"We are learning Tae Kwon Do with the purpose of building a better and more peaceful world. So let us develop a noble character with fantastic technique to keep fighting for the weaker as a missionary of humanity and justice.

"Tae Kwon Do has blossomed again after long hibernation and it has been fast spreading everywhere regardless of religion, race and ism under the ideal of courtesy, integrity, perseverance, self-control, and indomitable spirit."

---A Tae Kwon Do Song

Dedication:
This manual is dedicated to the students and instructors who have helped built Koryo from scratch to provide a place where true traditional martial arts are practiced.

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WWW.KORYOMARTIALARTS.ORG
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I. INTRODUCTION

Welcome to KORYO. As a student, you will learn traditional martial art principles, and scientifically proven techniques, as well as receive energizing workouts: All of which help to build and maintain a healthier mind and body.

Your Grand Master Instructor is Mr. Phuong K. Hoang. Mr. Hoang began his training in Tae Kwon Do at an early age of 5 from Lam-Son Martial Art School in Vung Tau, Vietnam. He has practiced and taught Tae Kwon Do for over 38 years.

Grand Master Hoang is also experienced in Okinawan Karate and weaponry, Aikido, Kendo, Taichi, Hojo and Zen calligraphy.

He instructed accredited courses at Virginia Commonwealth University and Randolph Macon College. He has also held self-defense classes for many community clubs, after school centers and fitness centers.

He is best known for the breathtaking speed, power and energy present in each of his techniques.

II. SCHOOL PHILOSOPHIES AND GOALS

At KORYO we believe that everyone can benefit from the study of Tae Kwon Do by maintaining a power or inner strength that is based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful community.

Our school goal is to provide a place where anyone can learn to sharpen his or her mind and body by training in a traditional, professional, and friendly atmosphere. As a result, each student will be the best he or she is capable of being in every aspect of their life.
III. SCHOOL RULES AND REGULATIONS

All students must arrive to class on time. Students who arrive late will stand at entrance on the floor and wait to be acknowledged by the instructor, perform 2 pushups for each minute he/she is late. Join at the end of the line until a break in training then he/she may join the rank.

There will be one or two break period to allow students to drink water.

Only white or uniforms approved by the Master Instructor will be permitted.

No jewelry is to be worn during class (a lock box is available in the office in which you may keep your valuables). KORYO is not responsible for lost or stolen articles left in the dressing rooms.

A clean uniform and healthy personal hygiene is mandatory. All scrapes, cuts, wounds should be bandaged prior to entering class.

All footwear must be removed prior to entering the Dojang.

Basic etiquette is expected from all students at all times.

There will be no horseplay before, during or after class.

When students are sitting on the floor, legs are crossed in oriental sitting fashions.

There will be no talking among students during class, unless allowed to do so.

All injuries (including scrapes, cuts, and bruises) must be shown to the instructor and must be bandaged if bleeding or open.

Students in Children classes who are disruptive will be given “strikes”. Three strikes in one class will result in one black or yellow stripe removed from his/her belt.

Only children of 12 years and older who can keep up with adults are allowed in Adult General classes. Also, only 12 years old and younger are allowed in Children B classes.

When receiving instruction from the masters, instructors or black belts, student should always stand straight and acknowledge with a bow or say “yes sir” or “yes ma’am”.
IV. CLASS PROCEDURES

A. BEFORE CLASS

Students are to pull their attendance card at the front desk prior to entering the dojang.

At the entrance of the dojang, the student is to step to the opening and bow to the middle of the dojang (the student does not bow to anyone or anything in particular, this is simply to show respect to the training hall). This is to be done when entering or exiting the dojang.

The first student that enters on the dojang floor will dust mop with the floor mop provided.

B. STARTING CLASS

Class will start on time with the sound of wood clapping twice. When class begins students are to line up by rank with highest ranking student at the front on the right. The highest-ranking student will command:

1. Charyut (attention)
2. Duiro dorah (turn around)
3. Anjor (kneel down)
4. Kukki eh deh hayo kyung nye (bow to the national flag)
5. Duiro dorah (turn around)
6. Sabumnim keh kyung nye (bow to the teacher)

The highest-ranking student of the class will call everyone to attention and then bow when master(s) or instructor in-charge enters the floor. This bow command should be done once per class as greeting. Students will also bow to regular black belts and with each other without command.

C. DURING CLASS

Students are to line up facing the instructor (unless otherwise instructed) with the higher ranking members in front and the lower-ranking members in the rear.

Once the student has been instructed to hold a particular stance, the stance is not to be broken until instructed otherwise.

A student is to expel a hearty ki-hap (an expulsion of air expressed with a "yell" that reveals the students energy) at the following times:

1. On the first movement of any series of basics or exercises
2. When turning or changing stances
3. At appropriate points while performing a form
4. At strikes while sparring
5. Whenever instructed to do so

When water break is allowed, students will return to line up immediately after taking a drink of water. There will be no playing, chatting or delaying of time during breaks.

When students are paired off to work together on various techniques, they are to bow to each other to show respect for one another.

When straightening a uniform during class, the student is to turn to the side of the dojang.

A student must receive permission from the instructor before leaving the dojang.

D. ENDING CLASS

Students again line up facing the instructor and the highest-ranking member will yell out the closing command (same as at the beginning). Once the instructor dismissed the class, all students will face the highest-ranking member, this member will then shout:

-Oh nool ondoong eeh sang (today’s practice is finished)

Everyone would then reply:
- Kamsahamnida (thank you)

While in the dojang, students are expected to maintain proper respect at all times.
V. HISTORY OF TAE KWON DO

PROTO-KOREAN – 2332 B.C.

Korean people fought against the Chinese, Scytho-Scyberian, Mongol Hordes and the Japanese. This continual fighting created a fierce warrior spirit in the Korean people as well as intense national loyalty, indomitable will to survive - The characteristics that are the roots of modern Tae Kwon Do.

SILLA DYNASTY – 57 B.C. - 936 A.D.

SOO BAK DO
(Primitive art of hand fighting)

HWARANG DO
(The Way of Flowering Youth)

an early Korean style of Jujitsu

exclusive to royal families

|-----------------------TAE KYON -----------------------|

KORYO DYNASTY – 936 A.D. - 1392 A.D.

Tae Kyon was introduced to military men and general public as a martial art and a recreational activity. Tae Kyon reached its highest popularity during Koryo reign.

YI DYNASTY – 1392 A.D. - 1909 A.D.

The practice of Tae Kyon declined because the ruling class believed that people should spend time reading instead of using their hands (as in labor and martial arts).

JAPANESE OCCUPATION OF KOREA – 1910-1945

The practice of Tae Kyon was prohibited. People practiced Tae Kyon in secrecy. Japanese Karate and various Chinese forms were introduced into Korea during this time.

LIBERATION OF KOREA – 1945

Many styles sprang up due to the incorporation of various Japanese and Chinese forms, such as Tang Soo Do (The Way of the Tang Hand), Koong Soo Do (Empty Hand Way), and Hwarang Do (Warrior Spirit).

The new name for the traditional Tae Kyon (1955) is Tae Kwon Do. Tae Kwon Do was chosen as the National Martial Art of Korea. Tae (foot), Kwon (hand), Do (way).

In 1988 Tae Kwon Do was introduced as a demonstration sport at the Olympics and became a regular event from the year 2000.

VI. THE TENETS OF TAE KWON DO
Sincere students of the art of Tae Kwon Do practice to achieve:

**INDOMITABLE SPIRIT: (Baekjul Boolgul)**

A serious student of Tae Kwon Do will at all times be modest and honest. If confronted with injustice, he/she will deal with the belligerent without any fear of hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

**PERSEVERANCE: (In Nae)**

To achieve something, whether it is a higher degree of the perfection of a technique, you must set your goal. Then constantly persist at achieving it. One of the most important secrets in becoming a leader in Tae Kwon Do is to overcome every difficulty with perseverance.

**COURTESY: (Ye Ui)**

Koryo students practice the following etiquette:
1. To promote the spirit of mutual concessions
2. To be ashamed of bad habits
3. To be polite to one another
4. To encourage justice
5. To distinguish the instructor from student and senior from junior

**INTEGRITY: (Yom Chi)**

A student must be able to define right and wrong, and have the conscience, if wrong, to feel guilt.

**SELF-CONTROL: (Guk Gi)**

The ability to live, work and perform within one's capability. A lack of self-control can be dangerous to both student and opponent.
VII. THE ADVANTAGES OF TAE KWON DO

A. TAE KWON DO AND PHYSICAL FITNESS:

One of life's most treasured and valuable asset is a healthy body. All other material assets are virtually unimportant and useless if one is not in possession of good health. Each person owes to himself, his family and comrades to constantly maintain and improve his health.

The study of Tae Kwon Do offers several unique advantages to the physical fitness of the student. The training is usually performed in almost any place without the use of weights or special equipment and may be practiced individually or in groups. Since the body set its own limits, injuries or strains are rare and the physical condition of the student paces him automatically. The entire muscle system of the body, from the fingers to the toes, is brought into play.

The training does not produce large, knotty and bulky muscles. It tends to exchange flabby fat tissue for lean muscle. The thick muscles developed through weight training tend to push the blood vessels apart without adding new ones to fill the gap. Such tissue has difficulty in receiving oxygen and disposing of waste through the blood stream and thus tires more easily. Tae Kwon Do high repetition, low resistance movements develop a longer, leaner, more flexible musculature. Such muscles have more of their areas close to blood supply routes, thus producing maximum endurance and well being.

The typical training regiment, involving extensive movements of the entire body, raises the pulse rate and oxygen characteristics of the heart and lungs over an extended period. This aerobic effect provides the following benefits:

1. Helps the lungs operate more efficiently
2. Enlarges the blood vessels, making them more pliable thus reducing the resistance to blood flow and lowering the blood pressure
3. Increases the blood supply
4. Makes the body tissue healthier by supplying it with more oxygen
5. Condition the heart
6. Promotes better sleep and body functions

The training tends to normalize body weight in that it results in a gain of solid tissue for the underweight and a loss of body fat for the obese. The estimated calorie consumption for a vigorous Tae Kwon Do workout is about six hundred calories per hour, one of the highest for any sports activity. Since the burning of about 3,500 calories results in a weight loss of one pound, it will be seen that a weekly training schedule of only six hours will result in a weight loss of one pound per week.
Tae Kwon Do offers a super means of developing the characteristics of good performance in other sports.

1. Muscular strength
2. Dynamic energy - the ability to perform with vigor
3. Ability to change the direction of movements
4. The ability to move the body quickly from one place to another
5. Flexibility of joints, muscles and ligaments
6. Peripheral vision
7. Concentration and the ability to avoid distraction
8. Understanding the mechanics and techniques of body movements

"Focus" requires that we have muscular strength, balance and the exertion of dynamic energy when we concentrate all the power of the body at one point. It can be seen that the study of Tae Kwon Do is recommended for men, women and children. It may provide benefits in perceptual-motor organization, concentration, vision, body development, aerobic conditioning of the heart and lungs. Additionally, it provides training in body control which is valuable in the pursuit of any other sport or physical activity. Coupled with the obvious benefits of self-defense and the satisfaction of mastering an ancient art form, it appears the Tae Kwon Do should be a part of the life of all people for all of their lives.

