



Phoenix School Of Martial Arts

Freestyle TaekwonDo

“From the ashes, we will rise”

STUDENT HANDBOOK

Black Belt

Part 1

(1st to 4th Degree)

Phoenix SMA Black Belt Manual

“Black is the opposite of white and means the maturity and proficiency of the student. It also is an indication of being impenetrable for fear and darkness”.

Congratulations you are now a Phoenix SMA Freestyle TaeKwonDo Black Belt!!!

All those hours of training and hard work have paid off. Now the journey begins. Many people believe that achieving a Black Belt is the “be all end all” of a martial art, this is not true. Black Belt is simply the beginning. With an average of 4 to 5 years training in the GUP Grades, students have merely learned the basics. As a Black Belt you are now armed with a multitude of kicks, blocks, and strikes as well as self-defence technique, locks, holds, restraints etc. With this knowledge you will now start to learn and understand more about how the techniques work for you and why they are practiced the way they are. Black Belt students are now at the front of the class for all to see. This means that they are now mentors and inspirational figures to Colour Belt students, as they will look up to Black Belts for guidance when an Instructor is not available, therefore it is the duty and responsibility of a Black Belt to be fully aware of all the Colour Belt material as they may be asked to mentor lower ranking students.

We encourage Black Belt students to attend at least 3 hours a week as along with the new material they will learn, all previous material must now be perfected. Black Belt students will be graded on not only their knowledge and performance of the curriculum but also their artistic abilities as well. All basic kicks should now be executed with precision, hand techniques should be powered by the hips and have the required hand twist to maximise power etc.

It is also at this stage that students may wish to become part of the Phoenix SMA Instructors Programme if they are not enrolled already. Once 1st Degree Black Belt is achieved, students can now grade to become Trainee Instructors (Junior Instructor is under 16). However, this step in the programme is not to be undertaken lightly. Unlike the Assistant Instructor role, students will start a minimum 2-year journey (like an apprenticeship) at their primary training location and must complete the minimum of 100 hours of teaching (along with other requirements) in order to become a Certified Instructor.

However most importantly the first expectation of a Black Belt student is to continue and increase their training. Many students reach this level and take a step back from training as the time served between ranks is much greater than at Colour Belt levels. However, with much higher expectations at Gradings and Tournaments alike, students must now work even harder to improve and refine their skills.

It is also encouraged at this stage that students become involved within our enrichment programme. This programme includes areas of training such as groundwork, detailed locks and holds, cross style training and much more. However, students must remember that after all their hard work in training in becoming a Black Belt, that enrichment training is like a secondary study and should not replace their primary practice.

With all that said, you are now about to begin your training as a Black Belt and still have much to learn.

Procedures & Protocols

As Colour Belts, students learn how to behave in a TaeKwonDo class. As Black Belts, students will be looked upon by beginner students to how to conduct themselves in class. Lower ranking students and first-time students may not get the chance to get answers from an Instructor when they need them as they may be with another group of students, therefore Black Belts will be the next person to ask. With this role, all Colour Belt students will address Black Belt students as they would an Instructor, using Mr, Mrs, Miss and the Black Belt last name, or Sir or Ma'am.

During a demonstration of a technique, form, one-step etc. the leading Instructor may ask a Black Belt to demonstrate or be their partner, especially if there is no other Instructor available. Being centre of attention, Black Belt students are expected to be properly dressed. As with any student, training uniforms must be clean and ironed for each class. Personal grooming and cleanliness are also a must.

Student Discipline Procedure

The expectations of behaviour for a Black Belt student are much higher than for Colour Belt students. Therefore, a Black Belt will not be given any warnings about their behaviour they will be immediately sent to one side for the remainder of the current section of class. If this behaviour happens again, they will be asked to leave the class completely. (If students are under 18 they will be asked to wait until their parent/guardian can collect them).

If a student continues to misbehave or be disrespectful in future classes, the Senior Instructor may choose to take the following action:

- Suspend the student from classes. (Time determined by Senior Instructor)
- Expel the student from Phoenix SMA

Although there are only 2 possible outcomes to continuous misbehaviour rather than 4, Black Belts should now be experienced and mature enough to not break the rules or misbehave repeatedly.

**1st to 4th Degree Black Belt students may be reduced in rank by 1 or 2 levels where possible i.e. a 1st Degree Level 3 may be reduced to 1st Degree Level 2 or Level 1 if the Senior Instructor feels it is necessary.*

JUNIOR BLACK BELT

As was mentioned in the first edition handbook, there are some exceptionally talented and gifted young people that may have the ability to achieve Black Belt Ranks. In many other organisation or styles, Black Belt (or at least a full Dan Grade), cannot be achieved by younger members. Some even have them wait until they are 18 before being able to Grade for Black Belt. Some use a different title i.e., Junior Grades to distinguish between Junior & Adult Black Belts. Although this is the case within Phoenix SMA for those under 16, once 1st Degree Black Belt is achieved, the material learned is no different. So other than having "Junior" displayed on the students rank certificate, there is no other difference between a Junior or Adult Black Belt. However, those who are much younger may still have the ability to achieve Black Belt status. Phoenix SMA also has minimum age requirements at each Degree of Black Belt:

1st Degree – 10 years old

2nd Degree – 12 years old

3rd Degree – 16 years old

4th Degree – 20 years old

5th Degree – 26 years old

6th Degree – 32 years old

7th Degree – 38 years old

8th Degree – 45 years old

9th Degree – 52 years old

10th Degree – 60 years old

But even with these age requirements in place, there is the possibility that younger students are eligible to Grade at a younger age. Children can start training in TKD as young as 3 years old. Even with the Lil' Dragon Grades having been used; 9th GUP can be achieved at 4.5 years old. If all the Level Grades are then progressed through after minimum time served, this would mean that 1st GUP can be earned after 4 years of training. Despite the minimum time at 1st GUP is given at approximately 4 months, most do spend 6 to 9 months at 1st GUP. This would still mean that at the age of 9, a child could be eligible to Grade for Black Belt!

The definition of Black Belt includes having maturity, and so it can be easily argued that younger children, especially those under 13, would not have the maturity to become a Black Belt.

With the mindset of having short term goals, the Junior Black Belt is used between the age of 9 and 12. Students within these ages will promote from Senior Red Belt – 1st GUP to Junior Black Belt. Like with the Colour Belt Level Grades, there are 2 levels to the Junior Black Belt; Level 1 is designated by a black belt with a white stripe. Level 2 is designated a black belt with a red stripe. Level 1 students must design their own Form (as well as meet other requirements). At Level 2, they must prepare a demonstration of their favourite aspect of training (other than Forms), to achieve 1st Degree Black Belt Level 1. If the student turns 12 at Junior Black Belt Level 1, they may Grade straight to 1st Degree Black Belt Level 1.

(Students under the age of 16 will be designated as Junior Black Belt Degrees)

JUNIOR 3RD BLACK BELT

If a student is under the age of 13 when achieving 2nd Degree Level 1, they will progress onto Junior 3rd Black Belt before moving onto 3rd Degree. To do this, they will design a demonstration for their Grading to 3rd Degree Level 1.

