

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) 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 is 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 no longer the case within Phoenix SMA as once 1st Degree Black Belt is achieved, the material learned is no different regardless of age. However, those who are much younger may still can achieve Black Belt status. Phoenix SMA also has minimum age requirements at each Degree of Black Belt:

| 1st Degree – 10 years old | 6 th Degr <mark>ee – 32 years old</mark> |
|---------------------------------------|--|
| 2 nd Degree – 12 years old | 7 th Degree – 38 years old |
| 3 rd Degree – 16 years old | 8 th Degree – 45 years old |
| 4 th Degree – 20 years old | 9 th Degree – 52 ye <mark>ars</mark> old |
| 5 th Degree – 26 years old | 10 th Degree – 60 ye <mark>ars old</mark> |
| | |

But even with these age requirements in place, there is the possibility that junior 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 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 6 months, most do spend around 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. This would not be fair though to those who have proven to be capable to demonstrate all the requirements needed to Grade and has shown the maturity in training.

With the mindset of having short term goals, the Junior Black Belt is used between the age of 9 and 11. 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.

Grading Procedures & Protocols

Like with all Colour Belt Ranks, students must grade to earn their rank. Grade skips are not permitted. The following lists the time served and basic requirements for each Degree of Black Belt:

Novice Levels

1st Degree Black Belt

2 years' time served and regular training.

There are 3 levels of 1st Degree (listed below). Students must Grade for each stage by performing Forms, Sparring, Self Defence, Floor & Target Drills as well as Board Breaking.

| 1st Degree Level 1 | (approx. 6 months' time served) |
|--------------------|---------------------------------|
| 1st Degree Level 2 | (approx. 9 months' time served) |
| 1st Degree Level 3 | (approx. 9 months' time served) |

2nd Degree Black Belt 3 years' time served and regular training.

There are 3 stages of 2nd Degree (listed below). Students must Grade for each stage by performing Forms, Sparring, Self Defence, Floor & Target Drills as well as Board Breaking.

| 2 nd Degree Level 1 | (recommended 12 months' time served) |
|--------------------------------|--------------------------------------|
| 2 nd Degree Level 2 | (recommended 12 months' time served) |
| 2 nd Degree Level 3 | (recommended 12 months' time served) |

Higher Ranks

3rd Degree Black Belt

4 years' time served and regular training.

There are 3 stages of 3rd Degree (listed below). Students must Grade for each stage by performing Forms, Sparring, Self Defence, Floor & Target Drills as well as Board Breaking.

| 3 rd Degree Level 1 | (recommended 12 months' time served) |
|--------------------------------|--------------------------------------|
| 3 rd Degree Level 2 | (recommended 18 months' time served) |
| 3 rd Degree Level 3 | (recommended 18 months' time served) |

4th Degree Black Belt

5 years' time served and regular training.

There are 3 stages of 4th Degree (listed below). Students must Grade for each stage by performing Forms, Sparring, Self Defence and Board Breaking.

| 4 th Degree Level 1 | (recommended 18 months' time served) |
|--------------------------------|--------------------------------------|
| 4 th Degree Level 2 | (recommended 18 months' time served) |
| 4 th Degree Level 3 | (recommended 24 months' time served) |

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.

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.

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.

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

C Punch
Fore Knuckle Punch
Middle Knuckle Punch
Long Fist Punch
Back Hand Strike

BLOCKS

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

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.

BOARD BREAKING

Yellow Century Board: Male & Female 7, 8 & 9 Years

Orange Century Board: Male & Female 10, 11 & 12 Years

Green Century Board: Male & Female 13 & 14 Years

Blue Century Board: Male 15 & 16 Years Female 15 to 20 Years

Brown Century Board: Male 17 & 18 Years Female 21 Years+ up to 4th Degree

Black Century Board: Male 19 to 20 Years, Female Master Grades

White Bytomic Board: Male 21 Years+ up to 4th Degree

Red Bytomic Board: Male 21 Years+ (Power Breaks Only)

Black Bytomic Board: Male Master Grades (Demonstration Only)

(If a student has turned an age within 30 days of their Grading where their board requirement increases, they may still choose to break the previous level board. At the age of 35 or over, students have the option to drop down to the next board)

Breaking Criteria for each rank

WHEN GRADING FOR JUNIOR BLACK OR 1ST DEGREE BLACK BELT LEVELS

Choice of 3 different techniques. At least one foot and one hand technique must be chosen. One jump or one spin technique must be used.

WHEN GRADING FOR 2ND DEGREE BLACK BELT LEVELS

Choice of 4 different techniques. At least one foot and one hand technique must be chosen. One jump and one spin technique must be used.

WHEN GRADING FOR 3RD DEGREE BLACK BELT LEVELS

Choice of 5 different techniques. At least 2 foot and 2 hand techniques must be chosen.

One jump, one spin and one "power" technique must be used. Both sides of the body must be used.

WHEN GRADING FOR 4TH DEGREE BLACK BELT LEVELS

Choice of 6 different techniques. Equally used foot and hand techniques must be chosen. One jump, one spin and one "power" technique must be used. Both sides of the body must be used equally.

WHEN GRADING FOR MASTER GRADES (5th, 6th, 7th Degree)

Master candidates must choose a variety of breaking stations that consist of power breaks & flash breaks with both hands and feet. Jump and spin techniques must also be included.

WHEN GRADING FOR GRANDMASTER GRADES (8th, 9th, 10th Degree)

Grandmaster candidates can choose a variety of breaking stations that consist of power breaks & flash breaks with both hands and feet. Jump and spin techniques may also be included.

POWER BREAK – Any technique can be used but on the next highest board requirement.

SELF DEFENCE

1st Degree

There is much that new Black Belts have already learned so that can defend themselves. The next stage to advance on their ability to take their partner/opponent to the ground. During their time at Senior Red Belt – 1st GUP, students use their previously learned techniques to be able to take their partner to the floor. At 1st Degree, students now learn other methods of do so i.e., using leg sweeps, takedowns, and throws.

The list below is what techniques will be taught:

Level 1

- Inward Leg Sweeps
- Outward Leg Sweeps
- Double Leg Sweep
- Single Leg Takedown

Level 2

- Double Leg Takedown
- Shoulder Throw
- ➤ Hip Throw
- Over Head Seated Throw

At Level 3, the above techniques will be used/applied when being grabbed or attacked in a live simulation. This will also include the use of the techniques learned at Colour Belt and combining them with sweeps, takedowns, and throws.

2nd Degree

Once at 2nd Degree, students will start to learn to defend themselves when on the ground. This will be highlighted at Level 1 by learning to maintain distance and return to standing. If being swept or tripped, the student must establish and defensive guard position on the floor. Kicking techniques are executed to fend off the opponent/partner. A technical stand up is then used to return to standing safely. At Level 2, students learn to escape from pinned positions on the floor:

Mount – partner/opponent sat over the chest with both or one knee on the floor.

Side Mount – partner/opponent laid or knelt on one side of the students using their chest or knee to pin.

Back Mount – partner/opponent has taken the student to the floor using a rear body lock/hold or has taken a body lock whilst the student has attempted to escape Mount or Side Mount.

The final area to cover at Level 3 is to learn how to sweep and throw when on the floor. This can be either when the partner/opponent is standing above them or holding them in the positions highlighted at Level 2.

1st DEGREE BLACK BELT FORMS

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

Kwang Gae (Level 1)

Kwang 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 Stan | |
| 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 Hoo <mark>king Block</mark> |
| 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 fo <mark>rw</mark> ard | Right Cat Stance | Double Knifehand Block |
| 10. Step forward, turn left 180° | Left Front Stance | Right Palm Upward Block (slow) |
| 11. Ste <mark>p forward</mark> | Right Front Stance | Left Palm Upward Block (slow) |
| 12. St <mark>ep up</mark> | Closed Stance | Right Low Knifehand <mark>Strike (into left palm</mark>) |
| 13. (to left) | | No.1 Left Low Pressing Kick |
| 14. (i <mark>nto)</mark> | | No.1 Left Side Kick |
| 15. (Land in) | Left Back Stance | Right Inward Knifehand Strike |
| 16. S <mark>tep back</mark> | Closed Stance | Left Hammer Fist Strike |
| 17. (to right) | | No.1 Right Low Pressing Kick |
| 18. (i <mark>nto)</mark> | | 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. St <mark>ep forward</mark> | Right Front Stance | Double Pressing Block (slow) |
| 23. (Right Outside Crescent Kick into) | Sitting Stance | Right High Backfist Strike (with stamp) |
| 24. Turn right 90° | Right Front Stance | Right Double Inner Forearm Block |
| 25. Jum <mark>p back</mark> | Right Front Stance | Right Inner Forearm/Left Low Block |
| 26. Step right leg forward Right I | 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 f <mark>orward</mark> | Let 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 | | |
| | | |

Poe Eun (Level 2)

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.

