



Kildare Taekwon-do Dojang



Irish National Taekwon-do association



Instructor : Mr John Ng
Examiner 6th Degree

Master : GrandMaster O' Toole
Examiner 9th Degree
Instructor



Rules for Taekwon-Do Dojang & Student

1. Students must obey and respect their Instructors, Parents, Teachers and Senior Ranks. They should bow and greet the Masters and Instructors whenever, wherever they meet. Masters and Instructors must be addressed by their last name (e.g. Master O'Toole, Mr. Ng...etc.). When you have a conversation with them, you should address "Sir" or "Miss" at the end of each sentence.
2. Please arrive on time or earlier to stretch in order to prevent injury. Late arrival students should wait at the entrance and will be asking to do their stretching before joining the class.
3. Wear a clean and tidy uniform before entering the dojang. Students should tie up their long hair or use a headband for medium long hair.
4. Bow to the flags, then instructors according to their ranking when entering and exiting the dojang.
5. Students should not enter or leave the class without obtaining permission from Masters or Instructors.
6. To show respect and considering the safety of the class, during the class, parents and others should stay in the viewing area and should not enter the dojang unless you are invited by an instructor. If you have any question, our instructors will be available to assist you.
7. Line up according to the ranking from the right to the left and the front row to the back. Late arrival, not complete or without a proper uniform should line up to the back whatever their ranking.
8. No shoes except the Taekwon-Do training shoes are allowed in the dojang.
9. To prevent injuries, jewelries and watches are not to be worn during training. Finger and toe nails should be kept short. Students with long nails are not allowed to participate in any sparring or target training.
10. Food, alcohol, tobacco, chewing gum, loud conversation, negative behavior and foul language are strictly prohibited in the dojang.
11. Seniors must behave and set a good example for the juniors.
12. Students should always practice at home and try to memorize their patterns before they come to the class. Considering the progress of the class, a special training group in the class will be available to assist the students who had any difficulty for memorizing their patterns.
13. Try not to miss any class as our curriculums are very tight. If you miss any class, please ask your instructors and classmates to catch up what you have missed.
14. Instructors will give notice to the students if we are going to practice sparring in the next class. Students without proper protectors are not allowed to do any sparring.
15. Students are not allowed to teach Taekwon-Do to others without the permission from the Instructor.
16. Students are allowed to use Taekwon-Do for defensive purposes but never be offensive.
17. Students should be polite, honest, humble and always observe the tenets of Taekwon-Do.



跆拳道
태 TAE means "Foot", "Leg", or "to step on"
권 KWON means "Fist" or "Fight"
도 DO means "Way" or "Discipline"

History

Tae Kwon-do as it is today was developed and founded by Grand master general Choi Hong Hi 9th degree black belt (9 November 1918 — 15 June 2002). As a martial art it is unique to any other in that it utilizes fundamental principles of physics in the development of technique and power.

Grandmaster Choi set out to use his knowledge of "Tae Kwon" an ancient Korean form of foot fighting to develop Tae Kwon do as a uniquely Korean art superior in both spirit and technique to Japanese karate.

This art which was modern Tae Kwon Do was founded on the 11th April 1955. Grand master Choi then set himself to the task of bringing Tae Kwon Do to the rest of the world. Renowned for spectacular feats of power and flying kicking techniques said to have been used by ancient Korean warriors to dismount attacking warriors from their horses the popularity of Tae Kwon do spread rapidly to become a martial art practiced all around the globe.

Definition of TaeKwonDo

"*Tae*" means "foot" or "to strike with the feet". "*Kwon*" means "hand", or "to strike with the hand". "*Do*" means discipline, art, or way. Hence *TaeKwonDo* (foot-hand-way) means literally "the art of the feet and the hands" or "the art of kicking and punching".



Tenets of Taekwon-Do



- **Courtesy (Ye Ui):** To be thoughtful and considerate of others. Taekwon-Do students should be polite, humble and respect others. To distinguish instructor from student, senior from junior, and elder from younger. Be loyal to your instructor, family and friends and never betray them.

Integrity (Yom Chi): To be honest and self-criticized, if wrong, to feel guilt. Taekwon-Do students should live by a code of moral values and principles.

Perseverance (In Nae): To be patient, Taekwon-Do students believe that a real success is not like snapping your fingers; it requires a lot of your efforts and could be a long journey.

Self-Control (Guk Gi): To have control of your body and mind. Taekwon-Do students should practice controlling their emotion and behavior.

Indomitable Spirit (Baekjul Boolgool): To have courage and confidence. Taekwon-Do students should never be dominated by, or have his spirit broken by others. They will keep improving to face the difficulties but not evading no matter how many time were failed. Never give up in the pursuit their goals. Students should welcome challenges, because challenges cause us to grow and improve.



Taekwon-Do Oath

- 1. I shall observe the tenets of Taekwon-Do**
我们将遵守跆拳道原则
- 2. I shall respect the instructor and seniors**
我们将尊敬教练与长辈
- 3. I shall never misuse Taekwon-Do**
我们不将滥用跆拳道
- 4. I shall be a champion of freedom and justice**
我们将成为自由及正义的捍卫者
- 5. I shall build a more peaceful world**
我们将建立一个更安宁及幸福的世界



Basic Stances



Attention Stance

The feet are at 45 degrees. This is the attention position called at the start of the class and at the end of class.

(*Charyot Sogi*)



Parallel Ready Stance

This is the basic ready stance in Taekwon-Do. Weight distribution is 50/50. Movements may be performed in this stance - sine wave is generated by coming up onto the balls of the feet and dropping the body's weight.

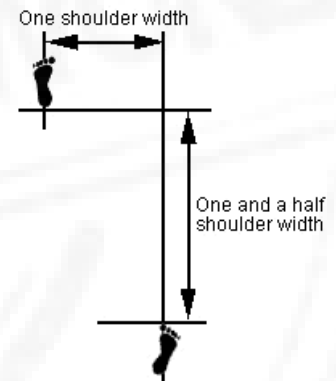
(*Narani Sogi*)



Walking Stance

The front leg is bent, with the knee over the ankle, while the back leg is straight. The rear foot is turned out approximately 25 degrees. Weight distribution: 50/50.

(*Gunnun Sogi*)

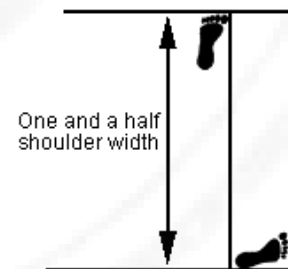


L-Stance

The rear leg is bent and the forward leg is almost straight. The toes of both feet point inwards slightly. The body is always either side or half facing in this stance.

Weight distribution: 70 percent of the weight is on the rear leg.

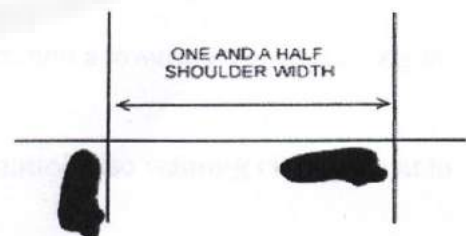
(*Niunja Sogi*)



Fixed Stance

Fixed stance is similar to a lengthened L-stance, except that the weight distribution is even and both legs are equally bent. Whether it is a left or right stance is therefore determined by the forward leg.

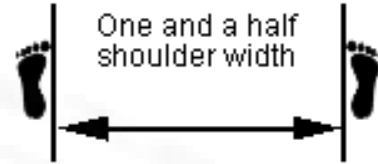
(*Gojong Sogi*)



Sitting Stance

In sitting stance, sine wave is generated by almost straightening the knees, then bending them. Weight distribution is 50/50. There is no obverse or reverse.

(*Annun Sogi*)



Closed Stance

This can be either full facing or side facing.

There are four varieties, Moa Junbi Sogi A, Moa Junbi Sogi B, Moa Junbi Sogi C and Moa Junbi Sogi D.

(*Moa Sogi*)



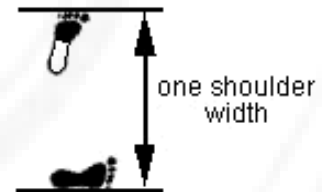
Moa Sogi 'A' - the distance between the philtrum and the fists is approximately 30cm
Moa Sogi 'B' - the distance between the fists and the navel is approximately 15cm
Moa Sogi 'C' - the distance between the fists and the abdomen is approx. 10 cm

Rear Foot Stance

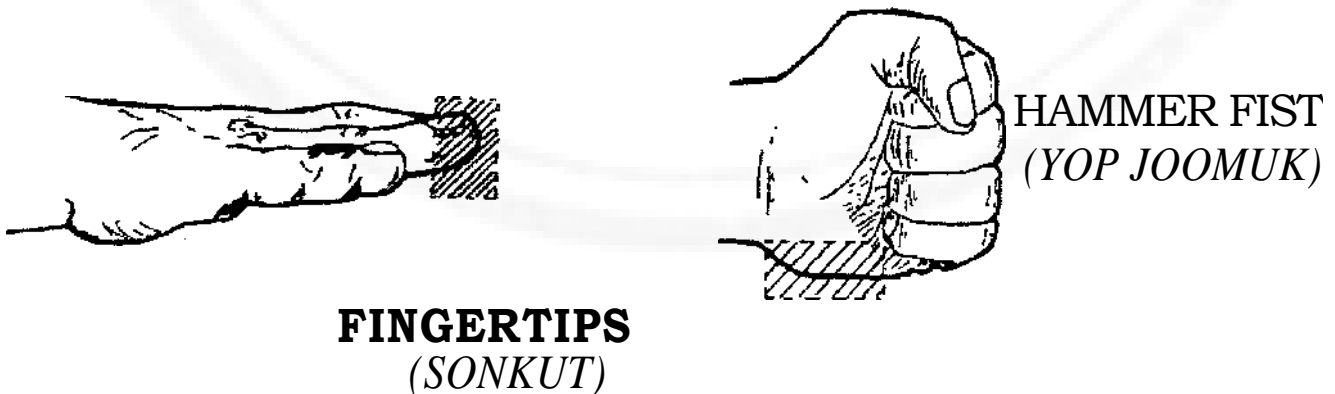
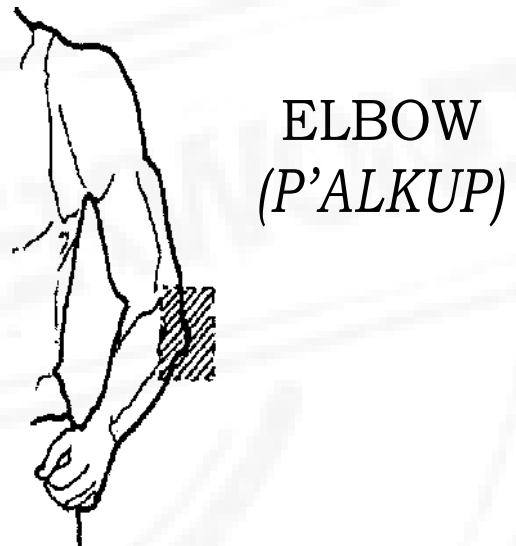
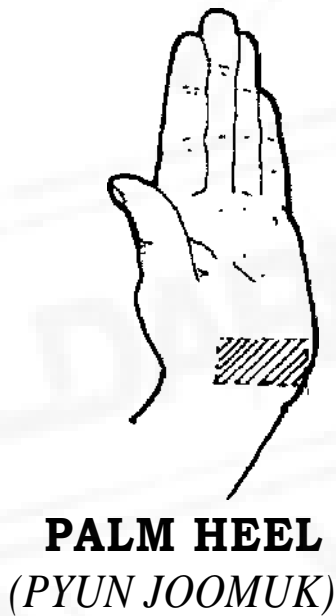
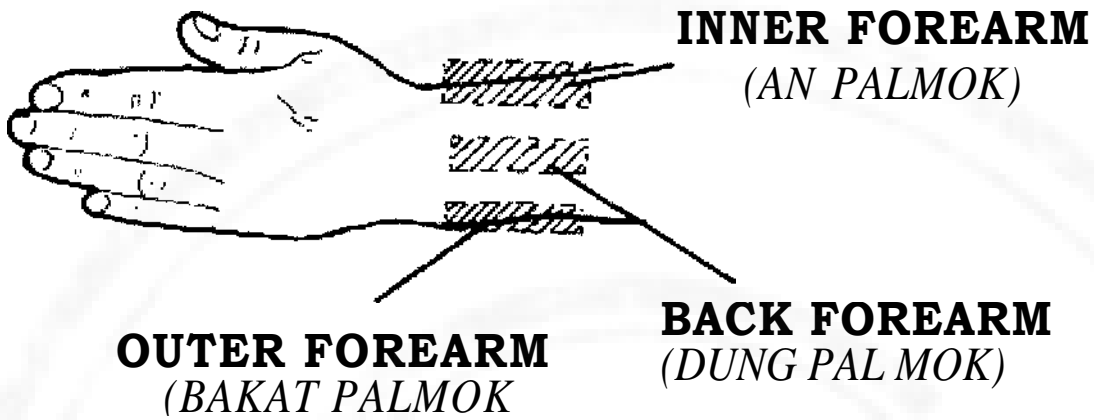
Stand with your front foot facing forwards and the back foot turned 45 degrees to the side, keep the feet quite close together Weight distribution: 90 percent of the weight is on the rear leg.