A GUIDELINE TO THE TECHNIQUES TAUGHT FOR EACH DEGREE

1ST DEGREE BLACK BELT

KICKS

Inward Side Kick
Inward Hook Kick
Pressing Kick
Picking Kick
Reverse Hook Kick
Attacking Jump Spin Kicks
Retreating Jump Kicks
Twin Tornado Kicks: Twist/Round, Out. /In. Crescent
Balancing Kicks: performing 4 or more kicks continuously.
Triple Spin Kicks

STRIKES

C Punch
Fore Knuckle Punch
Middle Knuckle Punch
Long Fist Punch
Back Hand Strike
Knee Strikes – Long, Round, Inward

BLOCKS

Leg Blocks
9 Block
Low Double Ridgehand Block
Wedging & W Blocks
Double Circular Blocks
Palm/Pressing Block: Scooping, Side

2ND DEGREE BLACK BELT

KICKS

540° Spin Kicks: Crescent, Hook, Heel, (360° Side)
540° Jump Spin Kicks: Crescent, Hook, Heel
Retreating Jump Spin Kicks
Jump Triple Kick
Kicking Variation Enhancements
Pushing Front Kick – Spin, Spin Slide, Jump, Tornado
Pushing Side Kick – Spin, Spin Slide, Jump, Jump Spin
Snap Kick – Spin, Spin Slide, Jump, Tornado
Turning Kick – Jump, Tornado

STRIKES

Wrist Strike
Shin Strike
Finger Strikes
Thumb Strikes

BLOCKS

Checking Blocks
Elbow Blocks
Sweeping Ridgehand Block
Forearm Blocks: Upward, Downward

3RD DEGREE BLACK BELT

KICKS

Double & Triple Jump Spin Kicks: Crescent, Hook, Heel, (360° Side)
Jump Twin/Double Kicks (aka Split Kick)
Jump Reverse Turning Kick

STRIKES

Mid-Air Strikes: perform in the air before landing.

Master Levels

**5th Degree Black Belt
(MASTER)**

5 years active time served.

**6th Degree Black Belt
(CHIEF MASTER)**

5 years active time served (*recommended 6 years*)

**7th Degree Black Belt
(SENIOR MASTER)**

5 years active time served (*recommended 7 years*)

**8th Degree Black Belt
(GRANDMASTER)**

5 years active time served (*recommended 8 years*)

**9th Degree Black Belt
(SENIOR GRANDMASTER)**

5 years active time served (*recommended 9 years*)

**10th Degree Black Belt
(SUPREME GRANDMASTER)**

10th Degree is the highest achievable rank.

Each listed rank has its own form which students must perform correctly and within certain expectations to pass just like all previous ranks. Students will also be asked to perform previous forms at a Grading as well.

Once 5th Degree is earned, a demonstration at a Grading is required. This demo must include Forms, One Step Sparring, an area from our enrichment training and board breaking.

Students are expected to show improvement in skill and technique every time they grade as well as basic knowledge about their rank. Students must pass on all areas of their Grading to pass. If a student is unsuccessful in passing their Grading, they must Re-Grade at the next available event.

1st DEGREE BLACK BELT FORMS

Students now hold a level of PROFICIENCY in the skills they have learned and have the MATURITY to only use them when necessary.

Wang Gae (Level 1)

Wang Gae is named after 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 A. D., the year he came to the throne.

Heaven Hands Ready Stance

- | | | |
|---|----------------------|--|
| 1. Lift left leg out 45° | Right One Leg Stance | <u>Twin Knifehand Releasing Technique</u> |
| 2. Into Closed Ready Stance, step forward | Left Front Stance | Right Middle Upset Punch (slow) |
| 3. Step forward | Right Front Stance | Left Middle Upset Punch (slow) |
| 4. Double step forward | Right Front Stance | Right Hooking Block |
| 5. Step back | Left Back Stance | Low Double Knifehand Block |
| 6. Double step forward | Left Front Stance | Left Hooking Block |
| 7. Step back | Right Back Stance | Low Double Knifehand Block |
| 8. Step forward | Left Cat Stance | Double Knifehand Block |
| 9. Step forward | Right Cat Stance | Double Knifehand Block |
| 10. Step forward, turn left 180° | Left Front Stance | Right Palm Upward Block (slow) |
| 11. Step forward | Right Front Stance | Left Palm Upward Block (slow) |
| 12. Step up | Closed Stance | Right Low Knifehand Strike (into left palm) |
| 13. (to left) | | No.1 Left Low Pressing Kick |
| 14. (into) | | No.1 Left Side Kick |
| 15. (Land in) | Left Back Stance | Right Inward Knifehand Strike |
| 16. Step back | Closed Stance | Left Hammer Fist Strike |
| 17. (to right) | | No.1 Right Low Pressing Kick |
| 18. (into) | | No.1 Right Side Kick |
| 19. (Land in) | Right Back Stance | Left Inward Knifehand Strike |
| 20. Step back | Closed Stance | Right Hammer Fist Strike |
| 21. Step forward | Left Front Stance | Double Pressing Block (slow) |
| 22. Step forward | Right Front Stance | Double Pressing Block (slow) |
| 23. (Right Outside Crescent Kick into) | Sitting Stance | <u>Right High Backfist Strike</u> (with stamp) |
| 24. Turn right 90° | Right Front Stance | Right Double Inner Forearm Block |
| 25. Jump back | Right Front Stance | Right Inner Forearm/Left Low Block |
| 26. Step right leg forward | Right Low Stance | Right High Spearhand Strike (slow) |
| 27. (Left Outside Crescent Kick into) | Sitting Stance | <u>Left High Backfist Strike</u> (with stamp) |
| 28. Turn left 90° | Left Front Stance | Left Double Inner Forearm Block |
| 29. Jump back | Left Front Stance | Left Inner Forearm/Right Low Block |
| 30. Step left leg forward | Left Low Stance | Left High Spearhand Strike (slow) |
| 31. Step forward (with high knee) | Left Front Stance | Twin High Punch |
| 32. Step left 90° (with high knee) | Left Front Stance | Twin Upset Punch |
| 33. | | No.2 Right Front Kick |
| 34. (Land right leg in front and step turn) | Right Back Stance | Double Knifehand Block |
| 35. Step forward | Left Front Stance | Left High Punch |
| 36. Step forward (with high knee) | Right Front Stance | Twin Upset Punch |
| 37. | | No.2 Left Front Kick |
| 38. (Land left leg in front and step turn) | Left Back Stance | Double Knifehand Block |
| 39. Step forward | Right Front Stance | Right High Punch |
| Heaven Hands Ready Stance | | |

Boe Eun (Level 2)

BO-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.

Heaven Hands Ready Stance

- | | | |
|---|----------------------|--|
| 1. Step left 90° | Left Back Stance | Double Fist Block |
| 2. Change to | Left One Leg Stance | Left High Upset Punch |
| 3. (to right) | | No.1 Right Low Pressing Kick |
| 4. (Land in a) | Sitting Stance | Right Middle Knifehand Strike |
| 5. | Sitting Stance | Left Horizontal Punch |
| 6. | Sitting Stance | R. Inner Forearm Block/L. Pressing Block |
| 7. | Sitting Stance | L. Inner Forearm Block/R. Pressing Block |
| 8. | Sitting Stance | Twin Inner Forearm Wedging Block |
| 9. | Sitting Stance | Right Back Elbow Strike (l. palm over r. fist) |
| 10. | Sitting Stance | Right Middle Punch (l. palm over r. arm) |
| 11. | Sitting Stance | Left Back Elbow Strike (r. palm over l. fist) |
| 12. (moves 9-12, double regular speed) | Sitting Stance | Right Double Horizontal Punch |
| 13. Step right 90° | Left X Stance | R. Low Inward Forearm (into l. palm) |
| 14. Step right 90° | Right Back Stance | <u>Right C Block</u> |
| 15. Step left to right leg | Closed Stance | Twin High Elbow Strike (medium) |
| 16. Step left 90° | Sitting Stance | L. Low Block/R. High Backfist Strike |
| 17. Step forward | Right X Stance | L. Low Inward Hammerfist (into r. palm) |
| 18. Step forward | Sitting Stance | L. Low Double Ridgehand Block (circular) |
| 19. Turn right 180° | Right Back Stance | Double Fist Block |
| 20. Change to | Right One Leg Stance | Right High Upset Punch |
| 21. (to left) | | No.1 Left Low Pressing Kick |
| 22. (Land in a) | Sitting Stance | Left Middle Knifehand Strike |
| 23. | Sitting Stance | Right Horizontal Punch |
| 24. | Sitting Stance | L. Inner Forearm Block/R. Pressing Block |
| 25. | Sitting Stance | R. Inner Forearm Block/L. Pressing Block |
| 26. | Sitting Stance | Twin Inner Forearm Wedging Block |
| 27. | Sitting Stance | Left Back Elbow Strike (l. palm over r. fist) |
| 28. | Sitting Stance | Left Middle Punch (l. palm over r. arm) |
| 29. | Sitting Stance | Right Back Elbow Strike (r. palm over l. fist) |
| 30. (moves 27-30, double regular speed) | Sitting Stance | Left Double Horizontal Punch |
| 31. Step left 90° | Right X Stance | Left Low Inward Forearm Strike (into r. palm) |
| 32. Step left 90° | Left Back Stance | <u>Left C Block</u> |
| 33. Step right to left leg | Closed Stance | Twin High Elbow Strike (medium) |
| 34. Step right 90° | Sitting Stance | Right Low Block/Left High Backfist Strike |
| 35. Step forward | Right X Stance | Right Low Inward Hammerfist (into l. palm) |
| 36. Step forward | Sitting Stance | R. Low Double Ridgehand Block (circular) |

