



Waldorf Martial Arts Curriculum By Rank

The Five Tenets of Taekwondo

These five tenets serve as the foundation for the ethical and moral aspects of Taekwondo, guiding practitioners not only in their martial arts journey but also in their everyday lives. By incorporating these principles into your training and lifestyle, students aim to become not only skilled martial artists but also individuals of character and integrity.

Courtesy, integrity, perseverance, self-control and indomitable spirit should guide all students and instructors - on and off the mat. Our members should amplify these five tenets of Taekwondo, and the values of Traditional Taekwondo, to ensure a safe, respectful and welcoming martial art and sport for all.

Courtesy (Ye Ui)

This tenet emphasizes the importance of showing politeness, respect, and consideration toward others. In Taekwondo, students are taught to be courteous both inside and outside the dojang (training area). Courtesy is essential for fostering a positive and respectful training environment, promoting good sportsmanship, and building character.

Integrity (Yom Chi)

Integrity in Taekwondo involves maintaining a sense of honesty, sincerity, and moral principles. Practitioners are encouraged to be truthful, uphold a strong code of ethics, and demonstrate integrity in all aspects of their lives. This tenet emphasizes the importance of doing what is right, even when faced with challenges or difficult decisions.

Perseverance (In Nae)

Perseverance is the quality of persistence and determination in the face of challenges and obstacles. In Taekwondo, students learn to overcome difficulties, set and achieve goals, and stay committed to their training. Perseverance is crucial for personal development, skill improvement, and achieving success in both martial arts and life.

Self-Control (Guk Gi)

Self-control involves exercising restraint over one's actions, emotions, and impulses. In the context of Taekwondo, practitioners are taught to control their movements, thoughts, and behaviors. Developing self-control helps prevent the misuse of martial arts skills and contributes to maintaining a safe training environment. It also encourages practitioners to approach conflicts with a calm and composed mindset.

Indomitable Spirit (Baekjul Boolgool)

Indomitable spirit refers to an unyielding and unwavering determination, especially in the face of adversity. Taekwondo students are encouraged to develop a strong and resilient spirit that enables them to overcome challenges, fear, and self-doubt. This tenet inspires practitioners to face difficulties with courage, maintain a positive attitude, and never give up on their goals.

The Taekwondo Oath

As a dedicated student of the martial arts:

I will live by the tenets of Taekwondo: Courtesy, Integrity, perseverance, self-control, and Indomitable Spirit

I will respect my seniors, and instructors. My parents and my fellow students.

I will never misuse Taekwondo.

I will be a champion of freedom and justice.

I will build a more peaceful world.

Korean terminology

uniform = doe bok
taekwondo school = doe jang
attention = chah-ree-ut
bow = kyung-eh
ready = joon bee
begin = shee-jak
stop = go mahn
return to ready = bah-roh
at ease = show

forms = hyungs
breaking = kyuk pa
meditation = muk num
1-steps = il sook daeleon
3-steps = sam sook daeleon
free sparring = ji-yew daeleon
self-defense = ho sin sool

numbers

one = hanah
two = duhl
three = set
four = net
five = dah-sut
six = yah-sut
seven = ill-gop
eight = yo-dul
nine = ah-hop
ten = yul

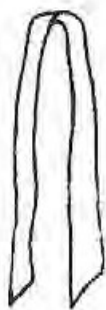
Techniques

kick = chahgi
block = mahki
front stance = chun gul jahsi
back stance = who gul jahsi
riding stance = kima jahsi
front stretch kick = ap cha leg gi
front snap kick = ap cha gi
round kick = dollyo cha gi
side kick = yup cha gi
spin side kick = dwi dora yup cha gi
spin heel kick = dwi whorigi
flying side kick = twim yoe yup cha gi
knife hand = soo do tah leggi
inverted knife hand = ahn soo do
side block = yup mahki
high block = han dan mahki
low block = san dan mahki
elbow smash = pal coop
ridge hand = yuk soo do
spear hand = kwon soo gong gyuck
out to in block = ahnaeso pakaro mahki
in to out block = pahkaeso ahnaro mahki

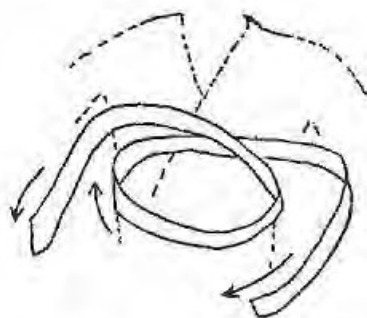
Addresses

headmaster = kwon ja nym
master instructor = sa bah nym
senior student = sun bae nym

HOW TO TIE THE BELT



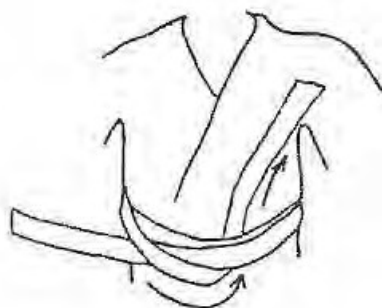
Step 1. Fold belt so its ends are even. This will allow you to locate the center of the belt.



Step 2. Place the center of the belt one inch below the navel. If you have stripes they should start on your left side. Wrap the belt around your body, crossing the right side over the left on your back. Your stripes should now be on your right side. Now, check to make sure the belt ends are even.



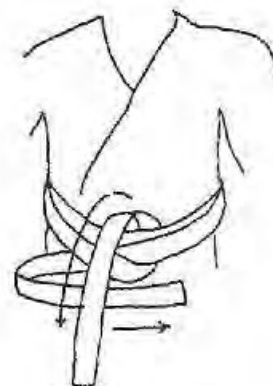
Step 3. Take the belt end on your left side and align it with the belt below your navel. Take the right belt end and cross it over the other belt section. Your stripes will now be on your left side.



Step 4. Slide the left end (striped) of the belt under and behind all of the belt loops. The striped end will now be in front of your patch.



Step 5. Bring the right end of the belt around toward the left side to form a U.



Step 6. Bring the end of the belt that is by your patch (striped end), down and over the front of the U formed in step 5.



Step 7. Loop the striped end under and through the U to form the knot.



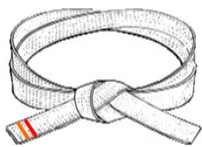
Step 8. Pull the two ends out in opposite directions to tighten the knot. The stripes should be on your right side.



Step 9. Check to see that the Belt ends are even and hang neatly.



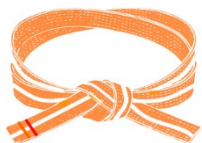
Waldorf Martial Arts Testing Requirements Novice and Beginner Levels



- Complete 2 to 3 classes a week *consistently*
- Complete 16 Classes minimum before testing for your next Belt.

Be able to correctly demonstrate:

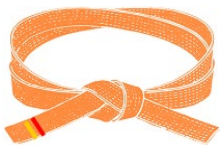
- White Belt Fundamentals
- 10 Count Punch/Block Drill By the count.
- Three-step Sparring- Number 1, (Alone)



- Complete 2 to 3 classes a week *consistently*.
- Complete 24 Classes minimum before testing for your next Belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

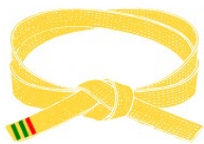
- White/Orange Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 Count Punch/Block Drill By the count.
- Three-step Sparring- Numbers 1 and 2, (Alone)
- demonstrate your Form: Kee Cho



- Complete 2 to 3 classes a week consistently
- Complete 24 Classes minimum before testing for your next Belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

- Orange Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 count Punch/Block Drill
- 10 Count Kick Drill- 1st six kicks.
- Three-step Sparring- Numbers 1 and 4, or 1-step Sparring 1-4
- demonstrate your White/Orange Belt and Orange Belt forms, Ki Cho & Dan Gun



- Complete 2 to 3 classes a week, consistently.
- Complete 24 Classes minimum before testing for your next belt. (If a student excels and shows proficiency to be promoted to the next rank, he/she may be promoted without having the required number of classes.)

Be able to correctly demonstrate:

- Yellow Belt Fundamentals (See your goals & objectives sheet you received with this Belt.)
- 10 count kicking drill- all 10 kicks.
- Your Forms: Dan Gun & Do San
- Three-step Sparring/1-step Sparring



Waldorf Martial Arts Testing Requirements Intermediate Level



- **Complete 32 Classes before your belt test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Come to 2 to 3 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate:

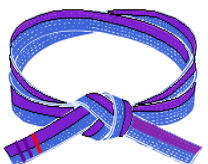
- Green Belt Fundamentals- (See your goals & objectives sheet you received with this Belt.)
- Forms: Do San and Won Yo
- 1-Step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Palm Heel Break or Elbow Break at your test for Blue Belt.



- **Complete 32 Classes before your next Belt Test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Complete 2 to 3 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Double Kicking- (See your goals & objectives sheet you received with this Belt.)
- Forms: Won Hyo and Yul Guk.
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Front Kick or Side Kick at your test for Blue/Purple Belt.



- **Complete 32 Classes before your next Belt Test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Complete 2 to 3 A/B Day classes a week constantly; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Double Kicking (See your goals & objectives sheet you received with this Belt.)
- Forms: Yul Guk & Chun Goon.
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- Knife Hand Strike and Side Kick or Ax Kick at your test for Purple Belt.



- **Complete 32 Classes before your next Belt Test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Complete 3 A/B Day classes a week consistently; Make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Jump Kicking: Jump Front Kick, Jump Round Kick, Jump Side Kick
- Forms: Chun Goon & Tei Gei
- One-step Sparring
- Light-Contact, Controlled Free Sparring
- Board Breaking- elbow strike and Skip Side Kick or Hook Kick at your test for Brown Belt



Waldorf Martial Arts Testing Requirements Advanced Level



- **Complete 32 Classes before your next Belt Test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Come to 3 Classes a week consistently, make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Kicking: Jump Spin Side Kick, Spin Heel Kick, Spin Crescent Kick
- Advanced 1-steps
- Forms: Kee Cho, Chun Gee, Dan Goon, Doe Sahn, Tei Gei, Hwa Rang
- Light-Contact, Controlled Free Sparring
- Board Breaking- any 2 kicks; one with each leg, at your test for Red Belt
- Physical Requirements Push-ups & Sit-ups- 25



- **Complete 32 Classes by your Test.** (If a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)
- **Come to 3 to 4 A/B Day classes a week consistently; make up any missed classes.**

Be able to correctly demonstrate the following at your next test:

- Kicking: Jump Spin Side Kick, Spin Heel Kick, Spin Crescent Kick, Spin Hook Kick, Flying Side Kick
- Advanced 1-steps
- Forms: Won Yo, Yul Guk, Chun Gun, Wha Rang, Chung Moo
- Light-Contact, Controlled Free Sparring
- Board Breaking- any hand/elbow strike and any 2 kicks; one with each leg. One must be a spinning kick.
- Physical Requirements Push-ups & Sit-ups- 25

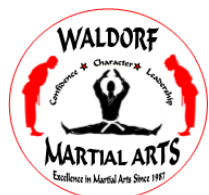


- **Complete 32 Classes before your Black Belt cycle begins. Complete 48 more classes while in the Black Belt cycle.** (If a student has the required number of classes, however, we deem that the student is not yet ready to test, we will hold him/her back until he/she meets our standards to test for Black Belt. Likewise, if a student excels and shows proficiency to be promoted to the next rank, he/she may be invited to test without having the required number of classes.)

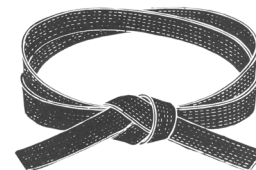
- **Attend, once a month, a Mandatory Black Belt Cycle Class on Saturday; 4 classes in total**
- **Pass a Pre-test Exam halfway through the Cycle.** Requirements: All curriculums from white belt to red/black belt.

Be able to correctly perform the following:

- Fundamental movements demonstration
- 1-steps demonstration
- Patterns Demonstration- all 10 patterns. Chun Gi to Chung Moo
- Ho Sin Sool (Self Defense) Demonstration
- Free Sparring Demonstration: 3 to 5 rounds of high-level sparring.
- Board Breaking Demonstration- Any Hand Strike. Any 2 kicks; 1 with each leg. 1 must be a spinning kick.
- Physical Requirements Demonstration: Push-ups & Sit-ups- 4 sets of 25



WALDORF MARTIAL ARTS TESTING REQUIREMENTS FOR BLACK BELT



1st Dan Belt Curriculum

Minimum Time at Rank: 2 years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Gae Beck, Po Eun, Kwang Gae.

Weapons Form-1, your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking: Any 2 hand strikes. Any 2 kicks; one with each leg. One must be a spin, jump scissors, or jump spin.

2nd Dan Black Belt Curriculum

Minimum Time at Rank: 2 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Eui Am; Choong Jang; Ko Dang

Weapons Form- 2, your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Any 2 hand strikes. Any 2 kicks. One must be a jump spin, flying side kick, or flying obstacle kick.

3rd Dan Black Belt Curriculum

Minimum Time at Rank: 3 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Sam Il; Yoo Sin; Choi Yong

Weapons Form – 3, your choice

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan

4th Dan Junior Master Black Belt Curriculum

Minimum Time at Rank: 4 Years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and Yon Gae, Ul Ji, Moon Moo

Weapons Form Same as 3rd Dan.

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan.

