<table>
<thead>
<tr>
<th><strong>General Choi Hong Hi</strong></th>
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<td><img src="image" alt="Image" /></td>
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| **Born** | 9 November 1918  
Hwadae, Myongchon County,  
North Hamgyong Province,  
Japanese Korea |
|----------|------------------|
| **Died** | 15 June 2002 (aged 83)  
Pyongyang, North Korea |
| **Style** | Taekkyeon, Karate, Taekwondo |
| **Teacher(s)** | Han Il Dong (Taekkyeon), Kim Hyun Soo (Karate) |
| **Rank** | 9th dan, Grand Master,  
principal founder, taekwondo (ITF),  
2nd dan karate |
ENCYCLOPEDIA OF TAEKWON-DO


GEN. CHOI HONG HI

VOLUME VI
The Encyclopedia of Taekwon-Do is a 15-volume set was originally written by General Choi Hong Hi in the 1983, (this is the 1987 version) with the latest edition being from 1999 (later editions have been published, but the 1999 editions were the last General Choi Hong Hi was directly involved with).

This comprehensive work contains 15 volumes with volumes 8 through 15 dedicated to the 24 patterns and containing descriptions of the pattern movements as well as pictures showing possible applications of some of the movements.

The reason I’m told why the 1987 version was digitised for the cd rom and not the third edition published in 1993 was to do with images bleeding through the paper when photocopied, making the pages difficult to read.

This version of the of the encyclopedia has several errors and omissions, you should really purchase the 1999 edition if you can get a hold of a set.
TAEKWON-DO

대권도
# TABLE OF CONTENTS

*(Mokcha)*

**TENETS OF TAEKWON-DO (Taekwon-Do Jungshin)** 10

- Explanation of Tenets ........................................ 11
- Courtesy *(Ye Ui)* ............................................. 11
- Integrity *(Yom Chi)* .......................................... 12
- Perseverance *(In Nae)* ........................................ 12
- Self-Control *(Guk Gi)* ........................................ 13
- Indomitable Spirit *(Baekjul Boolgool)* ..................... 13

**FUNDAMENTAL EXERCISES (Gibon Yonsup)** ............... 17

................................................................. 19

**PROCEDURE FOR LEADING A CLASS (Sooryon Jido Bop)** 28

**METHOD OF EXERCISE (Yonsup Bop)** ........................ 29

**INDEX** ........................................................ 384

**SYNOPSIS** .................................................... 387
GEN. CHOI HONG HI
President
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Taekwon-Do
in Korean Character

Taekwon-Do
in Chinese Character
THE TENETS OF TAEKWON-DO
(Taekwon-Do Jungshin)

TAEKWON-DO AIMS TO ACHIEVE

Courtesy (Ye Ui)
Integrity (Yom Chi)
Perseverance (In Nae)
Self-Control (Guk Gi)
Indomitable Spirit
(Baekjul Boolgool)
EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

COURTESY \((Ye Ui)\)

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

1) To promote the spirit of mutual concessions
2) To be ashamed of one’s vices, contemning those of others
3) To be polite to one another
4) To encourage the sense of justice and humanity
5) To distinguish instructor from student, senior from junior, and elder from younger
6) To behave oneself according to etiquette
7) To respect others’ possesions
8) To handle matters with fairness and sincerity
9) To refrain from giving or accepting any gift when in doubt
INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."
SELF-CONTROL (Guk Gi)

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

INDOMITABLE SPIRIT (Baekjul Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.
IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance

Sitting stance
Walking Stance (*Gunnun Sogi*)

Front View

Back View

L-Stance (*Niunja Sogi*)

Front View

Back View
FUNDAMENTAL EXERCISES
(Gibon Yonsup)

Certainly the most important asset any training hall can have is a good instructor. There is no substitute for well-trained, intelligent, perceptive and patient instructor. Occasionally, however, a student may find himself in an area where he is not able to train under a qualified instructor; or a student may find the need to practice by himself from time to time; or there may be instances when an individual is sincerely anxious to learn Taekwon-Do but neither has the means nor time to travel to a distant training hall. In these cases, a dedicated person may be able to use this book as a guide. To truly gain complete comprehension of these techniques, however, a student will have to spend some time under the tutelage of a black belt instructor.

The sequence of fundamental exercises described here is neither absolute nor inflexible. It is, however, a sequence found to be most beneficial for the student, especially beginners.

Fundamental exercises are considered the back bone of Taekwon-Do, for the students can learn a great number of additional movements which are found neither in patterns nor sparrings.

Obviously the pattern cannot be performed effectively without sufficient knowledge of the fundamental movements involved. The student is therefore advised to exercise each fundamental movement correctly and thoroughly one by one before attempting to practise his pattern or sparring.

The object of this volume is to give the students (from beginners to 2nd degree black belt holders) clear purpose, principle method and a logical procedure of exercise of each fundamental movement.
DIRECTION DIAGRAM (*Bang Hyang Pyo*)

This is a guide to show the four directions the student will follow during the performance of an exercise.

IMPORTANT

This must be thoroughly studied by all students before moving into exercise.
GENERAL ASSUMPTIONS (Ilban Kahjung)

This is to avoid unnecessary repetition; to show logical sequence of movement; and to conduct training, step by step, and gradually to the more difficult movement.

1. The fundamental exercise is started from a stance on line AB facing D with a few exceptions.

2. Blocking is begun with the left hand or left foot and attacking with the right hand or foot. There are only rare exceptions to the above. A student should familiarize himself equally with both sides.

3. A middle attack or defense is usually executed before a high attack or defense unless a special instruction is given.

4. Spot exercise is performed before the turning or stepping exercise in most cases.

5. A forward stepping exercise is performed conjointly with backward stepping or turning exercises with few exceptions.

6. Backward stepping and turning exercise are performed, assuming a left walking, left low, left rear foot, and left L-stance toward D unless specified otherwise.

7. As a rule bring the foot initially moved back to the ready posture after completion each of exercise.

8. Every attack and block is performed toward the direction the stance is facing unless specified otherwise.

9. All punches throughout this book are considered front punches unless special instruction is given.

10. The other fist throughout this book is considered pulled to the hip simultaneously while attacking or blocking with one hand unless special direction is given.
Ready Stance (*Junbi Sogi*)

Attention Stance (*Charyot Sogi*)

Bow Posture (*Kyong Ye Jase*)
Parallel Ready Stance *(Narani Junbi Sogi)*

Front View

Side View

Back View

Sitting Ready Stance *(Annun Junbi Sogi)*

Front View

Side View
Walking Ready Stance (*Gunnun Junbi Sogi*)

Left Walking Ready Stance

*Front View*

*Side View*

*Back View*

Right Walking Ready Stance

*Front View*

*Side View*
Close Ready Stance *(Moa Junbi Sogi)*

**Type A**

Side View

Front View

**Type B**

Side View

Front View

**Type C**

Front View
L-Ready Stance (*Niunja Junbi Sogi*)

Right L-Ready Stance

- Side View
- Front View

Left L-Ready Stance

- Front View
- Side View
- Back View
X-Ready Stance *(Kyocha Junbi Sogi)*

**Right X-Ready Stance**

**Front View**

**Side View**

**Left X-Ready Stance**

**Front View**

**Side View**

**Back View**
PROCEDURE FOR LEADING A CLASS (Sooryon Jido Bop)

All Taekwon-Do exercises are conducted in two ways; by command and without command using a command procedure with an instructor or assistant instructor giving commands, the following procedure should be followed:

1. At the command of "Charot" (attention), the student comes to attention giving the instructor his undivided attention as well.

2. At the command of "Kyong Ye" (bow), the student bows to the instructor while remaining at attention stance.

3. After the instructor announces the title or number of exercise that will be performed, the instructor gives the command of "junbi" (ready), the student will then take the appropriate Junbi Sogi (ready stance).

4. At the command of "Si Jak" (commence), the student begins with the initial movement as the instructor counts "Hana" (one) "dool" (two), "Set" (three), "Net" (four), "Dasot" (five), "Yosot" (six), "Ilgop" (Seven), "Yodul" (eight), "Ahop" (nine), and so on., until the command of "guman" (stop) is given.

5. At the command of "Swiyo" (at ease), the student relaxes with a parallel ready stance.

6. At command of "Hae san" (dismiss), the student can walk away.
1. Parallel Stance Punch (Narani So Jirugi)

Ready posture (Junbi Jase): Attention stance.

At the command of “parallel stance punch ready” (Narani so jirugi junbi), move the left foot from an attention stance to form a parallel stance toward D while extending the left fist to D horizontally.
i. At the command of "commence" (Sijak)
Punch to D with the right fist while maintaining the same stance toward D.

Previous posture

Side View

Keep both heels slightly off the ground.
ii. Punch to D with the left fist while maintaining the same stance toward D.

Keep both heels slightly off the ground.

Bring the left foot back to a ready posture.

After repeating i and ii at the command of "Stop" (Guman); bring the left foot back to a ready posture or attention stance. At the start of the punch, keep both heels slightly off the ground and then execute a punch. Be sure to perform these two actions in one smooth motion. The same principle is applicable to a close stance punch.
2. Close Stance Punch (*Moa So Jirugi*)

**Ready posture (*Junbi Jase*): Parallel ready stance**
At the command of close stance punch (*Moa So Jirugi Junbi*): Bring the left foot to the right foot, forming a close stance toward D while extending the left fist to D horizontally.

i. At the command of commence (*Sijak*):
   Punch to D with the right fist while maintaining the same stance toward D.

*Parallel ready stance*

*Side View*

*Keep both heels slightly off the ground.*
ii. Punch to D with the left fist while maintaining the same stance toward D.

Keep both heels slightly off the ground.

Bring the left foot back to a ready posture.

Top View

After repeating i and ii, at the command of "Stop" (Guman); bring the left foot back to a ready posture or parallel ready stance.

The fist must be at the center of the attacker's body at the moment of impact. The same principle is applicable to the parallel stance punch, sitting stance punch, and walking stance punch as far as a front punch is concerned.
3. Sitting Stance Punch *(Annun So Jirugi)*

**Ready posture**: Close ready stance B.

At the command of "sitting stance punch ready":
Move the left foot to B, forming a sitting stance toward D while extending the left fist to D horizontally.

---

![Ready Posture](image1)

---

i. At the command of "commence": Punch to D with the right fist while maintaining the same stance toward D.

---

![Side View](image2)
ii. Punch to D with the left fist while maintaining the same stance toward D.

Previous Posture  

Raise the body slightly.
iii. Punch to D With the right fist while maintaining the same stance toward D.

Bring the left foot back to a ready posture.

Raise the body slightly.

After repeating ii and iii, at the command of “stop”; bring the left foot back to a ready posture or close ready stance B.

At the start of the punch, raise the body slightly and then execute a punch. Be sure to perform these two actions in one smooth motion.
In parallel stance, close stance and sitting stance it is highly desirable to conduct the punching exercise at a distance of one full arm’s length against a forging post or a wall. This will prevent throwing the shoulder since the beginner cannot possibly punch beyond the hard surface.

Parallel Stance

Sitting Stance
4. Walking Stance Spot Obverse Punch  
(Gunnun So Gujari Baro Jirugi)  

Ready posture: Parallel ready stance.  

i. Commence (Sijak): Move the right foot to D, forming a right walking stance toward D while punching to D with the right fist, and then bring the right foot back to a ready posture.

ii. Move the left foot to D, forming a left walking stance toward D while punching to D with the left fist, and then bring the left foot back to a ready posture. Repeat i and ii.
At the start of the punch; pull the punching fist toward the hip while extending the other fist to the front, and then execute the punch. Be sure to perform these two actions in one smooth motion.
5. Walking Stance Forearm Spot Low Obverse Block
(Gunnun So Palmok Gujari najunde Baro Makgi)

Ready posture: Parallel ready stance.

i. Commence: Move the left foot to B to form a left walking stance toward B while blocking to B with the left forearm, and then bring the left foot back to a ready posture.

ii. Move the right foot to A, forming a right walking stance toward A while blocking to A with the right forearm, and then bring the right foot back to a ready posture.
Repeat i and ii
Keep the back forearms crossed in front of the right chest, placing the left forearm on the other and vice-versa.

Keep the body half facing the target at the moment of block.

The reason for keeping the back forearm crossed at the start of blocking is to observe the revolving principle.
6. Walking Stance Knife-Hand Spot Low Obverse Block  
(Gunnun So Sonkal Gujari Najunde Baro Makgi)

This procedure of exercise is exactly the same as that of the forearm spot low obverse block.

Keep the back forearms crossed in front of the rib cage.

Side View
7. Walking Stance Stepping Obverse Punch  
(Gunnun So Omkyo Didimyo Baro Jirugi)  
  a. Forward Stepping Punch (Jillo Nagagi)  
    Parallel ready stance.  
    i. Move the right foot to D forming a right walking stance  
       toward D while punching to D with the right fist.  

Ready Posture

ii. Move the left foot to D, forming a left walking stance  
    toward D while punching to D with the left fist.  

Repeat i and ii.

Side View
b. Backward Stepping Punch (Jillo Duruogi)

Assume a left walking stance toward D.

i. Move the left foot to C, forming a right walking stance toward D while punching to D with the right fist.

Previous Posture

ii. Move the right foot to C, forming a left walking stance toward D while punching to D with the left fist. Repeat i and ii.

Side View
c. Spot-Turning (*Gujari Dolgi*)

Assume a left walking stance toward D.

Turn clockwise, pivoting with the left foot or right foot to form a right walking stance toward C while punching to C with the right fist.

Counter clockwise turning is not possible.

The ball of the foot must be used as a pivot.
8. Walking Stance Spot Reverse Punch
(Gunnun So Gujari Bandae Jirugi)

Close ready stance A.

i. Move the left foot to D to form a left walking stance toward D while punching to D with the right fist and then bring the left foot back to a ready posture.
ii. Move the right foot to D, forming a right walking stance toward D while punching to D with the left fist and then bring the right foot back to a ready posture. Repeat i and ii.
9. Walking Stance Stepping Forearm Low Obverse Block
(Gunnun So Nagamyo Palmok Najunde Baro Makgi)

a. Forward Stepping Block (Magu Nagagi)
Parallel ready stance.

i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left forearm.

ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right forearm. Repeat i and ii.
b. Backward Stepping Block (*Maga Duriogi*)

Assume a left walking stance toward D.

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right forearm.

ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left forearm.
c. Backward Step-Turning (*Dwiro Omgyo Didimyo Dolgi*)

Assume a left walking stance toward D.

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking to C with the left forearm or left knife-hand.

Clockwise turning is not logical because the blocking tool has to pass the opponent before execution of block.

Counter-clockwise Turning.
10. Walking Stance Knife-Hand Low Obverse Block (Gunnun So Omgyo Didimyo Sonkal Najunde Baro Makgi)

a. Forward Stepping Block.
   Right walking ready stance.
   
i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left knife-hand.
   
ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right knife-hand. Repeat i and ii.
b. Backward Stepping block

Assume a left walking ready stance toward D.

i. Move the left foot to C to form a right walking stance toward D at the same time blocking to D with the right knife-hand.

ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left knife-hand.

Repeat i and ii.
c. Spot-Turning

Assume a left walking stance toward D.
Move the left foot on line CD, and then turn clockwise to form a right walking stance toward C, at the same time executing a low block with the right knife-hand or right forearm or punching with either fist.
11. Walking Stance Inner Forearm Obverse Side Block
(Gunnun So Anpalmok Baro Yop Makgi)

a. Spot Block
   Parallel ready stance.
   i. Move the left foot to BD, forming a left walking stance toward BD while blocking to BD with the left inner forearm, and then bring the left foot back to a ready posture.

ii. Move the right foot to AD, forming a right walking stance toward AD while blocking to AD with the right inner forearm, and then bring the right foot back to a ready posture.
b. Forward Stepping Block

i. Move the left foot to D, forming a left walking stance toward D while blocking to D with the left inner forearm.

ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right inner forearm.
c. Backward Stepping Block

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right inner forearm.

Previous Posture

ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left inner forearm.
d. Spot Turning

Move the right foot on line CD, and then turn clockwise to form a right walking stance toward C while executing a side block to C with the right inner forearm or any other technique learned already. Counter-clockwise turning is not possible.
Parallel ready stance

Top View

Keep the forearms crossed in front of the right chest with both back fists faced upward, placing the left forearm under the other at the beginning of the block to observe the revolving principle.

The body becomes half facing.
12. Front Rising Kick (Apcha Olligi)
   a. Spot Kick (Gujari Chagi)
      Right walking ready stance.
      i. Raise the left foot and then lower it to C, forming a ready posture toward D.
         
