

NPS TAE KWON DO ASSOCIATION



STUDENT HANDBOOK

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INTRODUCTION

This publication is intended for the use of students and instructors of the NPS Tae Kwon Do Association. Contents are taken from many other publications, and it is not intended for sale. It will be provided to the students at cost of printing.

This organization is affiliated with the World Tae Kwon Do Federation. The contents of this manual have been carefully edited and compared by Master Caryn Dampier with the latest edition of the Kukkiwon Tae Kwon Do Textbook, then reviewed by Master Keebom Kang and Master David Dampier.

We would not be truthful if we cited this manual as complete. The further we progress in this art, the more we realize that our study and training will never be complete. So, we submit our text to you as a “*work in progress.*”

Although we have specific requirements to be taught to students at any given level, our goal is to keep the categories general enough to allow instructors to establish the class instruction at an individual level while maintaining the curriculum of the Association.

Our curriculum involves teaching the basic techniques at different levels of expertise as prescribed under the standards established by Kukkiwon. These techniques will be expressed in three categories or formats:

Forms – an established set of movements that artistically express self defense techniques and skills.

Sparring – a way to practice self defense skills competitively, as a sport.

One steps – a way to practice techniques against an aggressive attack.

Each club has its own unique qualities. Although a club may use the same curriculum as the other, each has developed its own strengths as it reflects the community it serves. Each also has its own set of challenges at times, but all schools continue to thrive and produce remarkable results. And although each instructor has his/her own unique teaching style, all have held true to the standards and values of the Association and have provided the highest quality of service.

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I. HISTORY OF THE NPS TAE KWON DO ASSOCIATION

Tae Kwon Do is a martial art independently developed over 20 centuries ago in Korea. It descends from a number of martial arts developed during the ancient dynasties of Korea. It has most recently gained popularity in its current form since the 1950s, when it was developed by the Korean Army as a free-fighting combat art. Tae Kwon Do literally means the “way or art of kicking and punching”. It consists of sharp, strong, linear movements combined with free-flowing movements to provide a balance of beauty and power. Techniques consist of mostly kicks balanced with a sufficient number of hand techniques to overpower any opponent.

After the Korean War, martial arts became widespread in Korea. Many kwans or gyms were opened which offered their own independent style of martial art until the late 1950’s when the Korean Tae Kwon Do Association was organized to unify the kwans under one organization. This system did not work well, however, and in 1972, the World Tae Kwon Do Federation was formed and recognized by the Korean Government as the only governing body for Tae Kwon Do. Since its inception, the World Tae Kwon Do Federation is the only official Black Belt certifying agency in the world.

Today, Tae Kwon Do is the most recognized Korean Martial Art. Popularity has grown worldwide, as it is now a Pan American Games medal sport, and a demonstration sport for the Olympic Games. It is hoped that Tae Kwon Do will gain full medal sport status in the near future.

II. TAEKWONDO & SCIENCE

By Dr. Keebom Kang

When you practice Taekwondo, you may think of Bruce Lee's martial art movies, but Newton's laws of motion, which you learned in physics class in high school and college, are the last things in your mind that have anything to do with Taekwondo. Many people who are so fascinated by Taekwondo demonstration may wonder whether mystical or magical effort is required for Taekwondo training. Though it requires some physics and biomechanical engineering knowledge, Taekwondo techniques can be analyzed in terms of a basic scientific concepts or natural laws.

KICK AND PUNCH

In general, a collision or contact between two bodies or between a body and ground or object is a common occurrence in all types of sport. The magnitude of forces involved in an impact varies inversely with the amount of contact time and contact area between the two colliding objects. Kicks and punches can be analyzed as a collision of two objects.

There is a fundamental difference between the boxing punch and the Taekwondo kick or punch. The boxing punches are thrown to knock the opponent off-balance. The forces of the boxing punch are distributed over a wide area for a longer period time, which often causes head injury or brain damage in the long run. On the other hand, Taekwondo kicks or punches are to focus the force of impact on a small area (e.g., solar plexus) of contact in a very short period of time, creating a highly effective mass and a large transfer of momentum and energy to the target.

Applying the same physics theory in the opposite way, to reduce the possibility of injury during a contact, the contact time and contact area should be spread as far as possible to keep forces at a minimum level. This explains why a football player lands on the ground using a shoulder roll, in which case his motion is dissipated over a longer time and a wider area. The same is true for landing after the jump kick; land with one foot followed by the other with the knees bent.

BREAKING TECHNIQUES

Breaking techniques are not the objective of the Taekwondo practice, but an essential by-product of the training. The breaking techniques also can be analyzed using simple physics theory. It is well known from Newton's second law of motion that force equals mass times acceleration. Given the mass of your body, you can generate more force with acceleration which means the ability to increase speed. With the proper training, one can generate five to ten times of the force needed to break a standard one inch board. However, it must be understood that upon impact of the object (board or brick), the hand or foot is decelerated and is subjected to a rather large impact on your hand or foot. It is, of course, possible to break your hand or foot. Newton's third law of motion explains the physics of this breaking technique: whenever one body exerts a force on another, there is an equal and opposite force exerted by the second body on the first.

SUMMARY

In summary, Taekwondo is a scientific sport. It is helpful to understand the basic concepts of physics to teach and to improve your Taekwondo techniques. The proper training must be supervised by a qualified instructor to avoid possible injuries.

III. RULES OF THE DOJANG

1. When entering and leaving the dojang, you should always bow out of respect.
2. Upon greeting an instructor for the first time in a day, you should render the proper greeting and bow. It is not necessary to bow to the instructor every time he/she speaks to you.
3. At the start of the class, the senior student present will call for everyone to line up at attention. All other students will line up by belt rank, without regard for seniority within each belt rank. When the instructor steps to the front of the class, the senior student should say the following, in this order:
 - a. Kukki-Yeh, Kyung Nye (Face the flags, Bow)
 - b. Kyusanim (Sabumnim)-kiyeh, Kyung Nye (Face the instructor (master), Bow)
4. At the end of every class, the senior student present will line everyone up and bring them to attention. He will ask the students to turn around and make themselves presentable. He should then turn the students back around. When the instructor steps to the front of the class, the senior student should say the following, in this order:
 - a. Kukki-Yeh, Kyung Nye (Face the flags, Bow)
 - b. Kyusanim (Sabumnim)-kiyeh, Kyung Nye (Face the instructor(master), Bow)
5. During class, the following courtesies should be followed at all times:
 - a. Pay attention to the instructor.
 - b. If you have a question or comment, you should raise your hand and wait to be recognized.
 - c. Always maintain the proper stance. If the class is at “attention,” then all students should be at “attention”. If the class is at the “ready,” then all students should be at the “ready.”
 - d. Class should never be disrupted by students talking out of turn.
6. All students and instructors should be treated with respect at all times.
7. Sparring in class will be restricted to demonstrating proper fighting techniques. Maximum control should be used at all times. See Section VII.
8. Training equipment available in the dojang are there for use by the students, but make sure that at all times the equipment is used properly and not damaged by neglect.
9. Above all, maintain a positive, winning attitude, and set an example for all students to follow.

Kid’s Class Rules

1. Homework First!
2. Be nice to someone every day!
3. Take care of your own uniform!
4. Do not use what you learn in class on the playground or at school!
5. Practice something every day!

IV. RANKING SYSTEM

<u>KEUP RANK</u>	<u>BELT COLOR</u>	<u>TEST* FEE</u>	<u>MINIMUM** CLASS ATTENDANCE</u>
8 th Keup	White	\$	16 Classes
7 th Keup	Yellow	\$	16 Classes
6 th Keup	Orange	\$	16 Classes
5 th Keup	Green	\$	16 Classes
4 th Keup	Blue	\$	24 Classes
3 rd Keup	Red	\$	24 Classes
2 nd Keup	Red /	\$	24 Classes
1 st Keup	Red //	\$	24 Classes
Bo Dan	Black/Red	\$	*
1 st Dan	Black	\$300	**
2 nd Dan	Black	\$400	12 Months
3 rd Dan	Black	\$450	24 Months
4 th Dan	Black	\$450	36 Months

Test fees for 7th Keup to Dan Bo will be determined by the Chief Instructor of each club. Test fees for 7th Keup to 4th Keup will USUALLY be around \$25.00, and fees for 3rd Keup to Dan Bo may be slightly higher. Some clubs may have reduced rates when 3 or more family members are participating.

The **minimum** class attendance criteria is a *GUIDE* only, except for Black Belt ranks. Some students may require less time, some more. Individual performance, motivation, and progress will determine when each student is ready to test. As a general rule, young people require more time.

Students may, at their discretion, request a double test at any time for the Keup ranks. If the instructors agree that the double test is a good idea, the student will be given both tests. Both tests must be successfully completed to achieve both promotions. If the second test is failed and the first is passed, only the belt rank for the first test will be awarded.

* There is no minimum class attendance required to progress to Dan-Bo. This rank is usually reserved for those students who have achieved mastery equivalent to 1st Dan and are awaiting a scheduled test.

** The amount of time required for a student to progress from Dan-Bo to 1st Dan will be determined individually. Since Dan-Bo students are supposed to be ready for 1st Dan already, this time should be around six months.

Tests for Dan ranks will be coordinated by the instructors with a certified WTF Master when the student has demonstrated sufficient proficiency in all aspects of Tae Kwon Do. Achieving 1st Dan will normally require 2 - 3 years of training.

V. PROMOTION REQUIREMENTS

7th Keup Yellow Belt

1. **STANCES:**
 - Horse Riding Stance (Joo Joom Seogi)
 - Front Stance (Ap Koobi)
 - Walking Stance (Ap Seogi)
 - Back Stance (Dwi Koobi)

2. **BLOCKS:**
 - Low Block (Arae Makki)
 - Inside Block (Mohmtong Ahn Makki)
 - Outside Block (Mohmtong Pakkat Makki)
 - High Block (Eolgool Makki)
 - Knife-Hand Block (Sohnnal Makki)

3. **PUNCHES/STRIKES:**
 - Middle Punch (Mohmtong Jireugi)
 - Single (Han Bohn Jireugi)
 - Double (Successive) (Doo Bohn Jireugi)
 - Double (Together) (Doojeumeok Jireugi)
 - Triple (Se Bohn Jireugi)
 - High Punch (Eolgool Jireugi)

4. **KICKS:**
 - Front Kick (Ap Chagi)
 - Side Kick (Yeup Chagi)
 - Round-House Kick (Dollyo Chagi)
 - Back Kick (Dwi Chagi)

5. **COMBINATIONS:**
 - Blocks And Strikes
 - Kicking

6. **POOMSE**
 - 4 Directional Exercises

**6th Keup
Orange Belt**

- 1. STANCES:**
Tiger Stance (Bom Seogi)
- 2. BLOCKS:**
Double Outside Block (Doo Sohn Makki)
Double Knife Hand Block (Doo Sohnnal Makki)
- 3. PUNCHES/STRIKES:**
Back-Fist Strike (Deung Joomeok Chigi)
Knife-Hand Strike (Sohnnal Chigi)
Ridge-Hand Strike (Sohnnal Deung Chigi)
Side Punch (Yeup Jireugi)
- 4. KICKING:**
Inside/Outside Crescent Kick (Ahneso/Pakuro Chagi)
Outside/Inside Crescent Kick (Pakeso/Ahnuro Chagi)
Axe Kick
(Inside, Outside, Straight) (Naeryu Chagi)
- 5. COMBINATIONS:**
Blocks And Strikes
Kicking
- 6. POOMSE:**
Taegeuk Il-Jang
Taegeuk Ee-Jang
One-Step Sparring
- 7. ONE STEPS:**
Students will demonstrate an understanding of techniques taught at the previous level in a hostile situation which may call for self defense. See Section VII.
- 8. FREE SPARRING:**
Students are permitted/ or required to engage in free sparring for the first time. This is timed minimal or no-contact fighting against a live opponent of your skill level for a short duration of time. See Section VIII.

**5th Keup
Green Belt**

- 1. STANCES:**
Horse Riding Stance w/ Right Middle Punch (Joo Joom Seogi/Mohmtong Jireugi)

- 2. BLOCKS:**
Double Low Block (Doo Sohn Arae Makki)
Double Knife-Hand Low Block (Doo Sohnnal Arae Makki)
C-Block (Diamond Mountain) (Keumgang Makki)

- 3. PUNCHES/STRIKES:**
Spinning Back-Fist Strike (Dwi Dollyo Deung Joomeok Pakkat Chigi)

Spinning Knife-Hand Strike (Dwi Dollyo Sohnnal Pakkat Chigi)

Side Elbow Strike (Palkoop Yeup Chigi)
Up Elbow Strike (Palkoop Ollyo Chigi)
Target Elbow Strike (Palkoop Pyojeok Chigi)

- 4. KICKS:**
Spin-Side Kick (Dwi Dollyo Yeup Chigi)
Single Jump Front Kick (Kicking Off Front Leg) (Twio Ap Chigi)
Single Jump Front Kick (Kicking Off Back Leg) (Twio Bakkuwo Ap Chigi)
Double Jump Front Kick (Doo Bal Ap Chigi)
Hook Kick (Hooryo Chigi)
Flip Kick (Dollyo Chigi)

- 5. COMBINATIONS:**
Blocks And Strikes
Kicking

- 6. POOMSE:**
Taegeuk Il-Jang (Taegeuk Sahm-Jang)
Taegeuk Ee-Jang

- 7. ONE-STEP SPARRING:** See Section VII

- 8. FREE SPARRING:** See Section VIII

**4th Keup
Blue Belt**

- 1. STANCES:**
Cross Stance (Side To Side) (Ap Kkoa Seogi)
Cross Stance (Forward) (Dwit Kkoa Seogi)
- 2. BLOCKS:**
Down Block (Batangsohn Arae Makki)
Up Block (Batangsohn Ollyo Makki)
- 3. PUNCHES/STRIKES:**
Palm Heel Strike (Batangsohn Chigi)
Supported Spearhand Thrust (Pyon Sohn Keut Tszireugi)
Hammer-Fist Strike (Maejoomeok Chigi)
- 4. KICKS:**
Single Jump Round-House Kick (Kicking Off Front Leg) (Twio Dollyo Chagi)
Single Jump Round-House Kick (Kicking Off Back Leg) (Twio Bakkuwo Dollyo Chagi)
Double Jump Round-House (Doo Bal Dangseong Chagi)
Spinning Hook Kick (Dwi Dollyo Hooryo Chagi)
Sliding Front Kick (Kuro Ap Chagi)
- 5. COMBINATIONS:**
Blocks And Strikes
Kicking
- 6. POOMSE:**
Taegeuk Il-Jang Taegeuk Sahm-Jang
Taegeuk Ee-Jang Taegeuk Sa-Jang
- 7. ONE-STEP SPARRING:** See Section VII
- 8. FREE SPARRING:** See Section VIII
- 9. BREAKING:**
- 10. KOREAN TERMINOLOGY**