Heaven Hands Ready Stance

Ge Baek (1st Degree – Level 3)

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Parallel Ready Stance

1. Step back	Left Back Stance	Knifehand X Block
2.		No.2 Right Twist Kick
3. (Land right leg in front)	Right Front Stance	Right Middle Punch
4.	Right Front Stance	Left Middle Punch
5. Step back	Left Front Stance	Left High Block
6.	Left Front Stance	Left Low Block
7.	Left Front Stance	Double Arc Hand Block (to right, medium)
8. Turn right 45°, change to	Right One Leg Stance	Double Fist Block
9. Turn right 90°	Sitting Stance	Left Scooping Palm Block
10.	Sitting Stance	Right Middle Punch
11.	Sitting Stance	Left Downward Backfist (r. fist under L. elbow)
12. Double Step turn right 45°	Left Back Stance	Double Knifehand Block
13.		No.1 Left Snap Kick
14. (land left foot in front)	Left Front Stance	Left High Spearhand Strike
15.	Left Front Stance	Right High Spearhand Strike
16.		<u>No.2 Right Side Kick</u> (pulling hands to left hip)
17. (Land right leg in front, turn left 180°)	Left Back Stance	Double Fist Block
18. Step forward, turn left 180°	Left Back Stance	Double Fist Block
19. Step back, turn left 180°	Left Back Stance	Double Knifehand Block
20. Change to a	Sitting Stance	Right 9 Block
21. Step forward, turn left 180°	Left Front Stance	Left Knifehand Low Block
22.		No.2 Right Round Kick (at 45°)
23. (land forwards 45°)		<u>No.3 Right Jump Side Kick</u>
24. (Land right leg in front)	Right Front Stance	Twin High Punch
25.	Right Front Stance	Double Arc Hand Block (to left, medium)
26.	Right Front Stance	Left Upset Punch
27. Turn left 180°	Left Front Stance	Right Forearm Strike (into left palm)
28. Jump forward	Right X Stance	Right Double Inner Forearm Block
29. Step left leg back 45° into	Sitting Stance	Right Scooping Palm Block
30.	Sitting Stance	Left Middle Punch
31.	Sitting Stance	Right Downward Backfist (L. fist under r. elbow)
32. Turn left 135°	Left Front Stance	Right High Ridgehand (l. fingers under r. elbow)
33.		No.2 Right Round Kick (at 45°)
34. (land right foot in front, double step)	Left Front Stance	Twin High Punch
35. Change to	Left Back Stance	<u>R. Mid. Knuckle Upset Punch</u>
36. Step forward and turn 180°	Sitting Stance	Left 9 Block
37.	Sitting Stance	Left Low Circular Double Ridgehand Block
38.	Sitting Stance	Right Low Circular Double Knifehand Block
39. Left Rising Kick to right	Sitting Stance	Twin Inward Forearm Block (with a stamp)
40. Left Rising Kick to right	Sitting Stance	Twin Inward Forearm Block (with a stamp)
41. Step left	Right Front Stance	Right High Block
42.	Right Front Stance	Left Middle Punch
43. Double step turn	Left Front Stance	Left High Block
44.	Left Front Stance	Right Middle Punch

Parallel Ready Stance

2nd DEGREE BLACK BELT FORMS

Students now possess greater KNOWLEDGE & have deeper UNDERSTANDING of the skills they have learned.

Jui-Am (Level 1)

Jui-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 represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Closed Ready Stance D

- | | | |
|--|--------------------|---|
| 1. Step back | Left Front Stance | R. Low Inward Knifehand Block (<i>L. fist on shoulder</i>) |
| 2. Step back | Right Front Stance | Left Outer Forearm Block |
| 3. | Right Front Stance | Right Middle Punch |
| 4. | | No.2 Left Twist Kick |
| 5. (<i>Land left leg in front</i>) | Left Front Stance | Low X Checking Block |
| 6. | Left Front Stance | Right Knifehand High Block |
| 7. Jump forward | Right X Stance | <u>Right Downward Backfist Strike</u> (<i>L. palm to r. fist</i>) |
| 8. Turn left 180° | Left Back Stance | Left Middle Punch |
| 9. | | Right Reverse Turning Kick |
| 10. (<i>Land right leg in front</i>) | Sitting Stance | Right Middle Knifehand Strike |
| 11. | | No.2 Left Side Kick (<i>with release technique</i>) |
| 12. (<i>Land left leg in front</i>) | Left Front Stance | Right High Horizontal Punch |
| 13. Step up | Parallel Stance | Left Middle Horizontal Punch (<i>slow</i>) |
| 14. Step back | Right Front Stance | L. Low Inward Knifehand Block (<i>R. fist on shoulder</i>) |
| 15. Step back | Left Front Stance | Right Outer Forearm Block |
| 16. | Left Front Stance | Left Middle Punch |
| 17. | | No.2 Right Twist Kick |
| 18. (<i>Land right leg in front</i>) | Right Front Stance | Low X Checking Block |
| 19. | Right Front Stance | Left Knifehand High Block |
| 20. Jump forward | Left X Stance | <u>Left Downward Backfist Strike</u> (<i>r. palm to L. fist</i>) |
| 21. Turn right 180° | Right Back Stance | Right Middle Punch |
| 22. | | Left Reverse Turning Kick |
| 23. (<i>Land left leg in front</i>) | Sitting Stance | Left Middle Knifehand Strike |
| 24. | | No.2 Right Side Kick (<i>with release technique</i>) |
| 25. (<i>Land right leg in front</i>) | Right Front Stance | Left High Horizontal Punch |
| 26. Step up into | Parallel Stance | Right Middle Horizontal Punch (<i>slow</i>) |
| 27. Step forward | Right Front Stance | Twin Knifehand Outer Forearm Block |
| 28. | Right Front Stance | Left Circular Ridgehand Block |
| 29. Change to | Right Cat Stance | Twin Downward Palm Block |
| 30. Change to | Right Back Stance | Left Middle Punch |
| 31. Slide back | Right Back Stance | Right Low Inward Ridgehand Block |
| 32. Step forward | Left Front Stance | Twin Knifehand Outer Forearm Block |
| 33. | Left Front Stance | Right Circular Ridgehand Block |
| 34. Change to | Left Cat Stance | Twin Downward Palm Block |
| 35. Change to | Left Back Stance | Right Middle Punch |
| 36. Slide back | Left Back Stance | Left Low Inward Ridgehand Block |
| 37. | | Right Reverse Turning Kick |
| 38. (<i>Land right leg in front</i>) | Right Cat Stance | Double Fist Block |
| 39. | | Left Reverse Turning Kick |
| 40. (<i>Land left leg in front</i>) | Left Cat Stance | Double Fist Block |
| 41. Double step back | Left Back Stance | Left Knifehand Low Block |
| 42. Change to | Left Front Stance | Right High Punch |
| 43. Step back | Right Back Stance | Right Knifehand Low Block |
| 44. Change to | Right Front Stance | Left Middle Punch |
| 45. | Right Front Stance | <u>Right High Punch</u> |

Closed Ready Stance D

Choong Jang (Level 2)

Choong Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee 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.