Heaven Hands Ready Stance 1. Step left 90 2. Change to 3. (to right) 4. (Land in a) 5. 6. 7. 8. 9. 10. 11. 12. (moves 9-12, double regular speed) 13. Step right 90° 14. Step right 90° 15. Step left to right leg 16. Step left 90° 17. Step forward 18. Step forward 19. Turn right 180° 20. Change to 21. (to left) 22. (Land in a) 23. 24. 25.

23.
24.
25.
26.
27.
28.
29.
30. (moves 27-30, double regular speed)
31. Step left 90°
32. Step left 90°

34. Step right 90°
35. Step forward
36. Step forward

33. Step right to left leg

Heaven Hands Ready Stance

Left Back Stance Left One Leg Stance

Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Left X Stance
Left X Stance
Right Back Stance
Closed Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance

Right Back Stance

Right One Leg Stance

Sitting Stance
Sitting Stance
Sitting Stance
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Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Right X Stance
Left Back Stance
Closed Stance
Sitting Stance
Sitting Stance
Sitting Stance

Double Fist Block Left High Upset Punch

No.1 Right Low Pressing Kick Right Middle Knifehand Strike

Left Horizontal Punch

R. Inner Forearm Block/L. Pressing Block L. Inner Forearm Block/R. Pressing Block Twin Inner Forearm Wedging Block

Right Back Elbow Strike (I. palm over r. fist) Right Middle Punch (I. palm over r. arm) Left Back Elbow Strike (r. palm over I. fist)

Right Double Horizontal Punch

R. Low Inward Forearm (into I. palm)

Right C Block

Twin High Elbow Strike (medium)
L. Low Block/R. High Backfist Strike
L. Low Inward Hammerfist (into r. palm)
L. Low Double Ridgehand Block (circular)
Double Fist Block

Right High Upset Punch No.1 Left Low Pressing Kick Left Middle Knifehand Strike Right Horizontal Punch

L. Inner Forearm Block/R. Pressing Block R. Inner Forearm Block/L. Pressing Block Twin Inner Forearm Wedging Block Left Back Elbow Strike (I. palm over r. fist) Left Middle Punch (I. palm over r. arm) Right Back Elbow Strike (r. palm over I. fist)

Left Double Horizontal Punch

Left Low Inward Forearm Strike (into r. palm)

Left C Block

Twin High Elbow Strike (medium)

Right Low Block/Left High Backfist Strike
Right Low Inward Hammerfist (into I. palm)
R. Low Double Ridgehand Block (circular)

