shoulder		
3. Left punch to middle section		
4. Step left foot to right then right foot to E, square block E		LB
5. Left upset knife-hand strike to E, pull right fist to left shoulder		
6. Right punch to middle section		
7. Slide right foot to left, double outer forearm block	N	C
8. Left #1 side kick to N middle section		
9. Reverse side kick	N	RB
10. Right #1 side kick (hands up in guard position)	N	LB
11. Reverse side kick	N	RB
12. Step forward, right reinforced vertical spear hand KIHAP	N	RF
13. Turn CCW 270°, square block	E	RB
14. Right upset knife-hand strike to E, pull left fist to right shoulder		
15. Left punch to middle section		
16. Step left foot to right then right foot to W, square block to W	W	LB
17. Left upset knife-hand strike to W, pull right fist to left shoulder		
18. Right punch to middle section		
19. Step right foot to left, the step left foot to S	S	LF
20. Right reverse circular inner forearm block (scooping block)	S	LF
21. Right #2 front kick		
22. Left reverse punch	S	RF
23. Left circular reverse inner forearm block		
24. Left #2 side kick to S		
25. Reverse side kick to S, set foot down in closed stance KIHAP		
26. Turn CCW, double outer forearm block	W	RB
27. Step left foot to right, then right foot to E, double outer forearm block	W	LB

Right foot returns to ready position

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: (Form combo 1 – 3) Outer Forearm block (front hand), Upset knife hand strike pulling in with other hand on back of neck, Sweep take-down (slide in) and Punch.

(1b) SS: #1 Front kick, Jab, Cross, Hook, and “angry step” Reverse side kick.

(2a) SD: Step back Inner Forearm block (back hand), Jab, #1 Side kick, Reverse Side kick (Jump Optional)

(2b) SS: Other side.

Yul-Gok

38 movements

History: Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed “Confucius of Korea.” The 38 movements of this pattern refer to his birth place on the 38° latitude and the diagram represents the scholar.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Step left foot W into middle stance, left slow punch (mid section)	N	M
2. Right punch		
3. Left punch		
4. Step left foot to right, the right to E, right slow punch N		M
5. Left punch		
6. Right punch		
7. Step right foot NE, right inner forearm block	NE	RF
8. Left #2 front kick to NE, land in LF stance		
9. Left punch	NE	LF
10. Right reverse punch		
11. Step left foot NW, left inner forearm block	NW	LF
12. Right #2 front kick to NW, land in RF stance		
13. Right punch	NW	RF
14. Left reverse punch		
15. Step right foot N, right hooking block	N	RF
16. Left reverse hooking block		
17. Right punch		
18. Step forward, left hooking block	N	LF
19. Right reverse hooking block		
20. Left punch		
21. Reverse Hook Kick KIHAP	N	RF
22. Right one-leg stance, guard position	N	
23. Left hook kick to N, land in LF stance		
24. Right reverse horizontal elbow into left palm	N	LF
25. Left one-leg stance, guard position	S	
26. Right hook kick to S, land in RF stance		
27. Left reverse horizontal elbow into right palm	S	RF
28. Step left foot to E, knife-hand square block	E	RB
29. Step forward, right reinforced vertical spear hand	E	RF
30. Step right foot CW to W, knife-hand square block	W	LB
31. Step forward, left reinforced vertical spear hand	W	LF
32. Step left foot to S, left outer forearm block	S	LF
33. Right reverse punch		
34. Step forward, right outer forearm block	S	RF
35. Left reverse punch		
36. Step spin hook kick KIHAP	S	RB
37. Step right foot CW to W, double inner forearm block	W	RF
38. Step right foot to left, then left foot to E, double inner forearm block	E	LF
Right foot returns to ready position		

Yul-Gok (Cont.)

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Brush, trap, spear strike, #2 Round kick, and finish with Arm bar (transition to wrist lock optional).

(1b) SS: #1 Front kick, Jab, Cross, Hook, and “angry step” Spin hook kick.