**3rd Keup
Red Belt**

1. **STANCES:**
Closed (Feet Together, Side By Side) Moa Seogi
2. **BLOCKS:**
Pressing Block (Middle) (Batangsohn Mohmtong Makki)
Pressing Block (High/Outside) (Batangsohn Eolgool/Pakkat Makki)
Pressing Block (Low Inward) (Batangsohn Nullo Makki)
Cross Block (Low) (Otgoreo Arae Makki)
Cross Block (High) (Otgoreo Eolgool Makki)
3. **PUNCHES/STRIKES:**
Two-Finger Strike (Kawisohn Keut Tsireugi)
Throat Attack (Mok Chigi)
4. **KICKS:**
Single Jump Side Kick (Kicking Off Front Leg) (Twio Yeup Chagi)
Single Jump Side Kick (Kicking Off Back Leg) (Twio Bakkuwo Yeup Chagi)
Jump Outside/Inside (Twio Pakeso Ahnuro Chagi)
Crescent Kick
Double Round House Kick (Doo Bohn Dollyo Chagi)
5. **COMBINATIONS:**
Blocks And Strikes
Kicking
6. **POOMSE:**
Taegeuk Il-Jang Taegeuk Sa-Jang
Taegeuk Ee-Jang Taegeuk Oh-Jang
Taegeuk Sahm-Jang
7. **ONE-STEP SPARRING:** See Section VII
8. **FREE SPARRING:** See Section VIII
9. **BREAKING:**
Foot Technique (FRONT KICK, SIDE KICK, etc.)
10. **KOREAN TERMINOLOGY**

**2nd Keup
Red Belt /**

1. **STANCES:**
Closed Feet, Closed Fist Stance (Bojeumeok Joonbe)
2. **BLOCKS:**
Scissor Blocks (Kawi Makki)
Spreading Block
(Outer Forearm Out) (Hecho Makki)
Spreading Block
(Inner Forearm Out) (Ahn Palmeok Hecho Makki)
3. **PUNCHES/STRIKES:**
4. **KICKING:**
Spinning Crescent Kicks (Dwi Dollyo Ahneso Pakuro Chagi)

Tornado Kicks (Twio Doo Bal Pakeso/Ahnuro Chagi)

30 Continuous Jump Front Kicks (Twioapchagi)
5. **COMBINATIONS:**
Blocks And Strikes
Kicking
6. **POOMSE:**
Taegeuk Il-Jang Taegeuk Sa-Jang
Taegeuk Ee-Jang Taegeuk Oh-Jang
Taegeuk Sahn-Jang Taegeuk Yook-Jang
7. **ONE-STEP SPARRING:** See Section VII
8. **FREE SPARRING:** See Section VIII
9. **BREAKING:**
Hand or foot technique
10. **KOREAN TERMINOLOGY**

**1st Keup
Red Belt //**

- 1. STANCES:**
Crane Stance/ (Hakdari Seogi/
Diamond Mountain Block Keumgang Makki)
Crane Stance/ (Hakdari Seogi/
Both Fists At Hip Of Straight Leg Doltseogi)
- 2. BLOCKS:**
Skewed Mountain Block (Wesanteul Makki)
- 3. PUNCHES/STRIKES:**
Uppercut Punch (To Trunk) (Jecho Jireugi)
Uppercut Punch (To Face) (Chi Jireugi)
- 4. KICKS:**
Jump Spinning Side Kick (Twio Momdollyo Yeup Chagi)
Jump Spinning Hook Kick (Twio Momdollyo Hooryo Chagi)
Jump Spinning Crescent Kick (Twio Momdollyo Ahneso/Pakro Chagi)
40 Continuous Jump Front Kicks
- 5. COMBINATIONS:**
Blocks And Strikes
Kicking
- 6. POOMSE:**
Taegeuk Il-Jang Taegeuk Oh-Jang
Taegeuk Ee-Jang Taegeuk Yook-Jang
Taegeuk Sahm-Jang Taegeuk Chil-Jang
Taegeuk Sa-Jang
- 7. ONE-STEP SPARRING:** See Section VII
- 8. FREE SPARRING:** See Section VIII
- 9. BREAKING:**
Hand or foot techniques
- 10. KOREAN TERMINOLOGY**

Bo Dan
Deputy Black Belt

BASIC TECHNIQUES: All previously learned techniques, as well as demonstrate an understanding of Taekwondo terminology, history, and philosophy. Following are some additional techniques which **may** be covered:

1. STANCES:

Pushing Tube	(Tonmilgi Joonbe)
(Koryo Ready Stance)	(Koryo Hyung Joonbe)

2. BLOCKS:

Skewed Mountain Block	(Wesanteul Makki)
Mountain Block	(Santeul Makki)

3. PUNCHES/STRIKES:

Uppercut Punch (Using Free Hand To Pull Opponent To You)	(Jecho Jireugi)
Target Punch	(Pyojeok Chigi)
Spread Eagle Strike (Double Elbow)	(Meongye Chigi)
Palm-Heel Strike to Knee (Knee Break)	(Mureup Kkeoki)

4. KICKS:

Pushing Axe	(Mireo Chagi)
Knee Kick	(Mureup Chagi)

5. COMBINATIONS:

Blocks And Strikes
Kicking

6. POOMSE:

Taegeuk Il-Jang	Taegeuk Oh-Jang
Taegeuk Ee-Jang	Taegeuk Yook-Jang
Taegeuk Sahm-Jang	Taegeuk Chil-Jang
Taegeuk Sa-Jang	Taegeuk Pal-Jang
Koryo (Familiarity Only)	

7. ONE-STEP SPARRING: See Section VII

8. FREE SPARRING: See Section VIII

9. BREAKING:

3-4 targets in succession, using hand and foot techniques.

10. KOREAN TERMINOLOGY

VI. KUKKIWON POOMSE

The TAEGEUK Forms (Poomses) are founded in the principles described in the old Book of Changes. These symbols represent the forces of nature. Each of the eight poomse in the TAEGEUK series are representative of one of these principles.

TAEGEUK IL-JANG (KEON): The principle represented by TAEGEUK IL-JANG is Keon, meaning heaven and light. Keon represents the beginning of everything on earth and the source of creation.

TAEGEUK EE-JANG (TAE): The principle represented by TAEGEUK EE-JANG is Tae, meaning joyfulness. Tae represents firmness, but gentleness. Accordingly, this poomse should be executed gently, yet forcefully.

TAEGEUK SAM-JANG (RI): The principle represented by TAEGEUK SAM-JANG is Ri, meaning fire and the sun. Ri gives man hope, warmth and enthusiasm. Accordingly, this poomse should be performed with variety and passion.

TAEGEUK SA-JANG (JIN): The principle represented by TAEGEUK SA-JANG is Jin, meaning thunder. Jin is the object of fear and trembling. Accordingly, this poomse should be performed calmly and bravely in the face of danger.

TAEGEUK OH-JANG (SEON): The principle represented by TAEGEUK OH-JANG is Seon, meaning wind. Seon symbolizes the humble state of mind. Accordingly, this poomse should be performed with some actions done gently like a summer breeze and some actions forceful like the winds in a storm.

TAEGEUK YOOK-JANG (GAM): The principle represented by TAEGEUK YOOK-JANG is Gam, meaning water. Gam is liquid and flows smoothly, but has great power. Accordingly, this poomse should be performed with fluidity and smoothness, but with powerful movements.

TAEGEUK CHIL-JANG (GAN): The principle represented by TAEGEUK CHIL-JANG is Gan, meaning “Top-Stop”. Gan symbolizes the mountain, characterized by stability. Accordingly, this poomse should be performed with great stability and quick strong movements.

TAEGEUK PAL-JANG (GON): The principle represented by TAEGEUK PAL-JANG is Gon, meaning Earth. Gon symbolizes the source of life from which we draw limitless energy. Accordingly, this poomse should be performed with great energy and enthusiasm.

The PALGUE Poomses are the traditional Kukkiwon forms, replaced by the TAEGEUK series, but are still widely practiced, especially in the United States.

TAEGEUK IL-JANG

TAEGEUK IL-JANG (KEON): The principle represented by TAEGEUK IL-JANG is Keon, meaning heaven and light. Keon represents the beginning of everything on earth and the source of creation.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
2. Step forward into a RIGHT WALKING STANCE and execute a RIGHT PUNCH to the mid-section.
3. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK.
4. Step forward into a LEFT WALKING STANCE and execute a LEFT PUNCH to the mid-section.
5. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
6. Without stepping, execute a RIGHT PUNCH to the mid-section.
7. Turn right toward 3 o'clock, pivoting on your left foot, execute a RIGHT WALKING STANCE and simultaneously execute a LEFT INSIDE BLOCK to the middle.
8. Step forward into a LEFT WALKING STANCE and execute a RIGHT PUNCH to the mid-section.
9. Turn left toward 9 o'clock by pivoting on your right foot into a LEFT WALKING STANCE and simultaneously execute a RIGHT INSIDE BLOCK to the middle.
10. Step forward into a RIGHT WALKING STANCE and execute a LEFT PUNCH to the mid-section.
11. Turn right toward 12 o'clock, pivoting on your left foot, execute a RIGHT FRONT STANCE and simultaneously execute a RIGHT LOW BLOCK.
12. Without stepping, execute a LEFT PUNCH to the mid-section.
13. Turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT HIGH BLOCK.
14. Execute a RIGHT FRONT KICK, step forward into a RIGHT WALKING STANCE and execute a RIGHT PUNCH to the mid-section.
15. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT HIGH BLOCK.

16. Execute a LEFT FRONT KICK, step forward into a LEFT WALKING STANCE and execute a LEFT PUNCH to the mid-section.
17. Turn right toward 6 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
18. Step forward into a RIGHT FRONT STANCE and execute a RIGHT PUNCH to the mid-section, simultaneously KIHAP!

When the command RETURN is given, turn left toward 12 o'clock, pivoting on your right foot and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form.

READY STANCE	JOON BE
LEFT	WEN
WALKING STANCE	AP SEOGI
LOW BLOCK	ARAE MAKKI
RIGHT	OREUN
SAME SIDE PUNCH	BARO JIREUGI
FRONT STANCE	AP KOOBI
REVERSE PUNCH	BANDAE JIREUGI
INSIDE BLOCK	MOHMTONG AHN MAKKI
HIGH BLOCK	EOLGOOL MAKKI
FRONT KICK	AP CHAGI
RETURN	BARO

TAEGEUK EE-JANG

TAEGEUK EE-JANG (TAE): The principle represented by TAEGEUK EE-JANG is Tae, meaning joyfulness. Tae represents firmness, but gentleness. Accordingly, this poomse should be executed gently, yet forcefully.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
2. Step forward into a RIGHT FRONT STANCE and execute a RIGHT PUNCH to the mid-section.
3. Turn right toward 3 o'clock, pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK.
4. Step forward into a LEFT FRONT STANCE and execute a LEFT PUNCH to the mid-section.
5. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a RIGHT INSIDE BLOCK to the middle.
6. Step forward into a RIGHT WALKING STANCE and execute a LEFT INSIDE BLOCK to the middle.
7. Turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
8. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT HIGH PUNCH to the face.
9. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK.
10. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT HIGH PUNCH to the face.
11. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT HIGH BLOCK.
12. Step forward into a RIGHT WALKING STANCE and execute a RIGHT HIGH BLOCK.
13. Turn left toward 3 o'clock by pivoting on your right foot into a LEFT WALKING STANCE and simultaneously execute a RIGHT INSIDE BLOCK to the middle.
14. Turn right toward 9 o'clock, pivoting on your left foot, execute a RIGHT WALKING STANCE and simultaneously execute a LEFT INSIDE BLOCK to the middle.
15. Turn left toward 6 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
16. Execute a RIGHT FRONT KICK, step forward into a RIGHT WALKING STANCE and execute a RIGHT PUNCH to the mid-section.

17. Execute a LEFT FRONT KICK, step forward into a LEFT WALKING STANCE and execute a LEFT PUNCH to the mid-section.
18. Execute a RIGHT FRONT KICK, step forward into a RIGHT WALKING STANCE and execute a RIGHT PUNCH to the mid- section, simultaneously KIHAP!

When the command RETURN is given, turn left toward 12 o'clock, pivoting on your right foot and assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

HIGH PUNCH	EOLGOOL JIREUGI
HIGH BLOCK	EOLGOOL MAKKI

TAEGEUK SAHM-JANG

TAEGEUK SAM-JANG (RI): The principle represented by TAEGEUK SAM-JANG is Ri, meaning fire and the sun. Ri gives man hope, warmth and enthusiasm. Accordingly, this poomse should be performed with variety and passion.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
2. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT/LEFT DOUBLE PUNCH to the mid-section.
3. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK.
4. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT/RIGHT DOUBLE PUNCH to the mid-section.
5. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a RIGHT KNIFE-HAND STRIKE to the neck.
6. Step forward into a RIGHT WALKING STANCE and execute a LEFT KNIFE-HAND STRIKE to the neck.
7. Turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT BACK STANCE, and simultaneously execute a LEFT SINGLE KNIFE-HAND BLOCK to the outside.
8. Pivot on your right foot and slide left foot forward into a LEFT FRONT STANCE, and simultaneously execute a RIGHT PUNCH to the mid-section.
9. Turn right toward 3 o'clock, by bringing your left foot up adjacent to your right foot and extending your right foot into a RIGHT BACK STANCE, and simultaneously execute a RIGHT SINGLE KNIFE-HAND BLOCK to the outside.
10. Pivot on your left foot and slide right foot forward into a RIGHT FRONT STANCE, and simultaneously execute a LEFT PUNCH to the mid-section.
11. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a RIGHT INSIDE BLOCK to the middle.
12. Step forward into a RIGHT WALKING STANCE and execute a LEFT INSIDE BLOCK to the middle.
13. Turn left toward 3 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK.
14. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT/LEFT DOUBLE PUNCH to the mid-section.

15. Turn right toward 9 o'clock, by pivoting on your left foot into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK.
16. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT/RIGHT DOUBLE PUNCH to the mid-section.
17. Turn left toward 6 o'clock, pivoting on your right foot, execute a LEFT WALKING STANCE and simultaneously execute a LEFT LOW BLOCK, followed immediately by a RIGHT PUNCH to the mid-section.
18. Step forward into a RIGHT WALKING STANCE and simultaneously execute a RIGHT LOW BLOCK, followed immediately by a LEFT PUNCH to the mid-section.
19. Execute a LEFT FRONT KICK, step forward into a LEFT WALKING STANCE and execute a LEFT LOW BLOCK, followed immediately by a RIGHT PUNCH to the mid-section.
20. Execute a RIGHT FRONT KICK, step forward into a RIGHT WALKING STANCE and execute a RIGHT LOW BLOCK, followed immediately by a LEFT PUNCH to the mid-section, simultaneously KIHAP!