5th Dan Master Black Belt Curriculum

Minimum Time at Rank: 5 years

Must attend a monthly mandatory Black Belt Seminar during each of the 4 months of the Black Belt Cycle.

Forms: 3 lower belt forms and So San, Se Jong, Tong Il

Weapons Form Same as 3rd Dan.

One-step Sparring

Ho Sin Sool

Free-Sparring

Board Breaking Same as 2nd Dan.

6th Dan Master Black Belt

Minimum Time at Rank: 6 Years

Demonstration is optional.

7th Dan Senior Master Black Belt

Minimum Time at Rank: 7 Years

Demonstration is optional.

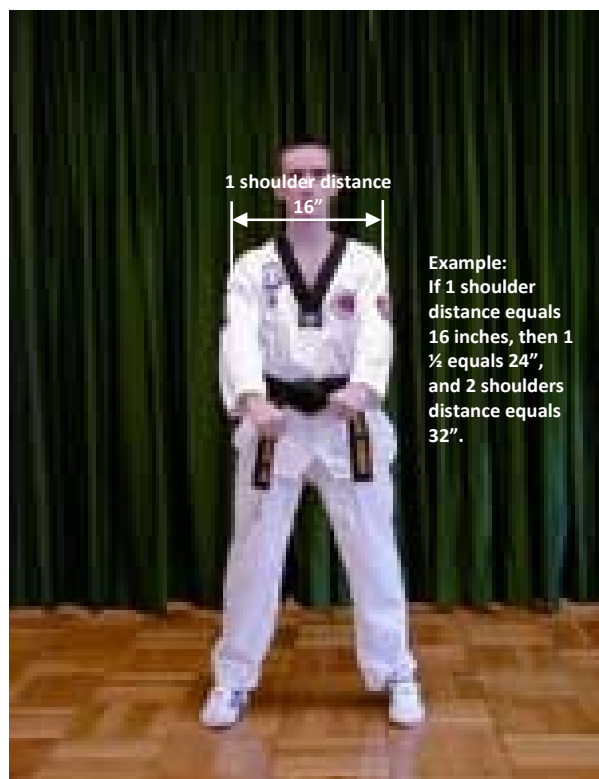
8th Dan Senior Master Black Belt

Minimum Time at Rank: 8 Years

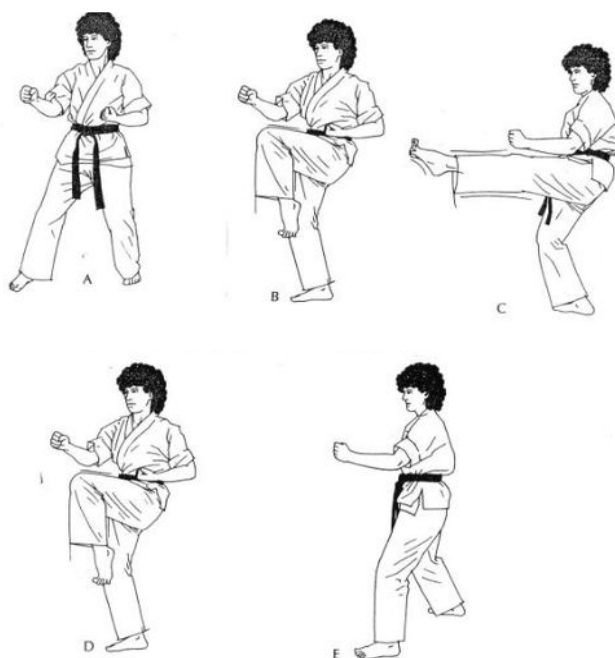
Demonstration is optional.

9th Dan Grand Master Black Belt

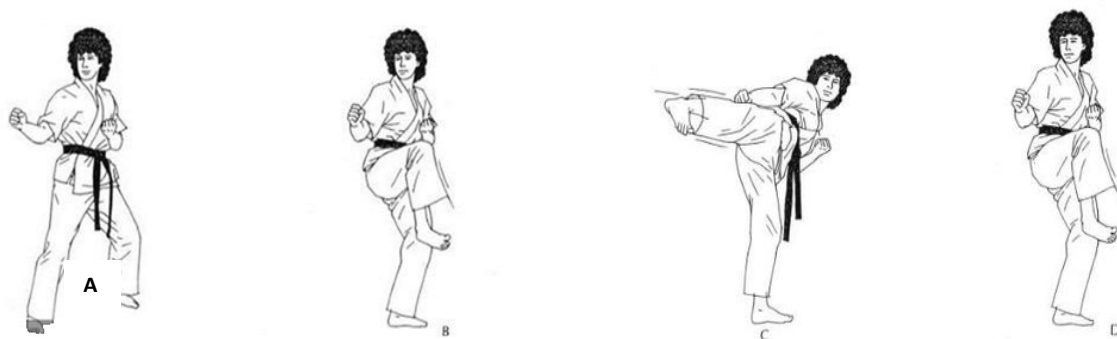
Explanation of shoulders distance as a measurement for stances



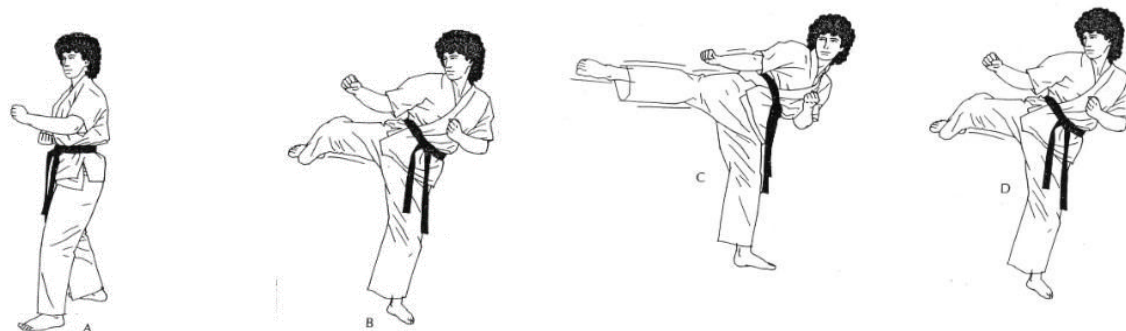
FRONT KICK



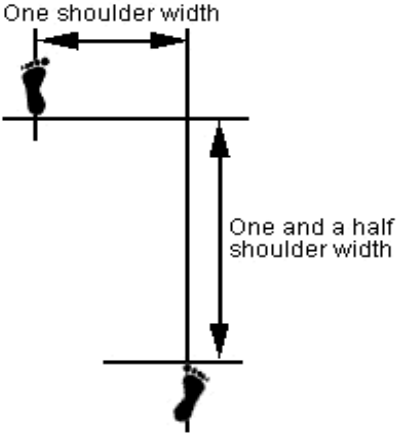
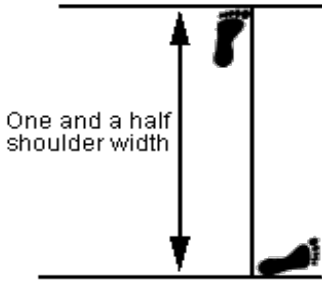
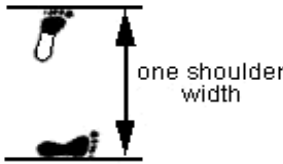
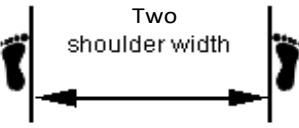
SIDE KICK



ROUND KICK (TRADITIONAL)



Stances are the foundations or basic building blocks of Tae Kwon Do. All the kicks, blocks and strikes are launched from a stance. The stance will depend on the situation, defense, counter technique, direction of motion etc. If the stance is not correct and strong then the technique will become weak and pointless.

Diagram	Name	Description
	Closed Stance	Found in ITF taekwondo. This is mostly seen as a ready stance at the beginning and end of patterns, but can also be seen less frequently during pattern execution. Feet are placed together, and weight is distributed evenly between them.
	Front stance	In this stance, the legs are held one in front and to the side of the other, in a wide and deep pose with hips facing forward. The front leg is bent and the other is straightened. This is a very firm and steady stance, one of the first learned by beginners, and is often used in patterns. There is a variant of this stance called “Low Stance” which is one foot length longer. The stance can be either Full, Half or Reverse half facing.
	Back stance Also known as: • L Stance	In this stance, one foot is in front of the other, with the back foot pointed 90 degrees perpendicular, and the front foot pointed straight. The majority of the body weight is placed on the back leg. There is a variant of this stance called “Fixed Stance” which is one foot width longer, the weight distribution is 50-50, So when performing this stance one should just be able to see the toes of one's back foot over the knee. This variation is found in ITF taekwondo. All techniques in L-Stance can only be half facing.
	Parallel Ready stance Also known as: • Ready position	In this stance, the legs are straight, with toes pointing straight forward, feet shoulder width apart. The arms are held in front of the body, with closed fists and elbows slightly bent, hands about six inches away from the navel. This is the position that many Taekwondo patterns start from, and return to.
	Rear foot stance Also known as: • Cat stance	In this stance, the legs are held bent and close together, with the back foot perpendicular to the body and the front foot straight and on pointe (heel is lifted off the ground). This stance is for front leg attacks.
	Sitting stance Also known as: • horse riding stance	In this stance, the legs are bent outward, with feet far apart facing forward and knees bent. This stance can also be used as a stretch. The object is typically to keep the back straight while lowering the buttocks down to the ground with the legs spread keeping shins perpendicular to the floor.

Correct Left and Right Chamber Positions for Basic Techniques

Outer Forearm Block



Right Outer Forearm Block Chamber Position—Blocking arm on inside (same chamber position as Down Block)



Right Outer Forearm Block



Left Outer Forearm Block Chamber Position—Blocking arm on inside (same chamber position as Down Block)



Left Outer Forearm Block

Out to Inside Block



Right Out to Inside Block Chamber



Right Out to Inside Block



Left Out to Inside Block Chamber



Left Out to Inside Block

High Block; AKA Rising Block



Left High Block Chamber—under the right elbow



Left High Block



Right High Block Chamber—under the left elbow



Right High Block

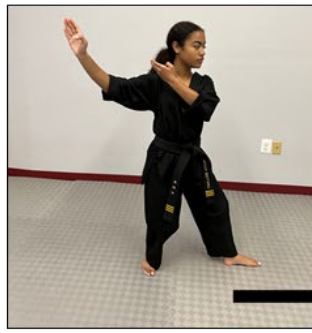
Knife Hand Block



Right Knife Hand Block



Right Knife Hand Block Chamber



Left Knife Hand Block Chamber



Left Knife Hand Block

Correct Left and Right Chamber Positions for Basic Techniques

Guarding Block



Right Guarding Block



Right Guarding Block Chamber



Left Guarding Block Chamber

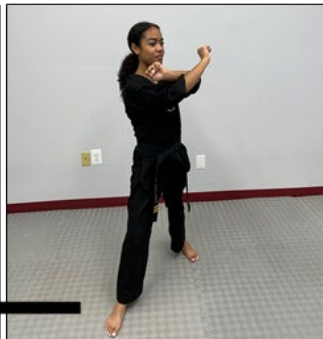


Left Guarding Block

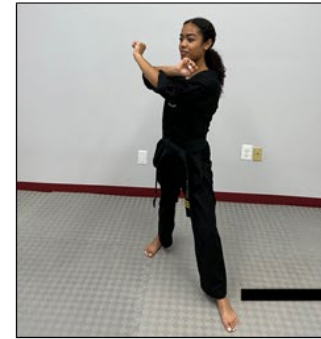
Inner Forearm Middle Block



Right Inner Forearm Block



Right Inner Forearm Block (Same chamber as Side Block). Blocking arm on outside with palms facing away



Left Inner Forearm Block (Same chamber as Side Block). Blocking arm on outside with palms facing away



Left Inner Forearm Block

Low Block



Left Low Block Chamber-Blocking arm is on inside



Left Low Block

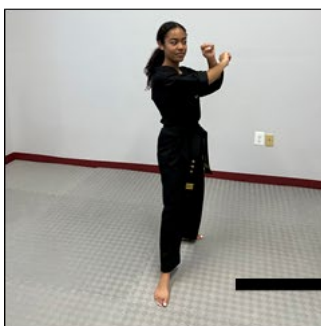


Right Low Block Chamber-Blocking arm is on inside

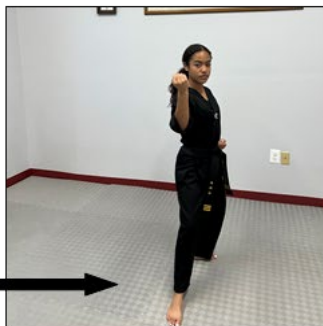


Right Low Block

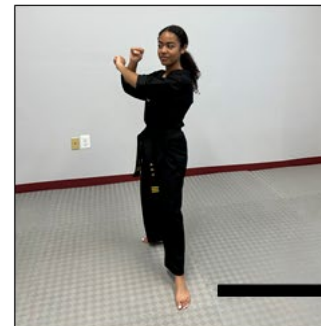
Side Block



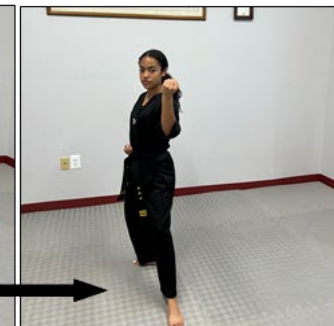
Right Side Block Chamber-Blocking arm on outside with palms facing away



