

ENCYCLOPEDIA
of
TAEKWON-DO

Volume

14

General Choi Hong Hi



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 <i>dan</i> , Grand Master, principal founder, taekwondo (ITF), ■ 2nd <i>dan</i> karate

ENCYCLOPEDIA OF TAEKWON-DO

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GEN. CHOI HONG HI

VOLUME XIV

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.

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Taekwon-Do in Korean Character



choi hong hi

GEN. CHOI HONG HI
President

International Taekwon-Do Federation

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*)

跆拳道精神
禮義廉恥忍耐
克己百折不屈

黃鉉存書

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, contempting 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' possessions
- 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.



"Pursue one's own goal"

PATTERNS *(Tul)*

The ancient law in the Orient was similar to the law of Hamurabi, "an eye for an eye, a tooth for a tooth," and was rigorously enforced even if death was caused accidentally.

In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practise or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmic movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power tests, feats and characteristic beauty.

Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.

2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

All patterns in this book are performed under the assumption the student is facing "D" (see pattern diagrams).

There are a total of twenty-four patterns in Taekwon-Do.

The reason for 24 Patterns:

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an aeon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century.

The 24 patterns represent 24 hours, one day, or all my life.

THE INTERPRETATIONS OF PATTERNS

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

- CHON-JI:** means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
- DAN-GUN:** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
- DO-SAN:** is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
- WON-HYO:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
- YUL-GOK:** is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram (±) represents "scholar".
- JOONG-GUN:** is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).
- TOI-GYE:** is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram (±) represents "scholar".

- HWA-RANG:** is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
- CHOONG-MOO:** was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
- KWANG-GAE:** is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.
- PO-EUN:** is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (—) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.
- GE-BAEK:** is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram (I) represents his severe and strict military discipline.
- EUI-AM:** is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

- CHOONG-JANG:** is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.
- JUCHE:** is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (山) represents Baekdu Mountain.
- SAM-IL:** denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
- YOO-SIN:** is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.
- CHOI-YONG:** is named after General Choi Yong, Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of the Yi Dynasty.
- YON-GAE:** is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

- UL-JI:** is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram (ㄷ) represents his surname. The 42 movements represents the author's age when he designed the pattern.
- MOON-MOO:** honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.
- SO-SAN:** is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Yi Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.
- SE-JONG:** is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (ㅈ) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.
- TONG-IL:** denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (ㄹ) symbolizes the homogenous race.

Since each pattern has a close relationship with the fundamental exercise, students, therefore, should practice the patterns according to the following graduation to attain the maximum results with the least effort.

NAME OF TUL	RANK	ORDER OF BELT
CHON-JI	9TH GUP	WHITE/YELLOW STRIPE
DAN-GUN.	8TH GUP	YELLOW
DO-SAN	7TH GUP	YELLOW/GREEN STRIPE
WON-HYO	6TH GUP	GREEN
YUL-GOK	5TH GUP	GREEN/BLUE STRIPE
JOONG-GUN.	4TH GUP	BLUE
TOI-GYE.	3RD GUP	BLUE/RED STRIPE
HWA-RANG.	2ND GUP	RED
CHOONG-MOO	1ST GUP.	RED/BLACK STRIPE

KWANG-GAE

PO-EUN 1ST DAN BLACK

GE-BAEK

EUI-AM

CHOONG-JANG . . . 2ND DAN BLACK

JUCHE

SAM-IL

YOO-SIN 3RD DAN BLACK

CHOI-YONG

YONG-GAE

UL-JI. 4TH DAN BLACK

MOON-MOO

SO-SAN 5TH DAN BLACK

SE-JONG

TONG-IL. 6TH DAN BLACK

GENERAL INFORMATION

The purpose of this volume is to teach the beginner students (10th grade to 7th grade) to perform their patterns with effective technique and realistic feeling. The student is, therefore, advised to pay special attention to the correct execution and application of each movement before he attempts to practise his pattern.

Obviously, the pattern cannot be performed correctly without sufficient knowledge of the fundamental movements involved. The student should refer to the relevant volume in this encyclopedia for more detailed information on each motion. This book is also strongly recommended as a review for all levels advanced beyond this stage.

The illustrations for all 24 of the patterns contained in this encyclopedia assume that the student is standing on line AB and facing D.

LEGEND:



— present foot position with the exception of "Previous Posture"



— Previous foot position



— heel slightly off the ground



— direction of foot travel

"Previous Posture"

— posture of immediate preceding movement

"Other View"

— view of posture from the opposite side

"Front View"

— the performer's front

"Top View"

— reader's view from the top

"to A,B,C,...etc."

— direction of attack or block to A,B,C,...etc.

"toward A,B,C,...etc."

— direction of stance toward A,B,C,...etc.

"Front foot"

— refers to the foot which is advanced to the front.

"Rear foot"

— refers to the foot which is placed at the rear.

"Left chest"

— refers to the left half of the chest.

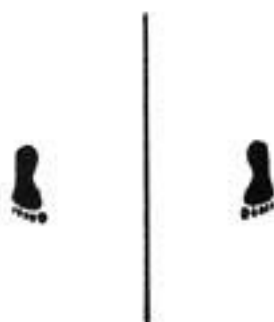
"Right chest"

— refers to the right half of the chest.

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



**ADDITIONAL TECHNIQUES
FOR
PATTERN YON-GAE**

L-Stance Reverse Knife-Hand Low Guarding Block
(Niunja So Sonkal Dung Najunde Daebi Makgi)



Side View

The blocking tool reaches the target in a circular motion.



Front View

Walking Stance Long Fist High Punch
(Gunnun So Ghin Joomuk Nopunde Jirugi)



Front View



Side View

L-Stance X-Fist Checking Block
(Niunja So Kyocha Joomuk Momchau Makgi)

Side View



Front View



Flying Knife-Hand Side Strike
(Twimyo Sonkal Yop Taerigi)

Side View



Front View



Walking Stance Knife-Hand Low Reverse Outward Block
(Gunnun So Sonkal Najunde Bandae Bakuro Makgi)

Front View



Side View



Rear Foot Stance Inner Forearm Waist Block
(Dwitbal So Anpalmok Hori Makgi)

Side View



Front View



Sitting Stance Reverse Knife-Hand W-Shape Block
(Annun So Sonkal Dung San Makgi)

Front View



Side View



The blocking tool reaches the same level as the temple of the defender.

X-Stance Back Fist Downward Strike
(Dung Joomuk Neryo Taerigi)

Front View



Side View



Sitting Stance Twin Straight Forearm Checking Block
(Annun So Sang Son Palmok Momchau Makgi)

Front View



Side View



X-Stance Forefist Upward Punch
(Kyocha So Ap Joomuk Ollyo Jirugi)

Front View



Side View

L-Stance Knife-Hand High Side Strike
(Niunja So Sonkal Nopunde Yop Taerigi)

Front View



Side View



The fingertip reaches the eye level of the attacker.

Walking Stance Reverse Knife-Hand Low Inward Block
(Gunnun So Sonkal Dung Najunde Bandae Anuro Makgi)

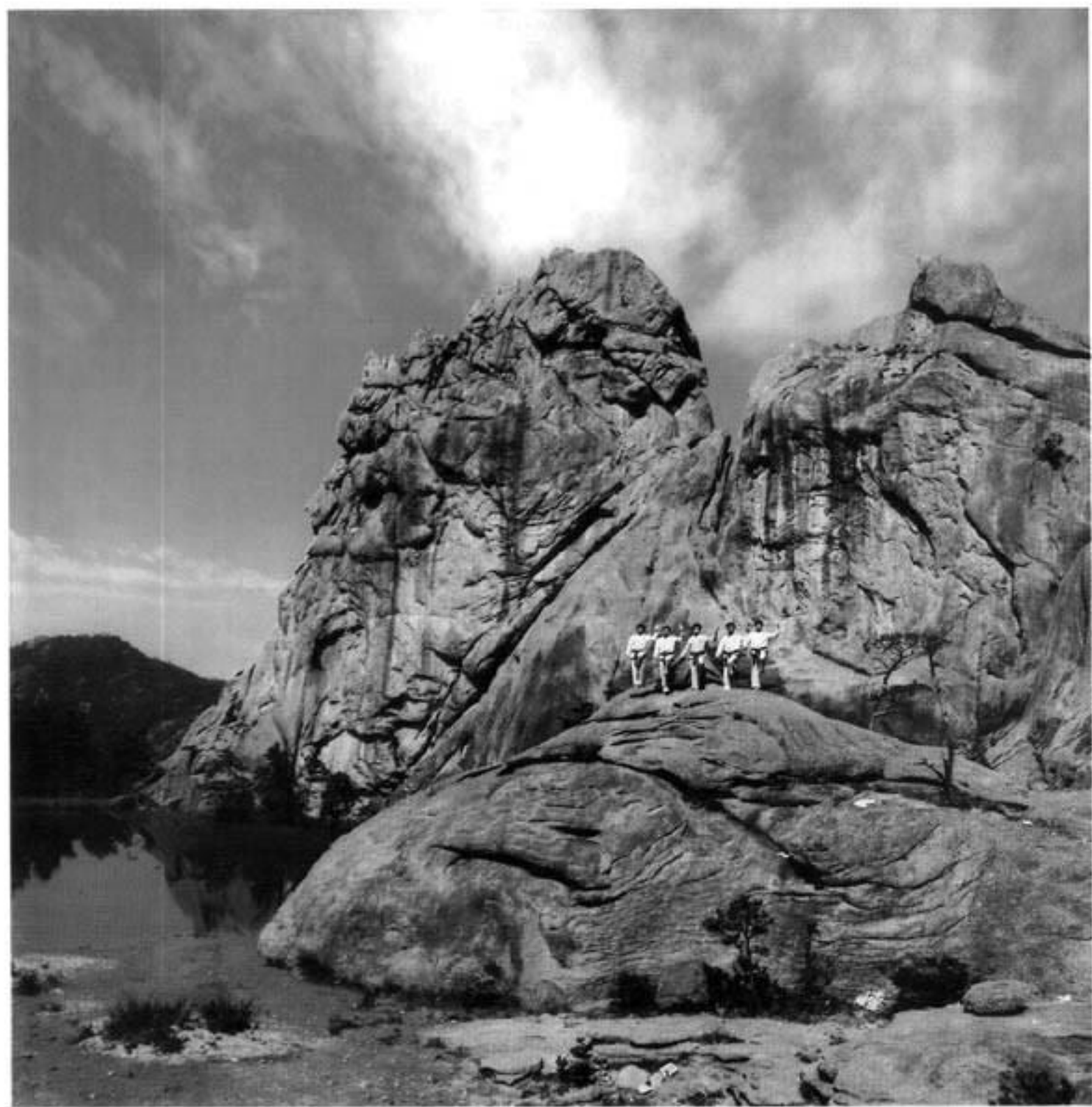
Front View



Side View



The reverse knife-hand reaches the same level as the scrotum of the defender.







Mt. Daesung, the field Headquarters of general Yon-Gae

PATTERN YON-GAE

(YON-GAE TUL)

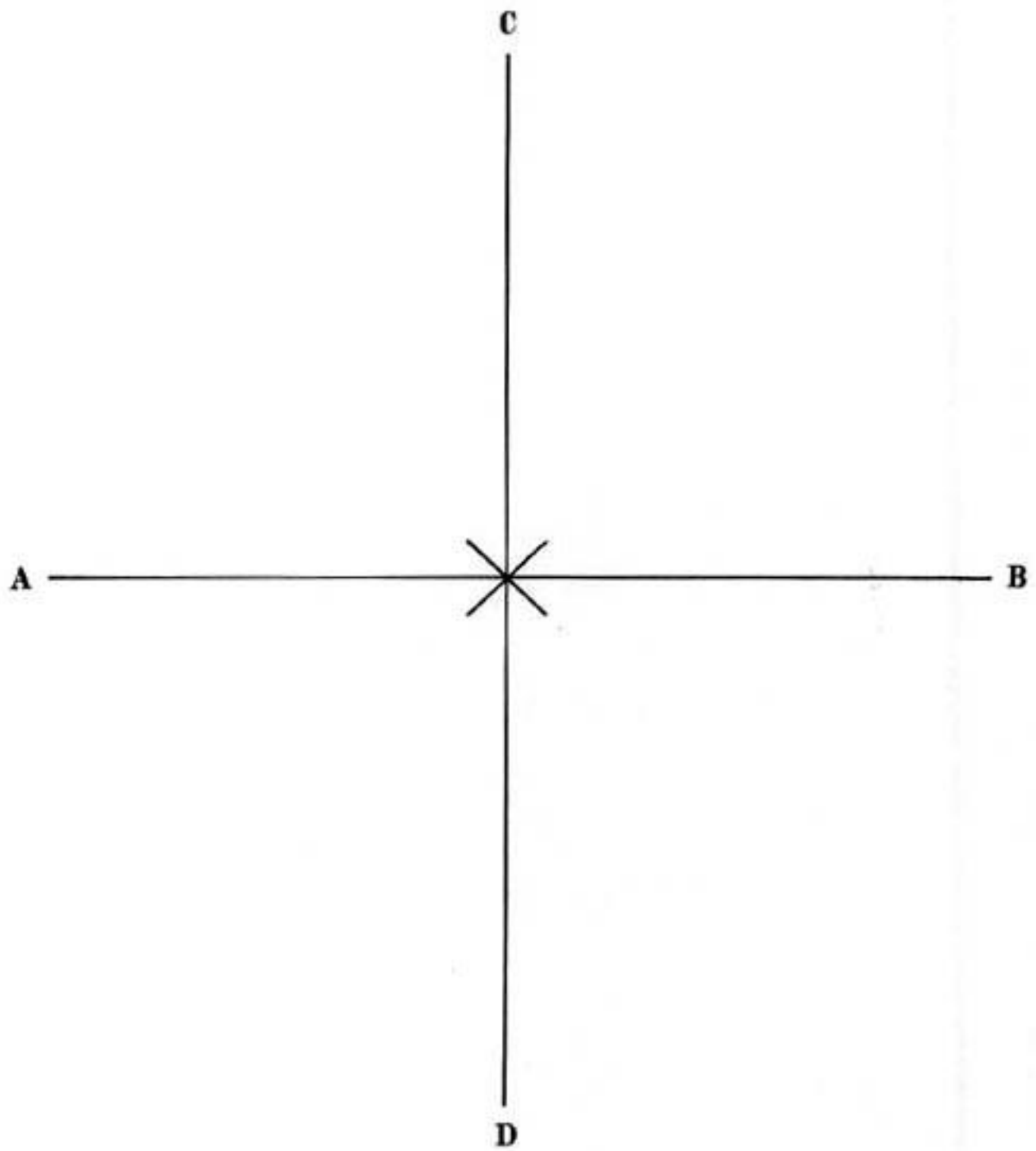
This pattern is practised by the 4th degree and above.

DIAGRAM: +

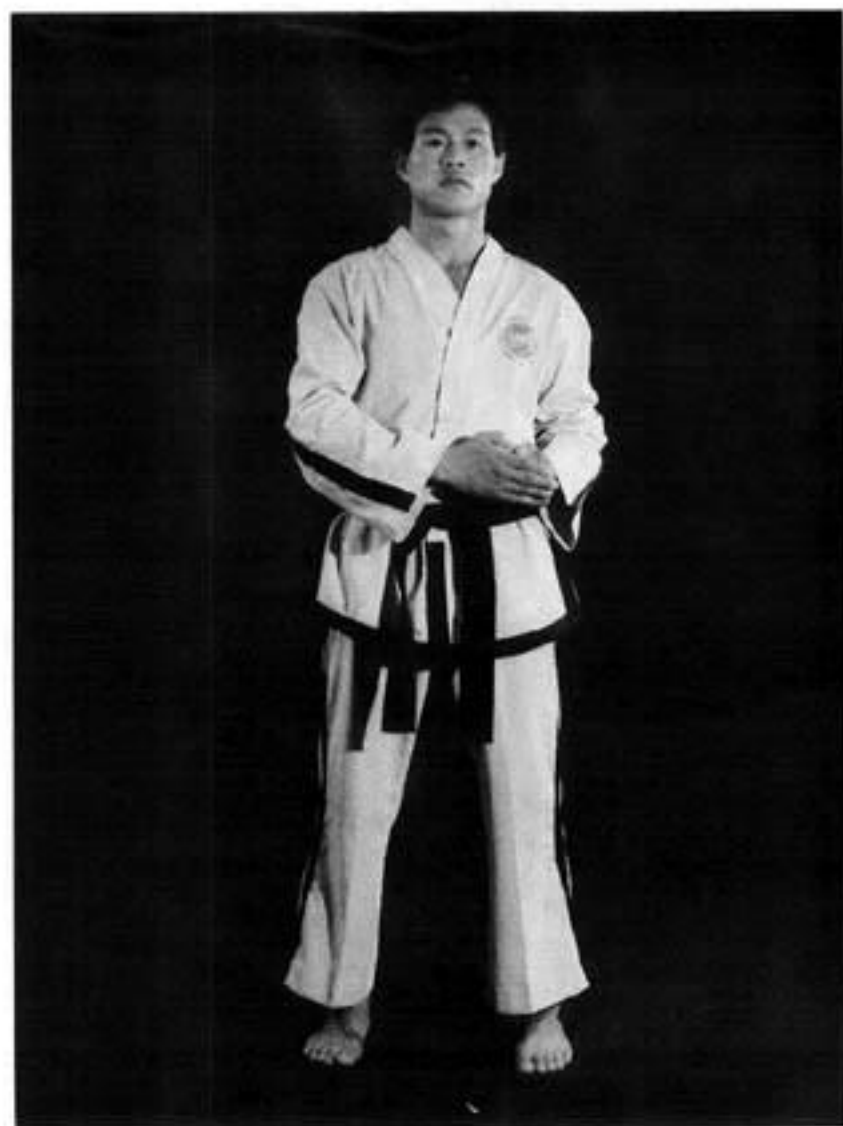
MOVEMENTS: 49

READY POSTURE: SEE THE PICTURE.

