

THE CHON-JI PATTERN SET

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INTRODUCTION

The belt colours used in Tae Kwon Do are symbolic and for each level there is a pattern or hyung to learn. A pattern is a set of moves that are put together in a routine, to show the various kicks, punches and blocks that a student has learned at each level.

Below are the patterns used in the Sang Dan style at the University of Queensland Tae Kwon Do Club. They are often called the "Chon-Ji" or "Chang Hon" set (Chang Hon is the pen name of General Choi Hong Hi). These patterns are known for the combination of fast and slow, light and forceful movements, together with extensive footwork. They originate in General Choi's definitive text *Taekwon-Do*.

It is important to note that a pattern can only be learned once a student reaches the respective belt-level. This is to ensure that techniques are learned in their proper sequence, and that basic techniques are mastered before more advanced techniques are learned.

Finally, a caveat to this text. Technical correctness can only be achieved with the teaching of an instructor. The following descriptions are a useful guide for learning and refreshing patterns and considerable detail has been recorded to provide a clear, consistent and authoritative record of all techniques and movements. However, no written description of movements can be substituted for black-belt instruction.

RATIONALE

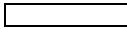
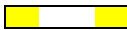






Pattern practice enables the student to practice the fundamental movements of Tae Kwon Do in a meaningful series. Through the practice of patterns, a student gains technical expertise, controlled technique, strength, balance, timing and breath control.





CORRECT EXECUTION OF PATTERNS



- Patterns should begin and end at exactly the same position
- Correct posture and facing must be maintained at all times
- Except when directed to move "under pressure", blocking and striking techniques should be executed in a fast, fluid and relaxed manner until the end position (the point of impact), when the body should be tensed
- Punches and kicks should accelerate through the movement
- Each pattern should be perfected before learning the next
- Students should know the purpose of each movement
- When executing a pattern for an instructor, remain in the pattern's final position and wait for the instruction "Keuman". This means "end" and directs you to assume the opening stance of the pattern (for most patterns this will be parallel ready stance, facing N). You will then hear "Shiut", or "relax".

INTERPRETATION OF PATTERNS

The name of each pattern, the number of movements, and the diagram symbolise either a heroic figure or a historical event in Korea.

Kup	Belt	Pattern	Meaning behind the pattern name
10		Saju Churigi	Four Directional Punch. 7 movements.
		Saju Makki	Four Directional Block. 8 movements.
9		Chon-Ji	The literal meaning of Chon-Ji is "Heaven and Earth", which, in the Orient, symbolises the creation of the world or the beginning of human history. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth. It is said that the pattern was named after Lake Chon-Ji, a beautiful lake in North Korea with water so clear and calm that you can literally see the Heaven meeting the Earth. 19 movements.
8		Tan-Gun	Named after the legendary Korean hero who reputedly founded Korea in 2334 BC. 21 movements.
7		To-San	Commemorates the pseudonym of a great Korean patriot and educator Ahn Ch'ang Ho. The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.
6		Wan-Hyo	Wan-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. 28 movements.
5		Yul-Kok	A pseudonym of a great philosopher and scholar, Yi I, who was nicknamed the "Confucius of Korea". The 38 movements represent the 38° latitude of Yul Kok's birth place. The diagram represents "scholar".
4		Chung-Gun	The name of the patriot An Chung Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).
3		Toi-Gye	The pen name of scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents "scholar".

2		Hwa-Rang	Named after the Hwa Rang youth group, which originated in the Scilla Dynasty about 1400 years ago. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity. The meaning of this pattern sometimes causes confusion as it refers to two time periods, the Hwa-Rang youth group of the 7th century and the Korean 29th Infantry Division formed by General Choi in 1953.
1		Choong-Moo	Chung Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty, who was reputed to have invented the first armoured battleship. The left-hand attack ending this pattern symbolises his death in battle before he had a chance to show his complete loyalty to the King. 30 movements.
1st Dan		Gwang-Gae	This pattern is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD., the year he came to the throne.
		Po-Eun	Po-Eun is the pseudonym of a loyal subject, Chong Mong-Chu (1400), who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.
		Ge-Baek	Ge-Baek was a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.
2nd Dan		Eui-Am	Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.
		Choong-Jang	Choong-Jang is the pseudonym given to General Kim Duk Ryang, who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolise the tragedy of his death in prison at 27 years of age.
		Ko-Dang	Ko-Dang is the pseudonym of the patriot Cho Man Sik, who dedicated his life to the independence movement and education of Korea. The 39 movements of the pattern show the number of times of his imprisonment, as well as the location of his birthplace on 39 degrees latitude.

3rd Dan		Sam-Il	Sam-Il denotes the historical date of the independence movement of Korea, which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
		Yoo-Sin	General Kim Yoo Sin was a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A D, the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.
		Choi-Yong	General Choi Yong was Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of the Lee Dynasty.
4th Dan		Yon-Gae	Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A. D., the Year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.
		Ul-Ji	Ul-Ji is named after general Ul-Ji Moon Dok, who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 AD. Ul-Ji, employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represents the author's age when he designed the pattern.
		Moon-Moo	Moon-Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolise the last two figures of 661 AD, when Moon Moo came to the throne.
5th Dan		So-San	So-San is the pseudonym of the great monk Choi Hyong Ung (1520-1604) of the Lee Dynasty. The 72 movements refer to his age when he organised a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.
		Se-Jong	Se-Jong is named after the greatest Korean king, who invented

		the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.
6th Dan	Tong-II	This pattern denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolises the homogenous race.

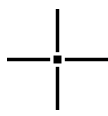
NOTES ON ANNOTATION AND TERMINOLOGY

- **#** This column indicates the movement number. The total number of movements in the pattern is noted at the top of the page. Note that some movements should be performed contiguously and to a single count. In the pattern descriptions, this is usually denoted by the text "followed quickly by" in the Action column
- **+** In this column a compass direction is provided, which is the absolute direction the body faces upon completion of the technique (N is the direction one faces in the "ready" position, W is to the left in "ready" position, E is to your right and S is behind)
- **Move** This column notes how to transition from the previous stance to the next. Non-standard turns may also have information on direction and rotation, for example "R foot to E (turn 180° CC)". In this example, the body must rotate 180° counter-clockwise (i.e. to the left)
- **Stance** This notes the final position of the movement. Note that, while stances are generally described by the leading leg (e.g. "L front" indicates the left leg is leading), back stance, crane stance and cat stance are described by the supporting (rear) leg
- **Action** This describes the strike or block that pertains to the movement
- Unless otherwise stated, hand attacks will be to the upper-section and kicks will be to the mid-section
- Where a new stance or movement occurs, a full description of the movement is provided as a footnote; therefore, if you are unsure of a movement, look for its first occurrence in the pattern set. Please note, however, that descriptions of advanced techniques beyond Wan-Hyo Hyung are limited, as proper execution of these can only be learned with the guidance of an instructor.

SAJU CHURIGI (4-DIRECTION PUNCH)

10th Kup

7 movements



The four-direction punch involves basic techniques and moving in front stance. A sequence of two moves is repeated four times, with one foot moving between stances and the other foot pivoting on the spot. Below are the movements of Right 4-Direction Punch. For Left 4-Direction Punch, execute these movements in mirror-image, starting with L lunge punch.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance ¹	
1	N	R foot to N	R front ²	R lunge punch ³
2	W	R foot to E ⁴	L front	L lower-section block ⁵
3	W	R foot to W	R front	R lunge punch
4	S	R foot to N	L front	L lower-section block
5	S	R foot to S	R front	R lunge punch
6	E	R foot to W	L front	L lower-section block
7	E	R foot to E	R front	R lunge punch KIUP
	N	On "Keuman", R foot to	Parallel ready stance	

¹ In parallel ready stance, both feet face forward, turned slightly inward, and are one shoulder-width apart. The body should be strong and upright, with knees out of lock and fists resting just in front of the hips.

² "R front" indicates that the right foot is leading. Front stance is a deep, strong stance: two shoulder-widths long and one shoulder-width wide. The front foot faces forward, turned slightly inward. The front knee is bent so that the shin is vertical and the knee is directly above the heel. The back foot is turned out no more than 30° and the back leg is straight. Weight should be distributed evenly. When stepping forward in front stance, bring the rear foot forward in an arc, so that it passes only a couple of inches away from the stationary foot. When stepping backward, bring the front foot back in a straight line.

³ Punches are upper-section unless noted otherwise. Lunge punch begins with the fist chambered at the lowest rib, palm upward. As the fist accelerates forward, it rotates to palm-down ward position. The elbow remains close to the body. The fist should be tensed at the end of the movement, landing at the same time as the front heel. It should be centre-line, at a height level with the attacker's nose, with the wrist straight and the first two knuckles projecting.

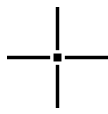
⁴ The foot moves in a deep arc, coming within 30 cm of the L foot, back then out to the right. At the same time, the body rotates left, to face "W". Use the hip rotation of this movement to generate power in the block. When turning, always look first, then step and block.

⁵ Lower-section block begins with both fists 30 cm in front of the chest, wrists back to back, with the blocking hand on the inside (palm facing in) and the forearms making a narrow 'X'. As the lead foot moves into position, the blocking hand rotates down and across the body, finishing one fist-width above, and just outside, the front knee, palm facing downward. Tense at the end of the movement. The rear hand rotates to a chambered position at the lowest rib, palm upward.