(2a) SD: Street style Knife hand square block, Winding throw take-down, knee on rib & neck, and Punch.

(2b) SS: Other side.



Joong-Gun

32 movements

History: Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-bumi Ito, the first Japanese governor-general of Korean, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Joong-Gun's age when he was executed at Lui-Shung prison (1910).

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position B (middle) facing North		
1. Step left foot W, left upset ridge-hand block	W	RB
2. Left #1 front kick	W	
3. Step forward, right upset palm heel block	W	LR
4. Step right foot CW to E, right upset ridge-hand block	E	LB
5. Right #1 front kick	E	
6. Step forward, left upset palm heel block	E	RR
7. Step left foot N, double knife-hand block	N	RB
8. Slide to LF stance, right reverse upward elbow into left palm	N	LF
9. Step forward, double knife-hand block	N	LB
10. Slide to RF stance, left reverse upward elbow into right palm	N	RF
11. Step forward, left #2 ax kick	N	LF
12. Step forward, right #2 ax kick	N	RF
13. Step online, turn CCW 180°, X-block (high) KIHAP	S	LF
14. Step left foot E, left backfist	E	RB
15. Left twisting release downward		
16. Shift to LF stance, right reverse punch (high)	E	LF
17. Step left foot to right, then right foot to W, right backfist	W	LB
18. Right twisting release downward		
19. Shift to RF stance, left reverse punch (high)	W	RF
20. Step right foot to left, then left foot to S, double inner forearm block	S	LF
21. Pull left foot back, left punch	S	RB
22. Right #2 ax kick, land in RF stance	S	
23. Double inner forearm block	S	RF
24. Pull right foot back, right punch	S	LB
25. Left #2 ax kick, land in RB stance	S	
26. Double outer forearm block	S	RB
27. Shift to LF stance, slow pressing block	S	LF
28. Step forward, double outer forearm block	S	LB
29. Shift to RF stance, slow pressing block	S	RF
30. Facing E, in right back stance (hands in guard pos.) #1 left ax kick KIHAP	E	RB
	E	RB
31. Step right foot E, knife hand square block	E	LB
32. Step right foot to left, then left to W, KHSB	W	RB

Right foot returns to ready position

Joong-Gun (Cont.)

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Upset Ridge hand block (front hand), Upward elbow to bicep (chin optional), #2 round kick (knee optional), and #2 Ax kick (inside to outside).

(1b) SS: #1 Front kick, Jab, Cross, Hook, and #2 Ax kick.

(2a) SD: Pressing block and shoulder throw (hip throw optional).

(2b) SS: Other side.



Toi-Gye

37 movements

History: Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on new-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents the scholar.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position- left palm on back of right hand, facing North		
1. Step left foot W, left inner forearm block	W	RB
2. Right low reverse upset spear hand, bringing left fist to right chest		
3. Step left foot to closed stance, front right high/low outer forearm block	N	C
4. Step right foot E, right inner forearm block	E	LB
5. Left low reverse upset spear hand, bringing right fist to left chest		
6. Step right foot to closed stance, front left high/low outer forearm block	N	C
7. Step left foot forward, low X-block	N	LF
8. Right inside crescent kick	N	
9. Right "butterfly" kick	N	
10. Step left punch	N	LF
11. Right reverse punch KIHAP		
12. Step right foot to closed stance facing W, bring both fists to hips	W	C
13. Right inner crescent kick into MS facing S, side twin inner forearm block	S	M
14. Left inner crescent kick into MS facing N, side twin inner forearm block	N	M
15. Left inner crescent kick into MS facing S Guard Position	S	M
16. Right spin crescent kick into MS facing S Guard Position	S	M
17. Right inner crescent kick into MS facing N Guard Position	N	M
18. "Butterfly" kick into MS facing N Guard Position	N	M
19. Step right foot to left, then left to N, left circular double inner forearm block	N	RB
20. Shift to LF stance, head grab	N	LF
21. Right knee strike KIHAP		
22. Set right foot down to left, step left to S, double knife-hand block	S	RB
23. Left #1 front kick, land in LF stance	S	
24. Left horizontal spear hand strike (high)	S	LF
25. Step forward, double knife-hand block	S	LB
26. Right #1 front kick, land in RF stance	S	
27. Right horizontal spear hand strike (high)	S	RF
28. Step right foot backward, side right high/low inner forearm block	S	RB
29. Jump S into right X-stance facing E, low X-block KIHAP	E	X
30. Step right foot S, double inner forearm block	S	RF
31. Step left foot CCW 270°, double low knife-hand block	W	RB
32. Step left foot W, right scooping block to NW	W	LF