Parallel Ready Stance

Gae 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 2. 3. (Land right leg in front) 4. Right Front Stance 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 7. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Left Front Stance 12. Double Step turn right 45° 13. Left Front Stance 14. (Land right leg in front) 15. Left Front Stance 16. Left Roady I war left 180° 17. (Land right leg in front) 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward stone 21. Step left leg back 45° into 30. 31. Step left leg back 45° into 30. 32. Turn left 130° 33. Left Front Stance Right Front Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Right Front Stance R | The severe arra smer minary also | 5.p 13. | |
|--|---|--------------------|--|
| 1. Step back 2. 3. (Land right leg in front) 4. 4. Right Front Stance 6. Left Front Stance 6. 5. Step back 6. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. 12. Double Step turn right 45° 13. 14. (land left foot in front) 15. Left Front Stance 16. 17. (Lond right leg in front.) In left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 19. Step forward, turn left 180° 19. Step forward, turn left 180° 19. Step forward, turn left 180° 21. Step forward, turn left 180° 22. (Change to a Sitting Stance 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jurnp forward 29. Step left leg back 45° into 30. 31. 32. Turn left 135° 33. 34. (land right lool in front, abuble step) 35. Change to a Sitting Stance 36. Step forward and turn 180° 37. 38. Step forward and turn 180° 38. Step forward and turn 180° 39. Left Rising Kick to right 39. Left Rising Kick to right 30. Left Rising Kick to right 31. Step left 32. Step forward and turn 180° 33. 34. (land right lool in front, abuble step) 35. Change to a Sitting Stance 36. Step forward and turn 180° 37. Step left Rising Kick to right 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 30. Left Rising Kick to right 31. Step left 32. Double step furn 33. Double step furn 34. Double step furn 35. Double step furn 36. Step forward and turn 180° 37. Step left Rising Kick to right 38. Sitting Stance 39. Left Rising Kick to right 39. Left Front Stance 40. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Double step furn 43. Double step furn 44. Left Front Stance 45. Change fo Left Rising Kick to right 45. Change fo Left Rising Stance 46. Left Rising Kick to right 46. Left Rising Kick to right 47. Lind Right Rising Kick to right 48. Double step furn 49. Left Rising Kick to right 49. Left Ris | Parallel Ready Stance | | |
| 2. 3. (Land right leg in front) 4. Right Front Stance 4. Right Front Stance 5. Step back 6. Left Front Stance 6. Left Front Stance 7. Left Right Right Right Block 6. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Stiting Stance 11. Left Low Block 12. Double Step turn right 45° 13. Left Right Ri | | Left Back Stance | Knifehand X Block |
| 3. (Land right leg in front) 4. S. Step back 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 7. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Step back Step turn right 45° 13. Left Back Stance 15. Left Back Stance 16. Left Front Stance 17. (Land right leg in front) 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward, turn left 180° 22. Jund forwards 45°) 23. (Jand forwards 45°) 24. (Land right leg in front) 25. Left Back Stance 26. Right Front Stance Right Middle Punch Left Front Stance Right Middle Punch Left High Block Left Low Block Left Back Stance Left Back Stance Sitting Stance Left Back Stance Left Back Stance Left Back Stance Left Front Stance Right Side Forward, turn left 180° 29. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward, turn left 180° 22. Jund forwards 45°) 23. (Jand forwards 45°) 24. (Land right leg in front) 25. Change fo Sitting Stance Sit | · | zon zaek oraneo | |
| 4. Right Front Stance 5. Step back 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 7. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Stiffing Stance 12. Double Step turn right 45° 13. Left Root in front) 15. Left Root in front, turn left 180° 18. Step forward, turn left 180° 20. Change to a 11. Step forward, turn left 180° 21. Step forward, turn left 180° 22. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Stiffing Stance Sitting Stance Right Front Stance Right Round Kick (at 45°) No.3 Right Jump Side Kick Twin High Punch Left Middle Punch Right Downward Bock Rist (I. fist under r. elbow) No.2 Right Round Kick (at 45°) No.3 Right Jump Side Kick Right Round Kick (at 45°) No.3 Right Jump Side Kick Right Round Kick (at 45°) No.3 | | Right Front Stance | |
| 5. Step back 6. Left Front Stance 6. Left Front Stance 6. Left Front Stance 7. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Step back pturn right 45° 13. Left Back Stance 15. Left Back Stance 16. Left Back Stance 17. (Land left foot in front) 18. Step back, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. Jurn left 180° 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jurnp forward 29. Step left leg back 45° into 30. 31. Jurnp forward 32. Turn left 180° 33. Left Rising Kick to right 41. Step left 42. Step left 43. Double step turn 44. Step left 45°, change to 86. Step forward and turn 180° 87. Left Rising Kick to right 41. Step left 42. Double step turn 45. Double step turn 46. Left Front Stance 87. Turn left 180° 88. Step forward and turn 180° 89. Left Rising Kick to right 41. Step left 42. Double step turn 45. Double step turn 46. Left Front Stance 87. Right Front Stance 87. Right Front Stance 98. Step forward and turn 180° 99. Left Rising Kick to right 41. Step left 42. Double step turn 45. Double step turn 46. Left Front Stance 87. Right Front Stance 97. Right Right Round Kick (at 45°) 97. Right Ro | | = | <u> </u> |
| 6. Left Front Stance 7. R. Turn right 45°, change to 9. Turn right 90° Sitting Stance 10. Sitting Stance 11. Sitting Stance 12. Double Step turn right 45° 13. Left Back Stance 14. (land left foot in front) 15. Left Front Stance 16. Left Front Stance 17. (Land right leg in front, turn left 180° 18. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. (land right leg in front) 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 33. Step forward and turn 180° 34. (land right foot in front) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Double step turn 42. Double step turn 43. Double step turn 44. Step left 45°, change to Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Left Front Stance Left Front Stance Left Front Stance Right Front Stance Right Front Stance Left Front Stance Left Front Stance Right Front Stance Sitting Stance Sitting Stance Left Front Stance Right Scooping Palm Block Right Scooping Palm Block Right High Spearhand Strike Right Palm No. 2 Right Round Kick (at 45°) No. 3 Right Double Rick (at 45°) No. 3 Right Front Stance Right Front Stance Right Front Stance Right Front Stance Right High Ridgehand (I. fingers under r. elbow) No. 2 Right Round Kick (at 45°) Twin High Punch Left Rooping Round Right Legal Round Right R | | | |
| 7. Left Front Stance 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Sitting Stance 12. Double Step turn right 45° 13. Left Back Stance 15. Left Front Stance 16. Left Front Stance 17. (Land right leg in front, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward, turn left 180° 22. Sitting Stance 23. (land fight leg in front) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 31. Sitting Stance 31. Sitting Stance 32. Turn left 180° 33. Al. (land right leg in front) 34. (land right leg in front) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Step forward and turn 180° 39. Left Rising Kick to right 41. Step left 42. Right Front Stance 85 Stance 86 Step left 87. Stance 87. Stance 88. Turn right 45° 88. Turn right 90° 88. Turn right 45° 89. Left Root Stance 89. Left Front Stance 89. Left Root Root Right Root Rick (int Left Palm) 89. Left Root Right | | | |
| 8. Turn right 45°, change to 9. Turn right 90° 10. Sitting Stance 11. Sitting Stance 12. Double Step turn right 45° 13. Left Back Stance 14. (land left foot in front) 15. Left Front Stance 16. Left Back Stance 17. Itend right leg in front, lurn left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward, turn left 180° 22. Left Front Stance 23. (land fight leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jurn left 180° 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 33. Step forward and turn 180° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Jurn left 135° 39. Left Rising Kick to right 41. Step left 42. Right Front Stance Right Front Stance Right Front Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Right Front Stance Right Round Kick (at 45') No.3 Right Jurnp Side Kick No.2 Right Round Kick (at 45') No.3 Right Jurnp Side Kick No.2 Right Round Kick (at 45') No.3 Right Jurnp Side Kick No.2 Right Round Kick (at 45') No.3 Right Jurnp Side Kick No.2 Right Round Kick (at 45') No.3 Right Pouch No.3 Right Pouch No.4 Right Pouch No.5 Right Round Kick (at 45') No.6 Right Round Kick (at 45') No.7 Right Round Kick (at 45') No.8 Right Round Kick (at 45') No.9 Right Ro | | | |
| 9. Turn right 90° 10. Sitting Stance 11. Sitting Stance 12. Double Step turn right 45° 13. Left Back Stance 15. Left Front Stance 16. Left Front Stance 17. (Land right leg in front, turn left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward sts') 22. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Step forward and turn 180° 32. Turn left 135° 33. (Ional first, double step) 34. (Lond right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. 38. Step forward and turn 180° 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Right Front Stance 43. Double step turn 41. Step left 42. Right Front Stance 15. Left Back Stance 16. Left Front Stance 16. Left Back Stance 17. Lurn left 180° 18. Step forwards 45°) 19. Left Right Front Stance 19. Left Right | | | · · |
| 10. 11. 12. Double Step turn right 45° 12. Double Step turn right 45° 13. 14. (Iand left foot in front) 15. 16. 17. (Lend right leg in front, turn left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward, turn left 180° 22. 23. (Iand forwards 45°) 24. (Land right leg in front) 24. (Land right leg in front) 25. 26. 27. Turn left 180° 29. Step left leg back 45° into 30. 31. 31. 32. Jump forward 31. 32. Turn left 135° 33. 34. (Iand fight foot in front, double step) 35. Change to 3 36. Step forward and turn 180° 37. 38. Step forward and turn 180° 39. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance 42. 43. Double step turn Sitting Stance 11. Sitting Stance 25. 26. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 39. Left Front Stance 39. Left Front Stance 39. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance 44. Right Front Stance 45. Right Front Stance 46. Sitting Stance 47. Sitting Stance 48. Sitting Stance 49. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance 45. Sitting Stance 46. Right Front Stance 47. Sitting Stance 48. Sitting Stance 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance 45. Sitting Stance 46. Right Front Stance 47. Sitting Stance 48. Sitting Stance 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance 45. Sitting Stance 46. Right Front Stance 47. Sitting Stance 48. Sitting Stance 49. Left Rising Kick to right 41. Step left 42. 43. Double step turn Left Front Stance 45. Left Middle Punch 45. Left Back Stance 46. Left Middle Punch 46. Left Back Stance 47. Turn left 180° 48. Step forward Right Rising Rick Rick Right Rick Rick Right Rick Right Rick Right Rick Right Rick Right Rick R | _ | | |
| 11. Double Step turn right 45° 13. Double Step turn right 45° 13. 14. (Iland left foot in front) 15. Left Front Stance 16. Left Front Stance 16. Left Front Stance 17. (Land right leg in front, turn left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 19. Step back, turn left 180° 19. Step forward, turn left 180° 19. Step forward st. Step forwards 45°) 19. Step forwards 45° 19. Step leg in front) 19. Step left leg back 55° 19. Step left leg back 45° into 31. Step left leg back 45° into 31. Sitting Stance 19. Step left leg back 45° into 31. Sitting Stance 19. Step left leg back 45° into 31. Sitting Stance 19. Step forward and turn 180° 30. Sitting Stance 19. Step forward and turn 180° 31. Step forward and turn 180° 32. Turn left 135° 19. Left Front Stance 19. Left Front Stan | _ | _ | |