Right Side Block



Left Side Block Chamber Blocking arm on outside with palms facing away



Left Side Block

Correct Left and Right Chamber Positions for Basic Techniques

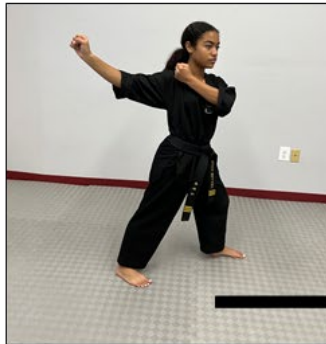
Double Forearm Block



Right Double Forearm Block



Right Double Forearm Chamber



Left Double Forearm Chamber



Left Double Forearm Block

Hooking Block



Right Hooking Block Chamber-
Blocking arm chambers on inside



Right Hooking Block (grabbing block)-
Wrist is bent to the outside with thumb
extended away from index finger



Left Hooking Block Chamber-
Blocking arm chambers on inside



Left Hooking Block (grabbing block)-
Wrist is bent to the outside with thumb
extended away from index finger

"W" Shape Block; AKA Mountain Block



Right W-Shape Block
(Notice palms snapping inward)



Right W-Shape Block Chamber (notice
palms facing outward)



Left W-Shape Block Chamber (notice
palms facing outward)



Left W-Shape Block
(Notice palms snapping inward)

Knife Hand Strike



Right Knife Hand Strike (notice slight
dropping of weight as strike is executed)



Right Knife Hand Strike Chamber
(striking arm on inside of cross)



Left Knife Hand Strike Chamber (striking
arm on inside of cross)



Left Knife Hand Strike (notice slight
dropping of weight as strike is executed)

10-Count Drills

10 count Punch/Block Drill—Horse Riding Stance:

Starting with the left hand:

- 2 punches; Kiop on the 2nd punch.
- 2 high blocks; Kiop on the 2nd block
- 2 low blocks; Kiop on the 2nd block
- 2 side blocks; Kiop on the 2nd block
- 2 outside-in blocks. ; Kiop on the 2nd block

10 count Kick Drill

1. Step back with right leg into back stance while executing guarding block, execute a rear-leg front kick (right leg) returning foot back behind you. Turn to the rear and do the same kick with the left foot returning it back to the rear.
2. Turn to front into back stance while executing guarding block, execute a rear-leg right leg round kick, setting foot down in front of you. Then do the same kick with the other foot, setting it down in front of you,
3. Turn behind into guarding block, back stance, and do front leg (right) leg step behind side kick, setting foot down in front of you. Turn around and do the same kick with the other foot, landing in a left leg forward back stance guarding block.
4. From a left leg forward back stance guarding block, do right leg crescent kick and return the foot to the back into back stance and guarding block. Then with the same foot (right) execute a moon-in kick and set the leg down in the front.
5. From a right leg forward back stance guarding block, do left leg crescent kick and return the foot to the back into back stance and guarding block. Then with the same foot (left) execute a moon-in kick and set the leg down in the front. Kiop!

Step Sparring

Step sparring is pre-arranged partner drills, designed to develop razor-sharp defensive reaction skills as well as develop one's spatial awareness, distancing, and hand/foot - eye coordination. One-steps, practiced for years, become second nature.

3-Step Sparring

Procedure

- On the command "Cheryuit" partners Face each other at attention.
- On the command "Kung Yae" they bow to one another.
- On the command "Joon Bi" they go to ready position.
- On the command "Sea-jack" the low rank (the attacker) steps back with his right leg into a back stance while executing a forearm and Kiops loudly to signal his partner that he is ready to attack.
- When the higher rank (the defender) is ready, he will Kiop loudly to signal the attacker he is ready to receive the attack.
- The attacker then steps forward with his right leg as he executes a high section fore-fist punch at full speed.
- As the attacker steps forward and punches, the defender reacts by stepping backwards with his right leg and blocks the punch with a knife hand guarding block.
- The attacker steps forward 2 more times with a high-section punch and the defender steps back 2 more times and blocks the attack.
- As the attacker punches for the 3rd time, the defender reacts with his knife hand guarding block and follows with a counter-attack. He Kiops on the last move of the counter-attack.
- Then, both return to Joon Bi position. The attacker steps back while the defender steps forward.
- They then switch roles, and the high rank becomes the attacker; the low rank becomes the defender & the drill repeats.

White Belt to Yellow Belt

Defense 1: 3x knife hand block + reverse punch.

Defense 2: 3x knife hand block + step back and Front kick (right leg).

Defense 3: 3x knife hand block + front leg side kick (left leg) and + reverse punch.

Defense 4: 3x knife hand block + step back and round kick (right leg) + knife hand strike (right hand).

Defense 5: 3x knife hand block + do front foot front kick (left foot) + set foot down next to support leg (right) and execute right foot round kick + right hand Backfist.

1-Step Sparring

Procedure

- On the command “Cheryuit” partners Face each other at attention.
- On the command “Kung Yae” they bow to one another.
- On the command “Joon Bi” they go to ready position.
- On the command “Sea-jack” the low rank (the attacker) steps back with his right leg into a back stance while executing a forearm and Kiops loudly to signal his partner that he is ready to attack.
- When the higher rank (the defender) is ready, he will Kiop loudly to signal the attacker he is ready to receive the attack.
- The attacker then steps forward with his right leg as he executes a high section forefist punch at full speed.
- As the attacker punches the defender reacts with his defensive response and Kiops on the last move of the response.
- Then, both return to Joon Bi position. The attacker steps back while the defender steps forward.
- They then switch roles and the high rank becomes the attacker; the low rank becomes the defender and the drill repeats.

Green Belt- 1-5

1. Block (with right arm) blocking his punching arm. Cross arms and deliver a knife hand strike step towards attacker with right foot into a back stance as you execute an out-to-in forearm (right hand) to attacker jaw. Kiop!
2. Hop to your right into a front stance (left leg forward) as attacker punches. Execute right leg front snap kick to attacker’s stomach or face (whichever you prefer). Set the right leg down into a horse-riding stance facing the attacker and execute a triple punch combination (right to stomach; left to stomach; right to face). Kiop!
3. Pick up the left foot and slide 45 degrees to the left into a horse-riding stance and execute an out-to-in palm heel block with the left palm (blocking the attackers punching arm). Execute a triple punch combination (right to ribs; left to ribs; right to temple). Execute roundhouse kick with right leg to stomach. Kiop!
4. Step towards attacker with your left leg into a front stance as you execute a high block with your left forearm, blocking his punching arm. Keeping the left arm in the high block position, execute a right middle punch to attacker’s stomach. Recoil right arm (you just punched with) and execute a right palm heel strike to attackers’ upper lip. When delivering the palm heel strike the left arm recoils to the left side hip. Kiop!
5. As the attacker punches, execute, from a ready stance (joon bee stance), a right leg in-to-out crescent kick blocking his punching arm to the side. Set the right foot down behind the left foot and shuffle forward as you execute a double punch combination (left to face; right to face). Execute roundhouse kick with your right leg to attacker’s stomach or face (whichever you prefer). Kiop!

Blue Belt to Purple Belt 6-10

6. As the attacker punches, execute a side kick to his rib section with your right foot. Set the right foot down into a horse-riding stance to the outside of his front leg. Your back will be to the attacker. Cross your arms and deliver a knife hand strike to his rib section with right hand. Cross arms again and deliver a knife hand strike to his jaw (again with right hand). Pivoting feet and turning upper body counterclockwise, cross arms and deliver left knife hand strike to attacker's stomach. Step away from attacker with right leg into a back stance (left leg forward) as you deliver a left knife hand block to his punching arm. Execute a roundhouse kick with right foot to attacker's face or stomach (whichever you prefer). Kiop!

7. Hop to the right and execute a front snap kick with the right foot to the stomach or face. Set the foot down and execute a jump scissors front kick with the same foot to the chin. Kiop!

8. Step 90 degrees to the left and execute a side kick with right foot to attacker's ribs. Set the right foot down into a front stance (right leg forward) and execute a right in-to-out forearm block to the attackers punching arm. Execute a left punch to his ribs. Kiop!

9. Step 45 degrees to right into a horse-riding stance simultaneously executing a knife hand block (left hand) to attacker's punch and an inverted knife hand strike to his jaw. Shift weight to a back stance (left leg forward) as you execute a fore elbow strike to attacker's jaw with your right elbow. Grab attackers punching arm with your left hand. As you bring your right foot to your left and pull him towards you with your left grabbing hand, deliver a right knife hand strike to his opposite jaw. Kiop!

10. As opponent punches, slide toward him with your left foot into a back stance while blocking his punching arm with a left side block. With right hand, punch to solar plexus with left hand, punch to upper lip with left front foot side kick to body or face and Kiop!

Brown Belt 11-15

11. Take a half step right with your right foot and move your left foot towards the attacker's left shoulder so that you are in a back stance, left foot forward. As you are moving into the back stance, execute a left knife hand strike to the attacker's jaw, drop the hand straight down to the shoulder and execute a right upset punch to the shoulder right below your hand. Jump straight back and execute a right round house kick to ribs or face. Kiop!

12. Deliver a Moon-in kick with right leg to attacker's punching arm. Without setting the foot down, execute right side kick to stomach or face. Set your right foot down in front of you into a front stance and execute a left reverse punch. Kiop!

13. Stepping, with your left foot, 90 degrees to the right, execute a side kick with the left leg to attacker's face. Set the foot down next to your supporting leg and execute a right leg spin side kick. Kiop!

14. As attacker punches, deliver a left leg front kick. Set the foot down next to the supporting foot and execute a right leg side kick. Set the foot down next to the supporting foot and execute a left spin side kick. Set the foot down next to the supporting foot as you spin around and block the punching arm with a right palm heel and round house kick with the right leg. Kiop!

15. Step towards the attacker with your right leg into a back stance and execute an out/ in forearm block. Palm facing you. Pull blocking arm back and deliver a fore elbow strike to attacker's jaw with the right elbow. Pull arm back and deliver a backfist strike to attacker's temple with a right backfist. Without moving feet, pivot counterclockwise and deliver a spin back elbow strike to floating rib. Pick up right leg and step back away from attacker into a forearm guarding block position blocking punching arm if necessary. Finish with a right round house kick to the attacker's ribs or face. Kiop!

Red Belt to Red/Black Belt 16-20

16. Deliver front snap kick with left foot to attacker's stomach. Deliver jump scissors crescent kick with left foot to attacker's punching hand. Deliver roundhouse kick to side of face with right foot and Kiop!

17. Deliver crescent kick with right leg to attacker's punching hand. Deliver roundhouse kick with left leg to side of face. Deliver spin side kick with right leg and Kiop!

18. Slip 90 degrees to your right, deliver a left leg side kick. Set the left leg down so you are in a left-leg-forward front stance facing the attacker. As you set the foot down, deliver a left knife hand block to his punch arm followed by a right-hand reverse punch to his solar plexus. With right leg, step in front of the attacker and to his right side as you clear his punch with a double forearm block. Pivoting counterclockwise into a back stance with left foot forward, deliver a knife hand strike to his upper lip. Shifting your weight into a front stance with left foot forward, deliver a reverse ridge hand strike to bridge of nose. With right leg, deliver a roundhouse kick to face and Kiop!

19. Step to the right and execute a side kick with your left leg to either attacker's stomach. Spinning clockwise, set the left foot down behind your right. Pick up the right front foot and execute a round house kick to attacker's face. Set the right foot down into a front stance and execute a left middle punch to solar plexus of attacker. Kiop!

20. Deliver a left leg crescent kick to punching arm. Deliver a right leg roundhouse kick to side of face. Deliver a left leg spin heel kick to face. Kiop!

1st Degree Black Belt 21-30

21. Slip left to avoid punch and execute elbow dislocation*right elbow to rib* step thru and left back elbow to rib*finish with technique of choice. KIOP!

22. Slip left to avoid punch and execute elbow dislocation*with right hand, grab top of partner's fist circling it in a downward counterclockwise motion. As you step through and under the arm, grab the fist with your other hand too, cranking his wrist to create wrist pain as well. Once you are behind your partner, put him in a rear arm lock. Let go of his hand with your left hand and put him in a tracheal choke with your forearm. Finish with a takedown by pulling with your left arm and pushing his lower back forward with your right arm. (don't let go of the arm lock.) KIOP!

23. Right leg moon-in kick*left leg spin side kick*left punch-right punch* right leg jump spin kick. KIOP!

24. As opponent punches, stepping with right foot, slip inside and block punch with twin forearm block. Then stun him with a right Knife hand strike to side of neck or jaw hinge. Then, quickly, slide your left arm under and around your partner's arm at his shoulder. Grab your left wrist with your right hand and explosively pull his shoulder/arm to your body (trapping arm in an arm bar), turning his elbow and shoulder over as you do this. Circle him down to the ground keeping the shoulder locked tight to your body. KIOP!

25. Step straight in while executing left knife hand block and right ridge strike to groin* slide forward a little and execute right upward elbow strike to chin*finish with a downward palm heel strike to bridge of nose. Add a kick if you'd like! KIOP!

26. Slip left 45° to left-leg forward front stance and execute a side block with the right ridge hand—staying in the left-leg forward front stance, execute a right knife hand strike to the floating rib-- shift to a riding stance and execute a right fore-fist punch--shift to a right leg forward front stance as you execute a

left hooking block, clearing his arm out to the side--shift back to a left leg forward front stance executing an right inverted knife hand strike to his jaw. Finish with a right leg crescent kick in front of his face (target is the right jaw/temple). KIOP!