         ![Image of a person demonstrating the Front Rising Kick]
         Keep the forearms crossed in front of the solar plexus.
         Raise the foot as high as possible while keeping the position of the hands as they were in order to develop the muscles of the leg fully.
         Side View
      
      ii. Repeat i.
          After repeating i, bring the left foot to the right foot to exercise with the right foot.
Bend the elbow about 30 degrees, keeping the distance between the fist and thigh one foot.
b. Forward Stepping Kick (*Apcha Ollimyo Nagagi*)
Right walking ready stance.

i. Raise the left foot and then lower it to D to form a left walking ready stance toward D.

ii. Raise the right foot and then lower it to D to form a right walking ready stance toward D.
c. Backward Stepping Kick (*Apcha Ollimyo Duruogi*)

i. Raise the left foot and then lower it to C, forming a right walking ready stance toward D.

ii. Raise the right foot and then lower it to C to form a left walking ready stance toward D.
d. Spot-Turning

Turn clockwise, pivoting with the right foot or left foot to form a right walking ready stance toward C. Counter-clockwise turning is not possible.

Pivoting with the right foot

Left walking ready stance

Pivoting with the left foot
13. Walking Stance Reverse Knife-Hand Obverse Side Block
(Gunnun So Sonkal Dung Baro Yop Makgi)

The procedure of exercise is the same as that of the inner forearm side block on page 57.
14. Sitting Stance Side Rising Kick (Annun So Yopcha Olligi)

1) Double Stepping Kick

Sit on Ready Stance.

a. Toward B (B-Bang)
   i. Cross the right foot over the left foot to raise the left foot to B, and then lower it to B to form a ready posture toward D.
   ii. Repeat i.

   Keep the body half facing the target

b. Toward A (A-Bang)
   i. Cross the left foot over the right foot to raise the right foot to A, and then lower it to A, forming a ready posture toward D.
   ii. Repeat i.
Kicking footsword should point to the target diagonally, keeping the body half facing the target at the start of raising the foot. The foot must be raised as if grazing the floor with a footsword at the beginning of the foot raising. The toes of the kicking foot must face slightly downward at the moment of impact.

Raise the foot as high as possible to develop the leg muscles fully.

Keep the forearms crossed in front of the chest.

Side View
c. **Toward D** (*D-Bang*)

Assume a sitting ready stance toward B.

i. Cross the left foot over the right foot to raise the right foot to D, and then lower it to D to form a ready posture toward B.

ii. Repeat i.

After repeating i and ii, start with the left foot toward C.
2) Single Stepping Side Rising Kick

Both the method and procedure of exercise are the same as those of a double stepping side rising kick except that the opposite foot is brought to the raising foot instead of crossing over.

a. Toward B

b. Toward A
c. Toward C (C-Bang)
Assume a sitting ready stance toward A.
d. Forward Stepping Kick
   Assume a sitting ready stance toward A.
   
   i. Kick with the right foot while turning counter-clockwise and then lower it to D to form a sitting ready stance toward B.

   ii. Kick with the left foot while turning clockwise, and then lower it to D, forming a sitting ready stance toward A.
e. Backward Stepping Kick
Assume a sitting ready stance toward A.
i. Kick with the left foot while turning clockwise and then lower it to C to form a sitting ready stance toward B.

ii. Kick with the right foot while turning counter-clockwise and then lower it to C, forming a sitting ready stance toward A.
f. Backward Step-Turning

Assume a sitting ready stance toward A.

Move the left foot to C, turning counter-clockwise to form a sitting ready stance toward B.

Clockwise turning is not logical because the left arm has to pass the opponent.

The left side of the body is completely exposed, thus the armpit is attacked.
15. Diagonal Stance Side Rising Kick (*Sasun So Yopcha Olligi*)

1) Double Stepping Side Rising Kick

The procedure of exercise remains the same as that of a sitting stance double stepping side rising kick.

a. Toward B

Right diagonal stance

i. Cross the right foot over the left foot to raise the left foot to B, and then lower it to B to form a ready posture toward D.

ii. Repeat i.

b. Toward A

i. Move the left foot to the side rear of the right foot to raise the right foot to A, and then lower it to A, forming a ready posture toward D.

ii. Repeat i.
c. **Toward D**

Assume a left diagonal stance toward B.

i. Cross the left foot over the right foot to raise the right foot and then lower it to D, forming a ready posture toward B.

ii. Repeat i.

d. **Toward C**

i. Move the right foot to the side rear of the left foot to raise the left foot and then lower it to C, forming a ready posture toward B.

ii. Repeat i.
Unlike a sitting stance, single stepping side rising kick with a diagonal stance is not practical.
16. L-Stance Inner Forearm Outward Block
(Niunja So Anpalmok Bakuro Makgi)

a. Spot Block

Parallel ready stance.

i. Move the left foot to B to form a right L-stance toward B while blocking to B with the left inner forearm, and then bring the left foot back to a ready posture.

ii. Move the right foot to A, forming a left L-stance toward A while blocking to A with the right inner forearm, and then bring the right foot back to a ready posture.
At the start of blocking keep the forearms crossed in front of the chest with both back fists faced upward, placing the blocking one under the other.

Top View

Keep the back forearm full facing the opponent at the moment of block.
b. Forward Stepping Block

i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left inner forearm.

ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right inner forearm.
c. Backward Stepping Block
   Assume a left L-stance toward D.
   i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left inner forearm.

   Previous Posture

   ii. Move the left foot to C, forming a left L-stance toward D while blocking to D with the right inner forearm.

   Side View
d. Spot-Turning

Assume a left L-stance toward D.
Turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while executing a middle block to C with the left inner forearm.
Clockwise turning is not possible.
17. L-Stance Reverse Knife-Hand Outward Block
(Niunja So Sonkal Dung Bakuro Makgi)

Both the procedure and method of exercise are the same as those of an L-stance inner forearm block.

a. Forward Stepping Block

b. Backward Stepping Block
18. L-Stance Back Hand Outward Block
(Niunja So Sondung Bakuro Makgi)

Both the method and procedure of exercise are also the same as those of an L-stance inner forearm block.

a. Forward Stepping Block

b. Backward Stepping Block

Side View
c. Spot-Turning

Assume a left L-stance toward D.

Turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while blocking to C with the left back hand.

Previous Posture

Side View
19. Front Snap Kick *(Apcha Busigi)*

a. Forward Stepping Kick

Left walking ready stance

i. Execute a low front snap kick to D with the right ball of the foot, and then lower it to D, forming a right walking ready stance toward D.

![Ready Posture](image1)

ii. Execute a low front snap kick to D with the left ball of the foot, and then lower it to D, forming a left walking ready stance toward D.

![Ready Posture](image2)
Keep the forearms crossed in front of the solar plexus.
b. Backward Stepping Kick

i. Execute a low front snap kick to D with the left ball of the foot, and then lower it to C forming a right walking ready stance toward D.

Side View
ii. Execute a low front snap kick to D with the right ball of the foot, and then lower it to C, forming a left walking ready stance toward D.
e. **Forward Step-Turning**

Move the right foot to D, turning clockwise or counter-clockwise to form a left walking ready stance toward C.

**Previous Posture**

**Clockwise**

**Counter-clockwise**
Both the method and procedure of exercise for a front snap kick with an instep and toes are the same as those of the ball of the foot.

**Instep** (*Baldung*)

**Toes** (*Balkut*)
Toes \textit{(Balkut)}

The procedure of exercise for the knee is the same as that of the ball of the foot.

Front View
20. Side Front Snap Kick (Yop Apcha Busigi)

a. Forward Stepping Kick

Right L-ready stance.

i. Execute a middle side front snap kick to D with the right ball of the foot, and then lower it to D forming a left L-ready stance toward D.

ii. Execute a middle side front snap kick to D with the left ball of the foot, and then lower it to D, forming a right L-ready stance toward D.
Side View

Keep the forearms crossed in front of the solar plexus.
b. Backward Stepping Kick

Assume a left L-ready stance toward D.

i. Execute a middle side front snap kick to D with the right ball of the foot, and then lower it to C forming a right L-ready stance toward D.

Previous Posture

ii. Execute a middle side front snap kick to D with the left ball of the foot, and then lower it to C to form a left L-ready stance toward D.

Side View
Both the method and procedure of exercise for the instep and toes are the same as those of the ball of the foot. However, only low side front snap kick is possible.

Instep

a. Forward Stepping Kick

b. Backward Stepping Kick
Toes

a. Forward Stepping Kick

b. Backward Stepping Kick
21. L-Stance Knife-Hand Guarding Block
(Niunja So Sonkal Daebi Makgi)

a. Forward Stepping Block
   Parallel ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

ii. Move the right foot to D to form a left L-stance toward D while executing a guarding block to D with a knife-hand.
b. Backward Stepping Block

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

Previous Posture

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

Top View
c. Spot-Turning

Turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a guarding block to C with a knife-hand.

Clockwise turning is not possible.
Bring the blocking knife-hand in front of the opposite shoulder while raising the other knife-hand until its fingertips reach the eye level during the stepping motion.
22. L-Stance Reverse Punch *(Niunja So Bandae Jirugi)*

a. Forward Stepping Punch

Close ready stance B.

i. Move the right foot to D, forming a left L-stance toward D while punching to D with the right fist, and then execute a high side piercing kick to D with the left foot.

ii. Lower the left foot to D to form a right L-stance toward D while punching to D with the left fist, and then execute a high side piercing kick to D with the left foot.

b. Backward Stepping Punch

i. Lower the right foot to C to form a right L-stance toward D while punching to D with the left fist, and then execute a high side piercing kick to D with the left foot.
ii. Lower the left foot to C to form a left L-stance toward D while punching to D with the right fist, and then execute a high side piercing kick to D with the right foot.
23. L-Stance Forearm Guarding Block
(Niuja So Palmok Daebi Makgi)

a. Spot Block

Close ready stance A.

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

ii. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a forearm guarding block to A.

Keep the left heel slightly off the ground.
iii. Bring the right foot to the left foot, and then move the left foot to B, forming a right L-stance toward B while executing a forearm guarding block to B.

Repeat ii and iii.

Keep the right heel slightly off the ground.

b. Backward Stepping Block

i. Move the left foot to D, forming a right L-stance toward D while executing a forearm guarding block to D.
ii. Move the right foot to D to form a left L-stance toward D while executing a forearm guarding block to D.
c. Backward Stepping Block
   i. Move the right foot to C to form a right L-stance toward D while executing a forearm guarding block to D.

Previous Posture

ii. Move the left foot to C, forming a left L-stance toward D while executing a forearm guarding block to C.

d. Spot-Turning
   Move the right foot on line CD, and then turn counterclockwise to form a right L-stance toward D while executing a forearm guarding block to C. Clockwise turning is not possible.

Previous Posture
24. Rear Foot Stance Forearm Guarding Block
(Dwitbal So Palmok Daebi Makgi)
Both the method and procedure of exercise are the same as those of an L- stance forearm guarding block.

a. Spot Block

b. Forward Stepping Block
25. **Side Piercing Kick** (*Yopcha Jirugi*)

a. **Spot Kick**

Parallel ready stance B.

i. Bring the right foot to the left knee joint, forming a left bending ready stance A toward A, and then kick to A with the right foot while executing a high punch to A with the right fist.

![Ready Posture](image)

ii. Lower the right foot to the left foot to form a right bending ready stance A toward B, and then kick to B with the left foot while executing a high punch to B with the left fist.
iii. Lower the left foot to the right foot to form a left bending ready stance A toward A, and then kick to A with the right foot while forming a forearm guarding block.
Repeat ii and iii.

Application
I) **Double Stepping Kick**

a. **Toward A**

   *Sitting ready stance.*

   i. Cross the left foot over the right foot to form a left bending ready stance A toward A, and then kick to A with the right foot.

   ![Ready Posture](image1)

   **Ready Posture**

   ii. Lower the right foot to A, forming a sitting ready stance toward D, turning the face to A, and then repeat i.

   ![Ready Posture](image2)

   Keep the forearms crossed in front of the chest.
b. Toward B
   i. Cross the right foot over the left foot to form a right bending ready stance toward B and then kick to B with the left foot.
   
   ![Images of a person demonstrating martial arts moves]

   ii. Lower the left foot to B, forming a sitting ready stance toward D, turning the face to B, and then repeat i.

c. Toward D
   Assume a sitting stance toward B.

   i. Cross the left foot over the right foot to form a left bending ready stance A, and then kick to B with the right foot, pulling both fists in the opposite direction.
   
   ![Images of a person demonstrating martial arts moves]
d. Forward Stepping Kick

Parallel ready stance.

i. Kick to D with the right foot, pulling both fists in the opposite direction, and then lower it to D to form a left L-stance toward D while executing a forearm guarding block to D.

Ready Posture

ii. Kick to D with the left foot, pulling both fists in the opposite direction and then lower it to D to form a right L-stance toward D while executing a forearm guarding block to D.
e. **Backward Stepping Kick**

Assume a left L-stance forearm guarding block.

i. Kick to D with the right foot, keeping the position of the hands as they were, and then lower it to C to form a right L-stance toward D while executing a knife-hand guarding block to C.

ii. Kick to D with the left foot, keeping the position of the hands as they were, and then lower it to C to form a left L-stance toward D while executing a knife-hand guarding block to D.
2) Single Stepping Kick

a. Toward D

Sitting ready stance toward B.

i. Bring the left foot to the right foot to form a left bending ready stance toward D, and then kick to D with the right foot, forming a knife-hand guarding block.

Ready posture

ii. Lower the right foot to D, forming a sitting ready stance toward B, and then repeat i.
b. Toward C

i. Bring the right foot to the left foot to form a right bending ready stance toward C, and then kick to C with the left foot, forming a knife-hand guarding block.

ii. Lower the left foot to C, forming a sitting ready stance toward B, and then repeat i.
26. Walking Stance Straight Fingertip Obverse Thrust
(Gunnun So Sunsonkut Baro Tulgi)

a. Forward Stepping Thrust

Parallel ready stance

i. Move the right foot to D, forming a right walking stance toward D while thrusting to D with the right straight fingertip.

ii. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the left straight fingertip.
b. Backward Stepping Thrust.
   i. Move the left foot to C, forming a right walking stance toward D while thrusting to D with the right straight fingertip.

   Previous Posture

   ii. Move the right foot to C, forming a left walking stance toward D while thrusting to D with the left straight fingertip. Walking stance straight fingertip reverse thrust can be exercised in the same way.
27. **Sitting Stance Knife-Hand Side Strike**  
*(Annun So Sonkal Yop Taerigi)*  
1) **Single Stepping Strike**  
a. **Toward A**  
   X-ready stance.  
i. Move the right foot to A, forming a sitting stance toward D while striking to A with the right knife-hand.  

![Ready Posture](image)

ii. Bring the left foot to the right foot, and then repeat i.  

Keep the left heel slightly off the ground.
b. Toward B

Assume a sitting stance toward D.
i. Bring the right foot to the left foot, and then move the left foot to B to form a sitting stance toward D while striking to B with the left knife-hand.
ii. Repeat i.

At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one on the other.
2) **Double Stepping Strike**

a. **Toward A**
   Assume a sitting stance toward D.
   
   i. Cross the left foot over the right foot, and then move the right foot to A to form a sitting stance toward D while striking to A with the right knife-hand.
   
   ii. Repeat i.

b. **Toward B**

   Cross the right foot over the left foot, and then move the left foot to B, forming a sitting stance toward D at the same time striking to B with the left knife-hand.
c. Toward D

Assume a sitting stance toward B.

i. Cross the left foot over the right foot, and then move the right foot to D to form a sitting stance toward B while striking to D with the right knife-hand.

ii. Repeat i.

d. Backward Step-Turning.

Move the right foot to C turning clockwise to form a sitting stance toward A while striking to C with the right knife-hand.

Counter-clockwise turning is not practical.

Previous Posture
28. Walking Stance Knife-Hand Reverse Front Downward Strike
(Gunnun So Sonkal Bandae Ap Naeryo Taerigi)

a. Forward Stepping Strike

Walking ready stance.

i. Move the left foot to D to form a left walking stance toward D while striking with the right knife-hand.

ii. Move the right foot to D, forming a right walking stance toward D while striking with the left knife-hand.
b. Backward Stepping Strike

i. Move the left foot to C, forming a right walking stance toward D while striking with the left knife-hand.

ii. Move the right foot to C to form a left walking stance toward D while striking with the right knife-hand.