Additionally, your front foot should be up on the ball of the foot (heel off the ground). This stance appears in Joong-Gun.

(*Dwi Bal Sogi*)



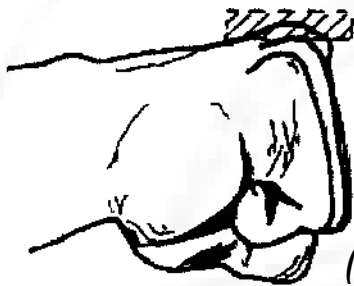
FOREARM (*PALMOK*)



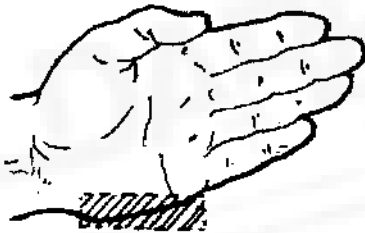
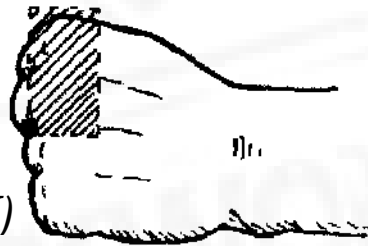
Striking & blocking tools



FOREFIST
(AP JOOMUK)



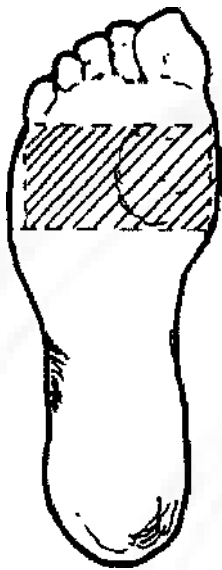
BACK FIST
(DUNG JOOMUK)



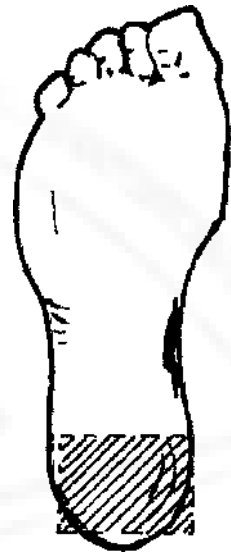
KNIFEHAND
(SONKAL)



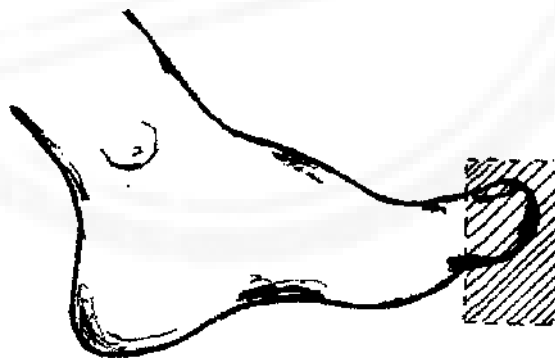
REVERSE KNIFEHAND
(SONKAL DUNG)



FRONT SOLE
(AP KUMCHI)



HEEL BASE
(DWI KUMCHI)



TOES
(BAL KUT)

**CENTRE
LINE**

CHEST
LINE

SHOULDER
LINE

HIGH
SECTION
(Nopunde)

Rising
(Chookyo)

MIDDLE
SECTION
(Kaunde)

(Oilyo)
Upward

Downward
(Naeryo)

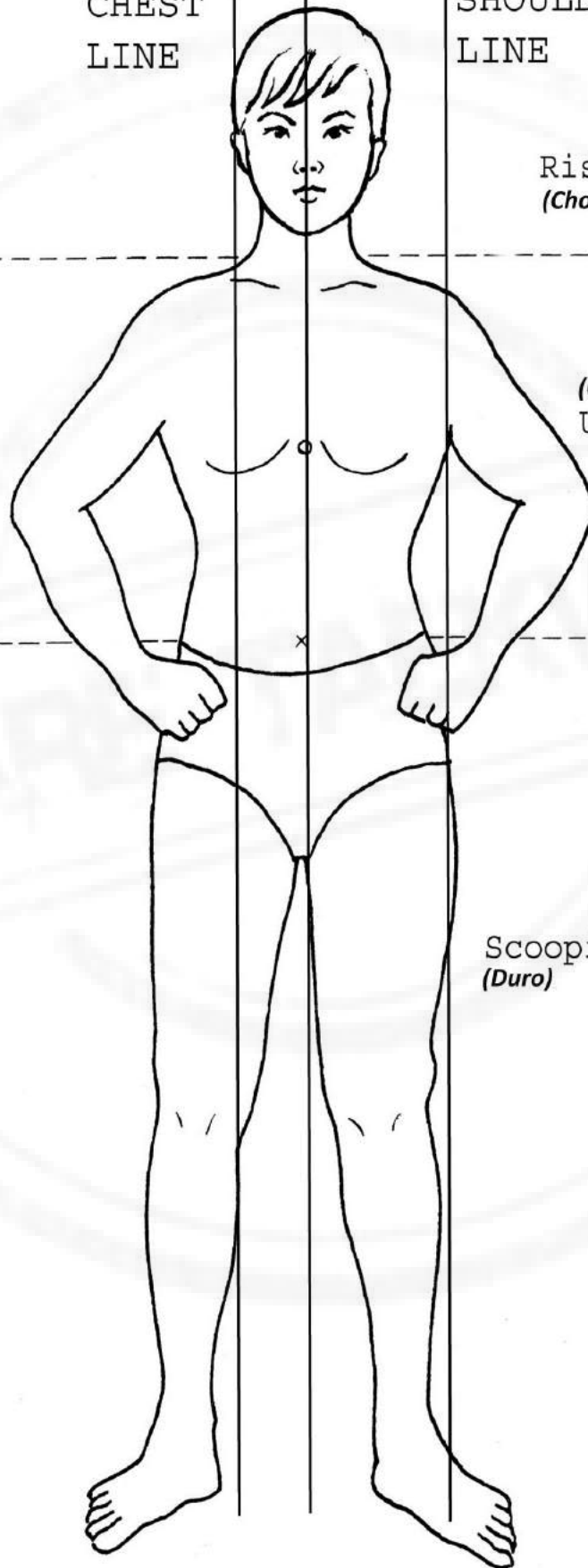
LOW
SECTION
(Najunde)

Scooping
(Duro)

Pressing
(Noollo)

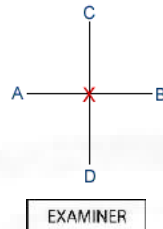
Inward
(Anuro)

Outward
(Bakat)





PATTERNS



All the following patterns in this manual shall assume you are facing the examiners table at 'D'.

Patterns are various fundamental movements most of which represent either attack or defense techniques set to a fixed logical sequence. In patterns the student deals with several imaginary opponents under various assumptions using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series to develop sparring techniques, improve flexibility of movements, master body shifting and gain rhythmical movements. It also enables the student to acquire certain techniques or sparring. In short a pattern can be compared with a unit tactic or a word if fundamental movement is in a soldier's training or alphabet. Accordingly pattern the ledger of every movement, is a series of sparring, power tests, feats and characteristic beauty. Though sparring may indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

PATTERNS: ESSENTIAL INFORMATION

The following points should be considered while performing patterns:

1. Patterns should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next .
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

All patterns listed are performed under the assumption the student is facing "D" (see pattern diagrams). There are a total of twenty-four patterns in Taekwon-Do. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolize either heroic figures in Korean history or instances relating to historical events.

(Patterns should be learned under the supervision of an official instructor. The Dojang shall not be held responsible for any injuries that may result in attempting or practicing patterns or exercises without proper supervision.)

UNDERSTANDING THE PATTERNS

Each pattern in Taekwon-do has been given a name unlike other forms of martial arts. The name of each pattern represents figures or events of historical importance in Korea. When a student learns a new pattern they should also learn the meaning of that pattern and to know the number of movements in that pattern. By understanding the background in this way the student should also endeavor to always perform any particular pattern to the best of their ability at all times.

Compiled by Kildare Tae Kwon-do.

SINEWAVE

Motions

Sinewave motion is a movement unique to original Taekwon-do to create maximum force in every moment according to the theory of power. In almost every moment this sinewave is utilized. Sinewave is natural and simple. During class and in seminars Taekwon-do students are being taught to use “sinewave” in their techniques.

What we actually do by performing this sinewave in Taekwon-do techniques is moving the center of our body mass by means of a motion, which would look like a sinus wave if we would draw it.