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)

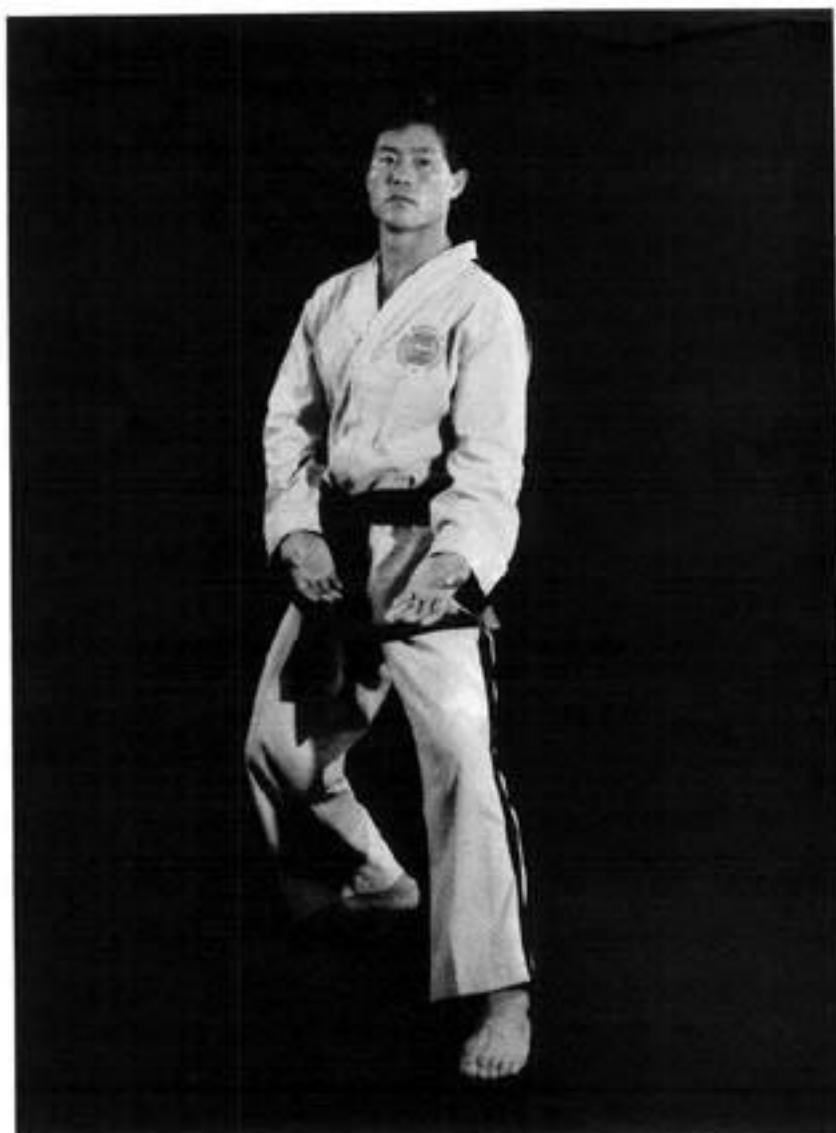


Parallel stance toward D.



1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand.

Perform in a circular motion.



Right L-stance reverse knife-hand
low guarding block toward D.



Previous Posture



Application



Side View

2. Execute a high punch to D with the right long fist while forming a left walking stance toward D, pivoting with the left foot. Perform in a slow motion.



Left walking stance right long fist
high punch toward D.

Previous Posture



Application



Side View



Side View

3. Slide to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.



Left L-stance forearm middle guarding block toward D.



Previous Posture



Side View



4. Execute a middle strike to D with the right knife-hand while flying to D, and then land to D, maintaining a left L-stance toward D with the right knife-hand extended to D.



Right knife-hand middle strike while flying to D.



Left L-stance toward D with the right knife-hand extended to D.

Previous Posture



Application



5. Shift to C, maintaining a left L-stance toward D while executing a checking block to D with an X-fist.



Left L-stance X-fist checking block toward D.



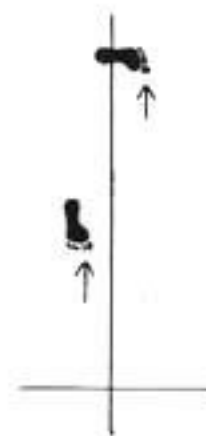
Previous Posture



Application



Side View



6. Execute a high outward cross-cut to D with the right flat fingertip while forming a right walking stance toward D, slipping the right foot.



Right walking stance right flat fingertip
high outward cross-cut toward D.

Previous Posture



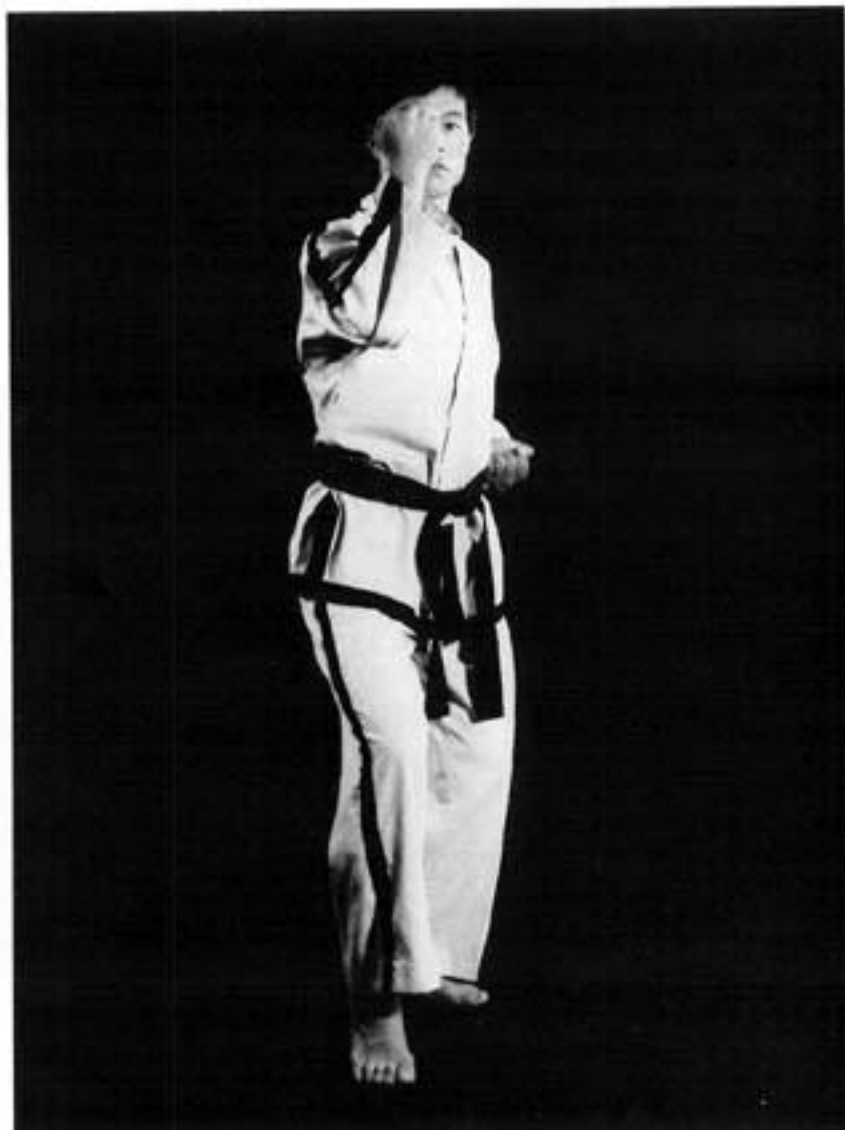
Side View



Application



7. Execute a downward block to D with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.



Left rear foot stance toward D with a right straight elbow downward block.



Previous Posture



Application



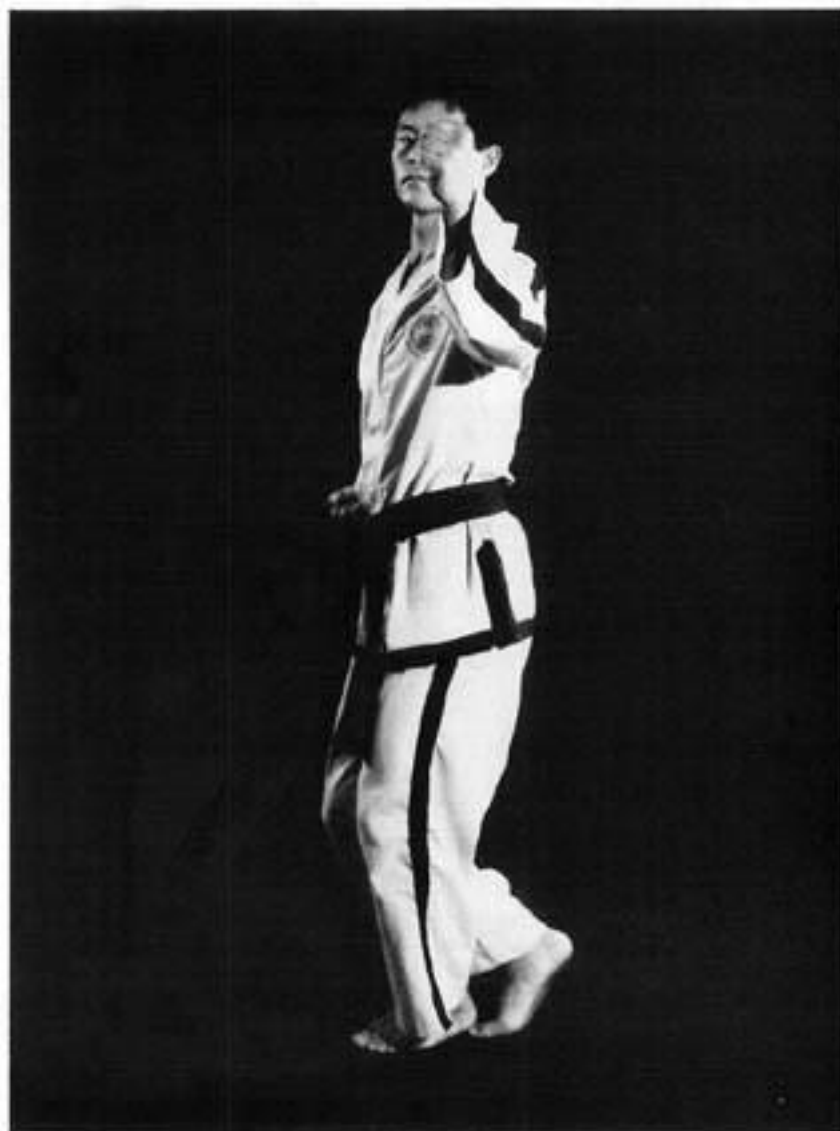
Side View



Side View



8. Jump to D, forming a left X-stance toward AD while executing a high side strike to D with the left back fist.



Left X-stance toward AD with the left back fist high side strike to D.

Application

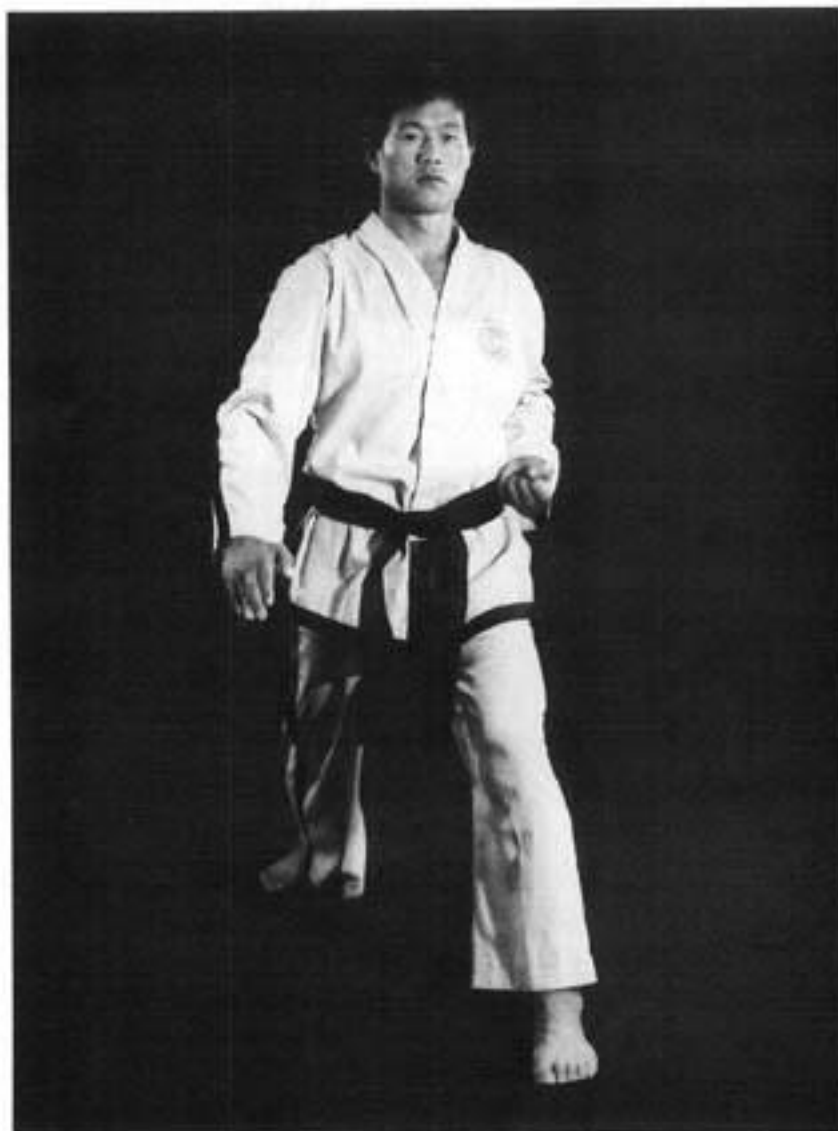
Previous Posture



Top View

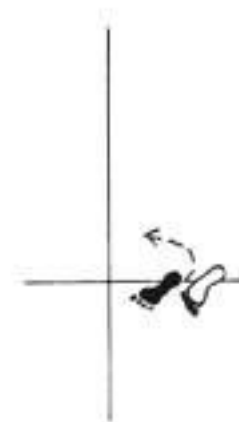


9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.



Left walking stance right knife-hand
low outward block toward D.

Previous Posture



Application



Top View



10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.



Parallel stance left palm middle hooking block toward D.

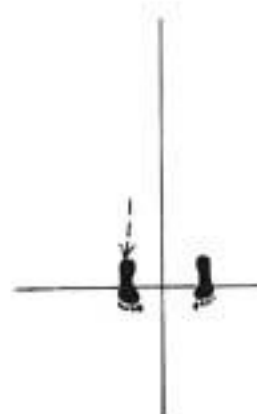
Previous Posture



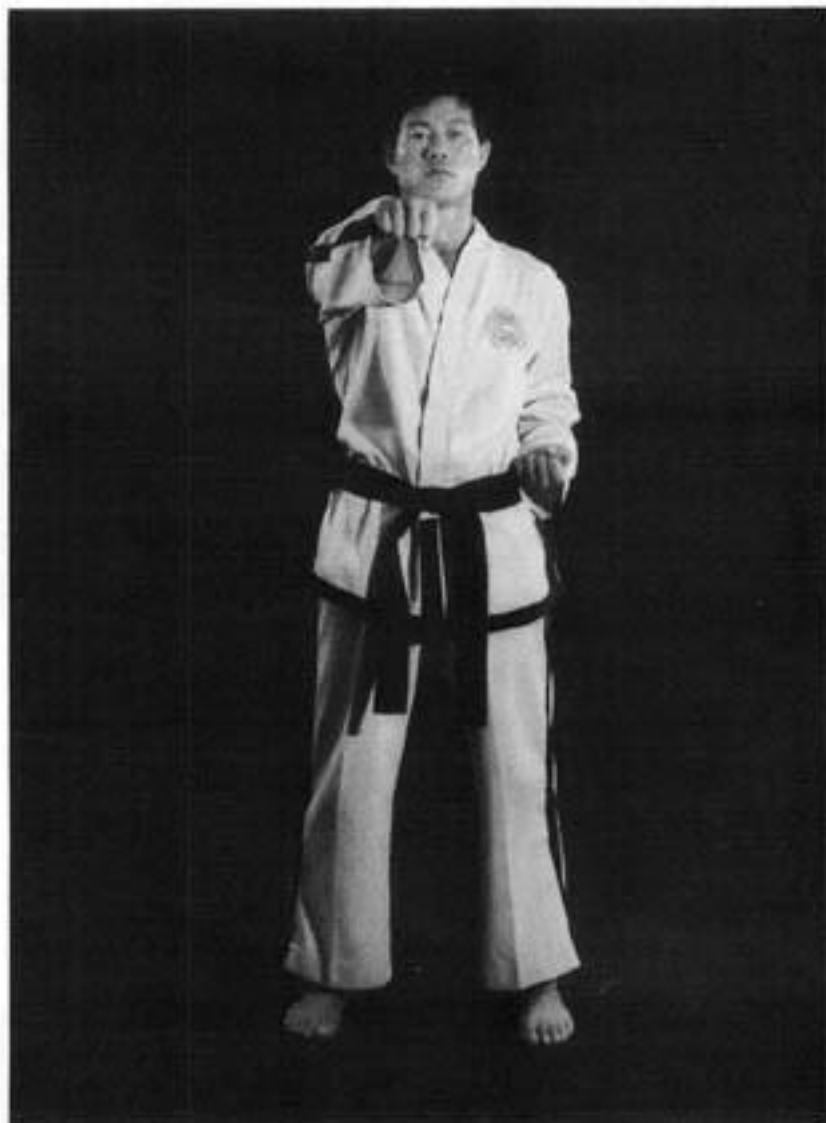
Application



Top View



- 11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.**
Perform 10 and 11 in a continuous motion.



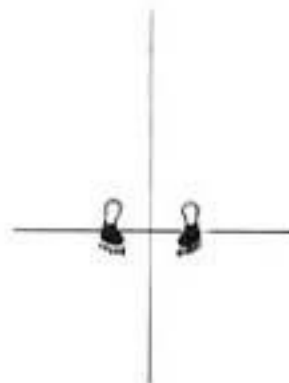
**Parallel stance middle punch
with the right fist toward D.**



Previous Posture



Keep both heels slightly off the ground.



Side View



Side View

12. Slide to C, forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand.
Perform in a circular motion.



Left L-stance reverse knife-hand
low guarding block toward D.



Application

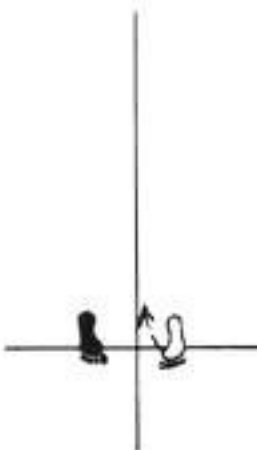
Previous Posture



Side View



Side View



13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot.



Right walking stance high punch
with the left long fist toward D.

Application

Previous Posture



Side View

Keep the left heel slightly off the ground.



14. Slide to C to form a right L-stance toward D while executing a middle guarding block to D with the left forearm.



Right L-stance left forearm middle guarding block toward D.