Side View

The attacking tool reaches the target in a straight line.

c. Spot-Turning

Move the left foot on line CD and then turn clockwise to form a right walking stance toward C while striking with the left knife-hand. Counter-clockwise turning is not possible.
29. Walking Stance Palm Obverse Hooking Block
   *(Gunnun So Sonbadak Baro Golcho Makgi)*

a. Forward Stepping Block

   Parallel ready stance.
   
   i. Move the left foot to D to form a left walking stance toward D while blocking to D with the left palm.

   ![Ready Posture](image)

   ![Keep the left side fist faced downward.](image)

   ii. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right palm.

   ![Side View](image)
b. Backward Stepping Block

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right palm.

ii. Move the right foot to C to form a left walking stance toward D while blocking to D with the left palm.

At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking on the other.
30. Walking Stance Palm Reverse Hooking Block
(Gunnun So Sonbadak Bandae Golcho Makgi).

a. Forward Stepping Block
   Walking ready stance.
   i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left palm.

   Ready Posture

   ii. Move the left foot to D, forming a left walking stance toward D while blocking to D with the right palm.

   Keep the body half facing the opponent

   Side View
b. Forward Step-Turning

Move the left foot to D turning counter-clockwise to from a left walking stance toward C while blocking to C with the right palm. Clockwise turning is unnatural.

* Hooking block with under forearm, knife-hand of back hand can be exercised in the same way as number 28 and 29.
31. Walking Stance Inner Forearm Circular Block
(Gunnun So Anpalmok Dollimyo Makgi)

a. Spot Block
   Close ready stance B.
   i. Move the right foot to D, forming a right walking stance toward D while blocking to BD with the left inner forearm.

   Keep the left heel slightly off the ground.

   ii. Bring the right foot to the left foot, and then move the left foot to D to form a left walking stance toward D while blocking to AD with the right inner forearm.
iii. Bring the left foot to the right foot, and then move the right foot to D
    to form a right walking stance toward D while blocking to BD with
    the left inner forearm.

Keep the left heel sightly
off the ground.

Keep the forearms crossed in front of
the lower abdomen with both back
fists faced upward, placing the block-
ing one under the other.

Keep the inner forearm formed a
straight line with the opposite
shoulder.

Side view

Top View
b. Forward Stepping Block

Assume a left walking stance.

i. Move the right foot to D, forming a right walking stance toward D while blocking to BD with the left inner forearm, and then execute a low front snap kick to D with the left knee.

ii. Lower the left foot to D, forming a left walking stance toward D while blocking to AD with the right inner forearm and then execute a low front snap kick to D with the right knee.
c. Backward Stepping Block

Assume a left walking stance.

i. Move the left foot to C, forming a right walking stance toward D while blocking to BD with the left inner forearm and then execute a low front snap kick to D with the right instep.

ii. Lower the right foot to C, forming a left walking stance toward D while blocking to Ad with the right inner forearm, and then execute a low front snap kick to D with the left instep.

d. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking to BC with the right inner forearm. Clockwise turning is not practical.
32. Walking Stance Double Forearm Obverse Block
   (Gunnun So Doo Palmok Baro Makgi)
   
   a. Forward Stepping Block
      Parallel ready stance.
      i. Move the left foot to D, forming a left walking stance toward D while
         blocking to D with the left double forearm.  
         Keep the body half facing.

      Ready Posture   Keep both back fists
                      faced upward.

      ii. Move the right foot to D, forming a right walking stance toward D
           while blocking to D with the right double forearm.

      Side View
b. Backward Stepping Block

i. Move the left foot to C to form a right walking stance toward D while blocking to D with the right double forearm.

ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the left double forearm.
33. L-Stance Twin Forearm Block *(Niunja So Sang Palmok Makgi)*

a. Spot Block

Parallel ready stance.

i. Move the left foot to B, forming a right L-stance toward B while blocking.

![Ready Posture](image)

ii. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance toward A while blocking.

Keep the left heel slightly off the ground.

![Keep the forearms crossed in front of the right chest.](image)
iii. Bring the right foot to the left foot, and then move the left foot to B, forming a right L-stance toward B while blocking.

Keep the right heel slightly off the ground.

Keep the forearms crossed in front of the left chest.

Front View

At the start of blocking, keep both back fists faced front while placing the side blocking forearm inside of the other.
b. Forward Stepping Block

i. Move the left foot to D, forming a right L-stance toward D while blocking.

ii. Move the right foot to D, forming a left L-stance toward D while blocking.
c. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking.

Previous Posture

ii. Move the left foot to C, forming a left L-stance toward D while blocking.
d. Spot-Turning

Move the left foot on line CD, and then turn counterclockwise to form a right L-stance toward C while blocking.
34. **Rear Foot Stance Twin Forearm Block**  
(Dwitbal So Sang Palmok Makgi)

Both the method and procedure of exercise remain the same as those of an L-stance twin forearm block.

a. **Spot Block**

b. **Forward Stepping Block**
35. L-Stance Twin Knife-Hand Block (*Niunja So Sang Sonkal Makgi*)

   a. Forward Stepping Block

      Left L-ready stance.

      i. Move the left foot to D to form a right L-stance toward D while
         blocking, and then a punch to D with the left fist while forming a left
         walking stance toward, slipping the left foot.

      Ready Posture

      ii. Move the right foot to D, forming a left L-stance toward D while
          blocking, and then punch to D with the right fist while forming a
          right walking stance toward D, slipping the right foot.
b. Backward Stepping Block

Assume a left walking stance.

i. Move the left foot to C to form a left L-stance toward D while blocking, and then punch to D with the left fist while forming a right walking stance toward D, slipping the left foot.

![Image of a person demonstrating a left stepping block]

ii. Move the right foot to C to form a right L-stance toward D while blocking, and then punch to D with the right fist while forming a left walking stance toward D, slipping the right foot.

![Image of a person demonstrating a right stepping block]
36. Rear Foot Stance Twin Knife-Hand Block (*Dwitbal So Sang Sonkal Makg*)

a. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D to form a right rear foot stance toward D while blocking, and then punch to D with the left fist while forming a left walking stance toward D, slipping the left foot.

[Image of Ready Posture]

ii. Move the right foot to D to form a left rear foot stance toward D while blocking, and then punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.

b. Backward Stepping Block.

i. Move the left foot to C to form a left rear foot stance toward D while blocking, and then punch to D with the right fist while forming a right walking stance toward D, slipping the left foot.

[Image of Forward Stepping Block]

[Image of Backward Stepping Block]
ii. Move the right foot to C to form a right rear foot stance toward D while blocking, and then punch to D with the left fist while forming a left walking stance toward D, slipping the right foot.
37. L-Stance Knife-Hand Outward Strike  
(Niunja So Sonkal Bakuro Taerigi)  
a. Spot Strike  
   Sitting ready stance.  
   i. Strike to A with the right knife-hand while forming a  
      left L-stance toward A, pivoting with the left foot.  
      
      Ready Posture  
      Keep the back forearms crossed  
      in front of the left chest.  

   ii. Strike to B with the left knife-hand while forming a right  
      L-stance toward B, pivoting with the right foot.  

      Keep the back forearms crossed  
      in front of the right chest.
b. Forward Stepping Strike

i. Move the right foot to D to form a left L-stance toward D while striking to D with the right knife-hand.

![Ready Posture](image)

ii. Move the left foot to D, forming a right L-stance toward D while striking to D with the left knife-hand.

![Other View](image)
c. Backward Stepping Strike

i. Move the right foot to C to form a right L-stance toward D while striking to D with the left knife-hand.

Previous Posture

ii. Move the left foot to C, forming a left L-stance toward D while striking to D with the right knife-hand.
d. Backward Step-Turning

Move the right foot to C, turning clockwise to form a left L-stance toward C while striking to C with the right knife-hand. Counter-clockwise turning is not reasonable as the attacking hand has to pass the opponent.

At the start or striking keep the back forearms crossed in front of the chest, placing the striking one on the other.

Application
38. Rear Foot Stance Knife-Hand Outward Strike
(Dwitel So Sonkal Bakuro Taerigi)

The method of striking remains the same as that of an L-stance knife-hand outward strike.

a. Forward Stepping Strike
Walking ready stance.

i. Move the right foot to D to form a left rear foot stance toward D while striking to D with the right knife-hand, and then execute a low front snap kick to D with the left foot, keeping the position of the hands as they were.

ii. Lower the left foot to D to form a right rear foot stance toward D while striking to D with the left knife-hand and then execute a low front snap kick to D with the right foot, keeping the position of the hands as they were.
b. Backward Stepping Strike

Assume a left rear foot stance.

i. Move the left foot to C to form a left rear foot stance toward D while striking to D with the right knife-hand and then execute a low side front snap kick to D with the right foot, keeping the position of the hands as they were.

ii. Lower the right foot to C to form a right rear foot stance toward D while striking to D with the left knife-hand, and then execute a low side front snap kick to D with the left foot, keeping the position of the hands as they were.
C. Forward Step-Turning

Assume a left rear foot stance.

Move the left foot to D, turning clockwise to form a left rear foot stance toward C while striking to C with the right knife-hand. Counter-clockwise turning is not reasonable.
39. Walking Stance Outer Forearm Obverse Side Block
   (Gunnun So Bakat Palmok Baro Yop Makgi)

   a. Spot Block
      Parallel ready stanee.
      
      i. Move the left foot to B, forming a left walking stance toward B while blocking to B with the left outer forearm.

      ii. Bring the left foot to the right foot, and then move the right foot to A to form a right walking stance toward A while blocking to A with the right outer forearm.
iii. Bring the right foot to the left foot, and then move the left foot to B to form a left walking stance toward B while blocking to B with the left outer forearm.

b. Forward Stepping Block

i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the right outer forearm.

Keep the back forearms crossed in front of the left chest, placing the right forearm on the other.

ii. Move the left foot to D to form a left walking stance toward D while blocking to D with the left outer forearm.
c. Backward Stepping Block

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right outer forearm.

ii. Move the right foot to C to form a left walking stance toward D while blocking to D with the left outer forearm.
d. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while blocking to C with the left outer forearm. Clockwise turning is not logical.
40. Walking Stance Knife-Hand Obverse Side Block
(Gunnun So Sonkal Baro Yop Makgi)

a. Forward Stepping Block
   Right walking ready stance.
   
   i. Move the left foot to D to form a left walking stance toward D while blocking to D with the left knife-hand, and then execute a low front snap kick to D with the right toes.

   ii. Lower the right foot to D, forming a right walking stance toward D while blocking to D with the right knife-hand and then execute a low front snap kick to D with the left toes.
b. Backward Stepping Block

Left walking ready stance.

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the right knife-hand, and then execute a side piercing kick to D with the right foot.

ii. Lower the right foot to C to form a left walking stance toward D while blocking to D with the left knife-hand, and then execute a side piercing kick to D with the left foot.
41. Walking Stance Reverse Punch (*Gunnun So Bandae Jirugi*)

a. Forward Stepping Punch
   Walking ready stance.
   i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right fist.

ii. Move the right foot to D, forming a right walking stance toward D while punching to D with the left fist.
b. Backward Stepping Punch

i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left fist.

Previous Posture

ii. Move the right foot to C to form a left walking stance toward D while punching to D with the right fist.
42. Walking Stance Forearm Obverse Rising Block
(Gunnun So Palmok Baro Chookyo Makgi)

a. Forward Stepping Block
   Parallel ready stance.
   i. Move the left foot to D, forming a left walking stance toward D while blocking with the left forearm, and then punch to D with the right fist, maintaining the same stance toward D.

ii. Move the right foot to D to form a right walking stance toward D while blocking with the right forearm and then punch to D with the left fist, maintaining the same stance toward D.

Keep the left heel slightly off the ground.
At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking on the other.

Keep the right heel slightly off the ground.

The forearm must stay at the center of the forehead at the moment of block.
b. Backward Stepping Block

i. Move the left foot to C to form a right walking stance toward D while blocking with the right forearm, and then punch to D with the left fist, maintaining the same stance toward D.

Previous Posture

ii. Move the right foot to C, forming a left walking stance toward D while blocking with the left forearm, and then punch to D with the right fist, maintaining the same stance toward D.
c. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while blocking, with the left forearm. Clockwise turning is not practical.
43. Walking Stance Forearm Low Reverse Block
( Gunnun So Palmok Najunde Bandae Makgi)

a. Forward Stepping Block

Parallel ready stance.

i. Move the right foot to D, forming a right walking stance toward D while blocking to D with the left forearm.

ii. Move the left foot to D, forming a left walking stance toward D while blocking to D with the right forearm.
b. Backward Stepping Block

i. Move the left foot to C, forming a right walking stance toward D while blocking to D with the left forearm.

Previous Posture

Keep the back forearms crossed in front of the chest.

ii. Move the right foot to C, forming a left walking stance toward D while blocking to D with the right forearm.

Other View

Keep body half facing the opponent.
c. Spot-Turning

Turn clockwise, pivoting with the right foot to form a right walking stance toward C while executing a low block to C with the left forearm. Counter-clockwise turning is not possible.
44. Walking Stance Knife-Hand Low Reverse Block
(Gunnun So Sonkal Najunde Bandae Makgi)

Both the method and procedure of exercise remain the same as those of a walking stance forearm low reverse block with the exception that the back forearms are crossed in front of the rib cage rather than the chest.

Ready Posture

Keep the back forearms crossed in front on the rib cage.
45. Turning Kick (*Dallyo Chagi*)

a. Forward Stepping Kick

L-ready stance.

i. Kick to AD with the right foot, and then lower it to D, forming a left L-stance toward D.

![Ready Posture](image1)

ii. Kick to BD with the left foot and then lower it to D, forming a right L-stance toward D.

![Ready Posture](image2)
b. Backward Step-Turning

Move the right foot to C, turning counter-clockwise to form a right walking L-stance toward C while executing a low block to C with the left knife-hand.

Clockwise turning is not reasonable.
Both the method and procedure of exercise for a turning kick with that an instep remain the same as those of the ball of the foot except the toes are pointed slightly upward at the moment of impact.

Right instep

Knee turning kick can be exercised in the same way.

Left instep
46. Walking Stance Front Elbow Strike
(Gunnun So Ap Palkup Taerigi)

a. Forward Stepping Strike
Walking ready stance.

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

ii. Move the right foot to D, forming a right walking stance toward D while striking the right palm with the left front elbow.
b. Backward Stepping Strike

i. Move the left foot to C, forming a right walking stance toward D while striking the right palm with the left front elbow.

Keep both side fists faced downward.

ii. Move the right foot to C to form a left walking stance toward D while striking the left palm with the right front elbow.

Keep both side fists faced downward.

Application

Top View
c. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left walking stance toward C while striking the left palm. Clockwise turning is not practical.
47. Rear Foot Stance Palm Upward Block
   (Dwitbal So Sonbadak Ollyo Makgi)

a. Forward Stepping Block

L-ready stance.

i. Move the left foot to D to form a right rear foot stance toward D while
   blocking with the left palm, and then execute a turning kick to D
   with the right instep.

Ready Posture

ii. Lower the right foot to D, forming a left rear foot stance toward D
    while blocking with the right palm, and then execute a turning kick
    to D with the left instep.
Keep both back hands faced upward at the start of blocking.

Blocking tool reaches the target in a circular motion.
b. Backward Stepping Block

Assume a left rear foot stance.

i. Move the right foot to C to form a right rear foot stance toward D while blocking with the left palm, and then execute a twin forearm block while forming a right L-stance toward D, slipping the right foot.

ii. Move the left foot to C to form a left rear foot stance toward D while blocking with the right palm, and then execute a twin forearm block while forming a left L-stance toward D, slipping the left foot.
c. Backward Step-Turning

Move the right foot to C, turning counter-clockwise to form a left rear foot stance toward C while blocking with the right palm. Clockwise turning is not reasonable.
48. L-Stance Palm Upward Block (*Niunja So Sonbadak Ollyo Makgi*)

a. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D to form a right L-stance toward D while blocking with the left palm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the left foot.
ii. Move the right foot to D to form a left L-stance toward D while blocking with the right palm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the right foot.
49. Walking Stance Upper Elbow Strike
(*Gunnun So Wipalkup Taerigi*)

a. Forward Stepping Strike

Walking ready stance.

i. Move the left foot to D, forming a left walking stance toward D while striking with the right upper elbow.

![Ready Posture]

ii. Move the right foot to D, forming a right walking stance toward D while striking with the left upper elbow.

