



STUDENT MANUAL

10th Gup to 1st Dan

REQUIREMENTS

GUIDELINES:

This handbook is designed to act as a guide in preparing students for testing withing the USITF. It is not intended to replace your regular training under a qualified USITF instructor. All aspects of these requirements should be reviewed with a USITF certified instructor and any questions concerning them should be addressed to USITF certified instructor. Quality instruction and attention to detail will ensure your understanding of the requirements and the correct performance of them at testings.

The requirments in this book are the minimum requirements necessary for your students to receive the corresponding rank. All requirements from previous testing levels are included in the testing at the students's current level.

Instructors may include additional requirements for their *own* students. However, these additional requirements may not be imposed on students of other gyms.

It is suggested that students between the ages of 6 through 13 take a minimum of 3 years to advance to 1st Dan black belt. Additionally, "peewee" students will only test for promotion every 6 months. In order for a "peewee" student to test with less than 6 months between testings, they must obtain special written permission from their instructor.

PATTERNS/EXERCISES:

Students may be required to perform additional patterns and exercises from previous ranks at testing. The quantity and the choice of patterns and exercises are at the discretion of the testing board.

KICKING:

Combination Kicks are two or more kicks using alternating feet against a single or several opponents in succession. The kicks may be the same kick or different kicks. At higher levels of rank the number of kicks increase and the kicks are performed to different targets and directions.

Consecutive Kicks are two or more kicks using the same foot against a single or several opponents in succession. The kicks may be different kicks or the same kick to different directions. At higher levels of rank the number of kicks increase an the kicks are performed to different targets and directions.

Double Kicks are two of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Triple Kicks are three of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Quadruple Kicks are four of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

Sliding Kicks are kicks where the supporting foot is slid toward the opponent while the kick is being executed. The supporting foot stops sliding the moment the kicking foot makes contact. Sliding kicks are generally performed with the back foot as the kicking foot.

Skipping Kicks are kicks where the opponent is pursued with a skipping motion while the kick is being executed. The supporting foot contacts the ground the moment the kicking foot makes contact. Skipping kicks may be performed with either the lead foot or the rear foot

Flying Kicks are performed with either one motion from the spot or several motions while running.

GENERAL KICKING

Beginning at 8th gup low yellow belt, combination kicking is required of all ranks. Kicking combinations will include kicks required for the rank the student is testing for and below.

Beginning at 5th gup high green belt, consecutive kicking is required of all ranks. Kicking combinations will include kicks required for the rank the student is testing for and below.

Beginning at 5th gup high green belt, all standing kicks should be practiced with the lead leg, the rear leg, or the lead leg in a stepping, skipping, or sliding motion when appropriate.

Beginning at 3rd gup high blue belt, flying kicks should be practiced with no stepping, single stepping, and multiple stepping motion when appropriate. Steps should be performed to the front, the rear, and the sides when appropriate.

Flying 360° back piercing kick (2nd gup low red belt) is performed by shifting the weight onto the front foot, jumping, spinning, and then kicking. It is not performed by stepping, but by shifting the weight before jumping.

Flying 360° back piercing kick (1st dan black belt) is performed from a specific stance by jumping straight up, spinning, and then kicking. It is not performed by stepping, by shifting the weight, or by moving the feet out of the stance prior to jumping.

STEP SPARRING

Attacks, defenses, and counterattacks in step sparring routines are to be comprised of hand techniques and kicks found in patterns and basic exercises for the rank the student is testing for and below.

Step sparring may be performed with one person always as the attacker and the other person always as the defender (continually moving in the same direction) or with both people alternating roles (moving in alternating directions).

Students may be required to perform additional step sparring routines from previous ranks at testing. The quantity and the choice of step sparring types are at the discretion of the testing board.

For information on how to perform step sparring using the correct format see the Step Sparring section of this handbook.

Distance Measurement:

Middle punch/walking stance	half the foot
High punch/walking stance	toe to heel
Rising block/high strike	heel to heel
Low punch/walking stance	toe to heel
Straight fingertip/walking stance	toe to toe
L-stance	between the feet
All kicking attacks	measure with the kick

HO SIN SUL

Senior students or students with disabilities may be excused from having to demonstrate breakfalls at the discretion of the testing board.

Verbal communication during Ho Sin Sul is strictly prohibited. The self-defense routine will demonstrate attacks to joints, releases, takedowns, or throws. One set of kicking is permissible to demonstrate the student's kicking ability. No unnecessary attacks should be made to a fallen opponent.

Single grab: A single grab is a grab where the attacker uses only one hand to grab their opponent.

Double grab: A double grab is a grab where the attacker uses both hands to grab their opponent.

Straight grab: A straight grab is a grab where the attacker's arm does not cross their body to get to their opponent.

Cross grab: A cross grab is a grab where the attacker's arm crosses their body to get to their opponent.

BREAKING

The following guidelines are at the discretion of the testing board or are the choice of the student testing.

Peepees and juniors (ages 5-15): Breaking requirements may be altered by the testing board to compensate for size and/or physical limitations of the individual testing

Senior women (ages 30-34): May deduct one board/tile from power breaks

Senior women (ages 35-39): May deduct two boards/tiles from power breaks

Senior women (ages 45+): No breaking is required

Senior men (ages 35-39): May deduct one board/tile from power breaks

Senior men (ages 40-44): May deduct two boards/tiles from power breaks

Senior men (ages 45-49): May deduct three boards/tiles from power breaks

Senior men (ages 50+): No breaking is required

Students may request one additional board or tile over their breaking requirement. Adult women may request to perform the same break required of adult men.

If the allowable deduction puts the required number of boards or tiles at or below zero, the requirement will be one board or tile.

If the student is not required to break, but still wishes to do so, they may choose the number of boards or tiles and which break they will perform.

If necessary, the testing board will establish an equivalent number of boards as a substitute for tiles.

Suspended boards: Suspended boards are hand-held on only one side.

Non-supported boards: Non-supported boards are set vertically on edge on top of a flat surface. The boards are only balanced, not held or braced.

REQUIRED KNOWLEDGE

A written test is required for all students 13 years of age or older. This test will cover all required knowledge for the rank the student is testing for and below.

A verbal test may be given in place of a written test to students 12 years of age or younger. This test will cover all required knowledge for the rank the student is testing for and below.

MISCELLANEOUS

A **peewee** is a student who is 10 years of age or younger.

A **junior** is a student who is 11 years of age through 15 years of age.

An **adult** is a student who is 16 years of age or older.

REQUIREMENTS FOR 9TH GUP (WHITE BELT/YELLOW STRIPE)

EXERCISE

- 4-Direction Punch (Saju Jurugi)
- 4-Direction Block (Saju Makgi)

KICKING

- Front rising kick
- Side rising kick
- Front snap kick (lead leg, rear leg and lead leg in a stepping motion)
- Side front snap kick (lead leg, rear leg and lead leg in a stepping motion)

HAND TECHNIQUES

- Front punch with the forefist
- Middle side block with the inner forearm
- Low side block with the outer forearm
- Low side block with the knife-hand

NEW STANCES

- Attention stance
- Parallel stance
- Sitting stance
- Walking stance
- L-stance

STEP SPARRING

- Basic 3-step sparring (alone)

TOURNAMENT COMPETITION

- Tournament competition is not available for this rank

HO SIN SUL

- Two releases from a straight grab to the wrist
- Two releases from a cross grab to the wrist
- Breakfall to the front (not a somersault)
- Breakfall to the back
- Breakfall to the right side
- Breakfall to the left side

BREAKING

- None

REQUIRED KNOWLEDGE

The meaning of White Belt: White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

The Student Oath of Taekwon-Do:

- I shall observe the Tenets of Taekwon-Do
- I shall respect the instructor and seniors
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

Counting to 10 in Korean:

ONE	HANA	SIX	YASOT
TWO	DOOL	SEVEN	ILGOP
THREE	SET	EIGHT	YODUL
FOUR	NET	NINE	AHOP
FIVE	DASET	TEN	YOL

The color belt system of Taekwon-Do:

10 th gup	WHITE	4 th gup	BLUE
9 th gup	WHITE WITH A YELLOW STRIPE	3 rd gup	BLUE WITH A RED STRIPE
8 th gup	YELLOW	2 nd gup	RED
7 th gup	YELLOW WITH A GREEN STRIPE	1 st gup	RED WITH A BLACK STRIPE
6 th gup	GREEN	1 st dan	BLACK
5 th gup	GREEN WITH A BLUE STRIPE		

The Characteristics of a Parallel Ready Stance (Narani Junbi Sogi): Parallel stance is 1 shoulder width wide, measured from the footswords. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the legs straight. The fists are clenched slightly and 5 centimeters (2 inches) apart. There should be approximately 7 centimeters (2.9 inches) between the fists and the abdomen and 10 centimeters (4.1 inches) between the elbows and floating ribs. The upper arms are forward at 30 degrees while the lower arms are bent upward at 40 degrees. This stance is performed full or side facing.