Closed Ready Stance A

1. Step right	Sitting Stance	R. Inner Forearm Block/L. Low Block
2.	Sitting Stance	L. Inner Forearm Block/R. Low Block
3. Step left together	Closed Stance	Left Horizontal Punch (slow)
4. Step forward	Left Front Stance	Right High Double Finger Strike
5. Step forward	Right Front Stance	Left High Double Finger Strike
6.	Right Front Stance	R. High Downward Backfist Strike (elbow on L. fist)
7. Step forward	Left Front Stance	Left High Block
8. Step forward	Right Front Stance	Right High Punch
9. Turn left 180°, slide back	Left Back Stance	Double Fist Block
10.		Right Front Kick
11. (Land right leg in front)	Right Long Stance	Right High Spearhand Strike
12.		Drop Down Right Round Kick
13. (Land right leg in front)	Kneeling Stance	<u>Right Punch</u>
14. Step forward, turn right 180°	Right Back Stance	Left Back Elbow Strike
15. Step forward, turn left 180°	Right Back Stance	Double Fist Block
16. Step back	Left Back Stance	Left Middle Scooping Block
17. Step back	Right Back Stance	Right High Knifehand Strike
18. Turn left 180°	Left Front Stance	Low X Block (into low twin cross grab)
19.		Right Low Knee Strike (as palms press down)
20. Land together, turn left 180°	Left Back Stance	Double Knifehand Block
21. Slide forward, turn left 180°	Left Back Stance	Right Back Elbow Strike
22. Turn right 180°	Right Back Stance	Double Knifehand Block
23.		<u>No.1 Right Side Kick</u> (pull both hands to left hip)
24. (land right foot in front), turn left 180°	Left Cat Stance	Twin Low Pressing Block
25. Step forward	Right Front Stance	Right Inward Block into Right High Backfist Strike
26. (Step back together), turn left 180°	Left Back Stance	Left High Spearhand Strike
27. (Bring right hand over left hand)		No.2 Right Front Kick (pull both hands to mid-section)
28. Turn left 180°, land in a	Left Front Stance	Right Back Elbow Strike (L. fist over r. fist, slow)
29. Left Rising Kick, land in a	Left Back Stance	Left Downward Back Hand Strike (with stamp)
30.	Left Back Stance	Right Middle Punch (into left palm)
31. Right Rising Kick, land forward	Right Back Stance	Right Downward Back Hand Strike (with stamp)
32.	Right Back Stance	Left Middle Punch (to right palm)
33. Left Rising Kick (to rear), land in	Left Back Stance	Left High Knifehand Strike (with stamp)
34. Change to	Left Front Stance	R. Downward Backfist Strike (l. palm on r. forearm)
35. Right Rising Kick, land forward	Right Back Stance	Right High Knifehand Strike (with stamp)
36. Change to	Right Front Stance	L. Downward Backfist Strike (r. palm on l. forearm)
37. Turn left 180°	Left Back Stance	Low Double Circular Ridgehand Block
38. Change to	Left Front Stance	Right 9 Block
39. Step forward	Right Back Stance	Low Double Circular Ridgehand Block
40. Change to	Right Front Stance	Left 9 Block
41. Step back	Left Front Stance	Twin Horizontal Knifehand Strike
42.	Left Front Stance	Right High Arc Hand Strike
43.		No.2 Right Front Kick
44. (Land right leg in front)	Right Front Stance	Left High Arc Hand Strike
45.		No.2 Left Front Kick
46. (Land left leg in front)	Left Front Stance	Right Middle Punch
47.	Left Front Stance	Left Middle Punch
48. Step up together	Closed Stance	<u>Twin High Fore Knuckle Crescent Punch</u>
49. Turn left 270°	Left Front Stance	Left Knifehand Low Block

Choong Jang (continued)

10.	Left Front Stance	Right High Palm Heel Strike
11. Double step right	Right Front Stance	Right Knifehand Low Block
12.	Right Front Stance	Left High Palm Heel Strike

Closed Ready Stance A

Sam Il (Level 3)

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.

Closed Ready Stance C

1. Slide forward	Left Back Stance	Double Fist Block
2. Step forward	Right Front Stance	Right Double Inner Forearm Block
3. Step forward	Left Front Stance	Right Knifehand Block (l. palm on r. forearm)
4.		No.2 Right Twist Kick
5. (land right leg in front)	Right Front Stance	Right Middle Punch
6. Step right foot	Sitting Stance	Twin Ridgehand Wedging Block
7. Turn left 90°	Left Front Stance	Right Low Spearhand Strike
8. Step with right leg	Left Back Stance	Left Low Block/Right Outer Forearm Block
9. Step forwards, turn left 180°	Sitting Stance	Twin Ridgehand Wedging Block
10. Step right	Right Back Stance	Low Double Punch
11. Step forward	Left Front Stance	Double Arc Hand Block (to right)
12. Step forward	Right Front Stance	Left Middle Punch
13. Double step turn left	Left Back Stance	Low Double Punch
14. Step back and turn 90°	Left Back Stance	Double Ridgehand Block
15. Change to	Left Fixed Stance	Left C Block
16. Right Low Leg Sweep into	Right Fixed Stance	Right C Block
17. Jump Spin into	Right Back Stance	Double Knifehand Block
18.		<u>No.1 Right Side Kick</u>
19. (Land together then turn 180°)	Left Front Stance	Right Forearm Strike (into left palm)
20. Step forward, turn 135°	Sitting Stance	Left Back Elbow Strike (right palm over left fist)
21. Turn right 90°	Right Front Stance	Low X Block
22. Left Rising Kick (land forward)	Sitting Stance	Twin Forearm Block (with stamp)
23.		<u>No.1 Left Side Kick</u>
24. (Land together then turn 180°)	Right Back Stance	Low Double Knifehand Block
25. Step forward	Left Cat Stance	Left Upward Palm Block
26. Step forward	Right Cat Stance	Twin Low Pressing Block
27. Turn left 90°	Left Front Stance	Twin Upset Punch
28. Step forward	Right Back Stance	Right Low Block (left fist under left armpit)
29.	Right Back Stance	Left High Punch (right fist on left shoulder)
30. Turn left 180°	Left Front Stance	Right Inward Block
31.	Left Front Stance	Left High Punch
32.		No.1 Left Snap Kick
33. Land in front, step forward	Right Front Stance	<u>Twin High Vertical Punch</u> (perform with stamp)

Closed Ready Stance C

3rd DEGREE BLACK BELT FORMS

Students now possess the CLARITY of the techniques they have learned and have the FOCUS to drive forward as the journey continues into the Higher Ranks.