Previous Posture



Side View



15. Execute a middle strike to D with the left knife-hand while flying to D, and then land to D, maintaining a right L-stance toward D with the left knife-hand extended to D.



Left knife-hand middle strike while flying to D.

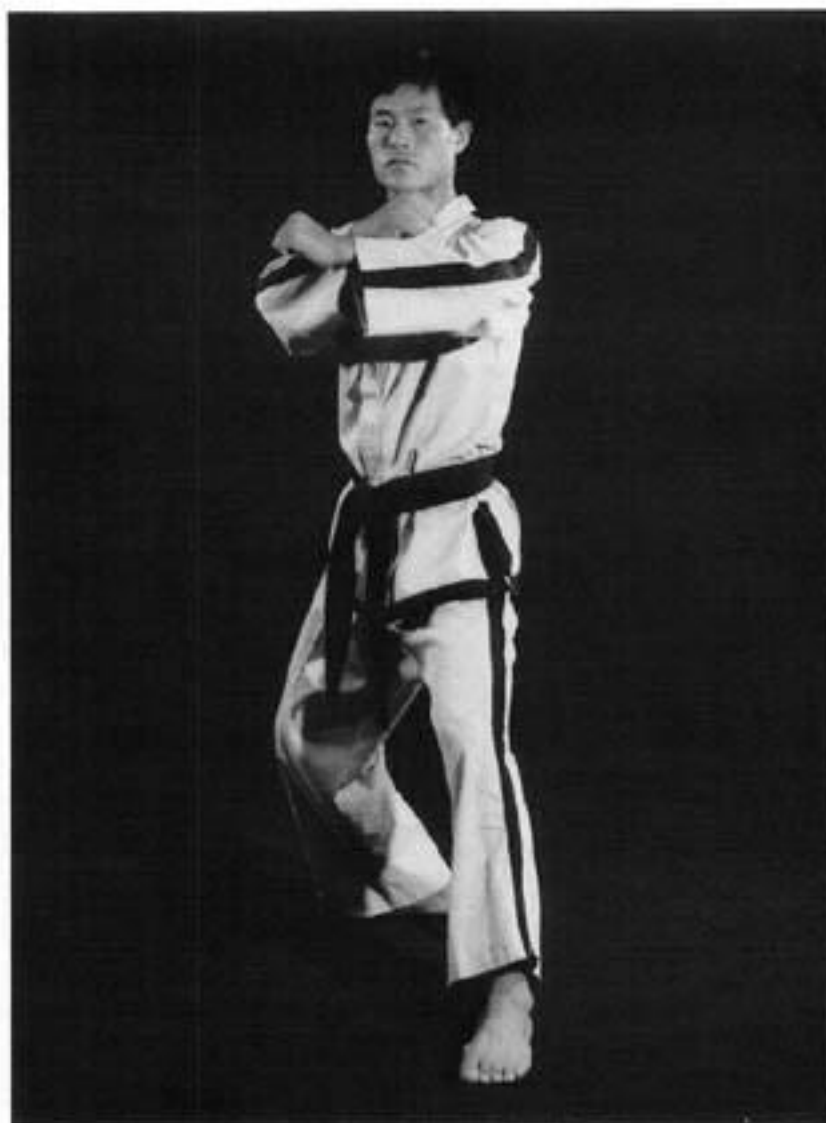
Application



Side View



16. Shift to C, maintaining a right L-stance toward D while executing a checking block to D with an X-fist.



Right L-stance X-fist checking block toward D.





Previous Posture

Keep the left heel slightly off the ground.



Side View



Application



17. Execute a high outward cross-cut with the left flat fingertip to D while forming a left walking stance toward D, slipping the left foot.



Left walking stance high outward cross-cut with the left flat fingertip toward D.

Previous Posture



Side View



18. Execute a downward block to D with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.



Right rear foot stance toward D with a left straight elbow downward block.



Previous Posture



Application



Side View



- 19. Jump to D to form a right X-stance toward BD while executing a high side strike to D with the right back fist.**



Right X-stance toward BD with the right back fist high side strike to D.

Previous Posture



Side View



20. Move the left foot to C, forming a right walking stance toward D while executing a low outward block to D with the left knife-hand.



Right walking stance low outward block with the left knife-hand toward D.



Previous Posture



Application



Other View

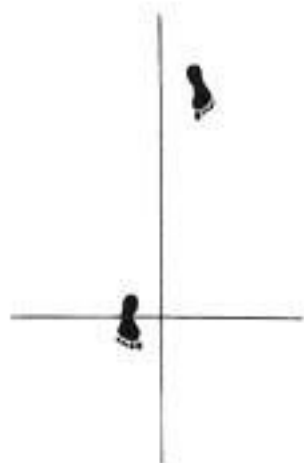


- 21. Move the left foot on line AB, forming a parallel stance toward D while executing a middle hooking block to D with the right palm.**

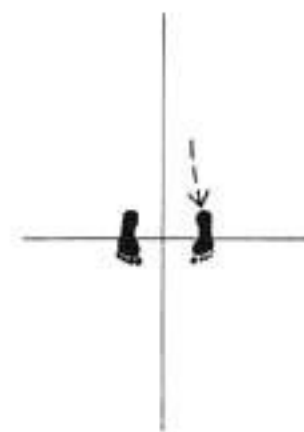
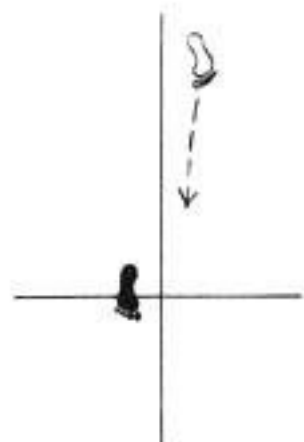


Parallel stance middle hooking block with the right palm toward D.

Previous Posture



Top View



- 22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D. Perform 21 and 22 in a continuous motion.**

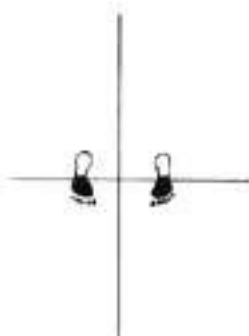


Parallel stance middle punch with the left fist toward D.

Previous Posture



Side View



**Keep both heels slightly
off the ground.**



23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.

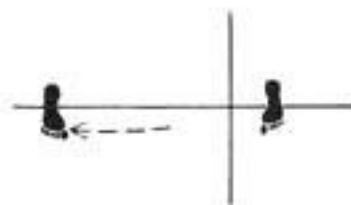
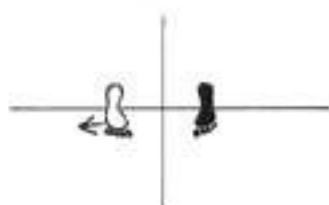


Sitting stance toward D with a reverse knife-hand W-shape block.

Previous Posture



Side View



Application



24. Cross the left foot over the right foot to form a right X-stance toward D while thrusting with a twin horizontal elbow.



Right X-stance toward D with a twin horizontal elbow thrust.

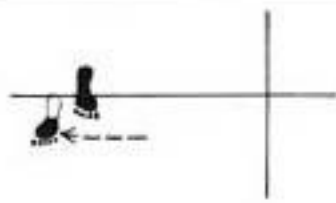




Previous Posture



Side View



Application



25. Move the right foot to A, forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.



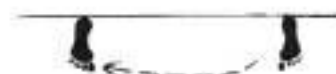
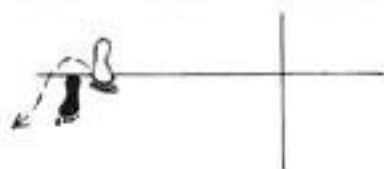
Sitting stance checking block with a twin straight forearm toward D.



Side View



Previous Posture



Application



26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.

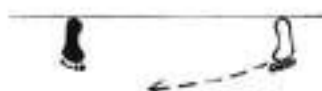


Right X-stance toward D with a right fist upward punch.

Top View



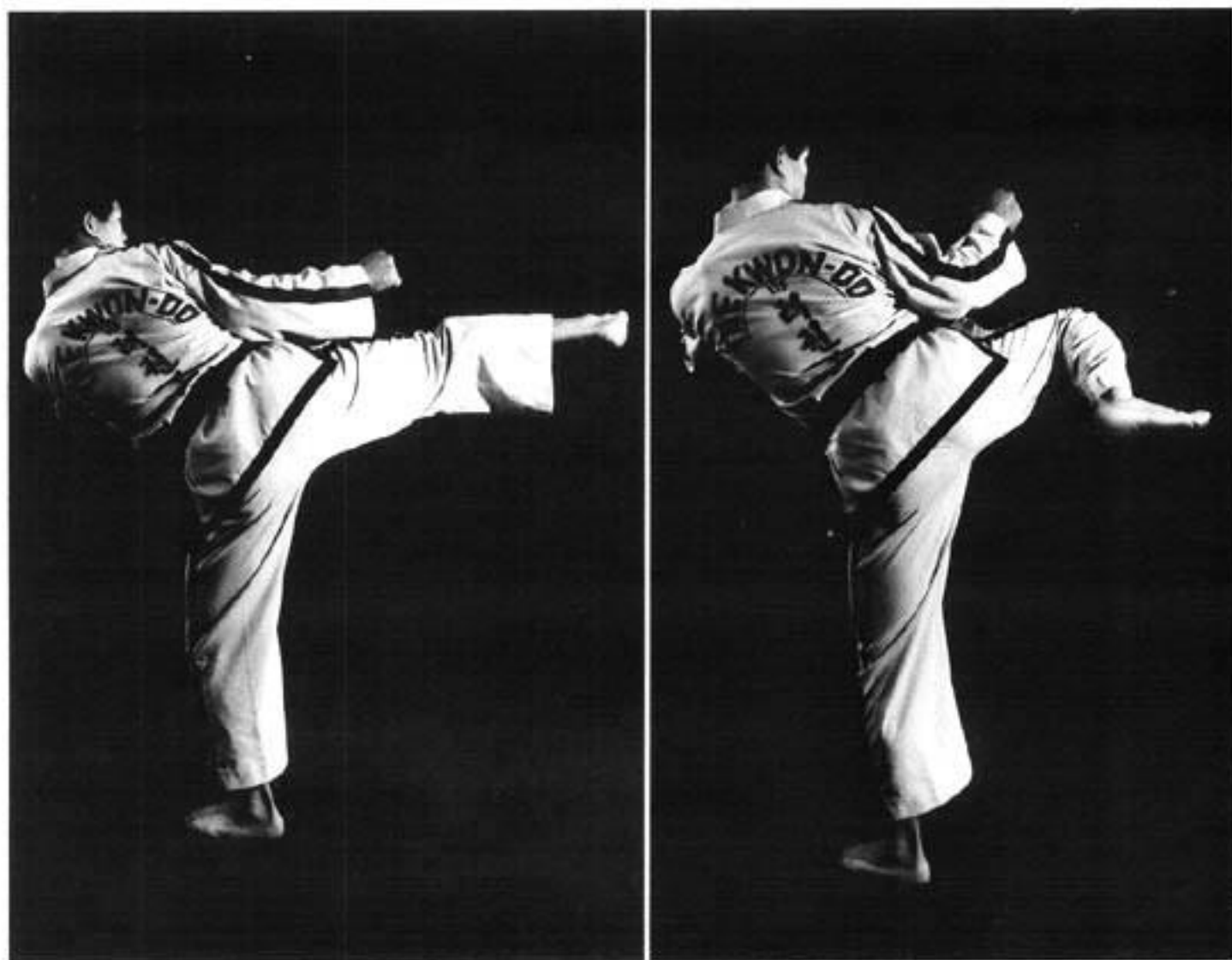
Previous Posture



Application



27. Execute a high reverse hooking kick to B with the right foot.



High reverse hooking kick to B with the right foot.





Previous Posture



Top View



Top View

28. Lower the right foot to B, and then execute a middle side piercing kick to B with the left foot while turning clockwise.



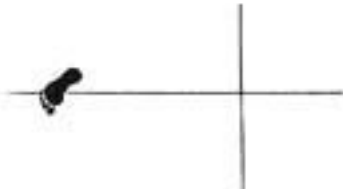
Middle side piercing kick to B
with the left foot.



Previous Posture



Keep the right heel slightly off the ground.



29. Lower the left foot to B in a jumping motion to form a left X-stance toward D while executing a downward strike with the left back fist.



Left X-stance toward D with a left back fist downward strike.



Side View



Previous Posture



Application



30. Move the left foot to B, forming a sitting stance toward D while executing a W-shape block with a reverse knife-hand.



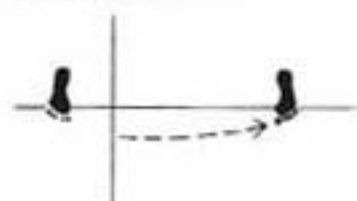
Sitting stance toward D with a reverse knife-hand W-shape block.



Other View



Previous Posture



Application



- 31. Cross the right foot over the left foot, forming a left X-stance toward D while executing a twin side elbow thrust.**



**Left X-stance toward D with
a twin side elbow thrust.**

Top View



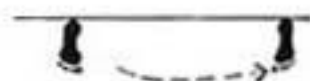
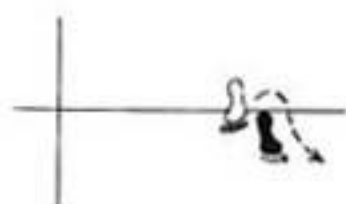
Keep both back fists
faced upward.

32. Move the left foot to B to form a sitting stance toward D while executing a checking block to D with a twin straight forearm.



Sitting stance checking block with a twin straight forearm toward D.

Previous Posture



Application



- 33. Cross the right foot over the left foot, forming a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.**



Left X-stance toward D with a left fist upward punch.

Side View



Previous Posture



34. Execute a high reverse hooking kick to A with the left foot.



High reverse hooking kick to B
with the left foot.

Previous Posture



35. Lower the left foot to A, and then execute a middle side piercing kick to A with the right foot while turning counter-clockwise.

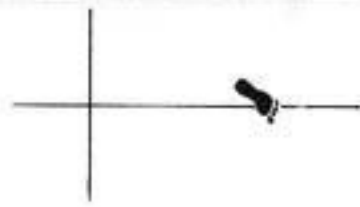


Middle side piercing kick to A with the right foot.





Previous Posture



Keep the left heel slightly off the ground.

36. Lower the right foot to A in a jumping motion, forming a right X-stance toward AD while executing a downward strike to A with the right back fist.

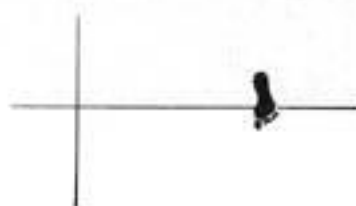


Right X-stance toward A D with a back fist downward strike to A.

Top View



Previous Posture

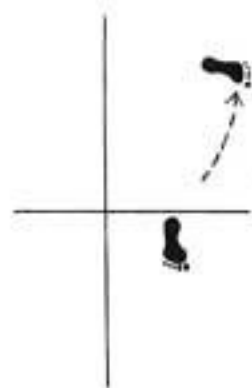
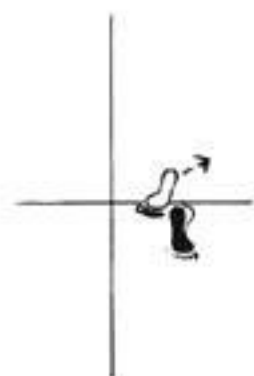


- 37. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.**



Left L-stance forearm middle guarding block toward D.

Previous Posture



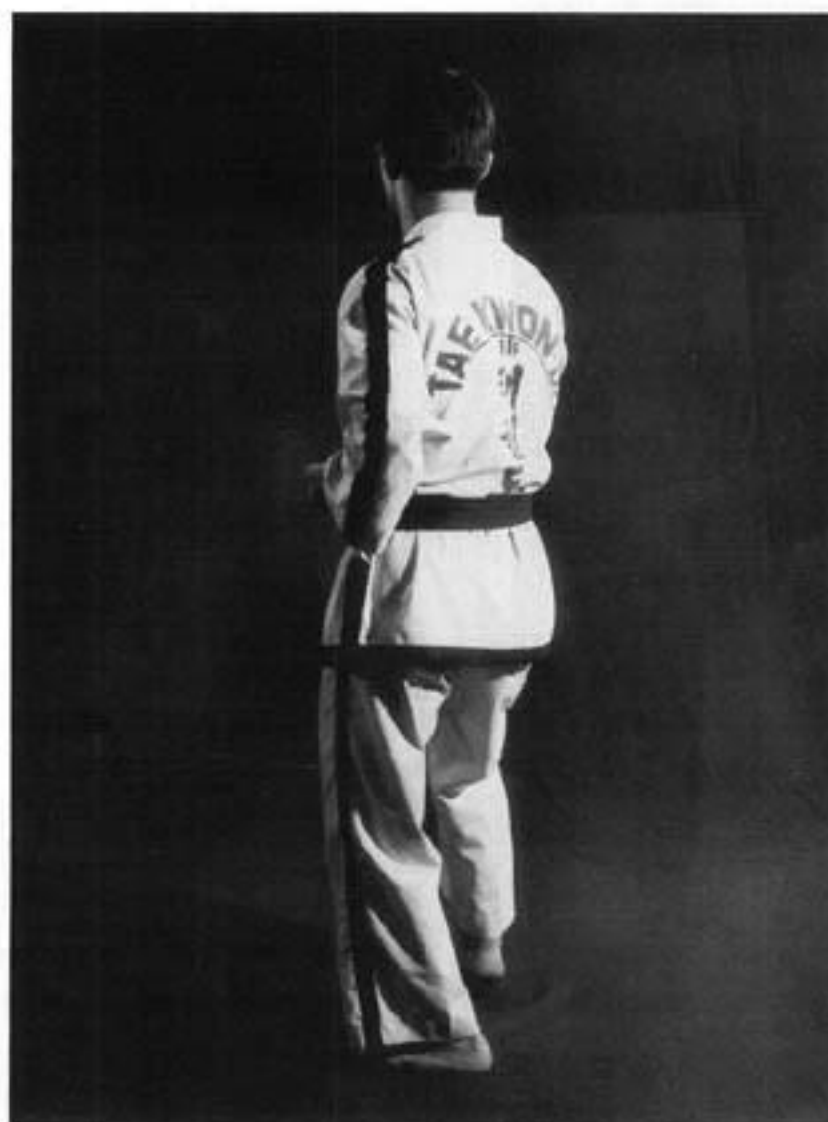
Side View



Previous Posture



- 38. Move the left foot to D, turning counter-clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.**



Left rear foot stance right inner forearm waist block toward C.



