

SECTION 1

Rules & Traditions

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- **The Tae Kwon Do Student's Oath**
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The Rules & Traditions of Warrior Martial Arts

The art of Tae Kwon Do aims not only to improve a student's physical ability, but also to encourage their personal psychological and social development. It is for this reason that, at the start of each class, students recite the Student Oath and, at the end of class, the Tenets of Tae Kwon Do.

It is through the implementation of these pledges in our training and our everyday lives that we can develop ourselves on a personal and social level. These tenets not only help us to relate to others around us, but also allow us to appreciate our own self-worth, thus encouraging us to constantly strive to be the best that we can be, in all aspects of life.

The Tae Kwon Do Student's Oath

At the beginning of every class students must recite this oath as a declaration and assertion of their commitment to their Tae Kwon Do training and the upholding of the rules of the Tae Kwon Do school.

As a member of Tae Kwon Do, I do solemnly pledge:
To abide by the rules and regulations of the Tae Kwon Do
Association;
To strive always to be modest, courteous and respectful to all members,
in particular to my seniors;
To put the art into use only for self defence or defence of the weak;
and
Never to abuse my knowledge of the art.

The purpose of this oath is to remind students of the responsibilities which come with training in the art of Tae Kwon Do, such as showing respect for other students and practicing technique only in a responsible manner.

The Tenets of Tae Kwon Do

COURTESY Good Manners

Courtesy is demonstrated in the Tae Kwon Do class each time we bow or shake hands with our partners but such good manners should also extend beyond the training hall. Politeness and good manners will make those around you feel good and will make you feel good about yourself.

INTEGRITY Honesty

As the old saying goes “Honesty is the best policy.” In terms of Tae Kwon Do training, Integrity is especially important with regard to the student – instructor relationship. There is no point in a student pretending to his/her instructor that he/she has been practicing something that they have not, since inevitably, it is the student’s own progression that will suffer. Likewise, an instructor who teaches technique that he/she knows to be incorrect or gives undue criticism or praise to a student will merely produce sub-standard students which will, in turn, reflect poorly on the instructor.

PERSEVERANCE Never Giving Up

This particular tenet is one which bears great relevance to both Tae Kwon Do training and everyday life. In Tae Kwon Do, it is the student who tries their hardest and does not give into distraction or the temptation to slacken off that will achieve the most, in terms of the physical art and their own psychological development. The emphasis on Perseverance in Tae Kwon Do not only encourages a higher level of physical fitness in students but also improves the student’s ability to focus on goals outside of the class, such as work deadlines or academic studies.

SELF-CONTROL Never Losing Your Temper

Self-Control is a valuable quality and one which may not come as easily as most people think. To be able to control one’s temper in certain situations can be very difficult. While sparring in a Tae Kwon Do class may, at first, seem to be a purely physical exercise, this element of our training stresses the importance of Self-Control. Through our training, we learn that anger serves only to cloud our judgement and cause foolish mistakes, whereas, a calm mind can make logical and intelligent decisions.

INDOMITABLE SPIRIT Believing In Yourself And Your Principles

This tenet can be difficult to explain in simple terms but it is more easily understood when coupled with the idea of Perseverance. In this context, the word “Indomitable” can be defined as “incapable of being defeated, overcome, or subdued.” This tenet promotes an unbreakable belief in oneself and one’s abilities. Indomitable spirit means standing up for what is just, regardless of who tells you that you are wrong. It means having the courage to be yourself at all times, and to do what you think is right regardless of the pressures people put on you. Finally, it means having a strong spirit that is not crushed or swayed by adversity or obstacles.

Tae Kwon Do Belt Colours

What do the Belts mean?

The colours of belts in Tae Kwon Do were not chosen just for aesthetic reasons; each colour represents a different stage of the student's development.

White Belt

The White Belt represents the innocence of the new Tae Kwon Do student, who has no previous experience of the art.

The traditional dobok (training suit) worn for exams and Black Belt training sessions is also white, to remind us that, no matter what grade we are, we can always learn more and that all students of Tae Kwon Do, from White Belt to 9th Dan, and all the people of the world are equal.

Yellow Belt

Yellow signifies the earth in which a young plant takes root. The growth of this plant represents the growth of a person's knowledge and ability as they progress in Tae Kwon Do.

Green Belt

Green signifies the young plant as it sprouts and begins to grow. This young plant, much like a student of Tae Kwon Do, is constantly developing and gradually gaining strength.

Blue Belt

Blue represents the sky, toward which the plant grows into a towering tree. This image is a symbol of the Tae Kwon Do student's efforts to reach their goals, striving to master patterns and techniques.

Red Belt

Red represents the Sun. Just like the Red Belt Tae Kwon Do student, the fire of the Sun holds great power, but also great danger. The student at this rank has learned many dangerous techniques and has become very strong. The Red Belt student must show excellent self-control and learn to use their abilities only in a safe and responsible manner.

Black Belt

Black, being the opposite of white, shows that the student has now had a broad experience of the art. The Black Belt represents the student's imperviousness to darkness and fear. The Black also represents the night sky, or the entire universe. This is to remind the student that their journey through Tae Kwon Do is far from over, but that there are endless opportunities to learn and improve oneself as a student, a teacher and as a person.

Regulations of the Warrior Martial Arts Association

It should be understood that these rules are intended to ensure the safest and most beneficial practice and study of Warrior Martial Arts for both you and your fellow students.