27. With left leg, step 45° across to the right into a walking stance and immediately execute a jump spinning heel kick with right leg- then execute a right-left leg flutter round kick. Set the left leg down in front and execute a right inverted knife hand strike to his neck. Finish by grabbing the back of the neck with your right hand, sliding forward, execute a left fore-elbow strike. KIOP!

28. Left leg downward moon-in block to punching arm as it reaches full extension. Right leg spin heel kick-right leg jump spin heel kick. KIOP!

29. Side block*reverse punch*left leg defensive side kick*right leg high section round kick*slide back and right leg jumping scissors spin side kick. KIOP!

30. Slip 45° left, and, with the left hand, in a downward sweeping motion, catch your partner's punch as it reaches full extension. Continue pulling it downward as you slide forward and execute a right horizontal elbow strike nose bridge/chin. Now grab the punching hand with your right hand and counter twist in a clockwise motion to the left, placing him in a painful wrist lock and either breaking the wrist or taking him down. KIOP!

2nd Degree Black Belt and up 31-40

31. Step straight into a left leg forward Back Stance, while executing a left Square-Block with Knife hand to attacker's punch. Then execute a right inverted knife and strike (palm up) to jaw, drawing the left arm back to your right shoulder. With left knife hand, execute a strike to neck. Shift to a front stance and execute a right reverse punch to solar plexus. Shift to back stance and execute a left leg side kick to ribs. KIOP!

32. Step backwards, away from attacker, with the right leg into a left leg forward back stance while you execute an inward block with the palm heel. Move the front foot back half the distance to your back foot (right leg) and execute a right leg spin back kick. Set the kicking leg down in front of the supporting leg at shoulder width, and with the left leg execute a an inward "moon" kick to the attackers punching arm. Then execute, at a 45-degree angle to the right of your opponent, a scissors jump spinning moon kick across the front of the attacker's face! KIOP!

33. Step diagonally to your left into a left leg forward front stance while executing a hooking block with the right hand to the attackers punching arm. Execute a right leg round kick to his solar plexus. Set the kicking leg down shoulders width in front of your left leg, and then sliding your left leg behind your opponent's front leg into a back stance as you execute a hammer fist strike to his solar plexus. Slip to a front stance and finish with a reverse punch to the floating rib. KIOP!

34. Step diagonally to your left into a left leg forward front stance while executing a hooking block with the right hand to the attackers punching arm. Execute a right leg round kick to his solar plexus. Set the kicking leg down shoulders width in front of your left leg, and then execute a spinning crescent kick to the side of his head.

35. As attacker begins to punch, with your right leg, step diagonally to your left and to the outside of his front leg as you execute an inward block with your right arm. Then execute a counter-clockwise spinning elbow with your left arm to his upper-lip. Perform the block and strike in a continuous motion. Now, pick up your right leg and spin (180°) counterclockwise away from the attacker into a front stance while executing right reverse punch to his solar plexus. To finish, pick up your left (front) foot and spin (180°) clockwise away from the attacker into a right leg forward back stance with guarding block. Execute a jump side kick to his neck. KIOP!

36. Execute a left leg downward moon-in block to attacker's punching arm as it reaches full extension. Set the foot down shoulders distance in front of your right leg and immediately execute a right leg spin heel kick to the right-side temple of the attacker. Stop the kick in mid-air, next to his temple. Then set the right foot down diagonally to your right and to the attacker's left, into a right leg forward front stance and execute a left leg twisting kick to the left jaw of the attacker. KIOP!

37. As attacker punches, slip diagonally to your left with your left leg into a riding stance and executing a pushing block with the left palm heel. Follow with a right punch to floating rib. Then execute a right leg twisting kick to the right side of his head to the area just below his ear (back side of his jaw). Set the foot down slightly in front of the left foot and execute a left leg spin hook kick (under his punching arm) to his sternum. KIOP! (Variation: execute the spin heel kick across the right side of his head following through (360°) all the way.)

38. Choon Jang: As attacker punches, step back with right leg and execute a knife hand block. Follow with a right leg front kick to solar plexus. Set foot down in front stance as you execute flat fingertip thrust to throat. Drop to floor onto left knee and execute a right round kick to inner thigh. Come up to left kneeling stance and execute a right punch to groin. Standing up, step towards the attacker and execute a rear elbow strike with your left elbow. Spin away in a clockwise motion and come to guarding block. KIOP!

39. As attacker punches, slip diagonally to your left with your left leg into a back stance while executing a pushing block with the left palm heel and an upset punch to ribs simultaneously. With your left hand trap the attacker's punching arm in a downward motion as you execute a right elbow attack to his jaw/chin area. With your left leg, stepping away in a clockwise motion, finish with a right spin crescent kick to attacker's jaw. KIOP!

40. As attacker punches, step in towards him with right leg and execute simultaneously a left block to attack and right strike to side of neck/jaw (as in Ul Ji). Follow with a left palm heel strike to chin, a right vertical punch to liver, a left knife hand strike to side of neck, and a right inverted knife hand strike to side of neck. Finish by grabbing the back of his head with both hands and pulling him into a knee strike (right or left; your choice). KIOP!

HYUNG (Forms or Patterns)

Hyung (patterns or forms) are an important part of the Art of Taekwon-Do. They provide the ultimate discipline of mind and body of the practitioner. A Hyung consists of various combinations of basic techniques into systematic and logical movements of attacking, defending, jumping, gliding and so on, to an imaginary opponent. The design of the Hyung is to eventually enable the student to perform with grace and rhythm, while at the same time with power, speed, balance, control of body and mind, and efficient breathing. This ultimate achievement is only possible after hours of consistent training. Hopefully the mastery of Hyung enables the practitioner to sharpen all aspects of the techniques, understand the flow of energy in the body, and develop a strong and guided mental aspect in character building. All these acquired aspects will lead to an impenetrable spirit and develop a strong sense of singleness of purpose to combat problems and the pressures of life.

There are 24 patterns in the official ITF "Chang Hon" syllabus, which represents the 24 hours in a day. The names of these patterns refer to events or important people in Korean history. Features of the patterns may also have historical references, such as the number of moves, the diagram, the way the pattern ends etc. Hyung stress the development of correct basics. Each block, strike, and stance must be without flaw. If correct execution of a technique in a hyung is overlooked, then the student will be off balance, thus greatly reducing the amount of power he can generate. The technique would be, to a great extent, ineffective due to lack of power and focus. Since advanced combinations consist of basic (ki bon pronounced "kee bon") movements, the practitioner must have solid basics.

Basic patterns (ki bon hyungs) consist of a few blocks and strikes combined with little in the way of footwork. This early integration of basic techniques helps the student develop rhythm, power, and control. As the student progresses through the ranks, the hyungs become increasingly complex. Footwork and body movement intensify until movement becomes more natural and the students' techniques become fluid. It is the coordinated effort of the mind and body, internal and external powers, and reaching for perfection which make hyungs an integral part of Tae Kwon Do.

General Performance Tips

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



CHANG-HON PATTERNS

AS DEVELOPED BY GENERAL CHOI HONG HI

BEKT RANK

GUP PATTERNS

Number of movements

Pattern Diagram

	KI CHO HYUNG Literally means "Basic Form."		
	DAN-GUN – Dan-Gun is named after Dan-Gun, the legendary founder of Korea (in 2,333 BC).		
	DO-SAN – Do-San is named after the alias for the Korean patriot, Ahn Chang-Ho (1876-1938).		
	WON-HYO – Won-Hyo is named after Won-Hyo, a monk who introduced Buddhism to Korea (Silla Dynasty) in 686 AD.		
	YUL-GOK – Yul-Gok is named after the pseudonym for the philosopher, Yi I, who has been nicknamed the Confucius of Korea (1536-1584 AD).		
	JOONG-GUN – Joong-Gun is named after Ahn Joong-Gun, a Korean patriot who assassinated the first Japanese governor-general of Korea (Hiro Bumi Ito).		
	TOI-GYE – Toi-Gye is named after the pseudonym for a famous neo-Confucius scholar, Yi Hwang.		
	HWA-RANG – Hwa-Rang is named after the Hwa-Rang Youth Group, an elite youth group during the Silla Dynasty.		
	CHOONG-MOO – Choong-Moo is named after the posthumous title for Yi Sun-sin, a famous Korean admiral of the Yi Dynasty. He is also known for the Korean "turtle" ship.		

BEKT RANK

BLACK BELT PATTERNS

Number of movements

Pattern Diagram

	KWANG-GAE – Kwang-Gae is named after Kwang-Gae Toh-Wang, a famous king from the Goguryeo Dynasty. Kwang-Gae Toh-Wang conquered much of northern Asia in the late third and early fourth century.		
	PO EUN – Po Eun is named after the pseudonym for a famous neo-Confucius scholar, Jeong Mongju, who lived in the Goryeo Dynasty.		
	GAE-BAEK – Gae-Baek is named after Gae-Baek, a famous general from the Baek Je Dynasty (660 AD).		
	EUI-AM – Eui-Am is named after the pseudonym of Son Byong Hi, leader of the Korean independence movement in 1919.		
	CHOONG-JANG – Choong-Jang is named after the pseudonym given to General Kim Duk Ryang who lived during the 14th century Lee dynasty.		
	KO-DANG – Ko-Dang was the name for the pseudonym of Cho Man-sik. Known as the "Ghandi of Korea due to his non-violent resistance and leadership by example,		
	SAM-IL – Sam-Il signifies the date of the independence movement of Korea (against Japan) which began on March 1, 1919.		
	YOO-SIN – Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty.		
	CHOI-YONG – Choi-Yong is named after General Choi Yong. He was the premier and commander in chief of the armed forces during the 14th century Koryo dynasty.		
	YONG-GAE – Yong-Ge is named after Yon Gae Somoon, a famous general during the Koguryo dynasty.		
	UL-JI – named after Ul-Ji Moon Dok, a famous general from the 6th century. Ul-Ji Moon Dok successfully defended Korea against a Tang invasion of nearly one million soldiers by employing hit & run guerrilla tactics.		
	MOON-MOO – Moon-Moo is named after Moon-Moo who was the 30th king of the Silla dynasty.		
	SO-SAN – So-San is named after the pseudonym for Choi Hyong Ung, who was a monk during the Lee dynasty. Choi Hyong Ung is famous for leading monks against Japanese pirates in the late 1500s.		
	SE-JONG – Se-Jong is named after the Korean king, Se-Jong. This famous king invented the Korean alphabet in 1443.		
	TONG-IL – Tong-Il means unification. This pattern symbolizes the hope for an eventual reunification of Korea (which was divided into North and South Korea in 1945).		