Application



Side View

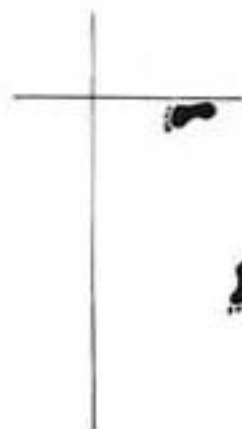
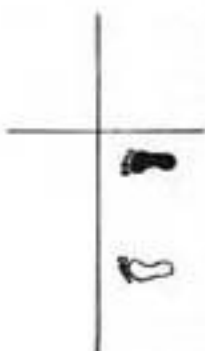
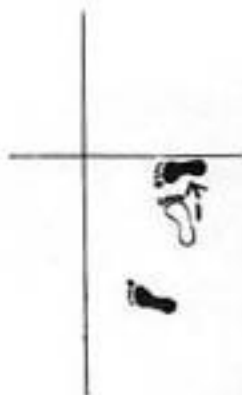
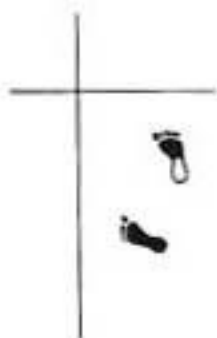


- 39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left knife-hand.**



Right L-stance high strike with the left knife-hand toward D.

Previous Posture



40. Shift to C, maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.

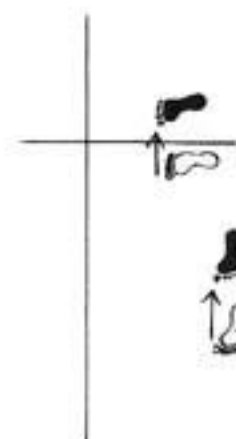
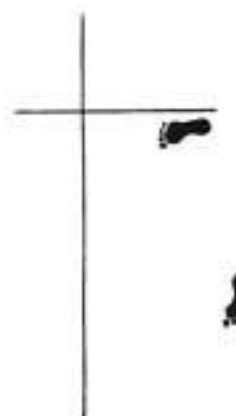


Right L-stance forearm middle guarding block toward D.



Previous Posture

Side View



Application



41. Move the right foot to D, turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.



Right rear foot stance waist block
with the left forearm toward C.

Previous Posture



Application



Side View



42. Move the left foot to C slightly, and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high strike to D with the right knife-hand.



Left L-stance right knife-hand high outward strike toward D.

Previous Posture



Application



Side View

43. Move the right foot to C, turning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.



Right L-stance forearm middle guarding block toward D.

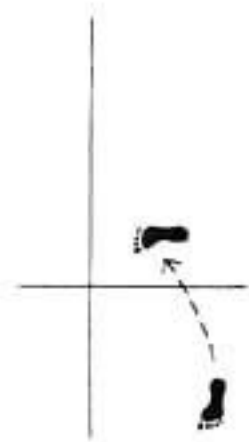




Previous Posture



Top View



Application



44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise, and then land to D to form a left L-stance with a knife-hand middle guarding block toward D.



Mid-air kick (180 degrees) to D with the right foot.



Left L-stance knife-hand middle guarding block toward D.

Previous Posture



Side View



45. Jump to execute a mid-air kick to D with the left foot while spinning counter-clockwise, and then land to D to form a right L-stance with a knife-hand middle guarding block toward D.



Mid-air kick (180 degrees) to D with the left foot.



Right L-stance knife-hand middle guarding block toward D.



Previous Posture



Side View



46. Execute a low inward block to D with the right reverse knife-hand while forming a left walking stance toward D, slipping the right foot to C.



Left walking stance low inward block with the right reverse knife-hand toward D.

Previous Posture



Application



Side View



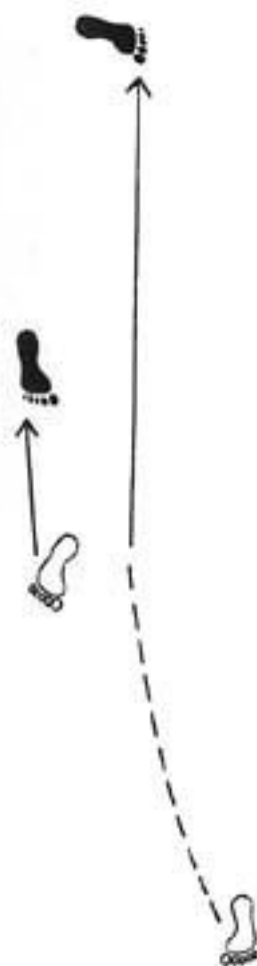
Side View



47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.



Left L-stance toward D with the a left side elbow thrust to C.



Previous Posture



Application



Top View

48. Execute a low inward block to D with the left reverse knife-hand while forming a right walking stance toward D, slipping the left foot to C.



Right walking stance low inward block with the left reverse knife-hand toward D.

Previous Posture



Application

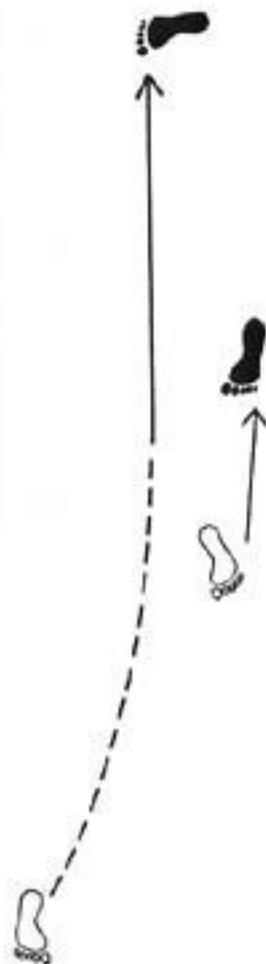


Top View

49. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.



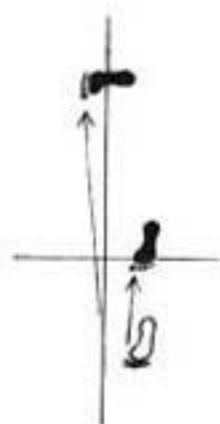
Right L-stance toward D with a right side elbow thrust to C.



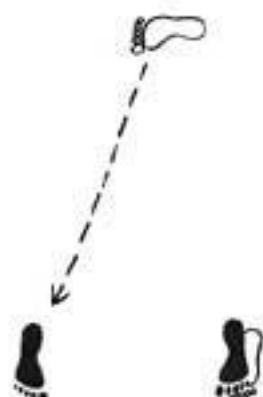
Previous Posture



Side View



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



Parallel stance toward D.

Previous Posture

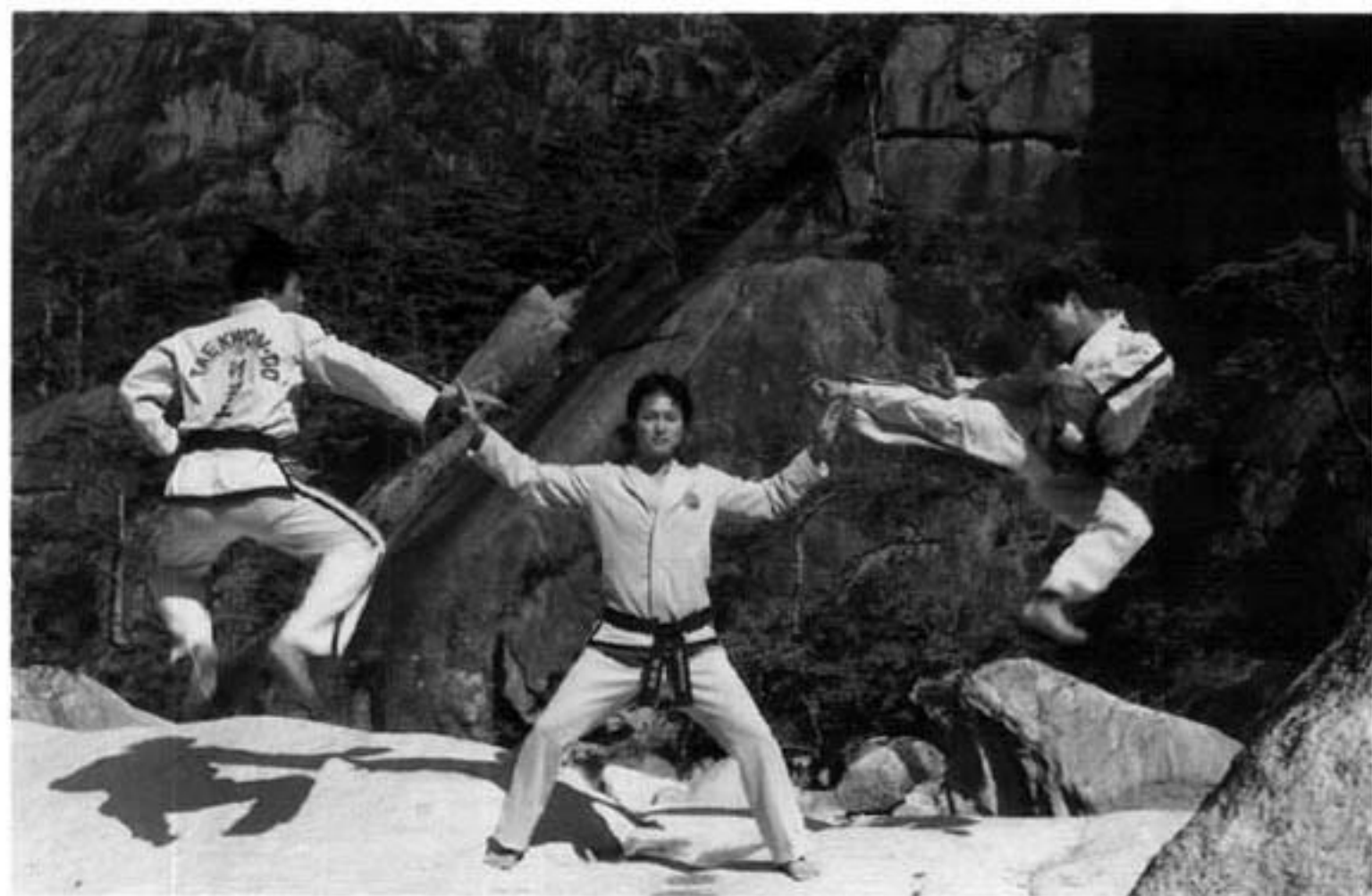


Side View



Top View





**ADDITIONAL TECHNIQUES
FOR
PATTERN UL-JI**

Walking Stance Twin Side Fist Horizontal Strike
(Gunnun So Sang Yop Joomuk Soopyong Taerigi)



Front View



Side View

Walking Stance Knife-Hand High Reverse Front Strike
(Gunnun So Sonkal Nopunde Bandae Ap Taerigi)



Side View



Front View

Sitting Stance Front Elbow Strike
(Annun So Ap Palkup Taerigi)



Front View



Side View

Walking Stance Forearm Reverse Rising Block
(Gunnun So Palmok Bandae Chookyo Makgi)

Side View



Front View



Walking Stance High Reverse Punch
(Gunnun So Nopunde Bandae Jirugi)



Front View



Side View

The fist reaches the eye level of the attacker.

Flying High Kick *(Twimyo Nopi Chagi)*

Front View



Side View



Walking Ready Stance (*Gunnun Junbi Sogi*)

Front View



Side View



**L-Stance X-Fist Pressing Block
(*Niunja So Kyocha Joomuk Noollo Makgi*)**

Front View



Side View



L-Stance Inner Forearm Middle Wedging Block
(Niunja So An Palmok Kaunde Hechyo Makgi)

Front View



Side View



Fixed Stance Palm Pushing Block
(Gojung So Sonbadak Miro Makgi)

Front View



Top View



X-Stance Twin Side Elbow Thrust
(Kyocha So Sang Yop Palkup Tulgi)

Front View



Side View



Fixed Stance X-Knife-Hand Middle Block
(Gojung So Kyocha Sonkal Kaunde Makgi)

Front View



Top View



L-Stance Palm Upward Block
(Niunja So Sonbadak Ollyo Makgi)

Front View



Side View



Backward Double Step-Jumping
(Dwiwo Ibo Omggyo Didimyo Twigi)

From a right L-stance toward A








Mt. Sukda, the birthplace of general Ul-Ji Moon Duk

PATTERN UL-JI (*UL-JI TUL*)

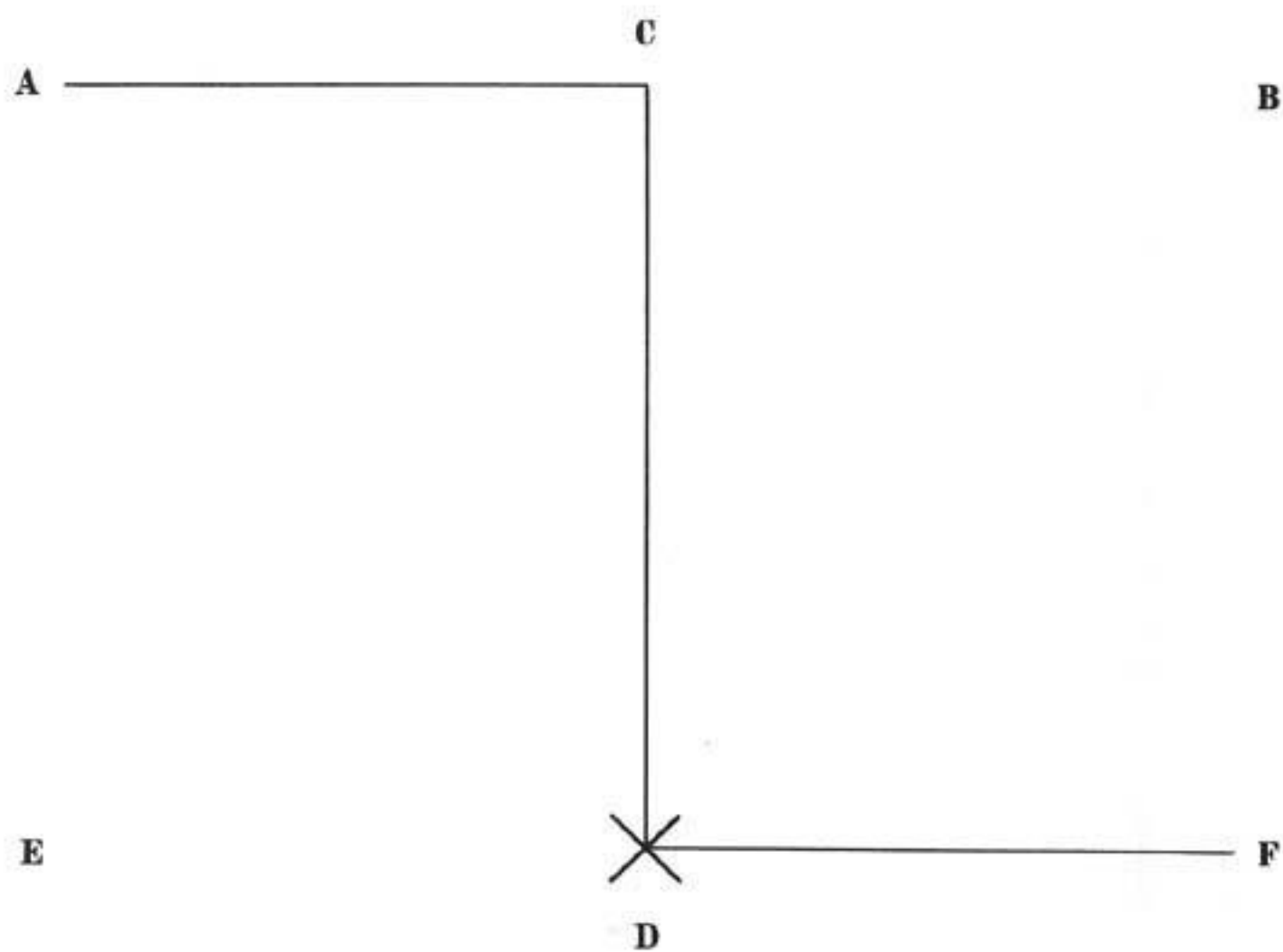
This pattern is practised by the 4th degree and above.

DIAGRAM: 

MOVEMENTS: 42

READY POSTURE: SEE THE PICTURE.

DIAGRAM (*Yon Moo Son*)

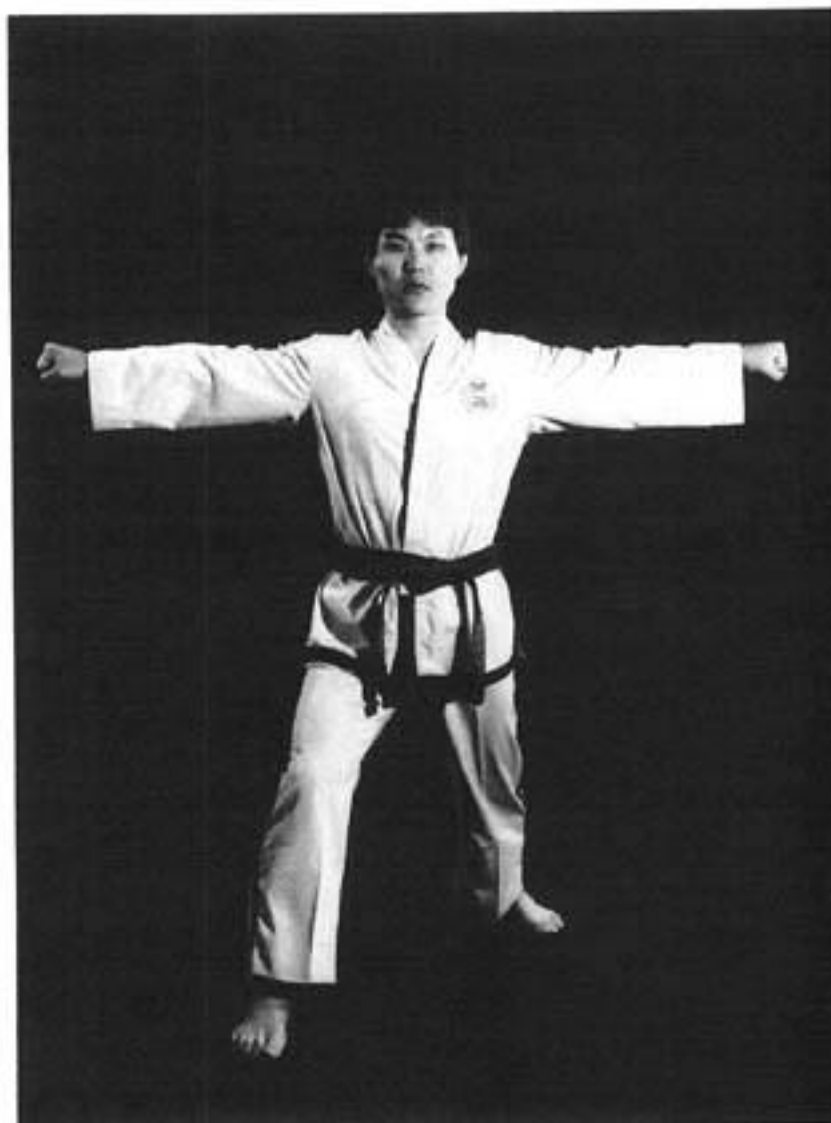


Ready Posture (*Junbi Jase*)



Parallel stance toward D.