- Fingernails & Toenails must be kept short and clean. Scratches from another student's nails are painful and can easily become infected. Students with untrimmed nails will not be permitted to train.
- No jewellery should be worn during class. Rings, earrings, chains, etc are dangerous to you and your fellow students.
- Long hair must be tied up neatly when training, with a hairband or tie made of soft material. No hard clips or pins may be worn.
- Personal hygiene is extremely important. Out of respect to your fellow students, please maintain a high level of personal cleanliness.
- Shoes are not to be worn during class.
- Students of White Belt and above should come to class in full uniform. Their uniform should be clean and ironed.
- It is acceptable to bring a drink of water to class. No other drinks are allowed.
- Bow upon entering or leaving the class. This is to show respect and modesty.
- Do not enter or leave the class without the permission of the instructor.
- Be kind and courteous to all students.
- Always refer to instructors and senior students respectfully.
- Always bow before approaching or speaking to the instructor or senior students and always be courteous while speaking.
- After speaking to, or practising with, an instructor or senior student, always bow and thank that person.
- Advanced students are expected to set a good example for new students and should help them whenever necessary.
- Loud conversation, swearing, eating and drinking have no place in the training hall.
- Any substitute instructor is to be treated in the same manner as your regular instructor.
- Do not give demonstrations or teach Martial Arts without the permission of your instructor.
- Do not engage in any activities which might bring martial arts, the Warrior Martial Arts Association, your school or your instructor into disrepute.
- Never consume illegal substances.
- Never consume alcohol or smoke while wearing your martial arts uniform or any clothing bearing the Warrior Martial Arts crest or name.
- Recite the Tae Kwon Do Oath prior to class and the Tenets at the end of class.

Disciplinary Action

- The Warrior Martial Arts Association reserves the right of its instructors to take whatever disciplinary action they deem appropriate in the event of a student violating the Rules of the Association.
- Penalties are at the discretion of the Association and include (but are not limited to) Demotion of Rank,
- Suspension of Training, and Permanent Termination of Membership with expulsion from the school.

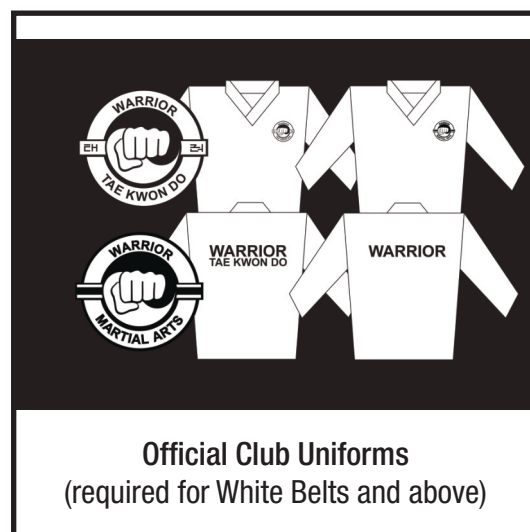
Uniform

White Belt students and above must have an **Official Warrior Martial Arts Uniform** and should always wear it to class. Students of Yellow Stripe and above who do not wear their uniform to class may face disciplinary action.

If buying a new suit from your instructor, please note that prices vary depending on size.

If you are buying second-hand please **verify with your instructor** that the uniform you are buying is in fact an **Official Warrior Martial Arts Uniform** and not that of another club or martial art as these are not acceptable training attire.

Official Warrior Martial Arts Uniforms are recognisable by the Black and Gold badge on the front which will read “**Warrior Tae Kwon Do**” or “**Warrior Martial Arts**” and the back which will feature black text reading “**Warrior Tae Kwon Do**” or “**Warrior**”. There should be **NO OTHER BADGES OR MARKINGS** on the uniform.



Sparring Safety Equipment

From Green Stripe grade onward, sparring becomes an important part of the Warrior Martial Arts syllabus. As this aspect of training involves contact, safety equipment must be worn to ensure the safety and well-being of all participants.

Equipment must be of a variety approved by the association. Please consult your instructor before purchasing any sparring safety equipment as these items must conform to the strict standards of the Association to ensure compliance with safety regulations.

Guidelines:

- Hand protection must cover the tips of thumbs and fingertips.
- Foot protection must cover the entire foot, with the exception of the sole.
- Excluding groin and breast protectors, all sparring safety equipment must be made of soft, flexible materials, with no hard parts.

SECTION 2
Examination Syllabus
Beginner to Black Stripe

White Stripe

Four Direction Punch - Part One

Stances:

- Attention Stance
- Parallel Ready Stance
- Walking Stance

Blocks:

- Low (Outward Outer Forearm) Block

Hand & Arm Strikes:

- Traditional (Obverse) Punch
- Traditional Double Punch

Kicks:

- Front Snap Kick

Self Defence Demonstration:

Release from a Single Wrist Grab

Sparring:

None

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern
- Purpose of Low Outer Forearm Block

Part of body used when executing:

- Traditional (Obverse) Punch
- Low Outer Forearm Block
- Front Snap Kick

Equipment Required:

None

NOTES

[illegible]

Testing for:

White Belt

Pattern:

Four Direction Punch - Part Two

Stances:

- Sitting Stance
- Sparring Stance

Blocks:

- Middle (Outward Outer Forearm) Block
- High (Outward Outer Forearm) Block
- Rising (Outer Forearm) Block

Self Defence Demonstration:

Release from a Single Wrist Grab

Sparring:

None

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern
- Purpose of Blocks

Part of body used when executing:

- Outer Forearm Blocks
- Side Piercing Kick

Equipment Required:

None

Hand & Arm Strikes:

- Sparring Jab Punch
- Sparring Double Punch

Kicks:

- Side (Piercing) Kick

NOTES

[illegible]