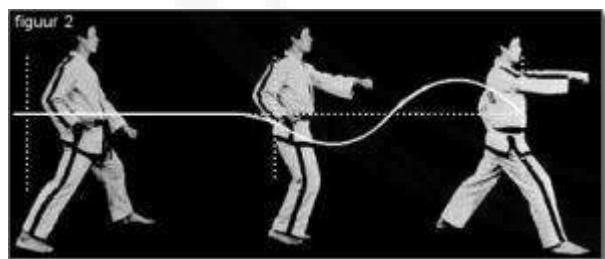


There are some key benefits to using sine wave that are linked to the training secrets of Taekwon-Do. Moving our center of mass in the motion of a sine wave requires us to keep our arms and legs bent while the body is in motion. To keep the arms and legs bent during motion we need to be relaxed. Relaxing the body adds speed to a technique because we are not all tensed up with one part of the body working against another. Small increases in speed produces large increases the power of a technique.

Secondly, when employing a sine wave we have to use the knee spring properly. That is to say bending the knee is what moves our body up and down as we move forward. Using the knee spring while our body is in motion allows our center of mass to travel along a curve, which by definition is another form of acceleration, which then helps us accelerate into a target.

Finally, when using sine wave we are dropping our body downwards at the end of the technique with helps us use gravity to our advantage and keep our acceleration building until the point of impact.

To correctly apply the sine wave to Taekwon-Do we need to modify the wave shape before we can achieve maximum power. In other words the sine wave is not a uniform curve as shown in the previous figure. The sine wave is modified so that the body drops as it passes the half-way point of the technique, and rises to the maximum height and then drops rapidly at the end. The rapid drop at the end of the technique helps accelerate our mass into the target using gravity to our advantage.



How much of a sine wave should there be in a Taekwon-Do technique? The displacement that the center of mass moves from the zero line to get to the bottom and top of the sine wave this is called the amplitude. Using too much sine wave defeats a technique because all the body's energy and motion would be dedicated to moving along the sine wave rather than accelerating into the target

MOTIONS

The basics of sinewave is down-up-down, in other words there is always a downward motion first, followed by an upward motion, and ending in a downward motion. There are however variations on sinewave, which are related to the motion, combination and speed of the techniques used.

In traditional Taekwon-do, the fundamental exercises and the patterns there are five different motions:

- **Normal motion**
- **Continuous motion**
- **Fast motion**
- **Connecting motion**
- **Slow motion**

Normal- Motion

(1-1-1)

In saju jirugi, saju makgi and Chon-Ji patterns the Taekwon-do student learns the normal speed of following movements. This is the first "motion": normal motion. Movements are performed in normal speed, with a complete sinewave in one breath.

Continuous- Motion

(2-2-1)

In Dan-Gun the Taekwon-do student learns the second motion: continuous motion. Two movements are consecutively performed, with two sinewave during one breath.

Fast- Motion

(2-2-2)

Do-San learns the student another motion: fast motion. Two movements are performed consecutively in fast speed, with two breaths.

Connecting- Motion

(2-1-1)

In Yul-gok there is another new motion: connecting motion. Two movements are performed in one sinewave and one breath.

Slow- Motion

(1-1-1)

Joong-gun completes the fifth and final motion: slow motion. In slow motion the movement is performed slowly, but according to the theory of power there has to be a slight acceleration at the end of the movement. There is one (slow) movement, one sinewave, in one breath. Slow motion techniques are meant to learn the student body control and balance.

These five motions influence the sinewave, of which there are three variations:

- Full sinewave
- 2/3 sinewave
- 1/3 sinewave

Only in normal motion, continuous motion and slow motion there is a full sinewave (down-up-down).

In fast motion there is 2/3 sinewave, as there is only an upward and downward movement. An example is found in do-san : the two punches following the apcha busugi. (movements 15 & 16 and 19 & 20)

In connecting motion there is 1/3 sinewave, as there is only a downward movement. An example is found in yul-gok : the punch which follows the second hooking block (movements 16 & 17 and 19 & 20)



Significance of belt colours

In Taekwon-do the colour of each belt represents the rank held by the individual. However the colours are also described in a metaphorical sense to give the student a better understanding of their development and maturity within the art.

- White. Signifies innocence as that of the beginner student who has no previous knowledge of Taekwon-do.
- Yellow Signifies the earth from which a plant sprouts and takes root as the Taekwon-do foundation is being laid.
- Green Signifies the plants growth as Taekwon-do skills begin to develop
- Blue Signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-do progresses.
- Red Signifies danger cautioning the student to exercise control, also warning the opponent to stay away
- Black The opposite to white. Therefore signifying maturity and proficiency in Taekwon-do. Also signifying the wearers imperviousness to darkness and fear

It is important to understand that these grades are stages in each student's development and that achieving a black belt is not the final stage. A new black belt is a novice among black belts.

- **1st to 3rd degree** are considered to be novice black belts - **Bo Sabum**
- **4th to 6th degree** are expert black belt - **Sabum**
- **7th and 8th degree** are Taekwon-do masters - **Sahyun**
- **9th degree** black belt is GRANDMASTER



The Basics

Counting

- 1 Hanna
- 2 Dool
- 3 Seth
- 4 Neth
- 5 Dasaul
- 6 Yosaul
- 7 Ilgop
- 8 Yodoll
- 9 Ahop
- 10 Yoll

Stances

- | | | |
|------------------|---------|------|
| Attention stance | Chariot | sogi |
| Ready stance. | Chunbi | sogi |
| Walking stance. | Gunnun | sogi |
| Sitting stance. | Annun | sogi |

Commands

- | | |
|-----------|-----------|
| Chariot | Attention |
| Kyong ye. | Bow |
| Chunbi. | Ready |
| Si-jak | Start |
| Goman. | Stop |
| Berrol. | Return |
| Hae san | Dismissed |

Parts of the body

- | | |
|----------------|--------------|
| Forefist. | Ap joomuk |
| Forearm. | Palmok |
| Inner forearm. | An palmok |
| Outer forearm. | Bakat palmok |

General

- | | |
|--------------------|---------------|
| Training hall. | Dojang |
| Training suit. | Dobuk |
| Belt. | Ti |
| Instructor. | Sabum |
| Asst Instructor. | Bo Sabum |
| Front rising kick. | Ap cha olligi |
| Punch. | Jirugi |
| Block. | Makgi |

Sections of the body

Low section (below navel level)

Najunde

Middle section (navel level to
Shoulder height)

Kaunde

High section (above shoulder level)

Nopunde

Techniques

- | | |
|-----------------|------------------------|
| Sajo jirugi. | Four directional Punch |
| Forefist punch. | Ap joomuk jirugi |
| Obverse punch. | Baro jirugi |
| Reverse punch. | Bandae jirugi |

Lowblock (outer forearm)

Bakat palmok

Najunde makgi

Middle block (inner forearm)

An palmok

Kaunde makgi

Rising block (outer forearm)

Chookyo makgi

Learn the amount of movements in each Pattern you have completed:

- 1: Chon-ji - 19 Movements
- 2: Dan-Gun - 21 Movements
- 3: Do-San - 24 Movements
- 4: Won Hyo - 28 Movements
- 5: Yul Gok - 38 Movements

- 6: Joong Gun - 32 Movements
- 7: Toi Gye - 37 Movements
- 8: Hwa Rang - 29 Movements
- 9: Choong Moo - 30 Movements

Black Belt Patterns

- 10 : Kwang Gae - 39
- 11 : Po-Eun - 36
- 12 : Ge-Baek - 44
- 13 : Eui-Am - 45
- 14 : Choong Jang - 52
- 15 : Juche - 45
- 16 : Sam IL - 33



White Belt 10th Kup to Yellow Tag

Essentially when you get your Dobuk your instructor will issue you with your first belt 'White Belt'. In the pages prior to this you would have observed that 'White Belt' signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

So your first exercise will be to learn your beginner stances and sine-wave which you will need to be proficient at to progress further up the ranks. You will also learn the basic kicks, punches and blocks to pass your first pattern requirement which is Chon-Ji. There are two exercise patterns which you will learn first.

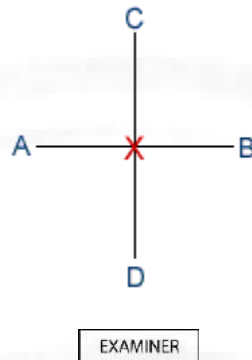
Sajo Jirugi – Four way punch

Sajo Makgi – Four way block

These exercise patterns are shown on the next two pages, in addition you should learn the basic requirements page.

New Techniques

1. Sitting stance, middle punch
Annun sogi, kaunde jirugi
2. Walking stance, front leg swing
Gunnun sogi, ap chaolligi
3. Walking stance, middle punch (x4 times walking forward)
Gunnun sogi, baro jirugi
4. Walking stance, low section block
Gunnun sogi, najunde makgi
5. Walking stance, middle section block
Gunnun sogi, kaunde makgi
6. Walking stance, middle section block, reverse punch
Gunnun sogi, kaunde makgi, bandae jirugi



SAJO JIRUGI

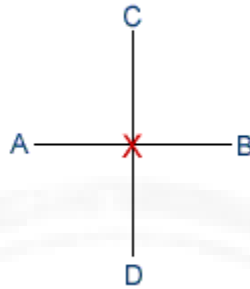
Ready Posture - PARALLEL READY STANCE

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 a ready posture.

PATTERNS: SAJO MAKGI

FOUR DIRECTION BLOCK



SAJO MAKGI

Ready Posture - PARALLEL READY STANCE

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 while 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 a ready posture.



Yellow Tag ~ 9th KUP



PATTERN~ Chon ji 19 movements

Means literally the "heaven and earth" it is in the orient interpreted as the creation of the world and the beginning of human history, therefore it is the initial part played by the beginner. This pattern consists of two similar parts one to represent the heaven and the other the earth.