| 12. Double Step turn right 45° 13. 14. (Iand left foot in front) 15. 16. 16. 17. (Land right leg in front, turn left 180° 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 21. Step forward strip Stance 22. 23. (Iand forwards 45°) 24. (Land right leg in front) 25. 26. 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 31. 32. Turn left 135° 33. 34. (land right toot in front, double step) 35. Change to a 36. Step forward and turn 180° 37. 38. 39. Left Rising Kick to right 41. Step left 42. 42. 43. Double step turn 45° 41. Step left 42. 43. Double step turn 45° 41. Step left 42. 43. Double step turn 45° 41. Step left 44. (land left foot in front) 45. Left Front Stance 45. Left Front Stance 46. Step forward and turn 180° 37. 38. Step forward and turn 180° 38. Step forward and strike 48. Left Front Stance 49. Left Rising Kick to right 41. Step left 42. 43. Double step turn 45° 41. Step left 44. (land left foot in front) 45. Left Front Stance 45. Left Front Stance 46. Step forward and turn 47. Left Root Stance 48. Left Front Stance 49. Left Rising Kick to right 41. Step left 42. 43. Double step turn 45° 41. Step left leg to tin front) 45. Left Front Stance 45. Left Front Stance 46. Step forward and turn 47. Left Rising Kick to right 48. Left Front Stance 49. Left Rising Kick to right 41. Step left 42. 43. Double step turn 45° 46 Left Front Stance 46 Left Front Stance 47. Turn left 180° 48. Left Front Stance 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn 45° 46 Left Right High Spearhand Strike 46 No. 2 Right Side Kick (pulling hands to left hip) 47. Left Back Stance 48. Stance 48. Step forwards 45°) 48. Left Back Stance 49. Left Root Stance 49. Left Root Stance 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn 45° 46. Left Root Stance 47. Turn left 180° 48. Jump Side Kick 48. Turn left 180° 49. Left Root Stance 49. Left Root Stance 40. Left Root Stance 40. Left Root | | | |
| 13. 14. (land left foot in front) 15. 16. 17. (Land right leg in front, turn left 180°) 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a Sitting Stance 21. Step forward, turn left 180° 22. 23. (land forwards 45°) 24. (Land right leg in front) 25. 26. 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 31. 31. 32. Turn left 135° 32. Turn left 135° 33. (land right tot in front, double step) 34. (land right tot in front, double step) 35. Change to 36. Step forward and turn 180° 37. 38. (Step forward and turn 180° 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn 4No. 1 Left Snap Kick 4Left High Spearhand Strike 4. Left High Spearhand Strike 4. Right High Spearhand Strike 4. Left High Spearhand Strike 4. Left High Spearhand Strike 4. Left High Spearhand Strike 4. Double Fist Block 4. Double Fist Block 4. Double Fist Block 4. Double Fist Block 4. Double Knifehand Block 4. Left Knifehand Block 4. Left Knifehand Low Block 4. Left High Block 4. Lef | | _ | |
| 14. (land leff foot in front) 15. Left Front Stance Left Back Stance 18. Step forward, turn left 180° Left Back Stance Left Back Stance 19. Step back, turn left 180° Left Back Stance 20. Change to a Sitting Stance 21. Step forward, turn left 180° 22. Right Front Stance 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance Right Front | | Left Back Stance | |
| 15. Left Front Stance 16. No. 2 Right High Spearhand Strike No. 2 Right Side Kick (pulling hands to left hip) 17. (Land right leg in front, turn left 180°) 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a Sitting Stance 21. Step forward, turn left 180° 22. (Iand forwards 45°) 23. (Iand forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitep ferl leg back 45° into 32. Turn left 135° 33. (Iand right foot in front, double step) 34. (Iand right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Step left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Right Front Stance 43. Double step turn 41. Step left 42. Right Front Stance 42. Left Front Stance 43. Double step turn 4. Left Front Stance 4. Left Front Stance 4. Left Rising Kick to right 4. Step left 4. Right Front Stance 4. Left Rising Kick to right 4. Step left 4. Right Front Stance 4. Right Front Stance 4. Right Front Stance 4. Right Front Stance 4. Left Rising Kick to right 4. Step left 4. Right Front Stance 4. Right Front Stance 4. Right Front Stance 4. Right Front Stance 4. Left Righ Block 4. Left High Block 4. Left | | | |
| 16. 17. [Land right leg in front, turn left 180°] 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. 23. [land forwards 45°] 24. [Land right leg in front) 25. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 30. 31. Sitting Stance 32. Turn left 135° 34. [land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Step forward and turn 180° 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Right Front Stance 43. Double step turn 41. Step left 42. Right Front Stance 42. Right Front Stance 43. Double step turn 40. Left Right Back Stance 41. Step left leg back 45° into 31. Sitting Stance 42. Right Front Stance 43. Double step turn 40. Left Right Back 45 stance 45. Left Back Stance 45. Left Right Block 45. Left Right Block 45. Left Back Stance 45. Left Back Stance 45. Left Right Block 45. Left Right Block 45. Left Right Block 45. Left Right Block 46. Left Right Block 47. Turn left 180° 48. Left Right Block 49. Left Right Block 40. Left Right Block 41. Step left 42. Right Front Stance 42. Left Front Stance 43. Double step turn 40. Left Front Stance 42. Left Front Stance 43. Double step turn 40. Left Front Stance 41. Step left 42. Right Front Stance 43. Double step turn 40. Left Front Stance 41. Step left 42. Right Front Stance 43. Double step turn 40. Left Front Stance 41. Step left 42. Right Front Stance 43. Double step turn 40. Left Front Stance 41. Step left 42. Right Front Stance 43. Double step turn 40. Left Front Stance 41. Step left 42. Right Front Stance 43. Double step turn 45. Left Back Stance 46. Left Right Block 46. Left Right Block 47. Turn left Side Kick (at 45°) 48. No. 2 Right Round Kick (at 45°) 48. No. 2 Right Round Kick (at 45°) 49. Left Right Right Round Kick (at 45°) 40. Left Right Right Righ | | | |
| 17. (Land right leg in front, turn left 180°) 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. (Jand forwards 45°) 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Step left lass back 35 ance 32. Turn left 135° 33. (Jand right foot in front, double step) 35. Change to 36. Step forward 37. (Stance Sitting Stance 38. Step forward and turn 180° 37. Sitting Stance 38. Step left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Left Rising Kick to right 42. Right Front Stance 43. Double step turn 41. Step left 42. Right Front Stance 42. Left Rising Rick to right 42. Right Front Stance 43. Double step turn 42. Left Rising Rick to right 44. Left Front Stance 45. Left Rising Rick to right 45. Left Front Stance 45. Left Rising Rick to right 46. Left Front Stance 47. Turn left 135° 48. Right Front Stance 49. Step left Right Round Rick (at 45°) 40. Left Rising Rick to right 41. Step left 42. Right Front Stance 41. Step left 42. Right Front Stance 43. Double Fist Block 45 ance 45. Double Knifehand Block 46. Left Round Kick (at 45°) 48. Left Rising Rick to right 49. Left Rising Rick to right 40. Left Rising Rick to right 40. Left Rising Rick to right 41. Step left 42. Right Front Stance 43. Double step turn 45. Left Rising Rick to right 45. Left Rising Rick Rick Right Front Stance 45. Left Rising Rick Rick Rick Right Front Stance 46. Left Rising Rick Rick Rick Right Front Stance 47. Right Front Stance 48. Double Fist Block 48. Double Knifehand Block 48. No. 2 Right Round Kick (at 45°) 48. Left Rising Rick Rick Right Rick Rick Right Round Rick Right R | | Left Front Stance | |
| 18. Step forward, turn left 180° 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Step forward 32. Turn left 180° 33. (land night foot in front, double step) 34. (land night foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Step forward and turn 180° 38. Sitting Stance 39. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Right Front Stance 43. Double step turn 44. Step left 42. Right Front Stance 45. Left Back Stance 46. Left Back Stance 46. Left Front Stance 46. Right Front Stance 47. Turn left 180° 48. Left Front Stance 49. Step left leg back 45° into 50. Sitting Stance 50. Left Back Stance 50. Left Rising Stance 60. Left Rising Stance 61. Left Rising Stance 62. Left Rising Stance 63. Left Rising Stance 63. Left Rising Kick to right 64. Left Rising Stance 64. Left Rising Stance 65. Left Rising Stance 66. Right Front Stance 67. Turn left 180° 68. Left Rising Stance 69. Left Rising Stance 60. Left Rising Stance 61. Left Rising Stance 62. Left Rising Rick to right 63. Left Rising Stance 64. Left Rising Rick to right 64. Left Rising Stance 65. Left Rising Rick to right 66. Left Rising Rick Rising Rick Rising Rick Rising | | | |
| 19. Step back, turn left 180° 20. Change to a 21. Step forward, turn left 180° 22. Left Front Stance 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Step left Rising Kick to right 41. Step left 42. Right Front Stance Sitting Stance 43. Double step turn 41. Step left 42. Right Front Stance Sitting Stance Left Rising Kick to right Sitting Stance Sitting Stance Sitting Stance Left Rising Rick to right Sitting Stance Left Rising Rick to right Sitting Stance Left Rising Block Left Knifehand Block Right Front Stance Right Round Kick (at 45°) Twin Inward Forearm Block (with a stamp) Twin Inward Forearm Block (with a stamp) Right High Block Left High Block | | | |
| 20. Change to a 21. Step forward, turn left 180° 22. Left Front Stance 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 42. Right Front Stance 42. Right Front Stance 43. Double step turn Right Front Stance Left Front Stance Left Rising Kick to right Another Stance Left Rising Rick to right Right Front Stance Left Rising Rick to right Right Front Stance Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) Right High Ridgehand (I. fingers under r. elbow) Right High Ridgehand (I. fingers under r. elbow) Right High Round Kick (at 45°) Twin High Punch Right Front Stance Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) Right High Round Kick (at 45°) Twin High Punch Right Front Stance Right Front Stance Right Front Stance Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) Right High Round Kick (at 45°) Twin High Punch Right Round Kick (at 45°) Twin High Punch Right Round Kick (at 45°) Twin High Punch Right Round Rick (at 45°) Right Left Rising Round Rick (at 45°) Twin High Punch Right Round Rick (at 45°) Right Round Rick (| | | |
| 21. Step forward, turn left 180° 22. (land forwards 45°) 23. (land forwards 45°) 24. (Land right leg in front) 25. (Right Front Stance) 26. (Right Front Stance) 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. (Sitting Stance) 31. (Sitting Stance) 32. Turn left 135° 33. (land right foot in front, double step) 33. (land right foot in front, double step) 36. Step forward and turn 180° 37. (Sitting Stance) 38. (Step forward and turn 180° 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. (Right Front Stance) 43. Double step turn 45. Change to Sitting Stance 46. (Left Middle Punch 47. Right Front Stance) 48. (Sitting Stance) 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. (Right Front Stance) 43. Double step turn 44. Stance Left Front Stance 45. (Left Rising Block 46. (Right Front Stance) 47. Turn left 130° 48. (Left Rising Kick to right) 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. (Right Front Stance) 43. Double step turn 44. Stance Left Front Stance 45. (Left Right Block) 45. (Left Right Round Kick (at 45°) 46. (Left Kinifehand Block (rick Twin High Punch 47. Right Front Stance) 48. (Left Kinifehand Low Block (rick (at 45°) 49. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. (Right Front Stance) 43. Double step turn 44. Left Front Stance 45. (Left Middle Punch) 46. (Left High Block) 47. (Left High Block) 48. (Left High Block) 48. (Left High Block) 49. Left High Block 49. (Left High Block) 40. Left High Block 40. Left High Block 41. Step left 42. (Left Low Circular Double Ridgehand Block (with a stamp) 40. Left High Block 41. Left High Block 42. (Left Middle Punch) 43. (Left High Block) 44. (Left High Block) 45. (Left High Block) 46. (Left High Block) 47. (Left High Block) 48. (Left High Block) 49. (Left High Block) 40. (Left High Block) 40. (Left High Block) 40. (Left | · | | |