Testing for: Yellow Stripe

Pattern:
Chon Ji

Stances:

- L Stance

Blocks:

- Middle (Outward Inner Forearm) Block

Hand & Arm Strikes:

No new techniques

Kicks:

- Sparring Turning Kick
- Axe Kick

Self Defence Demonstration:

Release from a Two Wrist Grab

Sparring:

Semi Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern
- Purpose of Middle Outward Inner Forearm Block

Part of body used when executing:

- Middle Outward Inner Forearm Block
- Sparring Turning Kick
- Axe Kick

Equipment Required:

- Official Warrior Martial Arts uniform
- White Belt

NOTES

[illegible]

Testing for:
Yellow Belt

Pattern:
Dan Gun

Stances:

- No new techniques

Blocks:

- Middle Knifehand Guarding Block
- Twin Outer Forearm Block

Self Defence Demonstration:
Release from a Two Shoulder Grab

Sparring:
Semi Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new
Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Yellow Stripe Belt

Hand & Arm Strikes:

- Traditional Reverse Punch
- Knifehand Strike

Kicks:

- Cross Heel Kick
(*Reverse Turning Kick**)
- Hook Heel Kick
(*Hooking Kick**)
- Jumping Front Snap Kick

**Italic Text = Older (obsolete) terms for techniques*

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Testing for:
Green Stripe

Pattern:
Do San

Stances:
No new techniques

Blocks:

- Middle Wedging (Outer Forearm) Block

Self Defence Demonstration:
Release from a Single Shoulder Grab

Sparring:
Semi Free Sparring
One Step Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new
Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Yellow Belt

Hand & Arm Strikes:

- (High Outward) Backfist Strike
- (Middle) Straight Fingertip Thrust

Kicks:

- Spin Cross Heel Kick
(Back Reverse Turning Kick*)
- Spin Hook Heel Kick
(Back Hooking Kick*)

NOTES

Testing for:
Green Belt

Pattern:
Won Hyo

Stances:

- Closed Stance
- Closed Ready Stance A
- Fixed Stance
- Bending Ready Stance (A)
- Low (Walking) Stance

Blocks:

- (Middle Outer) Forearm Guarding Block
- Circular (Inner Forearm) Block

Self Defence Demonstration:
Defence against Grab & Punch

Sparring:
One Step Sparring
Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new
Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Green Stripe Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males,
optional for females)

Hand & Arm Strikes:

- (High) Inward Knifehand Strike

Kicks:

- Spin Side (Piercing) Kick
(Back Side Kick*)
- Jumping Side Piercing Kick

NOTES

Testing for: Blue Stripe

Pattern:
Yul Gok

Stances:

- X Stance

Blocks:

- Palm Hooking Block
- Twin Knifehand Block
- (High) Double (Inner) Forearm Block

Self Defence Demonstration:

Release from Rear Two Shoulder Grab

Sparring:

One Step Sparring

Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new

Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Green Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males, optional for females)

Hand & Arm Strikes:

- (High) Front Elbow Strike
- Jumping (High) Backfist Strike

Kicks:

- Traditional Turning Kick

NOTES

[illegible]

Testing for:

Blue Belt

Pattern:

Joong Gun

Stances:

- Closed Ready Stance B
- Rear Foot Stance

Blocks:

- Middle (Outward) Ridgehand Block
- Palm Upwards Block
- Rising X Block
- Palm Pressing Block
- C Shaped Block
(*U Shaped Block**)

Self Defence Demonstration:

Release from Rear Bear-Hug Grab,
i.e. Attacker grabs Defender around body and
both arms, from behind

Sparring:

One Step Sparring
Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Blue Stripe Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males, optional for females)

Hand & Arm Strikes:

- Upward Elbow Strike
- Twin Upset Punch
- (High) Twin Vertical Punch
- Angle Punch

Kicks:

- Jumping Spin Side (Piercing) Kick
(*Jumping Back Side Kick**)

NOTES

[illegible]

Testing for: Red Stripe

Pattern:
Toi Gye

Stances:

No new techniques

Blocks:

- Pressing X Block
- W Shaped Block

Hand & Arm Strikes:

- Upset Fingertip Thrust
- Rear (High) Backfist Strike
- Twin Upward Side Elbow Thrust
- (High) Flat Fingertip Thrust

Self Defence Demonstration:

- Defence against a Single-handed Choke

Sparring:

One Step Sparring

Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Blue Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males, optional for females)

Kicks:

- Upward Knee Strike

Other:

- High Rear Backfist Strike / Low (Outer Forearm) Block Combination
- High Grab

NOTES

[illegible]

Testing for:
Red Belt

Pattern:
Hwa Rang

Stances:

- Closed Ready Stance C
- Vertical Stance

Blocks:

- Middle Palm Pushing Block
- Middle (Inner Forearm) Block / Low (Outer Forearm) Block Combination

Self Defence Demonstration:

- Release from a Two-Handed Choke

Sparring:

One Step Sparring
Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new
Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Red Stripe Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males, optional for females)
- **Head Guard**

Hand & Arm Strikes:

- Upward Punch
- Downward Knifehand Strike
- Side Elbow Thrust

Kicks:

No new techniques

NOTES

Testing for:
Black Stripe

Pattern:
Choong Moo

Stances:
No new techniques

Blocks:

- High Inward (Outer Forearm) Block
- Checking X Knifehand Block
- Twin Upward Palm Block

Hand & Arm Strikes:

- (High Inward) Ridgehand Strike

Self Defence Demonstration:

- Release from a Rear Choke

Sparring:
One Step Sparring
Free Sparring

Theory:

- Name of Pattern
- Number of movements in Pattern
- Names of techniques & stances in Pattern

Part of body used when executing all new
Blocks, Strikes & Kicks

Equipment Required:

- Official Warrior Martial Arts uniform
- Red Belt

Approved sparring equipment consisting of:

- Hand Pads
- Foot Pads
- Gumshield
- Groin Guard (compulsory for males, optional for females)
- Head Guard

Kicks:

- Jumping Spin Cross Heel Kick
(*Jumping Back Reverse Turning Kick**)
- Jumping Spin Hook Heel Kick
(*Jumping Back Hooking Kick**)

Other:

- Knifehand Rising Block / High Inward
Knifehand Strike Combination
- 360° Jump

NOTES

SECTION 3
Pattern Movements & Meanings
Beginner to Black Stripe

Four Direction Punch

Patterns

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
PART ONE						
1	Right Leg Forwards	↑	Punch	Right Arm	Middle	Walking
2	Right Leg Backwards	←	Low Block	Left Arm	Low	Walking
3	Right Leg Forwards	←	Punch	Right Arm	Middle	Walking
4	Right Leg Backwards	↓	Low Block	Left Arm	Low	Walking
5	Right Leg Forwards	↓	Punch	Right Arm	Middle	Walking
6	Right Leg Backwards	→	Low Block	Left Arm	Low	Walking
7	Right Leg Forwards	→	Punch	Right Arm	Middle	Walking
		↑	Return To Parallel Ready Stance, Moving Right Leg.			
PART TWO						
8	Left Leg Forwards	↑	Punch	Left Arm	Middle	Walking
9	Left Leg Backwards	→	Low Block	Right Arm	Low	Walking
10	Left Leg Forwards	→	Punch	Left Arm	Middle	Walking
11	Left Leg Backwards	↓	Low Block	Right Arm	Low	Walking
12	Left Leg Forwards	↓	Punch	Left Arm	Middle	Walking
13	Left Leg Backwards	←	Low Block	Right Arm	Low	Walking
14	Left Leg Forwards	←	Punch	Left Arm	Middle	Walking
		↑	Return To Parallel Ready Stance, Moving Left Leg.			

Chon Ji

Patterns

Chon Ji means “heaven and earth”. The low blocks in the first half of this pattern represent the earth, while the mid-section blocks in the second half of the pattern represent the heaven.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Turn left 90°	←	Low Block	Left Arm	Low	Walking
2	Forward	←	Obverse Punch	Right Arm	Mid	Walking
3	Turn right 180°	→	Low Block	Right Arm	Low	Walking
4	Forward	→	Obverse Punch	Left Arm	Mid	Walking
5	Turn left 90°	↑	Low Block	Left Arm	Low	Walking
6	Forward	↑	Obverse Punch	Right Arm	Mid	Walking
7	Turn right 180°	↓	Low Block	Right Arm	Low	Walking
8	Forward	↓	Obverse Punch	Left Arm	Mid	Walking
9	Turn left 90°	→	Mid Block	Left Arm	Mid	L
10	Forward	→	Obverse Punch	Right Arm	Mid	Walking
11	Turn right 180°	←	Mid Block	Right Arm	Mid	L
12	Forward	←	Obverse Punch	Left Arm	Mid	Walking
13	Turn left 90°	↓	Mid Block	Left Arm	Mid	L
14	Forward	↓	Obverse Punch	Right Arm	Mid	Walking
15	Turn right 180°	↑	Mid Block	Right Arm	Mid	L
16	Forward	↑	Obverse Punch	Left Arm	Mid	Walking
17	Forward	↑	Obverse Punch	Right Arm	Mid	Walking
18	Backward	↑	Obverse Punch	Left Arm	Mid	Walking
19	Backward	↑	Obverse Punch	Right Arm	Mid	Walking
		↑	Return To Parallel Ready Stance, Moving Left Leg.			

Dan Gun

Patterns

Dan Gun is named after Holy Dan-Gun, who, according to legend, established the nation of Korea.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Left 90°	←	Knifehand Guarding Block	Left Arm	Mid	L
2	Forward	←	Obverse Punch	Right Arm	High	Walking
3	Right 180°	→	Knifehand Guarding Block	Right Arm	Mid	L
4	Forward	→	Obverse Punch	Left Arm	High	Walking
5	Left 90°	↑	Low Block	Left Arm	Low	Walking
6	Forward	↑	Obverse Punch	Right Arm	High	Walking
7	Forward	↑	Obverse Punch	Left Arm	High	Walking
8	Forward	↑	Obverse Punch	Right Arm	High	Walking
9	Left 270°	→	Twin Outer Forearm Block		Mid / high	L
10	Forward	→	Obverse Punch	Right Arm	High	Walking
11	Right 180°	←	Twin Outer Forearm Block		Mid / high	L
12	Forward	←	Obverse Punch	Left Arm	High	Walking
13	Left 90°	↓	Low Block (fast)	Left Arm	Low	Walking
14	No Step	↓	Rising Block (fast)	Left Arm	High	Walking
15	Forward	↓	Rising Block	Right Arm	Rising	Walking
16	Forward	↓	Rising Block	Left Arm	Rising	Walking
17	Forward	↓	Rising Block	Right Arm	Rising	Walking
18	Left 270°	←	Knifehand Strike	Left Arm	Neck	L
19	Forward	←	Obverse Punch	Right Arm	High	Walking
20	Right 180°	→	Knifehand Strike	Right Arm	Neck	L
21	Forward	→	Obverse Punch	Left Arm	High	Walking
		↑	Return To Parallel Ready Stance, Moving Left Leg.			