*Keep the back fist faced upward.*

![Side View]

*Keep the body full facing the front.*
b. Backward Stepping Strike

i. Move the left foot to C to form a right walking stance toward D while striking with the left upper elbow.

ii. Move the right foot to C, forming a left walking stance toward D while striking with the right upper elbow.

c. Forward Step-Turning

Move the right foot to D turning counter-clockwise to form a left walking stance toward while striking with the right upper elbow. Clockwise turning is not practical.
50. Back Piercing Kick (*Dwit Cha Jirugi*)
   
   a. Toward B
      
      Parallel ready stance.
      
      i. Kick to B with the right foot, and then lower it to B to form a left walking stance toward A while executing a rising block with the left forearm.
      
      ![Ready Posture](image)
      
      ii. Kick to B with the left foot, and then lower it to B to form a right walking stance toward A while executing a rising block with the right forearm.
      
      ![Kick to B](image)
b. Toward D
Walking ready stance.

i. Kick to D with the right foot, and then lower it to D, forming a left walking stance toward C while executing a rising block with the left forearm.

ii. Kick to D with the left foot, and then lower it to D, forming a right walking stance toward C while executing a rising block with the right forearm.
51. Walking Stance Back Fist Obverse Side Strike

*(Gunnun So Dung Joomuk Baro Yop Taerigi)*

a. Forward Stepping Strike

Walking ready stance.

i. move the right foot to D, forming a right walking stance toward D while striking to D with the right back fist.

Ready Posture

ii. Move the left foot to D to form a left walking stance toward D while striking to D with the left back fist.

Side View

Keep the body half facing the target.
b. Backward Stepping Strike

i. Move the left foot to C, forming a right walking stance toward D while striking to D with the right back fist.

Previous Posture

ii. Move the right foot to C, forming a left walking stance toward D while striking to D with the left back fist.

At the start of striking, keep the forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.

Keep the back fist half facing the target at the moment of impact.
c. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while striking to C with the left back fist. Clockwise turning is not logical.
52. Walking Stance Outer Forearm Wedging Block
   (Gunnun So Bakat Palmok Hecho Makgi)

   a. Spot Block

   Close ready stance B.

   i. Move the left foot to BD, forming a left walking stance toward BD while blocking to BD.

   Keep the forearms crossed at the center of the chest with both back fists facing the opponent at the start of blocking.

   ii. Bring the left foot to the right foot, keeping the position of the hands as they were, and then move the right foot to AD, forming a right walking stance toward AD while blocking to AD.
b. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D to form a left walking stance toward D while blocking to D, and then execute a low front snap kick to D with the right foot.

ii. Lower the right foot to D, forming a right walking stance toward D while blocking to D, and then execute a low front snap kick to D with the left foot.
c. Backward Stepping Block
Assume a left walking stance.
i. Move the left foot to C, forming a right walking stance toward D while blocking to D, and then execute a low front snap kick to D with the right foot.

ii. Lower the right foot to C, forming a left walking stance toward D while blocking to D, and then execute a low front snap kick to D with the left toes.

d. Backward Step-Turning
Move the left foot to C, turning either clockwise or counter-clockwise to form a left walking stance toward C while blocking to C.
53. Walking Stance Knife-Hand Wedging Block
(Gunnun So Sonkal Hecho Makgi)

Both the procedure and method of exercise are the same as those of a walking stance forearm wedging block.

a. Forward Stepping Block

[Images of a person in various stages of a forward stepping block]

Ready Posture

b. Backward Stepping Block

[Images of a person in various stages of a backward stepping block]

Side View
54. Walking Stance Knife-Hand Obverse Rising Block
(Gunnun So Sonkal Baro Chookyo Makgi)

Ready Posture

a. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D to form a left walking stance toward D while blocking with the left knife-hand, and then execute a low block to D with the right forearm, maintaining the same stance toward D.
ii. Move the right foot to D to form a right walking stance toward D while blocking with the right knife-hand, and then execute a low block to D with the left forearm, maintaining the same stance toward D.

Keep the left heel slightly off the ground.

At the start of blocking, keep the back forearms crossed in front of the rib cage, placing the blocking one on the other.

Keep the knife-hand at the center of the forehead at the moment of block.
b. Backward Stepping Block

i. Move the left foot to C to form a right walking stance toward D while blocking with the right knife-hand, and then execute a low block to D with the left forearm, keeping the same stance toward D.

ii. Move the right foot to C to form a left walking stance toward D while blocking with the left knife-hand, and then execute a low block to D with the right forearm, keeping the same stance toward D.
c. Spot-Turning

Move the right foot on line CD and then turn clockwise to form a right walking stance toward C while blocking with the right knife-hand.
55. Walking Stance Upset Fingertip Low Thrust
(Gunnun So Dwijibun Sonkut Najunde Tulgi)

a. Forward Stepping Thrust
Parallel ready stance.

i. Move the left foot to D, forming a left walking stance toward D while thrusting to D with the right upset fingertip, and then execute a side back strike to C with the right back fist while forming a right L-stance toward D, pulling the left foot.

ii. Move the right foot to D to form a right walking stance toward D while thrusting to D with the left upset fingertip, and then execute a side back strike to C with the left back fist while forming a left L-stance toward D, pulling the right foot.
b. Backward Stepping Thrust

Assume a left walking stance toward D.

i. Move the left foot to C to form a right walking stance toward D while thrusting to D with the left upset fingertip, and then execute a side back strike to C with the left back fist while forming a left L-stance toward D, pulling the left foot.

ii. Move the right foot to C, forming a left walking stance toward D while thrusting to D with the right upset fingertip, and then execute a side back strike to C with the right back fist while forming a right L-stance toward D, pulling the right foot.
c. Forward Double Step-Turning

Move the right foot to D, and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while thrusting to C with the left upset fingertip.

Keep both back hands faced upward at the start of thrusting.

Bring the opposite side fist in front of the shoulder at the moment of impact.
56. X-Stance Back Fist Side Strike
(Kyocha So Dung Joomuk Yop Taerigi)

a. Spot Jumping Strike

Close ready stance B.

i. Jump to A, forming a right X-stance toward D while striking to A with the right back fist, pulling the left fist to the hip.

ii. Jump to B, forming a left X-stance toward D while striking to B with the left back fist, pulling the right fist to the hip.

At the start of striking, keep the forearms crossed in front of the liver area with both back fists faced upward, placing the striking one under the other.

Keep the body side facing the target at the moment of impact.
b. Forward Jumping Strike

Walking ready stance.

i. Jump to D to form a right X-stance toward BD while striking to D with the right back fist, and then execute a low block with the left knife-hand while forming a right walking stance toward D, slipping the left foot.
ii. Jump to D to form a left X-stance toward AD while striking to D with the left back fist, bringing the right finger belly to the left side fist, and then execute a low outward block to D with the right knife-hand while forming a left walking stance toward D, slipping the right foot.
57. Low Stance Palm Reverse Pressing Block
(Nachuo So Sonbadak Bandae Noollo Makgi)

a. Forward Stepping Block.

Walking ready stance

i. Move the right foot to D in a slow motion, forming a right low stance toward D while blocking with the left palm.

Ready Posture
Both palms must pass each other in front of the umbilicus.

ii. Move the left foot to D in a slow motion, forming a left low stance toward D while blocking with the right palm.

Side View
b. Backward Step-Turning

Move the left foot to C, turning counter-clockwise to form a left low stance toward C while blocking with the right palm. Clockwise turning is not practical. This can be performed either in a slow or fast motion. A low stance is used when performing in a slow motion with the purpose of developing muscles or breath control.

Walking stance palm reverse pressing block can be exercised in the same way.
58. Close Stance Back Fist Side Back Strike
(Moa So Dung Joomuk Yopdwi Taerigi)

Spot Strike
Sitting ready stance.

i. Bring the left foot to the right foot to form a close stance toward D while striking to C with the right back fist, and then move the right foot to A, forming a sitting stance toward D while executing a hooking block to D with the left palm.

Ready Posture

ii. Bring the right foot to the left foot to form a close stance toward D while striking to C with the left back fist, and then move the left foot to B, forming a sitting stance toward D while executing a hooking block to D with the right palm.
1. At the start of striking, keep the forearms crossed in front of the epigastrium with both back fists faced upward, placing the striking one under the other.

2. Keep the striking back fist full facing the opponent while extending the opposite arm to the side downward.

* Sitting stance back fist side back strike can be exercised in the same way.
59. Walking Stance-X-Fist Pressing Block
(Gunmnun So Kyocha Joomuk Noollo Makgi)

a. Forward Stepping Block

   Walking ready stance.

   i. Move the right foot to D to form a right walking stance toward D while blocking with an X-fist, and then execute a rising block with the right knife-hand, keeping the same stance toward D.

   ii. Move the left foot to D, forming a left walking stance toward D while blocking with an X-fist, and then execute a rising block with the left knife-hand, keeping the same stance toward D.
b. Backward Stepping Block

i. Move the left foot to C, forming a right walking stance toward D while blocking with an X-fist, and then execute a rising block with the left knife-hand, keeping the same stance toward D.

ii. Move the right foot to C to form a left walking stance D while blocking with an X-fist, and then execute a rising block with the right knife-hand, keeping the same stance toward D.
60. Close Stance Twin Elbow Horizontal Thrust
(Niunja So Sang Palkup Soopyong Tulgi)
a. Forward Stepping Thrust
   Left walking ready stance.
   i. Bring the right foot to the left foot, forming a close stance toward D while executing a twin side elbow thrust, and then move the right foot to D to form a right walking stance toward D while thrusting to D with the right straight fingertip.

   ii. Bring the left foot to the right foot to form a close stance toward D while thrusting with a twin side elbow, and then move the left foot to D, forming a left walking stance toward D while thrusting to D with the left straight fingertip.
b. Backward Stepping Thrust

i. Bring the left foot to the right foot to form a close stance toward D while thrusting with a twin side elbow, and then move the left foot to C, forming a right walking stance toward D while thrusting to D with the right straight fingertip.

ii. Bring the right foot to the left foot to form a close stance toward D while thrusting with a twin side elbow and then move the right foot to C, forming a left walking stance toward D while thrusting to D with the left straight fingertip.

* 1. Keep the forearms crossed in front of the solar plexus at the start of blocking.
2. Keep both side fists faced downward at the moment of impact.
a. Forward Stepping Punch

Right walking ready stance.

i. Move the left foot to D, forming a left walking stance toward D while punching to D with the right fist, and then execute a wedging block with the outer forearm, keeping the same stance toward D.

ii. Move the right foot to D to form a right walking stance toward D while punching to D with the left fist, and then execute a wedging block with the outer forearm, keeping the same stance toward D.

At the start of punching, keep both back fists faced upward.

The fist reaches the target in a circular motion.
b. Backward Stepping Punch

i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left fist, and then execute a wedging block with a knife-hand, keeping the same stance toward D.

ii. Move the right foot to C, forming a left walking stance toward D while punching to D with the right fist, and then execute a wedging block with a knife-hand, keeping the same stance toward D.

Side View

Keep the fist slightly higher than the elbow.
62. Walking Stance Twin Fist Uspet Punch
(Gunnun So Sang Joomuk Dwijibo Jirugi)

Spot Punch

Close ready stance B.

i. Move the right foot to AD in a stamping motion to form a right walking stance toward AD while punching to AD.

Side View

ii. Bring the right foot to the left foot, and then move the left foot to BD to form a left walking stance toward BD while punching to BD.
63. Walking Stance Twin Fist High Vertical Punch
(Gunnun So Sang Joomuk Nopunde Sewo Jirugi)

a. Forward Stepping Punch

Parallel ready stance.

i. Move the right foot to D to form a right walking stance toward D while punching to D, and then execute a back piercing kick to C with the right foot.

ii. Move the left foot to D forming a left walking stance toward D while punching to D, and then execute a back piercing kick to C with the left foot.
b. Backward Stepping Punch

i. Move the left foot to C, forming a right walking stance toward D while punching to D, and then execute a pressing block with an X-fist, keeping the same stance toward D.

ii. Move the right foot to C to form a left walking stance toward D while punching to D, and then execute a pressing block with an X-fist, keeping the same stance toward D.
c. Backward Double Step-Turning

Move the left foot to C and then turn counter-clockwise, pivoting with the left foot to form a right walking stance toward C while punching to C.
64. Upward Kick (*Ollyo Chagi*)

a. Forward Stepping Kick
   Left walking ready stance.
   i. Kick to D with the right knee while pulling both palms downward, and then lower the right foot to D in a stamping motion to form a right walking stance toward D while executing an upset punch to D with a twin fist.
ii. Kick to D with the left knee while pulling both palms downward, and then lower the left foot to D in a stamping motion to form a left walking stance toward D while executing an upset punch to D with a twin fist.

b. Spot-Turning

Turn clockwise, pivoting with the left foot, and then lower the right foot to C while kicking to C with the left knee.
65. Sitting Stance Outer Forearm W-shape Block
(Annun So Bakkat Palmok San Makgi)

a. Forward Stepping Block
   Close ready stance A.
   i. Move the left foot to D in a stamping motion, forming a sitting stance toward A while blocking with the left outer forearm.

   Front View

   ii. Move the right foot to D in a stamping motion, turning counterclockwise to form a sitting stance toward B while blocking with the right outer forearm.

Keep the forearm straight with the outer forearm facing the front at the moment of block.
b. Backward Step-Turning

Assume a sitting stance toward B.

Move the right foot to C in a stamping motion, turning counterclockwise to form a sitting stance toward A while blocking with the right outer forearm.

Clockwise turning is not reasonable.

66. Sitting Stance Knife-Hand W-Shape Block (Annun So Sonkal San Makgi)

Both the method and procedure of exercise are the same as those of a sitting stance outer forearm W-shape block.
67. Reverse Turning Kick (*Bandae Dollyo Chagi*)

a. Forward Stepping Kick

Right rear foot stance forearm guarding block.

i. Execute a high reverse turning kick to BD with the right foot, and then lower it to D to form a left rear foot stance with a forearm guarding block toward D.

ii. Execute a high reverse turning kick to AD with the left foot, and then lower it to D, forming a right rear foot stance with a forearm guarding block toward D.
b. Backward Stepping Kick

i. Execute a high reverse turning kick to C with the right foot, and then lower it to C, forming a right rear foot stance with a knife-hand guarding block toward D.

ii. Execute a high reverse turning kick to C with the left foot, and then lower it to C to form a left rear foot stance with a knife-hand guarding block toward D.
68. Close Stance Inner Forearm Side Front Block  
(Moa So Anpalmok Yobap Makgi)

a. Toward B  
   Sitting ready stance.
      i. Bring the right foot to the left foot to form a close stance toward D while blocking to D with the left inner forearm.

   Ready Posture
      ii. Move the left foot to B, forming a sitting stance toward D while blocking to D with the right inner forearm.
      iii. Repeat i.

At the start of blocking, keep the back forearms crossed in front of the solar plexus, placing the blocking one under the other.

Keep the back fist full facing the front at the moment of block.
b. Toward A
   i. Bring the left foot to the right foot to form a close stance toward D while blocking to D with the right inner forearm.
   ii. Move the right foot to A, forming a sitting stance toward D while blocking to D with the left inner forearm.

c. Toward D
   Sitting ready stance toward B.
   i. Cross the left foot over the right foot to form a right X-stance toward B while blocking to B with the right inner forearm.

   ii. Move the right foot to D to form a sitting stance toward B while blocking to B with the right inner forearm.
69. L-Stance Obverse Punch (Niunja So Baro Jirugi)

The method of punching is similar to that of a reverse punch with a walking stance reverse punch. In this exercise the emphasis is placed on the correct posture during the punching. The stance, in particular, must not be broken at the moment of impact because of the punch itself.

a. Forward Stepping Punch
   Left L-ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while punching to D with the right fist.

   ![Top View]

   ii. Move the right foot to D, forming a left L-stance toward D while punching to D with the left fist.