| 22. 23. (land forwards 45°) 24. (Land right leg in front) 25. 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 31. 31. 32. Turn left 135° 33. 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Left Rising Kick to right 38. 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Right Front Stance Right Round Kick (at 45°) No.3 Right Jump Side Kick Twin High Punch Double Arc Hand Block (to left, medium) Left Upset Punch Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) No.2 Right Round Kick (at 45°) Twin High Punch Right Round Kick (at 45°) Right Front Stance Right Front Stance Right High Block Right Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Right High Block Right High Block Left Middle Punch Right Front Stance Right Front S | _ | _ | _ |
| 23. (land forwards 45°) 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance Right Front Stance Right Front Stance Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Scooping Palm Block Right Double Inner Forearm Block Right High Ridgehand (I. fingers under r. elbow) Right High Ridgehand (I. fingers under r. elbow) No.2 Right Round Kick (at 45°) Twin High Punch R. Mid. Knuckle Upset Punch Right Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Right Front Stance Right Foot Inter Hand Block Right Foot Inter Ha | | Left Front Stance | |
| 24. (Land right leg in front) 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance Right Front Stance Right Forearm Strike (into left palm) Right Forearm Block Right Forearm Block Right Forearm Block Right Scooping Palm Block Right Double Inner Forearm Block Right Double Inner Forearm Block Right Double Inner Forearm Block Right Porearm Strike (into left palm) Right Front Stance Right Front Stance Right Porearm Strike (into left palm) Right Front Stance Right Front Stance Right Front Stance Right Pounch Right Front Stance Right Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Right Front Stance Right High Block Left Middle Punch Left Middle Punch Left Middle Punch Left High Block Left Middle Punch Left High Block | | | _ |
| 25. Right Front Stance 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 33. Left Front Stance 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 31. Sitting Stance 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 29. Step left Right Front Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn Double Arc Hand Block (to left, medium) Left Upset Punch Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Double Inner Forearm Block Right Double Inner Forearm Block Right Double Nidgehand (I. fingers under r. elbow) No. 2 Right Round Kick (at 45°) Twin High Punch Right Front Stance Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Forearm Block Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Forearm Block Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Double Inner Forearm Block Right Forearm Block Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Forearm Block Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Pouble Inner Forearm Block Right Forearm Block Right Forearm Block (under Inner Forearm Block Right Forearm Block (under Inner Forearm Block Right Forearm Block Right Forearm Block (under Inner Forearm Block Right Forearm Block Right Forearm Block (under Inner Forearm Block Right Forearm Block Right Forearm Block Right Forearm Block Right Forearm Block Righ | · | | |
| 26. Right Front Stance 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 39. Left Right Front Stance 39. Left Right Front Stance 39. Left Rising Kick to right 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 30. Sitting Stance 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn 44. Left Front Stance 45. Change to 46. Left Upset Punch 47. Right Front Stance 48. Right Front Stance 49. Right Front Stance 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn 44. Left Front Stance 45. Change to 46. Left Upset Punch 47. Right Forearm Strike (into left palm) 48. Right Forearm Strike (into left palm) 48. Right Forearm Strike (into left palm) 48. Right Forearm Strike (into left palm) 49. Right Block 40. Left Middle Punch 41. Step left 42. Right Front Stance 43. Double step turn 44. Left Front Stance 45. Change to Aright Ponch 46. Left Upset Punch 47. Right Forearm Strike (into left palm) 48. Right Forearm Strike (into left palm) 49. Left Middle Punch 49. Left High Block 49. Left High Block 40. Left High Block 40. Left High Block 41. Left High Block 42. Left High Block 43. Left High Block 44. Left High Block 45. Left High Block 46. Left High Block 47. Left High Block 48. Left Upset Punch 49. Left Lew Circular Double Ridgehand Block 49. Left Middle Punch 40. Left High Block 40. Left High Block 41. Left High Block 42. Left High Block 43. Left High Block | | _ | _ |
| 27. Turn left 180° 28. Jump forward 29. Step left leg back 45° into 30. 31. 32. Turn left 135° 33. 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. 38. 39. Left Rising Kick to right 30. 31. 32. Turn left 135° 33. 34. (land Right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. 38. 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Right Forearm Strike (into left palm) Right Double Inner Forearm Block Right Pouble Inner Forearm Block Rig | | _ | |
| 28. Jump forward 29. Step left leg back 45° into 30. 30. 31. 31. 32. Turn left 135° 33. 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. 38. 39. Left Rising Kick to right 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Right X Stance Right Double Inner Forearm Block Right Scooping Palm Block Right Double Left Middle Punch Right Double Nidgle Punch Right High Ridgehand (I. fingers under r. elbow) No.2 Right High Ridgehand Kick (at 45°) Twin High Punch Right Knuckle Upset Punch Left 9 Block Right Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Twin Inward Forearm Block (with a stamp) Twin Inward Forearm Block (with a stamp) Right High Block Left Middle Punch Left Middle Punch Left High Block Left High Block | | _ | |
| 29. Step left leg back 45° into 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° Left Front Stance 33. No.2 Right High Ridgehand (I. fingers under r. elbow) 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° Sitting Stance 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance Right Scooping Palm Block Left Middle Punch Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) No.2 Right Round Kick (at 45°) Twin High Punch R. Mid. Knuckle Upset Punch Left 9 Block Right Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Twin Inward Forearm Block (with a stamp) Twin Inward Forearm Block (with a stamp) Right High Block Left Middle Punch Left High Block Left High Block Left High Block Left High Block | | | |
| 30. Sitting Stance 31. Sitting Stance 32. Turn left 135° Left Front Stance 33. No.2 Right High Ridgehand (I. fingers under r. elbow) 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance Left Middle Punch Right Downward Backfist (L. fist under r. elbow) Right High Ridgehand (I. fingers under r. elbow) No.2 Right Hound Kick (at 45°) Twin High Punch Right Knuckle Upset Punch Left 9 Block R. Mid. Knuckle Upset Punch Left Low Circular Double Ridgehand Block Right Low Circular Double Knifehand Block Right Low Circular Double Knifehand Block Twin Inward Forearm Block (with a stamp) Twin Inward Forearm Block (with a stamp) Right High Block Left Middle Punch Left High Block Left High Block | | _ | _ |
| 31. Sitting Stance 32. Turn left 135° 32. Turn left 135° 33. Left Front Stance 33. No.2 Right High Ridgehand (I. fingers under r. elbow) No.2 Right Round Kick (at 45°) No.2 Right Round Kick (at 45°) Twin High Punch Stance Sitting S | 29. St <mark>ep left leg back 45° into</mark> | _ | Right Scooping Palm Block |
| 32. Turn left 135° 33. | | Sitting Stance | |
| 33. 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 34. (land right foot in front, double step) 43. Double step turn 14. Step left 15. Change to 16. Left Front Stance 16. Amid. Knuckle Upset Punch 17. Left P Block 18. Mid. Knuckle Upset Punch 18. Mid. Knuckle Upset Punch 19. Left P Block 19. Left Low Circular Double Ridgehand Block 19. Right Low Circular Double Knifehand Block 10. Twin Inward Forearm Block (with a stamp) 10. Twin Inward Forearm Block (with a stamp) 10. Right Front Stance 10. Left Middle Punch 10. Left Middle Punch 10. Left High Block | 31. | _ | |
| 34. (land right foot in front, double step) 35. Change to 36. Step forward and turn 180° 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 34. (land right foot in front, double step) 45. Left Round I I I I I I I I I I I I I I I I I I I | | Left Front Stance | Right High Ridgehand (I. fingers under r. elbow) |
| 35. Change to 36. Step forward and turn 180° 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 35. Change to 26. Left Back Stance 36. Sitting Stance 36. Sitting Stance 37. Left Rising Stance 38. Sitting Stance 39. Left Rising Kick to right 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn Left Back Stance 48. Mid. Knuckle Upset Punch 49. Left Low Circular Double Ridgehand Block 49. Right Low Circular Double Ridgehand Block 40. Right Low Circular Double Knifehand Block 40. Twin Inward Forearm Block (with a stamp) 41. Step left 42. Right Front Stance 43. Double step turn Left High Block 44. Left High Block | 33. | | No.2 Right Round Kick (at 45°) |
| 36. Step forward and turn 180° Sitting Stance 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn Sitting Stance Twin Inward Forearm Block (with a stamp) Right High Block Left Middle Punch Left High Block Left High Block | 34. (land right foot in front, double step) | Left Front Stance | Twin High Punch |
| 37. Sitting Stance 38. Sitting Stance 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Twin Inward Forearm Block (with a stamp) Twin Inward Forearm Block (with a stamp) Right Front Stance Left Middle Punch Left High Block | 35. Change to | Left Back Stance | R. Mid. Knuckle Upset Punch |
| 38. Sitting Stance Right Low Circular Double Knifehand Block 39. Left Rising Kick to right 40. Left Rising Kick to right Right Front Stance A2. Right Front Stance Left Middle Punch 43. Double step turn Right Front Stance Left High Block | 36. Step forward and turn 180° | Sitting Stance | Left 9 Block |
| 39. Left Rising Kick to right 40. Left Rising Kick to right 41. Step left 42. Right Front Stance 43. Double step turn Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Twin Inward Forearm Block (with a stamp) Right High Block Left Middle Punch Left Front Stance Left High Block | 37. | Sitting Stance | Left Low Circular Double Ridgehand Block |
| 40. Left Rising Kick to right 41. Step left 42. 43. Double step turn Sitting Stance Right Front Stance Right Front Stance Left Middle Punch Left Front Stance Left High Block | 38. | Sitting Stance | Right Low Circular Double Knifehand Block |
| 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 | 39. Left Rising Kick to right | Sitting Stance | Twin Inward Forearm Block (with a stamp) |
| 42. Right Front Stance Left Middle Punch 43. Double step turn Left Front Stance Left High Block | 40. Left Rising Kick to right | Sitting Stance | Twin Inward Forearm Block (with a stamp) |
| 42. Right Front Stance Left Middle Punch 43. Double step turn Left Front Stance Left High Block | | _ | Right High Block |
| 43. Double step turn Left Front Stance Left High Block | | Right Front Stance | Left Middle Punch |
| | 43. Double step turn | | |
| | 44. | Left Front Stance | Right Middle Punch |