The Characteristics of an Attention Stance (Charyot Sogi): The Attention stance is formed with the heels together with the feet forming a 45 degree angle. The weight is distributed evenly on both feet with the legs straight. Arms are dropped naturally at the sides, with the elbows partially bent and the fists slightly clinched. The eyes are facing front and slightly above horizontal. This stance is only performed full facing.

REQUIREMENTS FOR 8TH GUP (YELLOW BELT)

PATTERN

Chon-Ji

KICKING

Side Piercing Kick (lead leg, rear leg and lead leg in a stepping motion)

Combination Kicking (from this Gup level on, combination kicking is required for all ranks; kicks up to, and including those required at the appropriate belt level will be included)

HAND TECHNIQUES

Rising block with the outer forearm

Middle side block with the outer forearm

STANCES

Sitting stance

L-stance

STEP SPARRING

Beginning 3-step sparring with a partner

TOURNAMENT COMPETITION

Tournament competition is **optional** for this rank

HO SIN SUL

One release from a double grab to the lapel

One release from a double grab to the wrist

One joint attack (control hold) from a double-handed choke

BREAKING

None

REQUIRED KNOWLEDGE

Chon-Ji pattern interpretation: Chon-Ji means literally "The Heaven The Earth." In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one represents Heaven and the other represents Earth.

Chon-ji has 19 movements and its diagram is the shape of a "plus" sign.

The meaning of Yellow Belt: Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

The country in which Taekwon-Do originated: Korea

The name of the Father of Taekwon-Do and his Rank: The father of Taekwon-Do is General Choi Hong Hi, 9th Degree Black Belt, and Grand Master.

The literal translation of Taekwon-Do:

Tae – Jumping, flying; to kick or smash with the foot

Kwon – Fist; to punch, or to destroy with hand or fist

Do – art or way

Taekwon-Do: The mental training and techniques of unarmed combat for self defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

The Belt (Gup and Dan) Rank System: Six colors of Belts; white, yellow, green, blue, red, and black. They are divided into 10 grade levels of color belts called gups, with 10th gup (white belt) being the lowest and 1st gup (red belt/black stripe) being the highest. There are 9 degrees of black belt with 1st Dan being the lowest and 9th Dan being the highest.

The Characteristics of a Walking Stance (Gunnun Sogi): The walking stance is 1 shoulder width wide, measured between the center of the instep of the feet. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed evenly between the feet. The back leg is straight and is locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the kneecap directly over the heel and the front foot pointed straight forward. The foot muscles of both feet are tensed as if to pull the feet together. This stance is named for the front foot, and is performed full or half facing.

The Characteristics of an L-Stance (Niunja Sogi): The L-stance is about 2.5 centimeters (1 inch) wide, measured from the toes of the front foot to the back heel of the rear foot. It is approximately 1.5 shoulder widths long, measured from the footsword of the rear foot to the toes of the front foot. The weight is distributed about 70% on the rear foot and 30% on the front foot. The rear leg is bent so that the kneecap is over the toes of the rear foot. Both feet are turned inward about 15 degrees. The rear hip is aligned with the inner knee joint of the rear knee. This stance is named for the rear foot, and is always performed half facing.

REQUIREMENTS FOR 7TH GUP (YELLOW BELT/GREEN STRIPE)

PATTERN

Dan-Gun

KICKING

Turning Kick (lead leg, rear leg, lead leg in a stepping motion)
Side Turning Kick (lead leg, rear leg, lead leg in a stepping motion)
Back Piercing Kick (to C & D)

HAND TECHNIQUES

Guarding block with the knife-hand
Twin block with the outer forearms
Rising block with the outer forearm
Outward strike with the knife-hand

STANCES

Inner open
Outer open

STEP SPARRING

Intermediate 3-step sparring

HO SIN SUL

One joint attack (control hold) from a single straight grab to the wrist
One joint attack (control hold) from a single cross grab to the wrist
One joint attack (control hold) from a double grab to the wrists
One joint attack (control hold) from a single grab to the lapel

TOURNAMENT COMPETITION

Tournament competition is **optional** for this rank

BREAKING

None

REQUIRED KNOWLEDGE

The Dan-Gun pattern Interpretation: Dan-Gun is named after the Holy Dan-Gun, legendary founder of Korea in the year of 2,333 B.C.

Dan-Gun has 21 movements and its diagram is the shape of a capital "I".

The Tenets of Taekwon-Do:

COURTESY	YE-UI
INTEGRITY	YOM-CHI
PERSEVERANCE	IN-NAE
SELF-CONTROL	GUK-GI
INDOMITABLE SPIRIT	BAEK-JUL BOOL-GOOL

The Three Classes of Black Belt:

1st - 3rd Dan Novice Boo Sa-Bum

4th - 6th Dan Expert Sa-Bum

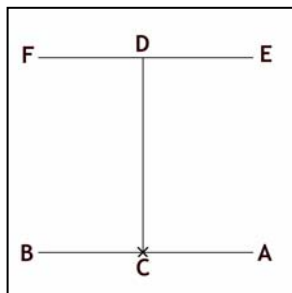
7th - 8th Dan Master Sa-Hyung

9th Dan Grand Master Sa-Sung

(General Choi Hong Hi is the Grand Master)

Pattern Directions:

The student stand on the A-B line facing D.



REQUIREMENTS FOR 6TH GUP (GREEN BELT)

PATTERN

Do-San

KICKING

High Kick (lead leg, rear leg, stepping)
Side Pushing Kick (lead leg, rear leg, stepping)
Side Thrusting Kick (lead leg, rear leg, stepping)
Skip Side Piercing Kick
Skip Turning Kick
Skip Side Turning Kick
Skip Side Front Snap Kick
Flying Front Snap Kick

HAND TECHNIQUES

High Side block with the outer forearm
Thrust with the straight fingertip
Side strike with the back fist
Wedging block with the outer forearms

STANCES

No new stances required for this level.

STEP SPARRING

Advanced 3-step sparring

HO SIN SUL

Somersault to the right side
Somersault to the left side
Capture a front snap kick
Capture a side piercing kick
Capture a back kick
Capture a side turning kick

TOURNAMENT COMPETITION

Tournament competition is **optional** for this rank

BREAKING

Men

Hands
None
Feet
1 board with front snap kick

Women/Juniors – Feet

Hands
None
Feet
1 board with side piercing kick

Peewees

None

REQUIRED KNOWLEDGE

The Do-San pattern Interpretation: Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.

Do-San has 24 movements and its diagram is the shape of one “stair step” up and to the right.

The meaning of Green Belt: Green signifies the plant’s growth as the Taekwon-Do skill begins to develop.