New Techniques

1. Sitting stance, double punch

Annun sogi, ap joomuk jirugi (x2)

2. Walking stance, front kick, double punch

Gunnun sogi, ap chagi, baro jirugi, bandae jirugi

3. Walking stance, low block, reverse punch

Gunnun sogi, bakat palmok najundi makgi, bandae jirugi

4. Knife-hand low section block

Sonkal najunde makgi

5. Front kick, striking tool — ball of foot (ap kumchi)

Front kick — Ap chagi (front snap kick — apcha bisugi)

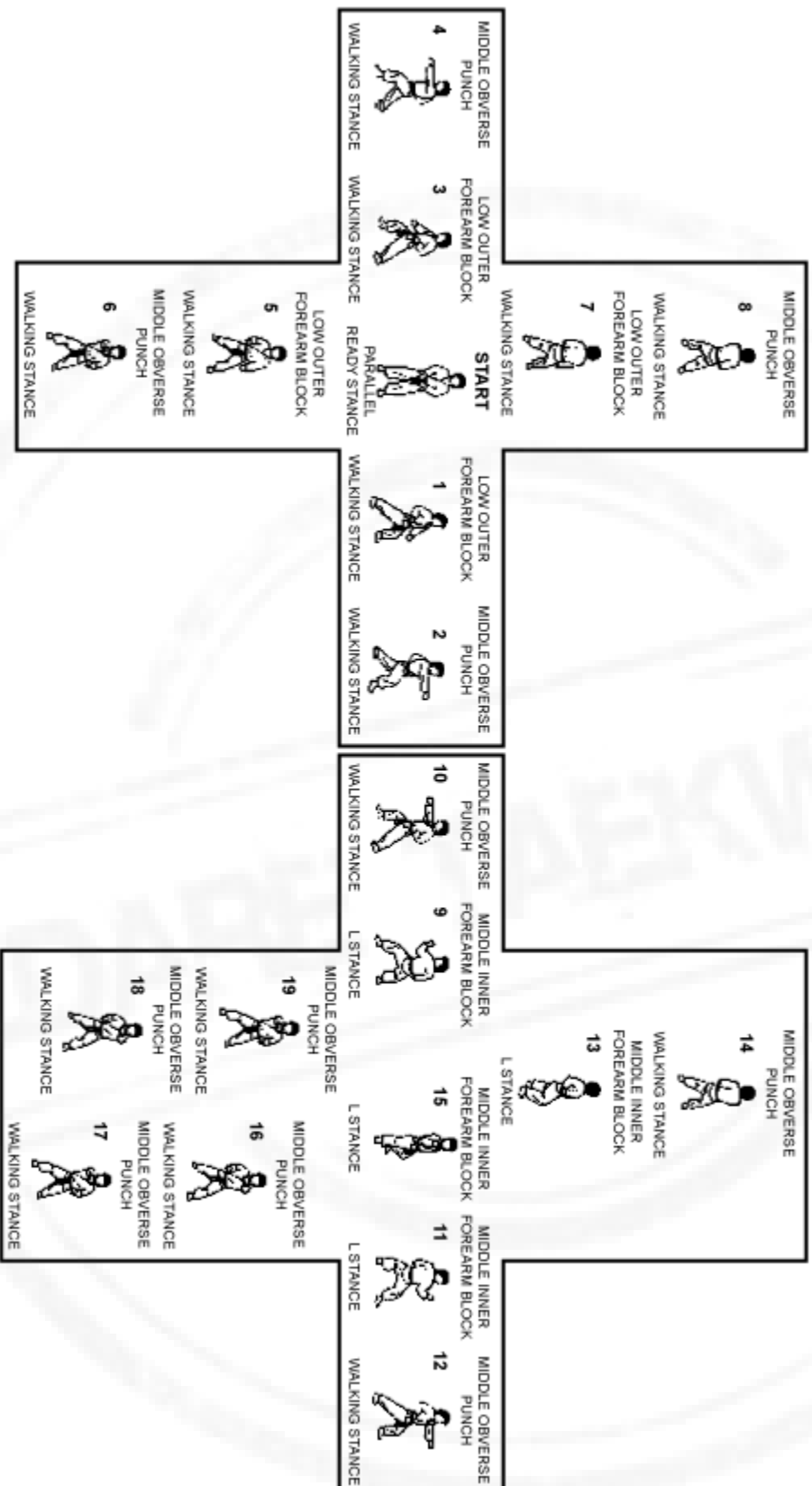
SAJO JIRUGI — 4 Directional Punch / Low block exercise (right and left side)

SAJO MAKGI — 4 Directional Knife-hand / inner forearm blocking exercise (right and left side)

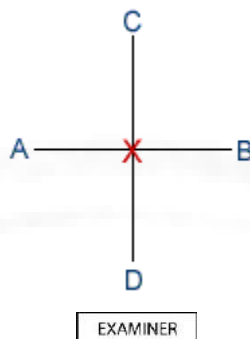
CHON-JI

The purpose of these diagrams are to give you and understanding of each move to complete and the direction to follow.
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Start and Finish at the same point



PATTERNS: CHON-JI



Ready Posture - PARALLEL READY STANCE

The illustrations for this pattern assume that the student is standing on line A-B and facing 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 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 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 a 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 to D 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.



Yellow belt ~ 8th KUP



PATTERN ~ Dan gun 21 movements

Is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

New Techniques

1. Knife-hand guarding block
Sonkal daebi makgi
2. Twin forearm block
Sang palmok makgi
3. Knife-hand strike
Sonkal taerigi
4. Knife-hand middle section block
Sonkal kaunde makgi
5. Outer forearm inward block
Bakat palmok annuro makgi
6. Side elbow strike
Yop palkup taerigi

Sparring - Three Step Sparring - Sambo Matsoki – 1 to 4

8th Kup - Yellow Belt

3 Step Sparring - Sambo Matsoki

Q. Why do we practice 3 Step Sparring? A. To practice focus, distance and timing.

Attacking and Defending

The attacker starts by making a left arm low section outer forearm block in left walking stance and makes a kihap. The defender, in parallel ready stance, then kihaps back to show they are ready to begin. The attacker performs three middle section obverse punches in walking stance, going forward on each punch. The attack is always the same, only the defence moves change.

At 8th Kup level you must learn and be able to demonstrate 3 Step Sparring numbers 1 to 4.

Number 1

1: Move your right leg back into walking stance make an inner forearm middle block (*an palmok makgi*) to the inside.

2: Move your left leg back into walking stance make an inner forearm middle block to the inside.

3: Move your right leg back into walking stance make an inner forearm middle block to the inside.

Counter: On the spot make a reverse punch (*bandae jirugi*) to the solar plexus.

Number 2

1: Move your left leg back into walking stance make an inner forearm middle block (*an palmok makgi*) to the outside.

2: Move your right leg back into walking stance make an inner forearm middle block (*an palmok makgi*) to the outside.

3: Move your left leg back into walking stance make an inner forearm middle block (*an palmok makgi*) to the outside.

Counter: Step left leg off to left diagonal forming sitting stance (*annun-sogi*), executing a left middle punch to the kidney area.

Number 3

1: Move your left leg back into Left L stance, right knife-hand middle block (*sonkal makgi*)

2: Move your right leg back into Right L stance, left knife-hand middle block (*sonkal makgi*)

3: Move your left leg back into Left L stance, right knife-hand middle block (*sonkal makgi*)

Counter: Right knife-hand strike (*sonkal taerigi*) to floating ribs.

Number 4

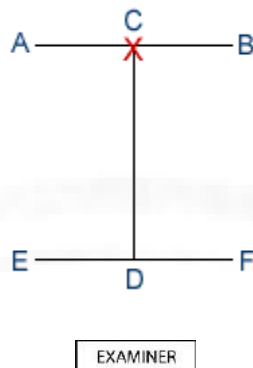
1: Move your left leg back into sitting stance make a right outer forearm inward middle block.

2: Move your right leg back into sitting stance make a left outer forearm inward middle block.

3: Move your left leg back into sitting stance make a right outer forearm inward middle block.

Counter: Slide forward executing a right "side elbow" thrust to solar plexus, in right L stance.

PATTERNS: DAN-GUN



DAN-GUN

Movements – 21

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time 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 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 high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
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, at the same time 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 while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture



Yellow belt ~ 7th KUP



(Green Tag)

PATTERN - Do San 24 movements



Is the pseudonym of the patriot An Chang Ho (1876-1938). The 24 movements represent his entire life. Which he devoted to the education of Korea and its independence movement.

New Techniques

1. Outer forearm high section block
Bakat palmok nopunde makgi
2. Knife-hand guarding block
Sonkal daebi makgi
3. Straight fingertip thrust
Sung sonkut tulgi
4. Back knuckle strike
Dung joomuk taerigi
5. Side kick, striking tool - foot sword (balkal)
Yop chagi (side piercing kick - Yop cha jirugi)
6. Turning kick, striking tool - ball of foot (ap kumchi)
Dollyo chagi
7. Inward knife-hand strike
Annuro sonkal taerigi

Sparring - Three Step Sparring - Sambo Matsoki – 5 to 9

7th Kup - Green Tag

3 Step Sparring - Sambo Matsoki

At 7th Kup level you must learn and be able to demonstrate 3 Step Sparring numbers 5 to 9.

(Only the defense moves are shown below. As all the attacks are 3 punches from the attacker from walking stance)

Number 5

1: Move your right leg back into Right L stance double knife hand guarding block (*sonkal daebi makgi*).

2: Move your left leg back into Left L stance double knife hand guarding block (*sonkal daebi makgi*).

Counter: Do not move back again, slide your right leg 45 degrees outward into a left walking stance executing a left knife-hand block to the attacking hand and a right knife-hand inward moving knife hand strike (*anuro sonkal taerigi*) to your opponents neck with your other hand.

Number 6

1: Move your right leg back into Right L stance double knife hand guarding block (*sonkal daebi makgi*).

2: Move your left leg back into Left L stance double knife hand guarding block (*sonkal daebi makgi*).

Counter: Move your right leg back into Right L stance, knife-hand guarding block, execute a front kick (*ap-chagi*) to the groin, followed by left knife-hand block to the attacking hand and a right knife-hand inward moving knife hand strike (*anuro sonkal taerigi*) to your opponents neck with your other hand.

Number 7

1: Move your right leg back into Right L stance double knife hand guarding block (*sonkal daebi makgi*).

2: Move your left leg back into Left L stance double knife hand guarding block (*sonkal daebi makgi*).

Counter: Move your right leg back into Right L stance, knife-hand guarding block, execute a right middle side kick (*yop-chagi*) followed by a right knife-hand strike (*sonkal taerigi*) to the attackers right side of the neck, landing in a left L stance.

Number 8

1: Move your right leg back into Right L stance double knife hand guarding block (*sonkal daebi makgi*).

2: Move your left leg back into Left L stance double knife hand guarding block (*sonkal daebi makgi*).

Counter: Slide to the diagonal in Left L stance, knife-hand guarding block, execute a left middle side kick (*yop-chagi*) followed by a right knife-hand strike (*sonkal taerigi*) to the attackers right side of the neck, landing in a left L stance.

Number 9

1: Move your right leg back into Right L stance double knife hand guarding block (*sonkal daebi makgi*).