BLACK BELT LEVELS

NOVICE

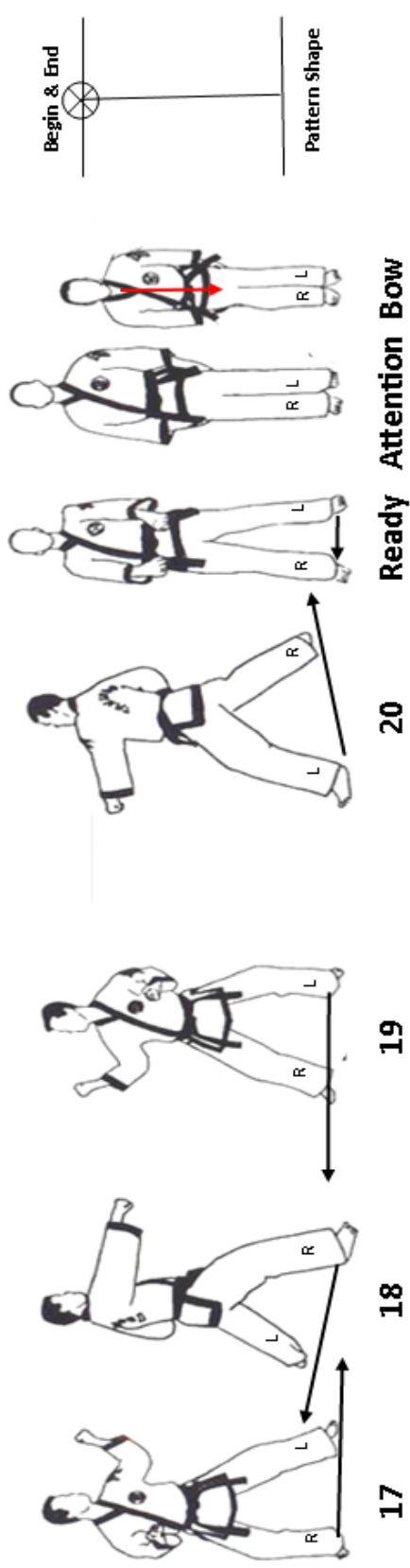
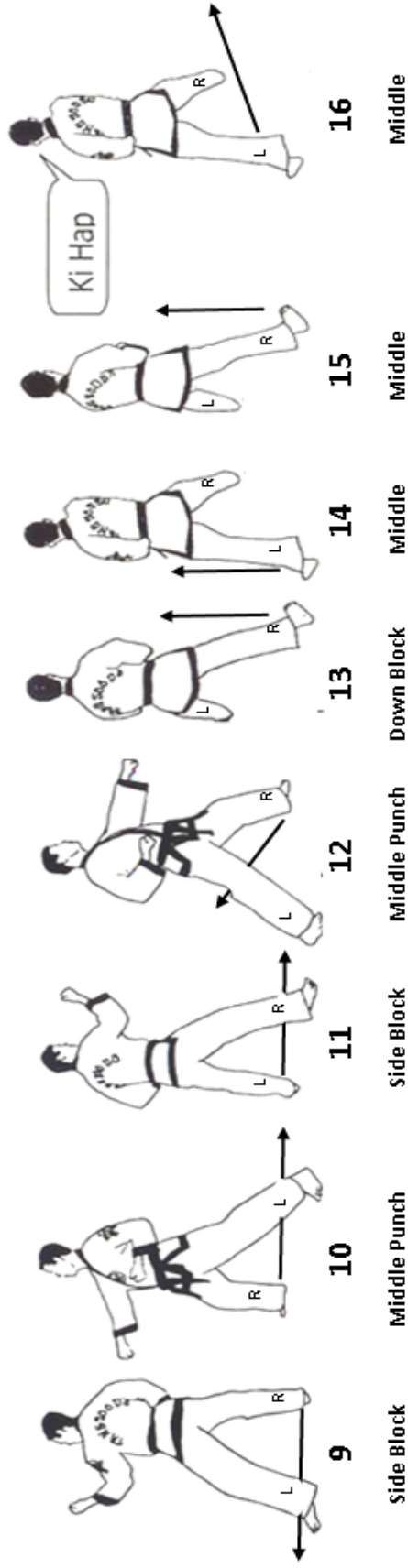
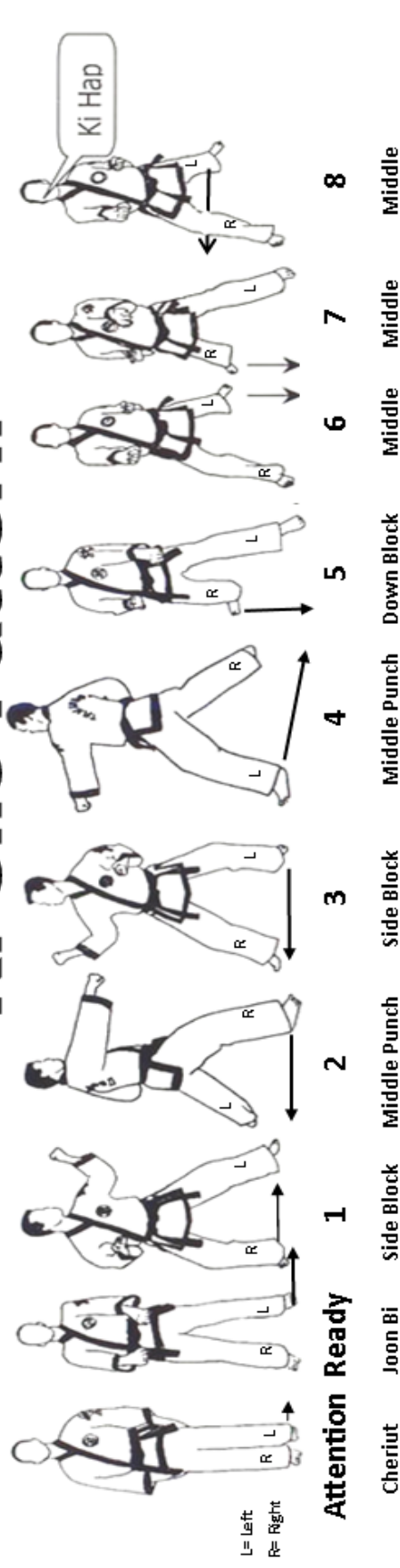
MASTER

SENIOR MASTER

GRAND MASTER



Ki Cho Pattern



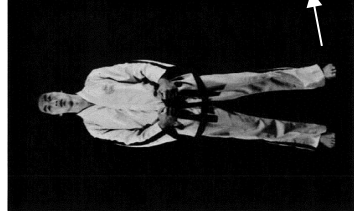
Ready Attention Bow

DAN-GUN

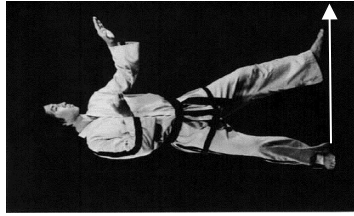
Movements - 21

Ready Posture - PARALLEL READY STANCE

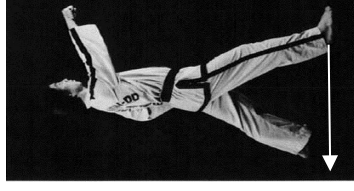
Interpretation - Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.



START: Parallel ready stance toward D.



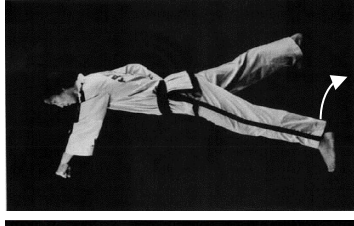
1. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.



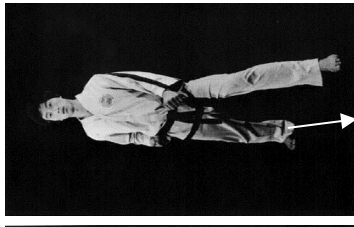
2. Move the right foot to B, forming a right walking stance turning clockwise to form a left L-stance toward B, at the same time executing a middle guarding block to A with a knife-hand.



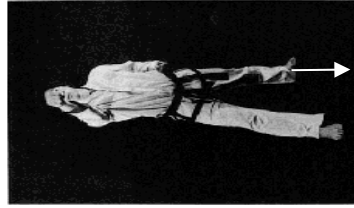
3. Move the right foot to A, forming a left walking stance toward A, while executing a high punch to A with the left fist.



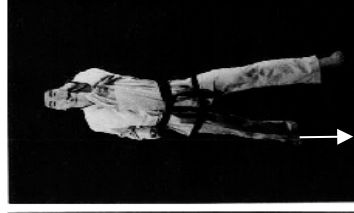
4. Move the left foot to D, forming a left walking stance toward D, while executing a low block to D with the left forearm.



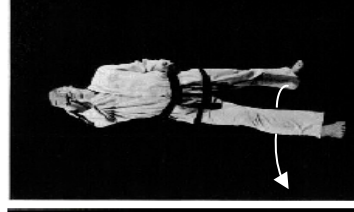
5. Move the left foot to A, forming a left walking stance toward A, while executing a high punch to A with the left fist.



6. Move the right foot to D, forming a right walking stance toward D, at the same time executing a high punch to D with the right fist.



7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the right fist.



8. Move the right foot to D, forming a right walking stance toward D, at the same time executing a high punch to D with the right fist.



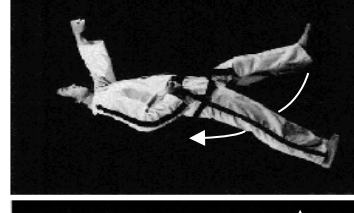
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.



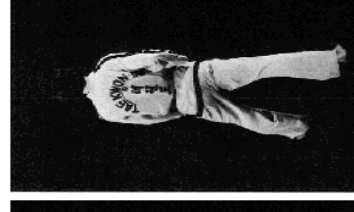
10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.



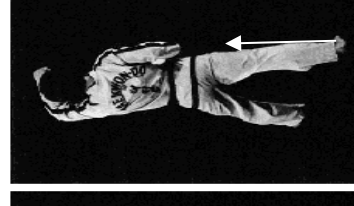
11. Move the left foot to F, turning clockwise to form a left L-stance toward F, at the same time executing a twin forearm block.



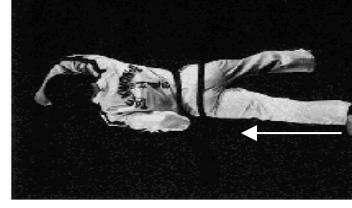
12. Move the right foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.



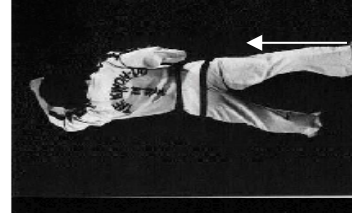
13. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.



14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.



15. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.



16. Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.



17. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.



18. Move the left foot to B, turning counter clockwise to form a right L-stance toward B while executing a middle strike to B with the left knife-hand.



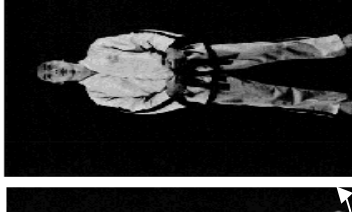
19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.



20. Move the right foot to A, turning clockwise to form a left L-stance toward A, at the same time executing a high punch to A with the right knife hand.



21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left fist.



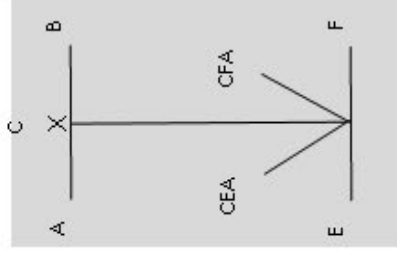
END: Bring left foot back to parallel ready stance toward D.

DO-SAN

Movements - 24

Ready Posture - PARALLEL READY STANCE

Interpretation - DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1878-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



START: Parallel ready stance toward D.



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.



2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.



3. Move the left foot on line AB, turn clockwise to form a right walking stance to A while executing a high side block to A with the right outer forearm.



4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



7. Twist the right knife-hand together with the body counter-clockwise until its palm faces downward and then move the left foot to D, turning counter-clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.



8. Move the right foot to D, forming a right walking stance toward D while executing a high side strike to D with the right fist.



9. Move the left foot to E, turning counterclockwise to form a left walking stance to E while executing a high side block to E with the outer forearm.



10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.



11. Move the left foot on line EF, then turn clockwise to form a right walking stance to F while executing a high side block to F with the right outer forearm.



12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.



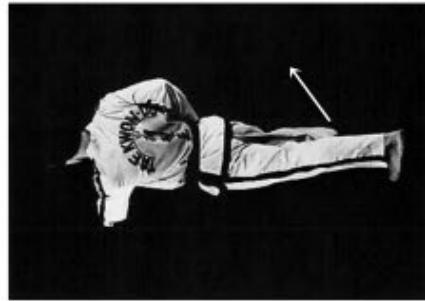
13. Move the left foot to CE, forming a left walking stance toward CE, at the same time executing a high veeding block to CE with the outer forearm.



14. Execute a low front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.



15. Lower the right foot to CE, forming a right walking stance toward CE while executing a middle punch to CE with the right fist.



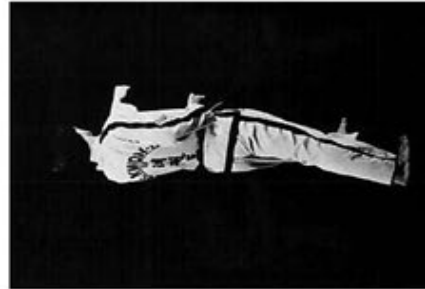
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.



17. Move the right foot to CE, forming a right walking stance toward CE while executing a high wedging block to CE with the outer forearm.



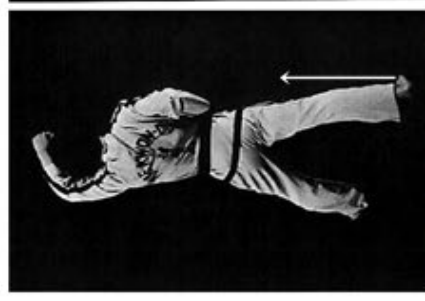
18. Execute a low front snap kick to CE with the left foot, keeping the position of the hands as they were in 17.



19. Lower the left foot to CE, forming a left walking stance toward CE while executing a middle punch to CE with the left fist.



20. Execute a middle punch to CE with the right fist while maintaining a left walking stance toward CE. Perform 19 and 20 in a fast motion.



21. Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.



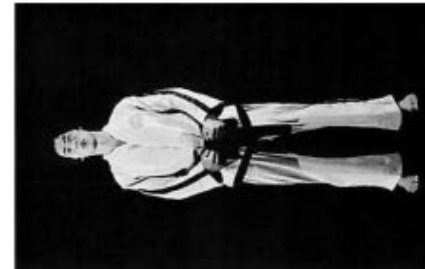
22. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.



23. Move the left foot to B, turning counter-clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.



24. bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

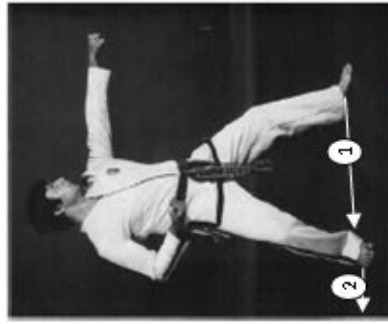


END: Bring the right foot back to parallel ready stance toward D.

WON HYO

Movements - 28 Ready Posture - CLOSE READY STANCE - A

Interpretation - WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.



4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.



5. Execute a high inward strike to A with a left knife-hand bringing the right side fist in front of the left shoulder.



6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.



7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance A toward D.



8. Execute a middle side piercing kick to D with the left foot.



9. Lower the left foot D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



10. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



11. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



12. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



13. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.



14. Execute a high inward strike to E with the right knife-hand, at the same time bringing the left side fist in front of the right shoulder.