Do San

Patterns

Do-San is the pseudonym of the Korean patriot Ahn Chang-Ho (1878-1938) who devoted his entire life to the advancement of education in Korea, and its independence movement.

The 24 movements represent the age he rose to prominence as a leader of his countrymen.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Left 90°	←	Outer Forearm Block	Left Arm	High	Walking
2	Don't step	←	Reverse Punch	Right Arm	Mid	Walking
			Spot Turn: Move Left Foot, Then Right Foot			
3	Right 180°	→	Outer Forearm Block	Right Arm	High	Walking
4	Don't step	→	Reverse Punch	Left Arm	Mid	Walking
5	Left 90°	↑	Knifehand Guarding Block	Left Arm	Mid	L
6	Forward	↑	Straight Fingertip Thrust	Right Arm	Mid	Walking
		↑	Release From Grab	Right Arm		
7	Left 360°	↑	Backfist Side Strike	Left Arm	High	Walking
8	Forward	↑	Backfist Side Strike	Right Arm	High	Walking
9	Left 270°	→	Outer Forearm Block	Left Arm	High	Walking
10	Don't step	→	Reverse Punch	Right Arm	Mid	Walking
			Spot Turn: Move Left Foot, Then Right Foot			
11	Right 180°	←	Outer Forearm Block	Right Arm	High	Walking
12	Don't step	←	Reverse Punch	Left Arm	Mid	Walking
			Step Off With Left Leg			
13	Left 135°	↘	Wedging Block		Mid	Walking
14	Forward	↘	Front Snap Kick	Right Leg	Mid	
15	On Landing	↘	Punch (Fast)	Right Arm	Mid	Walking
16	No Step	↘	Punch (Fast)	Left Arm	Mid	Walking
			Step Across Centre With Right Foot			
17	Right 90°	↙	Wedging Block		Mid	Walking
18	Forward	↙	Front Snap Kick	Left Leg	Mid	
19	On Landing	↙	Punch (Fast)	Left Arm	Mid	Walking
20	No Step	↙	Punch (Fast)	Right Arm	Mid	Walking
			Step Across Centre With Left Foot			
21	Left 45°	↓	Rising Block	Left Arm	Rising	Walking
22	Forward	↓	Rising Block	Right Arm	Rising	Walking
23	Left 270°	←	Knifehand Strike	Left Arm	Neck	Sitting
		↑	Bring Left Foot To Right Foot			
24	Right 90°	→	Knifehand Strike	Right Arm	Neck	Sitting
		↑	Return To Parallel Ready Stance, Moving Right Leg.			

Won Hyo

Patterns

Won-Hyo was the noted monk who introduced Buddhism to the common people of the Silla Kingdom in the year 662 A.D.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Closed Ready Stance A			
1	Left 90°	←	Twin Forearm Block		High/Mid	L
2	No Step	←	Inward Knifehand Strike	Right Arm	Neck	L
3	Slide left foot	←	Side Punch	Left Arm	Mid	Fixed
		↑	Bring Left Foot To Right Foot			
4	Right 90°	→	Twin Forearm Block		High/Mid	L
5	No Step	→	Inward Knifehand Strike	Left Arm	Neck	L
6	Slide right foot	→	Side Punch	Right Arm	Mid	Fixed
		→	Bring Right Foot To Left Foot			
7	Left 90°	↑	Forearm Guarding Block		Mid	Bend.Ready
8	Forward	↑	Side Piercing Kick	Left Leg	Mid	
9	On Landing	↑	Knifehand Guarding Block	Left Arm	Mid	L
10	Forward	↑	Knifehand Guarding Block	Right Arm	Mid	L
11	Forward	↑	Knifehand Guarding Block	Left Arm	Mid	L
12	Forward	↑	Straight Fingertip Thrust	Right Arm	Mid	Walking
13	Left 270°	→	Twin Forearm Block		High/Mid	L
14	No Step	→	Inward Knife Hand Strike	Right Arm	Neck	L
15	Slide left foot	→	Side Punch	Left Arm	Mid	Fixed
		↓	Bring Left Foot To Right Foot			
16	Right 90°	←	Twin Forearm Block		High/Mid	L
17	No Step	←	Inward Knifehand Strike	Left Arm	Neck	L
18	Slide right foot	←	Side Punch	Right Arm	Mid	Fixed
		←	Bring Right Foot To Left Foot			
19	Left 90°	↓	Step Out Left Leg, Circular Block	Right Arm	Mid/Low	Walking
20	Forward	↓	Front Snap Kick	Right Leg	Low	
21	On Landing	↓	Reverse Punch	Left Arm	Mid	Walking
22	No Step	↓	Circular Block	Left Arm	Mid/Low	Walking
23	Forward	↓	Front Snap Kick	Left Leg	Low	
24	On Landing	↓	Reverse Punch	Right Arm	Mid	Walking
25	Forward	↓	Forearm Guarding Block		Mid	Bend.Ready
26	Forward	↓	Side Piercing Kick	Right Leg	Mid	
27	Left 270°	←	Forearm Guarding Block	Left Arm	Mid	L
		↑	Bring Left Foot To Right Foot			
28	Right 90°	→	Forearm Guarding Block	Right Arm	Mid	L
		↑	Return To Closed Ready Stance A, Moving Right Leg.			