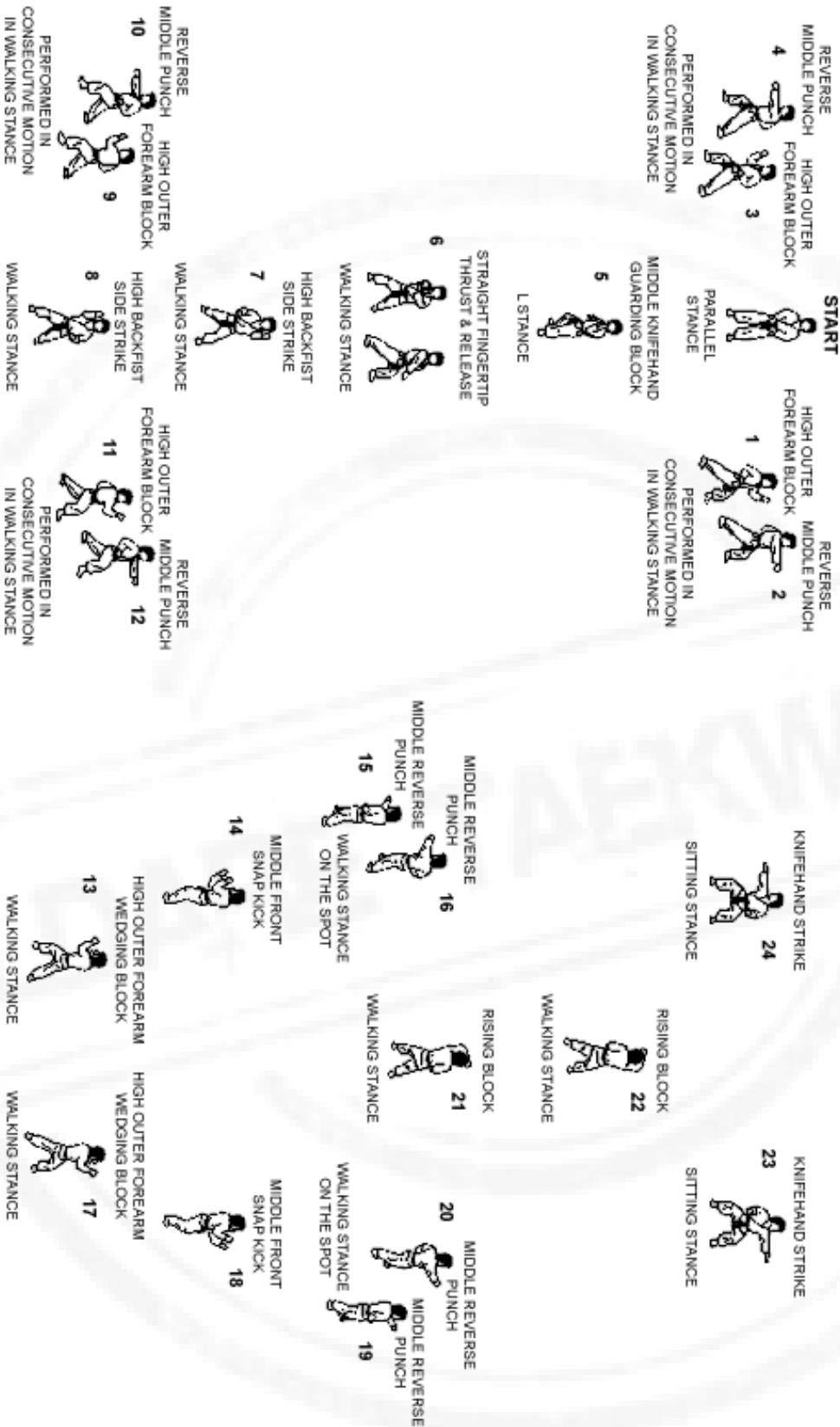
2: Move your left leg back into Left L stance double knife hand guarding block (*sonkal daebi makgi*).

Counter: Pivot on the left leg clockwise to a 45 degree diagonal and slide back to Right L stance, knife-hand guarding block. Execute right middle turning kick (*Dollyo-chagi*) to solar plexus followed by back fist strike (*Dung Joomuk Taerigi*) to the attackers temple in Left L stance.

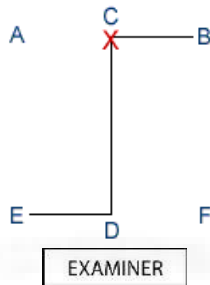
DO-SAN

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PATTERNS: DO-SAN



Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a 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 a 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.



Green belt ~ 6th KUP



PATTERN – Won Hyo 28 movements

Won hyo was the noted monk that introduced Buddhism to the Silla Dynasty in the year 686 A.D.

New Techniques

1. Side Punch
Yop Jirugi
2. Circular Block
Dolli Myo Makgi
3. Fixed Stance
Gojung Sogi
4. Ready Bending Stance
Guburyo Sogi
5. Outer Forearm Guarding Block
Bakat palmok daebi makgi
6. Low section X-fist block
Gyocha joomuk najunde makgi
7. Twin vertical punch
Sang sewo jirugi
8. Palm Heel Block
Sonbadak makgi
9. Upward Kick with the knee (Knee strike)
Murup Ollyo chagi
10. Twin Upset Punch
Sang dwijibo jirugi

Power Test Techniques

- 1: Knife-hand strike to target at 45 degree angle
- 2: Left and Right turning kick to target at 45 degree angle

Power Tests are judged on

- 1: Proper technique
- 2: Correct striking tool
- 3: Proper posture
- 4: Accuracy
- 5: Destruction of target

2-Step Sparring - Ibo Matsoki

2 Step Sparring - Ibo Matsoki

Attacking and Defending

The attacker starts by making a left low forearm block with right leg back in walking stance and makes a kihap. The defender, in parallel ready stance, then kihaps back to show they are ready to begin.

Number 1

Attacker: Right walking stance, right obverse middle punch.

Defender: Left walking stance, left inner forearm middle block

Attacker: Make a low front snap kick (*Ap Cha Busigi*) with your left leg, left walking stance.

Defender: Move your left leg back into walking stance, make a X fist pressing block (*Kyocho Joomuk Noollo Makgi*).

To counter make a twin vertical punch (*Sang Sewo Jirugi*) to your opponent's cheekbones. Pivot anti-clockwise on your left leg sliding back on the diagonal, guarding block.

Number 2

Attacker: Move your right leg forward into fixed stance, make a side punch (*Yop Jirugi*). – right hand.

Defender: Move your right leg back into L stance, palm heel block (*Sonbadak Makgi*). – left hand.

Attacker: Make a turning kick with your left leg, land left leg forward in walking stance.

Defender: Move your left leg back into L stance, make an outer forearm low section block – right hand.

To counter slide your right leg forward and make a side elbow thrust (*Yop Palkup Tulgi*) to your opponent's solar plexus. Pivot anti-clockwise on your left leg sliding back on the diagonal, Right L stance guarding block.

Number 3

Attacker: Make a front kick with your right leg, land right leg forward in walking stance.

Defender: Move your right leg back into walking stance, make a X fist pressing block.

Attacker: Move your left leg forward into walking stance, make a twin vertical punch.

Defender: Move your left leg back into walking stance, make an outer forearm wedging block.

To counter make a left knee kick (*Murup Chagi*) to your opponent's solar plexus, as you make the kick pull your opponents shoulders forwards and downwards. Land left leg back in L stance, guard up. Place your foot down and slide back into Left L stance guarding block.

Number 4

Attacker: Move your right leg forward into walking stance, make a flat fingertip thrust (*Opun Sonkut Tulgi*).

Defender: Move your right leg back into walking stance, make a knifehand rising block.

Attacker: With your left leg make a side kick (*yop-chagi*).

Defender: Move your left leg back into L stance, make an inward palm block.

To counter make a front snap kick with your right leg to your opponent's coccyx (*base of spine*), land in walking stance and make a twin upset punch (*Sang Dwijibo Jirugi*) towards your opponent's kidneys. Slide backwards in right L stance guarding block.

2 Step Sparring - Ibo Matsoki

Attacking and Defending

The attacker starts by making a left low forearm block with right leg back in walking stance and makes a kihap. The defender, in parallel ready stance, then kihaps back to show they are ready to begin.

Number 5

Attacker: Front Kick with the right leg land in walking stance.

Defender: Right walking stance, low section X-fist pressing block.

Attacker: Left walking stance, middle section obverse punch.

Defender: Evade by pivoting on rear leg to a 45 degree angle to the attacker, Right L stance outer forearm guarding block.

Counter: Right turning kick to solar plexus, right walking stance, right hand back fist strike. Pivot on your left leg anti-clockwise to a 45 degree, Right L stance guarding block.

Number 6

Attacker: Right fixed stance, make a side fist strike (*Yop Joomuk Taerigi*) with the right arm.

Defender: Right L stance, palm heel block with (*left hand*)

Attacker: Step Left to Right, execute a front hook kick to the opponents head.

Defender: Left L stance, high section outer forearm block (*right hand*)

Counter: Jumping upwards to strike opponent with right knife hand strike to the neck, land and immediately slide backwards into Left L stance outer forearm guarding block.

Number 7

Attacker: Left L stance, knife-hand strike with (*right hand*)

Defender: Left L stance, knife-hand middle section block (*right hand*)

Attacker: Pivot on your front leg and execute a left back side kick.

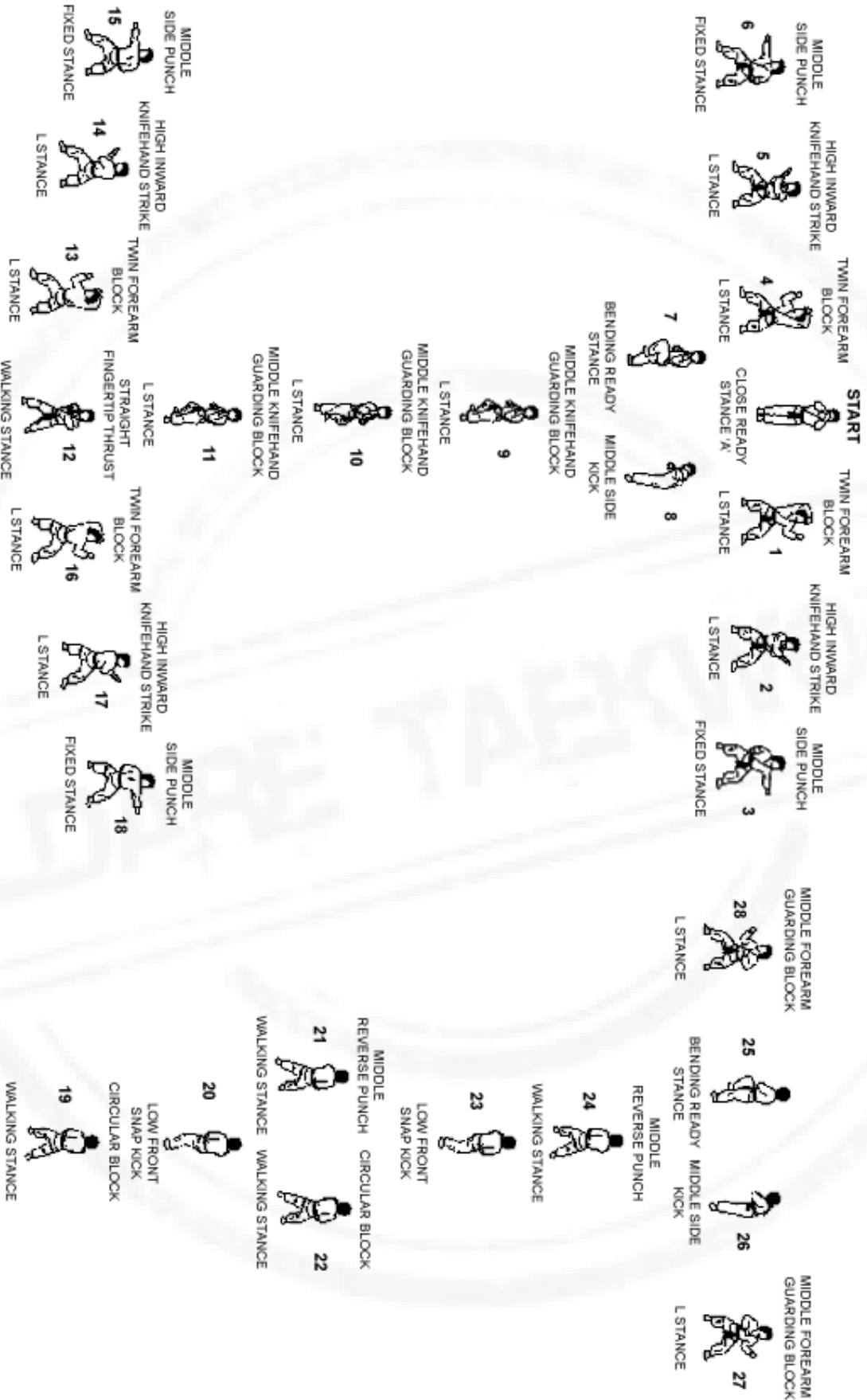
Defender: Right L stance, low section outer forearm block (*left hand*)

Counter: Jumping upwards to strike opponent with left hand knife-hand strike to the neck, land and immediately slide backwards into Right L stance outer forearm guarding block.