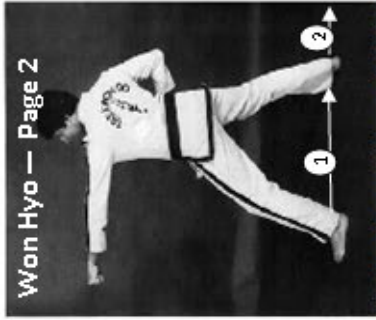
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder.



1. Move the left foot to B, forming a right L-stance toward B while executing a twin forearm block.



Close ready stance A toward D.



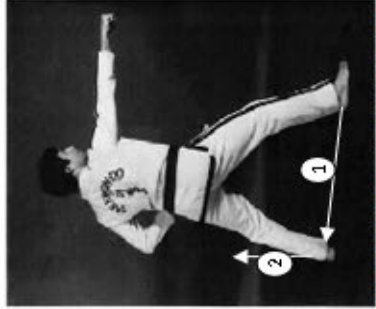
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.



16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.



17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder.



18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.



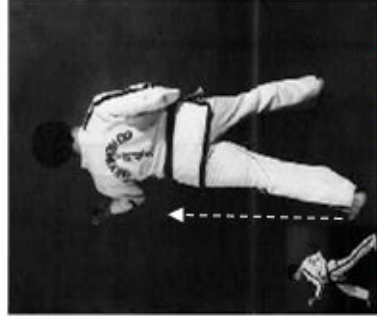
19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.



20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19. (Picture side view)



21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist. (Picture side view)



22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C. (Picture side view)



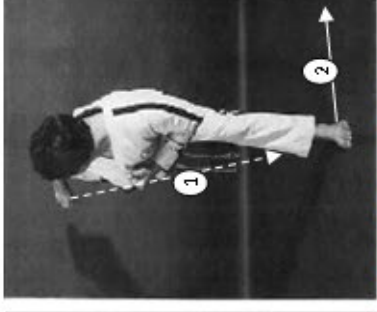
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22. (Picture side view)



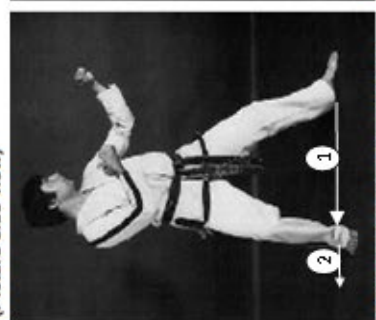
24. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.



25. Turn the face toward C, forming a left bending ready stance A toward C.



26. Execute a middle side piercing kick to C with the right foot.



27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L-stance toward B, at the same time executing a middle guarding block with the forearm.



28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with the forearm.



END: Bring the right foot back to a ready posture.

YUL GOK

Movements - 38 Ready Posture - PARALLEL READY STANCE

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



Parallel ready stance toward D.



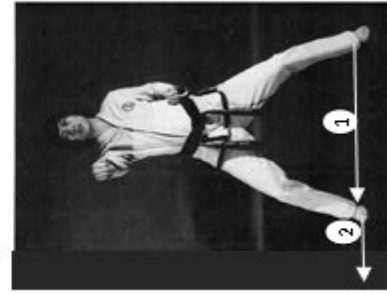
1. Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.



2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.



3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.



4. Bring the left foot to the right foot and then move the right foot to A, forming a sitting stance toward D while extending the right fist to D horizontally.



5. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.



6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.



7. Move the right foot to AD, forming a right walking stance toward AD while executing a high side block to AD with the right inner forearm.



8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.



9. Lower the left foot to AD, forming a left walking stance toward AD while executing a middle punch to AD with the left fist.



10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.



11. Move the left foot to BD, forming a left walking stance toward BD, at the same time executing a high side block to BD with the left inner forearm.



12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.



13. Lower the right foot to BD, forming a right walking stance toward BD, while executing a middle punch to BD with the right fist.



14. Execute a middle punch to DE with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.



15. Execute a high hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.



16. Execute a high hooking block to D with the left palm while maintaining a right walking stance toward D.



17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Perform 16 and 17 in a continuous motion.



18. Move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.



19. Execute a high hooking block to D with the right palm while maintaining a left walking stance.



20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Perform 19 and 20 in a continuous motion.



21. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



22. Turn the face toward D, forming a right bending ready stance A toward D.



23. Execute a middle side piercing kick to D with the left foot.



24. Lower the left foot to D, forming a left walking stance toward D while striking the left palm with the right front elbow.



25. Turn the face toward C while forming a left bending ready stance A toward C.



26. Execute a middle side piercing kick to C with the right foot.



27. Lower the right foot to C, forming a right walking stance toward C while striking the right palm with the left front elbow.



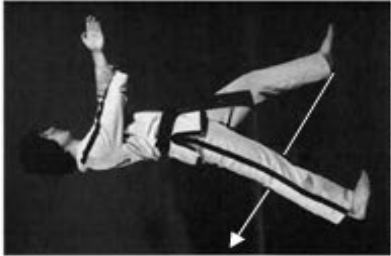
28. Move the left foot to E, forming a left walking stance toward E while executing a twin knife-hand block.



29. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



30. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.



31. Move the left foot to F, forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.



32. Move the left foot to C, forming a left walking stance toward C while executing a high side block to C with the left outer forearm.



33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.



34. Move the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right outer forearm.



35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.



36. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist.



37. Move the right foot to A, forming a right walking stance toward A, at the same time executing a high block to A with the right double forearm.

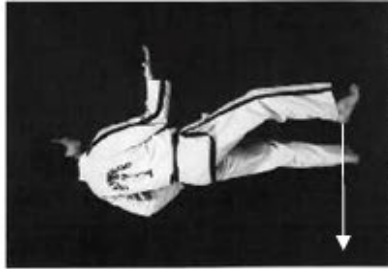
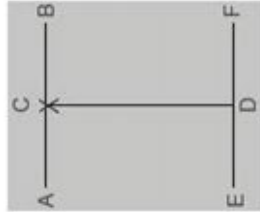


END. Bring the left foot back to a

JOONG GUN

Movements - 32 Ready Posture - CLOSE READY STANCE - B

Interpretation - Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).



1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with a left reverse knife-hand.



2. Execute a low side front snap kick to B with the left foot, keeping the left rear foot stance toward B while executing an upward block with a right palm.



3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with a right palm.



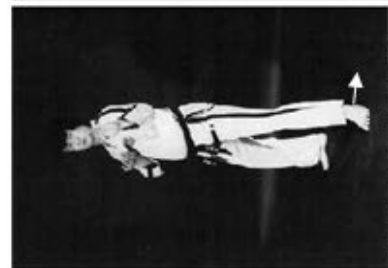
4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle side block to A with a right reverse knife-hand.



5. Execute a low side front snap kick to A with the right foot, keeping the right rear foot stance toward A while executing an upward block with a left palm.



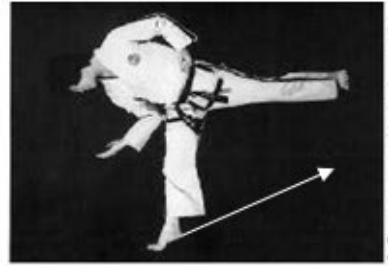
6. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



8. Execute a high strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot to D.



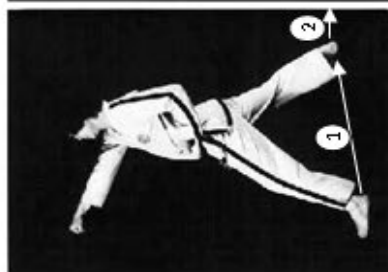
9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife-hand.



10. Execute a high strike to D with the left upper elbow, at the same time forming a right walking stance toward D, slipping the right foot to D.



11. Move the left foot to D, forming a left L-stance toward D, while executing a high vertical punch to D with a twin fist.



12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.



13. Move the right foot on line CD and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.



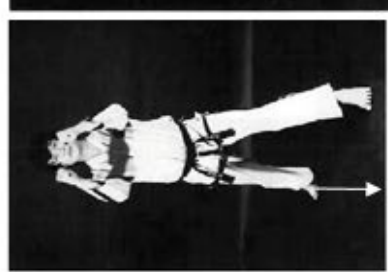
14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.



15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.



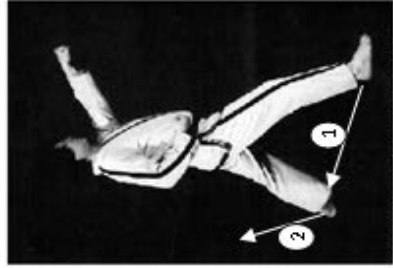
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.



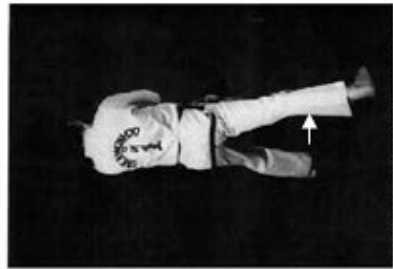
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.



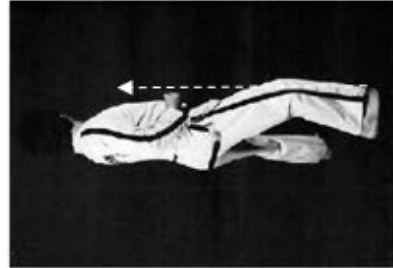
18. Twist the right fist counter-clockwise until the back fist faces downward while forming a right walking stance toward F. Perform the right foot to F.



19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.



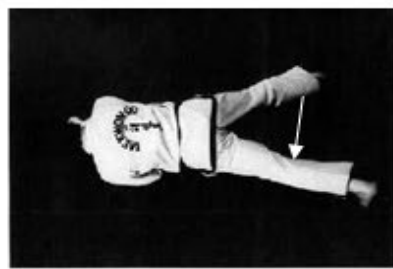
20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.



21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.



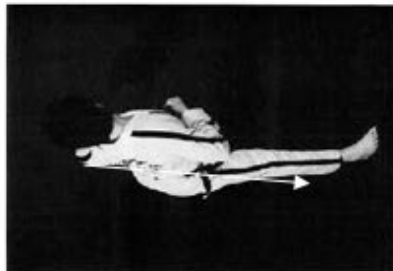
22. Execute a middle side piercing kick to C with the right foot.



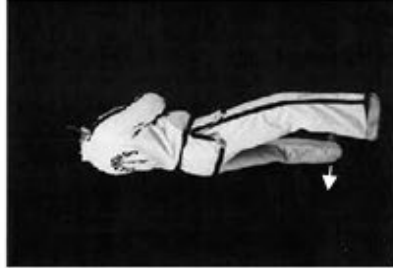
23. Lower the right foot to C, forming a right walking stance toward C while executing a high side block to C with the right double forearm.



24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.



25. Execute a middle side piercing kick to C with the left foot.



26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.



27. Execute a pressing block to C with the right palm while forming a left low stance toward C, slipping the left foot.



28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.



29. Execute a pressing block to C with the left palm while forming a right low stance toward C, slipping the right foot.



30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.



31. Move the right to A, forming a right fixed stance toward A while executing a U-shape block to A.



32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.

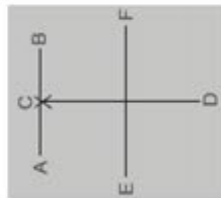


END: Bring the left foot back to ready posture.

TOI GYE

Movements - 37 Ready Posture - CLOSE READY STANCE B

Interpretation - *Toi-Gye* is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 latitude, the diagram represents "scholar".



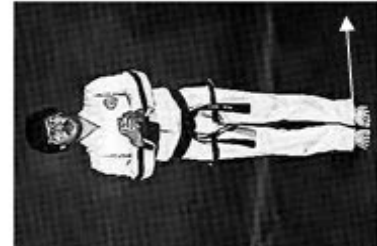
1. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with the left inner forearm.



2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot to B.



3. Move the left foot to B, forming a right L-stance toward B while executing a middle side block to B with the left inner forearm.



4. Move the right foot to A, forming a left L-stance toward A while executing a middle side block to A with the right inner forearm.



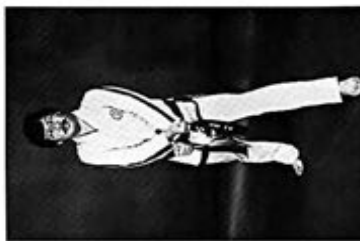
5. Execute a low thrust to A with the left upset fingertip while forming a right walking stance toward A, slipping the right foot to A.



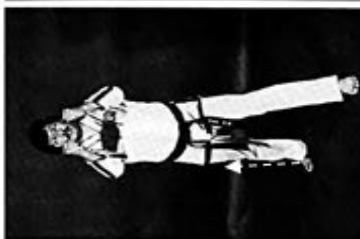
6. Bring the right foot to left foot, forming a close stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side-downward. Perform in a slow motion.



7. Move the left foot to D, forming a left walking stance toward D while executing a pressing block with an X-fist.



8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.



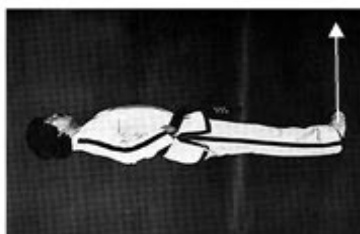
9. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 8.