When the command RETURN is given, turn left toward 12 o'clock, pivoting on your right foot and assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

DOUBLE PUNCH	DOO SOHN JIREUGI
KNIFE HAND STRIKE	SOHNNAL CHIGI
BACK STANCE	DWI KOOBI
SINGLE KNIFE HAND BLOCK	SOHNNAL MAKKI

TAEGEUK SA-JANG

TAEGEUK SA-JANG (JIN): The principle represented by TAEGEUK SA-JANG is Jin, meaning thunder. Jin is the object of fear and trembling. Accordingly, this poomse should be performed calmly and bravely in the face of danger.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, executing a LEFT BACK STANCE, while simultaneously executing a LEFT DOUBLE KNIFE-HAND BLOCK.
2. Step forward into a RIGHT FRONT STANCE and execute a RIGHT SUPPORTED SPEAR HAND THRUST (with the left hand under your right elbow) to the mid-section.
3. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT BACK STANCE, while simultaneously executing a RIGHT DOUBLE KNIFE-HAND BLOCK.
4. Step forward into a LEFT FRONT STANCE and execute a LEFT SPEAR HAND THRUST (with the right hand under your left elbow) to the mid-section.
5. Turn left toward 12 o'clock by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT HIGH BLOCK with the KNIFE-HAND and a RIGHT KNIFE-HAND STRIKE to the neck.
6. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a LEFT PUNCH.
7. Moving forward, execute a LEFT SIDE KICK, landing in a LEFT SIDE FIGHTING STANCE.
8. Moving forward, execute a RIGHT SIDE KICK, landing in a RIGHT BACK STANCE. As the kicking foot touches the floor, execute a DOUBLE KNIFE-HAND BLOCK to the outside.
9. Turn left toward 3 o'clock by pivoting on your right foot into a LEFT BACK STANCE, simultaneously executing a LEFT OUTSIDE BLOCK to the middle.
10. Execute a RIGHT FRONT KICK, return your right foot back to its original position in a LEFT BACK STANCE, while simultaneously executing a RIGHT INSIDE BLOCK to the middle.
11. Turn right toward 9 o'clock by pivoting on your left foot into a RIGHT BACK STANCE, simultaneously executing a RIGHT OUTSIDE BLOCK to the middle.
12. Execute a LEFT FRONT KICK, return your left foot back to its original position in a RIGHT BACK STANCE, while simultaneously executing a LEFT INSIDE BLOCK to the middle.
13. Turn left toward 6 o'clock, by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT HIGH BLOCK with the KNIFE-HAND and a RIGHT KNIFE-HAND STRIKE to the neck.
14. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT BACK-FIST STRIKE to the face.

15. Turn left toward 3 o'clock, by pivoting on the ball of the right foot into a LEFT WALKING STANCE, while simultaneously executing a LEFT INSIDE BLOCK to the middle.
16. Execute a RIGHT PUNCH to the mid-section.
17. Turn right toward 9 o'clock, by pivoting on the ball of the left foot into a RIGHT WALKING STANCE, while simultaneously executing a RIGHT INSIDE BLOCK to the middle.
18. Execute a LEFT PUNCH to the mid-section.
19. Turn left toward 6 o'clock, by pivoting on the ball of the right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT INSIDE BLOCK to the middle, followed immediately by a RIGHT/LEFT DOUBLE PUNCH.
20. Step forward into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT INSIDE BLOCK to the middle, followed immediately by a LEFT/RIGHT DOUBLE PUNCH. KIHAP!

When the command RETURN is given, turn left toward 12 o'clock, by pivoting on your right foot and assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

DOUBLE KNIFE HAND	DOO SOHNNAL MAKKI
SPEAR HAND THRUST	PYON SOHN KEUT TZIREUGI
HIGH KNIFE HAND BLOCK WITH HIGH KNIFE HAND STRIKE	JEBI POOM CHIGI
SIDE KICK	YEUP CHAGI
OUTSIDE BLOCK	MOHMTONG PAKKAT MAKKI
BACKFIST	DEUNG JOO MEOK CHIGI

TAEGEUK OH-JANG

TAEGEUK OH-JANG (SEON): The principle represented by TAEGEUK OH-JANG is Seon, meaning wind. Seon symbolizes the humble state of mind. Accordingly, this poomse should be performed with some actions done gently like a summer breeze and some actions forceful like the winds in a storm.

STEPS IN EXECUTION:

1. From the **READY STANCE**, turn left toward 9 o'clock, by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT LOW BLOCK**.
2. Immediately return to a **LEFT WALKING STANCE** by simulating pulling your left hand away from an attacker and, using a circular motion, execute a **HAMMER-FIST STRIKE** to the left.
3. Turn right toward 3 o'clock by pivoting on your left foot, execute a **RIGHT FRONT STANCE** and simultaneously execute a **RIGHT LOW BLOCK**.
4. Immediately return to a **RIGHT WALKING STANCE** by simulating pulling your right hand away from an attacker and, using a circular motion, execute a **HAMMER-FIST STRIKE** to the right.
5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, simultaneously executing a **LEFT INSIDE BLOCK** to the middle, followed immediately by a **RIGHT INSIDE BLOCK** to the middle.
6. Execute a **RIGHT FRONT KICK**, stepping into a **RIGHT FRONT STANCE**, simultaneously executing a **RIGHT BACK-FIST STRIKE** to the face, followed immediately by a **LEFT INSIDE BLOCK** to the middle.
7. Execute a **LEFT FRONT KICK**, stepping into a **LEFT FRONT STANCE**, simultaneously executing a **LEFT BACK-FIST STRIKE** to the face, followed immediately by a **RIGHT INSIDE BLOCK** to the middle.
8. Step forward into a **RIGHT FRONT STANCE**, while simultaneously executing a **RIGHT BACK-FIST STRIKE** to the face.
9. Turn left toward 3 o'clock, by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT SINGLE KNIFE-HAND BLOCK** to the outside.
10. Step forward into a **RIGHT FRONT STANCE** and, catching your right fist in your left palm, execute a **RIGHT ELBOW STRIKE** to the face.
11. Turn right toward 9 o'clock, by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **RIGHT SINGLE KNIFE-HAND BLOCK** to the outside.
12. Step forward into a **LEFT FRONT STANCE** and, catching your left fist in your right palm, execute a **LEFT ELBOW STRIKE** to the face.
13. Turn left toward 6 o'clock, by pivoting on your right foot into a **LEFT FRONT STANCE**, while simultaneously executing a **LEFT LOW BLOCK**, followed immediately by a **RIGHT INSIDE BLOCK** to the middle.

14. Execute a RIGHT FRONT KICK, stepping forward into RIGHT FRONT STANCE, while simultaneously executing a RIGHT LOW BLOCK, followed immediately by a LEFT INSIDE BLOCK to the middle.
15. Turn left toward 3 o'clock by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT HIGH BLOCK.
16. Execute a RIGHT SIDE KICK and a RIGHT SIDE PUNCH at the same time, stepping into a RIGHT FRONT STANCE, followed immediately by a LEFT TARGET-ELBOW STRIKE.
17. Turn right toward 9 o'clock, by pivoting on your left foot into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT HIGH BLOCK.
18. Execute a LEFT SIDE KICK and a LEFT SIDE PUNCH at the same time, stepping into a LEFT FRONT STANCE, followed immediately by a RIGHT TARGET-ELBOW STRIKE.
19. Turn left toward 6 o'clock, by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT LOW BLOCK, followed immediately by a RIGHT INSIDE BLOCK to the middle.
20. Execute a RIGHT FRONT KICK, and before the right foot returns to the floor spring forward into a RIGHT CROSS STANCE and execute a RIGHT BACK-FIST STRIKE to the face. KIHAP!

When the command RETURN is given, turn left toward 12 o'clock, pivoting on your right foot and assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

HAMMERFIST	MAE JOOMEOK CHIGI
ELBOW STRIKE	PALKOOP CHIGI
SIDE PUNCH	YEUP JIREUGI
TARGET ELBOW	PALKOOP PYOJEOK CHIGI
CROSS STANCE	DWI KKO A SEOGI

TAEGEUK YOOK-JANG

TAEGEUK YOOK-JANG (GAM): The principle represented by TAEGEUK YOOK-JANG is Gam, meaning water. Gam is liquid and flows smoothly, but has great power. Accordingly, this poomse should be performed with fluidity and smoothness, but with powerful movements.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
2. Execute a RIGHT FRONT KICK and step back into a LEFT BACK STANCE, while simultaneously executing a LEFT OUTSIDE BLOCK to the middle.
3. Turn right toward 3 o'clock, by pivoting on your left foot into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT LOW BLOCK.
4. Execute a LEFT FRONT KICK and step back into a RIGHT BACK STANCE, while simultaneously executing a RIGHT OUTSIDE BLOCK to the middle.
5. Turn left toward 12 o'clock by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously twisting your upper body to the left and executing a RIGHT HIGH OUTSIDE BLOCK with the KNIFE-HAND.
6. Execute a RIGHT ROUND-HOUSE KICK, stepping into a SIDE-STANCE facing 9 o'clock. Follow immediately by stepping forward into a LEFT FRONT STANCE and executing a LEFT OUTSIDE BLOCK to the middle, and a RIGHT PUNCH to the mid-section.
7. Execute a RIGHT FRONT KICK, stepping forward into a RIGHT FRONT STANCE, while simultaneously executing a LEFT PUNCH to the mid-section.
8. Turn right toward 3 o'clock, into a RIGHT FRONT STANCE and execute a RIGHT OUTSIDE BLOCK to the middle and a LEFT PUNCH to the mid-section.
9. Execute a LEFT FRONT KICK, stepping forward into a LEFT FRONT STANCE, while simultaneously executing a RIGHT PUNCH to the mid-section.
10. Turn left toward 12 o'clock, by pivoting on your right foot into the READY STANCE and execute a DOUBLE LOW BLOCK to the outside.
11. Step forward into a RIGHT FRONT STANCE, while simultaneously twisting your upper body to the right and execute a LEFT HIGH OUTSIDE BLOCK with the KNIFE-HAND.
12. Execute a LEFT ROUND-HOUSE KICK, KIHAP!, stepping into a SIDE STANCE facing 3 o'clock. Turn right toward 9 o'clock, by pivoting on your left foot into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT LOW BLOCK.
13. Execute a LEFT FRONT KICK and step back into a RIGHT BACK STANCE, while simultaneously executing a RIGHT OUTSIDE BLOCK to the middle.

14. Turn left toward 3 o'clock, by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
15. Execute a RIGHT FRONT KICK and step back into a LEFT BACK STANCE, while simultaneously executing a LEFT OUTSIDE BLOCK to the middle.
16. Keeping your left foot in place, move your right foot counter-clockwise to six o'clock and pivot around to 12 o'clock, assuming a LEFT BACK STANCE, while simultaneously executing a LEFT DOUBLE KNIFE-HAND BLOCK.
17. Step your left foot backward into a RIGHT BACK STANCE, while simultaneously executing a RIGHT DOUBLE KNIFE-HAND BLOCK.
18. Step your right foot backward into a LEFT FRONT STANCE, while simultaneously executing a LEFT PALM HEEL MIDDLE INSIDE BLOCK, followed immediately by a RIGHT PUNCH.
19. Step your left foot backward into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT PALM HEEL MIDDLE INSIDE BLOCK, followed immediately by a LEFT PUNCH.

When the command RETURN is given, bring the left forward assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

HIGH PALM HEEL OUTSIDE BLOCK	EOLGOOL BATANGSOHN PAKKAT MAKKI
ROUND HOUSE KICK	DOLLYO CHAGI
DOUBLE LOW BLOCK	ARAE HECHO MAKKI
PALM HEEL MIDDLE INSIDE BLOCK	BATANGSOHN MOHMTONG AHN MAKKI

TAEGEUK CHIL-JANG

TAEGEUK CHIL-JANG (GAN): The principle represented by TAEGEUK CHIL-JANG is Gan, meaning "Top-Stop". Gan symbolizes the mountain, characterized by stability. Accordingly, this poomse should be performed with great stability and quick strong movements.

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock into a LEFT TIGER STANCE, while simultaneously executing a RIGHT PALM HEEL MIDDLE INSIDE BLOCK.
2. Execute a RIGHT FRONT KICK, bring your right foot back to its original position and assume a LEFT TIGER STANCE, while simultaneously executing a LEFT INSIDE BLOCK to the middle.
3. Turn right by pivoting on your left foot into a RIGHT TIGER STANCE, while simultaneously executing a LEFT PALM HEEL MIDDLE INSIDE BLOCK.
4. Execute a LEFT FRONT KICK, bring your left foot back to its original position and assume a RIGHT TIGER STANCE, while simultaneously executing a RIGHT INSIDE BLOCK to the middle.
5. Turn left by pivoting on your right foot into a LEFT BACK STANCE, while simultaneously executing a LEFT DOUBLE KNIFE-HAND LOW BLOCK.
6. Step forward into a RIGHT BACK STANCE, while simultaneously executing a RIGHT DOUBLE KNIFE-HAND LOW BLOCK.
7. Turn left toward 9 o'clock into a LEFT TIGER STANCE. Using your left hand for support, execute a RIGHT PALM HEEL MIDDLE INSIDE BLOCK.
8. Execute a RIGHT BACK-FIST STRIKE to the face.
9. Turn right toward 3 o'clock, by pivoting on your left foot into a RIGHT TIGER STANCE. Using your right hand for support, execute a LEFT PALM HEEL MIDDLE INSIDE BLOCK.
10. Execute a LEFT BACK-FIST STRIKE to the face.
11. Turn left toward 12 o'clock, bringing your right foot adjacent to your left foot and cup your right fist in your left hand in front of your face (slowly inhale). Rapidly extend your cupped hands out.
12. Step your left foot forward into a LEFT FRONT STANCE, executing a DOUBLE SCISSOR BLOCK (RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK followed by LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK).
13. Step forward into a RIGHT FRONT STANCE, executing a DOUBLE SCISSOR BLOCK (LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK followed by RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK).
14. Turn left toward 3 o'clock, by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a DOUBLE OUTSIDE SPREADING BLOCK.