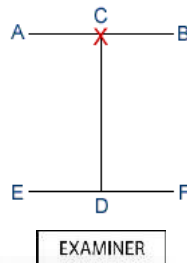
WON-HYO

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PATTERNS: WON-HYO



Ready Posture - CLOSED READY STANCE A

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 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 thrust to D with the right straight finger tip.
 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 while bringing the left side fist in front of the right shoulder, 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 while bringing the right side fist in front of the left shoulder, 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 stance 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.



Green belt ~ 5th KUP



(Blue Tag)

PATTERN – Yul Gok 38 movements



Yul gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents "scholar".

New Techniques

1. Hooking block
Golcho makgi
2. Front elbow strike
Ap palkup taerigi
3. Twin knife-hand block
Sang sonkal makgi
4. Double forearm block
Doo palmok makgi

Power test techniques

1. Knife-hand strike to target at 45-degree angle
1. Right and Left reverse turning kicks to target at 45 degree angle

One Step Techniques - One Step Sparring - IILBo Matsoki

One step consists of counter attacks to a single punch in a walking stance. All attacks start from parallel ready stance, first on the right side then on the left side.

Counter attacks to punches from either side must be practiced.

The defender must execute efficient blocking or evading techniques followed by counter attacks consisting of a combination of hand or foot striking techniques or take down techniques. Regardless if the defender is to evade or take down their partner they should always follow through to "finish off" their attacker

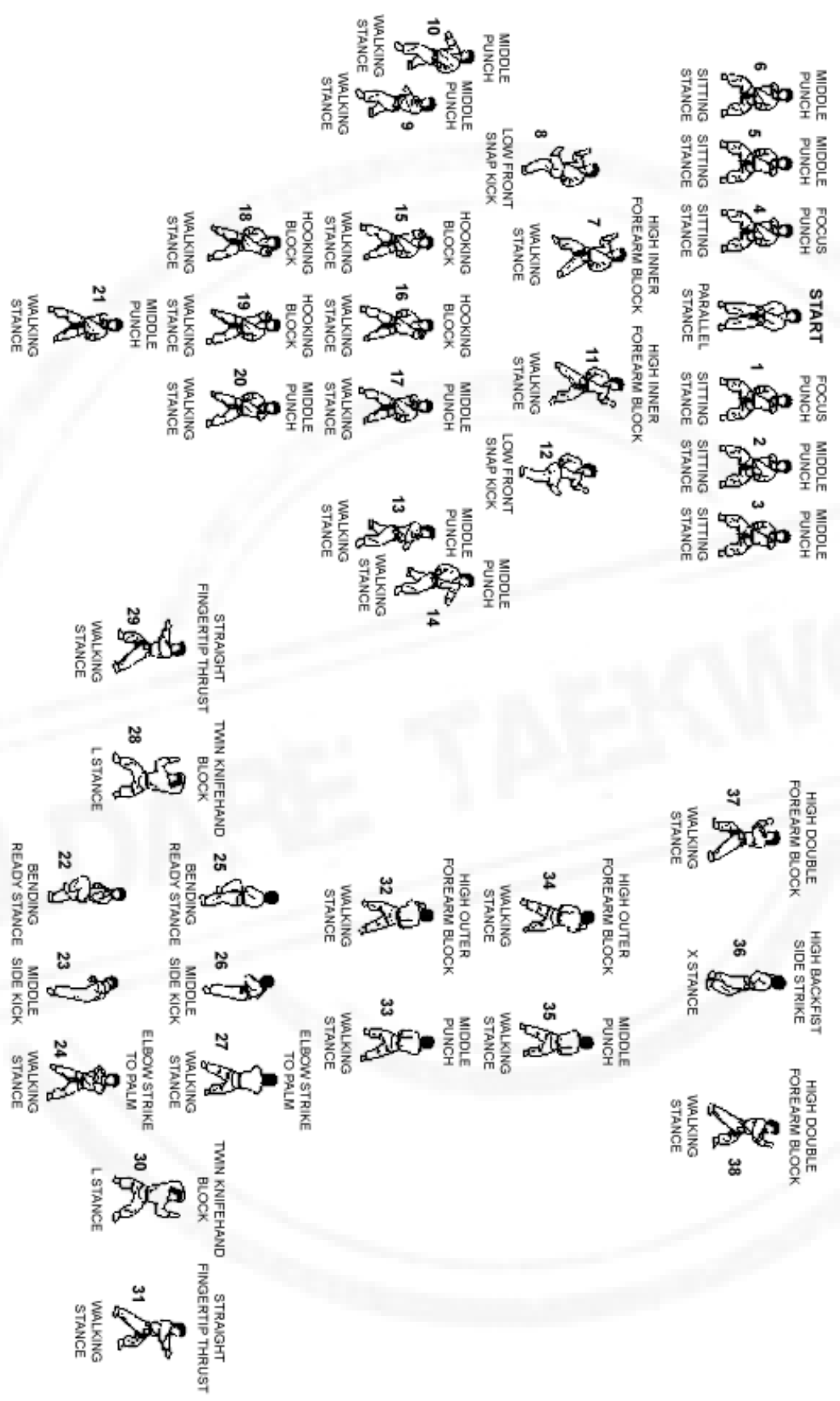
- It is vital that all techniques are correct and focused on the proper target.
- Proper distance and control must be maintained.
- All kicks and punches must be fully extended to the target without striking.

Therefore demonstrating the exponent's proficiency and control as expected of their grade.

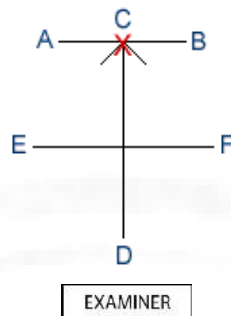
YUL-GOK

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PATTERNS: YUL-GOK



YUL-GOK

Movements – 38

Ready Posture - PARALLEL READY STANCE

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 A 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 B 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 B 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 with 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. Execute 16 and 17 in a connecting 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. Execute 19 and 20 in a connecting motion.
21. 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.

(continued on next page)

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 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 a middle thrust to E with the right straight finger tip.
 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 finger tip.
 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 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 block to B with the left double forearm.
- END:** Bring the left foot back to a ready posture.



Blue belt ~ 4th KUP



PATTERN – Joong Gun 32 movements

JOONG-GUN is named after the patriot Ahn Joong-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 in a Lui-Shung prison (1910).

New Techniques

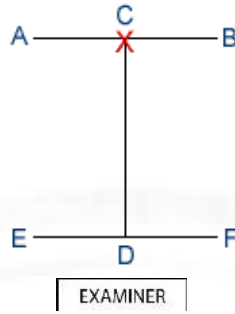
1. Reverse knife-hand middle block
Sonkal dung kaunde makgi
2. Upper elbow strike
Wi palkup taerigi
3. Pressing block
Noolyo makgi
4. Right angle punch
Kiokja jirugi
5. U-shape block
Digtja makgi
6. Rear foot stance
Dwit bal sogi
7. Low stance
Nachuo sogi
8. X - Block
Kyocha makgi
9. Downward block
Naeryo makgi

Power Test Techniques

- 1: Knife-hand strike to target at 45 degree angle
- 2: Left and Right turning kick to target at 45 degree angle

Power Tests are judged on

- 1: Proper technique
- 2: Correct striking tool
- 3: Proper posture
- 4: Accuracy
- 5: Destruction of target



JOONG-GUN

Movements – 32

Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the 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, at the same time executing a middle 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 they were 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 right upper elbow strike 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 left upper elbow strike 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 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 a high 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.

(Continued on next page)

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 with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
 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 with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
 30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
 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.



Blue belt ~ 3rd KUP

(Red Tag)



PATTERN – Toi Gye 37 movements



TOI-GYE is the pen name of the noted 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".

New Techniques

1. Upset fingertip thrust
Dwijibo sonkut tulgi
2. Twin side elbow thrust
Sang Yop palkup tulgi
3. W - shape block
San makgi
4. Pushing block
Kiokja jirugi
5. Low section knife-hand guarding block
Najunde sonkal daebi makgi
6. Side back fist strike
Yop dung joomuk taerigi