B. TAE KWON DO AND MENTAL STRENGTH

Through persistent repetition of techniques and wisdom-guided instruction a student of Tae Kwon Do will also enhance his/her mind and spirit. A student who sincerely practices Tae Kwon Do will increase self-respect, project self-confidence, live relatively stress free and obtain an overall sense of "well-being".

C. POPULARITY

Anyone, regardless of physical strength, age, weight, and body build can practice Tae Kwon Do. Patterns are chosen according to a student's individual limitations, using techniques best suited for the student.

D. ECONOMY

Tae Kwon Do can be practiced in any cleared space, at any time, in any loose clothing.
VIII. TAE KWON DO TERMINOLOGY

A. NUMBERS:

<table>
<thead>
<tr>
<th>Number</th>
<th>Korean Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Ha-na</td>
</tr>
<tr>
<td>Two</td>
<td>Dool</td>
</tr>
<tr>
<td>Three</td>
<td>Set</td>
</tr>
<tr>
<td>Four</td>
<td>Net</td>
</tr>
<tr>
<td>Five</td>
<td>Da-sot</td>
</tr>
<tr>
<td>Six</td>
<td>Yo-sot</td>
</tr>
<tr>
<td>Seven</td>
<td>Il gop</td>
</tr>
<tr>
<td>Eight</td>
<td>Yo-dol</td>
</tr>
<tr>
<td>Nine</td>
<td>A-hop</td>
</tr>
<tr>
<td>Ten</td>
<td>Yol</td>
</tr>
</tbody>
</table>

B. BASIC TECHNIQUES (KIBON DONGJAK):

- Raising kick: Ap cha oligi
- Inside crescent kick: Bandal chagi
- Twist kick: Bituro chagi
- Body block: Mom tong makki
- Partial Mountain Block: Ue Santeul makki
- Elbow strike: Pal kup chigi
- Knee strike: Moorup chigi

F. BASIC TERMS:

<table>
<thead>
<tr>
<th>Body Part</th>
<th>Korean Term</th>
</tr>
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<tbody>
<tr>
<td>Ankle</td>
<td>Bal mok</td>
</tr>
<tr>
<td>Forearm</td>
<td>Pal mok</td>
</tr>
<tr>
<td>Elbow</td>
<td>Pal kup</td>
</tr>
<tr>
<td>Fist</td>
<td>Ju mok</td>
</tr>
<tr>
<td>Back fist</td>
<td>Deung ju mok</td>
</tr>
<tr>
<td>Head</td>
<td>Muh lee</td>
</tr>
<tr>
<td>Neck</td>
<td>Mok</td>
</tr>
<tr>
<td>Knife foot</td>
<td>Balnal</td>
</tr>
<tr>
<td>Front</td>
<td>Ap</td>
</tr>
<tr>
<td>Inside</td>
<td>An</td>
</tr>
<tr>
<td>Left</td>
<td>wen</td>
</tr>
<tr>
<td>Low</td>
<td>Arae</td>
</tr>
<tr>
<td>Reverse</td>
<td>Bandae</td>
</tr>
</tbody>
</table>

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G. TERMS USED IN TRAINING HALL:

<table>
<thead>
<tr>
<th>English</th>
<th>Korean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn around</td>
<td>Duiro dorah</td>
</tr>
<tr>
<td>Attention</td>
<td>Charyut</td>
</tr>
<tr>
<td>Bow</td>
<td>Kyung nye</td>
</tr>
<tr>
<td>Ready</td>
<td>Joonbee</td>
</tr>
<tr>
<td>Back to ready</td>
<td>Baro</td>
</tr>
<tr>
<td>At ease</td>
<td>Shiuh</td>
</tr>
<tr>
<td>Begin</td>
<td>Shijak</td>
</tr>
<tr>
<td>End</td>
<td>Koman</td>
</tr>
<tr>
<td>Kneel, sit down</td>
<td>Anjor</td>
</tr>
<tr>
<td>Break (to stop)</td>
<td>Kal yo</td>
</tr>
<tr>
<td>Continue</td>
<td>Kyesog</td>
</tr>
<tr>
<td>Bow to the National Flag</td>
<td>Kukki eh deh hayo kyung nye</td>
</tr>
<tr>
<td>Today's practice is finished</td>
<td>Oh nool oondong ee sang</td>
</tr>
<tr>
<td>Sitting meditation</td>
<td>Joasun</td>
</tr>
<tr>
<td>Basic movement</td>
<td>Kibon dong jak</td>
</tr>
<tr>
<td>Uniform</td>
<td>Dobok</td>
</tr>
<tr>
<td>Belt</td>
<td>Ti</td>
</tr>
<tr>
<td>Technique</td>
<td>Gisul</td>
</tr>
<tr>
<td>Warm-up exercise</td>
<td>Joonbee oondong</td>
</tr>
<tr>
<td>Cool-down exercise</td>
<td>Chung lee oondong</td>
</tr>
<tr>
<td>Vital points</td>
<td>Geubso</td>
</tr>
<tr>
<td>Black belter</td>
<td>Yu dan Ja</td>
</tr>
<tr>
<td>Non-black belter</td>
<td>Moo dan ja</td>
</tr>
<tr>
<td>Degree</td>
<td>Dan</td>
</tr>
<tr>
<td>Grade</td>
<td>Gup</td>
</tr>
<tr>
<td>Basic</td>
<td>Kibon</td>
</tr>
<tr>
<td>Self-defense</td>
<td>Hoshinsool</td>
</tr>
<tr>
<td>Free sparring</td>
<td>Kyurugi</td>
</tr>
<tr>
<td>Prearranged sparring</td>
<td>Machueo kyurugi</td>
</tr>
<tr>
<td>One-step sparring</td>
<td>Hanbeun kyurugi</td>
</tr>
<tr>
<td>Two-step sparring</td>
<td>Doobeun kyurugi</td>
</tr>
<tr>
<td>Three-step sparring</td>
<td>Saebeun kyurugi</td>
</tr>
<tr>
<td>Form</td>
<td>Poomse</td>
</tr>
<tr>
<td>Breaking technique</td>
<td>Kyuk pa</td>
</tr>
<tr>
<td>Director/master</td>
<td>Kwang jang-nim</td>
</tr>
<tr>
<td>Instructor/teacher</td>
<td>Sabum-nim/Kyosa-nim</td>
</tr>
<tr>
<td>Assistant</td>
<td>Jokyo-nim</td>
</tr>
<tr>
<td>Thank you</td>
<td>Kam sa ham nida (go map som nida)</td>
</tr>
<tr>
<td>You are welcome</td>
<td>Chong man nae yo</td>
</tr>
<tr>
<td>Hello</td>
<td>An nyong hase yo</td>
</tr>
</tbody>
</table>
IX. RANKING SYSTEM

A. RANKING

Belt:

<table>
<thead>
<tr>
<th>Color</th>
<th>Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>10th gup</td>
</tr>
<tr>
<td>Yellow</td>
<td>9th gup</td>
</tr>
<tr>
<td>Yellow/green stripe</td>
<td>8th gup</td>
</tr>
<tr>
<td>Green</td>
<td>7th gup</td>
</tr>
<tr>
<td>Green/blue stripe</td>
<td>6th gup</td>
</tr>
<tr>
<td>Blue</td>
<td>5th gup</td>
</tr>
<tr>
<td>Blue/red stripe</td>
<td>4th gup</td>
</tr>
<tr>
<td>Red</td>
<td>3rd gup</td>
</tr>
<tr>
<td>Red/brown stripe</td>
<td>2nd gup</td>
</tr>
<tr>
<td>Brown</td>
<td>1st gup</td>
</tr>
<tr>
<td>Black</td>
<td>1st to 9th dan</td>
</tr>
</tbody>
</table>

B. MEANING

The above colors were not casually chosen; they are based on tradition. The black, red, and blue colors represent the various levels of hierarchy during the Silla Dynasty.

White: Signifies innocence as that of a beginning student who has no prior knowledge of Tae Kwon Do.

Yellow: Signifies the earth, from which a plant sprouts and takes root as Tae Kwon Do foundation is being laid.

Green: Signifies growth as the Tae Kwon Do skill begins to develop.

Blue: Signifies heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Red: Signifies danger, cautioning the student to practice control and warning the opponent to stay away.

Brown: Signifies near maturity, color is dark-close to black.

Black: Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon Do, also indicates the wearer's imperviousness to darkness and fear.
X. FORMS

In ancient days, fighting for one's life was a common law. Since the present system of free sparring had not yet been developed, it was impossible for a student of the martial art to practice his individual skills of attack against moving opponents.

Forms are various basic movements, most of which represent either attack or defense techniques, that are set to a fixed logical sequence.

The student systematically deals with several imaginary opponents under various assumptions using every available attacking and blocking technique from different directions. The form enables the student to go through basic movements in a series, develop sparring techniques, improve flexibility, master body shifting, build muscles and breath control and develop smooth and fluid movements.

Where sparring may only indicate that an opponent is more or less advanced, forms are a more critical evaluation of an individual's technique.

The following guides should be remembered during forms:

1. Pattern should begin and end at exactly the same spot.
2. Correct posture and facing must be maintained at all times.
3. Muscles should be tensed and relaxed at the proper critical moments.
4. The form should be rhythmic without stiffness.
5. Movement should be accelerated or decelerated according to instruction.
6. Each form should be perfected before moving to the next form.
7. Students should know the purpose of each movement.
8. Students should perform each technique with realism.
TRADITIONAL FORMS: CHANG-HUN

CHONJI

Literally means "Heaven and Earth". It is interpreted as the creation of the world or the beginning of human history.

Procedure:

Attention; bow, parallel ready stance: Facing 12 o'clock
1. Turn facing 9 o'clock. Assume a left Front Stance. Execute a left Low Block.
2. Step forward assuming a right Front Stance. Execute a right Middle Punch.
3. Move the right foot toward 3 o'clock assuming a right Front Stance. Execute a right Low Block.
4. Step forward assuming a left Front Stance. Execute a left Middle Punch.
5. Move left foot toward 12 o'clock assuming a left Front Stance. Execute a left Low Block.
6. Step forward assuming a right Front Stance. Execute a right Middle Punch.
7. Move right foot clockwise toward 6 o'clock, assuming a right Front Stance. Execute a right Low Block.
8. Step forward assuming a left Front Stance. Execute a left Middle Punch.
9. Move left foot toward 3 o'clock, assuming a right Back Stance. Execute a left Middle Block with inner forearm.
10. Step forward assuming a right Front Stance. Execute a right Middle Punch.
11. Move the right foot clockwise toward 9 o'clock. Assume a left Back Stance. Execute a right Middle Block.
12. Step forward assuming a left Front Stance. Execute a left Middle Punch.
13. Move the left foot toward 6 o'clock assuming a right Back Stance. Execute a left Middle Block.
14. Step forward assuming a right Front Stance. Execute a right Middle Punch.
15. Move the right foot clockwise toward 12 o'clock. Assume a left Back Stance. Execute a right Middle Block.
16. Step forward assuming a left Front Stance. Execute a left Middle Punch.
17. Step forward assuming a right Front Stance. Execute a right Middle Punch.
18. Step backward while facing 12 o'clock. Assume a left Front Stance. Execute a left Middle Punch.
19. Step backward to form a right Front Stance. Execute a right Middle Punch. Yell (kihap).