SAJU MAKKI (4-DIRECTION BLOCK)

10th Kup

8 movements



The four-direction block is a sequence of two moves is repeated four times, with one foot moving between stances and the other foot pivoting on the spot. Below are the movements of Right 4-Direction Block. For Left 4-Direction Block, execute these movements in mirror-image, starting with R lower-section knife-hand block.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	N	R foot to S	L front	L lower-section knife-hand block ⁶
2	N	R foot to N ⁷	R front	R mid-section inner-forearm block ⁸
3	W	R foot to E	L front	L lower-section knife-hand block
4	W	R foot to W	R front	R mid-section inner-forearm block
5	S	R foot to N	L front	L lower-section knife-hand block
6	S	R foot to S	R front	R mid-section inner-forearm block
7	E	R foot to W	L front	L lower-section knife-hand block
8	E	R foot to E	R front	R mid-section inner-forearm block KIUP
	N	On "Keuman", R foot to	Parallel ready stance	

⁶ In knife-hand, the fingers are extended and pressed together. The thumb is bent and slightly apart from the hand.

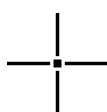
⁷ The foot moves in a deep arc, coming within 30 cm of the L foot, back then out to the right. At the same time, the body rotates left, to face "W". Use the hip rotation of this movement to generate power in the block. When turning, always look first, then step and block.

⁸ Inner-forearm block has a different start position to (outer-forearm) lower- and upper-section blocks. Forearms begin 30 cm in front of the chest, with both palms facing out and the blocking hand on the outside. To ensure a narrow 'X', keep the blocking forearm as vertical as possible. As the lead foot moves into position, the blocking hand rotates and passes across the body, finishing in front of the lead shoulder. The elbow is bent to 90° and points down and the palm faces inward. The rear hand rotates to a chambered position at the lowest rib.

CHON-JI HYUNG

9th Kup

19 movements



The literal meaning of Chon-Ji is "Heaven and Earth", which, in the Orient, symbolises the creation of the world or the beginning of human history. This pattern comprises two consecutive four-direction patterns; the only difference between the first half and the last half of the pattern is the type of block used. Two general rules will help you to learn this pattern. First, turning movements alternate between 90° and 180° rotation. Second, turning is always in the direction of the hand that is extended. For example, from a right lunge-punch position, rotation is toward the right. If the last turn was 90°, the next will be 180°.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	L foot to W	L front	L lower-section block
2	W	Step forward	R front	R lunge punch
3	E	R foot to E (turn 180° C) ⁹	R front	R lower-section block
4	E	Step forward	L front	L lunge punch
5	N	L foot to N	L front	L lower-section block
6	N	Step forward	R front	R lunge punch
7	S	R foot to S	R front	R lower-section block
8	S	Step forward	L front	L lunge punch
9	E	L foot to E	R back ¹⁰	Inner-forearm block ¹¹
10	E	Step forward	R front	R lunge punch
11	W	R foot to W	L back	Inner-forearm block
12	W	Step forward	L front	L lunge punch
13	S	L foot to S	R back	Inner-forearm block

⁹ Always when turning, but especially important here: look first to acquire your target, then move your feet, then rotate the body into the block, with power from the hips.

¹⁰ Note that back stance is always annotated using the supporting (back) foot. Therefore R back indicates that the R foot is behind and the L foot is leading. In back stance, the feet should be 1½ shoulder-widths long, one fist-width apart, and slightly turned in from an "L" position (especially, make sure the rear foot points slightly forward, not behind). Weight is distributed 70% on the back foot, 30% on the front.

¹¹ An inner-forearm block starts with forearms crossed 30 cm in front of the chest, with the blocking arm on the outside. Both palms face out. On completion of the block, the blocking arm has the fist at chin-height and facing inward and the rear fist is chambered at the lowest rib. Note that, unless otherwise specified, all blocks in back stance are executed on the same side as the leading leg (that is, R back stance, where L is the leading leg, accompanies L block).

CHON-JI HYUNG

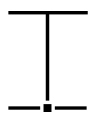
#	+	Move	Stance	Action
14	S	Step forward	R front	R lunge punch
15	N	R foot to N	L back	Inner-forearm block
16	N	Step forward	L front	L lunge punch ¹²
17	N	Step forward	R front	R lunge punch KIUP
18	N	Step back	L front	L lunge punch
19	N	Step back	R front	R lunge punch
	N	On "Keuman", R foot to	Parallel ready stance	

¹² Although technically the simplest section of Chon-Ji, the last four punches will be scrutinised closely. Make the moves crisp and precise. When stepping back in front stance, move the foot in a straight line.

TAN-GUN HYUNG

8th Kup

21 movements



Tan-Gun is named after the legendary Korean hero who reputedly founded Korea in 2334 BC. Technically, the most challenging moves are the 270° and 180° turns with twin forearm blocks (mv 9 & 11). The consecutive lower- and upper-section blocks (mv 13 & 14) must be fast but must also demonstrate a full range of movement.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	L foot to W	R back stance	Knife-hand guarding block ¹³
2	W	Step forward	R front stance	R lunge punch
3	E	R foot to E (turn 180° C)	L back stance	Knife-hand guarding block
4	E	Step forward	L front stance	L lunge punch
5	N	L foot to N	L front stance	L lower-section block
6	N	Step forward	R front stance	R lunge punch
7	N	Step forward	L front stance	L lunge punch
8	N	Step forward	R front stance	R lunge punch
9	E	L foot to E (pivot on R foot and turn 270° CC)	R back stance	Twin outer-forearm block ¹⁴
10	E	Step forward	R front stance	R lunge punch
11	W	R foot to W (turn 180° C)	L back stance	Twin outer-forearm block
12	W	Step forward	L front stance	L lunge punch
13	S	L foot to S	L front stance	L lower-section block <i>followed quickly by</i>
14	S			L upper-section block ¹⁵

¹³ Guarding block and knife-hand guarding block begin from the same chambered position as lower-section block. In the latter, knife-hands are assumed at the chambered position: fingers are straight and together; the thumbs are bent and slightly apart from the hand. The lead hand blocks at mid-section with the outer-forearm; the palm is facing outward and just below chin-height and the elbow is bent 90°, pointing down. The palm of the rear hand finishes one fist-width in front of the solar-plexus, facing up. The rear elbow should be apart from the body.

¹⁴ Chamber fists at R hip with the leading hand on top of the rear hand. The leading hand finishes in outer-forearm block (mid-section) and the rear hand finishes in an upper-section block to S. Avoid bringing the upper-section block around in an arc: it should travel straight up from the hip. Both techniques are driven by the CC rotation of the hip.

¹⁵ Obtain equal power in both blocks by re-chambering the hips.

TAN-GUN HYUNG

#	+	Move	Stance	Action
15	S	Step forward	R front stance	R upper-section block
16	S	Step forward	L front stance	L upper-section block
17	S	Step forward	R front stance	R upper-section block
18	W	L foot to W (turn 270° CC)	R back stance	L knife-hand strike ¹⁶
19	W	Step forward	R front stance	R lunge punch
20	E	R foot to E	L back stance	R knife-hand strike
21	E	Step forward	L front stance	L lunge punch KIUP
	N	On “Keuman” R foot to	Parallel ready stance	

¹⁶ Knife-hand strike begins in the same chambered position as lower-section block, with the leading hand in knife-hand and the rear fist closed. The lead (striking) hand finishes at neck-height with the arm extended (just out of lock) and palm facing down. The rear hand moves to a chambered position at the lowest rib.

TO-SAN HYUNG

7th Kup

24 movements



To-San commemorates the pseudonym of a great Korean patriot and educator, Ahn Ch'ang Ho. This is another “I-shaped” pattern, though with some deviation at the top and a number of new techniques. The consecutive block-punch movements (mv 1-2 & 3-4) that characterise this pattern must be executed quickly but without subordinating the block to the punch (see footnote). For a fast and accurate spinning back-fist it is imperative to look before turning. The attacking combination that follows the wedging blocks must flow smoothly and evenly (retract the front kick quickly).

#	+	Move	Stance	Action
	N	On “Junbi”	Parallel ready	
1	W	L foot to W	L front stance	L outer-forearm block <i>followed quickly by</i>
2	W			R reverse punch ¹⁷
3	E	R foot moves across. Turn 180° C	R front stance	R outer-forearm block <i>followed quickly by</i>
4	E			L reverse punch
5	N	Pull L foot to R foot, then L foot to N	R back stance	Knife-hand guarding block
6	N	Step forward	R long ¹⁸ stance	L downward block ¹⁹ with R mid-section vertical spear-hand ²⁰
7	N	Step forward, pivoting on R foot. Turn 360° CC to	L front stance	Before turning, thrust the spear-hand forward and rotate palm to horizontal. ²¹ L spinning back-fist ²² strike
8	N	Step forward	R front stance	R back-fist strike
9	E	L foot to E. Turn 270° CC	L front stance	L outer-forearm block <i>followed quickly by</i>
10	E			R reverse punch

¹⁷ To achieve an equal distribution of power between the two moves, without re-chambering the hips, finish the block with hips and shoulders facing 45°. Then use the remaining rotation to supply power to the punch.

¹⁸ Long stance is similar to front stance but 2.5 shoulder-widths long. The front knee should still be bent over the heel.

¹⁹ The lead knife-hand pivots down until the forearm is horizontal in front of the body, with the palm facing down.