Toi-Gye (Cont.)

- | | | |
|--|---|----|
| 33. Step left foot to right, then right foot to E, double low knife-hand block | E | LB |
| 34. Step right foot E, left scooping block to NE | E | RF |
| 35. Shift weight to left FS, right scooping block to NW | W | LF |
| 36. Shift weight to right FS, left scooping block to NE | E | RF |
| 37. Step right foot N, right punch KIHAP | N | M |

Right foot returns to ready position

Form Related Self Defense Combos and Sparring Segment (hands in guard position):

(1a) SD: Twin outer forearm CQ block (with BPO ox jaw strike optional), knee to mid section, and elbow to back (lever neck chancery optional).

(1b) SS: #1 Front kick, Jab, Cross, Hook, and Angry Spin crescent kick.

(2a) SD: X block (trapping kick), and back collar grab take-down.

(2b) SS: Other side.

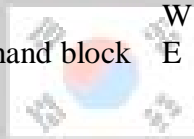
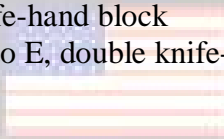


Hwa-Rang

29 movements

History: Hwa-Rang is named for the Hwa-Rang youth group of the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position C (low) facing North		
1. Step left foot W, left palm heel block KIHAP	N	M
2. Right punch		
3. Left punch		
4. Step right foot to BS, square block	E	LB
5. Left reverse upset punch, bringing right fist to left chest	E	LB
6. Right punch (middle)	E	LB
7. Pull right foot back to RS, right circular downward knife-hand strike	E	LR
8. Step left foot E, left punch (middle)	E	LF
9. Step left foot N, left low block	N	LF
10. Step forward, right punch	N	RF
11. Step left foot to right, left hand grabs right fist, right #1 side kick to N pulling both hands to left hip	N	C
12. Set foot down in BS, right knife-hand strike	N	LB
13. Step forward, left punch	N	LF
14. Step forward, right punch	N	RF
15. Step left foot CCW 270°, double knife-hand block	E	RB
16. Step forward, right reinforced vertical spear hand strike	E	RF
17. Slide right foot to BS facing W, double knife-hand block	W	RB
18. Right #2 round kick (high)	W	
19. Left #2 round kick (high)	W	
20. Double knife-hand block	W	RB
21. Step left foot S, left low block	S	LF
22. Pull left foot back to BS, right reverse punch	S	RB
23. Step forward, left reverse punch	S	LB
24. Step forward, right reverse punch	S	RB
25. Slide right foot S, turn to face N, right back elbow KIHAP	N	RB
26. Step left foot to closed stance facing W, front right high/low inner forearm block	W	C
27. Front left high/low inner forearm block		
28. Step left foot W, double knife-hand block	W	RB
29. Step left to right, then right to E, double knife-hand block	E	LB
Right foot returns to ready position		