The nine reasons for practicing Courtesy as listed in General Choi’s Encyclopedia:

1. To promote the spirit of mutual concessions
2. To be ashamed of one’s vices, contemning those of others
3. To be polite to one another
4. To encourage the sense of justice and humanity
5. To distinguish instructor from student, senior from junior, and elder from younger
6. To behave according to etiquette
7. To respect others possessions
8. To handle matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

The opening ceremony for a Taekwon-Do class (Beginning Class)

ATTENTION	CHARYOT
FACE THE FLAGS	KUK-KI-YEA TAE-HAE
SALUTE	KYONG-YE
RETURN TO ATTENTION STANCE	BARO
KNEEL	ANJ-OH
MEDITATE	MUK-NYOM
RETURN TO ATTENTION STANCE	BARO
ATTENTION	CHARYOT
FACE THE INSTRUCTOR	SA-BUM NIM GAE
BOW	KYONG-YE

The closing ceremony for a Taekwon-Do class (Ending Class)

ATTENTION	CHARYOT
FACE THE FLAGS	KUK-KI-YEA TAE-HAE
SALUTE	KYONG-YE
RETURN TO ATTENTION STANCE	BARO
KNEEL	ANJ-OH
MEDITATE	MUK-NYOM
RETURN TO ATTENTION STANCE	BARO
ATTENTION	CHARYOT
FACE THE INSTRUCTOR	SA-BUM NIM GAE
BOW	KYONG-YE
CLASS IS FINISHED	EE-SANG
THANK YOU VERY MUCH	KO-MAP SUM-NEE-DA

The Characteristics of a Sitting Stance (Anun Sogi):

The sitting stance is 1.5 shoulder widths side, measured from the big toes. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly on both feet with the knees bent over the balls of the feet. The chest and abdomen are pushed out and the hips pulled back. This stance is performed full or side facing.

REQUIREMENTS FOR 5TH GUP (GREEN BELT/BLUE STRIPE)

PATTERN

Won-Hyo

KICKING

Stepping Hook Kick (Lead leg - offensive)
Outward Downward Kick
Inward Downward Kick
Crescent Kick
Skip Side Pushing Kick
Skip Side Thrusting Kick
Flying Side Front Snap Kick
Flying High Kick
Flying Side Piercing Kick
Double Kicks

Two Consecutive Kicks—same direction

NOTE: all kicks from this level on should be practiced as a lead leg kick, rear leg kick, and when appropriate as a kick in a stepping or skipping motion.

HAND TECHNIQUES

Inward strike with the knife-hand
Circular block with the inner forearm
Guarding block with the outer forearm

STANCES

Fixed stance
Bending ready stance type A
Close ready stance type A

STEP SPARRING

Beginning 2-step sparring

HO SIN SUL

Defend against a single choke from front
Defend against a double choke from the front
Throw against a forefist punch from walking stance
Throw against a side front snap kick from L-stance

TOURNAMENT COMPETITION

Tournament competition is **optional** for this rank

BREAKING

Men

Hands	
1 board with	downward strike with the knife-hand or inward strike with the knife-hand or outward strike with the knife-hand
Feet	
2 boards with	front snap kick or side piercing kick or back piercing kick

Women/Juniors

Hands
None
Feet
1 board with turning kick or back piercing kick

Peewees

None

REQUIRED KNOWLEDGE

Won-Hyo pattern Interpretation: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Won-Hyo has 28 movements and its diagram is the shape of a capital "I".

The eight examples of Poor Integrity as listed in General Choi's Encyclopedia:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

A vocabulary of at least 24 Korean words used in class:

ASSISTANT INSTRUCTOR	BOO SA-BUM (1 ST - 3 RD DAN)
ATTENTION	CHARYOT
AT EASE	SWIYO
BEGIN	SI-JAK
BOW/SALUTE	KYONG-YE
DEGREE	DAN
FACE THE FLAGS	KUK-KI-YEA TAE-HAE
FINISHED	EE-SANG
GRADE	GUP
GRAND MASTER	SA-SUNG (9 TH DAN)
GYMNASIUM	DO-JANG
INSTRUCTOR	SA-BUM (4 TH - 6 TH DAN)
INSTRUCTOR	SIR SA-BUM NIM
MASTER INSTRUCTOR	SA-HYUN (7 TH - 8 TH DAN)
MEDITATE	MUK-NYOM
PATTERN	TUL
READY POSITION	JUNBI
RETURN TO READY	BARO
SIT/KNEEL	ANJ-OH
STOP	GUMAN
THANK YOU	KO-MAP SUM-NEE-DA
TURN AROUND	TUI-TORA
UNIFORM	DO-BOK
YELL	KI-AP

Characteristics of a Close Ready Stance Type A (Moa Junbi Sogi): The Close Ready Stance Type A is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the right fist held 30 centimeters (12.2 inches) in front of the philtrum and the left hand wrapped around the right fist with the fingertips of the left hand on the knuckles of the right hand.

Characteristics of a Fixed Stance (Gojung Sogi): The Fixed Stance is 2.5 centimeters (1 inch) wide, measured from the inside heel of the front foot to the back heel of the rear foot. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed 50% on the rear foot and 50% on the front foot. The rear leg is bent and the rear foot pointed in 15 degrees. The front leg is bent and the front foot is pointing in 15 degrees. This stance is named for the front foot, and is always performed half facing.

Characteristics of a Bending Ready Stance Type A (Guburyo Junbi Sogi): The Bending Ready Stance Type A is performed standing on one bent leg and therefore has no length or width. The weight is all on the bent supporting leg with the non-supporting foot placed at the knee joint of the supporting leg. The knee of the non-supporting leg is pointed at about 15 degrees to the side front. This stance is named for the supporting leg and is performed side facing with the fists forming a high guarding block.

REQUIREMENTS FOR 4TH GUP (BLUE BELT)

PATTERN

Yul-Gok

KICKING

- Reverse Hook Kick (offensive)
- Hooking Kick (defensive)
- Twisting Kick
- Skip Hook Kick (offensive)
- Flying Turning Kick
- Flying Side Turning Kick
- Double Kicks - multiple targets, more difficult kicks
- Two consecutive Kicks - multiple targets, more difficult kicks
- Combination Kicks - multiple targets, more difficult kicks

HAND TECHNIQUES

- Hooking block with the palm
- Front strike with the elbow
- Twin block with the knife-hands
- Double block with the inner forearm

STANCES

- X-stance – jumping motion
- X-stance – stepping
- Diagonal stance
- Crouched stance

STEP SPARRING

Intermediate 2-step sparring

HO SIN SUL

- Defend against a single choke with the forearm from the rear
- Defend against a double choke from rear
- Defend against a headlock from the side
- Throw against a back piercing kick from L-stance
- Throw against a straight fingertip thrust from walking stance

TOURNAMENT COMPETITION

Tournament competition is **required** for this rank. A minimum of one USITF tournament is required.

BREAKING

Men

Hands	
1 board with	front punch with the forefist or side strike with the back fist or Inward strike with the reverse knife-hand
Feet	
2 boards with	flying front snap kick or flying turning kick
3 boards with	flying side piercing kick

REQUIREMENTS FOR 3RD GUP (BLUE BELT/RED STRIPE)

PATTERN

Joong-Gun

KICKING

Vertical Kick with the footsword
Vertical Kick with the reverse footsword
Reverse Turning Kick - toward front or side front
Skip Twisting Kick
Sweeping Kick
Flying 180° back piercing kick
Flying Crescent Kick
Triple Kicks
Three Consecutive Kicks - same direction

NOTE: All Flying Kicks from this level on should be practiced with all possible variations; no-stepping, single stepping or multiple stepping motions

HAND TECHNIQUES

Middle Side block with the reverse knife-hand
Upward block with the palm
Upward strike with the elbow
Vertical punch with the twin forefists
Upset punch with the twin forefists
Rising block with the x-fist
Pressing block with the palm
Angle punch with the forefist
U-shape block with the arc-hands

STANCES

Rear foot stance
Low stance
Close ready stance type B
Bending ready stance B

STEP SPARRING

Beginning 1-step sparring

HO SIN SUL

Defend against a full nelson from the rear
Defend against a bearhug (over the arms) from the rear
Defend against a bearhug (over the arms) from the front
Defend against a single hair grab from the front
Defend against a single hair grab from the rear
Foot sweeps against an L-stance

TOURNAMENT COMPETITION

Tournament competition is **required** for this rank. A minimum of one USITF tournament is required.