15. Grab your opponent's head with both hands, pull down, and execute a **RIGHT KNEE STRIKE**, then leap forward onto your right foot, landing in a **FORWARD CROSS STANCE**, while simultaneously executing a **DOUBLE PUNCH** to the middle.
16. Step back with your left foot into a **RIGHT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the left fist over the right fist.
17. Turn right toward 9 o'clock, by pivoting on your left foot into a **RIGHT FRONT STANCE**, while simultaneously executing a **DOUBLE OUTSIDE SPREADING BLOCK**.
18. Grab your opponent's head with both hands, pull down, and execute a **LEFT KNEE STRIKE**, then leap forward onto your left foot, landing in a **CROSS STANCE**, while simultaneously executing a **DOUBLE PUNCH** to the middle.
19. Step back with your right foot into a **LEFT FRONT STANCE** and execute a **DOUBLE LOW CROSS BLOCK** with the right fist over the left fist.
20. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE**, while simultaneously executing a **LEFT OUTSIDE BACK-FIST STRIKE** to the face.
21. Open your left palm making a target, execute an **OUTSIDE to INSIDE CRESCENT KICK** with the right leg landing in a **HORSE-RIDING STANCE**, facing 3 o'clock, followed immediately by a **RIGHT TARGET ELBOW STRIKE**.
22. Turn right toward 6 o'clock by pivoting on your right foot and pull your left foot forward into a **RIGHT WALKING STANCE** and execute a **RIGHT OUTSIDE BACK-FIST STRIKE** to the face.
23. Open your right palm, making a target, execute an **OUTSIDE to INSIDE CRESCENT KICK** with the left leg landing in a **HORSE-RIDING STANCE** facing 9 o'clock, followed immediately by a **LEFT TARGET ELBOW STRIKE**.
24. With both feet fixed, execute a **LEFT SINGLE KNIFE-HAND BLOCK** to the outside.
25. Turn toward 3 o'clock by pivoting on your left foot into a **HORSE-RIDING STANCE** and execute a **RIGHT SIDE PUNCH**. **KIHAP!**

When the command **RETURN** is given, turn left toward 12 o'clock, pivoting on your right foot and assume a **READY STANCE**.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

TIGER STANCE	BOM SEOGI
DOUBLE KNIFE HAND LOW BLOCK	DOO SOHNNAL ARAE MAKKI
PALM HEEL SUPPORTED INSIDE BLOCK	BATANGSOHN GODUREO AN MAKKI
CLOSED READY STANCE	MOA SEOGI
RIGHT FIST CUPPED INTO LEFT HAND AT NOSE, EXTEND OUT	BO JOO MEOK
SCISSOR BLOCK	KAWI MAKKI
DOUBLE OUTSIDE SPREADING BLOCK	HECHO MAKKI
KNEE STRIKE	MUREUP CHIGI
LOW CROSS BLOCK	ARAE OTGOREO MAKKI
DOUBLE PUNCH	DOO SOHN JIREUGI
TARGET OUTSIDE/INSIDE CRESCENT	PYOJEOK PAKESO/AHNURO CHAGI
HORSE STANCE	JOO JOOM SEOGI

TAEGEUK PAL-JANG

TAEGEUK PAL-JANG (GON): The principle represented by TAEGEUK PAL-JANG is Gon, meaning Earth. Gon symbolizes the source of life from which we draw limitless energy. Accordingly, this poomse should be performed with great energy and enthusiasm.

STEPS IN EXECUTION:

1. From the **READY STANCE**, step forward into a **LEFT BACK STANCE**, while simultaneously executing a **LEFT DOUBLE MIDDLE BLOCK**.
2. Shift your left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT PUNCH**.
3. Execute a **LEFT DOUBLE JUMP FRONT KICK**, landing in **LEFT FRONT STANCE** and execute a **LEFT INSIDE BLOCK** to the middle, followed immediately by a **RIGHT/LEFT DOUBLE PUNCH**.
4. Step forward into a **RIGHT FRONT STANCE**, while simultaneously executing a **RIGHT PUNCH**.
5. Turn left toward 9 o'clock, by pivoting on your right foot into a **LEFT SKEWED MOUNTAIN BLOCK (RIGHT FRONT STANCE with both feet on the same line looking toward 3 o'clock. Simultaneously execute a LEFT LOW BLOCK over your left leg and a RIGHT OUTSIDE BLOCK with the inner forearm above your right shoulder).**
6. Slowly shift the body toward 3 o'clock turning counter-clockwise. Assume a **LEFT FRONT STANCE**. Slowly bring your left fist to your right bicep, while simultaneously slowly executing a circular **RIGHT UPPERCUT**, quickly speeding up just before the punch.(Demonstrate tension in the movement.)
7. Bring your left foot over your right foot making a **SIDE CROSS STANCE**. Continuously extend your right foot toward 9 o'clock, executing a **RIGHT SKEWED MOUNTAIN BLOCK (LEFT FRONT STANCE with both feet on the same line, the body facing toward 3 o'clock and looking toward 9 o'clock. Simultaneously execute a RIGHT LOW BLOCK over your right leg and a LEFT OUTSIDE BLOCK with the inner forearm above your left shoulder).**
8. Slowly shift the body toward 9 o'clock turning clockwise. Assume a **RIGHT FRONT STANCE**. Slowly bring your right fist to your left shoulder, while simultaneously slowly executing a circular **LEFT UPPERCUT**, quickly speeding up just before the punch.(Demonstrate tension in the movement.)
9. Turn left toward 12 o'clock, by pivoting on your left foot into a **LEFT BACK STANCE**, while simultaneously executing a **DOUBLE KNIFE-HAND BLOCK** to the middle.
10. Push your left foot forward into a **LEFT FRONT STANCE** and, execute a **RIGHT PUNCH**.

11. Execute a RIGHT FRONT KICK. Bring your right foot back to its original position, then pull your left foot backward to assume a LEFT TIGER STANCE and execute a RIGHT PALM HEEL MIDDLE INSIDE BLOCK.
12. Turn left toward 9 o'clock by pivoting on your right foot into a LEFT TIGER STANCE, while simultaneously executing a LEFT DOUBLE KNIFE-HAND BLOCK to the middle.
13. Execute a LEFT FRONT KICK, stepping into a LEFT FRONT STANCE, and immediately follow with a RIGHT PUNCH.
14. Retreat your left leg assuming a LEFT TIGER STANCE and execute a LEFT PALM HEEL MIDDLE INSIDE BLOCK.
15. Turn right toward 3 o'clock, by pivoting on your left foot into a RIGHT TIGER STANCE, while simultaneously executing a RIGHT DOUBLE KNIFE-HAND BLOCK to the middle.
16. Execute a RIGHT FRONT KICK, stepping into a RIGHT FRONT STANCE, and immediately followed by a LEFT PUNCH.
17. Retreat your right leg assuming a RIGHT TIGER STANCE and execute a RIGHT PALM HEEL MIDDLE INSIDE BLOCK.
18. Turn right toward 6 o'clock, by pivoting on your left foot into a RIGHT BACK STANCE, while simultaneously executing a DOUBLE LOW BLOCK with the fists.
19. Execute a LEFT FRONT KICK and without stepping down, execute a RIGHT JUMP FRONT KICK, KIHAP!, landing in a RIGHT FRONT STANCE and execute a RIGHT INSIDE BLOCK to the middle, followed immediately by a LEFT/RIGHT DOUBLE PUNCH.
20. Turn left toward 9 o'clock, by pivoting on your right foot into a LEFT BACK STANCE, while simultaneously executing a SINGLE KNIFE-HAND BLOCK to the outside.
21. Pivot into a LEFT FRONT STANCE, while executing a RIGHT ELBOW STRIKE.
22. Without stepping, execute a RIGHT BACK-FIST STRIKE to the face.
23. Without stepping, execute a LEFT PUNCH.
24. Slide your left foot adjacent to your right foot (without standing up) turning toward 12 o'clock to the right, then immediately turn toward 3 o'clock to the right again by pivoting on your left foot into a RIGHT BACK STANCE, while simultaneously executing a RIGHT SINGLE KNIFE-HAND BLOCK to the outside.
25. Pivot into a RIGHT FRONT STANCE, while executing a LEFT ELBOW STRIKE.
26. Without stepping, execute a LEFT BACK-FIST STRIKE to the face.
27. Without stepping, execute a RIGHT PUNCH.

When the command RETURN is given, turn left toward 12 o'clock, pivoting on your right foot and assume a READY STANCE.

The following new terminology is listed in the order that it appears in the form. Terms listed in the previous forms will not be listed here.

DOUBLE MIDDLE BLOCK	DOO SOHN MAKKI
DOUBLE JUNP FRONT KICK	DOO BAL AP CHAGI
SKEWED MOUNTAIN BLOCK	WESANTEUL MAKKI
SIDE CROSS STANCE	AP KKO A SEOGI
UPPERCUT PUNCH (WHILE PULLING OPPONENT TO YOU)	DANGKYO TEOK CHIGI
DOUBLE LOW BLOCK	DOO SOHN ARAE MAKKI

PALGUE IL-JANG

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock, pivoting on your right foot, execute a LEFT FRONT STANCE while simultaneously executing a LEFT LOW BLOCK.
2. Step forward into a RIGHT FRONT STANCE and execute a RIGHT INSIDE BLOCK.
3. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE while simultaneously executing a RIGHT LOW BLOCK.
4. Step forward into a LEFT FRONT STANCE and execute a LEFT INSIDE BLOCK.
5. Turn left toward 12 o'clock, pivoting on your right foot, execute a LEFT FRONT STANCE while simultaneously executing a LEFT LOW BLOCK.
6. Step forward into a RIGHT BACK STANCE and execute a RIGHT INSIDE BLOCK.
7. Step forward into a LEFT BACK STANCE and execute a LEFT INSIDE BLOCK.
8. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
9. Turn left toward 3 o'clock by pivoting on your right foot into a LEFT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
10. Step forward into a RIGHT BACK STANCE and execute a RIGHT INSIDE BLOCK.
11. Turn right toward 9 o'clock by pivoting on your left foot into a RIGHT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
12. Step forward into a LEFT BACK STANCE and execute a LEFT INSIDE BLOCK.
13. Turn left toward 6 o'clock, pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
14. Step forward into a RIGHT FRONT STANCE and execute a RIGHT KNIFE HAND STRIKE.
15. Step forward into a LEFT FRONT STANCE and execute a LEFT KNIFE HAND STRIKE.
16. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
17. Turn left toward 9 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT LOW BLOCK.
18. Step forward into a RIGHT FRONT STANCE and execute a RIGHT INSIDE BLOCK.
19. Turn right toward 3 o'clock, pivoting on your left foot into a RIGHT FRONT STANCE and simultaneously execute a RIGHT LOW BLOCK.
20. Step forward into a LEFT FRONT STANCE and execute a LEFT INSIDE BLOCK.

When the command RETURN is given, turn left toward 12 o'clock, by pivoting on your right foot, and assume a READY STANCE.

The terminology listed in this form has been listed in the Taeguk forms

PALQUE EE JANG

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT HIGH BLOCK.
2. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
3. Turn right toward 3 o'clock by pivoting on your left foot, execute a RIGHT FRONT STANCE and simultaneously execute a RIGHT HIGH BLOCK.
4. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.
5. Turn left toward 12 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND LOW BLOCK.
6. Step forward into a RIGHT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
7. Step forward into a LEFT FRONT STANCE and execute a LEFT HIGH BLOCK.
8. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
9. Turn left toward 3 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT HIGH BLOCK.
10. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
11. Turn right toward 9 o'clock by pivoting on your left foot into a RIGHT FRONT STANCE and simultaneously execute a RIGHT HIGH BLOCK.
12. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.
13. Turn left toward 6 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a DOUBLE LOW BLOCK.
14. Step forward into a RIGHT BACK STANCE and execute a RIGHT SUPPORTED OUTSIDE BLOCK (with the inner forearm).
15. Step forward into a LEFT BACK STANCE and execute a LEFT OUTSIDE BLOCK (with the inner forearm).
16. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
17. Turn left toward 9 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT HIGH BLOCK.

18. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
19. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE and simultaneously execute a RIGHT HIGH BLOCK.
20. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.

When the command RETURN is given, turn left toward 12 o'clock by pivoting on your right foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

<p>OUTSIDE BLOCK (with the inner forearm)</p>	<p>ANPALMOK PAKKAT MAKKI</p>
<p>SUPPORTED OUTSIDE BLOCK (with the inner forearm)</p>	<p>GODUREO ANPALMOK PAKKAT MAKKI</p>

PALGUE SAHM-JANG

STEPS IN EXECUTION:

1. From the **READY STANCE**, turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT LOW BLOCK**.
2. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH**.
3. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and simultaneously execute a **RIGHT LOW BLOCK**.
4. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MIDDLE PUNCH**.
5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT LOW BLOCK**.
6. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH BLOCK**.
7. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH BLOCK**.
8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH PUNCH, KIHAP!**
9. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **DOUBLE KNIFE HAND BLOCK**.
10. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT DOUBLE KNIFE HAND BLOCK**.
11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **RIGHT DOUBLE KNIFE HAND BLOCK**.
12. Step forward into a **LEFT BACK STANCE** and execute a **LEFT DOUBLE KNIFE HAND BLOCK**.
13. Turn left toward 6 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **LEFT OUTSIDE BLOCK** with inner forearm.
14. Turn right toward 12 o'clock by pivoting on your left foot, while keeping both feet in the same position, into **RIGHT BACK STANCE** and simultaneously execute a **RIGHT OUTSIDE BLOCK** with inner forearm.
15. Step backward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK**.
16. Step backward into a **RIGHT BACK STANCE** and execute a **RIGHT INSIDE BLOCK**.
17. Step backward into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK**.
18. Turn right toward 6 o'clock by pivoting on your left foot, while keeping both feet in the same position, into **RIGHT BACK STANCE** and simultaneously execute a **RIGHT OUTSIDE BLOCK** with inner forearm.
19. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and simultaneously execute a **LEFT HIGH BLOCK**.

20. Step forward into a RIGHT FRONT STANCE and execute a RIGHT HIGH PUNCH.
21. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE and simultaneously execute a RIGHT HIGH BLOCK.
22. Step forward into a LEFT FRONT STANCE and execute a LEFT HIGH PUNCH.

When the command RETURN is given, turn left toward 12 o'clock by pivoting on your right foot, and assume a READY STANCE.

The terminology listed in this form has been listed in previous forms.

PALGUE SA-JANG

STEPS IN EXECUTION:

1. From the **READY STANCE**, turn left toward 9 o'clock into a **LEFT BACK STANCE** and execute a **DIAMOND MOUNTAIN BLOCK (LEFT OUTSIDE BLOCK WITH A RIGHT HIGH BLOCK)**.
2. Execute a **RIGHT UPPERCUT PUNCH** toward 9 o'clock.
3. Bring your left foot back next to your right foot into a **READY STANCE** with your body facing 12 o'clock and your eyes focused on 9 o'clock and execute a **LEFT OUTSIDE KNIFE HAND STRIKE (with palm down)**.
4. Turn right toward 3 o'clock into a **RIGHT BACK STANCE** and execute a **DIAMOND MOUNTAIN BLOCK (RIGHT OUTSIDE BLOCK WITH A LEFT HIGH BLOCK)**.
5. Execute a **LEFT UPPERCUT PUNCH** toward 3 o'clock.
6. Bring your right foot back next to your left foot into a **READY STANCE** with your body facing 12 o'clock and your eyes focused on 3 o'clock and execute a **RIGHT OUTSIDE KNIFE HAND STRIKE (with palm down)**.
7. Turn left and step forward toward 12 o'clock into a **LEFT BACK STANCE** and simultaneously execute a **DOUBLE KNIFE HAND BLOCK**.
8. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT SUPPORTED SPEAR HAND THRUST**.
9. Turn left toward 6 o'clock by pivoting on the balls of both feet, simultaneously pulling right hand to right hip (wrist to hip escape). Continue to turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT BACKFIST STRIKE**.
10. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH, KIHAP!**
11. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **DIAMOND MOUNTAIN BLOCK (LEFT OUTSIDE BLOCK WITH A RIGHT HIGH BLOCK)**.
12. Execute a **RIGHT UPPERCUT PUNCH** toward 3 o'clock.
13. Bring your left foot back next to your right foot into a **READY STANCE** with your body facing 6 o'clock and your eyes focused on 3 o'clock and execute a **LEFT OUTSIDE KNIFE HAND STRIKE (with palm down)**.
14. Turn right toward 9 o'clock into a **RIGHT BACK STANCE** and execute a **DIAMOND MOUNTAIN BLOCK (RIGHT OUTSIDE BLOCK WITH A LEFT HIGH BLOCK)**.
15. Execute a **LEFT UPPERCUT PUNCH** toward 9 o'clock.
16. Bring your right foot back next to your left foot into a **READY STANCE** with your body facing 6 o'clock and your eyes focused on 9 o'clock and execute a **RIGHT OUTSIDE KNIFE HAND STRIKE (with palm down)**.