²⁰ During the L downward block, the R spear-hand chambers at the lowest rib, palm facing up. Spear-hand position resembles knife-hand, except that the middle finger is retracted in line with the ring and index fingers. The tips of these three fingers form the striking area and should be pressed together. The spear-hand strike passes over the blocking hand, rotating to vertical, until the elbow is over the fingers. Shoulders finish square.

²¹ This move is intended to break free from a grab and should be executed with force.

²² A back-fist strike has a similar chambered position to lower-section block. As the rear hand chambers to the lowest rib, the striking hand extends with fist vertical. The striking area is the back of the first two knuckles, which should finish at temple-height. The arm finishes just out of lock.

TO-SAN HYUNG

#	+	Move	Stance	Action
11	W	R foot moves across. Turn 180°	R front stance	R outer-forearm block <i>followed quickly by</i>
12	W			L reverse punch
13	SE	Pull L foot to R foot, then L foot to SE (turn 135° CC)	L front stance	Outer-forearm wedging block ²³
14	SE			R front kick <i>followed quickly by</i>
15	SE	Step down to	R front stance	R lunge punch <i>followed quickly by</i>
16	SE			L reverse punch
17	SW	Pull R foot back to L foot, then R foot to SW (turn 90° C)	R front stance	Outer-forearm wedging block
18	SW			L front kick <i>followed quickly by</i>
19	SW	Step down to	L front stance	L lunge punch <i>followed quickly by</i>
20	SW			R reverse punch
21	S	Pull L foot back then L foot to S (turn 45° CC)	L front stance	L upper-section block
22	S	Step forward	R front stance	R upper-section block
23	N	L foot to W (pivot on R foot and turn CC)	Horse-riding stance ²⁴	L knife-hand strike to W, looking W
24	N	Pull L foot to R foot, then R foot to E	Horse-riding stance	R knife-hand strike to E, looking E. KIUP
	N	On "Keuman" bring R foot up	Parallel ready stance	

²³ Wedging blocks are intended to block and trap a double-punch to the head. Begin with the forearms crossed at the wrist, 30 cm in front of the chest. Palms should be facing inward and the leading hand should correspond with the leading leg. Sliding out into front stance, extend and separate the forearms until they are parallel. Bend the wrists so that the fists hook outward (catching the opponent's double-punch). Then, rocking back slightly, pull the forearms straight back and down so that the elbows are in line with the floating ribs.

²⁴ In horse-riding stance both feet face forward and are 2-3 shoulders-width apart. Both knees are bent and are, as far as possible, above the feet (shins are vertical, thighs are horizontal). In this movement, although the body faces N, the strikes are to the sides (W and E).

WAN-HYO HYUNG

6th Kup

28 movements



Wan-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. The first three moves of this pattern are performed in rapid succession but still require a full range of movement, with the mid-section punches (mv 3 & 6) being chambered at the hip before execution. Side kicks from crane-stance must be retracted fully before stepping down.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance A ²⁵	Feet together. L hand cups R fist at chin-height
1	W	L foot to W	R back stance	Twin outer-forearm block <i>followed quickly by</i>
2	W	Grab with L hand & pull to R collarbone ²⁶		R inverted knife-hand strike ²⁷ <i>followed quickly by</i>
3	W	Slide L foot forward to	R fixed stance ²⁸	L mid-section punch ²⁹
4	E	Pull L foot to R foot then R foot to E	L back stance	Twin outer-forearm block <i>followed quickly by</i>
5	E	Grab with R hand & pull to L collarbone		L inverted knife-hand strike <i>followed quickly by</i>
6	E	Slide R foot forward to	L fixed stance	R mid-section punch
7	N	Pull R foot to L, then extend L foot N and retract to	R crane stance ³⁰	Outer-forearm guarding block
8	N			L side kick

²⁵ To assume closed ready stance A, bring the feet together (left foot moves). Simultaneously bring both hands in front of the body just below chin-height, with the right fist against the left palm and the left hand wrapped around the fist. Forearms angle down at 45° and the wrists are straight.

²⁶ L fist rests vertically on collarbone.

²⁷ Simultaneous to the grab, form the knife-hand and chamber with a vertical forearm, 45° behind the body. Swing the knife-hand in, finishing at jaw-height, with the palm facing up and the elbow bent 90°. Use the hips to generate power. This will leave the body facing square, though back stance should be maintained (avoid dropping the knee inward).

²⁸ Fixed stance is similar to back stance, except that it is 2-3 shoulders-width long.

²⁹ To the floating ribs of opponent standing in front of you.

³⁰ To execute a crane stance, extend the lead leg, as if it were a very low side kick. The body should remain side-on, with the arms crossed in front of the chest, chambered for outer-forearm guarding block. Quickly retract the lead leg, as if chambering for a side kick, but with the arch of the foot resting against the supporting knee. Simultaneously bring the arms into guarding block. The torso provides power to both movements by uncoiling: the shoulders should rotate opposite to the hips.

#	+	Move	Stance	Action
9	N	L foot down to	R back stance	Knife-hand guarding block
10	N	Step forward	L back stance	Knife-hand guarding block
11	N	Step forward	R back stance	Knife-hand guarding block
12	N	Step forward	R long stance	L downward block with R mid-section vertical spear-hand
13	E	L foot to E. Turn 270° CC	R back stance	Before turning, thrust the spear-hand forward and rotate palm to horizontal. Twin outer-forearm block <i>followed quickly by</i>
14	E	Grab with L hand & pull hand to R collarbone		R inverted knife-hand strike <i>followed quickly by</i>
15	E	Slide L foot forward to	R fixed stance	L mid-section punch
16	W	L foot up to R foot then R foot out to	L back stance	Twin outer-forearm block <i>followed quickly by</i>
17	W	Grab with R hand & pull hand to L collarbone		L inverted knife-hand strike <i>followed quickly by</i>
18	W	Slide R foot forward to	L fixed stance	R mid-section punch
19	S	Pull R foot to L foot, then L foot to S	L front stance	R inner-forearm scooping block ³¹
20	S	Step forward		R front kick <i>followed quickly by</i>
21	S	Step down to	R front stance	L reverse punch
22	S			L inner-forearm scooping block
23	S	Step forward		L front kick <i>followed quickly by</i>
24	S	Step down to	L front stance	R reverse punch

³¹ Scooping blocks are intended to block, catch and throw a front kick attack. Chambered position is with both arms straight and extended to the sides ('T' position). Turn your body to face 45° to direction of travel as front foot slides out into front stance. As the rear (scooping) arm swings down and across the body, the front wrist meets the rear bicep. Head, shoulders, and the blocking arm finish facing 45° to the direction of travel, with the rear hand in inner-forearm block position and the front hand chambered at the lowest rib.

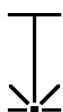
WAN-HYO HYUNG

25	S	R foot steps forward and extends S, then retracts to	L crane stance	Outer-forearm guarding block
26	S			R side kick
27	W	Step R foot down to L foot, then L foot to W (turn 270° CC)	R back stance	Outer-forearm guarding block
28	E	Pull L foot to R foot, then R foot to E	L back stance	Outer-forearm guarding block KIUP
	N	On "Keuman" bring R foot up	Closed ready stance A	

YUL-KOK HYUNG

5th Kup

38 movements



Yul-Kok was the pseudonym of a great philosopher and scholar, Yi I, who was nicknamed the “Confucius of Korea”. The 38 movements represent the 38 degrees latitude of Yul-Kok's birth place.

#	+	Move	Stance	Action
	N	On “Junbi”	Parallel ready stance	
1	N	L foot to W	Horse-riding stance	L rising block ³² (under pressure) <i>followed by</i>
2	N			R upper-section punch <i>followed quickly by</i>
3	N			L upper-section punch
4	N	L foot up to R foot then R foot to E	Horse-riding stance	R rising block (under pressure) <i>followed by</i>
5	N			L upper-section punch <i>followed quickly by</i>
6	N			R upper-section punch
7	NE	R foot to NE	R front stance	R inner-forearm block
8	NE	Step forward		L front kick <i>followed quickly by</i>
9	NE	Step down to	L front stance	L lunge punch <i>followed quickly by</i>
10	NE			R lunge punch
11	NW	L foot back to R foot, then L foot to NW	L front stance	L inner-forearm block
12	NW	Step forward		R front kick <i>followed quickly by</i>
13	NW	Step down to	R front stance	R lunge punch <i>followed quickly by</i>
14	NW			L lunge punch
15	N	R foot back to L, then R foot to N	R front stance	R knife-hand hooking block ³³ (under pressure) <i>followed by</i>

³² The arm remains straight, rising from Junbi position to the position of a mid-section punch. The movement is slow, under pressure and synchronous with stepping into HR stance.

³³ Knife-hand hooking blocks begin in the same position as guarding blocks, except that the lead hand is in knife-hand, the rear hand is closed. The rear fist retracts to the floating ribs. The block passes in an arc front of the face, stopping just past the shoulder. During this movement, the lead hand bends (hooks) outward at the wrist once it has passed a vertical position. Execute slowly and under pressure using your hips.