Yoo Sin (Level 1)

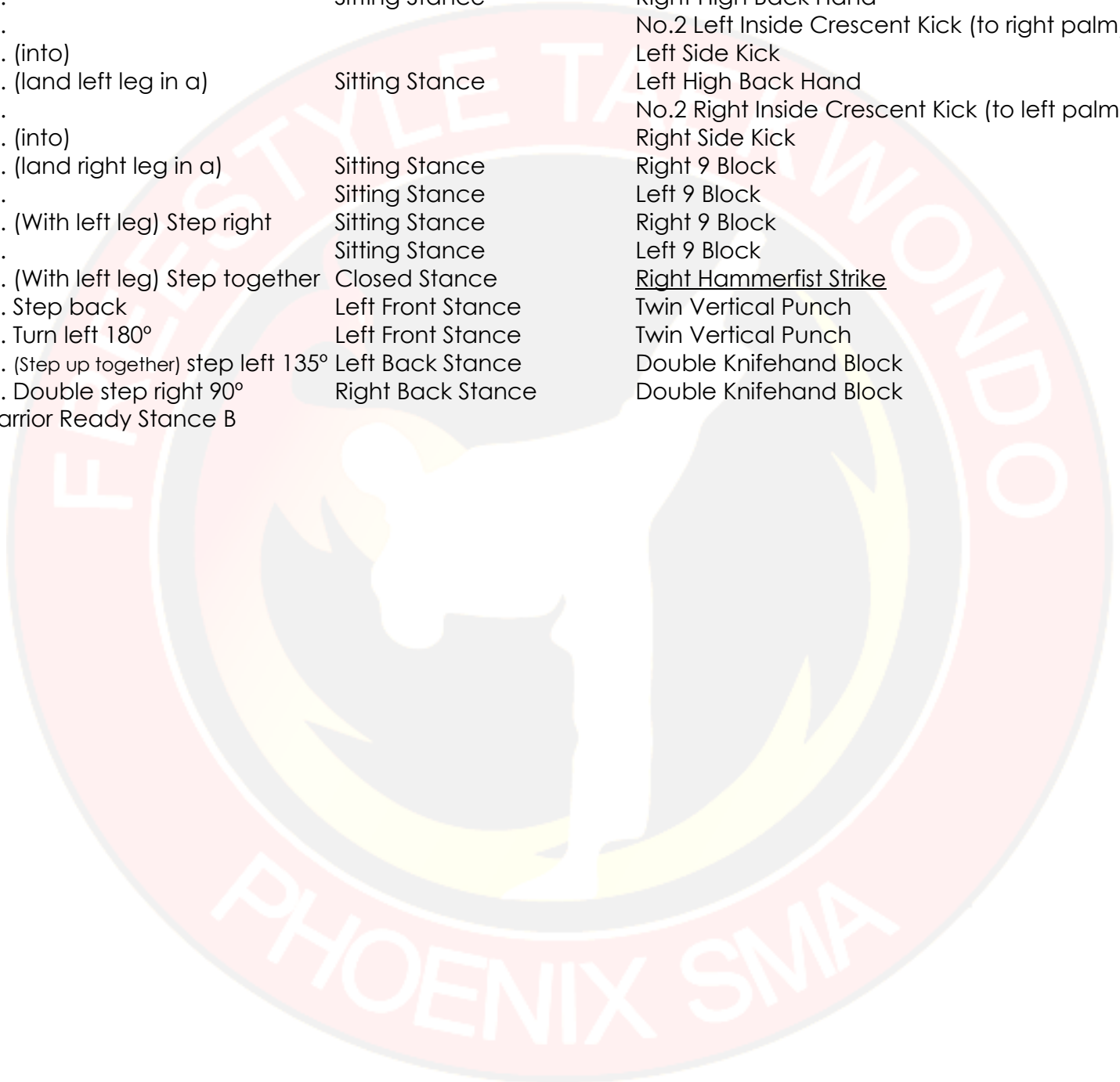
Yoo Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a word drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

Warrior Ready Stance B

1. Slide left	Sitting Stance	<u>Twin High Elbow Release</u>
2. Slide right	Sitting Stance	Left Horizontal Punch (over right shoulder)
3. Slide left	Sitting Stance	Right Horizontal Punch (over left shoulder)
4.	Sitting Stance	Right Hooking Block
5.	Sitting Stance	Left Middle Punch
6.	Sitting Stance	Left Hooking Block
7.	Sitting Stance	Right Middle Punch
8. Step left 45°	Left Front Stance	Left Outer Forearm Block
9.	Left Front Stance	Right Inner Forearm Block
10. Pivot right 90°	Sitting Stance	Left Scooping Palm Block
11.	Sitting Stance	Right Middle Punch
12. Double step right 90°	Right Front Stance	Right Outer Forearm Block
13.	Right Front Stance	Left Inner Forearm Block
14. Pivot left 90°	Sitting Stance	Right Scooping Palm Block
15.	Sitting Stance	Left Middle Punch
16. Pivot left 45°	Left Front Stance	Right Hooking Block (slow)
17. Pivot right 45°	Sitting Stance	Left Middle Punch
18. Pivot right 45°	Right Front Stance	Left Hooking Block (slow)
19. Pivot left 45°	Sitting Stance	Right Middle Punch
20. Step back and turn left 45°	Left Front Stance	Left Low X Block
21.	Left Front Stance	Left High Knifehand X Block
22. (right wrist release)	Left Front Stance	Right Middle Punch (left palm on right elbow)
23.		No.2 Right Front Kick
24. (land right leg in front)	Right Front Stance	Left Middle Punch
25.	Right Front Stance	Right Low X Block
26.	Right Front Stance	Right High Knifehand X Block
27. (left wrist release)	Right Front Stance	Left Middle Punch (right palm on left elbow)
28.		No.2 Left Front Kick
29. (land left leg in front)	Left Front Stance	Right Middle Punch
30. Step forward	Right Back Stance	Double Knifehand Block
31. Step forward	Left Back Stance	Double Knifehand Block
32. Step back	Right Back Stance	Double Knifehand Block
33. Step back	Left Back Stance	Double Knifehand Block
34. Step forward	Right Front Stance	Double Inner Forearm Block
35.	Right Front Stance	Right Inner Forearm Block/Left Low Block
36. Step forward	Left Front Stance	Double Inner Forearm Block
37.	Left Front Stance	Left Inner Forearm Block/Right Low Block
38. Step forward	Right Front Stance	<u>Right Middle Punch</u>
39. Turn left 180°	Left Back Stance	Left High Ridgehand Block
40. Step up together	Closed Stance	Twin Low Spearhand Strike (slow)
41. Step right 45° (with high knee)	Right Front Stance	Twin Upset Punch (perform with stamp)
42. Double step left (with high knee)	Left Front Stance	Twin Upset Punch (perform with stamp)
43. Double step right 135°	Right Back Stance	Right Inner Forearm Block
44.	Right Back Stance	Left Horizontal Punch
45. Step up together	Closed Stance	Right Horizontal Punch (slow)

oo Sin (continued)

16. Step left 90°	Left Back Stance	Left Inner Forearm Block
17.	Left Back Stance	Right Horizontal Punch
18. Step up together	Closed Stance	Left Horizontal Punch (slow)
19. Step left 90°	Left Back Stance	Left C Punch
20. Step left to right, then into	Right Back Stance	Right C Punch
21. Right Outside Crescent Kick into	Sitting Stance	R. Downward Backfist Strike (l. fist under r. elbow)
22.	Sitting Stance	R. Waving Kick with Right Outer Forearm Block
23.	Sitting Stance	L. Waving Kick with Right Inward Block
24.	Sitting Stance	Right High Back Hand
25.		No.2 Left Inside Crescent Kick (to right palm)
26. (into)		Left Side Kick
27. (land left leg in a)	Sitting Stance	Left High Back Hand
28.		No.2 Right Inside Crescent Kick (to left palm)
29. (into)		Right Side Kick
30. (land right leg in a)	Sitting Stance	Right 9 Block
31.	Sitting Stance	Left 9 Block
32. (With left leg) Step right	Sitting Stance	Right 9 Block
33.	Sitting Stance	Left 9 Block
34. (With left leg) Step together	Closed Stance	<u>Right Hammerfist Strike</u>
35. Step back	Left Front Stance	Twin Vertical Punch
36. Turn left 180°	Left Front Stance	Twin Vertical Punch
37. (Step up together) step left 135°	Left Back Stance	Double Knifehand Block
38. Double step right 90°	Right Back Stance	Double Knifehand Block
Warrior Ready Stance B		



Choi Yong (Level 2)

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 became the first king of the Lee Dynasty.