BREAKING

Men

Hands	
2 boards with	downward strike with the knife-hand
	or outward strike with the knife-hand
	or inward strike with the knife-hand

Feet	
2 boards with	twisting kick
	or stepping hook kick
	or reverse hook kick

Women/Juniors

Hands	
1 board with	downward strike with the knife-hand
	or outward strike with the knife-hand
	or inward strike with the knife-hand
Feet	
1 board with	twisting kick
	or stepping hook kick
	or reverse hook kick

Peewees

Hands	
None	
Feet	
1 board with	front snap kick
	or side piercing kick

REQUIRED KNOWLEDGE

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

The 10 parts of the student's responsibility with regard to the Student-Instructor Relationship:

1. Never tire of learning. A good student can learn any time, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching and working around the do-jang. An instructor can afford to loose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

Characteristics of a Close Ready Stance Type B (Moa Junbi Sogi): The Close Ready Stance is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the fists held 14 centimeters (6.1 inches) in front of the navel.

Characteristics of a Rear-Foot Stance (Dwitbal Sogi): The Rear-Foot Stance has the heel of the rear foot slightly beyond the heel of the front foot. It is 1 shoulder width long, measured from the small toes of the rear foot to the small toes of the front foot. The weight is distributed mostly on the rear foot. The rear leg is bent so that the knee-cap is over the toes of the rear foot and the rear foot is pointed in about 15 degrees. The front leg is bent with the ball of the front foot slightly touching the floor and the foot pointing in about 25 degrees. This stance is named for the rear foot, and is always performed half facing.

Characteristics of a Low Stance (Nachuo Sogi): The Low Stance is 1 shoulder width wide, measured between the center of the instep of the feet. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the heel of the front foot. The weight is distributed evenly between the feet. The back leg is straight and locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the knee cap directly over the heel and the front foot pointed straight forward. The foot muscles of both feet tensed as if to pull the feet together. This stance is named for the front foot, and is performed full or half facing.

REQUIREMENTS FOR 2ND GUP (RED BELT)

PATTERN

Toi-Gye

KICKING

Front Rising Kick (lead leg, rear leg)
Side Rising Kick (Lead leg, rear leg)
Skip Hooking Kick (Defensive)
Flying 360° Back Piercing Kick
Flying Twisting Kick
Flying Lead Leg Hook Kick
Triple Kicking
Three Consecutive Kicks - different directions

HAND TECHNIQUES

Upset thrust with the flat fingertip
Side back strike with the back fist
Side thrust with the twin elbow
W-shape block with the outer forearm
Double pushing block with the inner forearm
Front thrust with the flat fingertip
Pressing block with the x-fist

STANCES

Close ready stance C
Close ready stance D

STEP SPARRING

Intermediate 1-step sparring

HO SIN SUL

Throw against a turning kick
Throw against an inward knife-hand strike
Throw against a double front choke
Throw against a side piercing kick

TOURNAMENT COMPETITION

Tournament competition is **required** for this rank. A minimum of one USITF tournament is required.

BREAKING

Men

Hands	
1 suspended board with	front punch with the forefist or outward strike with the knife-hand or inward strike with the knife-hand or inward strike with the reverse knife-hand
Feet	
2 boards with	flying twisting kick
3 boards with	flying 180° back piercing kick

Women/Juniors:

Hands	
1 board with	front punch with the forefist
	or outward strike with the knife-hand
	or inward strike with the knife-hand
	or inward strike with the reverse knife-hand

Feet	
1 board with	flying twisting kick
2 boards with	flying 180° back piercing kick

Peeweews

Hands	
1 board with	downward strike with the side fist
	or outward strike with the side fist

Feet	
1 board with	flying front snap kick
	or flying side piercing kick

REQUIRED KNOWLEDGE

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

Toi-Gye has 37 movements and its diagram is in the shape of a “plus sign” with a small line across the bottom.

The meaning of Red Belt: Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

The nine points to be observed while performing a pattern:

1. Accuracy; a pattern should begin and end on the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

REQUIREMENTS FOR 1ST GUP (RED BELT/BLACK STRIPE)

PATTERN

Hwa-Rang

KICKING

Front Checking Kick
 Side Checking Kick
 Outward pressing Kick
 Inward Pressing Kick
 Stamping Kick
 Back Snap Kick
 Flying 180° Reverse Hook Kick (Offensive)
 Flying Hooking Kick (Defensive)
 Flying Vertical Kick with the footsword
 Flying Vertical Kick with the reverse footsword
 Quadruple Kicks
 Four Consecutive Kick - same direction

HAND TECHNIQUES

Pushing block with the palm
 Upward punch with the forefist
 Downward strike with the knife-hand
 Side front block with the inner forearm
 Side thrust with the elbow

STANCES

Vertical stance
 Close ready stance type C

STEP SPARRING

Advanced 1-step sparring
 Beginning semi-free sparring

HO SIN SUL

Demonstrate six pressure points against a passive (holding) partner
 Demonstrate two pressure points against an attacking (striking) partner

TOURNAMENT COMPETITION

Tournament competition is **required** for this rank. A minimum of one USITF tournament is required.

BREAKING

Men

Hands	
2 non-supported boards with	outward strike with the knife-hand or inward strike with the knife-hand or inward strike with the reverse knife-hand
Feet	
3 boards with	front snap kick or turning kick
4 boards with	side piercing kick or back piercing kick

Women/Juniors

Hands	
1 non-supported board with	outward strike with the knife-hand
	or inward strike with the knife-hand
	or inward strike with the reverse knife-hand
Feet	
2 boards with	front snap kick
	or turning kick
3 boards with	side piercing kick
	or back piercing kick

Peewees

Hands	
1 board with	front strike with the elbow
Feet	
1 board with	front snap kick
	or turning kick
2 boards with	back piercing kick

REQUIRED KNOWLEDGE

The Hwa-Rang pattern Interpretation: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th Century. This group eventually became the actual driving force of the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry division, where Taekwon-Do developed into maturity.

Hwa-Rang has 29 movements and its diagram is a capital "I".

The 5 parts of the Hwa-Rang Warrior Code:

- Be loyal to your King.
- Be obedient to your parents.
- Be honorable to your friends.
- Never retreat in battle.
- Make a just kill.

The 3 Kingdoms of Ancient Korea:

- Koguryo
- Baek-Je
- Silla

The 6 factors of the Theory of Power:

- | | |
|----------------|----------------|
| Reaction force | Breath Control |
| Concentration | Mass |
| Equilibrium | Speed |

Characteristics of a Close Ready Stance Type C (Moa Junbi Sogi): The Close Ready Stance is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the knife-hands (right knife-hand closest to the body) held 10 centimeters (4.1 inches) in front of the abdomen.

Characteristics of a Vertical Stance (Soojik Sogi): The Vertical Stance has the heel of the rear foot slightly beyond the heel of the front foot. It is 1 shoulder width long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed 60% on the rear foot and 40% on the front foot. The rear leg is straight with the rear foot pointing in approximately 15 degrees. This stance is named for the rear foot, and is always performed half facing.

CERTIFICATION

Students are highly encouraged to become USITF-certified class "C" referees.

REQUIREMENTS FOR 1ST DAN (BLACK BELT)

PATTERN

Choong-Moo
All patterns to date

KICKING

Sliding Reverse Turning Kick
Flying 360° Reverse Hook Kick (offensive)
Mid-air 360° Back Piercing Kick
Flying Side Pushing Kick
Flying Side Thrusting Kick
Flying Twin foot Front Snap Kick - 1 or 2 targets
Flying Twin Foot Side Piercing Kick - 1 target
Flying Twin Foot Turning Kick - 1 target
Quadruple Kicking
Four Consecutive Kicks - Different Directions

HAND TECHNIQUES

Inward strike with the knife-hand
Inward front strike with the reverse knife-hand
Inward block with the outer forearm
Checking block with the x-knife-hand
Upward block with the twin palms

STANCES

All stances to date

STEP SPARRING

Advanced semi-free sparring
No-contact free sparring versus one opponent

HO SIN SUL

Time limit: 2 minutes **Opponents:** One

TOURNAMENT COMPETITION

Tournament competition is **required** for this rank. A minimum of one USITF tournament is required.