Bring the left foot up to a Parallel Ready Stance, attention and bow.
DAN-GUN

Named after the Dan-Gun, the legendary founder of Korea (2333 B.C.)

Procedure:

1. Stand facing 12 o'clock; Attention, bow, Parallel Ready Stance
   Step the left foot toward 9 o'clock. Assume a right Back Stance. Execute a middle Knife Hand Guarding Block.
2. Step forward assuming a right Front Stance. Execute a right High Punch.
3. Move the right foot clockwise toward 3 o'clock. Assume a left Back Stance. Execute a middle Knife Hand Guarding Block.
4. Step forward assuming a left Front Stance. Execute a left High Punch.
5. Move the left foot toward 12 o'clock. Assume a left Front Stance. Execute a left Low Block.
6. Step forward assuming a right Front Stance. Execute a right High Punch.
7. Step forward assuming a left Front Stance. Execute a left High Punch.
9. Move the left foot counter clockwise toward 3 o'clock. Assume a right Back Stance. Execute a Double Forearm Block.
10. Step forward assuming a right Front Stance. Execute a right High Punch.
11. Move the right foot clockwise to 9 o'clock. Assume a left Back Stance. Execute a Double Forearm Block.
12. Step forward assuming a left Front Stance. Execute a left High Punch.
13. Move the left foot toward 6 o'clock. Assume a left Front Stance. Execute a left Low Block. Then, immediately execute a left High Block.
14. Step forward assuming a right Front Stance. Execute a right High Block.
15. Step forward assuming a left Front Stance. Execute a left High Block.
17. Pivot on the right foot. Move the left foot counter clockwise toward 9 o'clock. Assume a right Back Stance. Execute a left horizontal Knife Hand Strike.
18. Step forward assuming a right Front Stance. Execute a right High Punch.
19. Move the right foot toward 3 o'clock. Assume a left Back Stance. Execute a right horizontal Knife Hand Strike.
20. Step forward to a left Front Stance. Execute a left High Punch.
   Bring left foot back to ready position facing 12 o'clock, attention and bow.
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DOSAN

Pseudonym of the patriot Ahn Ch'ang-Ho who devoted his entire life to furthering education of Korea and its independence movement.

Procedure:

Stand facing 12 o'clock; Attention, bow, Parallel Ready Stance

1. Move left foot to 9 o'clock, forming a left Front Stance while executing a left Middle Block with outer forearm. Execute a right Middle Punch.
2. Turn toward 3 o'clock using a "Box Turn". Form a right Front Stance. Execute a right Middle Block with the outer forearm. Execute a left Middle Punch.
3. Move left foot toward 12 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block.
4. Step forward to form a right Front Stance. Execute a right middle Spear Hand Thrust. Left palm is facing downward and support the right elbow. Yell (kihap).
5. Slide left foot to right foot at the same time push down with the right palm with the right side of the body facing forward. Turn counter clockwise and form a left Front Stance toward 12 o'clock. Execute a left Back Fist Strike to the temple.
6. Step forward to form a right Front Stance. Execute a right Middle Block.
7. Pivot on the right foot. Turn counter clockwise toward 3 o'clock forming a left Front Stance. Execute a left Middle Block with the outer forearm. Execute a right Middle Punch.
8. Turn toward 9 o'clock using a "Box Turn". Execute a right Middle Block with the outer forearm. Execute a left Middle Punch.
9. Set body weight onto the right foot. Slide the left foot toward the right foot. Pivot counter clockwise on the right foot facing 4 o'clock. Form a left Front Stance, at the same time execute a high Wedge Block.
10. Execute a right middle Front Kick toward 4 o'clock. During the kick draw the right fist to the side while keeping the left fist at the same blocking position. Land the right foot to form a right Front Stance. Execute a right Middle Punch, followed by a left Middle Punch.
11. Set body weight onto the left foot. Slide the right foot toward the left foot. Pivot clockwise on the left foot facing 8 o'clock. Form a right Front Stance, at the same time execute a high Wedge Block.
12. Execute a left middle Front Kick toward 8 o'clock. During the kick draw the left fist to the side while the right fist remains the same. Land the left foot to form a left Front Stance. Execute a left Middle Punch, followed by a right Middle Punch.
13. Move the left foot toward 6 o'clock to form a left Front Stance. Execute a left High Block.
14. Step forward, forming a right Front Stance. Execute a right High Block.
15. Set weight onto the right foot. Pivot on the right foot counter clockwise toward 9 o'clock. Form a Horse Riding Stance. Execute a left Knife Hand Chop to the throat.
16. Step the left foot to the right foot, the right foot to 9 o'clock to form a Horse Riding Stance while facing 12 o'clock. Execute a right Knife Hand Chop to the throat. Yell (kihap).
Bring the right foot toward the left foot; return to ready stance, attention and bow
WON-HYO

Name of a noted monk who introduced Buddhism to the Silla Dynasty (686 A.D.)

Procedure:

Stand facing 12 o'clock, Attention, bow, Close Ready Stance A

1. Move left foot to 9 o'clock forming a right back stance at the same time executing a Double Forearm Block.

2. Execute a high inward strike with a right knife hand, at the same time bringing the left fist in front of the right shoulder. Pull the left fist to the side, at the same time extend the right hand with palm facing outward and slide the left foot toward the right foot. Slide the left foot out toward 9 o'clock into a Horse Riding Stance. Execute a left Side Punch.

3. Bring the left foot to the right foot. Then, the right foot to 3 o’clock, form a left Back Stance, at the same time executing a Double Forearm Block.

4. Execute a high inward strike with a left knife hand, at the same time bringing the right fist in front of the left shoulder. Pull the right fist to the side, at the same time extend the left hand with palm facing outward and slide the right foot toward the left foot. Slide the right foot out toward 9 o'clock into a Horse Riding Stance. Execute a right Side Punch.

5. Bring the right foot to the left foot. Bring the left foot up to a Crane Stance. Stack both fists on the right side. Face 12 o'clock.

6. Execute a left middle Side Kick toward 12 o'clock, at the same time execute a left Side Punch. Recoil the kick and the punch, lower left foot toward 12 o'clock forming a right Back Stance. At the same time, execute a middle Knife Hand Guarding Block.

7. Move forward with the right foot, form a left Back Stance. At the same time, execute a middle Knife Hand Guarding Block.

8. Step forward with the left foot.

9. Repeat step #8.

10. Step forward with the right foot forming a right Front Stance. Execute a right middle Spear Hand Thrust. Yell (kihap).

11. Move left foot to 3 o’clock forming a right Back Stance while executing a Double Forearm Block.

12. Repeat step #2, but face 3 o'clock.

13. Repeat step #3, but face 9 o'clock.


15. Bring the right foot to left foot, move left foot to 6 o'clock position forming a left Front Stance. Execute a right Circular Block.

16. Execute a right middle Front Kick, keeping the position of hands as they were in #15. Lower the right foot to 6 o'clock forming a right Front Stance while executing a left Middle Punch. Execute a left Circular Block.
17. Execute a left middle Front Kick, keeping the position of the hand as they were in #15. Lower the left foot to 6 o'clock forming a left Front Stance while executing a right Middle Punch.

18. Bring the right foot up to form a Crane Stance facing 6 o'clock. Stack the fists on the left side.

19. Execute a right middle Side Kick, at the same time executing a right Side Punch. Yell (kihap). Lower the right foot next to the left foot. Then, step the left foot counter clockwise toward 9 o'clock forming a left Front Stance while executing a left middle Twin Fists Block.

20. Step the left foot to the right foot; then, right foot toward 3 o'clock forming a right Front Stance while executing a right middle Twin Fists Block.

Bring the right foot back, Close Ready Stance A, attention and bow.
YUL-GOK

Pseudonym of great philosopher and scholar Yi I nicknamed "The Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram of the movement ( ) represents "scholar".

Procedure:
1. Face 12 o'clock. Move left foot to 9 o'clock. Form a Horse Riding Stance. Execute a left Middle Punch with dynamic tension. Execute a right and a left Middle Punch consecutively, perform the two punches in a fast motion.
2. Bring left foot to right foot. Right foot to 3 o'clock to form a Horse Riding Stance. Execute a right Middle Punch with dynamic tension. Execute a left and a right middle punch consecutively, in a fast motion.
3. Move the right foot toward 2 o'clock forming a right Front Stance, execute a right Middle Block with inner forearm.
4. Execute a left high Front Kick toward 2 o'clock. Lower left foot to a left Front Stance. Execute a left Middle Punch and then right Middle Punch.
5. Move left foot to 10 o'clock forming a left Front Stance. Execute a left Middle Punch and then right Middle Punch.
6. Execute a right high Front Kick toward 10 o'clock. Lower the right foot to a right Front Stance. Execute a right Middle Block with inner forearm.
7. Move the right foot toward 12 o'clock forming a right Front Stance. Execute a right high Hooking Block with dynamic tension. Execute a left high Hooking Block with dynamic tension. Execute a right Middle Punch.
8. Step forward with left foot to form a Front stance. Execute a left high Hooking Block with dynamic tension. Execute a right high Hooking Block with dynamic tension. Execute a left Middle Punch.
9. Step forward with the right foot forming a right Front Stance, at the same time execute a right Middle Punch. Yell (kihap).
10. Pull up right foot to form a Crane Stance, stack both fists on the left side (defense posture).
11. Execute a right Side Kick toward 12 o'clock. At the same time, execute a right Back Hand Strike. Land the right foot toward 12 o'clock to a right Front Stance. Execute a left Elbow Strike to the right palm.
12. Shift weight onto the right leg turning counter clockwise toward 6 o'clock. Pull up left foot to form a Crane Stance, stack both fists on the right side.
13. Execute a left Side Kick toward 6 o'clock. At the same time, execute a left Back Hand Strike. Land the left foot toward 6 o'clock to form a left Front Stance. Execute a right Elbow Strike to left palm.
14. Move the left foot to 3 o'clock forming a right Back Stance. Execute a Double Forearm Knife Hand Block.
15. Step forward to 3 o'clock form a right Front Stance. Execute a right middle Spear Hand Thrust.

16. Move the right foot clockwise to 9 o'clock. Form a left Back Stance. Execute a Double Forearm Knife Hand Block.

17. Step forward to 9 o'clock, form a left Front Stance. Execute a left middle Spear Hand Thrust.

18. Move the left foot toward 6 o'clock. Form a left Front Stance. Execute a left Middle Block with outer forearm. Execute a right Middle Punch.

19. Step forward into a right Front Stance. Execute a right Middle Block with outer forearm. Execute a left middle punch.

20. Jump toward 6 o'clock with left foot. Form a left Crossed Stance. Execute a left Back Fist Strike to ridge of nose. Yell (kihap).

21. Rotate body clockwise to 3 o'clock. Step right foot out to form a right Front Stance. Execute a right High Block.

22. Step right foot to the left foot. Left foot to 9 o'clock, form a left Front Stance. Execute a left High Block.

Bring left foot back to Parallel Ready Stance, attention and bow.
JOONG-GUN

Is named after the patriot An Joong-Gun who assassinated Hirobumi Ito, the first Japanese governor-general of Korea, know as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this form to represent Mr. Joong-Gun's age when he was executed at Lui-Shung prison (1910).