Yul Gok

Patterns

Yul Gok was the pen-name of the great philosopher and scholar Yi I. The 38 movements represent his birthplace on the 38° latitude. The diagram of the pattern represents the symbol for “scholar”.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Slide Left Leg out to Left Side	↑	Punch (Slow)	Left Arm	Mid	Sitting
2	No Step	↑	Punch (Fast)	Right Arm	Mid	Sitting
3	No Step	↑	Punch (Fast)	Left Arm	Mid	Sitting
		↑	Bring Left Foot to Right Foot			
4	Slide Right Leg out to Right Side	↑	Punch (slow)	Right Arm	Mid	Sitting
5	No Step	↑	Punch (Fast)	Left Arm	Mid	Sitting
6	No Step	↑	Punch (Fast)	Right Arm	Mid	Sitting
		↑	Bring Right Foot to Left Foot			
7	Right 45 °	↗	Inner Forearm Block	Right Arm	High	Walking
8	Forward	↗	Front Snap Kick	Left Leg	Mid	
9	On Landing	↗	Punch (Fast)	Left Arm	Mid	Walking
10	No Step	↗	Punch (Fast)	Right Arm	Mid	Walking
		↗	Bring Left Foot to Right Foot			
11	Left 90°	↖	Inner Forearm Block	Left Arm	High	Walking
12	Forward	↖	Front Snap Kick	Right Leg	Mid	
13	On Landing	↖	Punch (Fast)	Right Arm	Mid	Walking
14	No Step	↖	Punch (Fast)	Left Arm	Mid	Walking
		↖	Bring Right Foot to Left Foot			
15	Right 45 °	↑	Palm Hooking Block	Right Arm	High	Walking
16	No Step	↑	Palm Hooking Block	Left Arm	High	Walking
17	No Step	↑	Punch	Right Arm	Mid	Walking
18	Forward	↑	Palm Hooking Block	Left Arm	High	Walking
19	No Step	↑	Palm Hooking Block	Right Arm	High	Walking
20	No Step	↑	Punch	Left Arm	Mid	Walking
21	Forward	↑	Punch	Right Arm	Mid	Walking
22	Forward	↑	Forearm Guarding Block	Left Arm	Mid	Bend.Ready
23	Forward	↑	Side Piercing Kick	Left Leg	Mid	
24	On Landing	↑	Front Elbow Strike	Right Arm	Mid	Walking
25	Right 180 °	↓	Forearm Guarding Block	Right Arm	Mid	Bend.Ready
26	Forward	↓	Side Piercing Kick	Right Leg	Mid	
27	On Landing	↓	Front Elbow Strike	Left Arm	Mid	Walking
	CONTINUED ON NEXT PAGE.					

28	Left 90 °	➔	Twin Knifehand Block		High / Mid	L
29	Forward	➔	Straight Fingertip Thrust	Right Arm	Mid	Walking
30	Right 180 °	➡	Twin Knifehand Block		High / Mid	L
31	Forward	➡	Straight Fingertip Thrust	Left Arm	Mid	Walking
32	Left 90 °	⬇	Outer Forearm Block	Left Arm	High	Walking
33		⬇	Reverse Punch	Right Arm	Mid	Walking
34	Forward	⬇	Outer Forearm Block	Right Arm	High	Walking
35		⬇	Reverse Punch	Left Arm	Mid	Walking
36	Jump Forward, Land facing Right 90°	➡	Side Backfist Strike	Left Arm	High	X
37	Right 270 °	➔	Double Forearm Block	Right Arm	High	Walking
		➔	Bring Right Foot to Left Foot			
38	Left 180 °	➡	Double Forearm Block	Left Arm	High	Walking
		⬆	Return To Parallel Ready Stance, Moving Left Leg.			

Joong Gun

Patterns

This pattern is named after the Korean patriot Ahn Joong-Gun, who assassinated Hiro Bumi Ito, the first Japanese Governor-General of Korea. He was executed at Lui Shung Prison in 1910.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Closed Ready Stance B			
1	Left 90°	←	Ridgehand Block	Left Arm	Mid	L
2		←	Front Snap Kick	Left Leg	Low	
3	Forward	←	Palm Upward Block	Right Arm	Mid	Rear foot
4	Right 180 °	→	Ridgehand Block	Right Arm	Mid	L
5		→	Front Snap Kick	Right Leg	Low	
6	Forward	→	Palm Upward Block	Left Arm	Mid	Rear foot
7	Left 90°	↑	Knife-Hand Guarding Block	Left Arm	Mid	L
8	No Step	↑	Upward Elbow Strike	Right Arm	High	Walking
9	Forward	↑	Knifehand Guarding Block	Right Arm	Mid	L
10	No Step	↑	Upward Elbow Strike	Left Arm	High	Walking
11	Forward	↑	Twin Vertical Punch		High	Walking
12	Forward	↑	Twin Upset Punch		Mid	Walking
			Move The Right Foot Across, Spot Turn			
13	Left 180°	↓	X Fist Rising Block		High	Walking
14	Left 90°	→	Backfist Side Strike	Left Arm	High	L
15		→	Release From Grab, Outwards (Fast)	Left Arm	Mid	Walking
16		→	Reverse Punch (Fast)	Right Arm	High	Walking
			Bring Left Foot to Right Foot			
17	Right 180°	←	Backfist Side Strike	Right Arm	High	L
18		←	Release From Grab, Outwards (Fast)	Right Arm	Mid	Walking
19		←	Reverse Punch (Fast)	Left Arm	High	Walking
		←	Bring Right Foot to Left Foot			
20	Left 90°	↓	Double Forearm Block	Left Arm	High	Walking
21	No Step	↓	Side Punch	Left Arm	Mid	L
22	Forward	↓	Side Piercing Kick	Right Leg	Mid	
23	On Landing	↓	Double Forearm Block	Right Arm	High	Walking
24	No Step	↓	Side Punch	Right Arm	Mid	L
25	Forward	↓	Side Piercing Kick	Left Leg	Mid	
26	On Landing	↓	Forearm Guarding Block	Left Arm	Mid	L
27	No Step	↓	Palm Pressing Block (Slow)			Low
28	Forward	↓	Forearm Guarding Block	Right Arm	Mid	L
29	No Step	↓	Palm Pressing Block (Slow)			Low
30	Left 90 °	→	Turning Punch (Slow)	Right Arm	Mid	Closed
31	Forward	→	C Shape Block			Fixed
		→	Bring Right Foot to Left Foot			
32	Left 180°	←	C Shape Block			Fixed
		↑	Return To Closed Ready Stance B, Moving Left Leg.			