Closed Ready Stance C

1. Step forward	Left Cat Stance	Double Fist Block
2.	Left Cat Stance	Left Vertical Punch (with middle knuckle)
3. Turn right 180°	Right Cat Stance	Double Fist Block
4.	Right Cat Stance	Right Vertical Punch (with middle knuckle)
5. Turn left 180°	Left Front Stance	Left Knifehand High Block
6.	Left Front Stance	Right Circular Forearm Block
7.	Left Front Stance	Left Middle Punch
8. Double Step Turn	Right Front Stance	Right Knifehand High Block
9.	Right Front Stance	Left Circular Forearm Block
10.	Right Front Stance	Right Middle Punch
11. Double Step Turn	Left Back Stance	Low Double Knifehand Block
12.		No.2 Right Round Kick (at 45°)
13. (Land together)		Left Reverse Hook Kick (at 45°)
14. (into)		Left Side Kick
15. (Land left foot in front)	Left Front Stance	<u>Right Horizontal Forearm Strike</u> (into left palm)
16. Double Step Turn	Right Back Stance	Low Double Knifehand Block
17.		No.2 Left Round Kick (at 45°)
18. (Land together)		Right Reverse Hook Kick (at 45°)
19. (into)		Right Side Kick
20. (Land right foot in front)	Right Front Stance	<u>Left Horizontal Forearm Strike</u> (into right palm)
21. Step forward	Left Front Stance	Double Press Block
22. Step forward	Right Front Stance	Double Press Block (21 & 22 performed in fast motion)
23. Double step back, turn left 180°	Left Front Stance	Knifehand W Block
24.		No.2 Right Front Kick (whilst maintaining W Block)
25. (Land right foot behind)	Left Back Stance	Double Fist Block
26. Step forward	Right Front Stance	Knifehand W Block
27.		No.2 Left Front Kick (whilst maintaining W Block)
28. (Land left foot forward, turn 180°)	Right Back Stance	Double Fist Block
29. (Two steps forward, turn right 180°)	Right Back Stance	Double Fist Block
30. Step forward	Left Front Stance	Left High Spearhand Strike
31. Double Step Turn	Right Front Stance	Right High Spearhand Strike
32. Turn right 90°	Parallel Stance	Right Hooking Block
33.	Parallel Stance	Left High Punch
34. Turn right 90°	Left One Leg Stance	Right Double Fist Block
35.		No.1 Right Side Kick
36. Jump forward	Right X Stance	<u>Right Downward Backfist</u> (left palm on right fist)
37.		Right Reverse Hook Kick
38. Land right foot in	Right Back Stance	Right High Knifehand Strike (perform with stamp)
39. Turn left 90°	Parallel Stance	Left Hooking Block
40.	Parallel Stance	Right High Punch
41. Turn left 90°	Right One Leg Stance	Left Double Fist Block
42.		No.1 Left Side Kick
43. Jump forward	Left X Stance	<u>Left Downward Backfist</u> (right palm on left fist)
44.		Left Reverse Hook Kick
45. Land left foot in	Left Back Stance	Left High Knifehand Strike (perform with stamp)
46. Step forward	Right Fixed Stance	Right High Punch
Closed Ready Stance C		

Il Ji (Level 3)

Il 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 guerrilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

Command Ready Stance

1. Step back	Right Front Stance	<u>Twin Horizontal Hammer Fist Release</u>
2. Step back	Left Front Stance	Left Low X Block
3.	Left Front Stance	Left High Knifehand X Block
4.	Left Front Stance	Right Inward Knifehand Strike (l. palm to r. forearm)
5. Step back with left foot	Sitting Stance	Left High Back Hand
6.		Right Inside Crescent Kick (into left palm)
7. (Land right leg in front)	Sitting Stance	Right Horizontal Forearm Strike (into left palm)
8.	Sitting Stance	Left Back Elbow Strike (right fist over left fist)
9.	Sitting Stance	Left Low Block/Right High Backfist Strike
10. Step together, turn left 90°	Closed Stance	Twin Middle Outward Elbow Strike (medium)
11.		No.3 Right Side Kick (left foot steps in front)
12. (Land right leg in front, step forward)	Left X Stance	Twin High Horizontal Elbow Strike
13. Step right	Sitting Stance	Right Double Horizontal Punch
14. (Step with left leg) Change to	Parallel Stance	Right Inward Knifehand Strike/ Left Knifehand High Block
15. Step left	Left Back Stance	Left Knifehand Square Block
16.		Right Jump Spin Side Kick
17. (Land left leg in front)	Right Front Stance	Double Inner Forearm Block
18. Step up together, turning right 90°		Closed Ready Stance B
19. Jump forward	Right X Stance	Right Downward Backfist (left palm on right fist)
20. Step forward	Right Front Stance	Left High Block
21.		No.2 Left Front Kick
22. (Land left leg in front)	Left Front Stance	Right High Punch
23. Step forward	Right Front Stance	Right Middle Spearhand Strike
24. L. Spin Outside Crescent Kick (into)	Sitting Stance	<u>Left High Backfist Strike</u>
25. Turn left 180°	Right Front Stance	Twin Low Block
26.		No.3 Right Jump Snap Kick
27. (Land right leg in front)	Right Fixed Stance	Knifehand X Checking Block
28. Step forward	Left Back Stance	Low X Block
29.		Twin Inner Forearm Wedging Block
30.		No.1 Left Front Kick (performed with move 29)
31. (Land left leg in front)	Left Front Stance	Twin High Vertical Punch
32. Step forward	Right Fixed Stance	Right Knifehand Block/Left Palm Block
33. Step forward	Left Back Stance	Left High Punch
34. Double step back, then jump into	Left Back Stance	Double Fist Block
35.		No.2 Right Round Kick
36.		Left Spin Side Kick
37. (Land left leg in front)	Left Back Stance	Double Fist Block
38. Step back	Right Back Stance	Right Upward Palm Block
39. Turn right 180° (with right foot)	Right Front Stance	Left Circular Forearm Block (to left)
40. Turn left 90°	Left Front Stance	Right Circular Forearm Block (to right)
41. Step left foot back into	Sitting Stance	Left Middle Punch
42.	Sitting Stance	<u>Right Middle Punch</u>
Command Ready Stance		

4th DEGREE BLACK BELT FORMS

Students now having spent over a decade training and studying TaekwonDo, they have learned that one of the greatest lessons is HUMILITY and that the knowledge and skills they have perfected also comes with the RESPONSIBILITY to know when they should be applied in their daily lives.

Yong Gae (Level 1)

Yong 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.