Choong-Moo

30 movements

History: Choong-Moo was the name given to the admiral Yi Soon-Sin of the Lee dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason 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.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Turn CCW knife-hand square block KIHAP	W	RB
2. Step left knife-hand high block and simultaneous right upset knife-hand strike	W	RF
3. Turn CW double knife-hand block	E	LB
4. Step left reinforced spear hand (low)	E	LF
5. Slide right foot to back stance, double knife-hand block	N	RB
6. Turn to face S, double outer forearm block	S	
7. Right #1 side kick (mid section)	S	
8. Turn to face N, double knife-hand block	N	RB
9. 2-step right jump sidekick	N	
10. Land in double knife-hand block KIHAP	N	LB
11. Turn CCW 270° left low block	E	RB
12. Shift to front stance head grab, right knee strike	E	
13. Set foot down in closed stance turn CCW right reinforced ridge-hand strike	W	RF
14. Right #2 round kick	W	LB
15. Left reverse sidekick	W	
16. Set foot down to double knife-hand block	E	LB
17. Left #2 round kick to NE angle		
18. Pole block	S	LB
19. Jump turn CCW 360° double knife-hand block KIHAP	S	LB
20. Step right upset groin strike	S	LF
21. Step back, side right high/low inner forearm block	S	RB
22. Step right vertical reinforced spear hand strike	S	RF
23. Turn CCW 270° double inner forearm block	W	LF
24. Step right foot CCW right upset hammerfist	S	M
25. No step right backfist toward W	S	M
26. Turn CCW right #2 sidekick	E	LB
28. Left #2 sidekick	E	
29. Set foot down to middle X-block	W	LB
30. Step twin upset palmheel strikes	W	LF
31. Turn CW right high block	W	RF
32. No step, left reverse punch KIHAP	W	RF

Right foot returns to ready position

Form Related & Cumulative Self Defense Combos and Jump Kicks:

(1a) SD: Break away and strike from same side wrist grab (ex. Joong-Gun moves #14 &15).

(1b) SD: Arm bar and wrist lock from cross side grab.

(1c) SD: Sweep from mount.

(1d) JK: #3 Front

(1e) JK: #3 Crescent

Choong-Moo (cont.)

(1f) JK: #4 Side

(2a) SD: Escape from Bear Hug

(2b) SD: Sprawl

(2c) SD: Finger lock

(2d) JK: #3 Round

(2e) JK: #3 Side

(2f) JK: #4 Side

Adult Junior Black Belt Weapon Disarm Self-Defenses

(1a) WSD: Gun High – Roll back.

(1b) WSD: G Middle – Side roll back.

(1c) WSD: G Back – Turn right, under-hook, secure, and roll back.

(1d) WSD: Stick Forehand – Thai block, strike, strip or take-down.

(1e) WSD: S Backhand – Thai block, strike, armpit secure or lock & strip.

** If primary technique fails, then “natural progression” is to palm heel face for balance disruption.

(2a) WSD: S Overhand – Pass, strike, and into hammer lock.

(2b) WSD: Knife Forehand – Pass, secure, strike (knee) and wrist lock.

(2c) WSD: K Backhand & thrust – Circular X block, secure, strike (knee) and wrist lock

(2d) WSD: K Ice pick – Circular X block or pass, secure, strike (knee) and wrist lock or center lock.