YUL-KOK HYUNG

#	+	Move	Stance	Action
16	N			L knife-hand hooking block (under pressure) <i>followed quickly by</i>
17	N			R lunge punch
18	N	Step forward	L front stance	L knife-hand hooking block (under pressure) <i>followed by</i>
19	N			R knife-hand hooking block (under pressure) <i>followed quickly by</i>
20	N			L lunge punch
21	N	Step forward	R front stance	R lunge punch
22	N	L foot steps forward and extends N, then retracts to	R crane stance	Outer-forearm guarding block
23	S			L side kick
24	S	Step forward	L front stance	R elbow strike into L palm ³⁴
25	S	Retract R foot and turn 180° C	L crane stance	Outer-forearm guarding block
26	S			R side kick
27	S	Step forward	R front stance	L elbow strike into R palm
28	E	L foot up to R, then L foot to E	R back stance	Twin knife-hand block ³⁵
29	E	Step forward	R front stance	L downward block with R mid-section vertical spear-hand
30	W	R foot to W ³⁶ (turn 180° C	L back stance	Twin knife-hand block
31	W	Step forward	L front stance	R downward block with L mid-section vertical spear-hand
32	S	L foot back to R foot, then L to S	L front stance	L outer-forearm block <i>followed quickly by</i>
33	S			R reverse punch
34	S	Step forward	R front stance	R outer-forearm block <i>followed quickly by</i>

³⁴ Extend L arm in front of L shoulder. R elbow strikes horizontally into palm, extending just past L shoulder.

³⁵ As per twin outer-forearm block.

³⁶ Accelerate the backward step by quickly retracting both elbows to the ribs.

YUL-KOK HYUNG

#	+	Move	Stance	Action
35	S			L reverse punch
36	S	L foot steps S, just past R foot, then R foot steps S behind L foot.	L Crossed stance ³⁷ (body facing W)	L downward back-fist ³⁸
37	E	R foot to E (turn 270° C)	R front stance	R reinforced block ³⁹
38	W	R foot to W	L front stance	L reinforced block KIUP
	N	On "Keuman" L foot to	Parallel ready stance	

³⁷ In L crossed stance, the left foot is flat on the floor. The R foot, crossing behind the left, stamps down with the ball of the foot, retarding forward momentum.

³⁸ Begin with wrists crossed in front of the chest and L fist on top. R fist retracts to the lowest ribs. L back-fist travels in an arc to finish at the height of the nose-bridge. The strike is simultaneous with the L ball of foot stamp. Both legs bend to drop the body weight into the strike.

³⁹ A reinforced block begins with both arms parallel, elbows bent at 90° and the fists at eye height and slightly trailing. Palms are facing out, hands are closed. The lead hand rotates into an inner-forearm block, finishing at shoulder height. The rear fist presses against (reinforces) the blocking arm just below the elbow. The shoulders are at 45°. Block to the centre-line, not in line with the shoulder.

CHUNG-GUN HYUNG

4th Kup

32 movements



I This pattern is named after the patriot An Chung Gun. The 32 movements represent the age at which he was martyred in prison in 1910. Ensure the twin upper-section punch begins with forearms vertical. Check weight distribution in the back stance prior to executing the lead-leg front kick.

#	+	Move	Stance	Action
1	N	On "Junbi"	Closed ready stance B ⁴⁰	Feet together. L hand cups R fist in front of the abdomen
2	W	L foot to W	R back stance	L inner-forearm ridge-hand ⁴¹ block
3	W			L front kick ⁴² <i>followed quickly by</i>
4	W	Step forward	L cat stance ⁴³	R lower-section palm pressing block ⁴⁴
5	E	Pivot on L foot. R foot steps across (turn 180° C)	L back stance	R inner-forearm ridge-hand block
6	E			R front kick <i>followed quickly by</i>
7		Step forward	R cat stance	R lower-section palm pressing block
8	N	L foot to N	R back stance	Knife-hand guarding block
9	N	Shift L foot	L front stance	R upward elbow strike with L grab ⁴⁵
10	N	Step forward	L back stance	Knife-hand guarding blocks
11	N	Shift E foot	R front stance	L upward elbow strike with R grab
12	N	Step forward	L front stance	Twin upper-section punch ⁴⁶ STAMP
13	N	Step forward	R front stance	Twin upset punch STAMP

⁴⁰ As per closed ready stance A but with hands held in front of the abdomen.

⁴¹ Palm facing inward, thumb tucked across palm.

⁴² Kick from the front leg. Maintain hand positions.

⁴³ A cat stance is similar to an L-stance, where the heels are touching and the feet are perpendicular. In a cat stance, however, the front heel is raised. Note that in the L cat stance, the L leg is behind (supporting).

⁴⁴ The palm-heel chambers just behind the hips (as if readying to draw a revolver), travels forward with the leg as it steps forward, and finishes just outside the knee.

⁴⁵ R elbow finished centre-line and above chin-height. Simultaneous to the strike, the L hand grabs at upper-section and retracts to floating ribs.

⁴⁶ Twin upper-section punches begin with the fists to either side of the head, forearms vertical and palms facing outward. The fists then rotate inward, finishing in a vertical position in line with the eye sockets.

CHUNG-GUN HYUNG

#	+	Move	Stance	Action
14	S	L foot steps across	L front stance	Upper-section X block ⁴⁷
15	E	L foot to E	R back stance	L back-fist strike
16	E			Pull down L hand to lower-section (as if breaking out of a hold) <i>followed quickly by</i>
17	E	Shift L foot	L front stance	R reverse punch
18	W	L foot to R foot, then R foot to W	R back stance	R back-fist strike
19	W			Pull down L hand to lower-section <i>followed quickly by</i>
20	W		R front stance	L reverse punch
21	S	R foot to L foot, then L foot to S	L front stance	L reinforced block
22	S	Shift L foot	L fixed stance	L mid-section lunge punch
23	S	Step forward		R side kick
24	S	Step down to	R front stance	R reinforced block
25	S	Shift R foot	R fixed stance	R mid-section lunge punch
26	S	Step forward	L back stance	Outer-forearm guarding block
27	S	Shift L foot	L long stance	Scissor palm pressing block ⁴⁸ (under pressure)
28	S	Step forward	R back stance	Outer-forearm guarding block
29	S	Shift R foot	R long stance	Scissor palm pressing block (under pressure)
30	E	Pull L foot up	Parallel ready stance	R hook punch ⁴⁹ (under pressure)
31	E	Turn L foot 90° CC	R fixed stance	Pole block ⁵⁰

⁴⁷ Upper-section X block starts with the wrists crossed in front of the chest, palms facing inward and hands closed. The leading hand and the leading leg correspond. Stepping into front stance, thrust the X block upward, allowing the hands to rotate and block with the tops of the forearms. Tilt the head slightly to the lead side to look around the block.

⁴⁸ Scissor palm pressing blocks are intended to trap and break an opponent's leg. Shift into long stance and drop the lead hand down to just above and outside the leading knee. Raise the rear hand level with the chin in front of your shoulder. Both hands are open and vertical. Then, slowly and under pressure, raise the lead hand in a shallow inward arc and simultaneously lower the rear hand in a shallow inward arc. When the top of the lower hand and the bottom of the rear are in line with each other, rotate them so that the lead palm faces upward and the rear palm faces down. With a final push, move the hands just past one another.

⁴⁹ Chamber L fist at lowest rib. Punching hand finishes in line with the shoulder.

CHUNG-GUN HYUNG

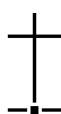
#	+	Move	Stance	Action
		(to N), pull R foot to L foot, then R foot E		
32	W	R foot to L foot, then L foot to W	L fixed stance	Pole block KIUP
	N	On "Keuman" L foot to	Closed ready stance B	

⁵⁰ A pole block is intended to stop an attack from a vertical pole thrust. Chamber the hands at the rear hip, with the thumbs and forefingers forming a triangle. Whilst moving to a transitional L-stance, separate the hands and re-chamber at the lead hip, so that the lead hand is underneath the rear hand and the palms are facing one another. Shifting into fixed stance, thrust the arc hands to neck and groin height. The hands finish in line, just inside the lead knee.

TOI-GYE HYUNG

3rd Kup

37 movements



Toi-Gye was the pen name of scholar Yi Hwang. The 37 movements refer to his birthplace on 37 degree latitude. The stance with feet together and fists on hips it intended as a challenge to the opponent. Stand tall and keep the chin up. The jump must achieve height, not distance.

#	+	Move	Stance	Action
1	N	On "Junbi"	Closed ready stance B	Feet together. L hand cups R fist in front of the abdomen
2	W	L foot to W	R back stance	L inner-forearm block
3	W	Shift L foot	L front stance	R palm-heel groin strike with L grab ⁵¹
4	N	Pull back L foot to	Parallel ready stance	L lower-section block and R outer-forearm block (under pressure)
5	E	R foot to E	L back stance	R inner-forearm block
6	E	Shift R foot	R front stance	L palm-heel groin strike with R grab
7	N	Pull back R foot to	Parallel ready stance	R lower-section block and L outer-forearm block (under pressure)
8	N	Step forward	L front stance	Lower-section X-block ⁵² <i>followed quickly by</i>
9	N			Twin upper-section punch
10	N	Step forward		R front kick <i>followed quickly by</i>
11		Step down to	R front stance	R lunge punch <i>followed quickly by</i>
12				L reverse punch
13	W	Pull L foot up	Feet together, fists on hips	Look tough
14	S	Lift R foot and step around (90° CC) to	Horse-riding stance	W-block ⁵³
15	N	R foot steps around (180° CC)	Horse-riding stance.	W-block

⁵¹ R hand chambers 30 cm in front of R shoulder. Strike down and rotate hand, finishing with fingers pulled back and pointing down. Simultaneously grab with the left hand at shoulder-height and retracts to shoulder (hammer-fist rests on collarbone).