BREAKING

Men

Hands	
2 tiles with	front punch with the forefist or side strike with the back fist or Inward strike with the reverse knife-hand
3 tiles with	Downward strike with the knife-hand
Feet (power)	
2 boards with	flying twisting kick
3 boards with	flying front snap kick or flying turning kick or mid-air 360° back piercing kick
4 boards with	flying side piercing kick or flying 180° back piercing kick

Feet (technique)	
1 suspended board with	any standing kick
2 boards – one target with	flying twin foot front snap kick
	or flying twin foot side piercing kick

Women/Juniors

Hands	
2 boards with	front punch with the forefist
	or outward strike knife-hand
	or Inward strike with the reverse knife-hand
1 tile with	downward strike with the knife-hand
Feet (power)	
1 board with	flying twisting kick
2 boards with	flying front snap kick
	or flying turning kick
	or flying 360° back piercing kick
3 boards with	flying side piercing kick
	or flying 180° back piercing kick

Women/Juniors (continued)

Feet (technique)	
1 suspended board with	any standing kick
1 board – one target with	flying twin foot front snap kick
	or flying twin foot side piercing kick

Peewees

Hands	
1 board with	downward strike with the knife-hand
Feet (power)	
1 board with	flying front snap kick
	or flying turning kick
2 boards with	flying side piercing kick
Feet (technique)	
1 board with	flying twisting kick
	or flying 360° back piercing kick
2 boards with	flying 180° back piercing kick

REQUIRED KNOWLEDGE

The Choong-Moo pattern Interpretation: Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which was said to be the precursor of the present day submarine. The reason for this pattern ending in a left hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the King, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

Choong-Moo has 30 movements and its diagram is a capital “I”.

The meaning of Black Belt: Black is the opposite of white, therefore, signifying the student’s maturity and proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.

The eight parts of “Training Secrets of Taekwon-Do”:

1. To study the theory of power thoroughly
2. To understand the purpose and meaning of each movement clearly
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense
6. Keep both the arms and legs bent slightly while the movement is in motion
7. All movements must begin with a backward motion with very few exceptions
8. To create a sine wave during the movement by utilizing the knee spring properly

CERTIFICATION

Students who are conducting classes with the USITF as either an instructor or an assistant instructor must become USITF Certified Class “C” instructors or must attend and ITF International Instructor’s Course. It is suggested that students complete the USITF Referee’s Clinic for Class C Referee.

TRAINING REQUIREMENTS

Students must complete a minimum of 6 months of active training as a 1st Gup before testing for 1st Dan black belt. Active training is considered participating in an average of seven formal classes per month.

Students must complete a minimum of 20 hours of community service. A formal letter verifying completion of community service must be turned in with the testing packet.

STEP SPARRING

STEP SPARRING INSTRUCTIONS

All Step sparring routines begin with a simple bow to your partner. The bow should be at 15°, while looking at your partner's eyes. The junior student should come up from the bow after their senior. All routines are to be performed in a formal manner with a high degree of discipline.

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

- The student should use good stances.
- All blocks should be executed at the proper location and with the proper tools.
- An appropriate block, attack, or counter-attack is a technique that is taught to the student at their belt level. This includes all required kicks up to and including the belt level of the student and all techniques used in patterns up through their testing pattern.
- Students should be familiar with all terminology to ensure that the step sparring routines proceed smoothly and there are no delays.
- Instructions given to sparring partners should be simple, clear, easily understood, and technically correct.
- Step sparring is not intended for the attacker to show off. The emphasis should be on the defender's performance.
- The student should not be in a hurry. Step sparring is very sloppy when it is carried out in a fast motion.

Foot positions

- If the attacker uses walking stances, and the defender uses walking stances: the attacker's foot positions are first to the outside of the defender's foot, then inside, and finally outside.
- If the attacker uses walking stances, and defender uses L-stances: all of the attacker's foot positions are to the outside of the defender's feet.
- If attacker uses L-stances, and the defender uses L-stances: the attacker's foot positions are first to the inside of the defender's foot, then outside, and finally inside.
- If attackers uses L-stances, and the defender uses walking stances: all the attacker's foot position will be inside of the defender's feet.

Distance Measuring

Both participants come to attention. The attacker steps forward with his/her right foot to measure distance.

- **If the attacker is to start from a walking stance:** The attacker steps forward with his/her right foot into a right walking stance placing his/her right foot just to the outside the defender's left foot.
 - If the attacker is to attack with a middle punch, measurement is half the foot.
 - If the attacker is to attack with a high punch, measurement is the toe of the attacker to the heel of the defender.
 - If the attacker is to attack with a rising block or a high strike, measurement is heel to heel.
 - If the attacker is to attack with a low punch, measurement is the toe of the attacker to the heel of the defender.
 - If the attacker is to attack with a straight fingertip thrust, measurement is toe to toe.
- **If the attacker is to start from an L-stance:** Attacker steps forward into left L-stance placing his/her right foot between the defender's feet.
- **If the attacker is to start with a kick:** Attacker measures with the kick.

BASIC 3-STEP SPARRING

Requirement for 9th Gup – White Belt/Yellow Stripe

Basic 3-step sparring is performed alone, without a partner.

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

- The student will perform both halves of basic 3-step sparring without a partner. He/she will first perform the attacker's portion and then the defender's portion.
- The student should use long stances.

ATTACKER PORTION

Distance Measuring: The student will come to attention and then step forward with his/her right foot into a right walking stance.

Preparatory Move: The student steps back with his/her right foot while executing a left walking stance and a low block with the left outer forearm. The attacker should kihap at the same time as he/she executes the low block.

First Attack: The student steps forward into a right walking stance while executing a right middle punch.

Second Attack: The student steps forward into a left walking stance while executing a left middle punch.

Third Attack: The student steps forward into a right walking stance while executing a right middle punch.

Return to Ready Position: The student steps backward into a parallel ready stance.

DEFENDER PORTION

Next Move: The student kihaps to signal his/her readiness to begin the defender portion of this exercise.

First Defense: The student steps back with the right foot into a left walking stance while executing a middle block with the left inner forearm.

Second Defense: The student steps back with the left foot into a right walking stance while executing a middle block with the right inner forearm.

Third Defense: The student steps back with the right foot into a left walking stance while executing a middle block with the left inner forearm.

Counter-Attack: Without stepping forward, changing stance, or leaning forward, the student executes a right middle punch and kihaps.

Return to Ready Position: The student steps forward with his/her right foot into a parallel ready stance.

BEGINNING 3-STEP SPARRING

Requirement for 8th Gup – Yellow Belt

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

- Since this is beginning 3-step sparring, the student should make every effort to use correct stances and correct distance in order not to hurt each other.
- Distance and measurement are critical at this level of step sparring.
- The student should use long stances.
- At least one of the routines performed at this level should use the same attacks, blocks, and counter-attacks as those used in basic 3-step Sparring.

Number and Type of Counter Attacks: Only one counter attack is to be used. It is to be a front snap kick or a hand technique that is taught to the student at their belt level.

Distance Measuring: Both participants must come to attention. The attacker steps forward with his/her right foot into a right walking stance placing his/her right foot just to the outside of the defender's left foot.

Preparatory Move: The attacker steps back with his/her right foot while executing a left walking stance and a low side block with the left outer forearm. The attacker should kihap at the same time as he/she executes the low block.

Next Move: At the same time that the attacker steps back into a left walking stance, the defender moves the left foot to the left into a parallel ready stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: The attacker steps forward into a right walking stance placing his/her right foot to the outside of the defender's left foot while executing a right middle punch. The defender steps back with the right foot into a left walking stance while executing a middle block with the left inner forearm. The block should LIGHTLY contact the attacker's wrist.

Second Attack: The attacker steps forward into a left walking stance placing his/her left foot to the inside of the defender's right foot while executing a left middle punch. The defender steps back with the left foot into a right walking stance while executing a middle block with the right inner forearm. The block should LIGHTLY contact the attacker's wrist.

Third Attack: The attacker steps forward into a right walking stance placing his/her right foot to the outside of the defender's left foot while executing a right middle punch. The defender steps back with the right foot into a left walking stance while executing a middle block with the left inner forearm. The block should LIGHTLY contact the attacker's wrist.

Counter-Attack: Without stepping forward, changing stance, or leaning forward, the defender executes an appropriate single counter-attack and kihaps. If the counter-attack is a front snap kick, the defender should then recover back to the original left walking stance.

There is no need for the defender to attempt to make their counter-attack contact the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping backward and the defender stepping forward. The attacker steps back to the ready position after the defender has initiated a forward movement to the ready position.