17. Step forward toward 6 o'clock into a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE BLOCK.
18. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT SUPPORTED SPEAR HAND THRUST.
19. Turn left toward 12 o'clock by pivoting on the balls of both feet, simultaneously pulling right hand to right shoulder (wrist to shoulder escape). Continue to turn left toward 6 o'clock by pivoting on the ball of your right foot into a LEFT FRONT STANCE and execute a LEFT BACKFIST STRIKE.
20. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
21. Turn left toward 12 o'clock by pivoting on your right foot into a HORSE STANCE eyes facing 9 o'clock and simultaneously execute a LEFT LOW BLOCK.
22. Turn left toward 9 o'clock by pivoting on your right foot into a LEFT FRONT STANCE while simultaneously a RIGHT MIDDLE PUNCH.
23. Turn right toward 12 o'clock by pivoting on your left foot and bring your left foot to your right. Immediately step your right foot into a HORSE STANCE eyes facing toward 3 o'clock and simultaneously execute a RIGHT LOW BLOCK.
24. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE and simultaneously execute a LEFT MIDDLE PUNCH.

When the command RETURN is given, turn left toward 12 o'clock by pivoting on your left foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

C-BLOCK (DIAMOND MOUNTAIN BLOCK)	KEUMGANG MAKKI
OUTSIDE KNIFE HAND STRIKE (with palm down)	PEUN SOHNNAL PAKKAT CHIGI
SUPPORTED SPEAR HAND THRUST	GODUREO PYUN SOHN KEUT CHIGI
WRIST TO HIP ESCAPE	MITURO PEHAGI
WRIST TO SHOULDER ESCAPE	WIRO PEHAGI

PALGUE OH-JANG

STEPS IN EXECUTION:

1. From the READY STANCE, move left foot backward into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT LOW BLOCK and a LEFT OUTSIDE BLOCK with the inner forearm (SCISSOR BLOCK)
2. Turn left toward 9 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND LOW BLOCK.
3. Step forward into a RIGHT BACK STANCE, execute a DOUBLE KNIFE HAND BLOCK.
4. Step backward into a LEFT BACK STANCE and execute a LEFT DOWNWARD BLOCK.
5. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
6. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND LOW BLOCK.
7. Step forward into a LEFT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
8. Step backward into a RIGHT BACK STANCE and execute a RIGHT DOWNWARD BLOCK.
9. Step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.
10. Turn left toward 12 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a SCISSOR BLOCK.
11. Step forward into a RIGHT FRONT STANCE and execute a RIGHT SUPPORTED OUTSIDE BLOCK (with the inner forearm supported).
12. Step forward into a LEFT FRONT STANCE and execute a LEFT SUPPORTED OUTSIDE BLOCK (with the inner forearm supported).
13. Step forward into a RIGHT FRONT STANCE and execute a SUPPORTED SPEAR HAND THRUST with the right hand. KIHAP!
14. Turn left toward 3 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LEFT OUTSIDE BLOCK with the inner forearm.
15. Maintain LEFT FRONT STANCE and execute a RIGHT/LEFT DOUBLE PUNCH to the mid-section.
16. Turn right toward 6 o'clock by pivoting on right foot, draw left foot up beside right knee into a LEFT CRANE STANCE with both fists to right hip (left over right) with body facing 6 o'clock and eyes focused on 3 o'clock.
17. Execute a LEFT SIDE KICK toward 3 o'clock while simultaneously executing a LEFT HIGH PUNCH, step toward 3 o'clock into a LEFT FRONT STANCE and execute a RIGHT TARGET ELBOW STRIKE.
18. Step forward into a RIGHT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.

19. Turn right toward 9 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE and simultaneously execute a RIGHT OUTSIDE BLOCK with the inner forearm.
20. Maintain RIGHT FRONT STANCE and execute a LEFT/RIGHT DOUBLE PUNCH to the mid-section.
21. Turn left toward 6 o'clock by pivoting on left foot, draw right foot up into a RIGHT CRANE STANCE with both fists to left hip (right over left), with body facing 6 o'clock and eyes focused on 9 o'clock.
22. Execute a RIGHT SIDE KICK toward 9 o'clock while simultaneously executing a RIGHT HIGH PUNCH, step toward 9 o'clock into a RIGHT FRONT STANCE and execute a LEFT TARGET ELBOW STRIKE.
23. Step forward into a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.
24. Turn left toward 6 o'clock by pivoting on your right foot into a LEFT FRONT STANCE and simultaneously execute a SCISSOR BLOCK.
25. Step forward into a RIGHT BACK STANCE and execute a DOUBLE LOW BLOCK.
26. Step forward into a LEFT BACK STANCE and execute a DOUBLE LOW BLOCK.
27. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH. KIHAP!
28. Turn left toward 9 o'clock by pivoting on your right foot into a LEFT BACK STANCE while simultaneously executing a DOUBLE KNIFE HAND LOW BLOCK.
29. Step forward into a RIGHT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
30. Step back into a LEFT BACK STANCE while simultaneously executing a LEFT DOWNWARD BLOCK.
31. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
32. Turn right toward 3 o'clock by pivoting on your left foot into a RIGHT BACK STANCE, while simultaneously executing a DOUBLE KNIFE HAND LOW BLOCK.
33. Step forward into a LEFT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
34. Step back into a RIGHT BACK STANCE while simultaneously executing a RIGHT DOWNWARD BLOCK.
35. Step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.

When the command RETURN is given, turn left toward 12 o'clock by pivoting on your right foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

CRANE STANCE (with both hands at one hip, one fist over the other)	HAKDARI SEOGI (JAGEUN DOLTSEOGI)
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PALGUE YOOK-JANG

STEPS IN EXECUTION:

1. From the READY STANCE, turn left toward 9 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.
2. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
3. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.
4. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT MIDDLE PUNCH.
5. Turn left toward 12 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LOW BLOCK.
6. Without stepping, execute a LEFT KNIFE HAND HIGH BLOCK coupled with a RIGHT KNIFE HAND STRIKE to the neck.
7. Execute a right front kick, lunge into a FORWARD CROSS STANCE and simultaneously execute a SUPPORTED RIGHT BACK FIST STRIKE to the face, KIHAP!
8. Turn left toward 3 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a LOW DOUBLE KNIFE HAND BLOCK.
9. Pivoting on your right foot, slide left foot into a LEFT FRONT STANCE and simultaneously execute a DOUBLE OUTSIDE SPREADING BLOCK.
10. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a RIGHT/LEFT DOUBLE MIDDLE PUNCH.
11. Turn right toward 9 o'clock by pivoting on your left foot into a RIGHT BACK STANCE and simultaneously execute a LOW DOUBLE KNIFE HAND BLOCK.
12. Pivoting on your left foot, slide right foot into a RIGHT FRONT STANCE and simultaneously execute a DOUBLE OUTSIDE SPREADING BLOCK.
13. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a LEFT/RIGHT DOUBLE MIDDLE PUNCH.
14. Turn left toward 6 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.
15. Slide left foot forward into a LEFT FRONT STANCE and execute a LEFT HIGH KNIFE HAND BLOCK coupled with a RIGHT HIGH PALM HEEL STRIKE.
16. Execute a RIGHT FRONT KICK, stepping into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT BACK FIST FACE STRIKE.
17. Execute a LEFT FRONT KICK, stepping into a LEFT FRONT STANCE while simultaneously executing a LEFT HIGH BLOCK.

18. Execute a RIGHT SIDE KICK, stepping into a RIGHT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
19. Pivoting on your right foot, turn left toward 12 o'clock and execute a LEFT BACK STANCE while simultaneously executing a DOUBLE KNIFE HAND BLOCK.

When the command RETURN is given, bring right foot up beside left and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

FORWARD CROSS STANCE	AP KKO A SEOGI
SUPPORTED BACK FIST STRIKE	KODUREO DEUNG JOO MEOK CHIGI
LEFT HIGH KNIFE HAND BLOCK coupled with a RIGHT HIGH PALM HEEL STRIKE	JEBI POOM BATANGSOHN CHIGI

PALGUE CHIL-JANG

STEPS IN EXECUTION:

1. From the READY STANCE, step forward into a LEFT FRONT STANCE and execute a DOUBLE LOW BLOCK.
2. Execute a RIGHT FRONT KICK, step forward into a RIGHT FRONT STANCE and execute a DOUBLE OUTSIDE BLOCK with the inner forearms.
3. Execute a LEFT FRONT KICK, step forward into a LEFT FRONT STANCE and execute a DOUBLE FIST HIGH CROSS BLOCK.
4. Execute a RIGHT SIDE KICK, step forward into a RIGHT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
5. Turn left toward 3 o'clock by pivoting on your right foot, execute a LEFT BACK STANCE and simultaneously execute a LEFT OUTSIDE BLOCK (with the inner forearm).
6. Pivot on your right foot and slide your left foot forward into a LEFT FRONT STANCE and execute a RIGHT HIGH PUNCH.
7. Maintain LEFT FRONT STANCE and execute a LEFT HIGH BLOCK.
8. Execute a RIGHT SIDE KICK, stepping into a RIGHT BACK STANCE, and simultaneously execute DOUBLE KNIFE HAND LOW BLOCK.
9. Pivot on your left foot and slide your right foot forward into a RIGHT FRONT STANCE and execute a LEFT MIDDLE PUNCH.
10. Turn right toward 9 o'clock, by pivoting on your left foot into a RIGHT BACK STANCE and execute a RIGHT OUTSIDE BLOCK (with the inner forearm).
11. Pivot on your left foot into a RIGHT FRONT STANCE and execute a LEFT HIGH PUNCH.
12. Maintain RIGHT FRONT STANCE and execute a RIGHT HIGH BLOCK.
13. Execute a LEFT SIDE KICK, stepping into a LEFT BACK STANCE, and simultaneously execute DOUBLE KNIFE HAND LOW BLOCK.
14. Pivot on your right foot and slide your left foot into a LEFT FRONT STANCE and execute a RIGHT MIDDLE PUNCH.
15. Turn left toward 6 o'clock by pivoting on your right foot, execute a LEFT FRONT STANCE and simultaneously execute a LOW CROSS BLOCK with the right fist on top of left.
16. Pull your hands back to your right hip and execute a HIGH CROSS BLOCK with the right fist on top of left.
17. Maintain FRONT STANCE, twist fists clockwise so that left fist is on top and immediately pull back right fist and execute and RIGHT HIGH PUNCH, KIHAP!

18. Pivoting on your left foot, turn 180° left and stomp right foot down into a HORSE STANCE with the body facing 9 o'clock and the eyes focused on 12 o'clock while simultaneously executing a RIGHT LOW BLOCK.
19. Pivoting on your right foot, shift your left foot toward 6 o'clock and assume a LEFT FRONT STANCE while simultaneously executing a LEFT KNIFE HAND STRIKE.
20. Execute a RIGHT CRESCENT KICK to the palm of your left hand and immediately turn left towards 3 o'clock, pivoting on your left foot and assuming a HORSE STANCE while simultaneously executing a RIGHT TARGET ELBOW STRIKE.
21. Face 12 o'clock and slide both feet back 1/2 step toward 6 o'clock, assuming a HORSE RIDING STANCE and execute a RIGHT HIGH OUTSIDE BLOCK (palm turned towards head, forearm perpendicular to floor) with a LEFT LOW BLOCK over the left leg (SKEWED MOUNTAIN BLOCK).
22. Continue to face 12 o'clock and slide both feet back 1/2 step toward 6 o'clock, assuming a LEFT BACK STANCE and execute a DOUBLE KNIFE HAND BLOCK.
23. Pivoting on your right foot, slide left foot forward into a LEFT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!

When the command RETURN is given, pull left foot back beside your right foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

DOUBLE LOW BLOCK	ARAE HECHO MAKKI
DOUBLE OUTSIDE BLOCK (with the inner forearm)	ANPALMOK HECHO MAKKI
DOUBLE FIST HIGH CROSS BLOCK	OTGOREO EOLGOOL MAKKI

PALGUE PAL-JANG

STEPS IN EXECUTION:

1. From the **READY STANCE**, turn left toward 9 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT LOW BLOCK**.
2. Pull up into a **LEFT WALKING STANCE** and execute a **LEFT HAMMERFIST**.
3. Step into a **RIGHT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH**.
4. Turn right toward 3 o'clock by pivoting on your left foot, into a **RIGHT FRONT STANCE** and simultaneously execute a **RIGHT LOW BLOCK**.
5. Pull up into a **RIGHT WALKING STANCE** and execute a **RIGHT HAMMERFIST**.
6. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT MIDDLE PUNCH**.
7. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **DOUBLE KNIFE HAND BLOCK**.
8. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT SUPPORTED SPEAR HAND STRIKE**.
9. Turn left toward 6 o'clock, and twist and pull right hand down to right hip. Continue to turn left toward 12 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT BACKFIST STRIKE**.
10. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH PUNCH, KIHAP!**
11. Turn left towards 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **LEFT OUTSIDE KNIFE HAND STRIKE** (with the palm down).
12. Step left foot forward and bring left hand up to right shoulder (wrist to neck escape).
13. Step left foot back into a **HORSE STANCE** and execute a **LEFT SIDE ELBOW STRIKE**.
14. Turn left toward 3 o'clock, pivoting on your right foot, execute a **LEFT FRONT STANCE**, while simultaneously executing a **LEFT OUTSIDE BLOCK** (with the inner forearm).
15. Maintain **LEFT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH**.
16. Turn right toward 6 o'clock and assume a **HORSE STANCE** with both fists at left hip (right over left). Bring your left foot to your right, then step toward 9 o'clock a **RIGHT BACK STANCE** and simultaneously execute a **RIGHT OUTSIDE KNIFE HAND STRIKE** (with the palm down).
17. Step right foot forward and bring right hand up to left shoulder (wrist to neck escape).
18. Step right foot back into a **HORSE STANCE** and execute a **RIGHT SIDE ELBOW STRIKE**.
19. Turn right towards 9 o'clock, pivoting on your left foot, execute a **RIGHT FRONT STANCE**, while simultaneously executing a **RIGHT OUTSIDE BLOCK** (with the inner forearm).
20. Maintain **RIGHT FRONT STANCE** and execute a **LEFT MIDDLE PUNCH**.