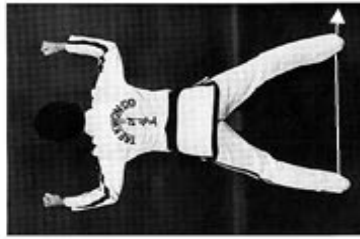
10. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.



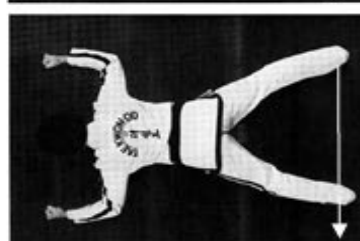
12. Bring the left foot to the right foot, forming a close stance toward F while bringing both fists to the hips simultaneously. Perform in a slow motion.



13. Move the right foot to F in a stamping motion, turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the right outer forearm.



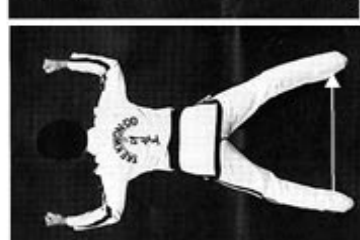
14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.



15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.



16. Move the right foot to E in a stamping motion, turning counter-clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.



17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C, at the same time executing a W-shape block to C with the left outer forearm.



18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.



19. Bring the right foot to the left foot and then move the left foot to D, forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.



20. Extend both hands upwards as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.



21. Execute an upward kick with the right knee while pulling both hands downward



22. Lower the right foot to the left foot and then move the left foot toward C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22. (Picture side view)



24. Lower the left foot to C, forming a left walking stance toward C while executing a middle guarding block to C with a knife-hand. (Picture side view)



25. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



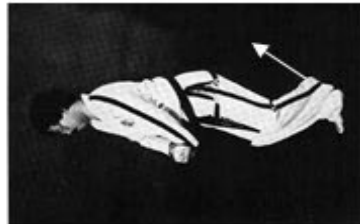
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25. (Picture side view)



27. Lower the right foot to C, forming a right walking stance toward C, at the same time executing a high thrust to C with the right flat fingertip.



28. Move the right foot to D, forming a right L-stance toward C while executing a high strike to D with the right back fist and a low block to C with the left forearm. (Picture side view)



29. Jump to C, forming a right X-stance toward A while executing a pressing block to A with an X-fist.



30. Move the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm. (Picture front view)



31. Move the left foot to B, forming a right L-stance toward B while executing a low guarding block to B with the knife-hand.



32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.



33. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.



34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.



35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.



36. Execute a circular block to CE with the left inner forearm while forming a right walking stance toward A.



37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

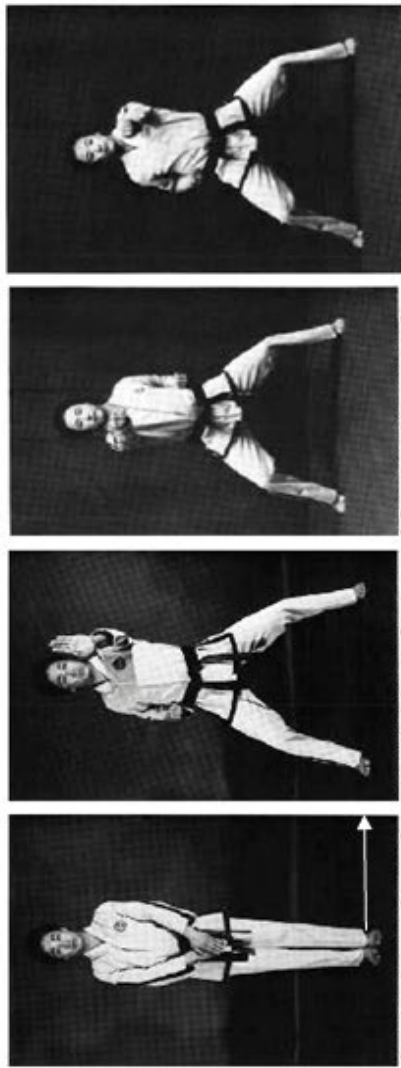
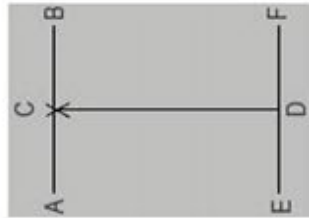


END: Bring the right foot back to ready posture.

HWA RANG

Movements – 29 Ready Posture - CLOSE READY STANCE – C

Interpretation - HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.



Closed ready stance C toward D.

1. Move the left foot to B to form a sitting stance toward D while executing a middle angled pushing block to D with the left palm.

2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.



5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.



6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.



7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.



8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.



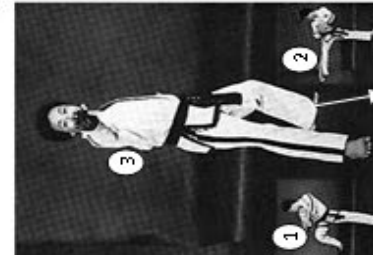
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.



10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.



11. Pull the left foot toward the right foot while bringing the left palm to the right forearm, at the same time bending the right elbow about 45 degrees outward.



12. Execute a middle side perching kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward A, at the same time executing a middle outward strike to D with the right knife-hand.



13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.



14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.



15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.



16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.



17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.



18. Execute a high turning kick to F with the right foot and then lower it to F.



19. Execute a high turning kick to F with the left foot and ...



... then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.



20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.



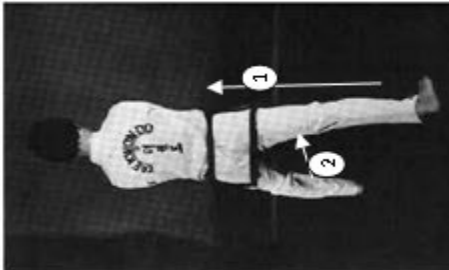
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.



22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.



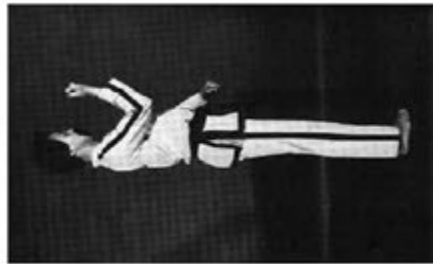
23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.



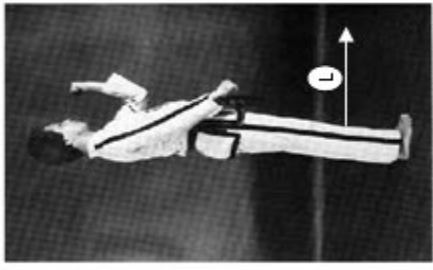
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.



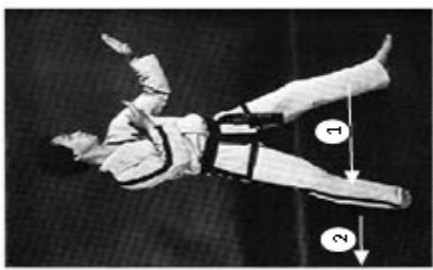
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.



26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.



27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.



28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.



29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



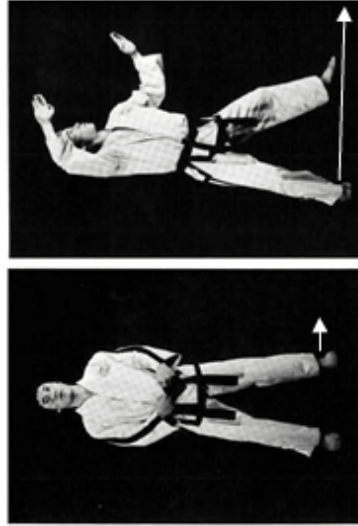
END. Bring the right foot back to a ready posture.

CHOONG MOO

Movements - 30

Ready Posture - PARALLEL READY STANCE

Interpretation - CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. This pattern ends with a left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



Parallel Ready Stance toward D.



2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.



3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.



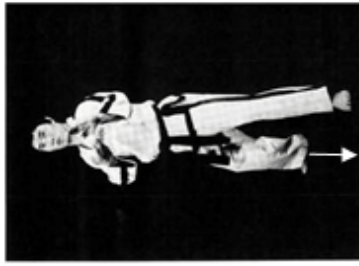
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



6. Turn the face to C forming a left bending ready stance A toward C.



7. Execute a middle side piercing kick to C with the right foot.



8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.



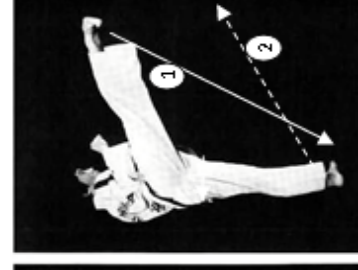
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.



12. Execute an upward kick to E with the right knee pulling both hands downward.



13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.



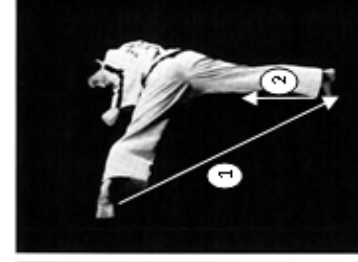
14. Execute a high turning kick to F with the right foot and then lower it to the left foot.



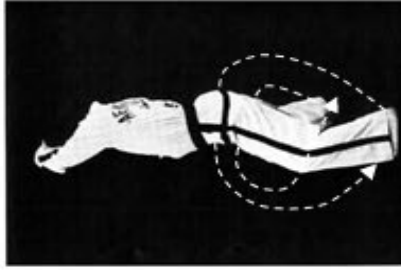
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.



16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.



17. Execute a middle turning kick to DE with the left foot.



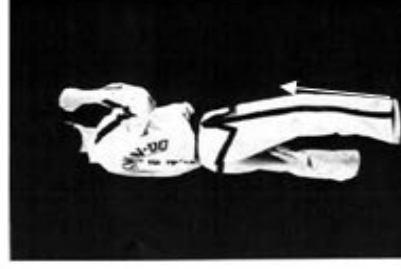
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.



19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.



20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.



21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.



22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.



23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.



24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.



25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.



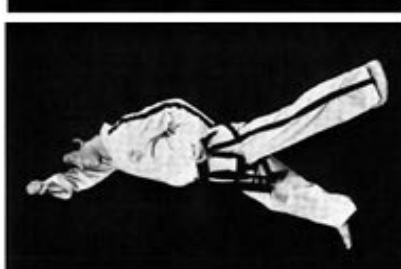
26. Execute a middle side piercing kick to A with the left foot turning clockwise.



27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.



28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.



29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.



30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.



END: Bring the left foot back to a ready posture

Advanced Curricula

Ho Sin Sul (Grab Defenses)

Defense to Wrist grabs

1. A: Wrist grab across the body (Attacker grabs your right wrist with his right hands):
D: Step left with left foot as you simultaneously execute a clockwise circular hook block grabbing the attacker's wrist. Execute a right-leg round kick to attackers' mid-section. Follow with a right-leg downward crescent kick to attackers back followed by Kiop. Clear out to a guarding block, back stance. Practice with a left-hand wrist grab also.
2. Attacker grabs both wrists from the front (Attacker grabs your right wrist with his left hand, your left wrist with his right hand): Step back into a front stance with either leg. Simultaneously perform a counter-clockwise circular release with your right hand and a clockwise circular release with your left hand. This will bring the attackers head down. Grab his shoulders and pull his head down as you execute a knee strike with the leg with which you stepped back. Kiop. Clear out to a guarding block, back stance.

Defense to Pushes

3. A: Pushes with both hands
D: Slap down both arms and execute thumb gouge to eyes. Then a right elbow to jaw. Finish by pulling him into a knee strike. Push him away and front kick.
4. A: Pushes with both hands
D: Slip sideways (pulling your right foot back as in an "ELITE" step) as you execute out to inside forearm block. Execute a ridge hand to neck. Finish with side kick to knee and ax kick to spine with the same leg.

Defense to Single arm lapel/shoulder grabs

5. A: Right hand Lapel Grab from front (Same Side Grab).
D: Defender grabs the sleeve of attacker with right hand at his elbow and grabs with the left hand the middle of his back. He then pulls attacker backwards while sweeping his leg with his left foot to a takedown. Finishes with a punch or stomp.
6. A: Grabs shoulder with 1 arm, same side grab
D: Slips head under attacker's arm to the outside as he executes a ridge hand strike to neck as he steps behind attacker's right leg preparing for a sweep. He then does Osoti-Geri Sweep. Finishes with a stomp kick.
7. A: Grabs lapel with right hand
D: Wraps his left arm in a clockwise motion around attacker's arm putting him in an elbow lock and bending him over backwards as he sweeps him with left foot. When attacker hits the ground, defender puts him in a straight arm elbow lock. (or you could simply finish with a stomp kick.)
8. A: Grabs shoulder with 1 arm, same side grab
D: Wraps his left arm in a clockwise motion around attacker's arm putting him in an elbow lock and executes a right upset punch to body and right knee to body.
9. A: Grabs shoulder with 1 arm, same side grab
D: Slips head under attacker's arm to the outside as he spins to execute a left elbow strike and then reverses his spin, sweeping the attackers leg with his right foot.
10. A: Grabs shoulder with 1 arm, same side grab
D: turns and execute left knife hand strike and right ridge hand.
11. A: Attacker grabs your lapel and tries to punch you with his other hand.
D: Block the punch with one hand as you trap his grab with your other hand. After blocking punch, execute a palm-up knife hand strike to the side of his neck. Reach across and grab the hand you trapped and place him in a wrist lock. Finish with a kick to the back of his knee. Kiop. Clear out to a guarding block, back stance.