   ![Back View]
b. Backward Stepping Punch

i. Move the right foot to C, forming a right L-stance toward D while punching to D with the right fist.

ii. Move the left foot to C, forming a left L-stance toward D while punching to D with the left fist.
c. Backward Step-Turning

Move the right foot to C, turning clockwise to form a left L-stance toward C while punching to C with the left fist. Counter-clockwise turning is not reasonable.
70. X-Stance X-Fist Pressing Block
(Kyocha So Kyocha Joomuk Noollo Makgi)

Forward Jumping Block
Right L-ready stance.

i. Jump and land to D, forming a right X-stance toward B while blocking, and then move the right foot to D to form a left L-stance toward D while punching to D with the right fist.

ii. Jump and land to D, forming a left X-stance toward A while blocking, and then move the left foot to D to form a right L-stance toward D while punching to D with the left fist.
71. L-Stance Knife-Hand Low Guarding Block
(Niunja So Sonkal Najunde Daebi Makgi)

a. Forward Stepping Block
   Parallel ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while blocking to D, and then punch to D with the right fist, maintaining the same stance toward D.
   ii. Move the right foot to D to form a left L-stance toward D while blocking to D, and then punch to D with the left fist, maintaining the same stance toward D.

b. Backward Stepping Block
   i. Move the left foot to C to form a left L-stance toward D while blocking to D, and then punch to D with the left fist, maintaining the same stance toward D.
   ii. Move the right foot to C, forming a right L-stance toward D while blocking to D, and then punch to D with the right fist, maintaining the same stance toward D.
72. L-Stance Flat Fingertip Reverse Thrust
(Niunja So Opun Sonkut Bandae Tulgi)

a. Forward Stepping Thrust
   Right L-ready stance.

   i. Move the right foot to D to form a left L-stance toward D while
   thrusting to D with the right flat fingertip, and then execute a high
   block to D with the right double forearm while forming a right
   walking stance toward D, slipping the right foot.
ii. Move the left foot to D to form a right L-stance toward D while thrusting to D with the left flat fingertip, and then execute a high block to D with the left double forearm while forming a left walking stance toward D, slipping the left foot.

b. Backward Stepping Thrust

i. Move the left foot to C to form a left L-stance toward D while thrusting to D with the right flat fingertip, and then execute a high block to D with the right double forearm while forming a right walking stance toward D, slipping the left foot.

ii. Move the right foot to C to form a right L-stance toward D while thrusting to D with the left flat fingertip, and then execute a high block to D with the left double forearm while forming a left walking stance toward D, slipping the right foot.
73. Rear Foot Stance Knife-Hand Guarding Block
(Dwitbal So Sonkal Daebi Makgi)

a. Forward Stepping Block
   Right walking ready stance.
   i. Move the left foot to D, forming a right rear foot stance toward D while blocking, and then execute a high block with the left double forearm while forming a left walking stance toward D, slipping the left foot.

   ii. Move the right foot to D, forming a left rear foot stance toward D while blocking, and then execute a high block with the right double forearm while forming a right walking stance toward D, slipping the right foot.
b. Backward Stepping Block

i. Move the left foot to C, forming a left rear foot stance toward D while blocking, and then execute a high block with the right double forearm while forming a right walking stance toward D, slipping the left foot.

ii. Move the right foot to C to form a right rear foot stance toward D while blocking, and then execute a high block with the left double forearm while forming a left walking stance toward D, slipping the right foot.

c. Forward Step-Turning

Move the right foot to D, turning counter-clockwise to form a right rear foot stance toward C while executing a knife-hand guarding block. Clockwise turning is not logical.
74. Walking Stance Knife-Hand Reverse Rising Block
(Gunnun So Sonkal Bandae Chookyo Makgi)

a. Forward Stepping Block
   Left walking ready stance.

   i. Move the right foot to D to form a right walking stance toward D
      while blocking with the left knife-hand, and then execute a middle
      punch to D with the right fist.

   ii. Move the left foot to D to form a left walking stance
       toward D while blocking with the right knife-hand,
       and then execute a middle punch to D with the left fist.

b. Backward Stepping Block

   i. Move the left foot to C to form a right walking stance
      toward D while blocking with the left knife-hand, and
      then execute a middle punch to D with the right fist.

   ii. Move the right foot to C to form a left walking stance
       toward while blocking with the right knife-hand, and
       then execute a middle punch to D with the left fist.
*1. Keep the back forearms crossed in front of the liver area, placing the blocking one on the other while keeping the body half facing at the start of blocking.

2. Keep the body full facing the opponent at the moment of block.

Keep the right heel slightly off the ground.
c. Forward Double Step-Turning

Move the right foot to D, and then turn counter-clockwise, pivoting with the right foot to form a right walking stance toward C while blocking with the left knife-hand. Clockwise turning is not practical.
75. Rear Foot Stance Reverse Punch *(Tuiteal So Bandae Jirugi)*

a. Forward Stepping Punch
   Left walking ready stance.
   i. Move the right foot to D, forming a left rear foot stance toward D while punching to D with the right fist, and then execute a high side turning kick to D with the left instep.

ii. Lower the left foot to D to form a right rear foot stance toward D while punching to D with the left fist, and then execute a high side turning kick to D with the right instep.
b. Forward Double Step-Turning

Move the left foot to D, and then turn counter-clockwise, pivoting with the right foot to form a left walking stance toward C while blocking with the left knife-hand. Clockwise turning is not practical.

Application

Side View
76. Walking Stance Forearm Reverse Rising Block
(Gunnun So Palmok Bandae Chookyo Makgi)

Both the method and procedure of exercise are the same as those of a walking stance knife-hand reverse rising block.

Forward Stepping Block

Application
77. Walking Stance Back Fist Reverse Side Strike
   (Gunnun So Dung Joomuk Bandae Yop Taerigi)

a. Forward Stepping Strike
   Parallel ready stance.
   i. Move the left foot to D, forming a left walking stance toward D while striking to D with the right back fist.

ii. Move the right foot to D, forming a right walking stance toward D while striking to D with the left back fist.

Back View
b. Backward Stepping Strike

i. Move the left foot to C, forming a right walking stance toward D while striking to D with the left back fist.

ii. Move the right foot to C, forming a left walking stance toward D while striking to D with the right back fist.

At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.

Keep both back fist and the body half facing the opponent at the moment of impact.

c. Forward Step-Turning

Move the right foot to D, turning clockwise to form a left walking stance toward C while striking to C with the right back fist.

Counter-clockwise turning is not logical.
78. L-Stance Back Fist Side Strike  
(Niunja So Dung Joomuk Yop Taerigi)  

a. Spot Strike  
Close ready stance C.  
i. Move the right foot to A, forming a left L-stance toward A while striking to A with the right back fist.

At the start of striking, keep the back forearms crossed in front of the chest, placing the striking one under the other with both back fists faced upward.  
Keep the back fist half facing the opponent at the moment of impact.

ii. Bring the right foot to the left foot and then move the left foot to B to form a right L-stance toward B while striking to B with the left back fist.

iii. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while striking to A with the right back fist.
b. Forward Stepping Strike

i. Move the right foot to D to form a left L-stance toward D while striking to D with the right back fist, and then twist the right fist clockwise until the back fist faces downward while forming a right walking stance toward D, slipping the right foot.

Right arm is being grabbed.

Side View

Released
ii. Move the left foot to D to form a right L-stance toward D while striking to D with the left back fist, and then twist the left fist counter-clockwise until the back fist faces downward at the same time forming a left walking stance toward D, slipping the left foot.

c. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while striking to C with the right back fist. Counter-clockwise turning is not logical.
79. Rear Foot Stance Back Fist Side Strike

(*Dwitbal So Dung Joomuk Yop Taerigi*)

Both the method and procedure of exercise are the same as those of an L-stance back fist side strike.

**Forward Stepping Strike**

80. Fixed Stance Back Fist Side Strike

(*Gojung So Dung Joomuk Yop Taerigi*)

Both the method and procedure of exercise are also the same as those of an L-stance back fist side strike but with a low stance instead of a walking stance for the releasing motion.

**Spot Strike**
81. L-Stance Back Fist Horizontal Strike
(Niunja So Dung Joomuk Soopyong Taerigi)
a. Forward Stepping Strike

Parallel ready stance.

i. Move the right foot to D to form a left L-stance toward D while striking to D with the right back fist, and then execute a turning kick to A with the left knee.

ii. Lower the left foot to D, forming a right L-stance toward D while striking to D with the left back fist, and then execute a turning kick to B with the right knee.
b. Backward Stepping Strike

i. Move the right foot to C to form a right L-stance toward D while striking to D with the left back fist, and then execute a middle back piercing kick to C with the left foot.

ii. Lower the left foot to C, forming a left L-stance toward D while striking to D with the right back fist, and then execute a middle back piercing kick to C with the right foot.
c. Backward Double Step-Turning

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while striking to C with the left back fist.

Clockwise turning is not reasonable.

* 1. At the start of striking, keep the forearms crossed in front of the chest, placing the striking one on the other with both back fists faced upward.

2. Keep the arm straight and horizontal at the moment of impact.
82. Fixed Stance Back Fist Horizontal Strike
   *(Gojung So Dung Joomuk Soopyong Taerigi)*.

   It can be exercised in the same way as an
   L-stance back fist horizontal strike.

   **Forward Stepping Strike**
83. L-Stance Outer Forearm Outward Block
(Niunja So Bakkat Palmok Bakuro Makgi)

a. Forward Stepping Block

Left L-ready stance.

i. Move the left foot to D to form a right L-stance toward D while blocking to D with the left outer forearm, and then execute a front snap kick to D with the right knee.

ii. Lower the right foot to D, forming a left L-stance toward D while blocking to D with the right outer forearm, and then execute a front snap kick to D with the left knee.
b. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left outer forearm, and then execute a low side front kick to D with the left instep.

ii. Lower the left foot to C, forming a left L-stance toward D while blocking to D with the right outer forearm, and then execute a low side front snap kick to D with the right instep.

* 1. Keep the back forearms crossed in front of the chest, placing the blocking one on the other at the start of blocking.

2. Keep the forearm half facing the opponent at the moment of block.

c. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while blocking to C with the right outer forearm or inner forearm. Counter-clockwise turning is not reasonable.
84. L-Stance Knife-Hand Outward Block
(Niunja So Sonkal Bakuro Makgi)

Both the method and procedure of exercise are the same as those of an L-stance outer forearm outward block.

a. Forward Stepping Block

b. Backward Stepping Block
Assume a Right L-stance Toward D.

The thumb forms a straight line with the clavicle.
85. Rear Foot Stance Knife-Hand Outward Block
(Dwitbal So Sonkal Bakuro Makgi)

a. Forward Stepping Block

Right walking ready stance.

i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then strike to D with the right upper elbow while forming a left walking stance toward D, slipping the left foot.

ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then strike to D with the left upper elbow while forming a right walking stance toward D, slipping the right foot.
b. Backward Stepping Block

i. Move the right foot to C, forming a right rear foot stance toward D while blocking to D with the left knife-hand, and then strike to D with the right upper elbow while forming a left walking stance toward D, slipping the right foot.

ii. Move the left foot to C, forming a left rear foot stance toward D while blocking to D with the right knife-hand, and then strike to D with the left upper elbow while forming a right walking stance toward D, slipping the left foot.
c. Backward Double Step-Turning

Assume a left rear foot stance toward D.

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right rear foot stance toward C while blocking to C with the left knife-hand.

Counter-clockwise turning is not logical.

* 1. At the start of blocking, keep the back forearms crossed in front of the chest, placing the blocking one on the other.

2. Keep the knife-hand half facing the opponent at the moment of block.
86. Rear Foot Stance Outer Forearm Outward Block
(Dwitbal So Bakkat Palmok Bakuro Makgi)

Both the method and procedure of exercise are the same as those of a rear foot stance knife-hand outward block.
87. Fixed Stance Punch (*Gojung So Jirugi*)

The method of punching is the same as that of an L-stance reverse punch.

a. **Forward Sliding Punch**
   - Left walking ready stance.
   
   i. Move the right foot to D in a sliding motion to form a right fixed stance toward D while punching to D with the right fist.

   Side View

   ii. Move the left foot to D in a sliding motion to form a left fixed stance toward D while punching to D with the left fist.
b. Backward Step-Turning

Move the right foot to C in a sliding motion, turning counter-clockwise to form a right fixed stance toward C while punching to C with the right fist. Clockwise turning is not reasonable.

88. Fixed Stance Flat Fingertip Thrust  
(Gojung So Opun Sonkut Tulgi)

Both the method and procedure of exercise are the same as those of a fixed stance punch.
89. L-Stance Knife-Hand Inward Strike
(Niunja So Sonkal Anuro Taerigi)

a. Spot Strike

  Close ready stance A.

  i. Move the left foot to B to form a right L-stance toward B while
     striking to B with the right knife-hand, and then punch to B with the
     left fist while forming a left fixed stance toward B, slipping the left
     foot.

  ii. Bring the left foot to the right foot, and then move the right foot to
       A to form a left L-stance toward A while striking to A with the left
       knife-hand, and punch to A with the right fist while forming a right
       fixed stance toward A, slipping the right foot.
iii. Bring the right foot to the left foot and then repeat i above.

Bring the opposite side fist in front of the shoulder at the moment of impact.

Top View
b. Forward Stepping Strike

i. Move the left foot to D to form a right L-stance toward D while striking to D with the right knife-hand, and then slide to D to form a left fixed stance toward D while thrusting to D with the left flat fingertip.

ii. Move the right foot to D, forming a left L-stance toward D while striking to D with the left knife-hand, and then slide to D to form a right fixed stance toward D while thrusting to D with the right flat fingertip.

c. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while striking to C with the left knife-hand.

Counter-clockwise turning is not practical.
90. Rear Foot Stance Knife-Hand Inward Strike
(Dwitiwal So Sonkal Anuro Taerigi)

The method of striking is the same as an L-stance knife-hand inward strike

a. Forward Stepping Strike

Parallel ready stance.

i. Move the left foot to D, forming a right rear foot stance toward D while striking to D with the right knife-hand, and then punch to D with the left fist.

ii. Move the right foot to D to form a left rear foot stance toward D while striking to D with the left knife-hand, and then punch to D with the right fist.

b. Backward Double Step-Turning

Move the right foot to C and then turn counterclockwise, pivoting with the right foot to form a right rear foot stance toward C while striking to C with the right knife-hand.

Clockwise turning is not reasonable.
91. L-Stance Forearm Inward Block (*Nounja So Palmok Anuro Makgi*)

a. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left forearm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the right foot.

ii. Move the right foot to D, forming a left L-stance toward D while blocking to D with the right forearm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the left foot.
b. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left forearm, and then strike the left palm with the right front elbow while forming a left walking stance toward D, slipping the left foot.

ii. Move the left foot to C, forming a left L-stance toward D while blocking to D with the right forearm, and then strike the right palm with the left front elbow while forming a right walking stance toward D, slipping the right foot.
c. Backward Double Step-Turning

Move the right foot to C and then turn clockwise, pivoting with the right foot to form a right L-stance toward C while blocking to C with the left forearm. Counter-clockwise turning is not reasonable. Spot turning is not possible.

At the start of blocking, keep both back fists faced upward.

* Fixed stance forearm inward block can be exercised in the same way.

Fixed Stance
92. L-Stance Knife-Hand Inward Block (*Niunja So Sonkal Anuro Makgi*)

The method of blocking is the same as that of an L-stance outer inward block.

a. Forward Stepping Block

Left L-ready stance.

i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left knife-hand, and then execute a high vertical punch to D with a twin fist while forming a left walking stance toward D, slipping the left foot.

ii. Move the right foot to D to form a left L-stance toward D while blocking to D with the right knife-hand, and then execute a high vertical punch to D with a twin fist while forming a right walking stance toward D, slipping the right foot.

b. Forward Step-Turning

Move the left foot to D, turning clockwise to form a left L-stance toward C while blocking to C with the right knife-hand.

Counter-clockwise turning is not reasonable.
93. Flying Side Piercing Kick (Twimyo Yopcha Jirugi)

Right L-stance.

i. Move the right foot to D to execute a flying side piercing kick to D with the right foot, and then land to D, forming a left L-stance toward D while executing a middle guarding block with a knife-hand.

ii. Move the left foot to D to execute a flying side piercing kick to D with the left foot, and then land to D, forming a right L-stance toward D while executing a middle guarding block with a knife-hand.

Kick is delivered.

Keep the left heel slightly off the ground.
94. Parallel Stance Angle Punch (*Narani So Giokja Jirugi*)

a. Forward Stepping Punch

*Left walking ready stance.*

i. Execute an angle punch with the right fist while forming a parallel stance toward D, pulling the right foot, and then move the right foot to D to form a right walking stance toward D while executing a wedging block with the forearm.

ii. Execute an angle punch with the left fist while forming a parallel stance toward D, pulling the left foot, and then move the left foot to D to form a left walking stance toward D while executing a wedging block with the inner forearm.
b. Backward Stepping Punch

i. Execute an angle punch with the right fist while forming a parallel stance toward D, pulling the left foot, and then move the left foot to C to form a right walking stance toward D while executing a wedging block with a knife-hand.

ii. Execute an angle punch with the left fist while forming a parallel stance toward D, pulling the right foot, and then move the right foot to C to form a left walking stance toward D while executing a wedging block with a knife-hand.
95. Sitting Stance Palm Pushing Block
(Anuun So Sonbadak Miro Makgi)

a. Spot Block

Close ready stance C.

i. Move the left foot to B, forming a sitting stance toward D while blocking to D with the left pam palm, and then bring the left foot to the right foot to form a close stance toward D while executing an angle punch with the right fist.