1. Move the left foot to C, forming a right walking stance toward D while executing a horizontal strike with both side fists.



Right walking stance toward D with a twin side fist horizontal strike.

Previous Posture

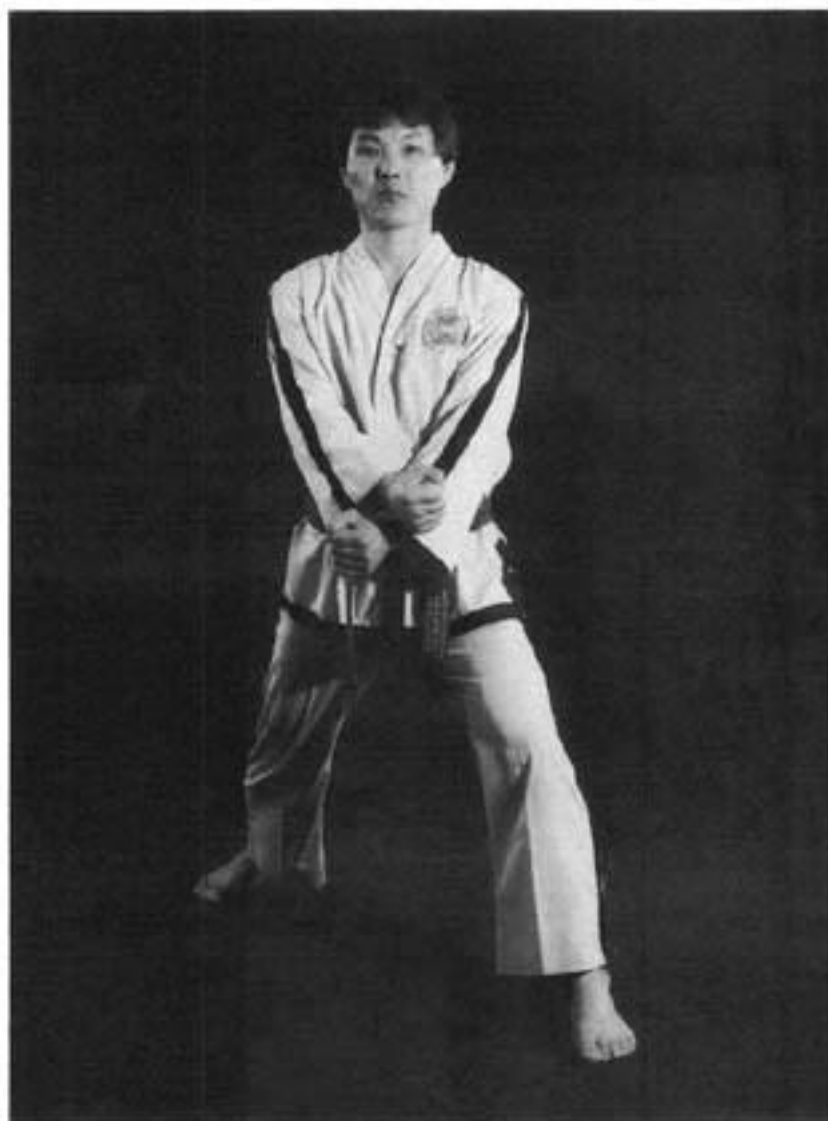


Application



Side View

2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.



Left walking stance toward D with an X-fist pressing block.



Application

Previous Posture

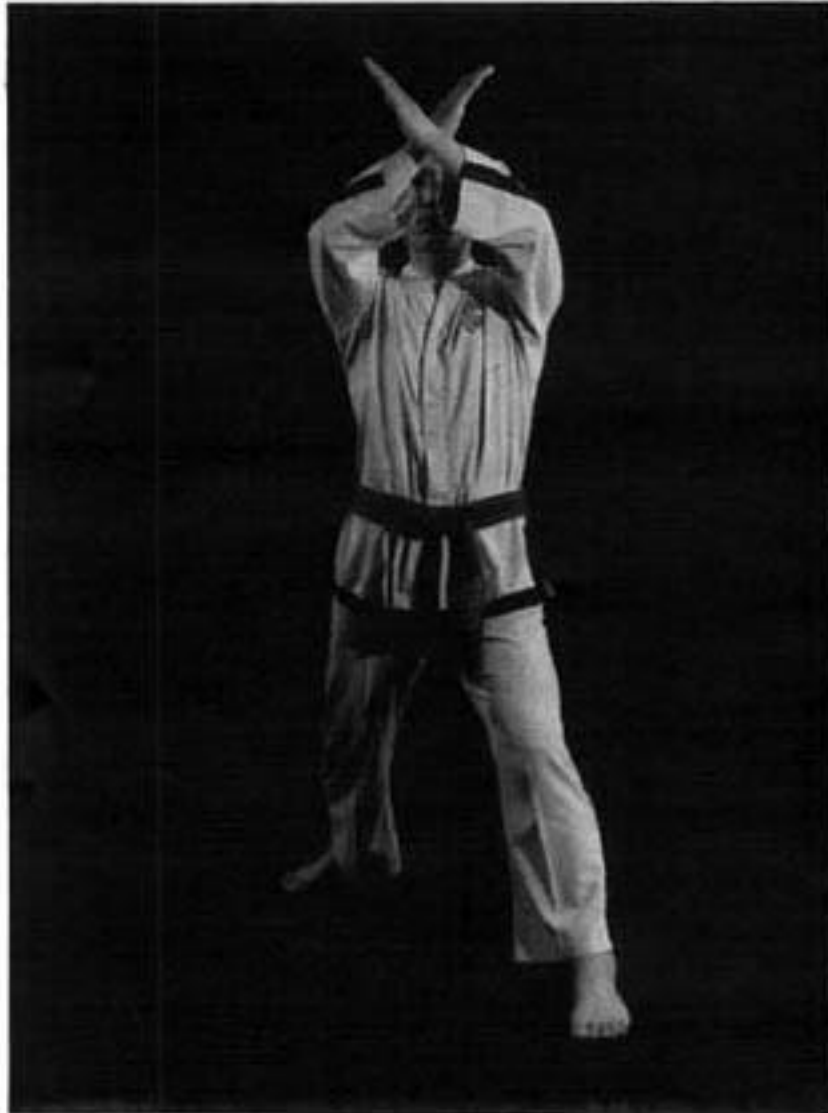


Side View



Side View

- 3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion.**



Left walking stance toward D with an X-knife-hand rising block.

Previous Posture



Application



Keep the right heel slightly off the ground.



Side View



Side View

4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.



Left walking stance high front strike
with the right knife-hand toward D.



Previous Posture

Keep the right heel slightly off the ground.



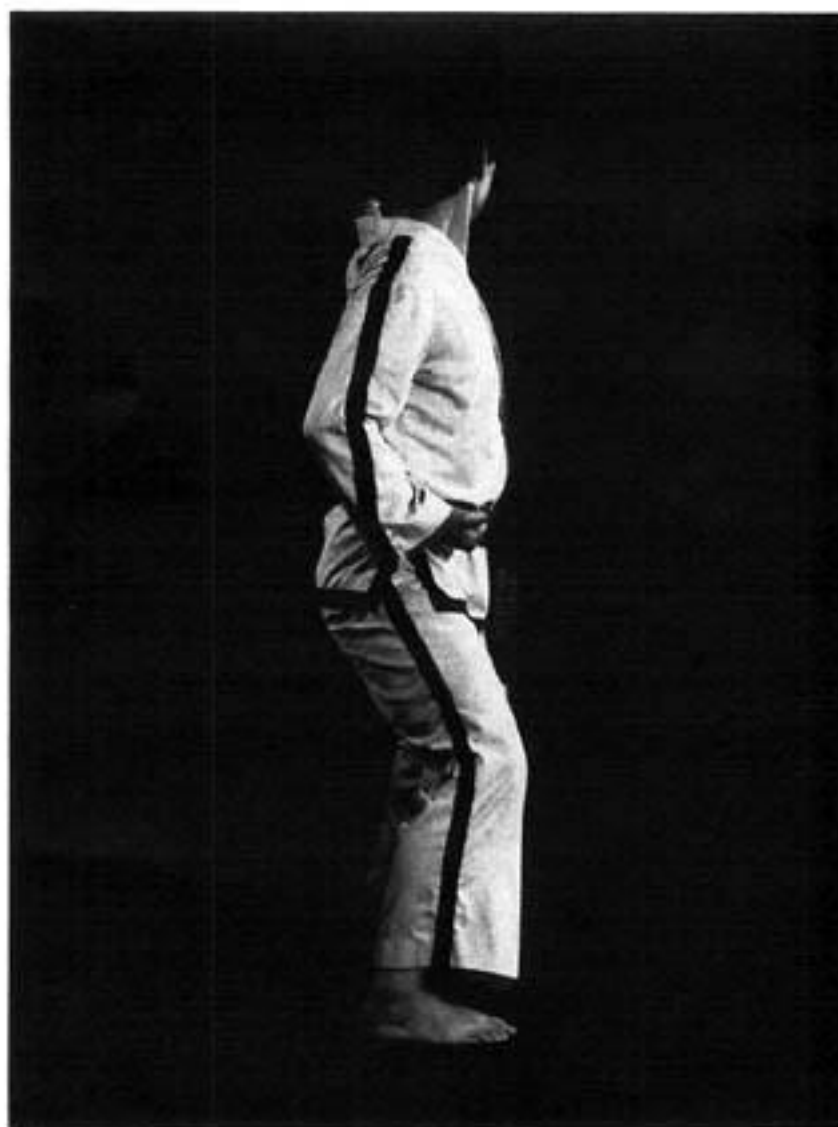
Side View



Application



5. Move the left foot to C to form a sitting stance toward B while executing a middle side strike to C with the left back hand.



Sitting stance toward B with a left back hand middle side strike to C.



Application

Previous Posture



Side View



Side View

6. Execute a middle crescent kick to the left palm with the right foot.



Middle crescent kick to C with the right foot.



Application

Previous Posture

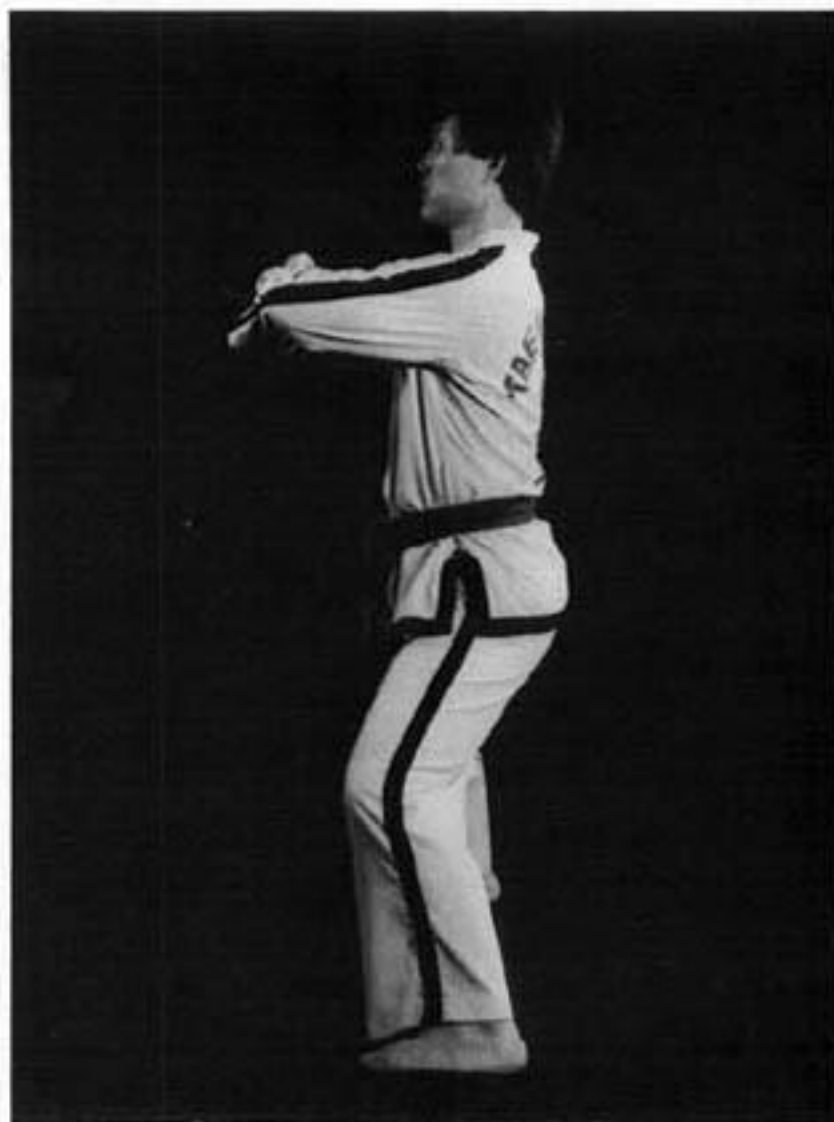


Side View



Side View

7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.



Sitting stance right front elbow strike toward A.

Previous Posture



Application



Front View



8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.



Sitting stance toward A with a left back elbow thrust to B.

Application

Previous Posture



Raise the body slightly.

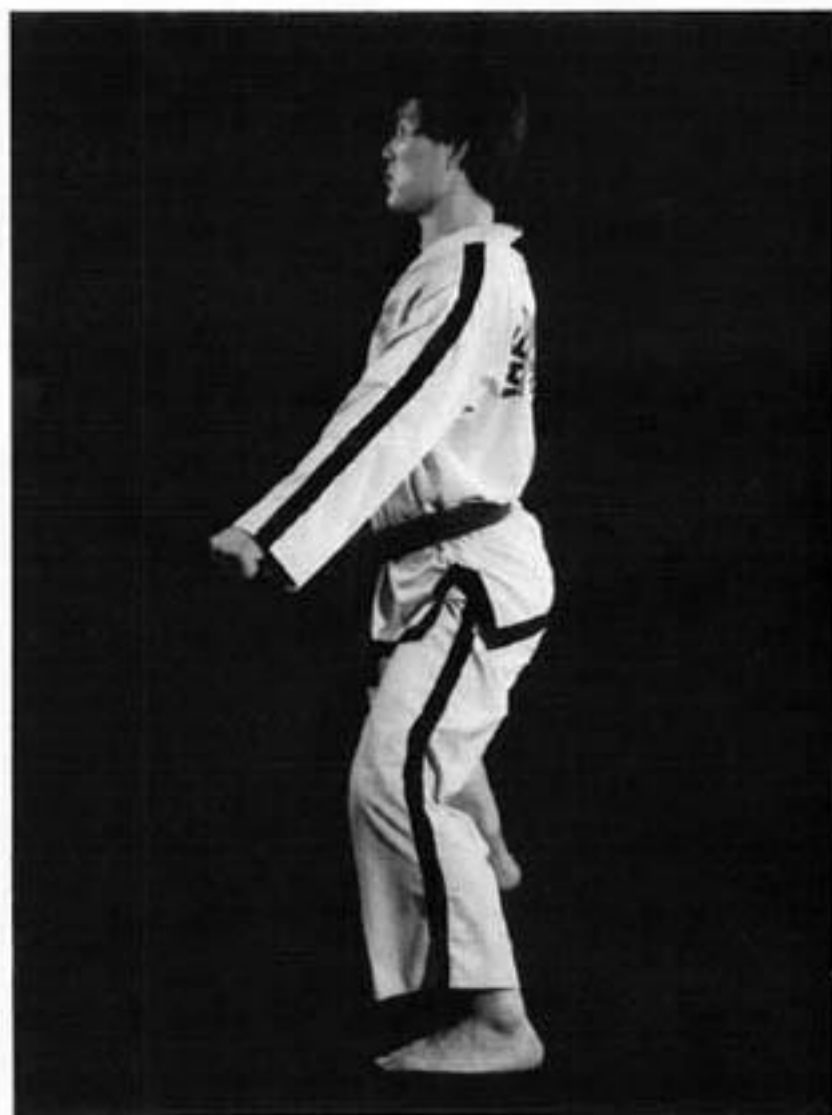


Front View



Front View

9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.



Sitting stance toward A with a right back fist high side strike to B.

Previous Posture



Application



Raise the body slightly.



Front View



Front View

10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow thrust.



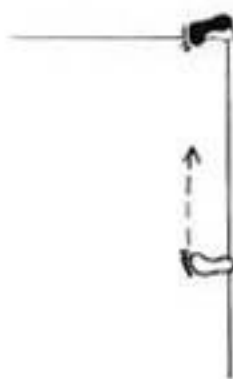
Close stance toward D with a twin side elbow thrust.



Previous Posture



Side View



Keep both back fists faced to the front.

- 11. Cross the left foot over the right foot, forming a right X-stance toward D while turning the face to A, keeping the position of the hands as they were in 10. Perform in a fast motion.**



Right X-stance toward D with the face turned to A.

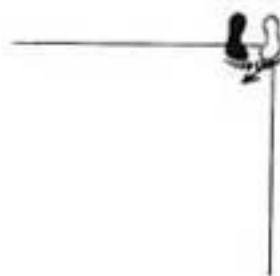
Application



Side View



Previous Posture



Previous Posture



12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.



Middle side piercing kick to A with the right foot.



Application



Previous Posture



13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while thrusting with a twin horizontal elbow.



Right X-stance toward D with a twin horizontal elbow thrust.