21. Turn left toward 6 o'clock and assume a HORSE STANCE, while simultaneously placing fists at right hip (left over right).
22. Continue to face 6 o'clock and pivot on your left foot, pull right foot back beside left foot, then draw left foot up beside right into a RIGHT CRANE STANCE with both fists to right hip (left over right).
23. Execute a LEFT SIDE KICK and a LEFT SIDE PUNCH, put left foot down into a LEFT FRONT STANCE and simultaneously execute a RIGHT TARGET ELBOW STRIKE.
24. Turn right toward 9 o'clock by pivoting on your left foot with eyes focusing on 12 o'clock and assume a HORSE STANCE, while simultaneously placing fists at left hip (right over left).
25. Face 12 o'clock and bring left foot up beside right foot, then draw right foot up beside left into a LEFT CRANE STANCE with both fists to left hip (right over left).
26. Execute a RIGHT SIDE KICK and a RIGHT SIDE PUNCH, put right foot down into a RIGHT FRONT STANCE and simultaneously execute a LEFT TARGET ELBOW STRIKE.
27. Turn left toward 6 o'clock, pivoting on your right foot and assume a LEFT FRONT STANCE, while simultaneously executing a SPREADING BLOCK immediately followed by a DOUBLE REVERSE PUNCH to the sides.
28. Step forward into a RIGHT FRONT STANCE and execute a SPREADING BLOCK immediately followed by a DOUBLE REVERSE PUNCH to the sides.
29. Step forward into a LEFT BACK STANCE and execute a LEFT KNIFE HAND STRIKE.
30. Reach left hand out, twist and pull back to left side (as if grabbing and twisting wrist of opponent). Pivoting on your left foot, turn right towards 3 o'clock into a HORSE RIDING STANCE (look back over right shoulder), and simultaneously execute a RIGHT BACKWARD ELBOW STRIKE.
31. Pivoting on your right foot, turn left toward 12 o'clock and bring left foot back beside right into a CLOSED READY STANCE, OVERLAPPING HANDS (palms facing body, left hand on top of right).
32. Step left assuming a HORSE STANCE and simultaneously execute a DOUBLE ELBOW SPREADING BLOCK OR SPREADING EAGLE (body grab escape).
33. Slide both feet 1/2 step to right into a HORSE STANCE (look over right shoulder), and simultaneously execute a RIGHT BACKWARD ELBOW STRIKE and a LEFT PUNCH over the right shoulder.
34. Slide both feet 1/2 step to left into a HORSE STANCE (look over left shoulder), and simultaneously execute a LEFT BACKWARD ELBOW STRIKE and a RIGHT PUNCH over the left shoulder.

When the command RETURN is given, face back toward 12 o'clock, draw left foot in and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

WRIST TO NECK ESCAPE	SONMOK PEHAGI
SIDE ELBOW STRIKE	PALKOOP YEUP CHIGI
DOUBLE REVERSE PUNCH	DOO JOO MEOK JECHO JIREUGI
BACK ELBOW STRIKE	PALKOOP DWIRO CHIGI
CLOSED READY STANCE, OVERLAPPING HANDS (palms facing body, left hand on top of right)	KYOPSON MOA SEOGI
DOUBLE ELBOW SPREADING BLOCK or SPREADING EAGLE (body grab escape)	MEONGYE PPAEGI
PUNCH OVER THE SHOULDER	DWIRO JIREUGI

KORYO

Koryo is the name of the ancient dynasty which held off several invasions of the Korean peninsula by the Mongolians. Koryo Poomse represents the embodiment of the spirit of the Korean warriors in defense of their homeland. “Korea” was originated from the Kuryo Dynasty.

STEPS IN EXECUTION:

From ATTENTION, execute a PUSHING TUBE READY STANCE slowly.

1. Turn left toward 9 o'clock, by pivoting on your right foot into a LEFT BACK STANCE, while simultaneously executing a DOUBLE KNIFE-HAND BLOCK to the middle.
2. Execute a RIGHT DOUBLE SIDE KICK (one low/one high) and step into a RIGHT FRONT STANCE simultaneously executing a RIGHT KNIFE-HAND STRIKE to the outside.
3. Execute a LEFT PUNCH to the middle.
4. Pull your right foot back into a RIGHT BACK STANCE, while simultaneously executing a RIGHT INSIDE BLOCK to the middle.
5. Turn right toward 3 o'clock, by pivoting on your left foot into a RIGHT BACK STANCE, while simultaneously executing a DOUBLE KNIFE-HAND BLOCK to the middle.
6. Execute a LEFT DOUBLE SIDE KICK (one low/one high) and step into a LEFT FRONT STANCE simultaneously executing a LEFT KNIFE-HAND STRIKE to the outside.
7. Execute a RIGHT PUNCH to the middle.
8. Pull your right foot back into a LEFT BACK STANCE, while simultaneously executing a LEFT INSIDE BLOCK to the middle.
9. Turn left toward 12 o'clock, by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT LOW BLOCK with the KNIFE-HAND. Follow immediately with a RIGHT THROAT ATTACK.
10. Execute a RIGHT FRONT KICK and step into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT LOW BLOCK with the KNIFE-HAND. Follow immediately with a LEFT THROAT ATTACK.
11. Execute a LEFT FRONT KICK and step into a LEFT FRONT STANCE, while simultaneously executing a LEFT LOW BLOCK with the KNIFE-HAND. Follow immediately with a RIGHT THROAT ATTACK. KIHAP!
12. Execute a RIGHT FRONT KICK and step into a RIGHT FRONT STANCE, while simultaneously executing a LEFT KNEE BREAK.
13. Turn right toward 6 o'clock, by pivoting on your right foot into a RIGHT FRONT STANCE, while executing a DOUBLE OUTSIDE PRESSING BLOCK with the inner forearms.
14. Execute a LEFT FRONT KICK and step into a LEFT FRONT STANCE, while simultaneously executing a RIGHT KNEE BREAK.
15. Pull your left foot back into a LEFT WALKING STANCE and execute a DOUBLE OUTSIDE PRESSING BLOCK with the inner forearms.

16. Turn right toward 9 o'clock, by pivoting on your left foot into a HORSE-RIDING STANCE, while simultaneously executing a LEFT SINGLE KNIFE-HAND BLOCK to the middle.
17. Execute a RIGHT CROSSING PUNCH using the left palm as a target.
18. Bring the right foot up alongside the left and execute a LEFT SIDE KICK, landing in a RIGHT FRONT STANCE facing 3 o'clock, while simultaneously executing a LEFT PALM-HEEL STRIKE to the groin and bringing the right fist to the left shoulder.
19. Bring the right foot back into a RIGHT WALKING STANCE and execute a RIGHT LOW BLOCK.
20. Step forward into a LEFT WALKING STANCE and execute a LEFT INWARD PRESSING BLOCK to the middle. Step forward into a HORSE-RIDING STANCE facing 12 o'clock and execute a RIGHT SUPPORTED ELBOW STRIKE to the outside.
21. Execute a RIGHT SINGLE KNIFE-HAND BLOCK to the middle.
22. Execute a LEFT CROSSING PUNCH using the right palm as a target.
23. Bring the left foot up alongside the right and execute a RIGHT SIDE KICK, landing in a LEFT FRONT STANCE facing 9 o'clock, while simultaneously executing a RIGHT PALM-HEEL STRIKE to the groin and bringing the left fist to the right shoulder.
24. Bring the left foot back into a LEFT WALKING STANCE and execute a LEFT LOW BLOCK to the groin.
25. Step forward into a RIGHT WALKING STANCE and execute a RIGHT INWARD PRESSING BLOCK to the middle. Step forward into a HORSE-RIDING STANCE facing 12 o'clock and execute a LEFT SUPPORTED ELBOW STRIKE to the outside.
26. Bring the right foot alongside the left into a CLOSED READY STANCE, while simultaneously bringing the arms up over the head and circle around striking the right palm with a LEFT HAMMER-FIST.
27. Turn left toward 6 o'clock, by pivoting on your right foot into a LEFT FRONT STANCE, while simultaneously executing a LEFT HIGH OUTSIDE KNIFE-HAND STRIKE (palm down) to the neck. Follow immediately with a LEFT LOW KNIFE-HAND BLOCK.
28. Step forward into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT KNIFE-HAND STRIKE to the neck. Follow immediately with a RIGHT LOW KNIFE-HAND BLOCK.
29. Step forward into a LEFT FRONT STANCE, while simultaneously executing a LEFT KNIFE-HAND STRIKE to the neck. Follow immediately with a LEFT LOW KNIFE-HAND BLOCK.
30. Step forward into a RIGHT FRONT STANCE, while simultaneously executing a RIGHT THROAT ATTACK. KIHAP!

When the command RETURN is given, turn 180 degrees to the left by pivoting on your right foot into a PUSHING TUBE READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

PUSHING TUBE READY STANCE	TONMILO SEOGI (KORYO HYUNG JOONBE)
DOUBLE SIDE KICK	GODEUP CHAGI
KNIFE HAND LOW BLOCK	DOO SOHNNAL ARAE MAKKI
THROAT ATTACK	MOK CHIGI
KNEE BREAK	MURUEP KEOKI
TARGET PUNCH	JOO MEOK PYOJEOK JIREUGI
GROIN STRIKE	BATANGSOHN ARAE CHIGI
STRIKING THE RIGHT PALM WITH A LEFT HAMMER-FIST	MAE JOO MEOK ARAE PYOJEOK CHIGI
HIGH OUTSIDE KNIFE-HAND STRIKE (palm down)	EOLGOOL SOHNNAL PAKKAT CHIGI

KEUMGANG

Keumgang is the name of Korea's largest mountain. It's name represents strength and hardness. This form relies on a great amount of strength and balance, and should be practiced accordingly.

STEPS IN EXECUTION:

1. From the READY STANCE, step forward into a LEFT FRONT STANCE and execute a MIDDLE SPREADING BLOCK with the inner forearms.
2. Step forward into a RIGHT FRONT STANCE and execute a RIGHT PALM-HEEL STRIKE to the jaw.
3. Step forward into a LEFT FRONT STANCE and execute a LEFT PALM-HEEL STRIKE to the jaw.
4. Step forward into a RIGHT FRONT STANCE and execute a RIGHT PALM-HEEL STRIKE to the jaw.
5. Step backward into a LEFT BACK STANCE and execute a LEFT INSIDE BLOCK with the knife-hand.
6. Step backward into a RIGHT BACK STANCE and execute a RIGHT INSIDE BLOCK with the knife-hand.
7. Step backward into a LEFT BACK STANCE and execute a LEFT INSIDE BLOCK with the knife-hand.
8. Still facing 12 o'clock, pull the left foot up into a RIGHT CRANE STANCE, and execute a DIAMOND MOUNTAIN BLOCK (slowly and with force). As you complete the DIAMOND MOUNTAIN BLOCK, turn your face toward 9 o'clock.
9. Step down toward 9 o'clock into a HORSE-RIDING STANCE and execute a RIGHT MID-CROSSING PUNCH. (Face should be turned toward 9 o'clock.)
10. Step across with the right foot toward 9 o'clock and turning 360 degrees, step again toward 9 o'clock into a HORSE-RIDING STANCE and execute a RIGHT MID-CROSSING PUNCH. (Face should be turned toward 12 o'clock.)
11. Pick the right foot up and turn toward 9 o'clock into a HORSE-RIDING STANCE, stomping the right foot down in the direction of twelve o'clock and execute a MOUNTAIN BLOCK. Look toward 12 o'clock. Kihap!
12. Moving the left foot, turn to the right 180 degrees toward 3 o'clock into a HORSE-RIDING STANCE and execute a DOUBLE MIDDLE SPREADING BLOCK with the inner forearms.
13. Pull the left foot back into a READY STANCE, and execute a DOUBLE OUTSIDE LOW BLOCK.
14. Pick the left foot up and turn toward 9 o'clock into a HORSE-RIDING STANCE, stomping the left foot down in the direction of 6 o'clock and execute a MOUNTAIN BLOCK. Look toward 6 o'clock.

15. Turning to face 12 o'clock, pull your right foot into a LEFT CRANE STANCE, and execute a DIAMOND MOUNTAIN BLOCK (slowly and with force). As you complete the DIAMOND MOUNTAIN BLOCK, turn your face toward 3 o'clock.
16. Step down toward 3 o'clock into a HORSE-RIDING STANCE and execute a LEFT MID-CROSSING PUNCH. (Face should be turned toward 3 o'clock.)
17. Step across with the left foot toward 3 o'clock and turning 360 degrees, step again toward 3 o'clock into a HORSE-RIDING STANCE and execute a LEFT MID-CROSSING PUNCH. (Face should be turned toward 3 o'clock.)
18. Face 12 o'clock, pull the right foot up into a LEFT CRANE STANCE, and execute a DIAMOND MOUNTAIN BLOCK (slowly and with force). As you complete the DIAMOND MOUNTAIN BLOCK, turn your face toward 3 o'clock.
19. Step down toward 3 o'clock into a HORSE-RIDING STANCE and execute a LEFT MID-CROSSING PUNCH. (Face should be turned toward 3 o'clock.)
20. Step across with the left foot toward 3 o'clock and turning 360 degrees, step again toward 3 o'clock into a HORSE-RIDING STANCE and execute a LEFT MID-CROSSING PUNCH. (Face should be turned toward 12 o'clock.)
21. Pick the left foot up and turn toward 3 o'clock into a HORSE-RIDING STANCE, stomping the left foot down in the direction of 12 o'clock and execute a MOUNTAIN BLOCK. Look toward 12 o'clock. Kihap!
22. Moving the right foot, turn to the left 180 degrees toward 9 o'clock into a HORSE-RIDING STANCE and execute a DOUBLE MIDDLE SPREADING BLOCK with the inner forearms.
23. Pull the right foot back into a READY STANCE, and execute a DOUBLE OUTSIDE LOW BLOCK.
24. Pick the right foot up and turn toward 3 o'clock into a HORSE-RIDING STANCE, stomping the right foot down in the direction of six o'clock and execute a MOUNTAIN BLOCK. Look toward 6 o'clock.
25. Turn toward 12 o'clock, lifting the left leg into a RIGHT CRANE STANCE (slowly and with force), and execute a DIAMOND MOUNTAIN BLOCK. As you complete the DIAMOND MOUNTAIN BLOCK, turn your face toward 9 o'clock.
26. Step down toward 9 o'clock into a HORSE-RIDING STANCE and execute a RIGHT MID-CROSSING PUNCH. (Face should be turned toward 9 o'clock.)
27. Step across with the right foot toward 9 o'clock and turning 360 degrees, step again toward 9 o'clock into a HORSE-RIDING STANCE and execute a RIGHT MID-CROSSING PUNCH. (Face should be turned toward 9 o'clock.)