Preparation of the Next Routine: If the distance between the participants needs to be readjusted, the new attacker comes to attention. This will signal the defender that measurement is necessary. the defender will then come to attention. The attacker steps forward with his/her right foot into a right walking stance placing his/her right foot just to the outside the defender's left foot in order to recheck the distance.

INTERMEDIATE 3-STEP SPARRING

Requirement for 7th Gup - Yellow Belt/Green Stripe

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

- Distance and measurement are important at this level of step sparring.

Number and Type of Counter Attacks: Up to two counter-attacks should be used.

Distance Measuring: Perform the appropriate measurement for the attacking technique and stance to be used as described in the general step sparring instructions.

Preparatory Move: The attacker steps back with his/her right foot into a left walking stance or right L-stance while executing a low side block with the left outer forearm. The attacker should kihap at the same time as he/she executes the low block.

Next Move: At the same time that the attacker steps back into his/her preparatory stance, the defender moves the left foot to the left into a parallel ready stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: Attacker steps forward into the appropriate stance, placing their front foot on the correct side of the defender's foot, and executes the appropriate hand attack. Defender steps back with his/her right foot into an appropriate stance and executes an appropriate block. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: Attacker steps forward with his/her rear leg into the appropriate stance, placing their front foot on the correct side of the defender's foot, and again executes the appropriate hand attack used in the first attack. Defender steps back into the same appropriate stance used in the first defense, but using the opposite leg, and executes the same appropriate block used in the first attack. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Third Attack: The attacker steps forward with his/her rear leg into the appropriate stance, placing their front foot on the correct side of the defender's foot, and executes the appropriate hand attack used in the first attack. Defender steps back into the same appropriate stance used in the first defense and executes the appropriate block used in the first attack. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes up to two appropriate counter-attacks, and kihaps with his/her last punch or kick. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. If the counter-attack is a kick, the defender should step down with the kicking leg into appropriate stance. There is no need for the defender to attempt to have their counter-attacks make more than LIGHT contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping backward and the defender stepping forward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

Preparation of the Next Routine: If the distance between the participants needs to be readjusted, the new attacker comes to attention. This will signal the defender that measurement is necessary. The defender will then come to attention. The attacker will then step forward to recheck the distance as it was done in the beginning of this step sparring routine.

ADVANCED 3-STEP SPARRING

Requirement for 6th Gup – Green Belt

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

- Distance and measurement are important at this level of step sparring

Number and Type of Counter Attacks: Should include up to three counter-attacks.

Distance Measuring: Perform the appropriate measurement for the attacking technique and stance to be used as described in the general step sparring instructions.

Preparatory Move: The attacker steps back with his/her right foot into a left walking stance or right L-stance while executing a low side block with the left outer forearm. The attacker should kihap at the same time as he/she executes the low block.

Next Move: At the same time that the attacker steps back into his/her preparatory stance, the defender moves the left foot to the left into a parallel ready stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: The attacker steps forward into the appropriate stance, placing their front foot on the correct side of the defender's foot, and executes the appropriate hand attack. Defender steps back with his/her right foot into an appropriate stance and executes an appropriate block. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: The attacker steps forward with his/her rear leg into the appropriate stance, placing their front foot on the correct side of the defender's foot, and again executes the appropriate hand attack used in the first attack. Defender steps back into the same appropriate stance used in the first defense, but using the opposite leg, and executes the same appropriate block used in the first attack. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Third Attack: The attacker steps forward with his/her rear leg into the appropriate stance, placing their front foot on the correct side of the defender's foot, and executes the appropriate hand attack used in the first attack. Defender steps back into the same appropriate stance used in the first defense, but using the opposite leg and executes the same appropriate block used in the first attack. The block should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes up to three appropriate counter-attacks, and kihaps with his/her last punch or kick. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. If the counter-attack is a kick, the defender should step down with the kicking leg into appropriate stance. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping backward and the defender stepping forward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

Preparation of the Next Routine: It should not be necessary to adjust the distance between the participants very often at this level. However, if needed, the new attacker would come to attention to signal the defender that a measurement was necessary. The defender would then come to attention. The attacker would then step forward to recheck the distance as it was done in the beginning of this step sparring routine.

BEGINNING 2-STEP SPARRING

Requirement for 5th Gup – Green Belt/Blue Stripe

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

- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Only one counter-attack is to be used, and it may be either a hand or foot technique. (Double kicking techniques and 2-kick consecutive techniques will count as a single counter-attack.)

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker.

Distance Measuring: Distance measurement is not considered critical at this level. However, if it is needed it should be conducted following the appropriate measurement for the attacking technique and stance to be used as described in the general step sparring instructions.

Preparatory Move: The attacker will start from an L-stance. The attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender may start from either a parallel ready stance or from an L-stance. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into the appropriate stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: Attacker executes the first of the prearranged sequence of attacks and the defender executes the first appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: Attacker executes the second of the prearranged sequence of attacks and the defender executes the second appropriate defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes a single appropriate counter-attack, and kihaps. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. If the counter-attack is a kick, the defender should step down with the kicking leg into an appropriate stance. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

INTERMEDIATE 2-STEP SPARRING

Within the USITF, Intermediate 2-step sparring is not a required step sparring format. However, it is used as a training aid when preparing for the 4th Gup, Blue Belt Testing.

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

- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Should include up to two counter-attacks. (Double kicking techniques and 2-kick consecutive techniques will count as a single counter-attack.)

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker.

Distance Measuring: Distance measurement is not considered critical at this level. However, if it is needed it should be conducted following the appropriate measurement for the attacking technique and stance to be used as described in the general step sparring instructions.

Preparatory Move: The attacker will start from an L-stance. The attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender may start from either a parallel ready stance or from an L-stance. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into the appropriate stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: Attacker executes the first of the prearranged sequence of attacks and the defender executes the first appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: Attacker executes the second of the prearranged sequence of attacks and the defender executes the second appropriate defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes up to two appropriate counter-attacks, and kihaps with his/her last punch or kick. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. If the counter-attack is a kick, the defender should step down with the kicking leg into an appropriate stance. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

ADVANCED 2-STEP SPARRING

Requirement for 4th Gup – Blue Belt

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

- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Should include up to three counter-attacks. (Double kicking techniques and 2-kick consecutive techniques will count as a single counter-attack.)

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker.

Distance Measuring: Distance measurement is not considered critical at this level. However, if it is needed it should be conducted following the appropriate measurement for the attacking technique and stance to be used as described in the general step sparring instructions.

Preparatory Move: The attacker will start from an L-stance. The attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender may start from either a parallel ready stance or from an L-stance, it is recommend that he/she start from a parallel ready stance at this level. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into the appropriate stance. The Defender then kihaps to signal his/her readiness to begin.

First Attack: Attacker executes the first of the prearranged sequence of attacks and the defender executes the first appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: Attacker executes the second of the prearranged sequence of attacks and the defender executes the second appropriate defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes up to three appropriate counter-attacks, and kihaps with his/her last punch or kick. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. If the last counter-attack is a kick, the defender should step down with the kicking leg into an appropriate stance. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

BEGINNING 1-STEP SPARRING

Requirement for 3rd Gup – Blue Belt/Red Stripe

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

- It is important that the student demonstrates General Choi's idea of ending a conflict with "1 kick or 1 punch."
- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Only one counter-attack is to be used. (Double or triple kicking techniques, 2- or 3-kick consecutive techniques will count as a single counter-attack.)

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker. These attacks will consist of either a single foot or a single hand attack.

Distance Measuring: Distance measurement is not considered critical at this level.

Preparatory Move: If the attacker is to attack with a hand technique first, then he/she will start from a parallel ready stance. In this case, the attacker should kihap to signal his/her readiness to begin.

If the attacker is to attack with a kick first, then he/she will start from an L-stance. The attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender has the choice to start from either a parallel ready stance, or an L-stance. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into his/her chosen beginning stance. The Defender then kihaps to signal his/her readiness to begin.