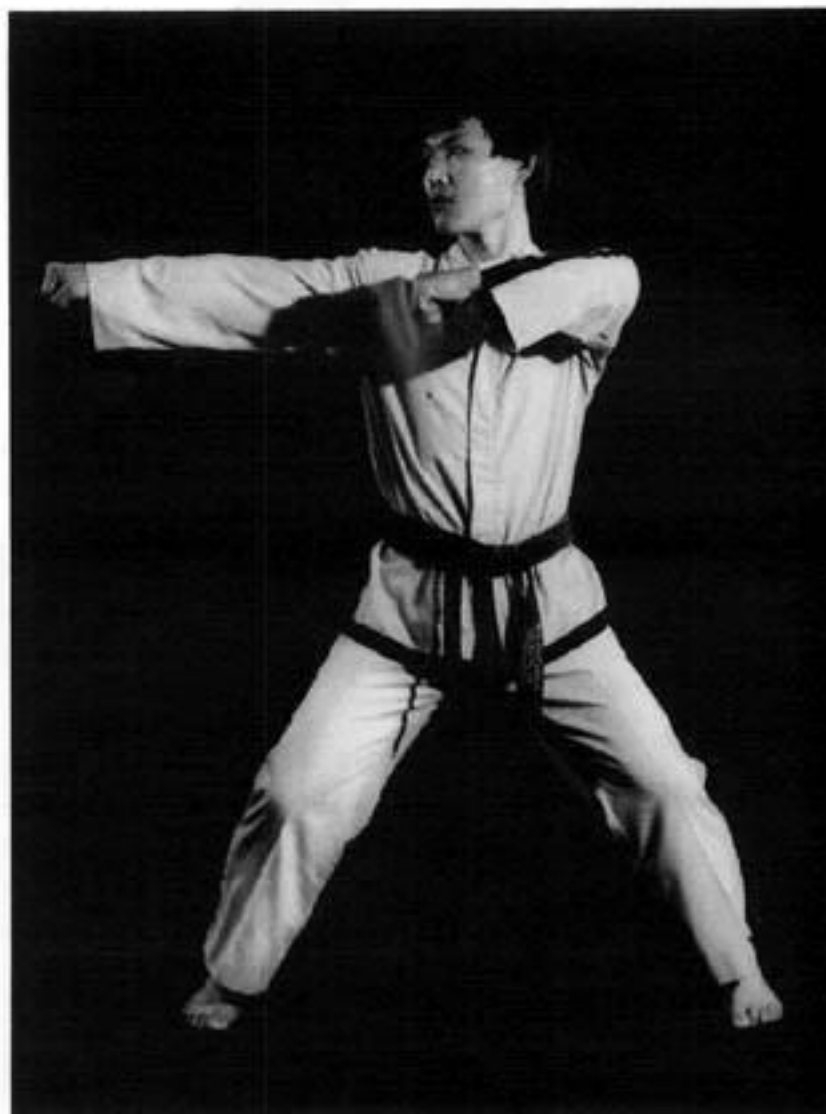


Application



Keep the right heel slightly off the ground.

14. Move the right foot to A to form the sitting stance toward D while executing the right horizontal punch to A.



Sitting stance toward D with a right horizontal punch to A.



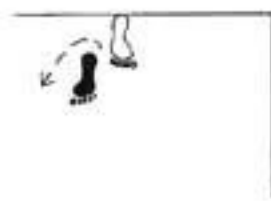
Application



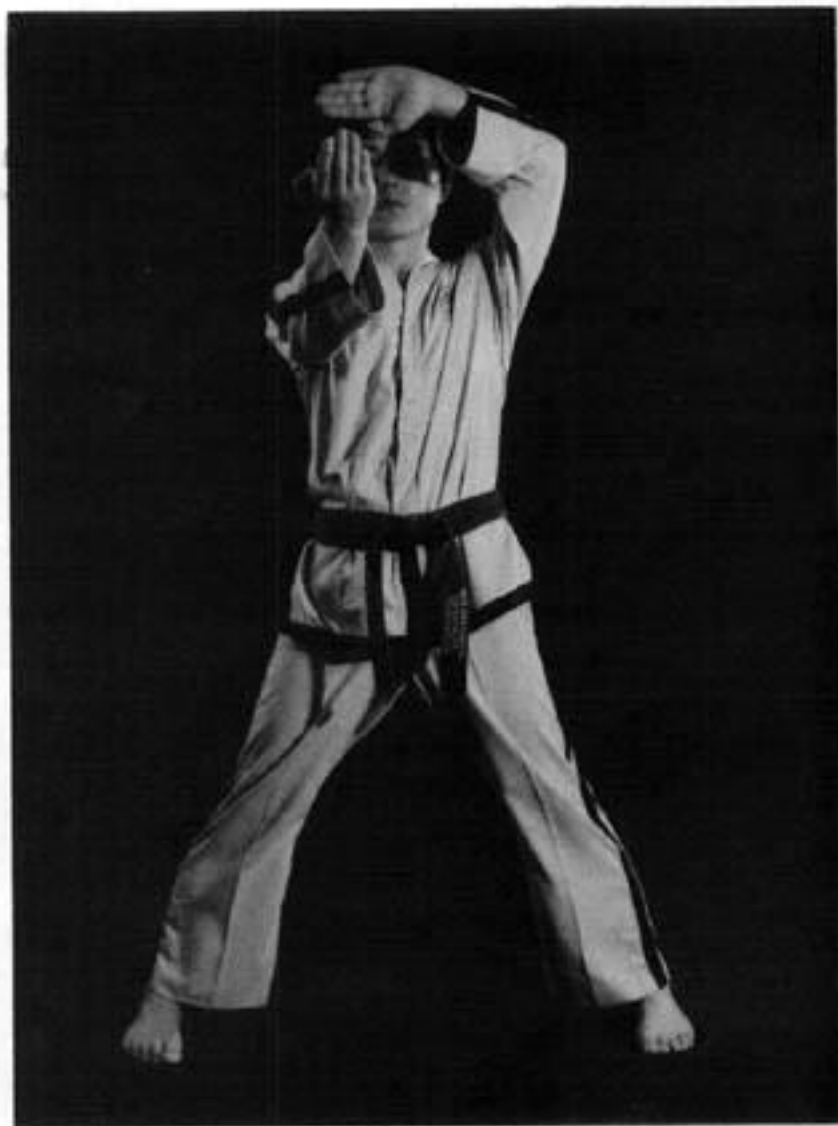
Top View



Previous Posture



- 15. Execute a high front strike to D with the right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.**



**Right knife-hand high front strike
while standing up toward D.**

Application



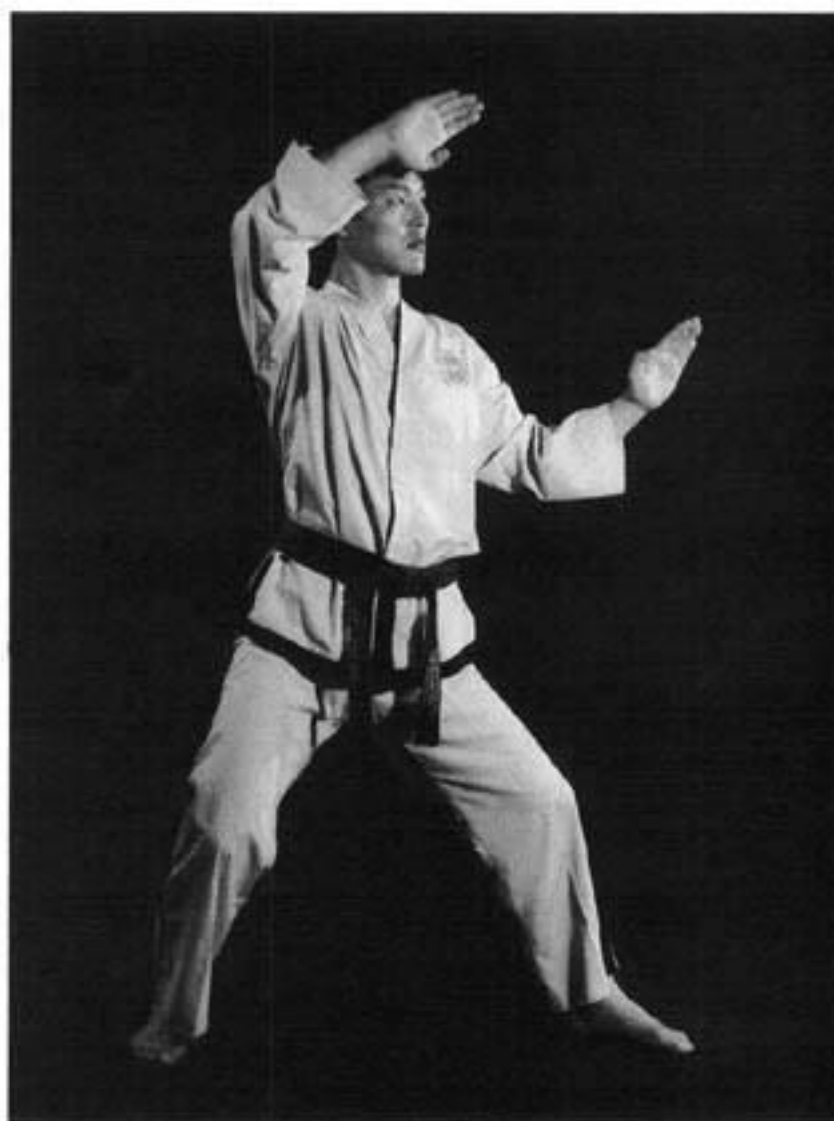
Side View



Previous Posture

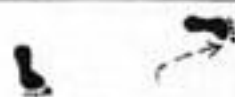
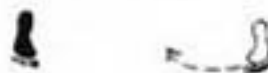


- 16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.**



Right L-stance twin knife-hand block toward B.

Previous Posture



Application

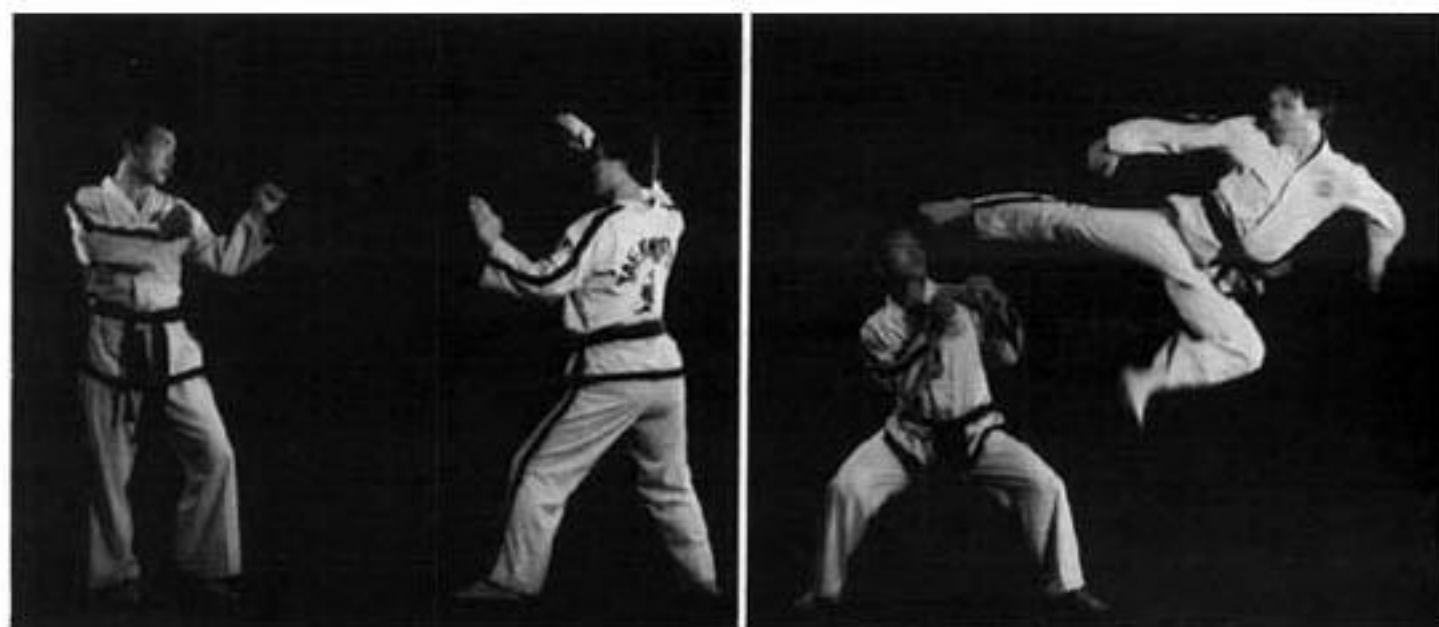


17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.



Mid-air kick (180 degrees) to B with the right foot.

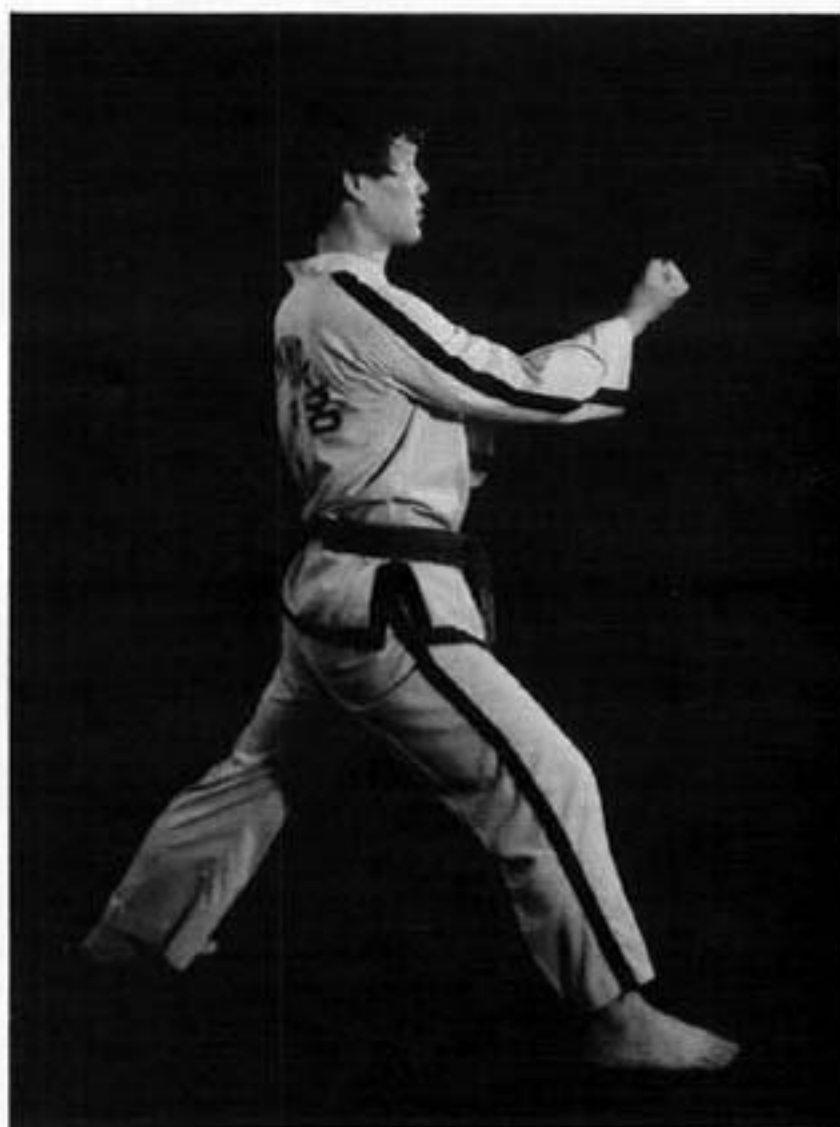
Application



Previous Posture



18. Land to B, forming a right walking stance toward B while executing a middle block to B with the right double forearm.



Right walking stance middle block with the right double forearm toward B.

Other View

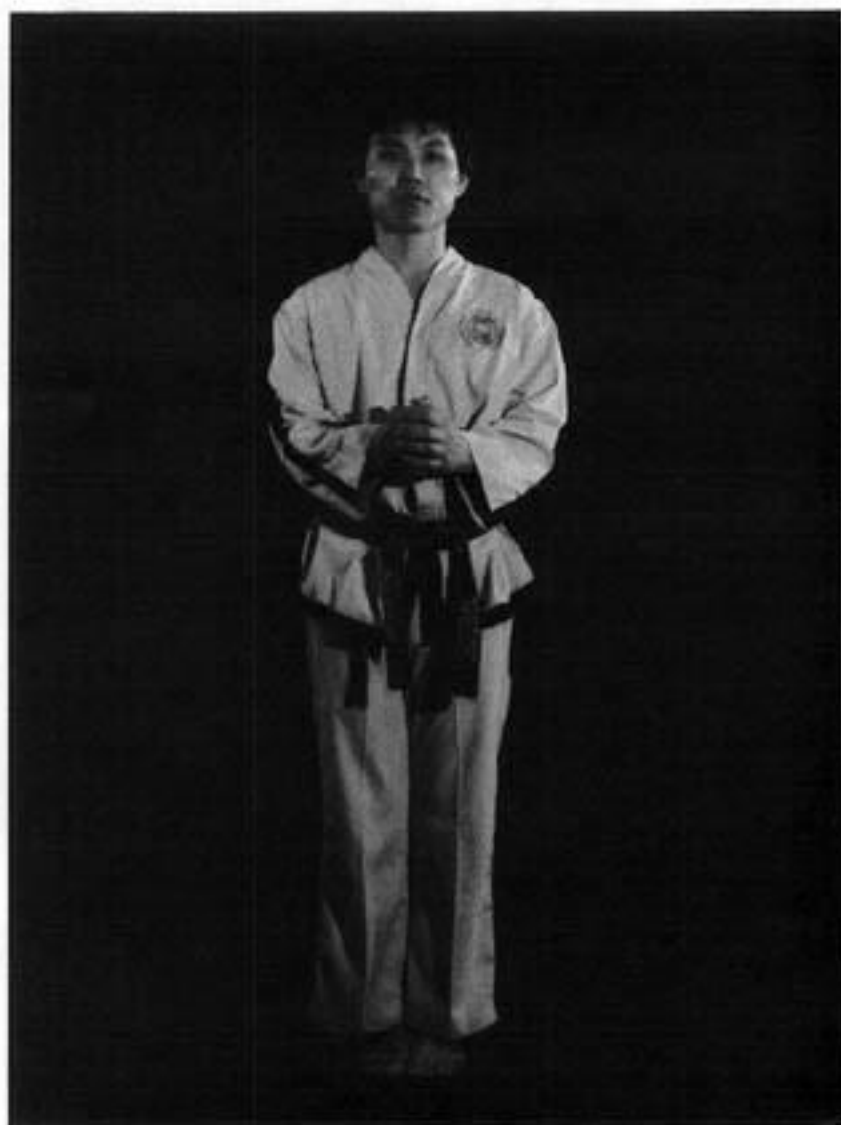


Previous Posture

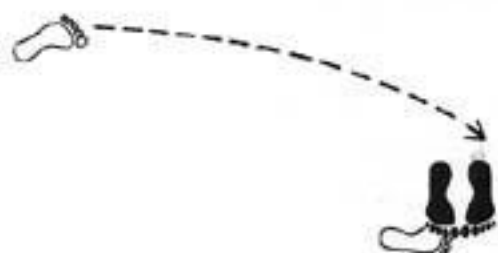


Application

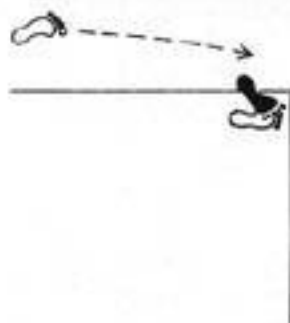
- 19. Bring the left foot to the right foot to form a close ready stance B toward D.**



Close ready stance B toward D.