Procedure:
Attention, bow, Closed Ready Stance B
1. Move left foot to 9 o'clock. Form a right Back Stance. Execute a left middle Ridge Hand Block. Yell (kihap).
2. Execute a left Front Kick, keeping the hands position as in #1. Lower the left foot. Step right foot forward to form a left Natural Stance with the right heel off the floor. Execute a right middle upward Palm Strike.
3. Move the right foot to 3 o'clock. Form a left Back Stance. Execute a right middle Ridge Hand Block.
4. Execute a right Front Kick, keeping the hands position as in #3. Lower the right foot. Step left foot forward to form a right Natural Stance with the left heel off the floor. Execute a left middle upward Palm Strike.
5. Move left foot to 12 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block. Shift the left foot to form a left Front Stance. Execute a right upward Elbow Strike.
6. Move right foot to 12 o'clock. Form a left Back Stance. Execute a middle Knife Hand Guarding Block. Shift the right foot to form a right Front Stance. Execute a left upward Elbow Strike.
7. Step forward to a left Front Stance. Execute a Double High Punch.
8. Step forward to a right Front Stance. Execute a Double Upset Punch. Yell (kihap).
9. Using the "Box Turn", turn toward 6 o'clock. Form a left Front Stance. Execute a high X-Block.
10. Move left foot to 3 o'clock. Form a right Back Stance. Execute a left high Back Fist Strike to the temple.
11. Twist the left fist counter clockwise until palm faces upward, as to pull a way from a wrist hold. Shift the left foot to form a left Front Stance. Execute a right Middle Punch.
12. Bring the left foot to the right ...then, right foot to 9 o'clock. Form a left Back Stance. Execute a right high Back Fist Strike to the temple.
13. Twist the right fist clockwise until palm faces upward, as to pull a way from a wrist hold. Shift the right foot to form a right Front Stance. Execute a left Middle Punch.
14. Step the right foot to the left foot, then the left foot toward 6 o'clock. Form a left Front Stance. Execute a Twin Fists Block.
15. Shift the left foot to form a Horse Riding Stance. Execute a left side punch.
16. Execute a right Side Kick toward 6 o'clock. Lower the right foot to form a right Front Stance. Execute a middle Twin Fists Block.
17. Shift the right foot to form a Horse Riding Stance. Execute a right Side Punch.
18. Execute a left Side Kick toward 6 o'clock. Lower the left foot to form a right Back Stance. Execute a middle Guarding Block.
19. Shift the left foot to form a Front Stance. Execute a double Palm Pressing Block with the right palm facing downward.
20. Step forward to form a left Back Stance. Execute a middle Guarding Block.
21. Shift the right foot to form a Front Stance. Execute a double Palm Pressing Block with the left palm facing downward.
22. Move the left foot to the right foot. Form a Closed Stance facing 3 o'clock. At the same time bring the right fist in front of the left chest horizontally. Perform in slow motion.
23. Move the right foot to 3 o'clock. Form a left Back Stance. Execute a U-Shape Block with arch hands.
24. Move the right foot to the left foot. Then, the left foot to 9 o'clock. Form a right Back Stance. Execute a U-Shape Block with arch hands.
Bring the left foot back to Closed Ready Stance B, attention and bow.
TOI-GYE

Pen name of noted scholar Yi Hwang (19th Century), and authority on Neo-Confucianism.

Procedure:

Attention, bow, Closed Ready Stance B

1. Move left foot to 9 o'clock. Form a right Back Stance. Execute a left Middle Block with inner forearm.
2. Execute a right low Spear Hand Thrust while shifting the left foot to a Front Stance. Bring the left hand open palm facing outward over the right shoulder.
3. Bring the left foot to the right foot. Form a Closed Stance, facing 12 o'clock. Execute a right K-Block.
4. Move the right foot to 3 o'clock. Form a left Back Stance. Execute a right Middle Block with inner forearm.
5. Execute a left low Spear Hand Thrust while shifting the right foot to a Front Stance. Bring the right hand open palm facing outward over the left shoulder.
6. Bring the right foot to the left foot. Form a Closed Stance, facing 12 o'clock. Execute a left K-Block.
7. Step the left foot to 12 o'clock. Form a left Front Stance. Execute a low X-Block, then execute a Double High Punch.
8. Execute a right Front Kick, at the same time pull the right fist to the side while keeping the left hand as in #7. Lower the right foot to form a Front Stance. Execute a right then left Middle Punch.
9. Bring the left foot to the right foot while forming a Closed Stance, facing 9 o'clock. Place fists on the hips, perform slowly.
10. Execute a right Rising Kick … then, move the right foot to 9 o'clock in a stamping motion. Form a Horse Riding Stance, at the same time execute a Mountain Block.
11. Repeat step #10 with left foot.
12. Execute a left Rising Kick toward 3 o'clock. Land the left foot down to a Horse Riding Stance with a stamping motion. At the same time execute a Mountain Block.
13. Repeat step #12 with the right foot.
14. Repeat step #13 with the left foot.
15. Repeat step #14 toward 9 o'clock.
16. Move the right foot to the left foot. Then, the left foot to 12 o'clock. Form a right Back Stance. Execute a left low Twin Fists Block.
17. Shift the left foot to form a Front stance. At the same time extend both hands upward to grab opponent's head.
18. Execute a right Knee Strike while bringing both hands downward. Yell (kihap). Lower the right foot together with the left foot. Turn counter clockwise toward 6 o'clock. Step left foot forward to form a right Back Stance. Execute a middle Knife Hand Guarding Block.
19. Execute a left Front Kick. Lower the left foot to form a Front Stance. Execute a left high Spear Hand Thrust.
20. Move the right foot forward to form a left Back Stance. Execute a middle Knife Hand Guarding Block.
21. Execute a right Front Kick. Lower the right foot to form a Front Stance. Execute a right high Spear Hand Thrust.
22. Move the right foot backward while facing 6 o'clock. Form a right Back Stance. Execute a Partial Mountain Block.
23. Jump with both feet toward 6 o'clock. Land with a right Crossed Stance. Execute a low X-Block.
24. Move the right foot to 6 o'clock to form a right Front Stance. Execute a right middle Twin Fists Block.
25. Set weight onto the right foot; move the left foot counter-clockwise toward 9 o'clock. Form a left Back Stance. Execute a low Knife Hand Guarding Block.
26. Shift the left foot to form a left Front Stance. Execute a right Circular Block while looking at 12 o'clock.
27. Step the left foot to the right foot. Then, the right foot to 3 o'clock, form a left Back Stance. Execute a low Knife Hand Guarding Block.
28. Shift the right foot to a right Front Stance. Execute a left Circular Block while looking at 12 o'clock.
29. Pivot on both feet to form a left Front Stance. Execute a right Circular Block, facing 12 o'clock.
30. Pivot on both feet to form a right Front Stance. Execute a left Circular Block, look at 12 o'clock.
31. Shift the right foot to form a Horse Riding Stance with body facing 12 o'clock. Execute a right Middle Punch. Yell (kihap).
Bring right foot back to Closed Ready Stance B, attention, and bow.
HWA-RANG

Is named after the Hwa-Rang youth group that originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.

Procedure:

Attention, bow, Closed Ready Stance C (open hands)

1. Move the left foot to 9 o'clock while body is facing 12 o'clock. Form a Horse Riding Stance. Execute a left middle Knife Hand Pushing Block with dynamic tension. Execute a right then a left Middle Punch, perform these punches in fast motion.
2. Shift the right foot to form a left Back Stance facing 3 o'clock. Execute a Double Forearm Block.
3. Execute an upward punch with the left fist while pulling the right fist in front of the left shoulder. Execute a right Side Punch. At the same time shift the right foot to a Horse Riding Stance.
4. Pull the right foot toward the left foot. Form a Natural Stance. Execute a right downward Knife Hand Strike toward 3 o'clock.
5. Move the left foot to 3 o'clock. Form a left Front Stance. Execute a left Middle Punch.
6. Move the left foot to 12 o'clock. Form a left Front Stance. Execute a left Low Block.
7. Step forward with the right foot. Form a right Front Stance. Execute a right Middle Punch.
8. Slide the left foot to the right foot. Grab the right fist with the left hand while bending the right elbow slightly.
9. Execute a right Side Kick toward 12 o'clock. At the same time pull both hands to the left side. Lower the right foot to form a left Back Stance. Execute a right horizontal Knife Hand Strike.
10. Step forward with the left foot to form a left Front Stance. Execute a left Middle Punch.
11. Step forward with the right foot to form a right Front Stance. Execute a right Middle Punch. Yell (kihap).
12. Pivot on the right foot counter clockwise facing 3 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block.
13. Step forward to form a right Front Stance. Execute a right middle Spear Hand Thrust.
14. Shift weight on the right foot. Turn counter clockwise to 9 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block.
15. Execute a right then a left Round Kick with ball of the foot. Perform the kicks in a fast motion. Lower the left foot to form a right Back Stance. Execute a middle Knife Hand Guarding Block.
16. Move the left foot to 6 o'clock. Form a left Front stance. Execute a left Low Block. Shift the left foot to form a right Back Stance. Execute a right Middle Punch.
17. Step forward with the right foot. Form a left Back Stance. Execute a left Middle Punch.
18. Step forward with the left foot. Form a right Back Stance. Execute a right Middle Punch.
19. Shift the left foot to form a left Front Stance. Execute a low X-Block.
20. Jump forward to 6 o'clock with the right foot to form a right Rear-foot Stance. Execute a right Elbow Strike toward 6 o'clock and a left Elbow Strike toward 9 o'clock. Execute both elbows at the same time. Yell (kihap).
21. Rotate the body counter clockwise with feet together to face 9 o'clock. Execute a left K-Block, then a right K-Block. Perform the K-Block in a fast motion.
22. Move the left foot to 9 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block.
23. Move the left foot to the right foot then the right foot to 3 o'clock. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
Bring the right foot back to Closed Ready Stance C, attention and bow.
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BATSAI

 Represents the break down of all barriers from physical barriers to mental and spiritual barriers. This form should be performed with great conviction with quick, continuous and powerful movements.