⁵² A lower-section X block is intended to block and trap a pole or rising front kick attack. Technically, it is the same as an upper-section X block.

⁵³ A W block is intended to block two spear-thrusts to the head from opposite directions (a common dilemma). Step the leading foot steps around into horse-riding stance. Twist the upper body into line with the stance, with the arms blocking on either side of the head. Palms face inward and the elbows are bent at 90°.

TOI-GYE HYUNG

#	+	Move	Stance	Action
16	N	R foot to L foot, then L foot to N	R back stance	L lower-section reinforced block ⁵⁴
17	N	Shift L foot	L front stance	Ear strike with palms
18	N	Step forward		Head grab and R knee strike ⁵⁵ <i>followed quickly by</i>
19	S	R foot steps down to L, then L foot to S (turn 180° CC)	R back stance	Knife-hand guarding block
20	S	Raise front leg		L front kick
21		Step down to	L front stance	L horizontal spear-hand strike (upper-section)
22	S	Step forward	L back stance	Knife-hand guarding block
23	S	Raise front leg		R front kick
24		Step down to	R front stance	R horizontal spear-hand strike (upper-section)
25	S	Step R foot back	L fixed stance	L lower-section block and R back-fist strike (toward NW) ⁵⁶
26	S	Shift weight back		Raise L knee to chest (evading a pole attack to the leg)
27	E	Step down, then jump up and S off the L foot		Jump and tuck legs (evading a second pole attack to the legs)
28	E	Land in	Crossed stance ⁵⁷	Land with a lower-section X-block
29	S	R foot to S	R front stance	R reinforced block
30	W	L foot to W (turn 270° CC)	R back stance	Lower-section knife-hand guarding block ⁵⁸
32	W	Shift L foot	L front stance	R scooping block
33	E	L foot to R foot, then R foot to E	L back stance	Lower-section knife-hand guarding block

⁵⁴ In a lower-section reinforced block, the leading forearm is parallel to the leading thigh, ie. angled down at about 30°. The supporting arm does not contact the blocking arm in this case.

⁵⁵ From the ear-strike position, close hands and pull down. Hands finish either side of the raised knee.

⁵⁶ Look to the SW observing both techniques in peripheral vision.

⁵⁷ L foot behind R foot, with both knees bent to 90° and the back straight.

⁵⁸ Lower-section knife-hand guarding blocks are chambered slightly lower than when at mid-section. Finish with the lead hand just above the knee (palm down) and the rear hand in front of the groin (palm up).

TOI-GYE HYUNG

#	+	Move	Stance	Action
34	E	Shift R foot	R front stance	L scooping block <i>followed quickly by</i>
35	NW	Pivot on the balls of the feet (turn 135° CC)	L front stance	R scooping block <i>followed quickly by</i>
36	E	Pivot on the balls of the feet (turn 135° C)	R front stance	L scooping block <i>followed quickly by</i>
37	N	R foot steps across	Horse-riding stance	R lunge punch KIUP
	N	On "Keuman" R foot to	Closed ready stance B	

HWA-RANG HYUNG

2nd Kup

29 movements



I This pattern is named after the Hwa Rang youth group, which originated in the Scilla Dynasty about 1400 years ago. The reverse punches (mv 21-23) require strict attention to maintain a good back stance.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	Position hands flat in front of abdomen; L over R
1	N	L foot to W	Horse-riding stance	L mid-section inside palm heel block ⁵⁹
2	N			R mid-section punch <i>followed quickly by</i>
3	N			L mid-section punch
4	E	Draw R foot back to	L back stance	Twin outer-forearm block
5	E			Grab with R hand + pull R fist to L collar bone ⁶⁰ . L upset punch
6	E	Shift R foot	L fixed stance	R mid-section punch
7	E	R foot to L foot into	L L-stance	R downward knife-hand strike ⁶¹
8	E	Step forward	L front stance	L lunge punch
9	N	L foot to R foot, then L foot to N	L front stance	L lower-section block
10	N	Step forward	R front stance	R lunge punch
11	N	L foot to R foot		Grab R fist with L hand + pull hands to R hip. R side kick <i>followed quickly by</i>
12	N	Step down to	L back stance	R knife-hand strike
13	N	Step forward	L front stance	L lunge punch
14	N	Step forward	R front stance	R lunge punch
15	E	L foot to E (turn 270° CC)	R back stance	Knife-hand guarding block

⁵⁹ Palm heel block stops in front of chest at 45°.

⁶⁰ R fist should be vertical.

⁶¹ Bring the striking arm across the body and then in an arc over the head. Simultaneously pivot on the balls of the feet to swivel the hips CC. On striking, pull the front foot up into L-stance and turn the hips back (clockwise) for power. The knife-hand should stop at the height of the collar-bone.

HWA-RANG HYUNG

#	+	Move	Stance	Action
16	E	Step forward	R long stance	L downward block with R mid-section vertical spear-hand
17	W	L foot to E (turn 180°)	R back stance	Knife-hand guarding block
18	W	Step forward		R upper-section thrusting turning kick ⁶² <i>followed quickly by</i>
19	W	Step forward	R back stance	L upper-section thrusting turning kick <i>followed quickly by</i> knife-hand guarding block
20	S	L foot to S	L front stance	L lower-section block
21	S	Pull L foot back to	R back stance	R reverse punch
22	S	Step forward	L back stance	L reverse punch
23	S	Step forward	R back stance	R reverse punch
24	S	Shift L foot forward	L long stance	Lower-section X-block ⁶³
25	N	R foot steps forward to S, then turn 180° CC and pull L foot up to R foot	R L-stance	R reverse elbow to S ⁶⁴
26	W	R foot pivots, then L foot steps across. Turn 90° CC	Parallel ready stance	R inner-forearm block + L lower-section block ⁶⁵ <i>followed quickly by</i>
27	W			L inner-forearm block + R lower-section block
28	W	Pivot R foot to N, move L foot to R, then L foot W to	R back stance	Knife-hand guarding block
29	E	L foot to R foot, then R foot E to	L back stance	Knife-hand guarding block KIUP
	N	On "Keuman" bring R foot to L foot	Closed ready stance C	

⁶² Ball of the foot.

⁶³ L hand on top.

⁶⁴ L fist chambered at lowest rib.

⁶⁵ R forearm sweeps across the lower-section from R to L and scoops upward, momentarily forming an 'X' in front of the chest with the L forearm. Block simultaneously with both hands. Hip movement supports the R block.

CHOONG-MOO HYUNG

1st Kup

30 movements



I Chung Mu was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty, who was reputed to have invented the first armoured battleship. The left-hand attack ending this pattern symbolises his death in battle before he had a chance to show his complete loyalty to the King. Aim for height, rather than distance, in the jumping side kick.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	W	Move L foot	R back stance	Twin knife-hand block
2	W	Step forward	R front stance	L upper-section block + R inverted knife-hand strike
3	E	Move R foot 180°	L back stance	Knife-hand guarding block
4	E	Step forward	L front stance	L upper-section spear-hand
5	N	Move L foot across	R back stance	Knife-hand guarding block
6	S	Pivot on L foot	L crane stance	Outer-forearm guarding block
7				Mid-section side kick
8	N	Step down to S & turn 180° to	R back stance	Knife-hand guarding block
9	N	Step forward & jump from R foot	Land in L back stance ⁶⁶	Jumping side kick ⁶⁷ + knife-hand guarding block
10	E	Pivot on R foot & turn 270° to	R back stance	L lower-section block
11	E	Slide L foot forward	L front stance	Grab opponent's head with hand on each side
12	E			R knee into opponent's head ⁶⁸ <i>followed quickly by</i>
13	W	Lower R foot to L foot then step out on L foot to	L front stance	L downward palm block <i>followed quickly by</i> R ridge-hand

⁶⁶ Feet hit the ground simultaneously

⁶⁷ Target solar plexus

⁶⁸ Pull head down & knee into palms

CHOONG-MOO HYUNG

14	W			R upper-section turning kick <i>followed quickly by</i>
15	W			L spinning back kick
16	E	Step down to W on L foot & turn 180°	L back stance	Outer-forearm guarding block
17	NE			L turning kick
18	S	Lower L foot to R foot then R foot out to	L fixed	U shaped block
19	S	Jump back 360° CC	L back stance	Knife-hand guarding block
20	S	Step forward	L front stance	Grab with L hand ⁶⁹ + R lower-section upset spear-hand ⁷⁰
21	S	Pull L foot in	R back stance	Lower-section block to S + upper-section vertical back-fist to N
22	S	Step forward	R long stance	L downward palm block <i>followed quickly by</i> R vertical spear-hand
23	W	Pivot on R foot 270° CC to	L front stance	L reinforced block
24	S	Bring R foot around to	Horse-riding stance	R inwards forearm block to S <i>followed quickly by</i> R upper-section vertical back-fist to W
25	E	Turn to E		R side kick
26	E	Step forward		L side kick
27	W	Lower L foot to E then turn 180° to	L back stance	Upper-section knife-hand X-block ⁷¹
28	W	Step forward	L front stance	Twin palm pressing block
29	E	R foot across	R front stance	Upper-section block <i>followed quickly by</i>
30	E			L reverse punch KIUP
	N	On "Keuman" bring back foot up	Parallel ready stance	

⁶⁹ Retract L fist to rest vertically on R collarbone

⁷⁰ Target the groin

⁷¹ Move head to the side

GWANG-GAE HYUNG

1st Dan Pattern #1

39 movements



This pattern is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

#	+	Move	Stance	Action
	N	On "Junbi"	Open ready stance ⁷²	Raise both hands above and just in front of the head, forming a triangle with the index fingers and thumbs. Fingers are straight and together
1	N	L foot to R foot	Closed ready stance B	Separate hands, quickly moving forearms to vertical ⁷³ . Continue tracing a circle downward with the hands, slowly and under pressure, until they meet at the abdomen
2	N	Step forward	L front stance	R upset punch ⁷⁴
3	N	Step forward	R front stance	L upset punch
4	N	L foot to R foot, then R foot forward to	R front stance	R knife hand hooking block
5	N	Step back	R back stance	Lower-section knife hand guarding block
6	N	R foot to L foot, then L foot forward to	L front stance	L knife hand hooking block
7	N	Step back	L back stance	Lower-section knife hand guarding block
8	N	Step forward	R cat stance ⁷⁵	Knife hand guarding block
9	N	Step forward	L cat stance	Knife hand guarding block
10	S	L foot past R foot, then R foot to N (turn 180° CC)	L front stance	R upward palm pressing block, under pressure

⁷² This open ready stance is known as the "look to heaven". Look through the triangle formed by the raised hands.