Ready Posture

ii. Move the right foot to A to form a sitting stance toward D while blocking to D with the right palm, and then bring the right foot to the left foot, forming a close stance toward D while executing an angle punch with the left fist.
b. Forward Stepping Block

i. Move the left foot to BD to form a sitting stance toward AD while blocking to AD with the left palm, and then execute a reverse hooking kick to D with the right foot.

ii. Lower the right foot to AD to form a sitting stance toward BD while blocking to BD with the right palm, and then execute a reverse hooking kick to AD with the left foot.
96. Parallel Stance Palm Pushing Block (*Narani So Sonbadak Miro Makgi*)

The method of blocking remains the same as that of a sitting stance palm pushing block.

a. Forward Stepping Block
   Walking ready stance.
   i. Move the left foot to D, forming a parallel stance toward A while blocking to D with the left palm, and then execute a middle reverse turning kick to BD with the right ball of the foot.

ii. Lower the right foot to D, forming a parallel stance toward B while blocking to B with the right palm, and then execute a middle reverse turning kick to AD with the left ball of the foot.
b. Backward Stepping Block

Assume a parallel stance toward A.

i. Move the left foot to C, turning clockwise to form a parallel stance toward B while blocking to B with the left palm, and then execute a high reverse turning kick to AC with the right ball of the foot.

ii. Lower the right foot to C, forming a parallel stance toward A while blocking to A with the right palm and then execute a high reverse turning kick to BC with the left ball of the foot.
97. Vertical Stance Knife-Hand Downward Strike
(Soojik So Sonkal Naeryo Taerigi)

a. Spot Strike

   Sitting ready stance.

i. Strike to A with the right knife-hand while forming a left vertical stance toward A, pulling the right foot, and then move the left foot to B to form a sitting ready stance toward D.

ii. Strike to B with the left knife-hand while forming a right vertical stance toward B, pulling the left foot, and then move the right foot to A to form a sitting ready stance toward D.
1. At the start of striking, keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other.

2. Attacking tool reaches the target in a circular motion.

3. Keep the elbow straight at the moment of impact.
b. Forward Stepping Strike

Parallel ready stance.

i. Move the right foot to D, forming a left vertical stance toward D while striking to D with the right knife-hand, and then execute a side rising kick to D with the left foot.

ii. Lower the left foot to D, forming a right vertical stance toward D while striking to D with the left knife-hand, and then execute a side rising kick to D with the right foot.
98. Rear Foot Stance Knife-Hand Downward Strike
(Dwibal So Sonkal Naeryo Taerigi)

Both the method and procedure of exercise are the same as those of a vertical stance knife-hand downward strike.

a. Forward Stepping Strike
b. Backward Stepping Strike

* Both the method and procedure of exercise for a rear foot stance side fist downward strike remain the same as those of a vertical stance knife-hand downward strike.

Side Fist
99. L-Stance Side Elbow Thrust *(Niunja So Yop Palkup Tulgi)*

a. Sliding Thrust Toward D

Left walking ready stance.

i. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right elbow, and then execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot.

ii. Move the left foot to D in a sliding motion to form a left L-stance toward C while thrusting to D with the left elbow, and then execute a high thrust to D with the left flat fingertip while forming a left low stance toward D, slipping the left foot.
b. Backward Sliding Thrust

i. Move the right foot to C in a sliding motion to form a right L-stance to D while thrusting to C with the right elbow, and then execute a rising block with the right knife-hand while forming a left walking stance toward D, slipping the right foot.

ii. Move the left foot to C in a sliding motion to form a left L-stance toward D while thrusting to C with the left elbow, and then execute a rising block with the right knife-hand while forming a right walking stance toward D, slipping the left foot.
At the start of thrusting, keep the forearms crossed in front of the rib cage with both side fists faced downward, placing the thrusting one under the other.

Side View
100. Rear Foot Stance Side Elbow Thrust
(Dwitbal So Yop Palkup Tulgi)

The method of thrusting remains the same as those of an L-stance side elbow thrust.

a. Stepping Thrust Toward D

Right L-ready stance.

i. Move the right foot to D, forming a right rear foot stance toward C while thrusting to D with the right elbow and then punch to C with the left fist while forming a right L-stance toward C, slipping the right foot.

ii. Move the left foot to D, forming a left rear foot stance toward C while thrusting to D with the left elbow and then punch to C with the right fist while forming a left L-stance toward C, slipping the left foot.
B. Backward Stepping Thrust

i. Move the right foot to C, forming a right rear foot stance toward D while thrusting to C with the right elbow, and then punch to D with the left fist while forming a right L-stance toward D, slipping the left foot.

ii. Move the left foot to C to form a left rear foot stance toward C while thrusting to C with the left elbow, and then punch to D with the right fist at the same time forming a left L-stance toward D, slipping the right foot.

Fixed stance side elbow thrust can be exercised in the same way as either an L-stance or rear foot stance side elbow thrust.
101. Walking Stance Downward Punch \textit{(Gunnun So Naeryo Jirugi)}

a. Forward Stepping Punch

Right walking ready stance.

i. Move the left foot to D, forming a left walking stance toward D while punching with the right fist, and then execute a middle thrust to D with the left flat fingertip, maintaining the same stance toward D.

ii. Move the right foot to D to form a right walking stance toward D while punching with the left fist, and then execute a middle thrust to D with the right flat fingertip, maintaining the same stance toward D.
b. Forward Double Step-Turning

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while punching with the left fist. Counter-clockwise turning is not practical.
102. L-Stance Upward Punch (*Niunja So Ollyo Jirugi*)

a. Forward Stepping Punch

Right walking ready stance.

i. Move the left foot to D, forming a right L-stance toward D while punching with the right fist, and then slide to D to form a left fixed stance toward D while punching to D with the left fist.

ii. Move the right foot to D, forming a left L-stance toward D while punching with the left fist, and then slide to D to form a right fixed stance toward D while punching to D with the right fist.
Bring the opposite side fist in front of the shoulder while executing an upward punch.

b. Backward Stepping Punch

Assume a left fixed stance toward D.

i. Move the left foot to C, forming a left L-stance toward D while punching with the left fist, and then thrust to D with the right flat fingertip while forming a right fixed stance toward D, slipping the left foot.

ii. Move the right foot to C, forming a right L-stance toward D while punching with the right fist, and then thrust to D with the left flat fingertip while forming a left fixed stance toward D, slipping the right foot.
c. Backward Double Step-Turning
Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while punching with the right fist.
Clockwise turning is not reasonable.

103. Fixed Stance Upward Punch (Gojung So Ollyo Jirugi)
The method of punching is the same as that of an L-stance upward punch.

Forward Sliding Punch
Parallel ready stance.

i. Slide to D, forming a left fixed stance toward D while punching to D with the right fist.
ii. Slide to D forming a right fixed stance toward D while punching to D with the left fist.

104. Rear Foot Stance Upward Punch (*Dwitbal So Ollyo Jirugi*)

The method of punching is also the same as that of an L-stance upward punch.

**Forward Stepping Punch**

Right walking ready stance.

i. Move the left foot to D, forming a right rear foot stance toward D while punching with the right fist, and then execute a middle turning kick to AD with the right instep.

ii. Lower the right foot to D to form a left rear foot stance toward D while punching with the left fist, and then execute a middle turning kick to BD with the left instep.
105. **Reverse Hooking Kick** *(Bandae Dollyo Goro Chagi)*

a. **Forward Stepping Kick**

   Right L-ready stance.

   i. Kick to D with the right foot, turning clockwise, and then lower it to D to form a left L-stance toward D while executing a forearm guarding block.
ii. Kick to D with the left foot, turning counter-clockwise, and then lower it to D to form a right L-stance toward D while executing a forearm guarding block.
b. Backward Stepping Kick

Assume a left L-stance toward D.

i. Kick to D with the right foot, and then lower it to C to forearm a right L-stance toward D while executing a forearm guarding block.

ii. Kick to D with the left foot, and then lower it to C, forming a left L-stance toward D while executing a forearm guarding block.
106. L-Stance Forearm Low Reverse Block
(Niunja So Palmok Najunde Bandae Makgi)

a. Forward Stepping Block
   Parallel ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while
      blocking to D with the left forearm and then execute a high reverse
      turning kick to D with the right ball of the foot.

ii. Lower the right foot to D to form a left L-stance toward D while
    blocking to D with the right forearm, and then execute a high reverse
    turning kick to D with the left ball of the foot.
b. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left forearm, and then execute a high reverse turning kick to C with the left ball of the foot.

ii. Lower the left foot to C, forming a left L-stance toward D while blocking to D with the right forearm, and then execute a high reverse turning kick to C with the right ball of the foot.

107. Rear Foot Stance Forearm Low Reverse Block
(Dwitebal So Palmok Najunde Bandae Makgi)
Both the method and procedure of exercise are the same as those of an L-stance forearm low reverse block.
108. L-Stance Double Forearm Low Pushing Block
(Niunja So Palmok Najunde Miro Makgi)

a. Forward Stepping Block
Left L-ready stance.

i. Move the left foot to D, forming a right L-stance toward D while blocking to D with the left double forearm, and then thrust to D with the right flat fingertip maintaining the same stance toward D.

ii. Move the right foot to D to form a left L-stance toward D while blocking to D with the right double forearm, and then thrust to D with the left flat fingertip, maintaining the same stance toward D.
b. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking to D with the left double forearm, and then thrust to D with the right flat fingertip, maintaining the same stance toward D.

ii. Move the left foot to C to form a left L-stance toward D while blocking to D with the right double forearm, and then thrust to D with the left flat fingertip, maintaining the same stance toward D.

c. Backward Double Step-turning

Move the right foot to C and then turn counter-clockwise, pivoting with the right foot to form a right L-stance toward C while blocking to C with the left double forearm. Clockwise turning is not reasonable.
109. Rear Foot Stance Double Forearm Low Pushing Block
(Dwiteal So Doo Palmok Najunde Miro Makgi)

The method of blocking remains the same as that of an L-stance double forearm low pushing block.

Forward Stepping Block

i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D with the left double forearm, and then execute an upward kick with the right knee, pulling both palms downward.

ii. Lower the right foot to D to form a left rear foot stance toward D while blocking to D with the right double forearm, and then execute an upward kick with the left knee, pulling both palms downward.
110. Fixed Stance U-Shape Block (*Gojung So Mongdung-i Makgi*)

a. Spot Block
   Parallel ready stance.
   i. Move the left foot to B to form a left fixed stance toward B while blocking to B.

   ![Image 1](image1.png)

   *1. At the start of blocking keep both palms faced upward.*

   *2. Both arc-hands must form a vertical line with the knee at the moment of block.*

   ![Image 2](image2.png)

   ii. Bring the left foot to the right foot and then move the right foot to A, forming a right fixed stance toward A while blocking to A.

   ![Image 3](image3.png)

   iii. Bring the right foot to the left foot, and then repeat i above.
b. Forward Stepping Block

i. Move the left foot to D, forming a left fixed stance toward D while blocking to D, then jump and spin clockwise, landing on the same spot to form a left L-stance toward D while executing a knife-hand guarding block.

ii. Move the left foot to D to form a left fixed stance toward D while blocking to D, then jump and spin counter-clockwise, landing on the same spot to form a left L-stance toward D while executing a forearm guarding block.
L-stance U-shape block can be exercised in the same way.
111. Sitting Stance Back Fist High Side Strike
(Annun So Dung Joomuk Nopunde Yop Taerigi)

a. Side Stepping Strike Toward A
   Close ready stance B.
   i. Move the right foot to A to form a sitting stance toward D while striking to A with the right back fist, and then bring the left foot to the right foot, forming a close stance toward D while executing a side front block with the left inner forearm, and a low block with the right forearm.
   ii. Repeat i.

b. Side Stepping Strike Toward B
   i. Move the left foot to B to form a sitting stance toward D while striking to B with the left back fist, and then bring the right foot to the left foot, forming a close stance toward D while executing a side front block with the right inner forearm, and a low block with the left forearm.
   ii. Repeat i.
c. Forward Stepping Strike

i. Move the right foot to D, forming a sitting stance toward B while striking to D with the right back fist, and then bring the left foot to the right foot to form a close stance toward D while executing a side front block with the left inner forearm, and a low block with the right forearm.

ii. Move the left foot to D, forming a sitting stance toward A while striking to D with the left back fist, and then bring the right foot to the left foot to form a close stance toward D while executing a side front block with the right inner forearm, and a low block with the left forearm.

*1. Keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other.
2. Keep the back fist half facing the opponent at the moment of impact.
112. Sitting Stance Forearm Front Block
(Annun So Palmok Ap Makgi)

a. Spot Block

   Close ready stance A.

   i. Move the left foot to B, forming a sitting stance toward D while blocking with the left forearm, and execute a side strike to B with the left back fist, maintaining the same stance toward D, then bring the left foot back to a ready posture.

   ii. Move the right foot to A, forming a sitting stance toward D while blocking with the right forearm and execute a side strike to A with the right back fist, maintaining the same stance toward D, then bring the right foot back to a ready posture.
The blocking tool must be brought to the center of the defender’s body at the moment of impact.

b. Forward Stepping Block

i. Move the left foot to D, forming a sitting stance toward A while blocking with the left forearm, and then execute a side strike to D with the left block fist, maintaining the same stance toward B.

ii. Move the right foot to D, forming a sitting stance toward B while blocking with the right forearm, and then execute a side strike to D with the right back fist, maintaining the same stance toward B.
c. Side Step-Turning

Move the right foot to B turning counter-clockwise to form a sitting stance toward C while executing a front block with the right forearm. Clockwise turning is not reasonable.

Previous Posture

Application
113. Sitting Stance Knife-Hand Front Block (*Annun So Sonkal Ap Makgi*)

The method of blocking remains the same as that of a sitting stance forearm front block.

a. **Side Double Stepping Block Toward B**

   X-ready stance.

   i. Move the left foot to B, forming a sitting stance toward D while blocking with the left knife-hand, and then cross the right foot over the left foot to form a left X-stance toward D while executing a rising block with the right forearm.

   ii. Repeat i.

b. **Side Double Stepping Block Toward A**

   i. Move the right foot to A, forming a sitting stance toward D while blocking with the right knife-hand, and then cross the left foot over the right foot to form a right X-stance toward D while executing a rising block with the left forearm.

   ii. Repeat i.
114. L-Stance X-Knife-Hand Checking Block
(Niunja So Kyocha Sonkal Momchau Makgi)
a. Forward Stepping Block
   L-ready stance.
   i. Move the left foot to D to form a right L-stance toward D while blocking to D, and then execute a reverse hooking kick to D with the right foot.
   
   ii. Lower the right foot to D, forming a left L-stance toward D while blocking to D, and then execute a reverse hooking kick to D with the left foot.

Keep both palms faced each other at the start of blocking.
b. Backward Step-turning

Move the right foot to C, turning clockwise to form a left L-stance toward C while blocking to C. Counter-clockwise turning is not practical.

Both the method and procedure of exercise for a fixed stance X-knife-hand checking block are the same as those of an L-stance X-knife-hand checking block.

Side View
115. Walking Stance Forearm Obverse Front Block
*(Gunnun So Palmok Baro Ap Makgi)*

a. Forward Stepping Block
   Parallel ready stance.

i. Move the right foot to D to form a right walking stance toward D while blocking with the right forearm, and then execute a high strike to D with the left are-hand, maintaining the same stance toward D.

Keep the left heel slightly off the ground.

ii. Move the left foot to D, forming a left walking stance toward D while blocking with the left forearm and then execute a high strike to D with the right are-hand, maintaining the stance toward D.
b. Backward Double Step-Turning

Move the left foot to C, and then turn counterclockwise pivoting with the left foot to form a right walking stance toward C while blocking with the right forearm. Clockwise turning is not logical.
116. Rear foot Stance X-Knife-Hand Checking Block
*Dwittba So Kyocha Sonkal Momchau Makgi*

The method of blocking remains the same as that of an L-stance X-knife-hand checking block.

**Forward Stepping Block**

**Right Walking ready stance.**

i. Move the left foot to D, forming a right rear foot stance toward D while blocking to D, and then execute a high vertical punch to D with a twin fist while forming a left walking stance toward D, slipping the right foot.