Defense to 2-hand Lapel grabs

12. A: Twin Lapel Grab and pulls defender in close to him.

D: Executes a twin palm punch to jaws and immediately follows with a jump front kick.

13. A: Twin Lapel Grab pulling Defender in to him.

D: Defender places his left hand on the opposite side of attacker's jaw and pushes attacker's head to the left as he executes a right cross to the jaw.

14. A: Twin Lapel Grab

D: Defender snakes' right arm over and under attacker's forearms. Then with left hand grabbing his right fist, pushes up and over to right breaking hold. Defender counters with a right uppercut and then grabs the attacker's shoulders to pull him into a right knee strike.

15. A: 2 hand lapel grab.

D: Stepping back with right leg and, with left forearm, execute a downward block to attacker's arms. Follow with a right elbow or right cross to his jaw.

16. A: Grabs lapels and attempts a head butt.

D: Blocks head butt with heaven hands, then grabs the attacker by the back of the head with left hand and executes a right horizontal elbow strike to jaw. (Alternate finish: He finishes by executing a right reverse throat choke as he strikes the attacker's trunk with knee strikes.)

17. A: Grabs throat with left hand, then punches with right fist to head

D: With left hand, execute inward palm block to throat grab and outward knife hand block to punch. Counter with right-left punches and finish with rear leg (R) Jump Front Kick.

18. A: Grabs throat with both hands.

D: Executes right forearm Inward Block to break hold and continues to spin around to a left rear elbow strike. He finishes by reversing to the right and executes a right rear elbow attack.

19. A: Twin Lapel Grab.

D: B: Executes right forearm Inward Block to break hold and counters with a left upset punch to body and right downward hook to jaw.

20. A: Twin Lapel Grab

D: Answers with a right punch-left punch combo to throat and finishes with a jump front kick.

21. A: Front choke with both hands:

D: Tuck your chin down so attacker can't get a good hold on your neck. Grab both of the attacker's wrists as you step back with your right leg. Execute a low front kick to attacker's stomach. Let go his wrists and raise your fists above your head. Execute a twin downward strike to his forearms with your hammer fists. Follow with a twin strike to his jaws with your palm heels. Kiop. Clear out to a guarding block, back stance.

22. A: Attacker puts you in a Headlock from front (guillotine Choke).

D: Tuck your chin to your chest as soon as you can. Execute a ridge hand strike to his groin. Then with both hands, grab the arm around your neck and pull down hard, loosening his grip. Step through and behind him while putting him in an arm bar and forearm choke from behind. Take him down to the ground. Clear out to a guarding block, back stance.

Defense to Bear Hug

23. Attacker grabs you from the front in a Bear Hug. Place both thumbs in the crease where his legs join his torso and push him away. At the same time step back with one of your legs and execute a knee strike to attacker's stomach. Push him away and front kick. Kiop. Clear out to a guarding block, back stance.

Defense to Grabs from Behind

24. A: One hand shoulder grab from behind (left hand)

D: Defender raises left arm high as he turns and executes a downward elbow to attacker's arm, breaking the hold. Immediately counters with a right cross to face.

25. A: Twin wrist grab from rear
D1: Step away and Back Kick
D2: Step away with one leg, pulling attacker forward, then reverse your motion backwards so attacker slams into your back, knocking the air out of him.
26. A: Choke from Rear with hands.
D: Defender raises right arm high as he spins out clockwise (which breaks the hold). He continues to turn to face the attacker as he grabs attacker with both hands and pulls him into a right knee strike. He finishes with a downward elbow to the opponent's spine.
27. A: Rear arm bar choke with right arm
D: Steps out to right into a riding stance as he executes a left rear elbow strike to solar plexus. He then retorques his body to the left and executes a right "angle punch" over his left shoulder to opponent's face.
28. A: Attacker comes up from behind and puts you in a headlock from the side (he hugs your head with his right arm):
D: Tuck your chin and head in case he tries to punch you. If he does start punching reach across your body with your right hand and grab the arm he is punching with. With your left arm reach up behind his shoulder and between your head and his. Place your index and middle fingers under his nose and sharply pull his nose upwards and backwards in the shape of an upside-down j. Take him down backwards onto his back. Kiop. Clear out to a guarding block, back stance.
29. A: Attacker grabs you from behind in a bear hug:
D: Soften him up with a head-butt to the bridge of his nose. Inhale deeply and immediately drop your weight into a low horse-riding stance and shoot both arms out straight in front of you. This will cause the attacker's arms to slide up. Immediately execute an elbow strike with one arm to his ribs or face. Then turn and execute another elbow strike with the other arm to his ribs or face. Execute both elbow strikes as a continuous motion. Step away and finish with a side kick to his mid-section. Kiop. Clear out to a guarding block, back stance.
30. A: Attacker puts you in a Forearm Choke from Behind.
D: As soon as you sense a choke from behind, tuck your chin to your chest so he cannot cut off your air supply. Grab his forearm with both hands and pull down as you back out of the hold and put him in a rear arm bar and forearm choke of your own. Take him down backwards by backing up and forcing him down to the ground. Clear out to a guarding block, back stance.
31. A: Attacker puts you in an Arm Bar from behind and is holding your wrist with his other hand.
D: First you must escape the wrist grab by pulling your wrist away and into a palm up position. Then with your free arm, execute a spin elbow strike to his head. Step away to release from the arm bar. Grab his wrist and round kick or side kick to body. Kiop. Clear out to a guarding block, back stance.
32. A: Attacker chokes you with both hands from behind.
D: Tuck chin as soon as you sense the grab. Raise one arm high up overhead as you spin in the direction of your raised arm. This will release the choke hold. Quickly either counterattack or create distance between you and the attacker. Clear out to a guarding block, back stance.
33. A: Attacker grabs you from behind in a Twin wrist grab.
D: Try Smashing his instep with a heel stomp. Then with either foot, step back towards attacker quickly as you shoot both hands out in front of you twisting the palms up. If done properly this will not only break the hold but also knock the wind out of him. Finish with a back kick to his sternum. Kiop! Clear out to a guarding block, back stance.
34. A: Attacker puts you in a Full Nelson.
D: Try not to let him bend you down by placing the backs of both hands firmly against your forehead and push backwards. Suddenly, drop your weight into a low riding stance as you explosively drop your elbows to your ribs. This should break the hold. Step away and back kick to his sternum. Kiop. Clear out to a guarding block, back stance.

Takedowns and Ground Defense:

1. Takedown to a 2-hand grab/punch: O'soto Geri Leg Sweep: Grab attacker and pull him into you as you step behind him deep with outside leg. With inside leg sweep the back of his calf and take him down.
2. Takedown to a front kick: sidestep and perform a circular trapping block to catch his leg. Step behind attackers supporting leg and push shoulder backwards while lifting trapped leg up simultaneously, causing him to fall backwards.
3. Takedown to a round kick: As attacker kicks step away from the kick as you execute a universal cross arm block to trap his leg. Once leg is trapped, Step behind attackers supporting leg and push shoulder backwards while lifting trapped leg up simultaneously, causing him to fall backwards.
4. Escape out of a mounted position: Trap arm and leg, bridge and roll in the direction of trapped arm and leg to mount position. Finish with strikes and stand up and clear out into a guarding stance.
5. Escape out of a guard position (bottom): Shift hips so you can get one foot locked into attacker's lower abdomen and push him away as you slide away get the other foot into his abdomen and push him away. Finish with a kick to his face. Stand up and clear out into a guarding stance.

Choke Applications

1. Slip to left of punch while executing palm block with left hand. Continue to slip behind partner and slide right arm over punching arm and around the front of partner's neck and grab your left bicep. Elbow should be in front of Adam's apple. Apply choke very slowly. Stop when partner taps.
2. Slip to left of punch while executing palm block with left hand. Continue to slip behind partner and slide right arm under punching arm and around the back of partner's neck. Bring your left arm around the front of your partner's neck and grab your right bicep. Elbow should be in front of Adam's apple. Apply choke very slowly. Stop when partner taps.
3. Slip to left of punch while executing palm block with left hand. Continue to slip behind partner and slide right arm under punching arm and around the front of partner's neck. Grab your left bicep. Apply choke very slowly. Stop when partner taps.
4. As opponent punches, stepping with left foot, slip inside and blocking punch with left knife-hand. At the same instant slide your right arm around your partner's head putting him in a front headlock choke and grab your left bicep.

Weapons Defenses

Club Defense One-steps

1. A: Vertical strike downward

D: step 45 deg.'s left with left foot into front stance and execute high block with right arm. Slide forearm down and grab his wrist with right hand as you grab the back of his shirt about kidney level with your left hand. Pull him into you, and execute 2 knee strikes to his midsection with right leg. With left leg, sweep him backwards and down. Kneel down as he falls and follow up with 2 punches and then disarm stick over your left leg by striking his elbow against your leg.

2. A: Horizontal strike, right to left

D: Step towards attacker with right leg into back stance as you execute a twin Knife hand block. With your left hand, grab

his wrist as you execute a right Knife hand strike to his ribs. Step through to the left still holding wrist and pull his arm straight to your left side (this will bend him down). Execute a round/front kick to his mid-section with right leg. Then sweep him with left leg, taking him to the ground on his back. Kneel down as he falls and follow up with 2 punches and then disarm stick over your left leg by striking his elbow against your leg.

3. A: Vertical strike downward

D: slips 45 Deg.'s left in a horse stance while coming in from behind with your left hand and grabbing the back of the attackers hand as it travels past you. With right foot step under his arm and behind him, putting him in a rear arm bar with right hand; disarm the stick with your left hand and place the stick across his neck (trachea). with right hand, let go of wrist and place other end of stick in the crook of your right arm. Then place your right palm behind his head to apply submission.

4. A: Vertical strike downward

D: Step straight in to attack with left leg as you execute a high X block. With left hand grab his wrist and clear the arm to the left as you strike his neck with a right arc hand. Then with left leg step deeper and execute right leg sweep to his front leg, taking him down backwards. Kneel down as he falls and follow up with 2 punches and then disarm stick over your left leg by striking his elbow against your leg.

5. A: Vertical strike downward

D: step towards attacker with left foot into front stance and simultaneously execute high block with left arm and palm strike to nose. Grab his wrist with left hand as you reach underneath his arm with your right hand and grab stick to disarm. Finish with strike with stick.

6. A: Vertical strike downward

D: Step toward attacker with left leg and execute a stabbing block with left arm and punch to throat with right fist (simultaneously done). Trap

Short Stick Defense

1. **Vertical Stick Defense 1:** Parry outside to arm bar from behind, disarm stick and choke.
2. **Vertical Stick Defense 2:** Parry inside and reverse motion wrist lock.
3. **Vertical Stick Defense 3:** Reverse High Block (step 45 to left with left leg and high block with right arm). Grab attacker's shirt at kidney level and pull into several right knee strikes to ribs. Then sweep backwards with left leg and once he's down, transfer his attacking arm to your left hand and put in arm bar over left leg. Disarm.
4. **Vertical Stick Defense 4:** High X-Block, clear arm with left hand as you execute arc-hand to throat with right hand. Then sweep (Osoto-Geri), grab arm and arm lock.
5. **Diagonal Stick Defense 1:** High block, Reverse Punch, Grab and knee strike, elbow to spine.
6. **Diagonal Stick defense 2:** Stabbing Block. Trap arm. Elbow and knee strikes.
7. **Horizontal stick defense 1:** Universal cross arm block. Trap arm. Elbow and knee strikes then take down.
8. **Horizontal stick defense 2:** avoid 1st swing. Close and trap arm on return swing. Finish with leg sweep and arm bar.
9. **Horizontal stick defense 3:** Twin Forearm Block. Grab arm with left hand and strike with knife hand to ribs. Grab stick arm with both hands and circle under and turn and Round kick to stomach/face. Sweep backwards and put in arm bar.
10. **Horizontal stick defense 4:** Twin Forearm Block. Grab arm with left hand and strike with knife hand to ribs. Grab stick arm with both hands and circle under and turn and execute an arch kick to back of knee. Hammer fist to spine.

Knife and Gun Defenses are extremely dangerous, even life-threatening. As such, predicaments that place you in such situations should be avoided at all costs! If there is any way possible...flee the situation as quickly as you can. Running and yelling "FIRE!" repeatedly will draw attention which may stop the attacker for fear of being seen. In any case, your **LAST RESORT** should be to stay and defend yourself! There *are* strategies to help you escape such situations, but they are beyond the scope of this handbook.

Knife Defense

1. To Overhead Downward Stab (angle 1)
2. To Lunging Thrust (angle 8)
3. To Horizontal Slashing (angle 4):
4. To Horizontal Slashing (angle 5):
5. To Diagonal Slashing (Downward angle 2):
6. To Diagonal Slashing (Downward angle 3):
7. To Diagonal Slashing (Upward angle 6):
8. To Diagonal Slashing (Upward angle 7)
9. To Upward Thrust (angle 9):
10. To Threat Behind the back:
11. To Threat Against the throat:

Handgun Disarms:

1. Pointed at head
2. Pointed at body
3. Pointed at head from behind
3. Pointed at body from behind
4. 2 hand grip points at head
5. 2 hand grip pointed at body
6. Gangster grip at head
7. Horizontal slapping disarm
8. Vertical slapping disarm