⁷³ The movement of the left foot should finish at the same time as the forearms come to vertical position.

⁷⁴ Upset punch begins with the fist chambered at the lowest rib, palm facing downward. The fist extends forward and slightly upward to solar-plexus- height, rotating to palm-up position. The elbow does not extend beyond the ribs.

⁷⁵ Cat stance is similar to L-stance, except that the lead heel is raised.

GWANG-GAE HYUNG

#	+	Move	Stance	Action
11	S	Step forward	R front stance	L upward palm pressing block, under pressure
12	S	L foot to R foot	Feet together	Raise hands to the initial open ready stance position, then quickly separate hands, tracing a circle downward to the abdomen. R knife hand strike into L palm
13	E	Look to E (body remains facing S)		L lower-section side kick (to E), <i>followed quickly by</i>
14	E			L upper-section side kick
15	E	Drop L foot to	R back stance	R inverted knife-hand strike
16	E	Pull L foot to R foot	L-stance	L downward hammer fist ⁷⁶
17	W	Turn L foot to face S (90° C). Look to W	Feet together	R lower-section side kick (to W), <i>followed quickly by</i>
18	W			R upper-section side kick
19	W	Drop R foot to	L back stance	L inverted knife-hand strike
20	W	Pull R foot to L foot	L-stance	R downward hammer fist
21	S	L foot to S	L front stance	Scissor palm pressing block (under pressure)
22	S	Step forward	R front stance	Scissor palm pressing block (under pressure)
23	N	Step R foot around (180° C)	L back stance	R back fist
24	N	Shift R foot	R front stance	R reinforced block
25	N	Spring backward ⁷⁷		L lower-section block
26	N			R spear-hand strike (under pressure)
27	S	Step L foot across	R back stance	L back fist
28	S		L front stance	L reinforced block
29	S			R lower-section block
30	S			L spear-hand strike (under pressure)

⁷⁶ Finish at the height of the nose-bridge.

⁷⁷ This movement, of about 20 cm, should be executed as a slide, but with both feet moving at the same time.

GWANG-GAE HYUNG

31	S	Step forward	R front stance	Twin upper-section punch STAMP
32	E	L foot to R foot, then L foot to E	L front stance	Twin upset punch STAMP
33	E	Step forward		R front kick
34	W	Step down with R foot (to E), step through with L foot (to E), then turn 180° C	L back stance	Knife-hand guarding block
35	W	Step forward	L front stance	L lunge punch
36	W	Step forward	R front stance	Twin upset punch STAMP
37	W	Step forward		L front kick
38	E	Step down with L foot (to W), step through with R foot (to W), then turn 180° CC	R back stance	Knife-hand guarding block
39	E	Step forward	R front stance	R lunge punch KIUP
	N	On “Keuman” bring R foot to L foot	Closed ready stance B	
	N	On “Shiut” shift L foot to	Open ready stance	Raise hands to the initial open ready stance position.

PO-EUN HYUNG

1st Dan Pattern #2

36 movements



— ■ — Po-Eun is the pseudonym of loyal subject Chong Mong-Chu (1400), who was a famous poet and whose poem “I would not serve a second master, though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country. Note that the second half of this pattern (mv 19 to 36) is a mirror image of the first half.

#	+	Move	Stance	Action
	N	On “Junbi”	Open ready stance	Raise both hands above and just in front of the head, forming a triangle with the index fingers and thumbs. Fingers are straight and together
1	W	L foot to W ⁷⁸	R back stance	Outer-forearm guarding block
2	N	Pull R foot up, look to E	L crane stance	L reinforced vertical punch ⁷⁹
3	E			R lower-section side kick (to E)
4	N	Step R foot down to E	Horse-riding stance	R knife-hand strike (to E)
5	N	Rotate R knife-hand to N, then		L hook punch ⁸⁰ <i>followed quickly by</i>
6	N			L downward punch with R inner-forearm block ⁸¹ <i>followed quickly by</i>
7	N			R downward punch with L inner-forearm block <i>followed quickly by</i>
8	N			Inner-forearm wedging block ⁸² <i>followed quickly by</i>
9	N			R reinforced elbow-strike ⁸³ to S <i>followed quickly by</i>

⁷⁸ This technique should be executed with a slide: step out with the L foot, but drive off the R foot to shift the stance 20 cm to W.

⁷⁹ From guarding block position, the leading fist thrusts upward to the height of the forehead, rotating so that the palm faces inward at the end of the movement. The rear fist rises to support the leading arm at the elbow (similar to reinforced blocks).

⁸⁰ Rotating the R arm to face N will chamber the hips and shoulders for the hook punch. Finish the punch at shoulder-height, in line with the R shoulder and with the R fist chambered at the lowest rib.

⁸¹ These moves are executed simultaneously. The downward punch chambers at chest-height, with the elbow pointing upward and the forearm angled 45° forward. Concurrently, the blocking arm sweeps across the body, as occurs in a scooping block. As the blocking arm begins to bend and rise, the downward punch passes it on the inside, striking down and forward at 45°.

⁸² This technique is executed as per outer-forearm wedging block, including the chambered position with palms facing inward, except that the forearms do not rotate through the block.

PO-EUN HYUNG

#	+	Move	Stance	Action
10	N			Covered R mid-section punch ⁸⁴ <i>followed quickly by</i>
11	N			L reinforced elbow-strike to S <i>followed quickly by</i>
12	N			Parallel punches ⁸⁵ (to E)
13	N	L foot crosses in front of R foot (to E)	Crossed stance	R lower-section hammer-fist, covered by L hand ⁸⁶
14	E	R foot to E	L back stance	Inverted pole block ⁸⁷
15	N	Pull L foot to R foot and look to W	Feet together	Twin elbow strikes (to E and W; under pressure) ⁸⁸
16	N	L foot to W ⁸⁹	Horse-riding stance	L lower-section block (to N) with R upper-section back-fist (to SE) ⁹⁰ STAMP
17	N	R foot crosses behind L foot (to W)	Crossed stance	L lower-section hammer-fist into R palm ⁹¹ <i>followed quickly by</i>
18	N	L foot to W	Horse-riding stance	L lower-section reverse knife-hand guarding block
19	N	R foot to E	L back stance	Outer-forearm guarding block
20	N	Pull L foot up, look to W	R crane stance	R reinforced vertical punch
21	N			L lower-section side kick (to W)
22	N	Step L foot down to W	Horse-riding stance	L knife-hand strike (to W)

⁸³ L open hand covers R fist. Thrust backwards until the R fist is alongside the lowest rib and the L forearm rests over the solar-plexus.

⁸⁴ Slip the punching arm under the open (in this case L) hand until the palm rests over the elbow.

⁸⁵ Chamber the rear (in this case L) punch in front of the body at shoulder height, with a 90° bend in the elbow. Chamber the leading (in this case R) punch at the lowest rib with the palm facing down. Note that this chambered position is similar to Pole Block. Both punches extend to shoulder-height, with the rear punch finishing in line with the leading shoulder.

⁸⁶ The hands meet in front of the abdomen, with the front of the striking wrist covered by the fingers of the non-striking hand.

⁸⁷ Inverted pole block has the same chambered position as pole block. The top arc-hand, however, rotates so that the palm faces upward.

⁸⁸ Chamber forearms in front of the chest (in this case, with the R fist over the L elbow and the L fist under the R elbow. Extend the elbows to shoulder-height until the fists are in front of the shoulders.

⁸⁹ Before stepping, raise L knee and chamber the hips (in this case clockwise).

⁹⁰ These movements are simultaneous. Chamber both fists as per L lower-section block. Look to NE.

⁹¹ The hands meet in front of the abdomen.