2nd DEGREE BLACK BELT FORMS

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

Eui-Am (Level 1)

Closed Ready Stance D

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

| dedicating himself to the prosperity of his nation. | | | |
|---|---------------------|---|--|
| Closed Ready Stance D | | | |
| 1. Step back | Left Front Stance | R. Low Inward Knifehand Block (L. fist on shoulder) | |
| 2. Step back | Right Front Stance | Left Outer Forearm Block | |
| 3. | Right Front Stance | Right Middle Punch | |
| 4. | Rigini Horn Startee | No.2 Left Twist Kick | |
| | Loft Front Stanco | | |
| 5. (Land left leg in front) | Left Front Stance | Low X Checking Block | |
| 6. | Left Front Stance | Right Knifehand High Block | |
| 7. Jump forward | Right X Stance | Right Downward Backfist Strike (L. palm to r. fist) | |
| 8. Turn left 180° | Left Back Stance | Left Middle Punch | |
| 9. | | Right Reverse Turning Kick | |
| 10. (Lan <mark>d right leg in fro</mark> nt) | Sitting Stance | Right Middle Knifehand Strike | |
| 11. | | No.2 Left Side Kick (with release technique) | |
| 12. (La <mark>nd left leg in f</mark> ront) | Left Front Stance | Right High Horizontal Punch | |
| 13. St <mark>ep up</mark> | Parallel Stance | Left Middle Horizontal Punch (slow) | |
| 14. Step back | Right Front Stance | L. Low Inward Knifehand Block (R. fist on shoulder) | |
| 15. Step back | Left Front Stance | Right Outer Forearm Block | |
| 16. | Left Front Stance | Left Middle Punch | |
| 17. | | No.2 Right Twist Kick | |
| 18. (Land right leg in front) | Right Front Stance | Low X Checking Block | |
| 19. | Right Front Stance | Left Knifehand High Block | |
| 20. Jump forward | Left X Stance | Left Downward Backfist Strike (r. palm to L. fist) | |
| 21. Turn right 180° | Right Back Stance | Right Middle Punch | |
| 22. | Rigiti back startee | - | |
| | C:11:: C1 -: | Left Reverse Turning Kick | |
| 23. (Land left leg in front) | Sitting Stance | Left Middle Knifehand Strike | |
| 24. | D: 115 101 | No.2 Right Side Kick (with release technique) | |
| 25. (Land right leg in front) | Right Front Stance | Left High Horizontal Punch | |
| 26. Step up into | Parallel Stance | Right Middle Horizontal Punch (slow) | |
| 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. | 2011 201011 01011 | Right Reverse Turning Kick | |
| 38. (Land right leg in front) | Right Cat Stance | Double Fist Block | |
| 39. | Rigini cai sianes | Left Reverse Turning Kick | |
| | Left Cat Stance | Double Fist Block | |
| 40. (Land left leg in front) | | | |
| 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> | |
| | | | |

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.

| before he was able to reach | full maturity. | |
|--|--|--|
| Closed Ready Stance A | | |
| 1. Step right 2. | Sitting Stance Sitting Stance | R. Inner Forearm Block/L. Low Block L. Inner Forearm Block/R. Low Block |
| 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 fo <mark>rward, turn right</mark> 18 | 0° Right Back Stance | Left Back Elbow Strike |
| 15. Step forward, turn left 180° | Right Back Stance | Double Fist Block |
| 16. Step <mark>back</mark> | Left Back Stance | Left Middle Scooping Block |
| 17. Step back | Right Back Stance | Right High Knifehand Strike |
| 18. Tur <mark>n left 180°</mark> | 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 18 | <mark>0° Le</mark> ft Bac <mark>k Sta</mark> nce | Double Knifehand Block |
| 21. Sli <mark>de</mark> f <mark>orward,</mark> turn left 180 | ° Left Back Stance | Right Back Elbow Strike |
| 22. T <mark>urn r</mark> ight 180° | Right Back Stance | Double Knifehand Block |
| 23. | | No.1 Right Side Kick (pull both hands to left hip) |
| 24. (land right foot in front), turn left 1 | 80° Left Cat Stance | Twin Low Pressing Block |
| 25. St <mark>ep forward</mark> | 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. (Bri <mark>ng right hand o</mark> ver left hand) | | No.2 Right Front Kick (pull both hands to mid-section) |
| 28. Tur <mark>n left 180°, la</mark> nd 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 forwa | ard 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 | I in Left Back Stance | Left High Knifehand Strike (with stamp) |
| 34. Change to | Left Front Stance | R. Downward Backfist Strike (I. palm on r. forearm) |
| 35. Right Rising Kick, land forwe | ard Right Back Stance | Right High Knifehand Strike (with stamp) |
| 36. Change to | Right Front Stance | L. Downward Backfist Strike (r. palm on I. 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 | Twin High Fore Knuckle Crescent Punch |
| 49. Turn left 270° | Left Front Stance | Left Knifehand Low Block |
| | | |

Choong Jang (continued)

50. Left Front Stance Right High Palm Heel Strike
51. Double step right Right Front Stance Right Knifehand Low Block
52. Right Front Stance Left High Palm Heel Strike

Closed Ready Stance A

Sam II (Level 3)

32.