Procedure:

Attention, bow, Closed Ready Stance C

1. Lower the body, bring both fists to the left hip, twist on the balls of the feet, jump forward to 12 o'clock to a right Cross Stance. Execute a right middle reinforced block with inner forearm.
2. Move the left foot to 6 o'clock, form a left Front Stance. Execute a left outward Middle Block with inner forearm.
3. Keep both feet fixed, execute a right Middle Block, slightly twist body into the block.
4. Move the right foot to 12 o'clock by using a Short-turn. Execute a left inward Body Block.
5. Keep both feet fixed, execute a right outward Middle Block with the inner forearm.
6. Bring the right knee up to chest level and move to 3 o'clock to form a Front Stance, at the same time, strike the right forearm to the top of the thigh, then execute a right inward Body Block when the right foot lands.
7. Keeping both feet fixed, execute a left outward Middle Block, slightly twist body into the block.
8. Move the left foot counter clockwise to 9 o'clock, form a Horse Riding Stance, body facing 12 o'clock. Place both fists on the right hip. Perform this slowly.
9. From the Horse Riding Stance, execute a left horizontal chop across the front.
10. Execute a right Middle Punch.
11. Keep both feet fixed, twist and shift the body counter clockwise toward the left leg. Execute a right outward Middle Block with inner forearm.
12. Shift the weight back to the center of the Horse Riding Stance. Execute a left Middle Punch.
13. Keep both feet fixed, twist and shift the body clockwise toward the right leg. Execute a left outward Middle Block with inner forearm.
14. Step the left foot to the right foot. Move the right foot to 12 o'clock. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
15. Step forward with the left foot. Form a right Back Stance. Execute a middle Knife Hand Guarding Block.
16. Step forward with the right foot. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
17. Step backward with the right foot. Form a right Back Stance. At the same time, execute a middle scraping block.
18. Rotate the body counter clockwise while keeping the same stance, raise the left hand to head level, strike the back of the right hand to the left palm.
19. Execute a right Side Kick toward 12 o'clock, at the same time pull both hands to the left hip. Lower the right foot to 12 o'clock. Form a right Back Stance body facing 6 o'clock. Execute a middle Knife Hand Guarding Block.
20. Step forward with the right foot. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
21. Withdraw the right foot back to the left foot. Form a Closed Ready Stance. Execute a Double High Block to the sides.
22. Step forward with the right foot. Form a right Front Stance. Execute a Double Upset Punch.
23. Jump forward with both feet and execute a right Middle Punch at the same time, landing a right Front Stance. Yell (kihap).
24. Move the left foot counter clockwise to 12 o'clock. Form a left Front Stance. Execute a right Low Spear Thrust, hold the left fist over the right shoulder.
25. Move the left foot to form a Right Back Stance. Execute a Partial Mountain Block.
26. Execute a right inward Crescent Kick and land in a Horse Riding Stance toward 12 o'clock. Execute a right side Low Block, keep the left fist under the right elbow.
27. Keep both feet fixed, execute a left open Back Hand Strike toward 6 o'clock.
28. Strike the left hand with a right inward Crescent Kick, lower the right foot toward 6 o'clock. Form a Horse Riding Stance body facing 3 o'clock. Execute a right Elbow Strike to the left palm.
29. Execute a Figure-9 Block with the right hand down. Execute a Figure-9 Block with the left hand down, then, execute a Figure-9 Block with the right hand down. Perform the last two blocks in a fast motion.
30. Move the right foot to 6 o'clock. Form a right Front Stance, slowly bring both fists to the left hip.
31. Keep both feet fixed. Execute a U-shape Punch with the left fist on top.
32. Bring the right foot back to the left foot. Form a Closed Ready Stance. Bring both fists to the right hip.
33. Execute a left inward Crescent Kick. Land the left foot to a Front Stance facing 6 o'clock. Execute a U-shape Punch with the right fist on top.
34. Bring the left foot back to the right foot. Form a Closed Ready Stance. Bring both fists to the left hip.
35. Execute a right inward Crescent Kick. Land the right foot to a Front Stance facing 6 o'clock. Execute a U-shape Punch with the left fist on top.
36. Move the left foot counter clockwise toward 9 o'clock. Form a left kneeling stance. Execute a right low Circular Block.
37. Pivot on both feet and turn clockwise toward 3 o'clock. Form a right kneeling stance. Execute a left low Circular Block.
38. Step the left foot to the right foot. Move the right foot to 12 o'clock. Form a left Front Stance. Execute a middle Knife Hand Guarding Block.
39. Move the right foot to 3 o'clock. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
40. Step the right foot to the left foot. Move the left foot to 12 o'clock. Form a right Back Stance. Execute a middle Knife Hand Guarding Block. Bring the left foot back, form a Closed Ready Stance C, attention and bow.
CHOONG-MOO

Named after Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battle ship that was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with the left-hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Procedure:

1. Move left foot to 9 o'clock. Form a right Back Stance. Execute a Double Forearm Knife Hand Block.
2. Step forward into a right Front Stance. Execute a right high front Knife Hand strike and a left Knife Hand High Block.
3. Move the right foot to 3 o'clock. Form a left Back Stance. Execute a middle Knife Hand Guarding Block.
4. Step forward with the left foot. Form a left Front Stance. Execute a left flat finger tip thrust
5. Move the left foot to 12 o'clock form a Back Stance. Execute a Middle Guarding Block.
6. Pull the right foot up to the left knee to form a Crane Stance. Stack both fists on the left side while looking at 12 o'clock.
7. Turn the head quickly and look toward 6 o'clock, at the same time execute a right Side Kick toward 6 o'clock. Lower the right foot down toward 6 o'clock. Form a right Back Stance facing 12 o'clock. Execute a middle Guarding Block.
8. Execute a Jumping Cross Side Kick toward 12 o'clock. Lower both feet to form a left Back Stance. Execute a U-shape Arch Hand Block.
9. Pivot on the right foot, turn counter clockwise toward 3 o'clock. Form a Back Stance. Execute a Left Low Block.
10. Shift the left foot to form a Front Stance. Raise both hands as if to grab opponent's head.
11. Execute a right Knee Strike while pulling both hands down toward the knee. Yell (kihap). Lower the right foot together with the left foot. Move the left foot counter clockwise toward 9 o'clock. Form a left Front Stance. Execute a right high Ridge Hand Strike with the left- hand support at the right elbow.
12. Execute a right Side Kick toward 9 o'clock. Execute a left Back Kick. Perform the kick in a continuous motion. Lower the left foot toward 9 o'clock to form a left Back Stance, facing 3 o'clock. Execute a middle Guarding Block.
13. Execute a left Round Kick to 3 o'clock with the ball of the foot. Lower the left foot together with the right foot. Move the right foot toward 6 o'clock. Form a left Back Stance. Execute a U-shape Arch Hand Block with the left palm facing upward.
15. Step forward with the left foot. Form a left Front Stance. Execute a low Spear Hand Thrust while pulling the left side fist over the right shoulder.
16. Shift the left foot to form a right Back Stance. Execute a Partial Mountain Block.
17. Step forward with the right foot. Form a right Front Stance. Execute a right middle Spear Hand Thrust. Hold the left hand with palm facing down under the right elbow.
18. Pivot counter clockwise on the right foot to form a left Front Stance toward 9 o'clock. Execute a Twin Fists Block.
19. Step forward with the right foot to form a Horse Riding Stance. Execute a right Body Block and a right high Back Fist Strike.
20. Execute a right Side Kick toward 3 o'clock. Execute a left Side Kick. Perform the kicks in a continuous motion. Lower the left foot to 3 o'clock. Form a left Back Fixed Stance facing 9 o'clock. Execute a middle Knife Hand X-Block, with dynamic tension.
21. Step forward to a left Front Fixed Stance. Execute an upward block with both palms. Perform the block with dynamic tension.
22. Perform a Box-turn toward 3 o'clock. Form a right Front Stance. Execute a right High Block. Execute a left Middle Punch. Yell (kihap).
Bring the left foot back to Parallel Ready Stance, attention and bow.
NEW FORMS: TAEGEUK POOMSE

TAEGEUK IL JANG (Taegeuk 1)

Applies action of KEON: KEON represents heaven and light. Heaven gives us rain and the sun gives us light. KEON is the beginning of everything on earth and source of creation. Taegeuk 1 is powerful and manly.

Procedure:
- Stand facing 12 o'clock, attention, bow, Parallel Ready Stance
- 1. Pivot on the right foot turning toward 9 o'clock. Assume a left Walking Stance. Execute a left Low Block.
- 2. Advance toward 9 o'clock. Assume a right Walking Stance. Execute a right Middle Punch.
- 3. Turn clockwise toward 3 o'clock. Assume a right Walking Stance. Execute a right Low Block.
- 4. Advance toward 3 o'clock. Assume a left Walking Stance. Execute a left Middle Punch.
- 5. Turn counter clockwise toward 12 o'clock. Assume a left Front Stance. Execute a left Low Block. Keep both feet fixed. Execute a right Middle Punch.
- 6. With the left foot fixed, move the right foot toward 3 o'clock. Assume a right Walking Stance. Execute a left Body Block.
- 7. Advance toward 3 o'clock. Assume a left Walking Stance. Execute a right Middle Punch.
- 10. Turn toward 12 o'clock. Assume a right Front stance. Execute a right Low Block. Execute a left Middle Punch from the same stance.
- 11. Bring the left foot to the right heel. Turn toward 9 o'clock. Assume a left Walking Stance. Execute a left High Block.
- 12. Execute a right Front Kick. Execute a right Middle Punch from a right Walking Stance.
- 13. Turn clockwise toward 3 o'clock. Assume a right Walking Stance. Execute a right High Block.
- 14. Execute a left Front Kick. Assume a left Walking Stance. Execute a left Middle Punch.
- 15. Pivoting on the right foot turn clockwise toward 6 o'clock. Assume a left Front Stance. Execute a left Low Block.
- 16. Advance assuming a right Front Stance. Execute a right Middle Punch. Yell (kihap).
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Pivot on the right foot in a counter clockwise direction to 12 o'clock; Parallel Ready Stance, attention and bow.

TAEGEUK YI JANG (Taegeuk 2)

Express the symbol of TAE, meaning joyfulness. This is the state in which one's mind is kept firm and ostensibly appears gentle so that smile and virtue prevail, this form should be performed gently but forcefully.

Procedure:

Stand facing 12 o'clock, attention, bow, Parallel Ready Stance
1. Turn toward 9 o'clock. Assume a left Walking Stance. Execute a left Low block.
2. Advance toward 9 o'clock. Assume a right Front Stance. Execute a right Middle Punch.
3. Turn clockwise on the ball of the left foot toward 3 o'clock. Assume a right Walking Stance. Execute a right Low Block.
4. Step forward to form a left Front Stance. Execute a left Middle Punch.
5. Turn counter clockwise toward 12 o'clock. Assume a left Walking Stance. Execute a right Body Block.
6. Step forward to a right Walking Stance. Execute a left Body Block.
7. Bring the left foot to the right heel. Turn toward 9 o'clock assuming a left Walking Stance. Execute a left Low Block.
8. Execute a right Front Kick. Assume a right Front Stance. Execute a right High Punch.
9. Turn clockwise toward 3 o'clock by pivoting on the left foot. Assume a right Walking Stance. Execute a right Low Block.
10. Execute a left Front Kick. Assume a left Front stance. Execute a left High Punch.
11. Turn counter clockwise toward 12 o'clock. Assume a left Walking Stance. Execute a left High Block.
12. Advance assuming a right Walking Stance. Execute a right High Block.
13. Turn 270 degree counter clockwise to 3 o'clock. Pivot on the right foot. Assume a left Walking Stance. Execute a right Body Block.
15. Turn toward 6 o'clock. Assume a left Walking Stance. Execute a left Low Block.
16. Execute a right Front Kick. Bring the foot down to assume a right Walking Stance. Execute a right Middle Punch.
17. Execute a left Front Kick. Bring the foot down to assume a left Walking Stance. Execute a left Middle Punch.
18. Execute a right Front Kick. Bring the foot down to assume a right Walking Stance. Execute a right Middle Punch. Yell (kihap).

Pivot on the right foot turning counter clockwise to 12 o'clock, Parallel Ready Stance, attention and bow.
TAEGEUK SAM JANG (Taegeuk 3)

Uses the principle of RI. This symbol denotes fire and the Sun. What distinguishes man from animals is that man knows how to use fire. Burning fire gives man light, warmth, enthusiasm and hope. Taegeuk 3 should be performed with variety and with passion.