Power Test Techniques

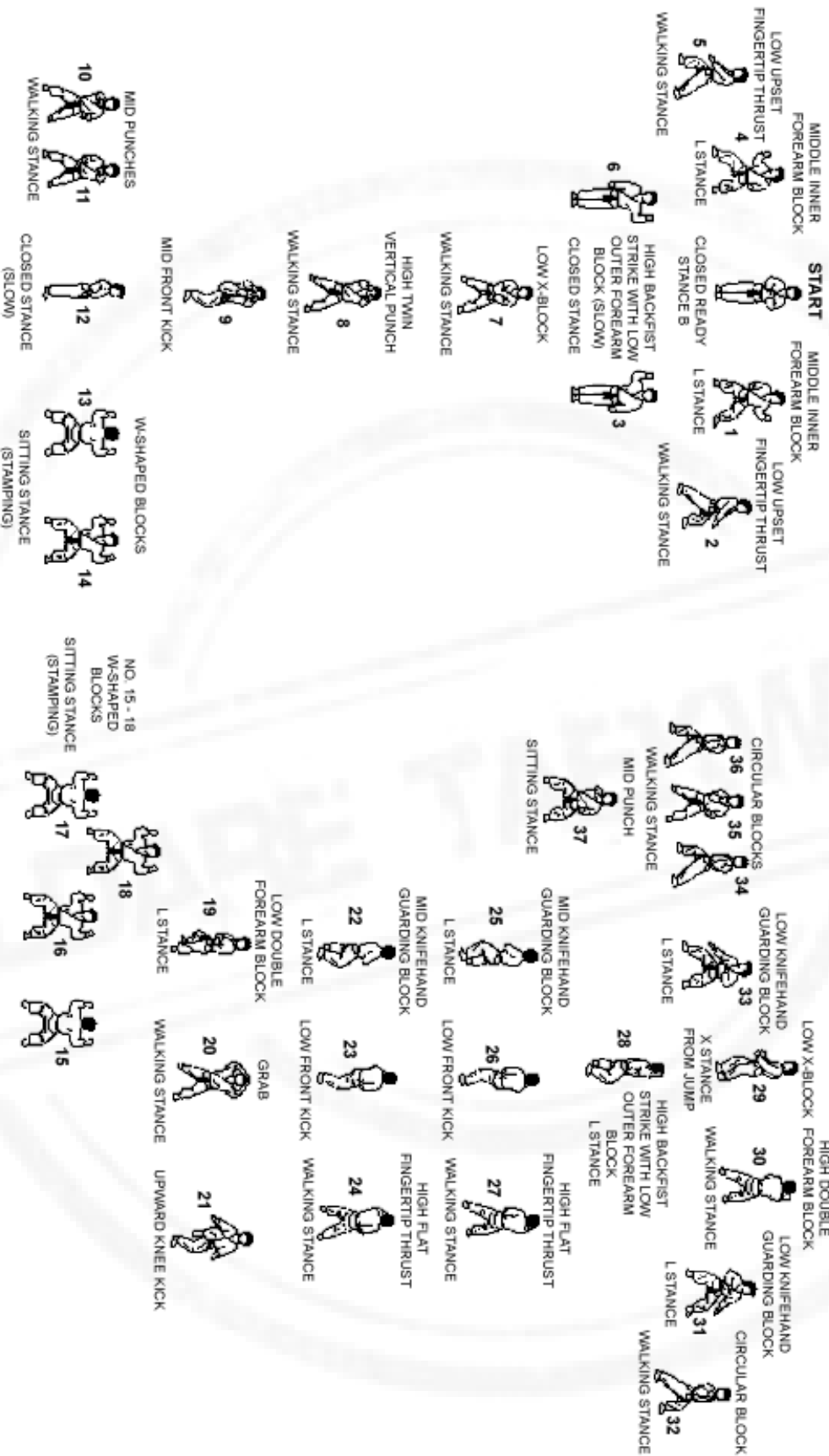
- 1: Knife-hand strike to target at 45 degree angle
- 2: Left and Right turning kick to target at 45 degree angle

Power Tests are judged on

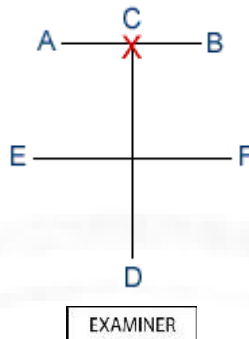
- 1: Proper technique
- 2: Correct striking tool
- 3: Proper posture
- 4: Accuracy
- 5: Destruction of target

TOI-GYE

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PATTERNS: TOI-GYE



TOI-GYE

Movements – 37

Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip 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 closed 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 slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip 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 closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in 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. Perform 7 and 8 in a continuous motion.
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 closed stance toward F while executing a twin side elbow thrust. Perform in 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.

(Continued on next page)

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 finger tip.
 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 side 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 finger tip.
 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 with an X-fist.
 30. Move the right foot to C forming a right walking stance toward C while executing a 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 a 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 AD 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.



Red belt ~ 2nd KUP



PATTERN – Hwa Rang 29 movements

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 Tae Kwon- do developed into maturity.

New Techniques

1. Close stance “c”
Moa sogi “c”
2. Vertical stance
Soo jik sogi
3. Palm pushing block
Sonbadak miro makgi
4. Upwards punch
Ollyo jirugi
5. Knife-hand downward strike
Naeryo sonkal taerigi
6. Side front block
Yop Ap makgi

Power Test Techniques

- 1: L – stance to walking stance punch through boards
- 2: Jumping side kick

Power Tests are judged on

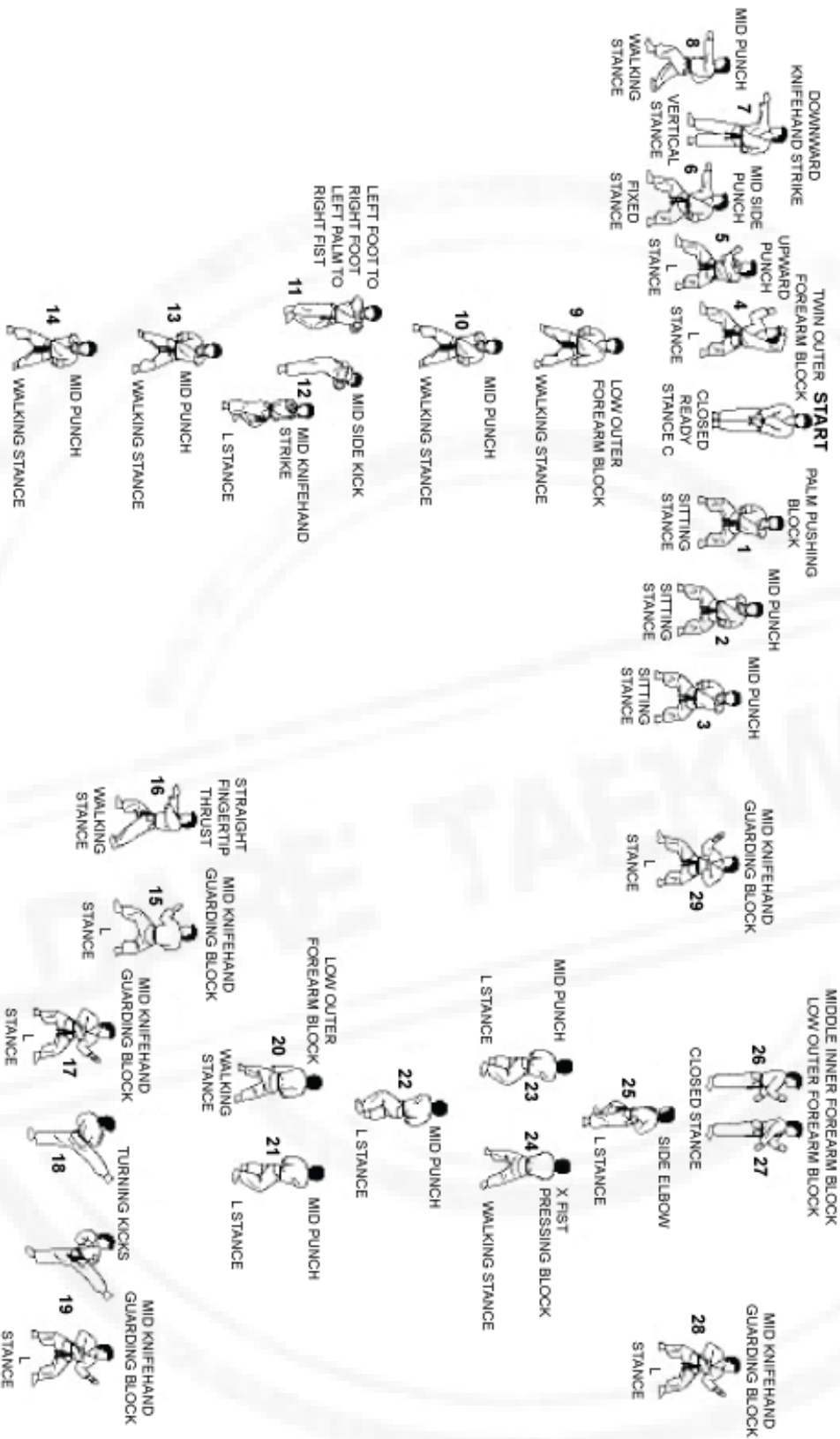
- 1: Proper technique
- 2: Correct striking tool
- 3: Proper posture
- 4: Accuracy
- 5: Destruction of target

Free sparring

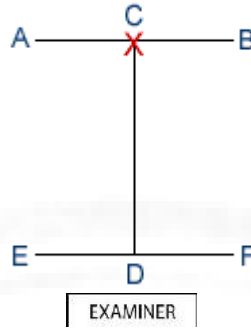
HWA-RANG

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The end of each pattern is given a final number. The diagrams due to spacing issues for text etc. are not always at their final placing. Always remember where you start your pattern is where you should be when you have completed your Pattern. Start and Finish at the same point.



PATTERNS: HWA-RANG .



HWA-RANG

Movements – 29

Ready Posture - CLOSED READY STANCE C

1. Move the left foot to B to form a sitting stance toward D while executing a 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 while 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, 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 in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the 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 outward 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 finger tip.
17. Move the right foot on line EF forming a right L-stance toward F while executing a 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 to F forming a right L-stance toward F while executing a 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 to C 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 while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.

(Continued on next page)

- 26.** Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
- 27.** Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
- 28.** Move the left foot to B forming a right L-stance toward B at the same time executing a 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.



Red belt ~ 1st KUP

(Black Tag)



PATTERN – Choong Moo 30 movements



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 armoured battleship (kobuksun), which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to his king

New Techniques

1. Knife-hand high front strike
Sonkal nopunde ap taerigi
2. Reverse knife-hand front strike
Sonkal dung ap taerigi
3. Middle front block
Kaunde ap makgi
4. X-Knife-hand checking block
Kyochea sonkal momchau makgi
5. Twin palm heel upward block
Sang sonbadak ollyo makgi