33. Land in front, step forward

Closed Ready Stance C

Sam II 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 (I. palm on r. forearm) |
| 4. | 1 | 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. S <mark>tep right</mark> | Right Back Stance | Low Double Punch |
| 11. Step forward | Left Front Stance | Double Arc Hand Block (to right) |
| 12. <mark>Step forward</mark> | 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. <mark>Jump Spin in</mark> to | Right Back Stance | Double Knifehand Block |
| 18. | | No.1 Right Side Kick |
| 19. (Land together then turn 180°) | | 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. | Display Day als Chaus a s | No.1 Left Side Kick |
| 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 27. Turn left 90° | Right Cat Stance Left Front Stance | Twin Low Pressing Block 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 |
| 01. | LOTI HOLLI STALLE | Lon riight offen |

Right Front Stance

No.1 Left Snap Kick

<u>Twin High Vertical Punch</u> (perform with stamp)

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)

45. Step up together

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 Kings' orders to fight with foreign forces against his own nation.

| fight with foreign forces against | his own nation. | |
|--|--|--|
| Warrior Ready Stance B | | |
| 1. Slide left | Sitting Stance | Twin High Elbow Release |
| 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 |
| | _ | Left Inner Forearm Block |
| 13. | Right Front Stance | |
| 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. (rig <mark>ht wrist rele</mark> ase) | Left Front Stance | Right Middle Punch (left palm on right elbow) |
| 23. | | No.2 Right Front Kick |
| 24. (lan <mark>d right leg in</mark> 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 | Right Middle Punch |
| 39. Turn left 180° | Left Back Stance | Left High Ridgehand Block |
| 40. Step up together | Closed Stance | Twin Low Spearhand Strike (slow) |
| 41. Step op logerner 41. Step right 45° (with high knee | | Twin Upset Punch (perform with stamp) |
| 42. Double step left (with high knee | _ | Twin Upset Funch (perform with stamp) |
| 43. Double step right 135° | | 144111 0D3@11 011C11 (D@1101111 M1111 210111D) |
| | | |
| 44. | Right Back Stance Right Back Stance | Right Inner Forearm Block Left Horizontal Punch |

Closed Stance

Right Horizontal Punch (slow)

Yoo Sin (continued)

| 46. Step left 90° 47. 48. Step up together 49. Step left 90° 50. Step left to right, then into 51. Right Outside Crescent Kick into 52. 53. 54. 55. 56. (into) 57. (land left leg in a) 58. | Left Back Stance Left Back Stance Closed Stance Left Back Stance Right Back Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance Sitting Stance | Left Inner Forearm Block Right Horizontal Punch Left Horizontal Punch (slow) Left C Punch Right C Punch R. Downward Backfist Strike (I. fist under r. elbow R. Waving Kick with Right Outer Forearm Block L. Waving Kick with Right Inward Block Right High Back Hand No.2 Left Inside Crescent Kick (to right palm) Left Side Kick Left High Back Hand No.2 Right Inside Crescent Kick (to left palm) |
|---|--|--|
| 59. (into) 60. (land right leg in a) 61. 62. (With left leg) Step right 63. 64. (With left leg) Step together | Sitting Stance Sitting Stance Sitting Stance Sitting Stance Closed Stance | Right Side Kick Right 9 Block Left 9 Block Right 9 Block Left 9 Block Left 9 Block Right Hammerfist Strike |
| 65. Step back 66. Turn left 180° 67. (Step up together) step left 135° 68. Double step right 90° Warrior Ready Stance B | Left Front Stance Left Front Stance | Twin Vertical Punch Twin Vertical Punch Double Knifehand Block Double Knifehand Block |

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.

| 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. | zen Backeranee | 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 | Right Horizonal Forearm Strike (into left palm) |
| 15. Double Step Turn | Right Back Stance | Low Double Knifehand Block |
| 17. | mgm back trailet | No.2 Left Round Kick (at 45°) |
| 18. (La <mark>nd together)</mark> | | Right Reverse Hook Kick (at 45°) |
| 19. (into) | | Right Side Kick |
| 20. (Land right foot in front) | Right Front Stance | <u>Left Horizonal 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 | <u> </u> | 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. | mg r.s s.as | 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°) | | 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 ri <mark>ght 90°</mark> | Left One Leg Stance | Right Double Fist Block |
| 35. | | No.1 Right Side Kick |
| 36. Jump forward | Right X Stance | Right Downward Backfist (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. | 3 | 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 | - | - |
| | | |

Ul Ji (Level 3)

Command Ready Stance

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 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 | Dight Front Stanco | Twin Horizontal Hammor Fist Pologgo |
|---|--------------------------------------|---|
| 1. Step back | Right Front Stance Left Front Stance | Twin Horizontal Hammer Fist Release Left Low X Block |
| 2. Step back3. | Left Front Stance | Left High Knifehand X Block |
| 3. 4. | Left Front Stance | Right Inward Knifehand Strike (I. palm to r. forearm) |
| 5. Step back with left foot | Sitting Stance | Left High Back Hand |
| 6. | simily statice | Right Inside Crescent Kick (into left palm) |
| 7. (Land right leg in front) | Sitting Stance | Right Horizonal 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/ |
| | | <mark>L</mark> eft Kn <mark>ifehand High</mark> Block |
| 15. St <mark>ep left</mark> | Left Back Stance | Left Knifehand Squa <mark>re</mark> Block |
| 16. | | Right Jump Spin Side <mark>Kic</mark> k |
| 17. (Land left leg in front) | Right Front Stance | Double Inner Forearm Block |
| 18. Step up together, turning right 90° | A | 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. | 1 51 5 1 61 | 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 (i | | <u>Left High Backfist Strike</u> Twin Low Block |
| 25. Turn left 180° 26. | Right Front Stance | 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. | EON BACK STATICO | 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) | • | 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> |

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)

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.

| destroying hearry 500,000 of their troops at Arist surig. | | | |
|---|--------------------|---|--|
| 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 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 S <mark>trike (perform mid-air</mark>) | |
| 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. J <mark>ump forwar</mark> d | Right X Stance | Right High Backfist Strike (side facing) | |
| 20. Change to (moving left foot) | Right Front Stance | Left Low Knifehand Block | |
| 21. S <mark>tep up into</mark> | Parallel Stance | Right Hooking Block (slow) | |
| 22. | Parallel Stance | Left High Punch | |
| 23. St <mark>ep right</mark> | Sitting Stance | Inner W Block | |
| 24. St <mark>ep right (with</mark> left leg) | Left X Stance | Twin Horizontal Elbow Strike | |
| 25. Ste <mark>p right</mark> | 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 <mark>right leg in front</mark>) | | No.2 Left Side Kick | |
| 29. Slide for <mark>ward</mark> | 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 | Right Downward Backfist Strike (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 rec | arLeft 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 | |
| | | Daniela Kaitalaasa d Dland. | |

Double Knifehand Block

44. Right Jump Spin Side Kick into Right Back Stance

Yong Gae (continued)

45. Left Jump Spin Side Kick into Left Back Stance Double Knifehand Block

46. Change to (moving right foot) Left Front Stance Right Low Inward Ridgehand Block

47. Slide back Right Back Stance Left Back Elbow Strike

48. Change to (moving left foot) Right Front Stance Left Low Inward Ridgehand Block

Left Back Stance 49. Slide back Right Back Elbow Strike

Warrior Ready Stance A

Juche (Level 2)

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.