Toi Gye

Patterns

Toi Gye was the pen-name of the noted 16th Century scholar Yi Hwang, who was regarded as an authority on Neo-Confucianism. The 37 movements represent his birthplace on the 37° degree latitude and the diagram represents the symbol for “scholar”.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Closed Ready Stance B			
1	Left 90 °	←	Inner Forearm Block	Left Arm	Mid	L
2	No Step	←	Upset Fingertip Thrust	Right Arm	Low	Walking
			Bring Left Foot to Right Foot			
3	Right 90 °	↑	Right Arm Rear Backfist Strike (Slow) / Left Arm Low Block (Slow)			Closed
4	Right 90 °	→	Inner Forearm Block	Right Arm	Mid	L
5	No Step	→	Upset Fingertip Thrust	Left Arm	Low	Walking
		→	Bring Right Foot to Left Foot			
6	Left 90 °	↑	Left Arm Backfist Strike (Slow) / Right Arm Low Block (Slow)			Closed
7	Forward	↑	Step With Left Leg, X Fist Press. Block		Low	Walking
8	No Step	↑	Twin Vertical Punch		High	Walking
9	Forward	↑	Front Snap Kick	Right Leg	Mid	
10	On Landing	↑	Obverse Punch	Right Arm	Mid	Walking
11	No Step	↑	Reverse Punch	Left Arm	Mid	Walking
12	Turn Left 90 °	←	Twin Upward Side Elbow Thrust (Slow), pulling Left Foot to Right Foot			Closed
13	Turn Left 90 °	↓	W Shape Block (Stamping Right Leg)		High	Sitting
14	Right 180 °	↑	W Shape Block (Stamping Left Leg)		High	Sitting
15	Right 180 °	↓	W Shape Block (Stamping Left Leg)		High	Sitting
16	Left 180 °	↑	W Shape Block (Stamping Right Leg)		High	Sitting
17	Right 180 °	↓	W Shape Block (Stamping Left Leg)		High	Sitting
18	Right 180 °	↑	W Shape Block (Stamping Left Leg)		High	Sitting
		↑	Bring Right Foot to Left Foot			
19	Forward	↑	Double Forearm Block	Left Arm	Low	L
20	No Step	↑	Grab To Head		High	Walking
21		↑	Knee Upward Kick, Right Leg	Right Leg	Mid	
22	On Landing	↑	Bring Right Foot to Left Foot			
	Left 180 °	↓	Knifehand Guarding Block	Left Arm	Mid	L
23		↓	Front Snap Kick	Left Leg	Mid	
24	On Landing	↓	Flat Fingertip Thrust	Left Arm	High	Walking
25	Forward	↓	Knifehand Guarding Block	Right Arm	Mid	L
26		↓	Front Snap Kick	Right Leg	Low	
27	On Landing	↓	Flat Fingertip Thrust	Right Arm	High	Walking
	CONTINUED ON NEXT PAGE.					

28	Backwards	↓	Right Arm Rear Backfist Strike / Left Arm Low Block			L
29	Jump Forward, Land facing Left 90 °	→	X Fist Pressing Block		Low	X
30	Right 90 °	↓	Step Out With Right Leg, Double Forearm Block	Right Arm	High	Walking
31	Left 270 °	←	Knifehand Guarding Block	Left Arm	Low	L
32		←	Circular Block	Right Arm	Mid	Walking
		↑	Bring Left Foot To Right Foot			
33	Right 90 °	→	Knifehand Guarding Block	Right Arm	Low	L
34	No Step	→	Circular Block	Left Arm	Mid	Walking
35	No Step	↑	Circular Block	Right Arm	Mid	Walking
36	No Step	→	Circular Block	Left Arm	Mid	Walking
37	Left 90 °	↑	Punch	Right Arm	Mid	Sitting
		↑	Return To Closed Ready Stance B, Moving Right Leg.			

Hwa Rang

Patterns

This pattern is named after the noble Hwa Rang (Flower Knights) which originated in the Silla Kingdom in the early 7th Century.