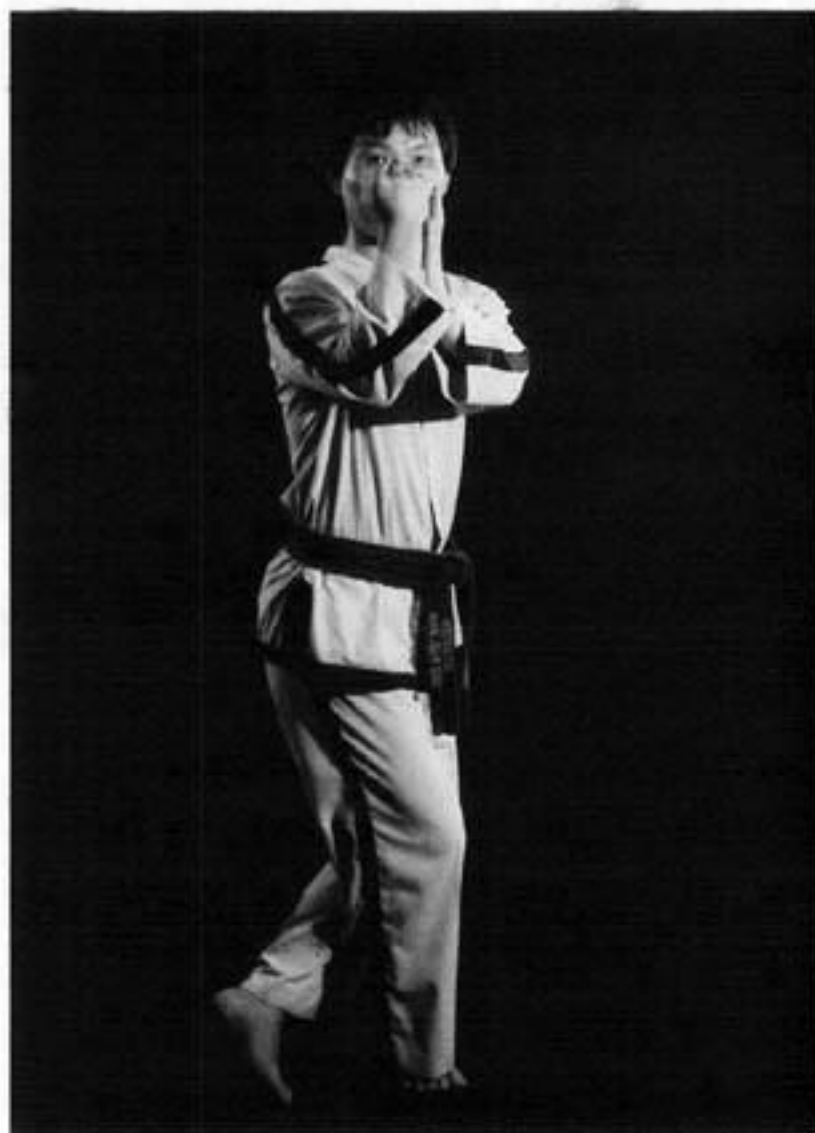
Previous Posture



Application



20. **Jump to D, forming a right X-stance toward BD while executing a high side strike to D with the right back fist, bringing the left finger belly to the right side fist.**



Right X-stance toward BD with a right back fist high side strike to D.

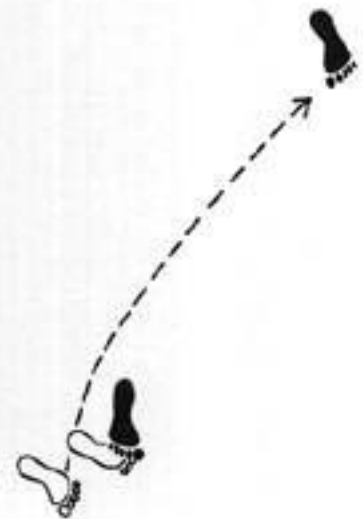
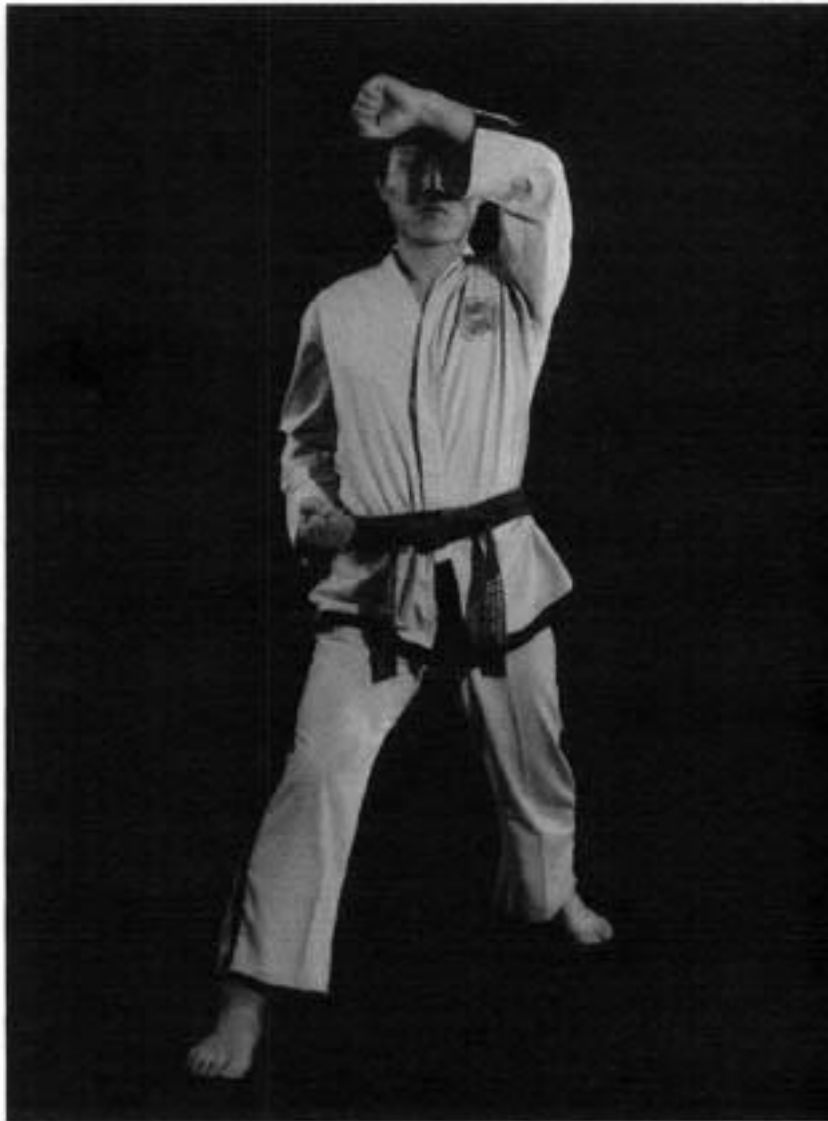
Application



Side View



- 21. Move the left foot to C to form a right walking stance toward D while executing a rising block to D with the left forearm.**



Right walking stance rising block with the left forearm toward D.

Application



Previous Posture



Side View



22. Execute a middle front snap kick to D with the left foot, keeping the position of the hands as they were in 21.



Middle front snap kick to D
with the left foot.

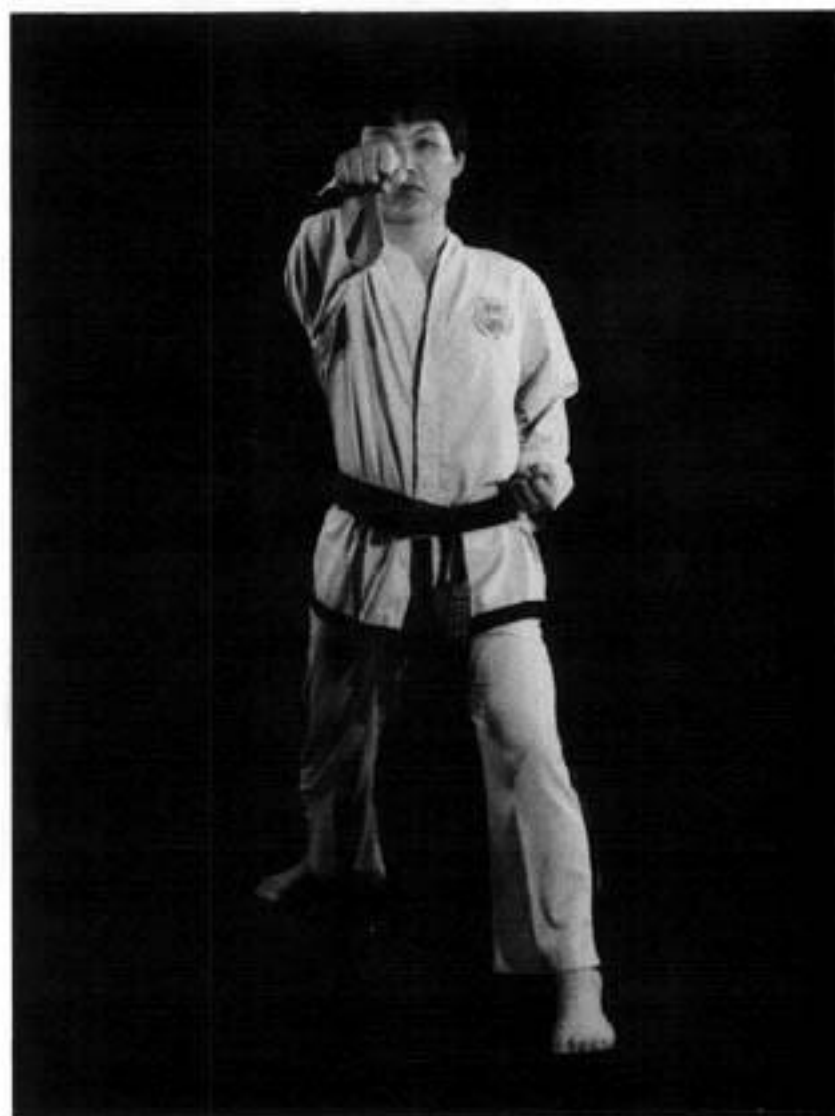
Previous Posture



Side View



- 23. Lower the left foot to D, forming a left walking stance toward D while executing a high punch to D with the right fist.**



**Left walking stance high punch
with the right fist toward D.**

Previous Posture



Side View



24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward D.



Previous Posture



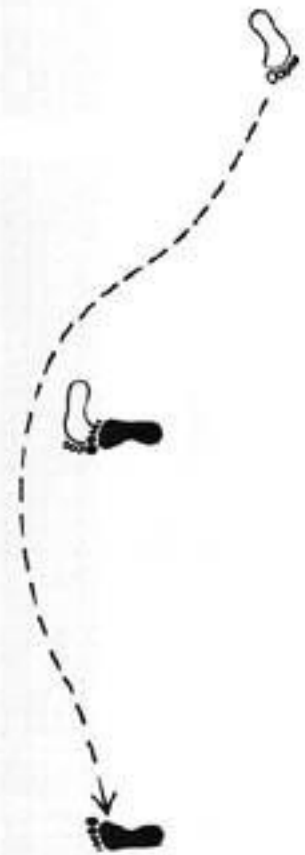
Application



Side View



- 25. Move the left foot to D, turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.**



Sitting stance toward A with a left back fist high side strike to D.

Previous Posture

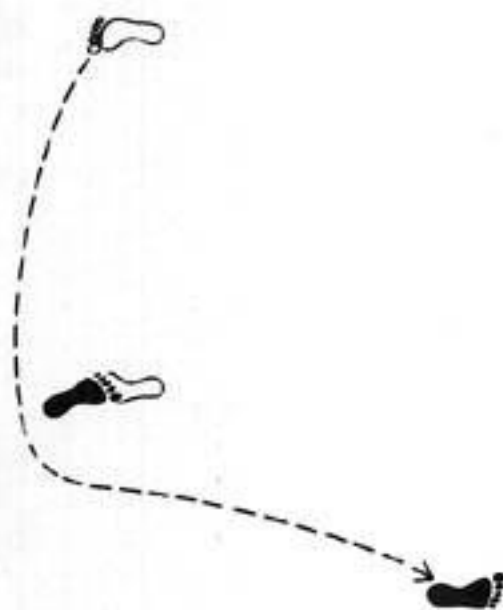
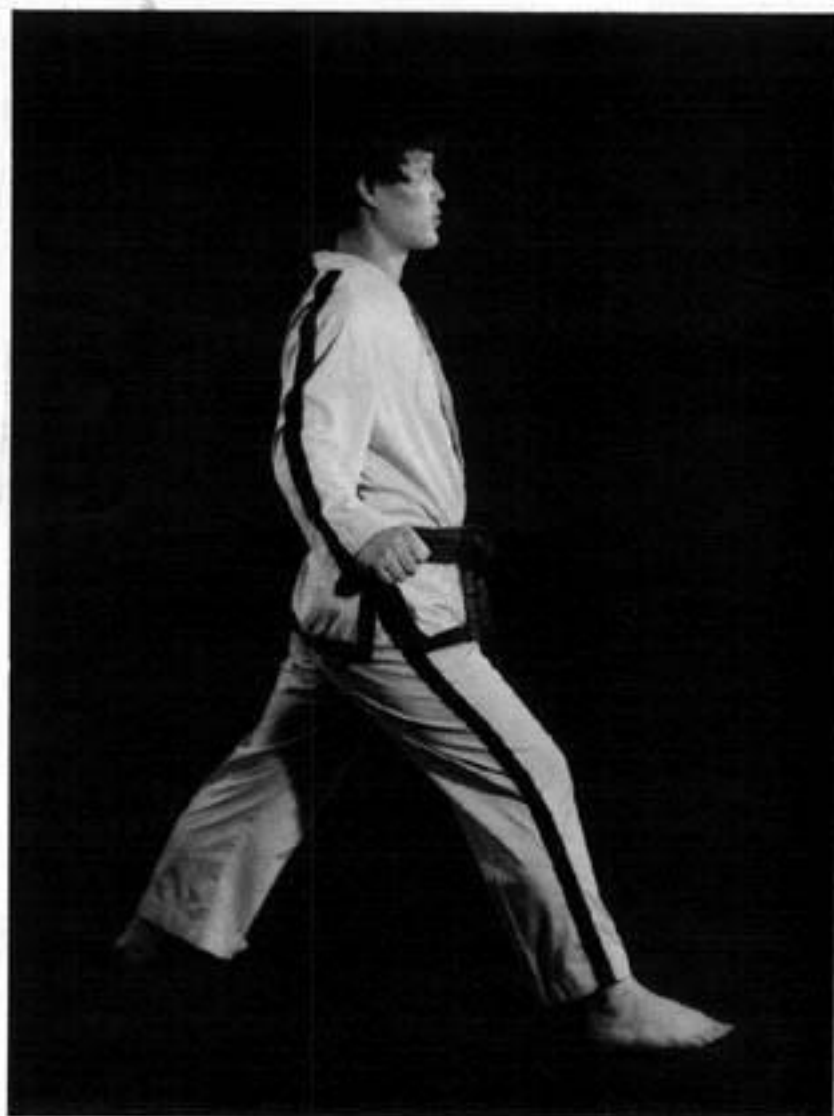


Application



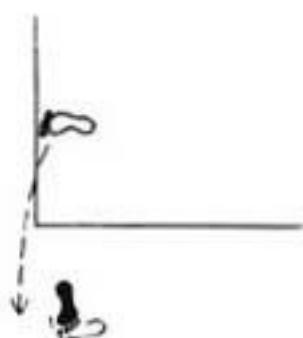
Side View

26. Move the right foot to F, turning counter-clockwise to form a right walking ready stance toward F.



Right walking ready stance
toward F.

Previous Posture



Front View



27. Jump to execute a flying high kick to F with the right foot.



Flying high kick to F with the right foot.