PO=EUN HYUNG

#	+	Move	Stance	Action
23	N	Rotate L knife-hand to N, then		R hook punch <i>followed quickly by</i>
24	N			R downward punch with L inner-forearm block <i>followed quickly by</i>
25	N			L downward punch with R inner-forearm block <i>followed quickly by</i>
26	N			Inner-forearm wedging block <i>followed quickly by</i>
27	N			L reinforced elbow-strike to S <i>followed quickly by</i>
28	N			Covered L mid-section punch <i>followed quickly by</i>
29	N			R reinforced elbow-strike to S <i>followed quickly by</i>
30	N			Parallel punches (to W)
31	N	R foot crosses in front of L foot (to W)	Crossed stance	L lower-section hammer-fist, covered by R hand
32	W	L foot to W	R back stance	Inverted pole block
33	N	Pull R foot to L foot and look to E	Feet together	Twin elbow strikes (to E and W; under pressure)
34	N	R foot to E	Horse-riding stance	R lower-section block (to N) with L upper-section back-fist (to SW) STAMP
35	N	L foot crosses behind R foot (to E)	Crossed stance	R lower-section hammer-fist into L palm <i>followed quickly by</i>
36	N	R foot to E	Horse-riding stance	R lower-section reverse knife-hand guarding block KIUP

GE-BAEK HYUNG

1st Dan Pattern #3

44 movements



This pattern is named after a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

#	+	Move	Stance	Action
	N	On "Junbi"	Parallel ready stance	
1	N	R foot steps back	R back stance	Upper-section knife-hand X-block
2	N	Step forward		R mid-section twisting kick ⁹² <i>followed quickly by</i>
3	N		R front stance	R lunge punch <i>followed quickly by</i>
4	N			L reverse punch
5	N	Step back	L front stance	L upper-section block <i>followed quickly by</i>
6	N			L lower-section block
7	NE			Double arc-hand block ⁹³
8	E	Pull L foot up to	R crane stance	Chamber fists at R hip
9	SE	L foot steps down to NE	Horse-riding stance	L pressing block <i>followed quickly by</i>
10	SE			R upper-section punch
11	SE			L double back-fist strike ⁹⁴
12	S	R foot to W (feet line up E-W), then L foot to S	L back stance	Knife-hand guarding block
13	S			L snapping front kick ⁹⁵

⁹² Twisting kick has a similar chambered position to front kick, except that, as the foot is drawn up, it is swung inward (in front of the standing leg). As the leg extends, the foot moves forward and outward, with as much lateral movement as possible, striking with the ball of the foot. The kick thus serves the same purpose as a turning kick, but has an inverse trajectory.

⁹³ Chamber the hands at the left hip, forming a triangle as per Pole Block. Keeping the thumb- and finger-tips together, bring both forearms up and around in an arc. At the end of the movement, the lead (in this case L) forearm is vertical and the rear (in this case R) forearm is horizontal. Look through the triangle throughout the movement.

⁹⁴ Leaving the R arm extended, chamber the L fist, palm down, over the R elbow. Back-fist to N, at the height of the nose-bridge, keeping the forearm vertical. For the second strike, bend the R arm 90° in front of the chest, with the forearm horizontal. Chamber the L elbow over the R fist and roll the forearm downward, striking to SE).

⁹⁵ Keep hands in knife-hand guarding block.

GE-BAEK HYUNG

#	+	Move	Stance	Action
14	S	Step down to	L front stance	L horizontal spear-hand strike (upper-section) <i>followed quickly by</i>
15	S			R horizontal spear-hand strike (upper-section)
16	S	Step forward		R mid-section side kick with grab ⁹⁶
17	N	Step R foot down (feet together), then L foot to N	R back stance	Outer-forearm guarding block
18	S	R foot to N (turn 180° CC)	R back stance	Outer-forearm guarding block
19	N	L foot to N (turn 180° CC)	R back stance	Knife-hand guarding block
20	E	Shift L foot and turn 90° C)	Horse-riding stance	R 9-shaped block ⁹⁷
21	S	R foot to N (turn 270° CC)	L front stance	L lower-section knife-hand block
22	S	Step forward		R mid-section turning kick <i>followed quickly by</i>
23	S	R foot steps down to S, then L foot to R foot	Feet together	R mid-section side kick <i>followed quickly by</i>
24	S	R foot steps down to S	R front stance	Twin upper-section punch
25	SE			Double arc-hand block ⁹⁸
26	S			L upset punch
27	N	L foot steps across	L front stance	R elbow strike into L palm
28	N	R foot steps N, then L foot steps N behind R foot	R Crossed stance	R reinforced block
29	NW	L foot to SW	Horse-riding	R pressing block <i>followed quickly by</i>

⁹⁶ L hand reaches out to join extended R hand. Pull both fists to waist as the kick extends.

⁹⁷ Drop the lead (in this case R) fist in front of the R hip and raise the rear (L) fist to shoulder-height. From this chambered position, the lead fist travels up the body, passing inside the rear arm and finishing at chest-height. The rear fist drops in front of the lead fist, finishing in front of the abdomen. In this final position, the arms resemble the figure "9".

⁹⁸ Chamber at R hip and rotate CC.

GE-BAEK HYUNG

#	+	Move	Stance	Action
			stance	
30	NW			L upper-section punch
31	NW			R double back-fist strike
32	S	L foot to S	L front stance	L downward palm block <i>followed quickly by</i> R ridge-hand
33	S	Step forward		R Mid-section turning kick
34	N	R foot to S (turn 180° CC)	L front stance	Twin upper-section punch
35	N	L foot shifts back	R back stance	R knuckle upset punch with grab ⁹⁹
36	W	R foot steps forward to N, (turn 90° CC)	Horse-riding stance	L 9-shaped block
37	W			Lower-section reverse knife-hand guarding block ¹⁰⁰ to S <i>followed quickly by</i>
38	W			Lower-section knife-hand guarding block to N
39	E	L foot to N (turn 180° C)	Horse-riding stance	Outer-forearm W-block ¹⁰¹
40	W	L foot to S (turn 180° C)	Horse-riding stance	Outer-forearm W-block
41	S	R foot to S	R front stance	R upper-section block <i>followed quickly by</i>
42	S			L reverse punch
43	N	L foot steps across	L front stance	L upper-section block <i>followed quickly by</i>
44	N			R reverse punch
	N	On "Keuman" bring R foot up to	Parallel ready stance	

⁹⁹ As per upset punch but with the middle knuckle protruding from the fist and locked in place by the ring- and index-fingers. Grab with the lead hand and pull the closed fist to the rear collarbone.

¹⁰⁰ Chamber the reverse block with both palms facing downward. The lead knife-hand rotates to palm-up position, blocking with the ridge-hand,

¹⁰¹ To block with the outer-forearms, chamber the fists in front of the chest, crossed at the wrists, with both palms facing inward. Rotate both forearms so that the palms face outward at the end of the block.

EUI-AM HYUNG

2nd Dan Pattern #1

45 movements



I Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

#	+	Move	Stance	Action
	N	On "Junbi"		Feet together, arms 45° from sides
1	N	Step back into	L front	Grab with L hand and pull L hand to collar bone; simultaneous R hand lower-section inverted knife-hand strike
2	N	Step back	R front	L mid-section outer-forearm block <i>followed quickly by</i>
3	N		R front	R lunge punch
4	N	Step forward	Wt on R foot	L 45° twisting kick (to NW)
5	N	Step down to	L front	Lower-section X-block ¹⁰² <i>followed quickly by</i>
6	N			R upper-section knife-hand block
7	N	Slide forward	Crossed stance	R assisted back-fist to nose
8	S	Slide L foot out into	R back stance	L mid-section lunge punch
9	S	Pivot on L foot		R upper-section reverse turning kick stopping at 180°
10	S	Lower R foot with small stamp to	L back stance	R knife-hand strike
11	S	Step forward		Grab attacker's weapon with both hands and pull into L side kick
12	S	Step down into	L front	R upper-section hook punch
13	S	Pull R foot up to	Parallel stance	Slow L hook punch
14	S	Step back into	R front	Grab with R hand and pull R hand to collar bone; simultaneous L hand lower-section inverted knife-hand strike

¹⁰² R hand on top

EUI-AM HYUNG

#	+	Move	Stance	Action
15	S	Step back	L front	R mid-section outer-forearm block <i>followed quickly by</i>
16	S		L front	R lunge punch
17	S	Step forward	Wt on L foot	R 45° twisting kick (to SW)
18	S	Step down to	R front	Lower-section X-block ¹⁰³ <i>followed quickly by</i>
19	S			L upper-section knife-hand block
20	S	Slide forward	Crossed stance	L assisted back-fist to nose
21	N	Slide R foot out into	L back stance	R mid-section lunge punch
22	N	Pivot on R foot		L upper-section reverse turning kick stopping at 180°
23	N	Lower L foot with small stamp to	R back stance	L knife-hand strike
24	N	Step forward	L front	Grab attacker's weapon with both hands and pull into R side kick
25	N	Step down into	R front	L hook punch
26	N	Bring R foot up to	Parallel stance	Slow R hook punch
27	N	Step forward on R foot	R front	Knife-hand wedging block
28	N		R front	L knife-hand scooping block
29	N	Pull back to	R short back stance	Both hands circle palm down to tap down a mid-section kick
30	N	Slide front R foot forward	L back	L reverse punch
31	N	Slight slide back	L back	R lower-section ridge hand; pull L hand to collar bone
32	N	Step forward on L foot	L front	Knife-hand wedging block
33	N		L front	R knife-hand scooping block