They followed 5 guiding principles: Always be loyal to one's king; Show love and respect for one's parents; Have trust among friends; Never retreat in battle; Never take a life without a just cause.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Closed Ready Stance C			
1	Slide Left Leg	↑	Palm Pushing Block	Left Arm	Mid	Sitting
2	No Step	↑	Punch (Fast)	Right Arm	Mid	Sitting
3	No Step	↑	Punch (Fast)	Left Arm	Mid	Sitting
4	Right 90°	→	Twin Outer Forearm Block			L
5	No Step	→	Upward Punch	Left Arm	Mid	L
6	Forward	→	Sliding Side Punch	Right Arm	Mid	Fixed
7	No Step	→	Downward Knifehand Strike	Right Arm	High	Vertical
8	Forward	→	Obverse Punch	Left Arm	Mid	Walking
9	Left 90°	↑	Low Block	Left Arm	Low	Walking
10	Forward	↑	Punch	Right Arm	Mid	Walking
		↑	Bring Left Foot to Right Foot and grab Right Fist with Left Hand			
11	Forward	↑	Side Piercing Kick	Right Leg	Mid	
12	On Landing	↑	Knifehand Strike	Right Arm	Neck	L
13	Forward	↑	Obverse Punch	Left Arm	Mid	Walking
14	Forward	↑	Obverse Punch	Right Arm	Mid	Walking
15	Left 270°	→	Knifehand Guarding Block	Left Arm	Mid	L
16	Forward	→	Straight Fingertip Thrust	Right Arm	Mid	Walking
			Spot Turn: Move Right Foot, then Left Foot			
17	Left 180°	←	Knifehand Guarding Block	Left Arm	Mid	L
18	Forward	←	Turning Kick	Right Leg	High	
19	Forward	←	Turning Kick	Left Leg	High	
20	On Landing	←	Knifehand Guarding Block	Left Arm	Mid	L
21	Left 90°	↓	Left Low Block	Left Arm	Low	Walking
22	No Step	↓	Left Leg In Front, Right Punch	Right Arm	Mid	L
23	Forward	↓	Right Leg In Front, Left Punch	Left Arm	Mid	L
24	Forward	↓	Left Leg In Front, Right Punch	Right Arm	Mid	L
25	No Step	↓	X Fist Pressing Block		Low	Walking
			Bring Right Foot to Left Foot, Turn Left 180°			
26	Slide Backward	↑	Side Elbow Thrust	Right Arm	Mid	L
		↑	Bring Left Foot to Right Foot			
27	Left 90°	←	Right Middle Inner Forearm Block / Left Low Outer Forearm Block			Closed
28		←	Left Middle Inner Forearm Block / Right Low Outer Forearm Block			Closed
29	Forward	←	Knifehand Guarding Block	Left Arm	Mid	L
		←	Bring Left Foot to Right Foot			
30	Right 180°	→	Knifehand Guarding Block	Right Arm	Mid	L
		↑	Return To Closed Ready Stance C, Moving Right Leg.			

Choong Moo

Patterns

Choong Moo, meaning Loyalty and Chivalry, is the title awarded to Admiral Yi Soon-Sin of the Joseon Kingdom, following his death in battle. Admiral Yi, a great naval commander and strategist, was responsible for the design and construction of the Kobukson (Turtle Ship), an armoured battleship. Although demoted to the rank of foot-soldier twice during his military career by jealous superiors, Yi continued to serve his country diligently, and was re-instated as Admiral following the disastrous defeat of the Korean navy at the hands of Japanese forces in 1597. The pattern ends in a left-hand attack to symbolise his regrettable death.

	Step	Facing	Techniques		Height	Stance
		↑	Begin From Parallel Ready Stance			
1	Left 90°	←	Twin Knifehand Block			L
2	Forward	←	Left Knifehand Rising Block/ Right Inward Knifehand Strike			Walking
3	Right 180°	→	Knifehand Guarding Block	Right Arm	Mid	L
4	Forward	→	Flat Fingertip Thrust	Left Arm	High	Walking
5	Left 90°	↑	Knifehand Guarding Block	Left Arm	Mid	L
6	Right 180°	↓	Forearm Guarding Block	Right Arm		BRS
7	Forward	↓	Side Piercing Kick	Right Leg	Mid	
8	Left 180°	↑	Knifehand Guarding Block	Left Arm	Mid	L
9	Forward	↑	Flying Side Piercing Kick	Right Leg	High	
10	On Landing	↑	Knifehand Guarding Block	Right Arm	Mid	L
11	Left 270°	→	Low Block	Left Arm	Low	L
12	No Step	→	Grab (Opponent's Head)		High	Walking
13	Forward	→	Knee Upward Kick	Right Leg	Mid	
14	Left 180°	←	Inward Ridgehand Strike	Right Arm	High	Walking
15	Forward	←	Turning Kick	Right Leg	High	
16	Forward	←	Spin Side Kick	Left Leg	Mid	
17	Right 180°	→	Forearm Guarding Block	Right Arm	Mid	L
18	Forward	→	Turning Kick	Left Leg	Mid	
		→	Bring Left Foot to Right Foot			
19	Right 90°	↓	C Shaped Block			Fixed
	Left, 360°	↓	Jump, Turning 360 °			
20	On Landing	↓	Knifehand Guarding Block	Right Arm	Mid	L
21	Forward	↓	Upset Fingertip Thrust	Right Arm	Low	Walking
22	No Step	↓	Right Arm Rear Backfist Strike/ Left Arm Low Block			L
23	Forward	↓	Straight Fingertip Thrust	Right Arm	Mid	Walking
24	Left 270°	←	Double Forearm Block	Left Arm	High	Walking
25	Left 90°	↓	Inward Outer Forearm Block	Right Arm	Mid	Sitting
26		↓	Side Backfist Strike	Right Arm	High	Sitting
27	Left 90°	→	Side Piercing Kick	Right Leg	Mid	
28	Forward	→	Side Piercing Kick	Left Leg	Mid	
29	Right 180°	←	Step with Right Leg, X Knifehand Checking Block		Mid	L
30	Forward	←	Step with Left Leg, Twin Palm Upward Block		Mid	Walking
31	Right 180°	→	Spot Turn (Left Leg first), Rising Block	Right Arm	High	Walking
32	No Step	→	Reverse Punch	Left Arm	Mid	Walking
			Return To Parallel Ready Stance, Moving Left Leg.			