Procedure:

Stand facing 12 o'clock, attention, bow, Parallel Ready Stance

1. Turn toward 9 o'clock. Assume a left Walking Stance. Execute a left Low Block.

2. Execute a right Front Kick. Bring the foot down assuming a right Front Stance. Execute a double body punch, right fist first.

3. Turn clockwise toward 3 o'clock. Assume a right Walking Stance. Execute a right Low Block.

4. Execute a left Front Kick. Bring the foot down assuming a left Front Stance. Execute a double body punch, left fist first.

5. Turn counter clockwise toward 12 o'clock. Assume a left Walking Stance. Execute a right inward high Knife Hand Chop.


7. Bring the left foot up to the right heel. Move the left foot toward 9 o'clock assuming a right Back Stance. Move the left knife hand in an outward, circular motion performing a knife hand Middle Block. The palm of the blocking hand is turned toward the person performing the poomse until the end of the motion, at which points the palm turns outward. Moving only the left foot toward 9 o'clock. Assume a left Front Stance. Execute a right Middle Punch.

8. Perform a Short-turn toward 3 o'clock. Assume a left Back Stance. Execute a right circular Knife Hand Middle Block. Move the right foot assuming a right Front Stance. Execute a left Middle Punch.

9. Turn counter clockwise toward 12 o'clock bringing the left foot to the right heel. Assume a left Walking Stance facing 12 o'clock. Execute a right Body Block.

10. Advance assuming a right Walking Stance. Execute a left Body Block.

11. Pivot on the right foot turning 270 degree counter clockwise to 3 o'clock. Assume a left Walking Stance. Execute a left Low Block.

12. Execute a right Front Kick. Assume a right Front Stance. Execute a double body punch, right fist first.

13. Turn clockwise toward 9 o'clock. Assume a right Walking Stance. Execute a right low Block.

14. Execute a left Front Kick. Assume a left Front Stance. Execute a double body punch, left fist first.

15. Turn left toward 6 o'clock. Assume a left Walking Stance. Execute a left Low Block, followed by a right middle Punch.

16. Step forward to a right Walking Stance. Execute a right Low Block, followed by a left middle Punch.
17. Execute a left Front Kick. Assume a left Walking Stance. Execute a left Low Block, followed by a right Middle Punch.
18. Execute a right Front Kick. Assume a right Walking Stance. Execute a right Low Block followed by a left Middle Punch. Yell (kihap).
Pivot counter clockwise toward 12 o'clock on the right foot, Parallel Ready Stance, attention and bow.
TAEGEUK SA JANG (Taegeuk 4)

Series of actions applying the principle of JIN. JIN symbolizes thunder. Thunder and lightening are objects of fear and trembling. This principle suggests we should act bravely and calmly; even in the face of fear. Be careful and maintain proper body balance when performing Taegeuk 4.

Procedure:

1. Turn left toward 9 o'clock. Assume a right Back Stance. Execute a left middle Knife Hand Guarding Block.
2. Advance assuming a right Front Stance. Execute a right middle Spear Hand Thrust.
3. Turn to the right toward 3 o'clock. Assume a left Back Stance. Execute a middle Knife Hand Guarding Block.
4. Advance assuming a left Front Stance. Execute a left middle Spear Hand Thrust.
5. Turn to the left toward 12 o'clock. Assume a left Front stance. Execute a left open hand face block and right knife hand strike.
6. Keeping the hands in the same position. Execute a right Front Kick. Step down with the right foot assuming a right Front Stance. Execute a left Middle Punch.
7. Execute a left Side Kick toward 12 o'clock. Position both hands at the right side during the kick. Step down with the left foot. Execute a right Side Kick, position the hand at the left side during the kick. Step down assuming a left Back Stance facing 12 o'clock. Execute a middle Knife Hand Guarding Block.
8. Pivot on the ball of the right foot counter clockwise toward 3 o'clock. Assume a right Back Stance. Execute a left Middle Block with outer forearm.
9. Execute a right Front Kick. Return to its original position and execute a right Body Block.
10. Turning clockwise toward 9 o'clock, assume a left Back Stance. Execute a right Middle Block with outer forearm.
11. Execute a left Front Kick. Return to its original position and execute a left Body Block.
12. Turn counter clockwise toward 6 o'clock. Assume a left Front Stance. Execute a left knife hand face block and simultaneously execute a right high knife hand strike.
13. Execute a right Front Kick. Bring the foot down assuming a right Front Stance. Execute a right Back Fist Strike to the temple.
14. Turn toward 3 o'clock. Assume a left Walking Stance. Execute a left Middle Block. Move the left foot into a Front Stance. Execute a right Middle Punch.
15. Turn clockwise toward 9 o'clock. Assume a right Walking Stance. Execute a right Middle Block. Execute a left Middle Punch at the same time the right foot moves into right Front stance.
16. Turn counter clockwise toward 6 o'clock. Assume a left Walking Stance. Execute a left Middle Block. Execute a right Middle Punch, move left foot forward to a Front Stance, at the same time execute a left Middle Punch.
17. Advance toward 6 o'clock. Assume a right Front Stance. Execute a right Middle Block, followed by two consecutive Middle Punches. Yell (kihap). Pivot counter clockwise on the right foot; Face 12 o'clock, Parallel Ready Stance, attention and bow.
TAEGEUK OH JANG (Taegeuk 5)

Series of actions based on the SEON principle, symbolizing wind. Wind represents a humble state of mind. It expresses repetitive good nature actions. Taegeuk 5 at times proceeds gently and monotonously as a breeze but sometimes as forcefully as a storm.

Procedure:

Stand facing 12 o'clock, attention, bow, Parallel Ready Stance
1. Turning toward 9 o'clock, assume a left Front Stance. Execute a left Low Block. Retract the left foot assuming a Natural Stance. Make a large circular motion with the left hand, execute a Back Fist Strike at head level.
2. Pivoting on the left foot, turn toward 3 o'clock and assume a right Front Stance. Execute a right Low Block. Retract the right foot. Assume a Natural Stance. Make a large circular motion with the right hand, execute a Back Fist Strike at head level.
3. Turn toward 12 o'clock. Assume a left Front Stance. Execute a left Middle Block, followed by a right Body Block.
4. Execute a right Front Kick. Lower the right foot to a right Front Stance. Execute a right Middle Block, followed by a left Body Block.
5. Execute a left Front Kick. Lower the left foot to a left Front Stance. Execute a left Middle Block, followed by a right Body Block.
7. Turn counter clockwise toward 3 o'clock. Assume a right Back Stance. Execute a left middle Knife Hand Block with palm facing outward.
8. Advance assuming a right Front Stance. Execute a right Elbow Strike to head level (R-elbow to L-palm).
9. Turn clockwise toward 9 o'clock. Assume a left Back Stance. Execute a left middle Knife Hand Block (palm facing out).
10. Advance assuming a left Front Stance. Execute a left Elbow Strike to head level (L-elbow to R-palm).
11. Turn counter clockwise toward 6 o'clock. Assume a left Front Stance. Execute a left Low Block followed by a right Body Block.
12. Execute a right Front Kick. Assume a right Front Stance. Execute a right Low Block followed by a left Body Block.
13. Bring the left foot to the right heel. Move the left foot outward toward 3 o'clock assuming a left Front Stance. Execute a left High Block.
14. Execute a right Side Kick. Bring the right foot down assuming a right Front Stance. Execute a right Knife Hand Strike at neck level followed by a left Elbow Strike to face (L-elbow to R-palm).
15. Turn clockwise toward 9 o'clock. Assume a right Front Stance. Execute a right High Block.
16. Execute a left Side Kick toward 9 o'clock. Bring the left foot down to a left Front Stance. Execute a left Knife Hand Strike at neck level followed by a right Elbow Strike to face (R-elbow to L-palm).
17. Turn counter clockwise toward 6 o'clock. Assume a left Front Stance. Execute a left Low Block followed by a right Body Block.
18. Execute a right Front Kick. Spring forward assuming a right Crossed Stance.
   Execute a right Back Fist Strike to the philtrum with the left fist (palm face down) support the right elbow. Yell (kihap).
Pivot on the right foot; Turn counter clockwise toward 12 o'clock, Parallel Ready Stance, attention and bow.
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TAEGEUK YOOK JANG (Taeguk 6)

Applies the principle of GAM. GAM means water. Water is liquid and formless. Water never loses its nature. It always flows downward. This principle teaches that we can overcome difficulties if we move forward with self-confidence. The movements of this form follow the pattern of flowing water, passing over obstructions by kicking.

Procedure:

Stand facing 12 o'clock, attention, bow, Parallel Ready Stance
1. Turn toward 9 o'clock. Assume a left Front Stance. Execute a left Low Block.
2. Execute a right Front Kick. Return the right foot a right Back Stance. Execute a left Body Block.
3. Keep the left foot fixed. Turn clockwise toward 3 o'clock. Assume a right Front Stance. Execute a right Low Block.
4. Execute a left Front Kick. Return the left foot to a left Back Stance. Execute a right Body Block.
5. Turn toward 12 o'clock. Assume a left Front Stance. Execute a right Knife Hand Sweeping Face Block. Begin the block with the left fist near the right ear and the right knife hand held at waist level, retract the left fist to the left side and twist the body slightly to the left.
6. Execute a right Round Kick to the head. Bring the right foot down next to the left foot. Move the left foot outward toward 9 o'clock. Assume a left Front Stance as quickly as possible. Execute a left outward Middle Block. Followed by a right Middle Punch.
7. Execute a right Front Kick. Assume a right Front Stance. Execute a left Middle Punch.
8. Pivot clockwise on the left foot toward 3 o'clock. Assume a right Front Stance. Execute a right outward Middle Block. Execute a left Middle Punch.
9. Execute a left Front Kick. Assume a left Front Stance. Execute a right Middle Punch.
10. Turn to the left toward 12 o'clock moving the left foot. Assume a Parallel Ready Stance. Cross both fists in front of the chest. Bring the fists down slowly exhaling forcibly and execute a Low Wedge Block.
11. Assume a right Front stance facing 12 o'clock. Execute a left Knife Hand Sweeping Face Block.
12. Execute a left Round Kick to the face. Yell (kihap). Bring the left foot down next to the right foot. Bring the right foot clockwise toward 9 o'clock. Assume a right Front Stance. Execute a right Low Block.
13. Repeat step #4.
14. With the right foot fixed, turn counter clockwise toward 3 o'clock. Assume a left Front Stance. Execute a left Low Block.
15. Repeat step #2.
16. Move the right foot toward 6 o'clock while facing 12 o'clock. Assume a right Back Stance. Execute a middle Knife Hand Guarding Block.
17. Retreat assuming a left Back Stance. Execute a middle Knife Hand Guarding Block.
18. Retreat. Assume a left Front Stance. Execute a left Palm Heel Body Block. Keeping both feet fixed, execute a right Middle Punch.
Move the left foot to the front. Assume a Parallel Ready Stance, attention and bow.
TAEGEUK CHIL JANG (Taegeuk 7)

Based on the GAN principle, which symbolized a mountain. A mountain never moves. Man must learn the stability of mountain. We should not act in a hasty manner. This is the principle of Tae Kwon Do. We should know when and where to stop.