Warrior Ready Stance A

- | | | |
|---------------------------------------|--------------------|---|
| 1. Step back | Left Back Stance | Low Circular Ridgehand Block |
| 2. Change to (moving right foot) | Left Front Stance | Right High Long Fist Punch (slow) |
| 3. Slide back into | Right Back Stance | Double Fist Block |
| 4. Jump forward into | Right Back Stance | Right Middle Knifehand Strike (perform mid-air) |
| 5. Slide back | Right Back Stance | X Block |
| 6. Change to (moving right foot) | Right Front Stance | Right High Cross-Cut Strike |
| 7. Change to (moving right foot) | Right Cat Stance | Right Downward Elbow Block |
| 8. Jump forward | Left X Stance | <u>Left High Backfist Strike</u> (side facing) |
| 9. Change to (moving right foot) | Left Front Stance | Right Low Knifehand Block |
| 10. Step up into | Parallel Stance | Left Hooking Block (medium) |
| 11. | Parallel Stance | Right High Punch |
| 12. Step back | Right Back Stance | Low Double Circular Ridgehand Block |
| 13. Change to (moving left foot) | Right Front Stance | Left High Long Fist Punch (slow) |
| 14. Step back into | Left Back Stance | Double Fist Block |
| 15. Jump forward into | Left Back Stance | Left High Knifehand Strike (perform mid-air) |
| 16. Slide back | Left Back Stance | High X Block |
| 17. Change to (moving left foot) | Left Front Stance | Left High Cross-Cut Strike |
| 18. Change to (moving left foot) | Left Cat Stance | Left Downward Elbow Block |
| 19. Jump forward | Right X Stance | <u>Right High Backfist Strike</u> (side facing) |
| 20. Change to (moving left foot) | Right Front Stance | Left Low Knifehand Block |
| 21. Step up into | Parallel Stance | Right Hooking Block (slow) |
| 22. | Parallel Stance | Left High Punch |
| 23. Step right | Sitting Stance | Inner W Block |
| 24. Step right (with left leg) | Left X Stance | Twin Horizontal Elbow Strike |
| 25. Step right | Sitting Stance | Twin Inward Block |
| 26. Step right (with left leg) | Left X Stance | Right High Upset Punch (left fist on shoulder) |
| 27. | | Right Reverse Hook Kick |
| 28. (Land right leg in front) | | No.2 Left Side Kick |
| 29. Slide forward | Left X Stance | <u>Left Downward Backfist Strike</u> (side facing) |
| 30. Step left | Sitting Stance | Inner W Block |
| 31. Step left (with right leg) | Right X Stance | Twin Horizontal Elbow Strike |
| 32. Step left | Sitting Stance | Twin Inward Block |
| 33. Step left (with right leg) | Right X Stance | Left High Upset Punch (right fist on shoulder) |
| 34. | | Left Reverse Hook Kick |
| 35. (Land left leg in front) | | No.2 Right Side Kick |
| 36. Slide forward | Right X Stance | <u>Right Downward Backfist Strike</u> (side facing) |
| 37. Back step 90° (with left leg) | Right Back Stance | Double Fist Block |
| 38. Step forward, turn right 180° | Right Cat Stance | Right Upward Forearm Block (at waist line) |
| 39. L. Outside Crescent Kick, to rear | Left Back Stance | Left High Knifehand Strike (perform with stamp) |
| 40. Shift back | Left Back Stance | Double Fist Block |
| 41. Step forward, turn left 180° | Left Cat Stance | Left Upward Forearm Block |
| 42. R. Outside Crescent Kick, to rear | Right Back Stance | Right High Knifehand Strike (perform with stamp) |
| 43. Turn left 180°, (with right leg) | Left Back Stance | Double Fist Block |
| 44. Right Jump Spin Side Kick into | Right Back Stance | Double Knifehand Block |

ong Gae (continued)

15. Left Jump Spin Side Kick into	Left Back Stance	Double Knifehand Block
16. Change to (moving right foot)	Left Front Stance	Right Low Inward Ridgehand Block
17. Slide back	Right Back Stance	Left Back Elbow Strike
18. Change to (moving left foot)	Right Front Stance	Left Low Inward Ridgehand Block
19. Slide back	Left Back Stance	Right Back Elbow Strike
Warrior Ready Stance A		

uche (Level 2)

uche 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.

Parallel Ready Stance (with twin fist on hips)

1. Step left	Sitting Stance	Twin Inner Forearm Block
2.	Sitting Stance	Right Hooking Block into Left Middle Punch
3. Change to	Left One Leg Stance	Twin Inward Wedging Block
4. (to the right)	Right Side Kick into	Reverse Hook Kick (slow)
5. Jump forward	Right X Stance	<u>Right Downward Backfist Strike</u>
6. (to left)		No.2 Left Hooking Kick into Left Side Kick
7. (Land left leg in)	Sitting Stance	Left High Knifehand Strike
8. Shift into	Left Front Stance	Right High Inward Elbow Strike (r. fist on l. palm)
9. Turn right 180°	Left X Stance	Left Low Ridgehand Block (r. fingers on l. forearm)
10. Step right 90°	Right Back Stance	Double Knifehand Block
11. Jump Spin into	Left Back Stance	Left High Knifehand Strike (perform mid-air)
12. Step forward, turn left 90°	Sitting Stance	Twin Inner Forearm Block
13.	Sitting Stance	Left Hooking Block into Right Middle Punch
14. Change to	Right One Leg Stance	Twin Inward Wedging Block
15. (to the left)	Left Side Kick into	Reverse Hook Kick (slow)
16. Jump forward	Left X Stance	<u>Left Downward Backfist Strike</u>
17. (to right)		No.2 Right Hooking Kick into R. Side Kick
18. (Land right leg in)	Sitting Stance	Right High Knifehand Strike
19. Shift into	Right Front Stance	Left High Inward Elbow Strike (l. fist on r. palm)
20. Turn left 180°	Right X Stance	Right Low Ridgehand Block (l. fist on r. forearm)
21. Step left 90°	Left Back Stance	Double Knifehand Block
22. Jump Spin into	Right Back Stance	Right High Knifehand Strike (perform mid-air)
23. No.2 Left Picking Kick into	Left Cat Stance	Double Fist Block
24. Turn right 90° (move right foot)	Closed Stance	Twin High Crescent Arc Hand Block (slow)
25. Slide back	Right Cat Stance	Right Downward Elbow Strike
26. Step forward	Right Front Stance	Left High Crescent Arc Hand Strike
27. Slide back	Left Cat Stance	Left Downward Elbow Strike
28. Step forward	Left Front Stance	Right High Crescent Arc Hand Strike
29. Step back	Right Front Stance	Twin High Inward Knifehand Strike
30. Step back	Left Front Stance	Right Downward Punch
31. Step back together, then slide into	Left Back Stance	Left Downward Forearm Block
32.		Right Retreating Jump Reverse Turning Kick
33. (Land right leg in front)	Right Back Stance	Double Fist Block
34. Step back together, then slide into	Right Back Stance	Right Downward Forearm Block
35.		Left Retreating Jump Reverse Turning Kick
36. (Land left leg in front)	Left Back Stance	Double Fist Block
37. (2 steps forward into)		<u>Jump Left Twist Kick, Right Side Kick (split kick)</u>
38. (land in)	Sitting Stance	Twin High Upward Palm Block

luce (contiued)

9. Step forward, turn left 180°	Left Back Stance	Right Back Elbow Strike
10. Change to	Right One Leg Stance	Twin Low Block into Left Back Kick (slow, to rear)
11. (Turn left 180°, land left leg in front)	Left Back Stance	Left High Backfist Strike
12. Step forward	Parallel Stance	Right High Inward Cross Cut Strike
13. Jump forward	Closed Stance	Right High Punch, Right Upset Punch
14. Step forward	Right Front Stance	Left Downward Knifehand Strike
15. Step forward	Left Front Stance	<u>Right Middle Punch</u>
Parallel Ready Stance (with twin fist on hips)		