** If primary technique fails, then “natural progression” is to palm heel face for balance disruption.



Unapproachable Light

Unapproachable Light

50 movements

History: Junior Master Brad Butchka developed this form as part of his 5th Dan test under the proctorship of Shihan John Mayer, President of PROMAA. It represents Mr. Butchka's faith in Jesus Christ as the pattern resembles a cross, his respect of tradition (ex. First 16 moves) while embracing other complimentary combat styles (ex. Moves 27 – 42), and recognizing the rigors of training in order to complete this form accurately and still have enough endurance to continue on into other aspects of the test.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Partial V with right hand with feet should width apart.		
1. Right high block (low front stances)	N	RF
2. Right low block	N	RF
3. Right inner forearm block	N	RF
4. Right outer forearm block	N	RF
5. Left high block (low front stances)	N	LF
6. Left low block	N	LF
7. Left inner forearm block	N	LF
8. Left outer forearm block	N	LF
9. Step CW into back stance S and right knife-hand (KH) high block	S	LB
10. Left KH low block	S	LB
11. Left ridge-hand (RH) inner block	S	LB
12. Left KH outer block	S	LB
13. Step S into back stance and left knife-hand (KH) high block	S	RB
14. Left KH low block	S	RB
15. Left ridge-hand (RH) inner block	S	RB
16. Left KH outer block	S	RB
17. Turn CCW to E into back stance and right square block	E	RB
18. #1 left outer crescent kick		
19. Followed by #2 right round kick		
20. Followed immediately by reverse hook kick		
21. Set left foot down to E and hands in guard position	E	LS
22. Shift weight to W and shuffle to W into back stance and left square block	W	LB
23. #1 right outer crescent kick		
24. Followed by #2 left round kick		
25. Followed immediately by reverse hook kick		
26. Set left foot down to W and hands in guard position	W	RS
27. Turn CCW with right foot coming to left into a boxing stance hands in tight guard position and 2 left jabs crossing center line	S	LS
28. Right cross	S	LS
29. Left hook	S	LS
30. Duck	S	LS
31. Right uppercut	S	LS
32. Right knee strike	S	LS
right foot coming forward from above knee strike to right boxing stance hands in tight guard position and 2 right jabs crossing center line	S	RS
33. Left cross	S	RS
34. Right hook	S	RS

35. Duck	S	RS
36. Left uppercut	S	RS
37. Left knee strike	S	RS
38. Right wrestlers shoot to double leg takedown	S	
39. Right knee on belly hold position	S	RKOB
40. Left hand punch	S	RKOB
41. Swing to right far arm-bar lock	S/N	Back
42. Immediately followed by break-fall	S/N	Back
43. Up partially to all fours low right #1 side kick	N	All Fours
44. Right crouching front stance and right low punch	N	RCF
45. Jump up to guard position and #2 right inside crescent kick	N	RB
46. Butterfly kick #1	N	
47. Butterfly kick #2	N	
48. Butterfly kick #3	N	
49. Hands in guard position and jump CCW 360	N	LB
50. On landing execute left square block and with right hand knife-hand block	N	LB

Right foot back to partial V with right hand with feet should width apart.



Po-Eun

36 movements

History: 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.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Parallel stance with Heaven Hand facing North		
1. Step left foot W, double outer forearm block	W	RB
2. Pull right foot to left knee to one leg stance, left high outer forearm block to W, looking E (right hand at left shoulder)	W	Cr
3. Right #1 flip side kick (low), maintain hand position		
4. Step right foot to MS facing N, right knife-hand strike to E	N	M
5. Left horizontal punch		
6. Right high/low inner forearm block		
7. Left high/low inner forearm block		
8. Twin circular inner forearm block to N		
9. Right back elbow strike, left palm on right fist		
10. Right punch to N, left palm on right bicep		
11. Left back elbow strike, right palm on left fist		
12. Double horizontal punch to E, KIHAP		
13. Step left foot in front of right, right finger belly to left wrist	E	X
14. Step right foot E, pole block to E	E	LB
15. Step left foot to right, twin slow horizontal back elbow strike		
16. Left #1 outer crescent, landing in right side high/low inner forearm block	W	RB
17. Step right foot in front of left, right circular hammerfist into left palm (low)	W	X
18. Step left foot W, circular double ridge-hand low block	W	RB
19. Pivot to face E, double outer forearm block to E	E	LB
20. Pull left foot to right knee to one leg stance, right high outer forearm block to E, looking W (left hand at right shoulder)	E	Cr
21. Left #1 flip side kick (low), maintain hand position		
22. Step left foot to MS facing N, left knife-hand strike to W	N	M
23. Right horizontal punch		
24. Left high/low inner forearm block		
25. Right high/low inner forearm block		
26. Twin circular inner forearm block to N		
27. Left back elbow strike, right palm on left fist		
28. Left punch to N, right palm on left bicep		
29. Right back elbow strike, left palm on right fist		
30. Double horizontal punch to W, KIHAP		
31. Step right foot in front of left, left finger belly to right wrist	W	X
32. Step left foot W, pole block to W	W	RB
33. Step right foot to left, twin slow horizontal back elbow strike		
34. Right #1 outer crescent, landing in left side high/low inner forearm block	E	LB
35. Step left foot in front of right, left circular hammerfist into right palm (low)	E	X
36. Step right foot W, circular double ridge-hand low block	E	LB
Right foot returns to ready position		