Procedure:

1. Turn toward 9 o'clock. Assume a left Tiger Stance. Execute a right Palm Heel Body Block.
2. Execute a right Front Kick. Bring the kicking foot back to its original position. Execute a left Body Block.
3. Pivot clockwise on the left foot toward 3 o'clock. Assume a right Tiger Stance. Execute a left Palm Heel Body Block.
4. Execute a left Front Kick. Bring the kicking foot back to its original position. Execute a right Body Block.
5. Move the left foot toward 12 o'clock. Assume a right Back Stance. Execute a low Knife Hand Guarding Block.
7. Keeping the right foot fixed, move the left foot toward 9 o'clock. Assume a left Tiger Stance. Execute a right Palm Heel Body Block with the left fist placed under the right elbow. Execute a right Back Fist Strike to the philtrum. Leave the left fist in the same position.
8. Turn the body clockwise toward 3 o'clock. Assume a right Tiger Stance. Execute a left Palm Heel Body Block with the right fist under the left elbow. Execute a left Back Fist Strike to the philtrum from the same stance. Keep the right fist under the left elbow.
9. Turn toward 12 o'clock. Bring the left foot beside the right foot. Assume the Attention Stance. Both hands are brought up from the sides to the front of the chin. The right hand makes a fist. The left hand covers it lightly.
10. Advance the left foot toward 12 o'clock, assuming a left Front Stance. In rapid succession execute a Scissors Block (right low block) followed by a Scissors Block (left low block).
11. Advance assuming a right Front Stance. Repeat the previous Scissors Blocks with the left low block first.
12. Pivot counter clockwise facing 3 o'clock. Assume a left Front Stance. Execute a middle Wedge Block.
13. Grab opponent's arms with both hands, pull down and execute a right Knee Kick to the face. Keep the right leg cocked, having both fists to the sides. Jump forward assuming a Crossed Stance, right foot to the front. Execute a double uppercut to the ribs rapidly. Keeping the right foot fixed, move the left foot to the rear assuming a
right Front Stance. Bring both hands to the hips, palms up. Execute a low X-Block swiftly.

14. Turn clockwise toward 9 o'clock. Assume a right Front Stance. Execute a middle Wedge Block.

15. Repeat step #13 but with the left leg.


17. Execute a right out-to-in Crescent Kick. Assume a Horse Riding Stance facing 3 o'clock. Execute a right Elbow Strike.

18. Move the right foot toward 6 o'clock, and move the left foot toward it, assuming a right Walking Stance. Execute a right Back Fist Strike to the temple.


20. Keep the right foot fixed. Pivot the left foot to make a right Back Stance. Execute a left Knife Hand Side Middle Block. Bring the right fist to the right hip.

21. Move the right foot forward assuming a Horse Riding Stance. Execute a right Side Middle Punch. Pull the left fist to the left side. Yell (kihap).

Pivot on the ball of the right foot, turn counter clockwise toward 12 o'clock, Parallel Ready Stance, attention and bow.
TAEGEUK PAL JANG (Taegeuk 8)

Series of actions applying the GON principle. GON symbolizes the earth. The earth is the source of life. Things take life from it and grow on it, drawing limitless energy from it. The earth is wordless; it hugs and grows everything. In Taegeuk 8 you polish fundamental actions and review them.

Procedure:

1. Stand facing 12 o'clock, attention, bow, Parallel Ready Stance. Assume a right Back Stance facing 12 o'clock. Execute a left middle Guarding Block. Shift to a left Front Stance and execute a right Middle Punch.
2. Pushing off with the left foot, execute a cross Jump Front Kick (right cross followed by a left Front Kick). Land in a left Front Stance. Execute a left Body Block followed rapidly by a right-left Double Middle Punch.
3. Advance to a right Front Stance. Execute a right Middle Punch. Yell (kihap).
4. Pivot on the ball of the right foot turning counter clockwise toward 3 o'clock. Assume a Front Stance, feet facing 9 o'clock. Execute a Partial Mountain Block while facing 3 o'clock.
5. Shift the body toward 3 o'clock assuming a left Front Stance without moving the feet, left fist to the right shoulder and in a circular motion execute a right uppercut.
6. Bring the left foot over the right foot toward 9 o'clock. Assume a Crossed Stance, extend the right foot toward 9 o'clock. Assume a left Front stance, feet facing 3 o'clock. Execute a Partial Mountain Block.
7. Turn toward 9 o'clock without moving the feet. Assume a right Front Stance. Execute a left uppercut in a circular motion, turning the right fist to the left shoulder.
8. Pivot on the left foot counter clockwise toward 6 o'clock. Assume a right Back Stance facing 12 o'clock. Execute a middle Knife Hand Guarding Block. Shift to a left Front Stance. Execute a right Middle Punch.
9. Execute a right Front Kick with the punching arm still extended. Bring the kicking leg back to its original position then move the left leg to its rear, assuming a right Tiger Stance. Execute a left Palm Heel Body Block.
11. Execute a left Front Kick. Lower the kicking leg to a left Front Stance and execute a right Middle Punch quickly. Retract the left leg, assuming a left Tiger Stance. Execute a left Palm Heel Body Block, rapidly.
12. Turn the body clockwise toward 3 o'clock. Assume a left Back Stance. Execute a middle Knife Hand Guarding Block.
13. Execute a right Front Kick. Assume a right Front Stance and execute a left Middle Punch swiftly. Retract the right foot assuming a right Tiger Stance. Execute a right Palm Heel Body Block quickly.
15. Execute a left Front Kick to the knee, followed by a right Front Kick to the face while the left foot is still in the air. Land to a right Front Stance. Execute a right Body Block, quickly followed by a Double Middle Punch, left hand first. Yell (kihap) on the second punch.

16. Turn counter clockwise toward 9 o'clock, pivoting on the ball of the right foot. Assume a right Back Stance. Execute a left Knife Hand Middle Block (palm facing outward), right fist on the right hip.

17. Shift to a left Front Stance. Execute a right Elbow Face Strike. With both feet fixed, execute a right Back Fist Strike to the ridge of nose, followed by a left Middle Punch.

18. Turn the body clockwise toward 3 o'clock keeping the left foot fixed. Assume a left Back Stance. Execute a right Knife Hand Middle Block (palm facing outward).

19. Shift to a right Front Stance. Execute a left Elbow Face Strike. With both feet fixed, execute a left Back Fist Strike to the ridge of nose, followed by a right Middle Punch.

Move the left foot toward the right foot. Turn toward 12 o'clock, Parallel Ready Stance, attention and bow.
XI. BASIC FOOTWORK

Required for blue belts and up. Perform with round kick with rear foot with each step. Start with sparring stance, right foot back.

1. Slide backward once.
2. Slide backward twice.
3. Slide to the right with right foot first.
4. Slide to the left with the left foot first. Position the left foot behind the right foot.
5. Slide forward once.
6. Slide forward twice
7. Switch side then repeat step 1-6 with left foot back.

XII. SPARRING

THREE STEP PROGRAMMED SPARRING

Required for white and yellow belts. Defensive techniques from Parallel Ready Stance

1.
   a) Step left foot back to a Back Stance. Execute a right downward Palm Block.
   b) Repeat step A with the right.
   c) Repeat step A. Push opponent's hand away to the left. Slide both feet toward opponent (maintain a Back Stance posture). Execute a right Knife Hand Chop to opponent's right neck. Yell (kihap).

2.
   a) Step left foot back to a Back Stance. Execute a right Body Block.
   b) Repeat step A with the left.
   c) Repeat step A. Pull opponent's hand away to the right. Execute a right middle Side Kick. Yell (kihap).

3.
   a) Step right foot back to a Back Stance. Execute a left outward Knife Hand Middle Block.
b) Repeat step A with the right.
c) At the third punch, step the right leg 45 degree to the right. Assume a Horse Riding Stance. Execute a left Knife Hand Block to the wrist and right Punch to opponent's upper lip. Yell (kihap).

4. 
   a) Step right foot back to a Back Stance. Execute a left outward Knife Hand Middle Block.
   b) Repeat step A with the right.
   c) Repeat step A. Slide the left foot back toward the right foot. Execute a right Round Kick to the face. Yell (kihap).

5. 
   a) Step the right foot back to a Back Stance. Execute a left Knife Hand Middle Block.
   b) Repeat step A with the right.
   c) At the third punch, step right foot 90-degrees to the right. Assume a right Front Stance. Execute a left middle Round Kick. Set the left foot down together with the right foot. Execute a right Back Kick to solar plexus. Yell (kihap).
TWO STEP PROGRAMMED SPARRING

Required for green belts. Defensive techniques from Parallel Ready Stance

1.  
   a) Step right foot back to a Back Stance. Execute a left Body Block.
   b) Step left foot back to a Back Stance. Execute a right Body Block. Grab opponent's fist, rotate clockwise. Execute a left Spear Hand Thrust to throat. Yell (kihap).

2.  
   a) Step left foot back to a Back Stance. Execute a right Body Block.
   b) Step right foot back to a Back Stance. Execute a left Body Block. Grab opponent's fist, rotate counter clockwise. Execute a right Stamping Kick to shoulder joint. Yell (kihap).

3.  
   a) Step right foot back to a Back Stance. Execute a left inward Palm Block.
   b) Step the left foot back counter clockwise 270-degree to a Back Stance. Execute a right Pushing Palm Block, followed by a right Twisting Kick to solar plexus. Yell (kihap).

4.  
   a) Step right foot back to a Back Stance. Execute a left inward Palm Block.
   b) At the second punch, step left foot to the left, form a Front Stance. Execute a right Ridge Hand Strike to solar plexus. Yell (kihap).

5.  
   a) Step right foot back to a Back Stance. Execute a left downward Palm Block.
   b) Step left foot back to a Back Stance. Execute a right downward Palm Block. Move the left foot 135-degrees counter clockwise to form a horse riding stance (back is facing opponent). Execute a right Elbow Strike to face then a left Elbow Strike to the back of head. Yell (kihap).
ONE STEP PROGRAMMED SPARRING #1

Required for blue belts and up. Defensive techniques from Parallel Ready Stance

1. Step right foot 45-degrees forward to a Horse Riding Stance, at the same time, execute a left Knife Hand Block and a right Knife Hand Chop to partner's left neck. Move the right foot toward left foot to form a left Natural Stance, execute a right Knife Hand Chop to partner's right neck, at the same time grab partner's right wrist with left hand, rotate and pull to the left hip. Yell (kihap).

2. Step right foot 45-degrees forward to a Horse Riding Stance, at the same time, execute a left Knife Hand Block and a right Knife Hand Chop to partner's left neck. Shift body to a left Front Stance, execute a right Knife Hand Chop to partner's right temple (palm faces down). Shift body to a right Front Stance, execute a left Knife Hand Chop to the right temple again (palm faces up). Shift body back to left Front Stance and execute a right uppercut punch. Yell (kihap).

3. Step left foot 45 degree forward to a Horse Riding Stance, at the same time, execute a left Palm Block to partner's elbow. Execute three punches to the ribs begin with the right hand, then two punches to the face, start with left hand. Shift body to a right Front Stance, with a large counter clockwise windmill-like Knife Hand push partner's punching hand downward, at the same time shift body to a left Front Stance. Execute a right Ridge Hand Strike to temple. Yell (kihap).

4. Step left foot forward to a left Front Stance, execute a right Knife Hand Block. Execute a right Round Kick to solar plexus, and with the same foot execute a Hook Kick to partner's right ear. Yell (kihap).