Power Test Techniques

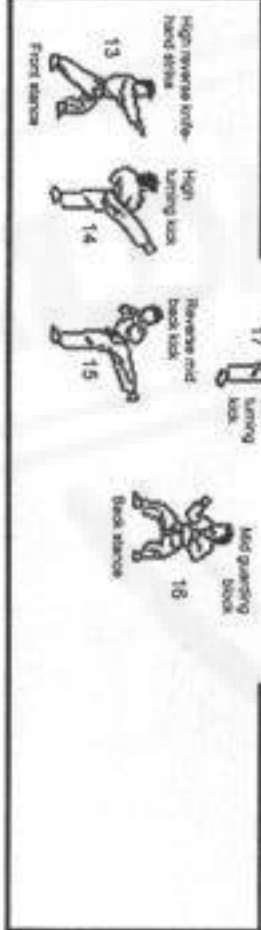
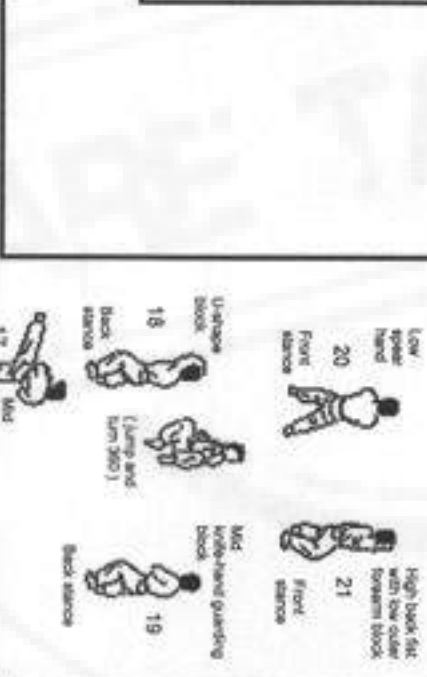
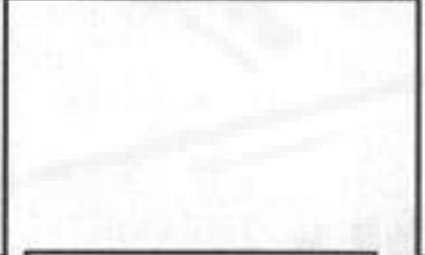
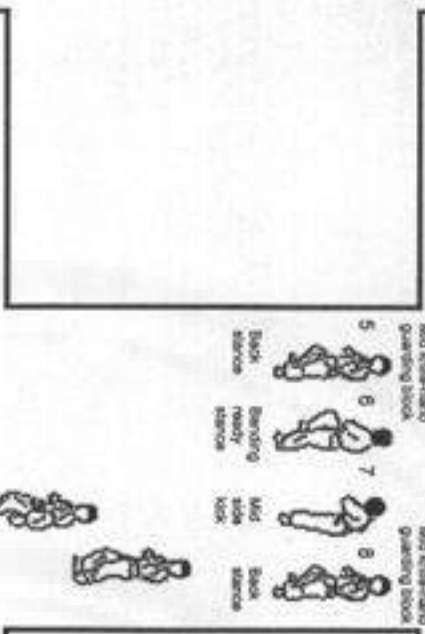
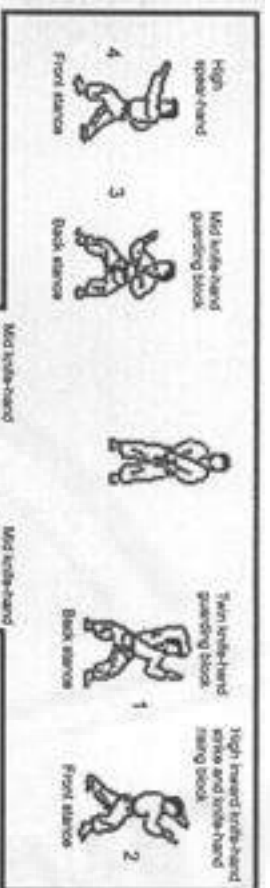
- 1: L – stance to walking stance punch through boards
- 2: Jumping side kick

Power Tests are judged on

- 1: Proper technique
- 2: Correct striking tool
- 3: Proper posture
- 4: Accuracy
- 5: Destruction of target

Free sparring

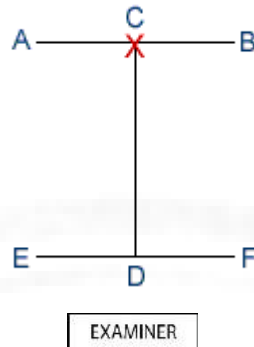
Choong Moo



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PATTERNS: CHOONG-MOO .



CHOONG-MOO

Movements – 30

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 in 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 finger tip.
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 a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D 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 a 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.

(Continued on next page)

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 finger tip.
 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 checking 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 a twin palm.
 29. Move the left foot on line AB and then execute a rising block 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.

English and Korean Terminology

KICKS

English Translation	Korean Term
Back kick	Dwit chagi
Consecutive kick	Yonsok chagi
Crescent kick	Bandal chagi
Flying high kick	Twimyo nopi chagi
Flying kick	Twimyo chagi
Front rising kick	Ap chaolligi
Front pushing kick	Ap cha milgi
Front snap kick	Ap cha busigi
Hooking kick	Golcho chagi
Jump kick	Twiggi chagi
Knee kick	Moorup chagi
Overhead kick	Twio nomo chagi
Pressing kick	Noollo chagi
Reverse turn hooking kick	Bandae dollyo goro chagi
Reverse turning kick	Bandae dollyo chagi
Side kick	Yop chagi
Side piercing kick	Yop chajirugi
Side rising kick	Yop chaolligi
Side thrust kick	Yop cha tulgi
Side thrusting kick	Yop cha tulgi
Stamping kick	Cha bapgi
Sweeping kick	Goro chagi
Turning kick	Dollyo chagi
Twin foot kick	Sang bal chagi
Twisting kick	Bituro chagi
Vertical Kick	Sewo chagi
Waving kick	Doro chagi

PUNCHES

English Translation	Korean Term
Angle punch	Giokja jirugi
Crescent punch	Bandal jirugi
Downwards punch	Naeryo jirugi
Fore knuckle fist	Inji joomuk
Long fist punch	Ghin joomuk jirugi
Middle knuckle fist	Jumbi joomuk
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Side punch	Yop jirugi
Thumb knuckle fist	Umji joomuk
Turning punch	Dollyo jirugi
Twin horizontal punch	SoopiJong jirugi
Twin upset punch	Sang dwijibo jirugi
Twin vertical punch	Sang sewo jirugi
U-shaped punch	Diguta jirugi
Upset punch	Dwijibo jirugi
Upwards punch	Ollyo jirugo
Vertical punch	Sewo jirugi

English and Korean Terminology

STRIKES

English Translation	Korean Term
Back hand strike	Song dung taerigi
Back fist strike	Dung joomuk taerigi
Downwards knife hand strike	Naeryo sonkal taerigi
Downwards side fist strike	Naeryo yop palkup taerigi
Front elbow strike	Ap palkup taerigi
Inwards knife hand strike	Anuro sonkal taerigi
Knife hand strike	Sonkal taerigi
Palm heel strike	Sonbadak taerigi
Reverse knife hand strike	Sonkal dung taerigi
Side back fist strike	Yop dung joomuk taerigi
Side fist strike	Yop joomuk taerigi
Twin knife hand strike	Sang sonkal taerigi
Under fist strike	Mit joomuk taerigi
Upper elbow strike	Wi palkup taerigi

THRUSTS

English Translation	Korean Term
Angle fingertip	Homi sonkut
Back elbow thrust	Dwit palkup tulgi
Cross-cut fingertip	Ghutgi sonkut
Double finger thrust	Doo songarak tulgi
Downwards elbow thrust	Naeryo palkup tulgi
Flat fingertip thrust	Opun sonkut tulgi
Side elbow thrust	Yop palkup tulgi
Straight spear fingertip thrust	Son sonkut tulgi

STANCES

English Translation	Korean Term
Attention stance	Charyot sogi
Bending ready stance	Goburyo sogi
Closed stance	Moa sogi
Diagonal stance	Sasun sogi
Fixed stance	Gojong sogi
L-stance	Niunja sogi
Low stance	Nachuo sogi
One leg stance	Wae bal sogi
Parallel ready stance	Narani chunbi sogi
Rear foot stance	Dwit bal sogi
Sitting stance	Annun sogi
Vertical stance	Soojik sogi
Walking stance	Gunnan sogi
X-stance	Kyochoa sogi

English and Korean Terminology

BLOCKS

English Translation	Korean Term
9-shaped block	Gutja makgi
Block	Makgi
Bow wrist block	Sonmok dung makgi
Checking block	Momchau makgi
Circular block	Dollimyo makgi
Double arc-hand block	Doo bandal son makgi
Double forearm block	Doo palmok makgi
Downwards block	Naeryo makgi
Forearm guarding block	Palmok daebi makgi
Fore fist pressing block	Ap joomuk noollo magkgi
Front block	Ap makgi
Hooking block	Golcho magki
Inner forearm block	An palmok makgi
Inner forearm wedging block	An palmok hechyo makgi
Inward block	Anuro makgi
Inwards moving outer forearm block	Anuro bakat palmok makgi
Inwards moving palm block	Anuro sonbadak makgi
Knife hand block	Sonkal makgi
Knife hand guarding block	Sonkal daebi makgi
Knife hand wedging block	Sonkal hechyo makgi
Outer forearm block	Bakat palmok makgi
Palm heel pushing block	Sonbadak miro makgi
Palm pressing block	Sonbadak noollo makgi
Pressing block	Noolo makgi
Pushing block	Miro makgi
Release	Jappyosol tae
Reverse knife hand block	Sonkal dung makgi
Rising block	Chookyo magki
Scooping block	Duro magki
Straight block	Yop chaolliigi
Straight elbow thrust	Sun palkup tulgi
Straight knife hand block	Sun sonkal makgi
Twin downwards palm heel block	Naeryo sang sonbadak makgi
Twin forearm block	Sang palmok makgi
Twin knife hand block	Sang sonkal makgi
Twin palm heel block	Sang sonbadak makgi
Twin straight forearm block	Sang sun palmok makgi
Upwards block	Ollyo magki
Upwards palm heel block	Ollyo sonbadak magki
U-shaped block	Digutja magki
U-shaped grasp	Digutja jaggi
Wedging block	Hechyo makgi
W-shaped block	San makgi
X-fist downwards block	Kyocha joomuk naeryo magki
X-fist pressing block	Kyocha joomuk nollio magki
X-fist rising block	Kyocha joomuk chookyo makgi
X-knife hand checking block	Kyocha sonkal momchau makgi
X-knife hand downwards block	Kyocha sonkal naeryo makgi
X-knife hand guarding block	Kyocha sonkal daebi magki

English and Korean Terminology

GENERAL TERMS

English Translation	Korean Term
1	Anna
2	Dool
3	Seth
4	Neth
5	Dasual
6	Yosaul
7	Ilgop
8	Yodol
9	Ahop
10	Yoll
About turn	Dwiryo torro
Attention	Charyot
Backwards	Dwiyro kaggi
Belt	Ti
Bow	Kyong-ye
Dismiss	Haessan
Flying	Twimyo
Forwards	Apro kaggi
Free sparring	Jayoo matsoki
High	Nopunde
Inner	An
Instructor	Sabum
Inwards	Anuro
Jumping	Twiggi
Left	Wen
Low	Najunde
Middle	Kaunde
One-step sparring	Ilbo matsoki
Outer	Bakat
Outwards	Bakuro
Pattern	Tul
Press-ups	Momtong bachia
Ready	Chumbi
Return to ready stance	Barrol
Right	Orun
Semi-free sparring	Ban jayoo matsoki
Start	Si-jak
Stop	Goman
Straight	Sun
Student	Jeja
Three-step sparring	Sambo matsoki
Thrust	Tulgi
Training hall	Dojang
Training suit	Dobok
Two-step sparring	Ibo matsoki
Upset (low-section)	Dwijibun
Upset (high-section)	Dwijibo

English and Korean Terminology

BODY PARTS

English Translation	Korean Term
Arc hand	Bandal son
Back heel	Dwit chook
Back sole	Dwit kumchi
Back fist	Dung joomuk
Ball of the foot	Ap kumchi
Elbow	Palkup
Finger	Songarak
Fingertips	Sonkut
Foot parts	Ha basin
Foot sword	Balkal
Fore fist	Ap joomuk
Hand parts	Sang Bansin
Head	Mori
Instep	Baldung
Knee	Moorup
Knife hand	Sonkal
Palm	Sonbadak
Reverse foot sword	Balkal dung
Reverse knife hand	Sonkal dung
Side fist	Yop joomuk
Side sole	Yop bal badak

End.