When the command RETURN is given, pull the left foot back into a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

CRANE STANCE/ MOUNTAIN BLOCK	DIAMOND	HAKDARI SEOGI/ KEUMGANG MAKKI
MOUNTAIN BLOCK		SANTEUL MAKKI
MID-CROSSING PUNCH		KHOON DOLTSEOGI

TAEBEK

STEPS IN EXECUTION:

1. From the **READY STANCE**, turn left toward 9 o'clock into a **LEFT TIGER STANCE** and execute a **DOUBLE LOW KNIFE HAND BLOCK (WEDGE BLOCK)**.
2. Execute a **RIGHT FRONT KICK** and land forward in a **RIGHT FRONT STANCE**, and immediately execute a **RIGHT/LEFT DOUBLE MIDDLE PUNCH**.
3. Turn right toward 3 o'clock into a **RIGHT TIGER STANCE** and execute a **LOW KNIFE HAND WEDGE BLOCK**.
4. Execute a **LEFT FRONT KICK** and land forward in a **LEFT FRONT STANCE** and immediately execute a **LEFT/RIGHT DOUBLE MIDDLE PUNCH**.
5. Turn left toward 12 o'clock by pivoting on your right foot, execute a **LEFT FRONT STANCE** and simultaneously execute a **LEFT HIGH KNIFE HAND BLOCK** and a **RIGHT KNIFE HAND STRIKE**.
6. Turn the right hand down and out as if grabbing and twisting the wrist of an opponent opposite you (**WRIST TWIST**). Step forward into a **RIGHT FRONT STANCE** and execute a **LEFT MIDDLE PUNCH**.
7. Open the left hand and turn down and out in a **WRIST TWIST**. Step forward into a **LEFT FRONT STANCE** and execute a **RIGHT MIDDLE PUNCH**.
8. Open the right hand and turn down and out in a **WRIST TWIST**. Step forward into a **RIGHT FRONT STANCE** and execute a **LEFT MIDDLE PUNCH**. **KIHAP!**
9. Turn left toward 3 o'clock by pivoting on your right foot, execute a **LEFT BACK STANCE** and simultaneously execute a **DIAMOND MOUNTAIN BLOCK**.
10. **MAINTAINING LEFT BACK STANCE**, execute a **RIGHT UPPERCUT PUNCH** toward 3 o'clock
11. **MAINTAINING LEFT BACK STANCE**, execute a **LEFT SIDE PUNCH**.
12. Bring your left foot back next to your right knee into a **CRANE STANCE**; with both hands at the right hip, left hand over right.
13. With your body facing 6 o'clock and your eyes focused on 3 o'clock and execute a **LEFT SIDE KICK**, step toward 3 o'clock into a **LEFT FRONT STANCE** and simultaneously execute a **RIGHT TARGET ELBOW**.
14. Turn right toward 9 o'clock by bringing your left foot up to your right and step into a **RIGHT BACK STANCE** and execute a **DIAMOND MOUNTAIN BLOCK**.
15. **Maintaining RIGHT BACK STANCE**, execute a **LEFT UPPERCUT PUNCH** toward 9 o'clock.
16. **Maintaining RIGHT BACK STANCE**, execute a **RIGHT SIDE PUNCH**.
17. Bring your right foot back next to your left knee into a **MODIFIED CRANE STANCE**; with both hands at the left hip, right hand over left.

18. With your body facing 6 o'clock and your eyes focused on 9 o'clock and execute a RIGHT SIDE KICK, step toward 9 o'clock into a RIGHT FRONT STANCE and simultaneously execute a LEFT TARGET ELBOW STRIKE.
19. Bring your right foot back next to your left foot and step forward toward 6 o'clock into a LEFT BACK STANCE and simultaneously execute a DOUBLE KNIFE HAND BLOCK.
20. Step forward into a RIGHT FRONT STANCE and execute a RIGHT SUPPORTED SPEAR HAND STRIKE.
21. Turn left toward 12 o'clock by pivoting on the balls of both feet, simultaneously pulling right hand to right hip. Continue to turn left toward 6 o'clock by pivoting on the ball of your right foot into a LEFT BACK STANCE and execute a LEFT BACKFIST STRIKE.
22. Step forward into a RIGHT FRONT STANCE and execute a RIGHT MIDDLE PUNCH, KIHAP!
23. Turn left toward 9 o'clock by pivoting on your right foot into a left FRONT STANCE eyes facing 9 o'clock and simultaneously execute a SCISSOR BLOCK.
24. Execute a RIGHT FRONT KICK and land forward in a RIGHT FRONT STANCE, and immediately execute a RIGHT/LEFT DOUBLE MIDDLE PUNCH.
25. Turn right toward 3 o'clock by pivoting on your left foot, into a RIGHT FRONT STANCE and simultaneously execute a SCISSOR BLOCK.
26. Execute a LEFT FRONT KICK and land forward in a LEFT FRONT STANCE and immediately execute a LEFT/RIGHT DOUBLE MIDDLE PUNCH.

When the command RETURN is given, turn left toward 12 o'clock by pivoting on your left foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

DOUBLE LOW KNIFE HAND BLOCK (WEDGE BLOCK)	SOHNNAL ARAE HECHO MAKKI
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PYONGWON

Pyongwon begins with a CLOSED READY STANCE with your left palm overlapping your right. Both hands are held facing your abdomen.

STEPS IN EXECUTION:

1. Step your left foot out into a READY STANCE, execute a DOUBLE LOW KNIFE HAND BLOCK.
2. Still in the READY STANCE, execute a PUSHING TUBE.
3. Turn right toward 3 o'clock into a RIGHT BACK STANCE and execute a DOUBLE LOW KNIFE HAND BLOCK.
4. Turn left toward 9 o'clock into a LEFT BACK STANCE and execute a DOUBLE MIDDLE KNIFE HAND BLOCK.
5. Facing 9 o'clock, pivot on right foot into a LEFT FRONT STANCE and execute a RIGHT UP ELBOW BLOCK.
6. Continue facing 9 o'clock, execute a RIGHT FRONT KICK immediately followed by a LEFT SPIN SIDE KICK, land and immediately pivot toward 3 o'clock in a RIGHT BACK STANCE while simultaneously executing a DOUBLE MIDDLE KNIFE HAND BLOCK
7. Execute a counterclockwise circle with both hands into a DOUBLE LOW KNIFE HAND BLOCK.
8. Continue facing forward at 12 o'clock. Pivot right foot into a HORSE RIDING STANCE while simultaneously executing a HIGH RIGHT OUTSIDE BLOCK (with the inner forearm).
9. Lift right foot up and stomp down maintaining HORSE RIDING STANCE and execute a HIGH RIGHT INSIDE BLOCK (Kihap!), immediately followed by a HIGH LEFT INSIDE BLOCK.
10. Continue facing forward at 12 o'clock., but moving right toward 3 o'clock, cross left foot over right and execute a DOUBLE SIDE ELBOW STRIKE (SPREADING EAGLE STRIKE).
11. Facing forward at 12 o'clock, step right foot out into a HORSE RIDING STANCE and execute a MOUNTAIN BLOCK.
12. Continue facing forward at 12 o'clock. Draw right leg up into a LEFT CRANE STANCE with both hands at left hip (right fist over left).
13. Execute a RIGHT SIDE KICK, land in a RIGHT FRONT STANCE facing 3 o'clock and immediately execute a LEFT UP ELBOW BLOCK.
14. Facing 3 o'clock, execute a LEFT FRONT KICK followed by a RIGHT SPIN SIDE KICK, land in and immediately pivot toward 9 o'clock in a LEFT BACK STANCE while simultaneously executing a DOUBLE MIDDLE KNIFE HAND BLOCK.
15. Execute a counterclockwise circle with both hands into a DOUBLE LOW KNIFE HAND BLOCK
16. Continue facing forward at 12 o'clock. Slide left foot into a HORSE RIDING STANCE while simultaneously executing a HIGH LEFT OUTSIDE BLOCK (with the inner forearm).

17. Lift left foot up and stomp down. maintaining HORSE RIDING STANCE and execute a HIGH LEFT INSIDE BLOCK (Kihap!), immediately followed by a HIGH RIGHT INSIDE BLOCK.
18. Continue facing forward at 12 o'clock., but moving left toward 9 o'clock, cross right foot over left and execute a SPREADING EAGLE STRIKE.
19. Facing forward at 12 o'clock, step left foot out into a HORSE RIDING STANCE and execute a MOUNTAIN BLOCK.
20. Continue facing forward at 12 o'clock. Draw LEFT leg up into a RIGHT CRANE STANCE with both hands at right hip (left fist over right)
21. Execute a LEFT SIDE KICK, land in a LEFT FRONT STANCE facing 9 o'clock and immediately execute a RIGHT TARGET ELBOW.

When the command RETURN is given, turn right toward 12 o'clock by pivoting on your right foot, and assume a READY STANCE.

The following terminology is listed in the order that it appears in the form. Terms listed in the previous form will not be listed here.

CLOSED STANCE W/ your left palm overlapping your right	KYOPSOHN JOONBE
UP ELBOW	PALKOOP OLLYO CHIGI
SPIN SIDE	DWI DOLLYO YEUP CHAGI
HIGH OUTSIDE BLOCK (with the inner forearm)	EOLGOOL ANPALMOK PAKKAT MAKKI
HIGH INSIDE BLOCK	EOLGOOL AHN MAKKI
DOUBLE SIDE ELBOW (SPREADING EAGLE STRIKE)	MEONGYE CHIGI

VII. ONE-STEP SPARRING

One-Steps – a way to practice techniques against an aggressive attack.

In One-Steps, we must always remember that our primary goal is to **AVOID CONFLICT**. We practice block & counter techniques only when conflict cannot be avoided, and escape is not possible.

The following steps must be taken when practicing self-defense against an attack. Be aware that they will occur quickly and will require rapid reactions on your part. **This reaction requires careful thought and continued practice at all levels of instruction.**

1. Identify a threat and assess the situation. (Think it through.)
2. Drop one leg back and position yourself into a good stance. This will a) increase the distance between you and your aggressor, and b) put you in the best position to react quickly.
3. Reconcile/talk it out. Remember, our goal is to avoid conflict. Talking to the aggressor may diffuse his anger/aggression. This also allows for a few more seconds on the first two steps (assess the situation and positioning).
4. Block and counter. ALL One-Steps fall into this category. When we have determined that there is a threat, and that we cannot get away from it, then we must protect ourselves (Block) and react with a technique that will allow us to get away. If you cannot immediately get away, you will continue with steps 1 through 4 until you can. Good self defense is a constant evaluation on
 - a. What the threat is and where it is coming from
 - b. Where to position yourself or move
 - c. When the opportunity to get away presents itself, and
 - d. Effective Block and Counter techniques.

Following are some examples of one-steps. Your instructor may use these one-steps, some variation of these, or have some particular One-Steps for you to learn. In addition, we encourage you to create some of your own with the techniques that you have learned. It is not our goal that you memorize One-Steps as you would forms, but to approach learning them as you would learn to spar. Study to understand the concepts of movement, direction, and block and counter and **PRACTICE!**

IN RESPONSE TO A RIGHT SIDE STRIKE: The One-Steps listed below are in response to a **RIGHT SIDE** attack, and should be reversed when considering a **LEFT SIDE** attack. Remember that **PRIOR** to the block and counter phase, one leg should be dropped back to ready yourself for quick reactions. These One-Steps are but a few examples. You can create countless variations by switching out a) where you step, b) type of block and, c) type of counter. Work with your instructors and peers to discover the choices you have.

1. Facing your opponent, and execute a **LEFT OUTSIDE BLOCK** with the fist, and a **RIGHT HIGH PUNCH** to the face. **KIHAP!**
2. Execute a **RIGHT FRONT KICK** to the mid-section of your opponent. **KIHAP!**
3. Start in a **RIGHT FIGHTING STANCE**. Execute a **RIGHT SIDE KICK** followed immediately by a **SPINNING BACK FIST WITH LEFT HAND**.
4. Start in a **RIGHT FIGHTING STANCE**. Execute a **RIGHT FRONT SNAP KICK TO MID-SECTION** followed by a **RIGHT JUMPING FRONT KICK TO HEAD**.
5. Execute a **LEFT SINGLE KNIFE-HAND BLOCK** and a **RIGHT INSIDE KNIFE-HAND STRIKE** to the neck. Grab the punching arm of your opponent by the wrist with the left hand, pull back into a **READY STANCE** (take their balance), and execute an **RIGHT STRIKE**. **KIHAP!**
6. Step to the left facing your opponent and execute a **LEFT PUSHING BLOCK** to the punching arm. Follow immediately with a **RIGHT HIGH PUNCH** to the face and a **LEFT HIGH PUNCH** to the face. Use your left hand to sweep the punching arm of your opponent to the outside (take the balance) and simultaneously execute a **RIGHT RIDGE-HAND STRIKE** to the temple. **KIHAP!**
7. Execute a **LEFT INSIDE-OUTSIDE CRESCENT KICK** to the punching arm, followed immediately by a **RIGHT ROUND-HOUSE KICK** to the face of your opponent. **KIHAP!**
8. Execute a **RIGHT OUTSIDE-INSIDE CRESCENT KICK** to the punching arm, bring the right leg back down in front of the left leg and follow immediately by a **LEFT SPIN SIDE KICK** to the mid-section. **KIHAP!**
9. Start in a **RIGHT FIGHTING STANCE**. **STEP 45° TO FRONT WITH LEFT LEG** while at the same time executing a **RIGHT UPPER SINGLE KNIFE HAND BLOCK**, follow with a **RIGHT ROUNDHOUSE KICK**, followed by a **SPINNING LEFT HOOK KICK**, followed by another **RIGHT TOP OF FOOT ROUNDHOUSE KICK**.
10. Step forward and execute a **HIGH CROSS BLOCK** with the **KNIFE HANDS**. With your left hand, grab your opponents right arm and twist in a circular, clockwise direction, doubling your attacker over. Execute a **RIGHT KNIFE HAND STRIKE** to the neck, followed by a **RIGHT KNEE STRIKE** to the face. **KIHAP!**

11. Execute a **RIGHT PUSHING BLOCK** to the punching arm, grab the punching hand and twist clockwise. Step forward with your left foot and using your left hand, push the shoulder of your opponent down (keep punching arm straight! Follow with a **FRONT KICK** to the face. **KIHAP!**
12. Step forward to your opponent's right and execute a **LEFT PUSHING BLOCK** to the punching arm, and a **RIGHT THROAT ATTACK**. Then reach right hand around the front of your opponent's right shoulder with your right arm and grab hold of your opponent's uniform. Kick back quickly with the heel of your right foot, sweeping the leg, and dropping your opponent to the ground. **KIHAP!**
13. Start in a **RIGHT FIGHTING STANCE**. Step across front with **RIGHT LEG** executing a **LEFT SIDE KICK**, followed immediately by re-chambering (not placement) of **LEFT LEG**, and then a second **LEFT SIDE KICK** which is held. (Can be done from other side).
14. Start in a **RIGHT FIGHTING STANCE**. Pivot into **DEEP FRONT STANCE** and execute **RIGHT ELBOW SMASH**. Turn **RIGHT** arm straight up and down while executing **RIGHT FRONT SNAP KICK**. As placing right foot, execute a **LEFT UPPER SINGLE KNIFE HAND BLOCK** followed immediately by 3 **PUNCHES**, **MIDDLE-MIDDLE-HIGH**. (Can be done from other side).
15. Start in a **RIGHT FIGHTING STANCE**. Slide **RIGHT FOOT** forward until feet are together (knees bent) while executing a **DOUBLE INSIDE PALM-HEEL STRIKE** just below rib cage. Execute a **DOUBLE HIGH PRESSING BLOCK** (with top of wrists). Pivot hands to capture opponent's arms and step forward into a **RIGHT FRONT STANCE** and execute a **HEAD BUTT**, follow immediately by a **PALM SMASH** to both opponents ears.

IN RESPONSE TO FRONT KICK: These one-step sparring techniques are done in response to a **RIGHT FRONT KICK**. They are equally applicable to a **LEFT FRONT KICK** by simply replacing left with right and right with left everywhere in the technique. You can create countless variations by switching out a) where you step, b) type of block and, c) type of counter. Work with your instructors and peers to discover the choices you have.