Kwang-Gae

39 movements

History: Kwang-Gae is named for the famous Kwang-Gae Toh-Wang, the 19th king of the Koguryo dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Parallel stance with Heaven Hand facing North		
1. Break away, lift left leg to W into one leg stance, KIHAP, bring left foot to right and hands to closed B position ready stance	N	C
2. Step left foot forward, right slow upset punch	N	LF
3. Step forward, left slow upset punch	N	RF
4. Step left foot to right, then right forward, right hooking block	N	RF
5. Step right foot back, double knife-hand low block	N	RB
6. Step right foot to left, then left forward, left hooking block	N	LF
7. Step left foot back, double knife-hand low block	N	LB
8. Step left foot forward, double knife-hand block	N	RR
9. Step right foot forward, double knife-hand block	N	LR
10. Step left foot to right, pivot, step right foot backward to LF stance facing S, slow pressing block	S	LF
11. Step forward, slow pressing block	S	RF
12. Step left foot to right, heaven hand break away ending in right circular upset knife-hand into left palm (low)	S	C
13. Bring hands to left guard position, left #1 side kick low		
14. Followed immediately by left #1 side kick mid-section		
15. Set left foot down to E in BS, right upset knife-hand, bringing left fist to right chest	E	RB
16. Step left foot to right, left circular downward knife-hand strike to collarbone		S C
17. Bring hands to right guard position, right #1 side kick low		
18. Followed immediately by right #1 side kick mid-section		
19. Set right foot down to W in BS, left upset knife-hand, bringing right fist to left chest	W	LB
20. Step right foot to left, right circular downward knife-hand strike to collarbone		S C
21. Step left foot to S, slow pressing block	S	LF
22. Step forward, slow pressing block	S	RF
23. Right outer crescent kick to N, KIHAP, landing in LB stance facing N, left side high/low inner forearm block	N	LB
24. Shift right foot forward, right double inner forearm block	N	RF
25. Shuffle back one FS length, left low block	N	RF
26. Right slow horizontal spear hand (high)		
27. Left outer crescent kick to S, KIHAP, landing in RB stance facing S, right side high/low inner forearm block	S	RB
28. Shift left foot forward, left double inner forearm block	S	LF
29. Shuffle back one FS length, right low block	S	LF
30. Left slow horizontal spear hand (high)		
31. Step forward, twin high punch	S	RF
32. Step left foot E, twin upset punch	E	LF
33. Right #2 front kick, lowering right foot to left	E	C

34. Step left to E, pivot CW 180°, double knife-hand block
35. Step forward, left punch (high)
36. Step forward, twin upset punch
37. Left #2 front kick, lowering left foot to right
38. Step right to W, pivot CCW 180°, double knife-hand block
39. Step forward, right punch (high)