![Image of Right Walking ready stance](image1)

ii. Move the right foot to D, forming a left rear foot stance toward D while blocking to D, and then execute a high vertical punch to D with a twin fist while forming a right walking stance toward D, slipping the left foot.

![Image of Left rear foot stance](image2)
117. Walking Stance Twin Palm Upward Block
(Gunnun So Sang Sonbadak Ollyo Makgi)

a. Forward Stepping Block
   Left walking ready stance.
   i. Move the right foot to D, forming a right walking stance toward D while blocking with a twin palm.

   At the start of blocking, keep both palms faced downward.
   The blocking tools reach the targets in a circular motion.

   ii. Move the left foot to D to form a left walking stance toward D while blocking with a twin palm.

b. Backward Stepping Block
   i. Move the left foot to C, forming a right walking stance toward D while blocking with a twin palm.

   ii. Move the right foot to C, forming a left walking stance toward D while blocking with a twin palm.

   Side View
118. Walking Stance Double Stepping (Gunnun So Ibo Omgyo Didigi)

a. Forward Double Stepping

Left walking ready stance.

i. Move the right foot to the side front of the left foot, keeping the body half facing, and then move the left foot to D to form a left walking stance toward D while executing a hooking block to D with the left palm.

ii. Repeat i.

b. Backward Double Stepping

i. Move the left foot to the side rear of the right foot, keeping the body half facing, and then move the right foot to C to form a left walking stance toward D while executing a hooking block to D with the right palm.

ii. Repeat i.
119. **L-Stance Double Stepping** *(Niunja So Ibo Omgyo Didigi)*

a. **Forward Double Stepping**
   Left L-ready stance.

   i. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a left L-stance toward D while executing a hooking block to D with the right palm.

   ii. Repeat i.

b. **Backward Double Stepping**

   i. Move the right foot to the side rear of the left foot, and then move the left foot to C, forming a left L-Stance toward D while punching to D with the left fist.

   ii. Repeat i.
120. Sitting Stance Horizontal Punch (*Annun So Soopryong Jirugi*)

a. Side Stepping Punch Toward A

**X-ready stance.**

i. Move the right foot to A, forming a sitting stance toward D while punching to A, and then move the left foot behind the right foot to form a right X-stance toward D while executing a low front block with the left outer forearm, bringing the right finger belly to the left side fist.

ii. Repeat i.

b. Side Stepping Toward B

i. Move the left foot to B, forming a sitting stance toward D while punching to B, and then move the right foot behind the left foot to form a left X-stance toward D while executing a low front block with the right outer forearm, bringing the left finger belly on the right under forearm.

ii. Repeat i.
At the start of punching, keep both back fists faced downward.

Application

c. Side Step-Turning

Assume a right horizontal punch to A.
Move the right foot to B, turning clockwise to form a sitting stance toward C while punching to B. Counter-clockwise turning is not practical.
121. Close Stance Twin Palm Low Front Block
(Moa So Sang Sonbadak Najunde Ap Makgi)
Forward Stepping Block
Left walking ready stance.

i. Bring the right foot to the left foot, forming a close stance toward D while blocking, and then move the right foot to D to form a right walking stance toward D while punching to D with the left fist.

Blocking tools reach the target in a circular motion.

ii. Bring the left foot to the right foot, forming a close stance toward D while blocking, and then move the left foot to D to form a left walking stance toward D while punching to D with the right fist.
122. X-Stance Outer Forearm Low Front Block  
(Kyocho So Bakkat Palmok Najunde Ap Makgi)  
a. Side Stepping Block Toward B  
   Sitting ready stance.  
   i. Cross the right foot over the left foot to form a left X-stance toward D  
      while blocking to D with the left forearm, bringing the right finger  
      belly on the left under forearm, and then move the left to B, forming  
      a sitting ready stance.  
   ii. Repeat i.  

b. Side Stepping Block Toward A  
   i. Cross the left foot over the right foot to form a right X-stance toward  
      D while blocking to D with the right forearm, bringing the left finger  
      belly to the right side fist, and then move the right foot to A, forming  
      a sitting ready stance.
123. Outward Pressing Kick (*Bakuro Noollo Chagi*)

Spot Kick
Close stance with a heaven hand.

i. Kick to A with the right foot, keeping the position of the hands as they were, and then lower it back to a ready posture.

ii. Kick to B with the left foot, keeping the position of the hands as they were, and then lower it back to a ready posture.

Application

a. Side Stepping Block Toward B
Parallel ready stance.

i. Move the left foot to B, forming a sitting stance toward D while blocking with the left forefist, and then bring the right foot to the left foot to form a close stance toward D while executing a twin horizontal elbow thrust.

ii. Repeat i.

b. Side Stepping Block Toward A

i. Move the right foot to A to form a sitting stance toward D while blocking with the right forefist, and then bring left foot to the right foot, forming a close stance toward D at the same time executing a twin horizontal thrust.

ii. Repeat i.
The method of blocking for a diagonal stance forefist pressing block remains the same.
125. Sitting Stance Back Elbow Thrust *(Annun So Dwipalkup Tulgi)*

a. Side Stepping Thrust Toward A

Close ready stance C

i. Move the right foot to A, forming a sitting stance toward D while thrusting to C with the right back elbow, and then bring the left foot to the right foot to form a close stance toward D while executing an angle punch with the right fist.

ii. Repeat i.

b. Side Stepping Thrust Toward B

i. Move the left foot to B to form a sitting stance toward D while thrusting to C with the left back elbow, and then bring the right foot to the left foot, forming a close stance toward D while executing an angle punch with the left fist.

ii. Repeat i.
c. Side Step-Turning

Assume a sitting stance toward D.
Move the right foot to B, turning clockwise to form a sitting stance toward C while thrusting to D with the right back elbow. Counter-clockwise turning is not reasonable.

Bring the opposite finger belly to the forefist at the moment of impact.

126. Parallel Stance Back Elbow Thrust *(Narani So Dwipalkup Tulgi)*

Both the method and procedure are the same as those of a sitting stance back elbow thrust.
127. L-Stance U-Shape Grasp (*Niunja So Mongdung-i Japgi*)

a. Forward Stepping Grasp

Parallel ready stance.

i. Move the left foot to D, forming a right L-stance toward D while grasping, and then execute a turning kick to D with the right knee, keeping the position of the hands as they were.

ii. Lower the right foot to D, forming a left L-stance toward D while grasping, and then execute a turning kick to D with the left knee, keeping the position of the hands as they were.
b. Forward Double Step-Turning

Move the left foot to D and then turn counterclockwise, pivoting with the left foot to form a right L stance toward C while blocking. Clockwise turning is not reasonable.

* Both the method and procedure of exercise for a fixed stance or rear foot stance U-shape grasp are the same.
128. Low Twisting Kick (*Najunde Bituro Chagi*)

a. Forward Stepping Kick

   Left walking ready stance.

   i. Kick to D with the right foot, and then lower it to D, forming a left L-stance toward D while executing a checking block with an X-knifehand.

   ii. Kick to D with the left foot, and then lower it to D, forming a right L-stance toward D while executing a checking block with an X-knifehand.
b. Forward Step-Turning

Move the right foot to D and then execute a low twisting kick to C with the left foot while turning counter-clockwise. Clockwise turning is not reasonable.
129. Walking Stance Double Arc-Hand Block
(Gunnun So Doo  Bandal son Makgi)

a. Forward Stepping Block
   Right walking ready stance.
   
i. Move the left foot to D, forming a left walking stance toward D while
   blocking to AD, and then a side back strike to C with the right back
   fist and a low block with the left forearm while forming a right L-
   stance toward D, pulling the left foot.

ii. Move the right foot to D to form a right walking stance toward D
    while blocking to BD, and then a side back strike to C with the left
    back fist and low block with the right forearm while forming a left L-
    stance toward D, pulling the right foot.
b. Backward Stepping Block

i. Move the left foot to C to form a right walking stance toward D while blocking to BD, and then a side back strike to C with the left back fist and a low block with the right forearm while forming a left L-stance toward D, pulling the left foot.

ii. Move the right foot to C to form a left walking stance toward D while blocking to AD, and then a side back strike to C with the right back fist and a low block with the left forearm while forming a right L-stance toward D, pulling the right foot.

c. Forward Double Step-Turning

Move the right foot to D and then turn clockwise, pivoting with the right foot to form a right walking stance toward C while blocking to AC with a double arc-hand. Counter-clockwise turning is not practical.

At the start of blocking, keep both palms facing the defender.
130. Low Stance Flat Fingertip High Obverse Thrust  
(Nachuo So Opun Sonkut Nopunde Baro Tulgi)

a. Forward Stepping Thrust

   Close ready stance A.

   i. Move the right foot to D, forming a right low stance toward D while thrusting to D with the right flat fingertip, and then bring the left foot to the right foot to form a close stance toward D while executing a horizontal thrust with the right elbow.

   ii. Move the left foot to D, forming a left low stance toward D while thrusting to D with the left flat fingertip, and then bring the right foot to the left foot to form a close stance toward D while executing a horizontal thrust with the left elbow.
b. Forward Step-Turning

Move the right foot to D, turning clockwise to form a left low stance toward C while thrusting to C with the left flat fingertip.

Counter-clockwise turning is not practical.

Walking stance flat fingertip obverse thrust can be exercised in the same way.
131. Sitting Stance Reverse Knife-Hand Low Guarding Block
(Annun So Sonkaldung Najunde Daebi Makgi)
a. Side Double Stepping Block Toward B
   X-ready stance.
   i. Move the left foot to B, forming a sitting stance toward D while
      blocking to B, and then cross the right foot over the left foot to form
      a left X-stance toward D while executing a knife-hand low guarding
      block to A.
   ii. Repeat i.

b. Side Double Stepping Block Toward A.
   i. Move the right foot to A, forming a sitting stance toward D while
      blocking to A, and then cross the left foot over the right foot to form
      a right X-stance toward D while executing a knife-hand low guarding
      block to B.
   ii. Repeat i.
c. Side Step-Turning

Assume a sitting stance toward D.
Move the right foot to B, turning clockwise to form a sitting stance toward C while executing a low guarding block to B with a reverse knifehand.
Counter clockwise turning is not reasonable.

At the start of blocking, keep both palms faced downward.
132. X-Stance Double Forearm Block *(Kyocha So Doo Palmok Makgi)*

a. Forward Jumping Block

Close ready stance B.

i. Jump to D, forming a left X-stance toward AD while blocking to D with the left double forearm, and then move the left foot to D to form a left walking stance toward D while executing an upward block in a slow motion with the right palm.

ii. Move the right foot to D in a jumping motion to form a right X-stance toward BD while blocking to D with the right double forearm, and then move the right foot to D, forming a right walking stance toward D while executing an upward block in a slow motion with the left palm.
b. Backward Jumping Block

i. Move the left foot to C in a jumping motion to form a left X-stance toward BD while blocking to D with the right double forearm, and then move the left foot to C, forming a right walking stance toward D while executing an upward block in a slow motion with the left palm.

ii. Move the right foot to C in a jumping motion to form a right X-stance toward AD while blocking to D with the left double forearm, and then move the right foot to C, forming a left walking stance toward D while executing an upward block in a slow motion with the right palm.
133.L-Stance Middle Knuckle Fist Upset Punch
(Niunja So Joongji Joomuk Dwijibo Jirugi)

a. Forward Stepping Punch
   Left L-ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while punching to D with the right middle knuckle fist, and then execute a middle block to AD with a double arc-hand while forming a left walking stance toward D, slipping the right foot.

   ii. Move the right foot to D, forming a left L-stance toward D. While punching to D with the left middle knuckle fist, and then execute a middle block to BD with a double arc-hand while forming a right walking stance toward D, slipping the left foot.
b. Forward Shift-Step-Turning

Shift to D, maintaining a left L-stance, and then move the left foot to D, turning clockwise to form a left L-stance toward C while punching to C with the left middle knuckle fist. Counter-clockwise turning is not practical.

1. The middle knuckle fist reaches the solar plexus in an uppercut motion.
2. Bring the opposite side fist in front of the shoulder at the moment of impact.

* Fixed stance middle knuckle fist upset punch can be exercised in the same way.

Fixed Stance

Side View
134. Parallel Stance Middle Knuckle Fist Side Vertical Punch
(Narani So Joongji Joomuk Yop Sewo Jirugi)

Spot Punch
Close ready stance B.

i. Move the right foot to A, forming a parallel stance toward D while punching to A with the right middle knuckle fist, and then execute a rising block with an X-knife-hand, maintaining the same stance toward D.

ii. Bring the right foot to the left foot, and move the left foot to B to form a parallel stance toward D while punching to B with the left middle knuckle fist, then execute a rising block with an X-knife-hand while maintaining the same stance toward D.
135. Sitting Stance 9-Shape Block (*Annun So Gutja Makgi*)

a. Side Double Stepping Block Toward B

X-ready stance.

i. Move the left foot to B, forming a sitting stance toward D while executing a left 9-shape block, and then cross the right foot over the left foot to form a left X-stance toward D at the same time executing a low front block with the right outer forearm.

ii. Repeat i.

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b. Side Double Stepping Block Toward A

i. Move the right foot to A, forming a sitting stance toward D while executing a right 9-shape block, and then cross the left foot over the right foot to form a right X-stance toward D at the same time executing a low front block with the left outer forearm.
136. Walking Stance Reverse Knife-Hand High Reverse Front Strike  
(Gunnun So Sonkaldung Nopunde Bandae Ap Taerigi)  

a. Forward Stepping Strike  
Parallel ready stance.  

i. Move the left foot to D, forming a left walking stance toward D while striking with the right reverse knife-hand, and then execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D, slipping the left foot.

ii. Move the right foot to D, forming a right walking stance toward D while striking with the left reverse knife-hand, and then execute a high thrust to D with the right flat fingertip while forming a left L-stance toward D, slipping the right foot.
b. Forward Double Step-Turning

Move the right foot to D and then turn counterclockwise, pivoting with the right foot to form a left walking stance toward C while striking with the right reverse knife-hand. Clockwise turning is not reasonable.

* i. At the start of striking, keep both knife-hands faced downward.
ii. Bring the opposite back hand under the elbow joint at the moment of impact.
137. Sitting Stance Palm Scooping Block
(Annun So Sonbadak Duro Makgi)
Forward Stepping Block
Parallel ready stance.
i. Move the right foot to D, forming a sitting stance toward B while executing a scooping block with the right palm, and then punch to B with the left fist. 

Raise the body slightly

ii. Move the left foot to D, turning clockwise to form a sitting stance toward A while executing a scooping block with the left palm, and then punch to A with the right fist.

Raise the body slightly
Scooping block must always be exercised in a continuous motion.
138. Walking Stance X-Fist Downward Block
(Gunnun So Kyocha Joomuk Naeryo Makgi)

a. Forward Stepping Block

Parallel ready stance.

i. Move the left foot to D, forming a left walking stance toward D while blocking, and then execute a low inward block to D with the left knife-hand, maintaining the same stance toward D.

ii. Move the right foot to D to form a right walking stance toward D while blocking, and then execute a low inward block with the right knife-hand, maintaining the same stance toward D.

Keep the left heel slightly off the ground.
b. Backward Stepping Block

i. Move the left foot to C to form a right walking stance toward D while blocking, and then punch to D with the left fist, maintaining the same stance toward D.

ii. Move the right foot to C to form a left walking stance toward D while blocking, and then punch D with the right fist, maintaining the same stance toward D.

* Walking stance X-knife-hand downward block can be exercised in the same way.
139. Sitting Stance X-Knife-Hand Front Block
(Anun So Kyocha Sonkal Ap Makgi)
a. Side Double Stepping Block Toward B
X-ready stance.
i. Move the left foot to B, forming a sitting stance toward D while blocking, and then cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal strike to B with the left back fist.
ii. Repeat i.

b. Side Double Stepping Block Toward A
i. Move the right foot to A, forming a sitting stance toward D while blocking and then cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal strike to A with the right back fist.
ii. Repeat i.
140. Diagonal Stance Twin Palm Rising Block
(Sasun So Sang Sonbadak Chookyo Makgi)
Spot Block
X-ready stance.

i. Move the left foot to B, forming a left diagonal stance toward D while blocking.

ii. Bring the left foot behind the right foot, and then move the right foot to A to form a right diagonal stance toward D while blocking.
141. Rear Foot Stance Twin Palm Downward Block
*(Dwitbal So Sang Sonbadak Naeryo Makgi)*

a. Forward Stepping Block

Left walking ready stance.

i. Move the right foot to D, forming a left rear foot stance toward D while blocking, and then execute a circular block to BD with the left reverse knife-hand while forming a right walking stance toward D, slipping the right foot.