1. Stepping forward and execute a **LEFT LOW BLOCK**, followed by a **RIGHT PUNCH** to the mid-section. **KIHAP!**
2. From a **LEFT FIGHTING STANCE**, jump forward with both feet, maintaining the **LEFT FIGHTING STANCE** and execute a **LEFT LOW BLOCK**, followed by a **JUMPING RIGHT OUTSIDE-INSIDE CRESCENT KICK** to the face. **KIHAP!**
3. Stepping into a **RIGHT FRONT STANCE**, execute a **LEFT LOW BLOCK**. Immediately follow this by grabbing the shoulders of your opponent's **dobok**, pull down on their upper torso and execute a **RIGHT KNEE STRIKE** to the chest. **KIHAP!**

4. Stepping 45 degrees to the left into a LEFT FRONT STANCE, execute a KNEE BREAK, grabbing the ankle of the kicking leg with the left hand and striking down on the knee with an OPEN HAND STRIKE. KIHAP!
5. Stepping 45 degrees to the left into a LEFT FRONT STANCE, execute a KNEE BREAK, grabbing the ankle of the kicking leg with the left hand and striking down on the knee with an OPEN HAND STRIKE. Immediately follow this with a RIGHT BACK-ELBOW STRIKE to the face. KIHAP!
6. Stepping to the right into a RIGHT FIGHTING STANCE and execute a SIDE KICK to the knee/upper thigh/groin area of the kicking leg of your attacker. Follow immediately with a strike to the face. KIHAP!
7. Stepping 45 degrees to the right into a RIGHT FRONT STANCE with your arms elbow to elbow (right arm on top, left arm on the bottom). Trap the leg of your attacker by hooking left arm up. Immediately wrap your right arm around the waist and grab, hold firmly (right arm around waist, left arm hooked around leg) and twist your hips. This will throw your opponent to the ground on his back. (Be sure to release your attacker as he falls.) Dragon stomp to the stomach/groin area. KIHAP!
8. Step right into a RIGHT FRONT STANCE and execute a LEFT LOW BLOCK. Immediately grab the lower leg/foot of your attacker with your left hand on the bottom, right hand on top. Slide hands till you are holding the foot (left hand on the heel, right hand on the toes), then twist towards you (clockwise) This should turn your attacker around and throw him to on his face to the ground. Execute a stomp kick if necessary.

THREE-STEP SPARRING:

** On all techniques, attacker will execute 3 MIDDLE PUNCHES, moving into a FRONT STANCE each time (same leg, same arm, starting with right side) **

1. Defender will step back on first punch into a RIGHT BACK STANCE and execute a LEFT KNIFE HAND BLOCK. On second punch, step back into a LEFT BACK STANCE executing a RIGHT KNIFE HAND BLOCK. On third punch, step back into a RIGHT BACK STANCE, execute a LEFT KNIFE HAND BLOCK, then shift into a RIGHT FRONT STANCE with RIGHT HIGH PUNCH between nose and mouth.
2. Defender will step back on first punch into a RIGHT BACK STANCE and execute a LEFT KNIFE HAND (use knife hand block in street) BLOCK. On second punch, step back into a LEFT BACK STANCE executing a RIGHT KNIFE HAND BLOCK. On third punch, step back into a RIGHT BACK STANCE, execute a HIGH X-BLOCK, capturing the punching arm and pushing it up and away from you. Execute a RIGHT FRONT SNAP

KICK to mid-section, shifting into a RIGHT FRONT STANCE with KNIFE HAND STRIKE to neck.

3. Defender will step back on first punch into a RIGHT BACK STANCE and execute a LEFT KNIFE HAND BLOCK. On second punch, step back into a LEFT BACK STANCE executing a RIGHT KNIFE HAND BLOCK. On third punch, jump back into a RIGHT BACK STANCE to gain distance from attacker. Step across to the front with RIGHT LEG, and execute a LEFT SIDE KICK to attacker's mid-section.
4. Defender will step back on first punch into a RIGHT BACK STANCE and execute a LEFT KNIFE HAND (use knife hand block in street) BLOCK. On second punch, step back into a LEFT BACK STANCE executing a RIGHT KNIFE HAND BLOCK. On third punch, jump back into a RIGHT BACK STANCE to gain distance from attacker. Step across to the front with RIGHT LEG, and execute a LEFT SIDE KICK to attacker's mid-section. Place LEFT FOOT out 45° (to right side of attacker) and execute a RIGHT TOP-OF-FOOT ROUNDHOUSE KICK to attacker's mid-section. Place RIGHT FOOT behind attacker's right foot (bringing defender even with attacker), and execute a BACKWARD RIGHT ELBOW STRIKE to the small of attacker's back.

VIII. SPARRING

Sparring offers a controlled venue for students to practice their techniques. Two people of *about* the same belt level and weight pair off and attempt to score points by executing a hand or foot technique to a specific target on their opponent. This competition provides opportunities to develop better techniques and physical skills as well as good sportsmanship.

Tournaments are organized by either point or Olympic style sparring, demonstration of forms, and team competitions. Although Olympic style and point sparring have a similar style format, in point sparring action stops to call a point scored, where in Olympic style it does not.

Following is a general breakdown of some of the elements of point and Olympic style competitions, as established by the Amateur Athletic Union.

OLYMPIC	POINT
Equipment	
<ol style="list-style-type: none"> 1. Clean white TKD uniform 2. Olympic style Chest protector 3. Head gear (white) 4. Groin protector (males) worn inside 5. White forearm and shin guards worn inside 6. Mouthguard 7. No glasses or sport glasses – soft contacts only 8. No metallic articles 9. Short nails 	<ol style="list-style-type: none"> 1. Clean white uniform, no trim 2. AAU patches ONLY 3. Full headgear with padded top 4. Groin protector (males) worn inside 5. Full hand and foot pads (dipped in vinyl) 6. Mouthguard 7. Sport glasses or soft contact lenses 8. No metallic articles 9. Short nails 10. Foam or cloth shin and/or forearm protectors may be worn inside
Divisions	
Age (as of 1 July)	Age
Weight	Weight
Belt	Belt
Sex	Sex
Match Format	
Call fighters – Red! Blue! HONG! CHUNG! Attention CHERYUT! Face head, bow (Inspect fighters) KYUNG NYE Fighting stance JOON BI Round One/Two IL/EE HOE JUN Begin! SEEJAK! Break/Halt match KALYEO End match KEUMAN Red/Blue winner HONG/CHUNG SUNG	Ready JOON BI Attention CHERYUT! Face head, bow Round One/Two IL/EE HOE JUN Begin! SEEJAK! Break/Halt match KALYEO Continue match KAE SOK End match KEUMAN Red/Blue winner HONG/CHUNG SUNG

Scoring Techniques	
<p>Hand Punch with two front knuckles</p> <p>Foot Any part below the ankle</p>	<p>Hand Punch Backfist with two front knuckles Ridge hand</p> <p>Foot Any part below the ankle</p>
Scoring Areas	
<p>Legal</p> <ol style="list-style-type: none"> 1. Face (foot only) 2. Top of the forehead, in front of the ears to the collarbone 3. Front of the trunk, front collarbone to front hip bone (part of the front mid-section covered by the chest guard) <p>Illegal</p> <ol style="list-style-type: none"> 1. Back 2. Groin 3. Joints 4. Legs 5. Back of head 	<p>Legal</p> <ol style="list-style-type: none"> 1. Head – any part covered by the headgear 2. Front of the trunk, front collarbone to front hip bone (part of the front mid-section covered by the chest guard) <p>Illegal</p> <ol style="list-style-type: none"> 1. Face area, neck, and throat 2. Back, including kidneys 3. Groin 4. Joints 5. Legs
Deductions	
<p>Half Point</p> <ol style="list-style-type: none"> 1. Grabbing, holding 2. Pushing 3. Butting, kneeing 4. Intentional groin attack 5. Stomping 6. Face hitting <ol style="list-style-type: none"> 1. Inappropriate remarks or gestures 2. Intentionally crossing alert line 3. Evading by showing back 4. Intentionally falling down 5. Pretending injury <p>Full Point</p> <ol style="list-style-type: none"> 1. Throwing 2. Grappling 3. Grabbing opponents foot 4. Crossing boundary line 5. Interfering with progress of match 	<p>Half Point</p> <ol style="list-style-type: none"> 1. Pushing, holding 2. Voluntarily stepping out of bounds 3. Using unauthorized techniques 4. Stalling 5. Attacking unauthorized area 6. Attacking from ground position <ol style="list-style-type: none"> 1. Interruption from coach 2. Evading by shoving back <p>Full Point</p> <ol style="list-style-type: none"> 1. Attacking opponent while on ground 2. Strike with unauthorized technique 3. Contact to an unauthorized area 4. Excessive contact 5. Uncontrolled attack 6. Throwing opponent 7. Pretending injury 8. Discourteous behavior

GLOSSARY OF KOREAN TERMS

The following are just a few of the Korean terms for techniques you will learn in your study of Tae Kwon Do:

1. GENERAL TERMINOLOGY

Sabumnim	Master Instructor
Kyusanim	Instructor
Dan	Black Belt Degree
Keup	Color Belt Grade
Dojang	Training Hall
Dobok	Training Uniform
Kukki	Flag
Taekeuki	Korean Flag
Ap	Front
Yeup	Side
Dwi	Back
Oreun/Oreunjok	Right/Right Side
Wen/Wenjok	Left/Left Side
Kyuk Pa	Breaking
Kihap	Yell with Concentration of Spirit

2. COUNTING

Hana	One
Dool	Two
Set	Three
Net	Four
Da-Sut	Five
Yo-Sut	Six
Il-Gop	Seven
Yo-Dul	Eight
Ah-Hop	Nine
Yol	Ten
Su-Mol	Twenty
Soh-Ren	Thirty
Ma-Hin	Forty
Il	First
Ee	Second
Sahm	Third
Sa	Fourth
Oh	Fifth
Yook	Sixth
Chil	Seventh
Pal	Eighth

3. BODY PARTS

Mohm	Body
Olgool	Face
Yi Ma	Forehead
Teok	Chin
Mok	Neck
Muh Ri	Head
Mohm Tong	Trunk
Ka Seum	Chest
Arae	Low Part
Noon	Eye
Sohn	Hand
Joo Meok	Forefist
Deung Joo Meok	Backfist
Mae Joo Meok	Hammerfist
Sohnnal	Knife Hand
Sohnnal Deung Ridge Hand	
Batangsohn	Palm-Heel
Pyong Sohn Keut	Spear Hand
Ka Wi Sohn Keut	Scissors Fingertip
Pal	Arm
Pal Mok	Wrist
Pal Koop	Elbow
Bal	Foot
Ap Chook	Ball of Foot
Dwi Chook	Heel of Foot
Bal Nal	Outside Edge of Foot
Bal Deung	Instep of Foot
Bal Ba Dak	Sole of Foot
Da Ri	Leg
Moo Reup	Knee
Nang Sim	Groin
Myung Chi	Solar Plexus
In Joong	Area between Mouth and Nose

4. STANCES

Cheriyut	Attention
Joon Bi	Ready Stance
Ap Seogi	Walking Stance
Ap Koobi	Front Stance
Dwi Koobi	Back Stance
Joojoom Seogi	Horse-Riding Stance
Bom Seogi	Tiger Stance
Ouisantool Seogi	Thin Stance

	Ap Kkoa Seogi	Cross Stance (Side)
	Dwi Kkoa Seogi	Cross Stance (Front)
5. STRIKES		
	Jireugi	Punch
	Chigi	Strike
	Mohmtong Jireugi	Middle Punch
	Eolgool Jireugi High (Face) Punch	
	Yeup Jireugi	Side Punch
	Mae Joo Meok Chigi	Hammerfist Strike
	Palkoop Chigi	Elbow Strike
	Palkoop Pyojeok Chigi	Target Elbow Strike
	Palkoop Yeup Chigi	Side Elbow Strike
	Ollyo Chigi	Up Elbow
	Sohnnal Chigi	Knife-Hand Strike
	Sohnnal Deung Chigi	Ridge-Hand Strike
	Deung Joo Meok Chigi	Back-Fist Strike
	Batangsohn Chigi	Palm-Heel Strike
	Mureup Chigi	Knee Strike
	Pyong Sohn Keut Tszireugi	Spear Hand Thrust
	Ka Wi Sohn Keut Tszireugi	Scissors Fingertip Thrust
6. KICKS		
	Chagi	Kick
	Ap Chagi	Front Kick
	Yeup Chagi	Side Kick
	Nehryuh Chigi	Axe Kick
	Dwi Chagi	Back Kick
	Ahneso Pakro Chagi	Inside/Outside Crescent Kick
	Pakeso Ahnro Chagi	Outside/Inside Crescent Kick
	Dollyo Chagi	Round House Kick
	Kuro Ap Chagi Front Pushing Kick	
	Hoorio Chagi	Hook Kick
	Dwi Dollyo Chagi	Spinning-Back Kick
	Dwi Dollyo Dwi Chagi	Spinning-Back Back Kick
	Dwi Dollyo Yeup Chagi	Spinning-Back Side Kick
	Dwi Dollyo Hoorio Chagi	Spinning Back Hook Kick
	Dwi Dollyo Ahneso Pakro Chagi	Spinning Back Inside/Outside Crescent Kick
	Twio Chagi	Single Jump Kick (off the front leg)
	Twio Bakkuwo Chagi	Single Jump Kick (off the back leg)
	Twio Mom Dollyo Chagi	Jump Spinning Back Kick
7. BLOCKS		
	Arae Makki	Low Block
	Eolgool Makki High Block	
	Mohmtong Ahn Makki	Inside Block

Mohmtong Pakkat Makki	Outside Block
Sohnnal Mohmtong Makki	Single Knife-Hand Block to the middle
Doo Sohnnal Mohmtong Makki	Double Knife-Hand Block to the middle
Doosohn Mohmtong Makki	Double Middle Block
Doosohn Arae Makki	Double Low Block
Sohnnal Arae Makki	Single Knife-Hand Block Low
Doo Sohnnal Arae Makki	Double Knife-Hand Block Low
Nool Ruh Makki	Pressing Block
Hecho Makki	Spreading Block
San Teul Makki	W-Shaped Block
Ot Gul Uh Makki	X-Block

8. PHRASES

Ahn-nyung ha-say-oh
Hello

Cheryut!
Attention!

Kukki-Yeh, Kyung Nye.
Face the flags, Bow.
Kyusanim (Sabumnim)-kiyeh, Kyung Nye.
Face the instructor (master), Bow.

Jeh-noon (NAME) Eemneedah.
I am (NAME).

Jeh-noon CITY Eee Sahm-nee-dah.
I live in (CITY).

Manasuh Bahgap Soom-ni-dah.
Happy to meet you.

Kahm-sah-hahm-nee-dah.
Thank-you.

Cho-mah-nay-oh.
You are welcome.

To Mahn-nah Bo-eep Ket-Shum-nee-dah.
Hope to See you again.

(Host → Guest) Ahn-nyung-hee Kah-ship-see-oh.
Goodbye

(Guest → Host) Ahn-nyung-hee Kay-ship-see-oh.
Goodbye