W	LB
W	LF
W	RF
W	C
W	RB
W	RF

Right foot returns to ready position

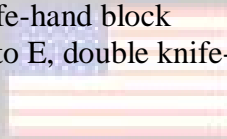


Hwa-Rang

29 movements

History: Hwa-Rang is named for the Hwa-Rang youth group of the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Closed ready position C (low) facing North		
1. Step left foot W, left palm heel block KIHAP	N	M
2. Right punch		
3. Left punch		
4. Step right foot to BS, square block	E	LB
5. Left reverse upset punch, bringing right fist to left chest	E	LB
6. Right punch (middle)	E	LB
7. Pull right foot back to RS, right circular downward knife-hand strike	E	LR
8. Step left foot E, left punch (middle)	E	LF
9. Step left foot N, left low block	N	LF
10. Step forward, right punch	N	RF
11. Step left foot to right, left hand grabs right fist, right #1 side kick to N pulling both hands to left hip	N	C
12. Set foot down in BS, right knife-hand strike	N	LB
13. Step forward, left punch	N	LF
14. Step forward, right punch	N	RF
15. Step left foot CCW 270°, double knife-hand block	E	RB
16. Step forward, right reinforced vertical spear hand strike	E	RF
17. Slide right foot to BS facing W, double knife-hand block	W	RB
18. Right #2 round kick (high)	W	
19. Left #2 round kick (high)	W	
20. Double knife-hand block	W	RB
21. Step left foot S, left low block	S	LF
22. Pull left foot back to BS, right reverse punch	S	RB
23. Step forward, left reverse punch	S	LB
24. Step forward, right reverse punch	S	RB
25. Slide right foot S, turn to face N, right back elbow KIHAP	N	RB
26. Step left foot to closed stance facing W, front right high/low inner forearm block	W	C
27. Front left high/low inner forearm block		
28. Step left foot W, double knife-hand block	W	RB
29. Step left to right, then right to E, double knife-hand block	E	LB
Right foot returns to ready position		



Gae-Baek

44 movements

History: Gae-Baek is named for Ge-Baek, a great general in the Baek Je dynasty (660 AD). The diagram represents his severe and strict military discipline.

<u>Action</u>	<u>Dir.</u>	<u>Stance</u>
Regular ready position facing North		
1. Slide right foot backward, knifehand X-block (mid-section) KIHAP	N	RB
2. Right #2 twist kick, maintain hand position	N	
3. Right punch	N	RF
4. Left reverse punch		
5. Step right foot back, left high block	N	LF
6. Left low block		
7. Window block from W to E (low)		
8. Bring left foot to right knee to one-leg stance		
9. Lower foot to MS facing SE, left upset palm block	SE	M
10. Right punch		
11. Left upset hammerfist, supported		
12. Step right foot to left, then left to S, double knifehand block	S	RB
13. Left #1 front kick		
14. Left spear hand (high)	S	RB
15. Right reverse spear hand (high)		
16. Right #2 side kick (middle)	S	
17. Lower right foot to S, left outer forearm block to N	N	RB
18. Step right foot CCW 180°, left outer forearm block	S	RB
19. Step left foot CCW 180°, left outer forearm block	N	RB
20. Step left foot to N, right 9-block to E	E	M
21. Step right foot CCW 90°, left slow knifehand low block	S	LF
22. Right #2 round kick	S	
23. Right #3 jump side kick	S	
24. Twin vertical punch (high), KIHAP	S	RF
25. Window block from W to E		
26. Left upset punch		
27. Step online, turn to N, right horizontal elbow into left palm	N	LF
28. Jump to right X-stance, right double inner forearm block to N	N	X
29. Step left foot to MS, right upset palm heel block	NW	M
30. Left punch		
31. Right upset hammerfist, supported		
32. Step left foot S, right reverse supported ridgehand	S	LF
33. Right #2 jump round kick	S	
34. Turn to N, twin vertical punch (high)	N	LF
35. Slide left foot to right BS, right upset punch, left fist at right bicep	N	RB
36. Step right foot N to MS facing W, left 9-block	W	M
37. Circular double ridgehand low block to S		
38. Circular double knifehand low block to N		
39. Left #2 inner crescent kick to N, twin inner forearm block	E	M
40. Left #2 inner crescent kick to S, twin inner forearm block	W	M
41. Step right foot S, right high block	S	RF
42. Left reverse punch		
43. Step online, turn to N, left high block	N	LF
44. Right reverse punch		
Right foot returns to ready position		