Keep both palms faced each other.

ii. Move the left foot to D to form a right rear foot stance toward D while blocking, and then execute a circular block to AD with the right reverse knife-hand while forming a left walking stance toward D, slipping the left foot.
b. Backward Step-Turning

Assume a left rear foot stance toward D.
Move the right foot to C, turning counter-clockwise to form a left rear foot stance toward C while blocking with a twin palm.
Clockwise turning is not reasonable.

* L-stance twin palm downward block can be exercised in the same way.
142. Consecutive Kick (*Yonsok Chagi*)

a. Pressing and Side Piercing Kick  (*Noollo Chagi wa Yopcha Jirugi*)

Close ready stance B.

i. Execute a pressing kick to A, and a side piercing kick to A in succession with the right foot, keeping the position of the hands as they were, then lower it back to a ready posture.

ii. Execute a pressing kick to B, and a side piercing kick to B in succession with the left foot, keeping the position of the hands as they were, then lower it back to a ready posture.
b. Turning and Reverse Hooking Kick

*(Dolliyo Chagi wa Bandaeh Dolliyo Goro Chagi)*

Right L-ready stance.

i. Execute a turning kick to AD, and a reverse hooking kick to B in succession with the right foot, then lower it to D, forming a left L-stance toward D while executing a forearm guarding block.

![Turning and Reverse Hooking Kick](image1)

ii. Execute a turning kick to BD, and a reverse hooking kick to A in succession with the left foot, then lower it to D, forming a right L-stance toward D while executing a forearm guarding block.

![Turning and Reverse Hooking Kick](image2)
143. Walking Stance Open Fist Punch
(Gunnun So Pyun Joomuk Jirugi)

a. Forward Stepping Punch
   Right walking ready stance.

   i. Move the left foot to D, forming a left walking stance toward D while
      punching to D with the right open fist, and then execute a reverse
      hooking kick to BD with the right foot.

   ii. Lower the right foot to D, forming a right walking stance toward D
       while punching to D, and then execute a reverse hooking kick to AD
       with the left foot.
b. Backward Stepping Punch

i. Move the left foot to C, forming a right walking stance toward D while punching to D with the left open fist, and then execute a reverse hooking kick to D with the right foot.

ii. Lower the right foot to C, forming a left walking stance toward D while punching to D with the right open fist, and then execute a reverse hooking kick to D with the left foot.
144. Flying Consecutive Punch *(Twimyo Yonsok Jirugi)*

a. Front and Upset Punch

Parallel ready stance.

i. Jump to execute a front punch and an upset punch to D in succession with the right fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.

ii. Jump to execute a front punch and an upset punch to D in succession with the left fist while the body is in the air, then land on the same spot, forming a parallel stance toward D.
b. Side and Vertical Punch

Close ready stance B.

i. Jump to execute a side punch to A and a vertical punch to D in succession with the right fist while the body is in the air, then land on the same spot, forming a close stance toward D.

ii. Jump to execute a side punch to B and a vertical punch to D in succession with the left fist while the body is in the air, then land on the same spot, forming a close stance toward D.
145. **Flying Turning Kick** (*Twimyo Dollyo Chagi*)

Left walking ready stance.

i. Move the right foot to D to execute a flying turning kick to D with the right foot, and then land to D, forming a left L-stance toward D while punching to D with the right fist.

ii. Move the left foot to D to execute a flying turning kick to D with the left foot, and then land to D, forming a right L-stance toward D while punching to D with the left fist.
146. Flying Front Kick \textit{(Twimyo Ap Chagi)}

Right L-ready stance.

i. Move the right foot to D to execute a flying front kick to D with the right foot, and then land to D, forming a left L-stance toward D while executing a knife-hand guarding block.

ii. Move the left foot to D to execute a flying front kick to D with the left foot, and then land to D, forming a right L-stance toward D while executing a knife-hand guarding block.
a. Front-Back Kick (*Apdwi Chagi*)

*Sit*ting *ready stance.*

i. Run and jump to execute a front kick to D with the left foot and a back kick to C with the right foot simultaneously while flying toward D, then land to D forming a right L-stance toward D while executing a knife-hand guarding block.

ii. Run and jump to execute a front kick to D with the right foot and a back kick to C with the left foot simultaneously while flying toward D, then land to D forming a left L-stance toward D while executing a knife-hand guarding block.
b. Side-Twisting Kick (Yop Biturol Chagi)
Walking ready stance

i. Run and jump to execute a side kick to A with the right foot and a twisting kick to B with the left foot simultaneously while flying toward D while executing a rising block with a twin palm.

ii. Run and jump to execute a side kick to B with the left foot and a twisting kick to A with the right foot simultaneously while flying toward D, then land to D to form a sitting stance toward D while executing a rising block with a twin palm.
148. L-Stance Forearm Reverse Downward Block
(Niunja So Palmok Bandae Naeryo Makgi)
a. Forward Stepping Block
   Left L-ready stance.
   i. Move the left foot to D, forming a right L-stance toward D while blocking with the left forearm, and then execute a high outward cross-cut to D with the left flat fingertip while forming a left walking stance toward D, slipping the left foot.

ii. Move the right foot to D to form a left L-stance toward D while blocking with the right forearm and then execute a high cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.
b. Backward Stepping Block

i. Move the right foot to C, forming a right L-stance toward D while blocking with the left forearm, and then execute a high outward cross-cut to D with the left flat fingertip while forming a left walking stance toward D, slipping the right foot.

ii. Move the left foot to C, forming a left L-stance toward D while blocking with the right forearm, and then execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the left foot.

Fixed stance forearm downward block can be exercised in same way.
149. Flying Reverse Turning Kick (Twimyo Bandae Dollyo Chagi)

Right rear foot stance forearm guarding block.

i. Jump to execute a reverse turning kick to D with the right foot, and then land to D, forming a left L-stance toward D while striking to D with the right back fist.

ii. Jump to execute a reverse turning kick to D with the left foot, and then land to D, forming a right L-stance toward D while striking to D with the left back fist.
INDEX

A

B

C

back piercing kick (dwit cha jirugi) 192
bow posture (kyong ye jase) 20

close ready stance (moa junbi sogi) 23
close stance back fist side back strike (moa so
dung joomuk yopdwi taerigi) 216
close stance inner forearm side front block
(moa so anpalmok yopap makgi) 234
close stance punch (moa so jirugi) 32
close stance twin elbow horizontal thrust
(niunja so sang pulkup soopyong tulgi)
210
close stance twin palm low front block (moa
so sang sonbadak najunde ap makgi) 336
consecutive kick (yonsok chagi) 370

diagonal stance side rising kick (sasun so
yopcha olligi) 74
diagonal stance twin palm rising block
(sasun so sang sonbadak chookyo makgi)
367

D

diagonal stance side rising kick (sasun so
yopcha olligi) 74
diagonal stance twin palm rising block
(sasun so sang sonbadak chookyo makgi)
367

E

F

fixed stance back fist horizontal strike
(gojung so dung joomuk soopyong
taerigi) 261
fixed stance back fist side strike (gojung so
dung joomuk yop taerigi) 257
fixed stance flat fingertip thrust (gojung so
opun sonkut tulgi) 271
fixed stance punch (gojung so jirugi) 270

G

H

I

J

K

L

L-ready stance (niunja junbi sogi) 24
low stance flat fingertip high obverse thrust
(nachuo so opun sonkut nopunde baro
tulgi) 320
low stance palm reverse pressing block
(nachuo so sonbadak bandae noolo
makgi) 214
low twisting kick (najunde bituro chagi) 346
L-stance back fist horizontal strike (niunja so
dung joomuk soopyong taerigi) 258
L-stance back fist side strike (niunja so dung
joomuk yop taerigi) 254
L-stance back hand outward block (niunja so
L-stance twin forearm block (niunja so sang palmok makgi) 142
L-stance twin knife-hand block (niunja so sang sonkal makgi) 148
L-stance upward punch (niunja so ollyo jirugi) 304
L-stance u-shape grasp(niunja so mong dung-i japgi) 344
L-stance x-knife-hand checking block (niunja so kyocha sonkal momchau makgi) 326

___ M ___

method of exercise (yonsup bop) 29
___ N ___
___ O ___
___ P ___

parallel ready stance (narani junbi sogi) 21
parallel stance angle punch (narani so giokja jirugi) 282
parallel stance back elbow thrust (narani so dwipalkup tulgi) 393
parallel stance middle knuckle fist side vertical punch (narani so joongji joomuk yop sewo jirugi) 358
parallel stance palm pushing block (narani so sonbadak miro makgi) 288
parallel stance punch (narani so jirugi) 29
pressing kick (noollo chagi) 339

___ Q ___
___ R ___

ready stance (junbi sogi) 21
rear foot stance back fist side strike (dwitbal so dung joomuk yop taerigi) 257
rear foot stance double forearm low pushing block (dwitbal so doo palmok najunde miro makgi) 316
rear foot stance forearm guarding block  
(dwitbal so palmok daebi makgi) 111
rear foot stance forearm low reverse block  
(dwitbal so palmok najunde bandae makgi) 313
rear foot stance knife-hand down-ward strike  
(dwitbal so sonkal naeryo taerigi) 295
rear foot stance knife-hand guarding block  
(dwitbal so sonkal daebi makgi) 244
rear foot stance knife-hand inward strike  
(dwitbal so sonkal anuro taerigi) 275
rear foot stance knife-hand out-ward block  
(dwitbal so sonkal bakuro makgi) 266
rear foot stance knife-hand out-ward strike  
(dwitbal so sonkal bakuro taerigi) 158
rear foot stance outer forearm outward block  
(dwitbal so bakkat palmok bakuro makgi) 269
rear foot stance palm upward block  
(dwitbal so sonbadak ollyo makgi) 184
rear foot stance reverse punch  
(dwitbal so bandae jirugi) 249
rear foot stance side elbow thrust  
(dwitbal so yop palkup tulgi) 300
rear foot stance twin forearm block  
(dwitbal so sang palmok makgi) 147
rear foot stance twin knife-hand block  
(dwitbal so sang sonkal makgi) 152
rear foot stance twin palm downward block  
(dwitbal so sang sonbadak naeryo makgi) 368
rear foot stance upward punch  
(dwitbal so ollyo jirugi) 307
rear foot stance x-knife-hand checking block  
(dwitbal so kyocha sonkal momchau makgi) 330
reverse hooking kick  
(bandae dollyo goro chagi) 308
reverse turning kick  
(bandae dollyo chagi) 232

sitting stance back elbow thrust  
(annun so dwipalkup tulgi) 342
sitting stance back fist high side strike  
(annun so dung joomuk nopunde yop taerigi) 320
sitting stance forearm front block  
(annun so palmok ap makgi) 322
sitting stance forefist pressing block  
(annun so ap joomuk noolo makgi) 340
sitting stance horizontal punch  
(annun so soopyong jirugi) 344
sitting stance knife-hand front block  
(annun so sonkal ap makgi) 325
sitting stance knife-hand side strike  
(annun so sonkal yop taerigi) 126
sitting stance 9-shape block  
(annun so gutja makgi) 359
sitting stance outer forearm w-shape block  
(annun so bakkat palmok san makgi) 230
sitting stance palm pushing block  
(annun so sonbadak miro makgi) 284
sitting stance palm scooping block  
(annun so sonbadak duro makgi) 362
sitting stance punch  
(annun so jirugi) 34
sitting stance reverse knife-hand low guarding block  
(annun so sonkal dung najundae daebi makgi) 352
sitting stance side rising kick  
(annun so yopcha olligi) 66
sitting stance x-knife-hand front block  
(annun so kyocha sonkal ap makgi) 366

T

U

V

vertical stance knife-hand downward strike  
(soojik so sonkal naeryo taerigi) 292

W
walking stance knife-hand reverse front downward strike (gunnun so sonkal bandae ap naeryo taerigi) 130
walking stance knife-hand reverse rising block (gunnun so sonkal bandae chookyo makgi) 246
walking stance knife-hand spot low obverse block (gunnun so sonkal gujari najunde baro makgi) 42
walking stance knife-hand wedging block (gunnun so sonkal hecho makgi) 201
walking stance open fist punch (gunnun so pyun joomuk jirugi) 372
walking stance outer forearm obverse side block (gunnun so bakat palmok baro yop makgi) 162
walking stance outer forearm wedging block (gunnun so bakat palmok hecho makgi) 198
walking stance palm obverse hooking block (gunnun so sonbadak baro golcho makgi) 132
walking stance palm reverse hooking block (gunnun so sonbadak bandae golcho makgi) 134
walking stance reverse knife-hand high reverse front strike (gunnun so sonkaldung nupunde bandae ap taerigi) 360
walking stance reverse knife-hand obverse side block (gunnun so sonkaldung baro yop makgi) 64
walking stance reverse punch (gunnun so bandae jirugi) 168
walking stance spot obverse punch (gunnun so gujari baro jirugi) 38
walking stance spot reverse punch (gunnun so gujari bandae jirugi) 46
walking stance stepping forearm low obverse block (gunnun so nagamyo palmok najunde baro makgi) 48
walking stance stepping obverse punch (gunnun so omgyo didimyo baro jirugi) 43
walking stance straight fingertip obverse thrust (gunnun so sunsonkut baro tuigi) 124
walking stance twin fist high vertical punch (gunnun so sang joomuk nupunde sewo 130
jirugi) 225
walking stance twin fist upset punch (gunnun so sang joomuk dwijibo jirugi) 224
walking stance twin palm upward block (gunnun so sang sonbadak ollyo makgi) 331
walking stance upper elbow strike (gunnun so wipalkup taerigi) 190
walking stance upset fingertip low thrust (gunnun so dwijibun sonkut najunde tulgi) 208
walking stance upset punch (gunnun so dwijibo jirugi) 222
walking stance x-fist downward block (gunnun so kyo cha joomuk naeryo makgi) 364
walking stance x-fist pressing block (gunnun so kyo cha joomuk noolo makgi) 218

x-ready stance (kyocha junbi sogi) 25
x-stance back fist side strike (kyocha so dung joomuk yop taerigi) 221
x-stance double forearm block (kyocha so doo palmok bakgi) 354
x-stance outer forearm low front block (kyocha so bakkat palmok najunde ap makgi) 337
x-stance x-fist pressing block (kyocha so kyo cha joomuk noollo makgi) 239

Y
Z

388
SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

VOLUME I:  
1) Origin and Development of Martial Arts  
2) History of Taekwon-Do  
3) Moral Culture  
4) Philosophy  
5) Training Schedule  
6) Cycle and Composition of Taekwon-Do  
7) Demonstration  
   A) Model Sparring  
   B) Pre-arranged Free Sparring  
   C) Sample of Self-defence Techniques  
8) About the Author  
9) Group photos

VOLUME II:  
1) Theory of Power  
2) Attacking and Blocking Tools  
3) Vital Sports  
4) Training  
   A) Training Hall  
   B) Conduct in Do Jang  
   C) Training Equipment  
   D) Practice Suits  
5) Stances  
6) Training Aids

VOLUME III:  Hand Techniques
VOLUME IV:  Foot Techniques
VOLUME V:  Sparring
VOLUME VI:  Fundamental Exercises (A)
VOLUME VII: Fundamental Exercises (B)
VOLUME VIII:  
1) Four-Direction Punch  
2) Four-Direction Block  
3) Pattern Chon-Ji  
4) Pattern Dan-Gun  
5) Pattern Do-San  

VOLUME IX:  
1) Pattern Won-Hyo  
2) Pattern Yul-Guk  
3) Pattern Joong-Gun  

VOLUME X:  
1) Pattern Toi-Gae  
2) Four-Direction Thrust  
3) Pattern Hwa-Rang  
4) Pattern Choong-Moo  

VOLUME XI:  
1) Pattern Gwang-Gae  
2) Pattern Po-Eun  
3) Pattern Ge-Baek  

VOLUME XII:  
1) Pattern Eui-Am  
2) Pattern Choong-Jang  
3) Pattern Juche  

VOLUME XIII:  
1) Pattern Sam-II  
2) Pattern Yoo-Sin  
3) Pattern Choi-Yong  

VOLUME XIV:  
1) Pattern Yon-Gae  
2) Pattern Ul-Ji  
3) Pattern Moon-Moo  

VOLUME XV:  
1) Pattern So-San  
2) Pattern Se-Jong  
3) Pattern Tong-II