¹⁰³ L hand on top

EUI-AM HYUNG

34	N	Pull back to	L short back stance	Both hands circle palm down to tap down a mid-section kick
35	N	Slide front R foot forward	R back	R reverse punch
36	N	Slight slide back	R back	L lower-section ridge hand; pull R hand to collar bone
37	N	Pivot on L front foot		315° upper-section reverse turning kick (spin clockwise) to kick target at NW
38	N	Step down to	R cat stance	Outer-forearm guarding block
39	N	Pivot on R front foot		315° upper-section reverse turning kick (counterclockwise) to kick target at NE
40	N	Step down to	L cat stance	Outer-forearm guarding block
41	N	Step L foot back past R heel then step back to	R back	Lower-section knife-hand block
42	N	Slide R rear foot back	L front	Mid-section reverse punch
43	N	Step L foot back	L back	Lower-section knife-hand block
44	N	Slide L rear foot back	R front	Mid-section reverse punch followed by
45	N	Maintain stance	R front	Lunge punch KIUP
	N	On "Keuman" bring back foot up		Feet together, arms 45° from sides

CHOONG-JANG HYUNG

2nd Dan Pattern #2

52 movements



Choong-Jang is the pseudonym given to General Kim Duk Ryang, who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolise the tragedy of his death in prison at 27 years of age.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance A	Feet together, L hand circled around R hand, hands at chin height
1	N	R foot to E	Horse riding stance	Position R hand low with arm straight and L hand with bent arm in inner-forearm block position. R hand moves up in a circular motion into R mid-section inner-forearm block and L hand moves downward similarly to L lower-section block <i>followed quickly by</i>
2	N		Horse-riding stance	L mid-section inner-forearm block and R lower-section block Execute in powerful chopping motion with slight twist at waist
3	N	Bring R foot back	Parallel stance	Slow L hook punch
4	N	Step forward on L	L front	R 2 finger attack to the eyes
5	N	Step forward	R front	L 2 finger attack to the eyes
6	N			R arm out straight and L arm across chest. Pull R hand back and snap down a R back-fist to nose with L fist palm down under elbow
7	N	Step forward	L front	L upper-section block
8	N	Step forward	R front	R lunge punch
9	N	Pivot on L rear leg and pivot 360° cc sliding into	R back	Outer-forearm guarding block
10	N	Weight on L leg		R lower-section front kick
11	N	Move forward	R long stance	R upper-section spear-hand ¹⁰⁴
12	N	Drop L knee to floor. Both hands touch floor		Balance on L knee. R mid-section turning kick from ground

¹⁰⁴ Horizontal spear hand to the throat

CHOONG-JANG HYUNG

#	+	Move	Stance	Action
13	N	Turn 90° to front.	Keep L knee and hand on floor	R mid-section punch
14	N	Shift balance to R foot and rise up turning 180° and slide to N with L foot	L back stance body facing S looking over shoulder to N	L rising rear elbow
15	N	Turn 180° clockwise stepping back with L leg to	L back	Outer-forearm guarding block
16	N	Step back	R back	L upward palm pressing block
17	N	Step back	L back	R knife-hand strike
18	S	Turn 180° and step out with L leg	L front	Lower-section X-block ¹⁰⁵
19	S	Grab attacker with crossed hands and pull back to L of waist	Wt on L foot	R mid-section knee strike
20	N	Turn 180° cc	R back	Knife-hand guarding block
21	N	Step through with R leg turning 180° and slide to N with R foot	L back stance body facing S looking over R shoulder to N	R rear raising elbow strike
22	N	Step back with L foot	L back	Knife-hand guarding block
23	N	Grab with both hands and pull back to L hip	Wt on L leg	R side kick
24	S	Turn 180°	R cat	Twin lower-section palm heel blocks ¹⁰⁶
25	S	Shift balance to L & step out on R	R front	R outer-forearm block <i>followed quickly by</i> R back-fist
26	N	Turn 180	R back	L upper-section spear-hand
27	N	R hand to top of outstretched L hand	Wt on L leg	R upper-section front kick

¹⁰⁵ Left (front) hand on top

¹⁰⁶ Wrists touching

CHOONG-JANG HYUNG

#	+	Move	Stance	Action
28	S	Turn 180° and slide R leg back to	L front	Slowly draw both hands back to R hip
29	S	Pull L front foot back with a stamp to	R back	Strike downward with back of open L hand
30	S		R back	R hook punch to palm of L hand
31	S	Step through with a stamp to	L back	Strike downward with back of open R hand
32	S		L back	L hook punch to palm of R hand
33	N	Turn 180° with a stamp to	R back	L upper-section knife-hand strike
34	N	Slide front L foot forward to	L front	R vertical elbow to L open palm
35	N	Step through with a stamp to	L back	R upper-section knife-hand strike
36	N	Slide front R foot forward to	R front	L vertical elbow to R open palm
37	S	Turn 180°	R back	Lower-section knife-hand guarding block
38	S	Slide L front foot forward	L front	Figure 9 block
39	S	Step through	L back	Lower-section knife-hand guarding block
40	S	Slide R front foot forward	R front	Figure 9 block
41	S	Step back	L front	Twin knife-hand strike to each side ¹⁰⁷
42	S	Maintain stance. Twist waist leaving L arm out and draw R hand back to waist	L front	R arc hand to throat
43	S	Keep R hand out	Wt on L foot	R front kick
44	S	Shift R foot forward	R front	L arc hand to throat
45	S	Keep L hand out		L front kick

¹⁰⁷ Hands cross in front of chest before strikes

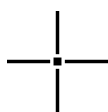
CHOONG-JANG HYUNG

#	+	Move	Stance	Action
46	S	Shift L foot forward	L front	R reverse punch <i>followed quickly by</i>
47	S			L lunge punch
48	S	Back R foot up to	Natural stance	Twin knuckle strikes to temples
49	W	Turn 270° cc	L front	L lower-section knife-hand block
50	W	Maintain stance	L front	R palm heel to chin
51	E	Turn 180°	R front	R lower-section knife-hand block
52	E	Maintain stance	R front	L palm heel to chin KIUP
	N	On "Keuman" draw R foot back to L foot	Closed Ready stance A	L hand cupped around R

KO-DANG HYUNG

2nd Dan Pattern #3

39 movements



Ko-Dang is the pseudonym of the patriot Cho Man Sik, who dedicated his life to the independence movement and education of Korea. The 39 movements of the pattern show the number of times of his imprisonment, as well as the location of his birthplace on 39 degrees latitude.

#	+	Move	Stance	Action
	N	On "Junbi"	Closed ready stance C	Feet together, hands folded flat in front of abdomen, L hand in front
1	NE	Step back and to side with R foot	Horse-riding stance	L 45° mid-section inside (horizontal) palm heel block
2	NE			R mid-section punch
3	N	Shift R foot	R back	Outer-forearm guarding block
4	N		R back	Simultaneously execute L mid-section inner-forearm block and R lower-section block
5	NW	Step back and to side with L foot	Horse-riding stance	R 45° mid-section inside palm heel block
6	NW	Maintain stance		L mid-section punch
7	N	Shift R foot	L back	Outer-forearm guarding block
8	N		L back	Simultaneously execute R mid-section inner-forearm block and L lower-section block
9	N	Pick up R foot and look over shoulder to S	Weight on L foot	Hold ready to do a R back kick
10	N			R back kick
11	N	Step down to	R back	Mid-section knife-hand block
12	N	Pick up L foot and look over shoulder to S	Weight on R foot	Hold ready to do a L back kick
13	N			L back kick
14	N	Step down to	L back	Mid-section knife-hand block
15	N	Step back	R back	Descending elbow
16	N	Step back	L back	Descending elbow
17	N	Step forward	L front	Scissor palm pressing block

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18	N	Step forward	R front	Scissor palm pressing block
19	N	Step back	R back	Inwards forearm block
20	N	Step forward	L back	Inwards forearm block
21	N	Step forward	L cat stance	L mid-section upward palm heel block
22	N	Step forward	R cat stance	R mid-section upward palm heel block
23	N	Pull R foot back	Weight on R foot for kick	L upper-section front kick
24	N	Step down to	L front	Double inward knife-hand strike to sides of neck
25	N	Pull L hand back	L front	Upper-section knife-hand block
26	N	Pull weight back	R back	Lower-section knife-hand guarding block
27	N	Slide forward	L front	R lower-section reverse punch
28	N	Step L (front) foot back just past R heel then step R foot back to	R back	Knife-hand guarding block
29	N	Jump and spin 360°	Landing in R back	Knife-hand guarding block
30	N	Big step forward on R foot	End in crossed stance with L foot behind R heel	R vertical back fist to nose
31	S	Turn 180° and step out with L foot	L front	L outer-forearm block
32	N	Turn 180° pivoting on R rear foot	R front	R outer-forearm block
33	N	Step through on L foot	R back	Lapel grab with L hand, R upset punch
34	E	Shift weight to L foot, pivot 90° clockwise to E		R upper-section hook kick, <i>followed quickly by</i>
35	E		L back	R eye rake ¹⁰⁸

¹⁰⁸ Hand finishes wide of attacker – does not stop at neck like a knife-hand strike

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36	W	Turn 180° to face W, draw R foot in to L foot	End in R back	L upper-section hook kick <i>followed quickly by</i>
37	W		R back	L eye rake
38	E	Turn 180° to face E	L back	Upper-section knife-hand guarding block
39	W	Turn 180° to face W	R back	Upper-section knife-hand guarding block KIUP
	N	On "Keuman" L foot draws in to	Closed ready stance C	Hands folded in front of abdomen