5. Step left foot forward to a Horse Riding Stance just outside of partner's right foot. Execute a twin-arms elbow break. Lift partner's arm with left elbow, execute a Knife Hand Strike to the ribs. Step left foot out a little to a left Front Stance, execute a right Ridge Hand Strike to the body, then follow with a right Round Kick to the body, yell (kihap). Set the kicking foot 45 degree left forward, rotate body counter clockwise, set the left foot at the same direction and form a left Back Stance facing partner.
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ONE STEP PROGRAMMED SPARRING #2

Required for red belts and up. Defensive techniques.

1. From Ready Stance: Step left foot forward to a left Front Stance, execute a right Knife Hand Block. Execute a right Round Kick to solar plexus, and with the same foot execute a Hook Kick to partner's right ear. Yell (kihap).

2. From Ready Stance: Execute a left inside-outside Crescent Kick to block the punching hand, set left foot down together with the right foot. Execute a right Front Kick to the groin, then without setting the foot down, execute a Right Round Kick to the face. Yell (kihap), return to Ready Stance.

3. From left Fighting Stance: Jump diagonally to the right, execute a right jump Front Kick to opponent's right hamstring muscle. Set feet together, execute a left Round Kick to the body, then a right Back Kick to the face. Yell (kihap) land with a Fighting Stance facing opponent.

4. From Ready Stance: Step left foot forward to a left Front Stance, execute a right Knife Hand Block. Execute a right Round Kick to solar plexus, and with the same foot execute a leg sweep to opponent's right leg, while holding on opponent's right arm sleeve with right hand. Follow up with a left punch to the face. Yell (kihap)

5. From Ready Stance: Step left foot forward to a left Front Stance, execute a right Knife Hand Block. Execute a right Round Kick to solar plexus, set right foot down next to left foot, execute a left Cross Kick to opponent's right knee. Execute a right Round Kick to face as opponent kneeling down. Yell (kihap).
FREE SPARRING

Free sparring is designed so that students may practice their basic skills with a partner (a partner is emphasized here, not an opponent) to sharpen their timing, accuracy of executed techniques; and to be able to enjoy and learn from each other.

Free sparring is divided into three levels of contact:

- **Level 1**: No contact: Students are not allowed to make contact on partner's body or head. Contact by blocking is recommended.
- **Level 2**: Light contact is allowed, from green belts and up. Controlled contacts are allowed to the body. Practice control and stop hits to the head.
- **Level 3**: Medium to heavy contact is allowed only when agreed by both fighters, and with supervision of an instructor. Chest protector and head guard must be worn during the match.

**General rules of sparring:**

1. All students must have required safety equipment in order to be allowed to free spar.
2. Required safety equipment includes: A mouth guard, shin & instep guards, fist & forearm guards, kick boots, a groin protector (male students).
3. Optional safety equipment: A head guard, a chest protector, dip foam type punching gloves.
4. No contact above the shoulders, back, below the waist.
5. Light contact to the head gear is permitted.
6. No holding, pushing, or leg sweeping.
7. Do not turn your back to your sparring partner, thinking that they are not allowed to strike to the back, accidental injuries may occur.
8. No profanities or open display of anger.
9. Communication between sparring partners is allowed.
10. No knee, elbow strikes, or head strike.
XIII. TESTING

GENERAL

Students 10th through 4th gup are required to attend at least 22 classes between test periods, 3rd gup through 1st gup: 44 classes, and must complete a pre-test. Students who are interested in taking the ranking test and meet the minimum attendance requirement should first take a pre-test at a designated time to determine whether or not the student knows the required test criteria. During ranking test, student will perform all requirements on command and must show adequate skills and knowledge of all techniques at his or her level.

SPECIFIC

1. Test fee: After completed the pre-test, you may fill out a ranking test application and pay:
   - $35.00 test fee (for 9th through 4th gup)
   - $45.00 test fee (for 3rd through 1st gup)
   - $250.00 test fee (black belts)
   - $25.00 test fee -per gub (black belt gup test)
   All test fees include a ranking certificate and a new belt if needed. Test fees are subject to change.

2. Test period: Approximately 2 months intervals.

3. Pre-test: Between test periods, students are to have the pre-test sheet signed and completed by anyone who is at least a red belt. For a student who is applying for a black belt test, the pre-test sheet may be signed by anyone at least the same rank.

TEST STUDY GUIDE AND REQUIREMENT

White belt (10th gup)

Student’s oath [p.60]
Tenets of Tae Kwon Do [p. 8]
Basics and terminology:
   1- Front Stance-Apkoobi, Back Stance-Duikoobi, Horse Riding Stance-Joochoom suhgi
   2- Low Block-Arae Makki, Middle Block-Jungdan Makki, High Block-Ulgool Makki

Forms: Chonji [p. 15]
Three Step Programmed Sparring [p.48]
Self-defense techniques: Five releases from wrist grabs
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Yellow belt (9th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]
Basics and terminology:
1- Back Stance-Dui Koobi, Horse Riding Stance-Joochoom Suhgi, Walking Stance-Ap Suhgi
2- Knife Hand Block-Sohnal Makki, Punch-Chirugi, High Block-Ulgool Makki
3- Front Kick-Ap Chagi, Side Kick-Yup Chagi, Round Kick-Dollyo Chagi
Forms: Dangun [p. 16]
Three Step Programmed Sparring [p.48]
Self-defense techniques: Five releases from choke holds
Free Sparring: Level 1
Breaking: One board

Yellow/green belt (8th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae kwon do [p.8]
Basics and terminology:
1- Back Stance-Dui Koobi, Horse Riding Stance-Joochoom Suhgi, Walking Stance-Ap Suhgi
2- Knife Hand Block-Sohnal Makki, Knife Hand Chop-Sohnal Chigi, Spear Hand Thrust-Sohnkut Chirugi
3- Front Kick-Ap Chagi, Side Kick-Yup Chagi, Back Kick- Dui Chagi
Forms:
1. Dosan [p. 17]
2. Taegeuk Il Jang [p. 34]
Three Step Programmed Sparring [p.48]
Self-defense techniques: Five releases from body holds
Free Sparring: Level 1
Breaking: One board

Green belt (7th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]
Basics and terminology:
1. Back Stance-Dui Koobi, Cat Stance-Beum Suhgi, Crossed Stance-Koah Suhgi
2. Twin Fist Block-Doo Joomok Makki, Double Forearm Block-Sang Palmok Makki, Back Fist Strike-Deung Joomok Chigi
3. Side Kick-Yup Chagi, Back Kick-Dui Chagi, Jump Side Kick-Tuiuh Yup Chagi

Forms:
1. Wonhyo [p. 19]
2. Taegeuk Yi Jang [p. 35]

Two Step Programmed Sparring [p.50]
Self-defense techniques: Five defenses from rear attacks
Free Sparring: Level 2
Breaking: One board

Green/blue belt (6th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]

Basics and terminology:
1. Back Stance-Dui Koobi, Crane Stance-Hakdahri Suhgi, Cat Stance-Beum Suhgi
2. Double Forearm Block-Sang Palmok Makki, Guarding Block-Daebi Makki

Forms:
1. Yulgok [p. 21]
2. Taegeuk Sam Jang [p. 36]

Two Step Programmed Sparring [p.50]
Self-defense techniques: Four front knife attacks
Free Sparring: Level 2
Breaking: One board

Blue belt (5th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]

Basics and terminology:
1. Arch Hand Block-Akeumson Makki, Pressing Block-Nooluh Makki, Wedge Block-Hechyo Makki
2. Double High Punch-Doo Ulgool Chirugi, Palm Fist Strike-Batangson Chigi, Arch Hand Strike-Akeumson Chigi
3. Double Round Kick-Doo Dollyo Chagi, Back Kick-Dui Chagi, Hook Kick-Goro Chagi

Forms:
1. Joong-Gun [p. 23]
2. Taegeuk Sa Jang [p. 38]
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One Step Programmed Sparring #1 [p.51]
Basic footwork [p.48]
Self-defense techniques: Four front and two rear knife attacks
Free Sparring: Level 2
Breaking: One board

Blue/red belt (4th gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]
Basics and terminology:
1. Mountain Block-Santeul Makki, X Block-Kyocha Makki, Pressing Block-Noooluh Makki
2. Ridge Hand Strike-Sohnal Deung Chigi

Forms:
1. Toigye [p. 25]
2. Taegeuk Oh Jang [p. 40]

One Step Programmed Sparring #1 [p.51]
Basic footwork [p.48]
Self-defense techniques: Five advance choke releases
Free Sparring: Level 2
Breaking: One board

Red belt (3rd gup)
Student’s oath [p.60]
History of Tae Kwon Do [p.7]
Tenets of Tae Kwon Do [p.8]
Basics and terminology:
1. Front Stance-Ap Koobi, Horse Riding Stance-Joochoom Suhgi, Crane Stance-Hakdahri Suhgi
2. Scissors Block-Kawi Makki, Reverse Knife Hand Face Block-Bandae Ulgool Sohnal Makki

Forms:
1. Hwarang [p. 27]
2. Taegeuk Yook Jang [p. 42]

One Step Programmed Sparring #2 [p.52]
Basic footwork [p.48]
Self-defense techniques: none required
Free Sparring: Level 2
Breaking: Two boards

Red/brown belt (2\textsuperscript{nd} gup)

- Student’s oath [p.60]
- History of Tae Kwon Do [p.7]
- Tenets of Tae Kwon Do [p.8]

Basics and terminology:
1. Palm Fist Strike-Batangson Chigi, Jump X Block-Tuiuh Kyocha Makki
3. Ax Kick-Naeryo Chagi, Hook Kick-Goro Chagi, Spin Hook Kick-Bandae Goro Chagi

Forms:
1. Batsai [p. 29]
2. Taegeuk Chil Jang [p. 44]

One Step Programmed Sparring #2 [p.52]

Basic footwork [p.48]

Self-defense techniques: Against multiple attackers

Free Sparring: Level 2

Breaking: Two Boards

Brown belt (1\textsuperscript{st} gup)

General:
1. 100 classes since 1st gup promotion
2. 50 hours of teaching accumulate from red belt level
3. A research paper on Tae Kwon Do training techniques or philosophy (five typed pages)
4. Letter of recommendation from two black belts

Basics and terminology:
2. 360 degree turn Jump Knife Hand Guarding Block-Tuiuh Mom Dora Sohnal Daebi Makki, Diamond Block-Keumgang Makki
3. 3 basic turns, basic footwork, 3 basic fighting distances
4. Basic forward, backward break falls and rolls

Forms:
1. Chung Moo [p. 32]
2. Taegeuk Pal Jang [p.46]
3. Four other forms randomly selected

Programmed Sparring:
1. Five 3-step sparring [p.48]
2. Five 2-step sparring [p.50]
3. Five 1-step sparring #1 [p.51]
4. Five 1-step sparring #2 [p.52]

Free Sparring:
   1. Against 1 opponent with sparring gear, light head contact allowed
   2. Against 2 opponents with sparring gear, light head contact allowed

Self-defense techniques: Advance knife defenses

Breaking: 3 boards
XIV. THE STUDENT OATH

I will observe the tenets of Tae Kwon Do.

I will be obedient to my parents.

I will respect my teacher and seniors.

I will never be tired of learning.

I will give my unending loyalty to my teacher and friends.

I will never misuse Tae Kwon Do.

I will make Tae Kwon Do my way of life.

I will build a more peaceful world.