Attack: Attacker executes the prearranged attack and the defender executes an appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes a single appropriate counter-attack. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. After the counter-attack, the defender steps back into an L-stance, executes a middle guarding block, and kihaps. However, if the counter-attack is a kick, the defender should first step down with the kicking leg into an appropriate stance, then move his/her front foot back into an L-stance, execute a middle guarding block, and kihap. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

INTERMEDIATE 1-STEP SPARRING

Requirement for 2nd Gup – Red Belt

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

- It is important that the student demonstrates General Choi's idea of ending a conflict with "1 kick or 1 punch."
- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Should include up to two counter-attacks. (Double or triple kicking techniques, 2- or 3-kick consecutive techniques will count as a single counter-attack.)

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker. These attacks will consist of either a single foot or a single hand attack.

Distance Measuring: Distance measurement is not considered critical at this level.

Preparatory Move: If the attacker is to attack with a hand technique first, then he/she will start from a parallel ready stance. If the attacker is to attack with a kick first, then he/she will start from an L-stance.

In the case of the parallel ready stance, the attacker should kihap to signal his/her readiness to begin.

In the case of the L-stance, the attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender has the choice to start from either a parallel ready stance or an L-stance. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into his/her chosen beginning stance. The Defender then kihaps to signal his/her readiness to begin.

Attack: Attacker executes the prearranged attack and the defender executes the first appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes up to two appropriate counter-attacks. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. After the last counter-attack, the defender steps back with his/her front foot into an L-stance, executes a middle guarding block, and kihaps. However, if the counter-attack is a kick, the defender should first step down with the kicking leg into an appropriate stance, then move his/her front foot back into an L-stance, execute a middle guarding block, and kihap. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

ADVANCED 1-STEP SPARRING

Requirement for 1st Gup – Red Belt/Black Stripe

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

- It is important that the student demonstrates General Choi's idea of ending a conflict with "1 kick or 1 punch."
- Now is the time for the student to show of his/her "hot dog" kicks.
- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number and Type of Counter Attacks: Multiple counter-attacks are to be used. These counter-attacks may consist of combination and consecutive techniques with hand and/or feet, but the number of counter-attacks should not be excessive.

Explanation of Technique: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left. The defender will tell the attacker what stance to start the attack from and what attacks are to be executed by the attacker. These attacks will consist of either a single foot or a single hand attack.

Distance Measuring: Distance measurement is not considered critical at this level.

Preparatory Move: If the attacker is to attack with a hand technique first, then he/she will start from a parallel ready stance. In this case, the attacker should kihap to signal his/her readiness to begin.

If the attacker is to attack with a kick, then he/she will start from an L-stance. In the case of the L-stance, the attacker steps back with his/her foot into the appropriate L-stance and executes a middle guarding block with the forearm. The attacker should kihap at the same time as he/she executes the guarding block.

Next Move: The defender has the choice to start from either a parallel ready stance, or an L-stance. At the same time that the attacker steps back into his/her preparatory stance, the defender moves into his/her chosen beginning stance. The Defender then kihaps to signal his/her readiness to begin.

Attack: Attacker executes the prearranged attack and the defender executes an appropriate level defensive technique. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Counter-Attack: The defender executes multiple appropriate counter-attacks. The defender may move into another appropriate stance prior to, during, or at the end of the counter-attacking motion. After the last counter-attack, the defender steps back with his/her front foot into an L-stance, executes a middle guarding block, and kihaps. However, if the counter-attack is a kick, the defender should first step down with the kicking leg into an appropriate stance, then move his/her front foot back into an L-stance, execute a middle guarding block, and kihap. There is no need for the defender to attempt to have their counter-attacks make more than light contact with the attacker.

Return to Ready Position: Both the attacker and the defender step into parallel ready stance, with the attacker stepping forward and the defender stepping backward. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

BEGINNING SEMI-FREE SPARRING

Requirement for 1st Gup – Red Belt/Black Stripe

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

- It is important that the student demonstrates General Choi's idea of ending a conflict with "1 kick or 1 punch."
- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number of Counters: There are two attacks/counter-attacks executed by each participant. The initial attacker's two attacking moves are to be either a foot/hand or hand/foot set of techniques. Defender must counter with the same class of counter-attack as that used by the attacker. (i.e., a foot attack to answer a foot attack and a hand attack to answer a hand attack.) If attacker executes a flying attack technique, then the defender must execute a flying block and answer with a flying attack.

Preparatory Move: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left.

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

First Attack: Attacker executes an appropriate hand or foot attack. The defender will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

First Counter-Attack: The original defender executes an appropriate hand or foot counter-attack. The original attacker will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: The original attacker executes an appropriate hand or foot attack. The original defender will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Final Counter-Attack: The original defender executes an appropriate hand or foot counter-attack. It is not necessary for the original attacker to block the last counter-attack. There is also no need for the defender to attempt to have their counter-attack make more than LIGHT contact with the attacker.

Next Move: After the original defender has completed his/her last counter-attack, both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps. However, if the counter-attack is a kick, the defender should first step down with the kicking leg into an appropriate stance, then both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps.

Return to Ready Position: Both the original defender and the original attacker step into parallel ready stances. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

ADVANCED SEMI-FREE SPARRING

Requirement for 1st Dan

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

- It is important that the student demonstrate General Choi's idea that any of the techniques used are capable of ending a conflict with "1 kick or 1 punch."
- Distance and measurement are no longer considered critical. At this level of step sparring, the student should have a good understanding of the concept of distance.

Number of Counters: There are three attacks/counter-attacks executed by each participant. The defender must counter each attack with same class of counter-attack as that used by the attacker. (i.e., a foot attack to answer a foot attack, and a hand attack to answer a hand attack.) If the attacker executes a flying attack technique, then the defender must execute a flying block and answer with a flying attack. These attacks and counter-attacks may only consist of techniques that are taught to the student at their belt level. This includes all required kicks up to and including the belt level of the student and all techniques used in patterns up through their testing pattern.

Preparatory Move: Both the attacker and the defender step into a parallel ready stance, with the attacker stepping to the right and the defender stepping to the left.

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

First Attack: Attacker executes an appropriate hand or foot attack. The defender will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

First Counter-Attack: The original defender executes an appropriate hand or foot counter-attack. The original attacker will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Attack: The original attacker executes an appropriate hand or foot attack. The original defender will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Second Counter-Attack: The original defender executes an appropriate hand or foot counter-attack. The original attacker will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Third Attack: The original attacker executes an appropriate hand or foot attack. The original defender will simultaneously execute an appropriate block. Blocking techniques should LIGHTLY contact the correct portion of the attacker's attacking appendage.

Final Counter-Attack: The original defender executes an appropriate hand or foot counter-attack. It is not necessary for the original attacker to block the last counter-attack. There is also no need for the defender to attempt to have their counter-attack make more than light contact with the attacker.

Next Move: After the original defender has completed his/her last counter-attack, both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps. However, if the counter-attack is a kick, the defender should first step down with the kicking leg into an appropriate stance, then both the original defender and the original attacker step back into an L-stance, execute a middle guarding block, and the original defender kihaps.

Return to Ready Position: Both the original defender and the original attacker step forward into parallel ready stances. The attacker returns to a ready position after the defender has initiated a movement to return to the A-B line in a ready position.

PATTERNS

FOUR-DIRECTION PUNCH (SAJU JIRUGI)

This exercise is practiced by the 10th gup holder and above.

READY POSTURE: Parallel ready stance toward D

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

END. Bring the right foot back to ready posture.

Practice these two fundamental exercises clockwise and counter-clockwise turning alternately.

FOUR DIRECTION BLOCK (SAJU MAKGI)

This exercise is practiced by the 10th gup holder and above.

READY POSTURE: Parallel ready stance toward D

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

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

Practice these two fundamental exercises clockwise and counter clockwise turning alternately.

CHON-JI

This pattern is practiced by the 9th gup holder and above.

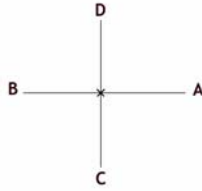


DIAGRAM:

MOVEMENTS: 19

CHON-JI: Means literally the "Heaven the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts-one to represent the Heaven and the other the Earth.

READY POSTURE: Parallel ready stance toward D

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

15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block with the right inner forearm.
 16. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
 17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 18. Move the right foot to C, forming a left walking stance toward D while executing a middle punch to D with the left fist.
 19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END: Bring the left foot back to a ready posture.

15. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
 16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.
 17. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
 18. Move the left foot to B, turning counter-clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
 19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.
 20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
 21. Move the left foot to A, forming a left walking stance toward A. at the same time executing a high punch to A with the left fist.
- END: Bring the left foot back to a ready posture.

DO-SAN

This pattern is practiced by 7th gup holder and above

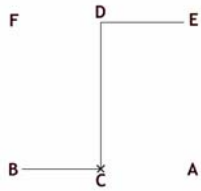


DIAGRAM:

MOVEMENTS: 24

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

READY POSTURE: Parallel ready stance toward D

1. Move the left foot to B, forming left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter-clockwise until its palm faces downward and then move the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D, forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter-clockwise to form left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE, forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE, forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. **Perform 15 and 16 in a fast motion.**
 17. Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
 18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
 19. Lower the left foot to CF, forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
 20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. **Perform 19 and 20 in a fast motion.**
 21. Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 22. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.
 23. Move the left foot to B, turning counter-clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
 24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- END: Bring the right foot back to a ready posture.

WON-HYO

This pattern is practiced by the 9th gup holder and above.

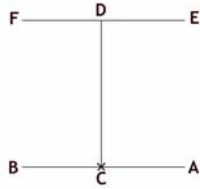


DIAGRAM:

MOVEMENTS: 28

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

READY POSTURE: Close Ready Stance A toward D

1. Move the Left foot to B, forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D, forming a right walking stance toward D while executing a middle trust to D with the right straight fingertip.
13. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand, bringing the left side fist in front of the right shoulder while maintaining a right L-stance toward E..
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
 17. Execute a high inward strike to F with the left knife-hand, bringing the right side fist in front of the left shoulder while maintaining a left L-stance toward F.
 18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
 19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stand toward C while executing a circular block to CF with the right inner forearm.
 20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
 21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
 22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
 23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.
 25. Turn the face toward C, forming a left bending ready stance A toward C.
 26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
 28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with the forearm.
- END: Bring the right foot back to a ready posture.

YUL-GOK

This pattern is practiced by the 5th gup holder and above.

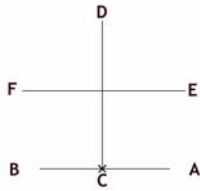


DIAGRAM:

MOVEMENTS: 19

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1526-1584), nicknamed the “Confucius of Korea.” The 38 movements refer to his birthplace on 38th latitude and the pattern diagram represents the Chinese character for “scholar.”

READY POSTURE: Parallel Ready Stance toward D

1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. **Perform 2 and 3 in a fast motion.**
4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. **Perform 5 and 6 in a fast motion.**
7. Move the right foot to AD, forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. **Perform 9 and 10 in a fast motion.**
11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. **Perform 13 and 14 in a fast motion.**
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. **Perform 16 and 17 in a continuous motion.**
 18. Move the left foot to D, forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
 19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
 20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. **Perform 19 and 20 in a continuous motion.**
 21. Move the right foot to D, forming a right walking stance toward D, at the same time executing middle punch to D with the right fist.
 22. Turn the face toward D, forming a right bending ready stance A toward D.
 23. Execute a middle side piercing kick to D with the left foot.
 24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.
 25. Turn the face toward C while forming a left bending ready stance A toward C.
 26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.
 28. Move the left foot to E, forming a right L-stance toward E while executing a twin knife-hand block.
 29. Move the right foot to E, forming a right walking stance toward E while executing middle thrust to E with the right straight fingertip.
 30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
 31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.
 32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
 33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
 34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back-fist.
 37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high side block to A with the right double forearm.
 38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left double forearm.
- END: Bring the left foot back to a ready posture.

JOONG-GUN

This pattern is practiced by the 4th gup holder and above.

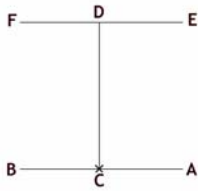


DIAGRAM:

MOVEMENTS: 32

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

READY POSTURE: Close ready stance B

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

15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
 16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. **Perform 15 and 16 in a fast motion.**
 17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
 18. Twist the right fist counter-clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
 19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. **Perform 18 and 19 in a fast motion.**
 20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.
 21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
 22. Execute a middle side piercing kick to C with the right foot.
 23. Lower the right foot to C, forming a right walking stance toward C while executing high side block to C with the right double forearm.
 24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
 25. Execute a middle side piercing kick to C with the left foot.
 26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
 27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.
 28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
 29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot.
 30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.
 31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.
 32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.
- End: Bring the left foot back to a ready posture.

TOI-GYE

This pattern is practiced by the 3rd gup holder and above.

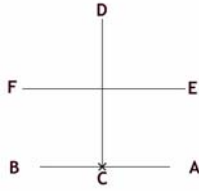


DIAGRAM:

MOVEMENTS: 37

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

READY POSTURE: Close ready stance B

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

16. Move the right foot to E in a stamping motion, turning counter-clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D, forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C, forming a left walking stance toward C while executing a high thrust to C with the left flat fingertip.
25. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C, forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.
28. Move the right foot to D, forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C, forming a right X-stance toward A while executing a pressing block to A with an X-fist.
30. Move the right foot to C, forming a right walking stance toward C while executing high block to C with the right double forearm.
31. Move the left foot to B, forming a right L-stance toward B while executing low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

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

HWA-RANG

This pattern is practiced by the 2nd gup holder and above.

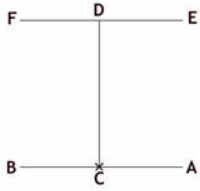


DIAGRAM:

MOVEMENTS: 29

HWA-RANG: is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea.

The 29 movements refer to the 29th infantry Division, where Taekwon-Do developed into maturity.

READY POSTURE: Close ready stance C

1. Move the left foot to B to form a sitting stance toward D while executing middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling a right foot.
8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle side strike to D with the right knife-hand.
13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding Block to E with a knife-hand.

16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.
17. Move the right foot on line EF, forming a right L-stance toward F while executing middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it forming a right L-stance toward F while executing middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.
24. Execute a pressing block to C with an X-fist while forming a left walking stance toward C, slipping the left foot.
25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while trusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a high side front block with the right inner forearm and a low block with the left forearm.
27. Execute a high side front block with the left inner forearm and a low block with the right forearm.
28. Move the left foot to B, forming a right L-stance toward B, at the same time executing middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

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

CHOONG-MOO

This pattern is practiced by 1st gup holder and above.

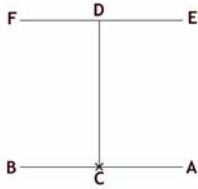


DIAGRAM:

MOVEMENTS: 30

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

READY POSTURE: Parallel ready stance

1. Move the left foot to B, forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B, forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand to front of the forehead.
3. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A, forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C, forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C, forming a right L-stance toward D while executing middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot in a double motion, and then land to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee, pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F, forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.

16. Lower the left foot to F, forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
 17. Execute a middle turning kick to DE with the left foot.
 18. Lower the left foot to the right foot and then move the right foot to C, forming a right fixed stance toward C while executing a U-shape block toward C.
 19. Jump and spin around counter-clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
 20. Move the left foot to C, forming a left walking stance toward C, at the same time executing a low thrust to C with the right upset fingertip.
 21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
 22. Move the right foot to C, forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip.
 23. Move the left foot to B, turning counter-clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
 24. Move the right foot to B, forming a sitting stance toward C while executing a middle front block to C with the right forearm, and then a high side strike to B with the right back fist.
 25. Execute a middle side piercing kick to A with the right foot, turning counter-clockwise and then lower it to A.
 26. Execute a middle side piercing kick to A with the left foot turning clockwise.
 27. Lower the left foot to A and then execute a middle block to B with an X-knife-hand while forming a left L-stance toward B, pivoting with the left foot.
 28. Move the left foot to B, forming a left walking stance toward B while executing an upward block to B with both palms.
 29. Move the left foot on line AB and then execute a rising block to A with the right forearm while forming a right walking stance toward A.
 30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- End: Bring the left foot back to a ready posture.