Moves 4&5 15&16, 32, 35 and 37 can be modified from age of 30 if the student wishes (see next description)

luce (Level 2) – modifications in BOLD

Parallel Ready Stance (with twin fist on hips)		
1. Step left	Sitting Stance	Twin Inner Forearm Block
2.	Sitting Stance	Right Hooking Block into Left Middle Punch
3. Change to	Left One Leg Stance	Twin Inward Wedging Block
4. Right Side Kick (slow) into	Left Back Stance	Double Fist Block
5. R. Reverse Hook Kick, jump into	Right X Stance	<u>Right Downward Backfist Strike</u>
6. (to left)		No.2 Left Hooking Kick into Left Side Kick
7. (Land left leg in)	Sitting Stance	Left High Knifehand Strike
8. Shift into	Left Front Stance	Right High Inward Elbow Strike (r. fist on l. palm)
9. Turn right 180°	Left X Stance	Left Low Ridgehand Block (r. fingers on l. forearm)
10. Step right 90°	Right Back Stance	Double Knifehand Block
11. Jump Spin into	Left Back Stance	Left High Knifehand Strike (perform mid-air)
12. Step forward, turn left 90°	Sitting Stance	Twin Inner Forearm Block
13.	Sitting Stance	Left Hooking Block into Right Middle Punch
14. Change to	Right One Leg Stance	Twin Inward Wedging Block
15. Left Side Kick (slow) into	Right Back Stance	Double Fist Block
16. L. Reverse Hook Kick, jump into	Left X Stance	<u>Left Downward Backfist Strike</u>
17. (to right)		No.2 Right Hooking Kick into R. Side Kick
18. (Land right leg in)	Sitting Stance	Right High Knifehand Strike
19. Shift into	Right Front Stance	Left High Inward Elbow Strike (l. fist on r. palm)
20. Turn left 180°	Right X Stance	Right Low Ridgehand Block (l. fist on r. forearm)
21. Step left 90°	Left Back Stance	Double Knifehand Block
22. Jump Spin into	Right Back Stance	Right High Knifehand Strike (perform mid-air)
23. No.2 Left Picking Kick into	Left Cat Stance	Double Fist Block
24. Turn right 90° (move right foot)	Closed Stance	Twin High Crescent Arc Hand Block (slow)
25. Slide back	Right Cat Stance	Right Downward Elbow Strike
26. Step forward	Right Front Stance	Left High Crescent Arc Hand Strike
27. Slide back	Left Cat Stance	Left Downward Elbow Strike
28. Step forward	Left Front Stance	Right High Crescent Arc Hand Strike
29. Step back	Right Front Stance	Twin High Inward Knifehand Strike
30. Step back	Left Front Stance	Right Downward Punch
31. Step back together, then slide into	Left Back Stance	Left Downward Forearm Block
32. Double Step back		Right Jump Spin Side Kick
33. (Land right leg in front)	Right Back Stance	Double Fist Block
34. Step back together, then slide into	Right Back Stance	Right Downward Forearm Block
35. Double Step back		Left Jump Spin Side Kick
36. (Land left leg in front)	Left Back Stance	Double Fist Block
37. (2 steps forward into)		<u>Jump Right Side Kick (to right)</u>
38. (land in)	Sitting Stance	Twin High Upward Palm Block
39. Step forward, turn left 180°	Left Back Stance	Right Back Elbow Strike

luche (MODIFIED continued)

10. Change to	Right One Leg Stance	Twin Low Block into Left Back Kick (slow, to rear)
11. (Turn left 180°, land left leg in front)	Left Back Stance	Left High Backfist Strike
12. Step forward	Parallel Stance	Right High Inward Cross Cut Strike
13. Jump forward	Closed Stance	Right High Punch, Right Upset Punch
14. Step forward	Right Front Stance	Left Downward Knifehand Strike
15. Step forward	Left Front Stance	<u>Right Middle Punch</u>
Parallel Ready Stance (with twin fist on hips)		

Moan Moo (Level 3)

Moan-Moo honours 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 Moan Moo came to the throne.

Parallel Ready Stance		
1. Turn left 90°	Right One Leg Stance	Left Double Fist Block (slow)
2.		No.1 Left Side Kick (slow)
3. (into)		No.1 Left Side Kick
4. Land in a	Sitting Stance	Right High Spearhand Strike
5.		Right Reverse Hook Kick (slow)
6. Jump forward into	Right X Stance	<u>Right High Knifehand Strike</u>
7. Turn left 90°, step into	Left Front Stance	Left Double Press Block
8. Step forward	Right Front Stance	Right Double Press Block
9. Turn left 90° into R.	One Leg Stance	L. Outer Knifehand Block/ R. Knifehand Low Block
10. Change to	L. One Leg Stance	Right Double Fist Block (slow)
11.		No.1 Right Side Kick (slow)
12. (into)		No.1 Right Side Kick
13. (Land in a)	Sitting Stance	Left High Spearhand Strike
14.		Left Reverse Hook Kick (slow)
15. Jump forward into	Left X Stance	<u>Left High Knifehand Strike</u>
16. Turn right 90°, step into	Right Front Stance	Right Double Press Block
17. Step forward into	Left Front Stance	Left Double Press Block
18. Change to	Left One Leg Stance	R. Outer Knifehand Block/ L. Knifehand Low Block
19.	Left One Leg Stance	Twin Low Block
20.		Right Back Kick (to the rear, slow)
21. (Land right leg behind)	Left Front Stance	Right Middle Punch
22. Change to	Right One Leg Stance	Twin Low Block
23.		Left Back Kick (to the rear, slow)
24. (Land left leg behind)	Right Front Stance	Left Middle Punch
25. Step back into	Left Cat Stance	Left Downward Palm Block
26.		No.1 Left Snap Kick
27. Right Outside Crescent Kick into	Sitting Stance	<u>Right Horizontal Hammerfist Strike</u> (with stamp)
28. Slide right into	Sitting Stance	Left Scooping Palm Block
29.	Sitting Stance	Right Middle Punch
30.	Sitting Stance	Left Knifehand Low Block
31.		No.3 Right Slide Side Kick

Moon Moo (continued)

32.		Left Reverse Turning Kick
33. Step forward into	Left Front Stance	Left Hooking Block
34. Step back into	Right Cat Stance	Right Downward Palm Block
35.		No.1 Right Snap Kick
36. Left Outside Crescent Kick into	Sitting Stance	<u>Left Horizontal Hammerfist Strike</u> (with stamp)
37. Slide left into	Sitting Stance	Right Scooping Palm Block
38.	Sitting Stance	Left Middle Punch
39.	Sitting Stance	Right Knifehand Low Block
40.		No.3 Left Slide Side Kick
41.		Right Reverse Turning Kick
42. Step forward into	Right Front Stance	Right Hooking Block
43.		No.3 Right Twist Kick
44. (Land right leg behind)	Left Front Stance	Left Low Block/Right Rear Backfist Strike
45. Shift to back (moving right foot)	Left Front Stance	Right Downward Backfist Strike (L. fist under r. elbow)
46.		No.3 Left Twist Kick
47. (Land left leg behind)	Right Front Stance	Right Low Block/Left Rear Backfist Strike
48. Shift to back (moving left foot)	Right Front Stance	Left Downward Backfist Strike (r. fist under L. elbow)
49. Left Low Leg Sweep into	Left Back Stance	Double Fist Block
50.		No.1 Left Low Pressing Kick into Left Side Kick
51. (Land left leg in front)	Left Back Stance	Left High Knifehand Strike
52. Low Leg Sweep into	Right Back Stance	Double Fist Block
53.		No.1 Right Low Pressing Kick into Right Side Kick
54. (Land right leg in front)	Right Back Stance	Right High Knifehand Strike
55. Step turn left 180°	Left Front Stance	Right Low Punch
56. Jump forward into	Right X Stance	Left Low Punch (bring right fist to left collar bone)
57. Jump left into	Left X Stance	Right Low Punch (bring left fist to right collar bone)
58.		Right Jump Spin Side Kick
59. (Land in a)	Right Back Stance	Double Knifehand Block
60. Double step back into	Right Front Stance	Left High Upward Arc Hand Strike
61.	Right Front Stance	<u>Right High Punch</u>
Parallel Ready Stance		