Parallel Ready Stance (with twin fist on hips)

Sitting Stance Twin Inner Forearm Block 1. Step left Sitting Stance 2. Right Hooking Block into Left Middle Punch

Left One Leg Stance Twin Inward Wedging Block 3. Change to

4. (to the right) Right Side Kick into Reverse Hook Kick (slow) 5. Jump forward Right X Stance Right Downward Backfist Strike

No.2 Left Hooking Kick into Left Side Kick 6. (to left)

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 I. palm)

9. Turn right 180° Left X Stance Left Low Ridgehand Block (r. fingers on I. forearm)

10. Step right 90° Right Back Stance Double Knifehand Block Left High Knifehand Strike (perform mid-air) 11. Jump Spin into Left Back Stance

12. Step forward, turn left 90° Sitting Stance Twin Inner Forearm Block

Sitting Stance Left Hooking Block into Right Middle Punch 14. Change to Right One Leg Stance Twin Inward Wedging Block

Left Side Kick Reverse Hook Kick (slow) 15. (to the left) into Left X Stance 16. Jump forward Left Downward Backfist Strike

17. (to right) No.2 Right Hooking Kick into

R. Side Kick 18. (Land right leg in) Right High Knifehand Strike Sitting Stance

19. Shift into Right Front Stance Left High Inward Elbow Strike (I. fist on r. palm)

20. Turn left 180° Right X Stance Right Low Ridgehand Block (I. 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

Right Retreating Jump Reverse Turning Kick 32.

33. (Land right leg in front) Right Back Stance Double Fist Block

Right Downward Forearm Block 34. Step back together, then slide into Right Back Stance

Left Retreating Jump Reverse Turning Kick

Double Fist Block 36. (Land left leg in front) Left Back Stance

37. (2 steps forward into) Jump Left Twist Kick, Right Side Kick (split kick)

38. (land in) Sitting Stance Twin High Upward Palm Block

Juche (contined)

39. Step forward, turn left 180° Left Back Stance Right Back Elbow Strike 40. Change to Right One Leg Stance Twin Low Block into Left Back Kick (slow, to rear) 41. (Turn left 180°, land left leg in front) Left Back Stance Left High Backfist Strike 42. Step forward Parallel Stance Right High Inward Cross Cut Strike 43. Jump forward Right High Punch, Right Upset Punch Closed Stance 44. Step forward Left Downward Knifehand Strike Right Front Stance 45. Step forward Left Front Stance Right Middle Punch

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)

Juche (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

3. Change to Left One Leg Stance

4. Right Side Kick (slow) into Left Back Stance **Double Fist Block**

Right Front Stance

5. R. Reverse Hook Kick, jump into Right X Stance

6. (to left) 7. (Land left leg in) Sitting Stance

Left Front Stance 8. Shift into 9. Turn right 180° Left X Stance 10. Step right 90° Right Back Stance 11. Jump Spin into Left Back Stance 12. Step forward, turn left 90° Sitting Stance

13. Sitting Stance

Right One Leg Stance 14. Change to

15. Left Side Kick (slow) into **Right Back Stance**

16. L. Reverse Hook Kick, jump into Left X Stance

17. (to right)

18. (Land right leg in) Sitting Stance 19. Shift into Right Front Stance 20. Turn left 180° Right X Stance 21. Step left 90° Left Back Stance 22. Jump Spin into Right Back Stance 23. No.2 Left Picking Kick into Left Cat Stance 24. Turn right 90° (move right foot) Closed Stance 25. Slide back Right Cat Stance

27. Slide back Left Cat Stance 28. Step forward Left Front Stance 29. Step back Right Front Stance 30. Step back Left Front Stance

31. Step back together, then slide into Left Back Stance

32. Double Step back

26. Step forward

33. (Land right leg in front) Right Back Stance 34. Step back together, then slide into Right Back Stance

35. Double Step back

36. (Land left leg in front) Left Back Stance

37. (2 steps forward into)

38. (land in) Sitting Stance 39. Step forward, turn left 180° Left Back Stance

Right Hooking Block into Left Middle Punch

Twin Inward Wedging Block

Right Downward Backfist Strike

No.2 Left Hooking Kick into Left Side Kick

Left High Knifehand Strike

Right High Inward Elbow Strike (r. fist on I. palm) Left Low Ridgehand Block (r. fingers on I. forearm)

Double Knifehand Block

Left High Knifehand Strike (perform mid-air)

Twin Inner Forearm Block

Left Hooking Block into Right Middle Punch

Twin Inward Wedging Block

Double Fist Block

Left Downward Backfist Strike

No.2 Right Hooking Kick into R. Side Kick

Right High Knifehand Strike

Left High Inward Elbow Strike (I. fist on r. palm) Right Low Ridgehand Block (I. fist on r. forearm)

Double Knifehand Block

Right High Knifehand Strike (perform mid-air)

Double Fist Block

Twin High Crescent Arc Hand Block (slow)

Right Downward Elbow Strike Left High Crescent Arc Hand Strike

Left Downward Elbow Strike

Right High Crescent Arc Hand Strike Twin High Inward Knifehand Strike

Right Downward Punch

Left Downward Forearm Block

Right Jump Spin Side Kick

Double Fist Block

Right Downward Forearm Block

Left Jump Spin Side Kick

Double Fist Block

Jump Right Side Kick (to right)

Twin High Upward Palm Block

Right Back Elbow Strike

Juche (MODIFIED continued)

| 40. Change to | Right One Leg Stance | Twin Low Block into Left Back Kick (slow, to rear) |
|--|----------------------|--|
| 41. (Turn left 180°, land left leg in front) | Left Back Stance | Left High Backfist Strike |
| 42. Step forward | Parallel Stance | Right High Inward Cross Cut Strike |
| 43. Jump forward | Closed Stance | Right High Punch, Right Upset Punch |
| 44. Step forward | Right Front Stance | Left Downward Knifehand Strike |
| 45. Step forward | Left Front Stance | Right Middle Punch |
| Parallel Ready Stance (with twin | fist on hips) | |

Moon Moo (Level 3)

Moon-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 Moon Moo came to the throne.

| two figures of 661 A.D. when Moon Moo came to the throne. | | | |
|---|--|---|--|
| Parallel Ready Stance 1. Turn left 90° 2. | Right One Leg Stance | Left Double Fist Block (slow) No.1 Left Side Kick (slow) | |
| 3. (into) 4. Land in a 5. | Sitting Stance | No.1 Left Side Kick Right High Spearhand Strike Right Reverse Hook Kick (slow) | |
| 6. Jump forward into7. Turn left 90°, step into8. Step forward | Right X Stance Left Front Stance Right Front Stance | Right High Knifehand Strike Left Double Press Block Right Double Press Block | |
| 9. Turn left 90° into R. | One Leg Stance | L. Outer Knifehand Block/ R. Knifehand Low Block | |
| 10. Change to 11. 12. (into) | L. One Leg Stance | Right Double Fist Block (slow) No.1 Right Side Kick (slow) No.1 Right Side Kick | |
| 13. (Lan <mark>d in a)</mark> 14. | Sitting Stance | Left High Spearhand Strike Left Reverse Hook Kick (slow) | |
| 15. Jump forward into 16. Turn right 90°, step into 17. Step forward into 18. Change to | Left X Stance Right Front Stance Left Front Stance Left One Leg Stance | Left High Knifehand Strike Right Double Press Block Left Double Press Block R. Outer Knifehand Block/ | |
| 19. | Left One Leg Stance | L. Knifehand Low Block Twin Low Block | |
| 20. 21. (Land right leg behind) 22. Change to 23. | Left Front Stance Right One Leg Stance | Right Back Kick (to the rear, slow) Right Middle Punch Twin Low Block Left Back Kick (to the rear, slow) | |
| 24. (Land left leg behind)25. Step back into26. | Right Front Stance Left Cat Stance | Left Middle Punch Left Downward Palm Block No.1 Left Snap Kick | |
| 27. Right Outside Crescent Kick into28. Slide right into29.30.31. | o Sitting Stance Sitting Stance Sitting Stance Sitting Stance | Right Horizontal Hammerfist Strike (with stamp) Left Scooping Palm Block Right Middle Punch Left Knifehand Low Block 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. | G | 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 <mark>left leg behind)</mark> | 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. Lef <mark>t Low Leg Swe</mark> ep into | Left Back Stance | Double Fist Block |
| 50. | | No.1 Left Low Pres <mark>sin</mark> g Kick into Left Side Kick |
| 51. (L <mark>and left leg i</mark> n front) | Left Back Stance | Left High Knifehand Strike |
| 52. L <mark>ow Leg Swee</mark> p 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. <mark>Jump left int</mark> o | Left X Stance | Right Low Punch (bring left fist t <mark>o right collar b</mark> one) |
| 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 | | |