

## **SECTION 1**

# **Rules & Traditions**

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

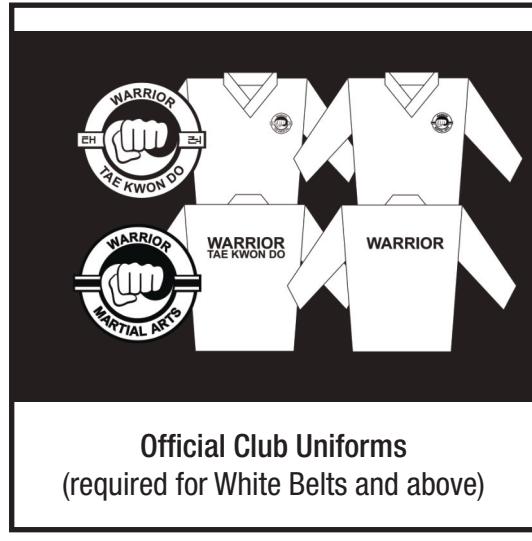
## Uniform

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**

## Testing for: White Stripe

## Pattern: 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

## NOTES

## Equipment Required:

None

# 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

## Testing for: Yellow Stripe

## Pattern: Chon Ji

## Stances:

- L Stance

### • 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

# 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:

#### 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*

## NOTES

# Testing for: Green Stripe

## Pattern: Do San

## Stances:

## Blocks:

- Middle Wedging (Outer Forearm) Block

## 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\**)

## **Self Defence Demonstration:** Release from a Single Shoulder Grab

## NOTES

## **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:**

# 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

- Names of techniques & stances in Fatai

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

### Equipment Required:

#### 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

## Hand & Arm Strikes:

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

## Kicks:

- Traditional Turning Kick

## 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)

## NOTES

# 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

# Testing for: Red Stripe

## Pattern: Toi Gye

## Stances:

## 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

## 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

NOTES

## Testing for: Black Stripe

## Pattern: Choong Moo

## Stances:

### No new techniques

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

## **Hand & Arm Strikes:**

## Self Defence Demonstration:

- Release from a Rear Choke

## Sparring: One Step Sparring Free Sparring

- 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

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

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 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,<br>Land facing<br>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 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 /<br>Left Arm Low Block |           |      | L       |
| 29 | Jump Forward,<br>Land facing<br>Left 90 ° | ➔ | X Fist Pressing Block                                  |           | Low  | X       |
| 30 | Right 90 °                                | ▼ | Step Out With Right Leg, Double<br>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    |
| 2  | No Step        | ↑      | Punch (Fast)   | Right Arm | Mid    |
| 3  | No Step        | ↑      | Punch (Fast)   | Left Arm  | Mid    |
| 4  | Right 90°      | →      | Twin Outer Forearm Block   |           | L      |
| 5  | No Step        | →      | Upward Punch   | Left Arm  | Mid    |
| 6  | Forward        | →      | Sliding Side Punch   | Right Arm | Mid    |
| 7  | No Step        | →      | Downward Knifehand Strike  | Right Arm | High   |
| 8  | Forward        | →      | Obverse Punch  | Left Arm  | Mid    |
| 9  | Left 90°       | ↑      | Low Block  | Left Arm  | Low    |
| 10 | Forward        | ↑      | Punch  | Right Arm | Mid    |
|    |                | ↑      | 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   |
| 13 | Forward        | ↑      | Obverse Punch  | Left Arm  | Mid    |
| 14 | Forward        | ↑      | Obverse Punch  | Right Arm | Mid    |
| 15 | Left 270°      | →      | Knifehand Guarding Block   | Left Arm  | Mid    |
| 16 | Forward        | →      | Straight Fingertip Thrust  | Right Arm | Mid    |
|    |                |        | Spot Turn: Move Right Foot, then Left Foot                         |           |        |
| 17 | Left 180°      | ←      | Knifehand Guarding Block   | Left Arm  | Mid    |
| 18 | Forward        | ←      | Turning Kick   | Right Leg | High   |
| 19 | Forward        | ←      | Turning Kick   | Left Leg  | High   |
| 20 | On Landing     | ←      | Knifehand Guarding Block   | Left Arm  | Mid    |
| 21 | Left 90°       | ↓      | Left Low Block   | Left Arm  | Low    |
| 22 | No Step        | ↓      | Left Leg In Front, Right Punch                                     | Right Arm | Mid    |
| 23 | Forward        | ↓      | Right Leg In Front, Left Punch                                     | Left Arm  | Mid    |
| 24 | Forward        | ↓      | Left Leg In Front, Right Punch                                     | Right Arm | Mid    |
| 25 | No Step        | ↓      | X Fist Pressing Block  |           | Low    |
|    |                |        | Bring Right Foot to Left Foot, Turn Left 180°                      |           |        |
| 26 | Slide Backward | ↑      | Side Elbow Thrust  | Right Arm | Mid    |
|    |                | ↑      | Bring Left Foot to Right Foot                                      |           |        |
| 27 | Left 90°       | ←      | Right Middle Inner Forearm Block /<br>Left Low Outer Forearm Block |           | Closed |
| 28 |                | ←      | Left Middle Inner Forearm Block /<br>Right Low Outer Forearm Block |           | Closed |
| 29 | Forward        | ←      | Knifehand Guarding Block   | Left Arm  | Mid    |
|    |                | ←      | Bring Left Foot to Right Foot                                      |           |        |
| 30 | Right 180°     | →      | Knifehand Guarding Block   | Right Arm | Mid    |
|    |                | ↑      | 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     |
| 4    | Forward    | Flat Fingertip Thrust                                      | Left Arm  | High    |
| 5    | Left 90°   | Knifehand Guarding Block                                   | Left Arm  | Mid     |
| 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     |
| 9    | Forward    | Flying Side Piercing Kick                                  | Right Leg | High    |
| 10   | On Landing | Knifehand Guarding Block                                   | Right Arm | Mid     |
| 11   | Left 270°  | Low Block  | Left Arm  | Low     |
| 12   | No Step    | Grab (Opponent's Head)                                     |           | High    |
| 13   | Forward    | Knee Upward Kick   | Right Leg | Mid     |
| 14   | Left 180°  | Inward Ridgehand Strike                                    | Right Arm | High    |
| 15   | Forward    | Turning Kick   | Right Leg | High    |
| 16   | Forward    | Spin Side Kick   | Left Leg  | Mid     |
| 17   | Right 180° | Forearm Guarding Block                                     | Right Arm | Mid     |
| 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     |
| 21   | Forward    | Upset Fingertip Thrust                                     | Right Arm | Low     |
| 22   | No Step    | Right Arm Rear Backfist Strike/Left Arm Low Block          |           | L       |
| 23   | Forward    | Straight Fingertip Thrust                                  | Right Arm | Mid     |
| 24   | Left 270°  | Double Forearm Block                                       | Left Arm  | High    |
| 25   | Left 90°   | Inward Outer Forearm Block                                 | Right Arm | Mid     |
| 26   |            | Side Backfist Strike                                       | Right Arm | High    |
| 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    |
| 32   | No Step    | Reverse Punch  | Left Arm  | Mid     |
|      |            | Return To Parallel Ready Stance, Moving Left Leg.          |           |         |