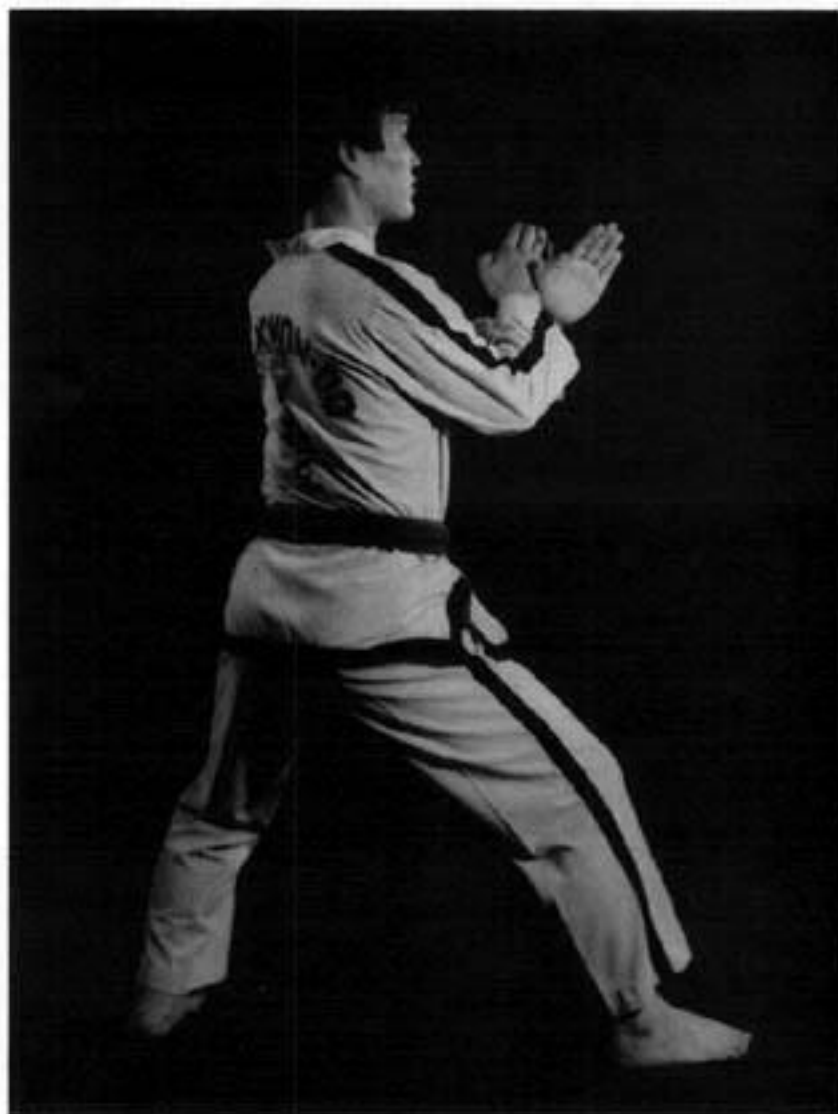
Previous Posture



Application

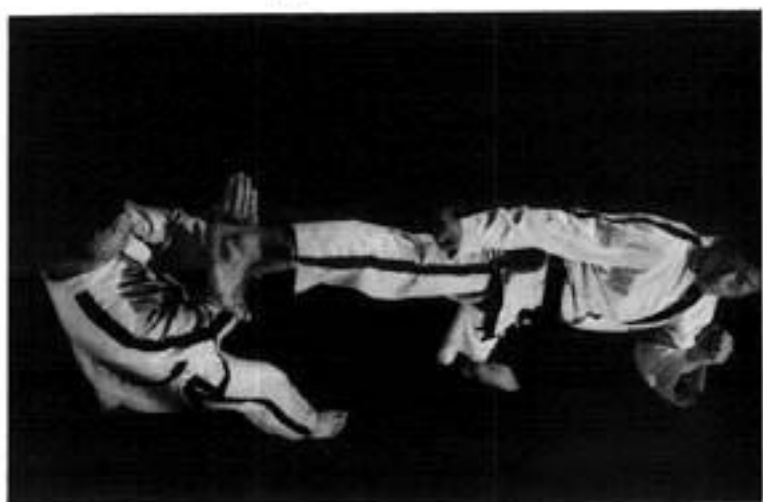


**28. Land to F to form a right fixed stance toward F while
executing a middle block to F with an X-knife-hand.**



**Right fixed stance X-knife-hand
middle block toward F.**

Application



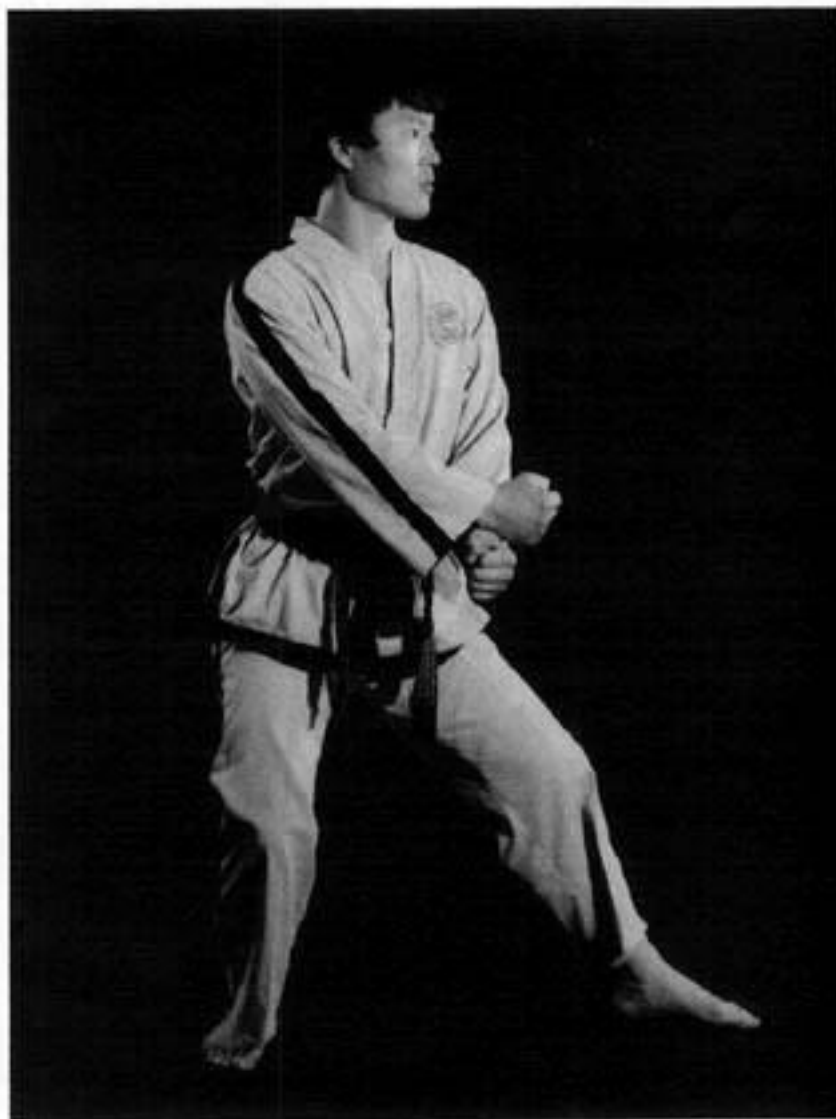
Front View



Previous Posture



29. Move the left foot to **F**, forming a right **L-stance** toward **D** while executing a pressing block to **F** with an **X-fist**.



Right L-stance toward **F** with an X-fist pressing block.



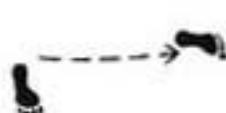
Application



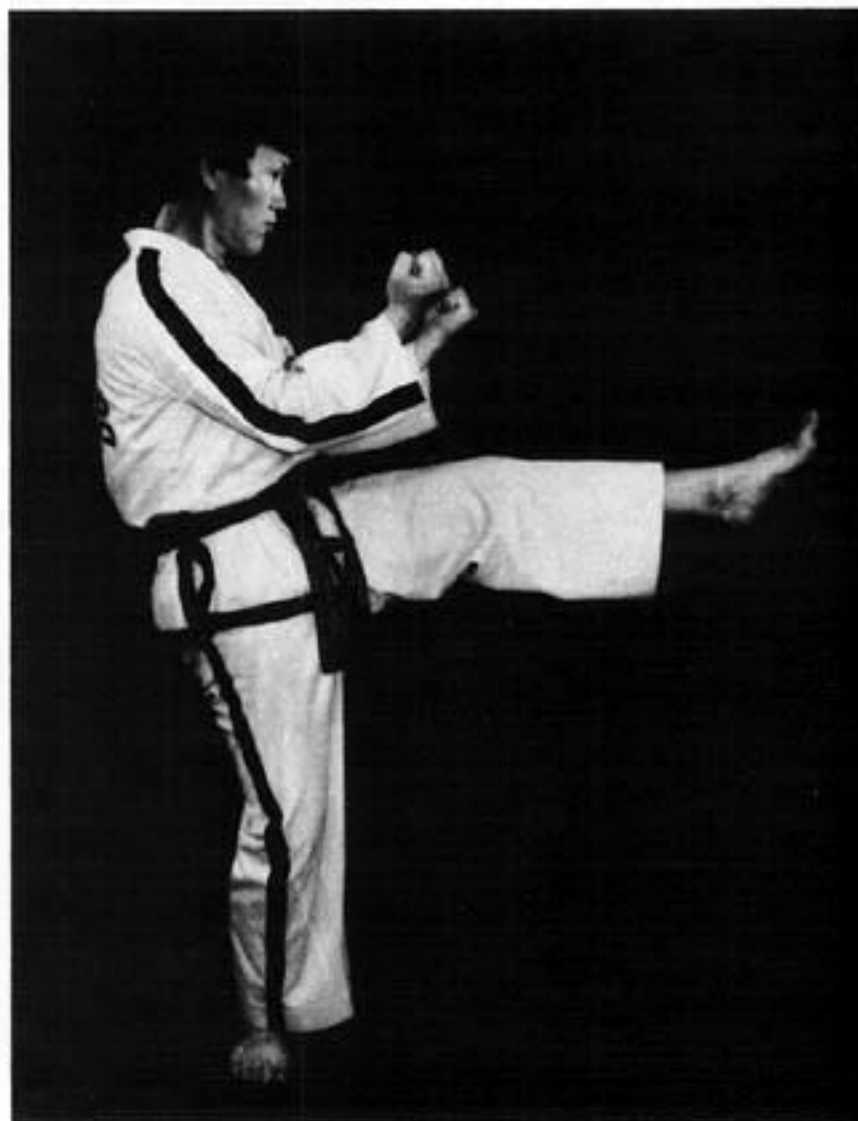
Front View



Previous Posture



- 30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.**



Inner forearm middle wedging block with a left foot middle side front snap kick to F.

Front View



Previous Posture



Application

31. Lower the left foot to F, forming a left walking stance toward F, while executing a high vertical punch to F with a twin fist.



Left walking stance twin fist
high vertical punch toward F.



Front View



Previous Posture



32. Move the right foot to F, to form a right fixed stance toward F while executing a high side block with the right knife-hand and a middle pushing block with the left palm.



Right fixed stance with a right knife-hand high block and a left palm pushing block toward F.



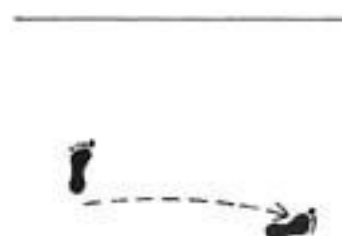
Application



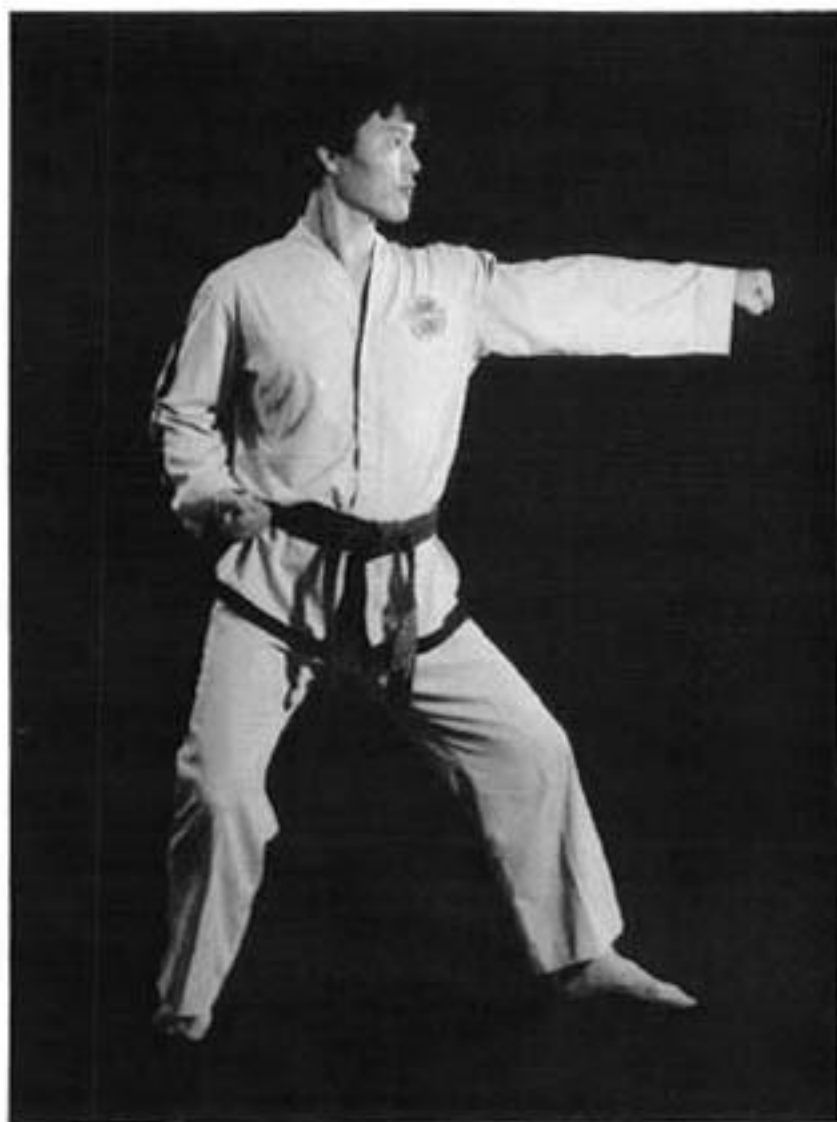
Front View



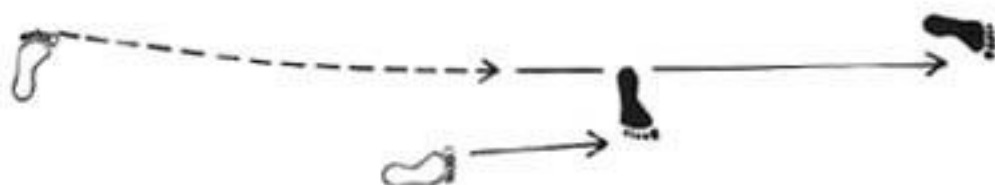
Previous Posture



33. Slide to F, forming a right L-stance toward F while executing a middle punch to F with the left fist.



Right L-stance middle punch to F with the left fist.



Previous Posture



Other View



34. Move the left foot to the side rear of the right foot and the right foot to E, to form a right L-stance toward F, and then jump to E, maintaining a right L-stance toward F while executing a middle guarding block to F with the forearm.



Jumping to E

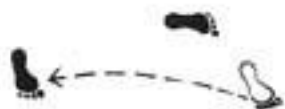


Right L-stance forearm middle guarding block toward F.

Previous Posture



Keep the left heel slightly
off the ground.



35. Execute a middle turning kick to DF with the right foot.



Middle turning kick to DF
with the right foot.



Application



Front View



Previous Posture



- 36. Lower the right foot to F, and then execute a middle back piercing kick to F with the left foot.**



**Middle back piercing kick to F
with the left foot.**

Previous Posture



Front View



Keep the right heel slightly off the ground.

- 37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.**



Right L-stance middle guarding block
with the forearm toward F.

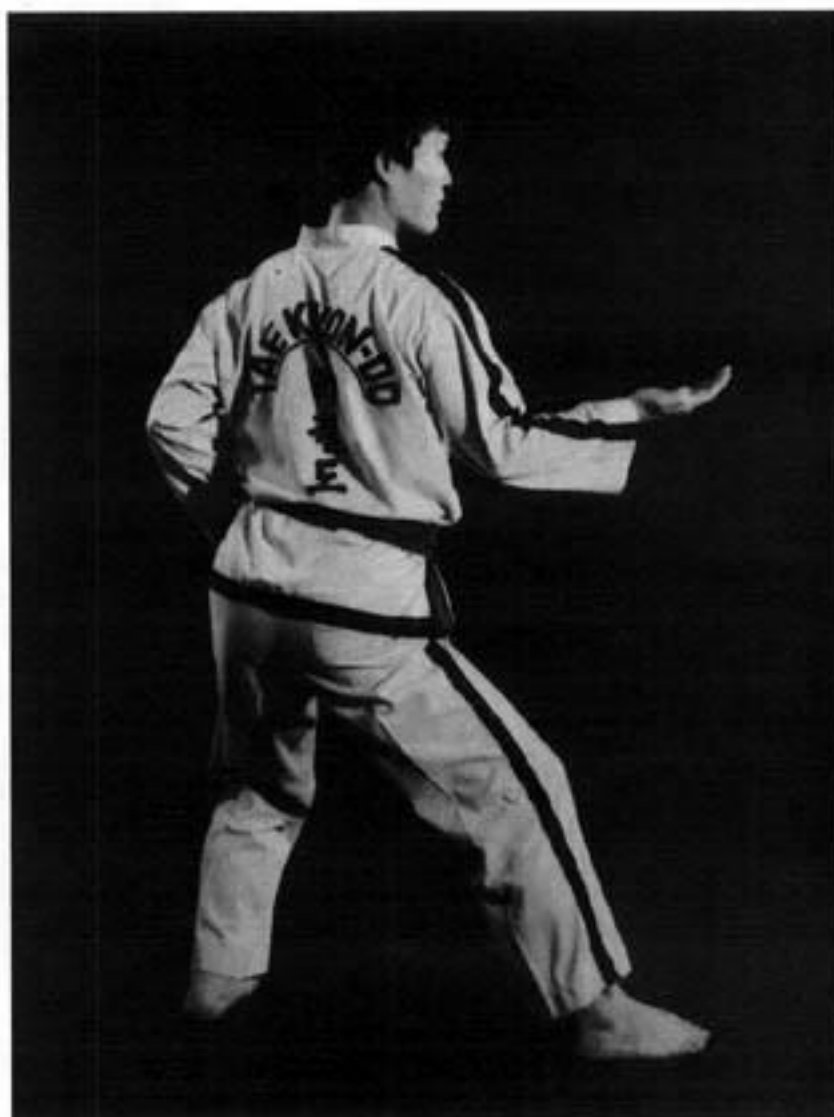
Back View



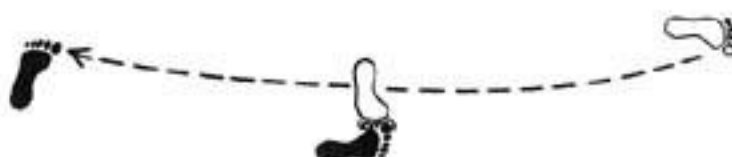
Previous Posture



38. Move the left foot to E, forming a left L-stance toward F while executing an upward block to F with the right palm.



Left L-stance toward F with
a left palm upward block.



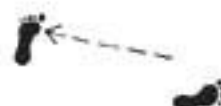
Application



Front View



Previous Posture



- 39. Move the right foot to E, forming a right walking stance toward E while executing a circular block to ED with the left inner forearm.**



Right walking stance toward E with a left inner forearm circular block to ED.



Application



Front View



Previous Posture



- 40. Execute a circular block to DE with the right inner forearm while forming a left walking stance toward DF.**

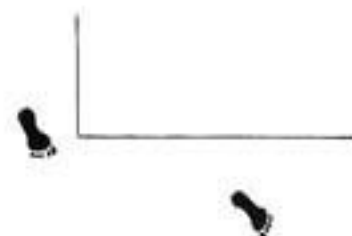
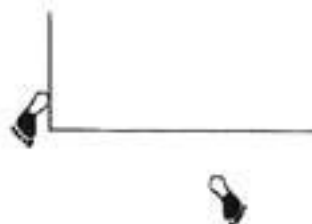


Left walking stance toward DF with a right inner forearm circular block to DE.

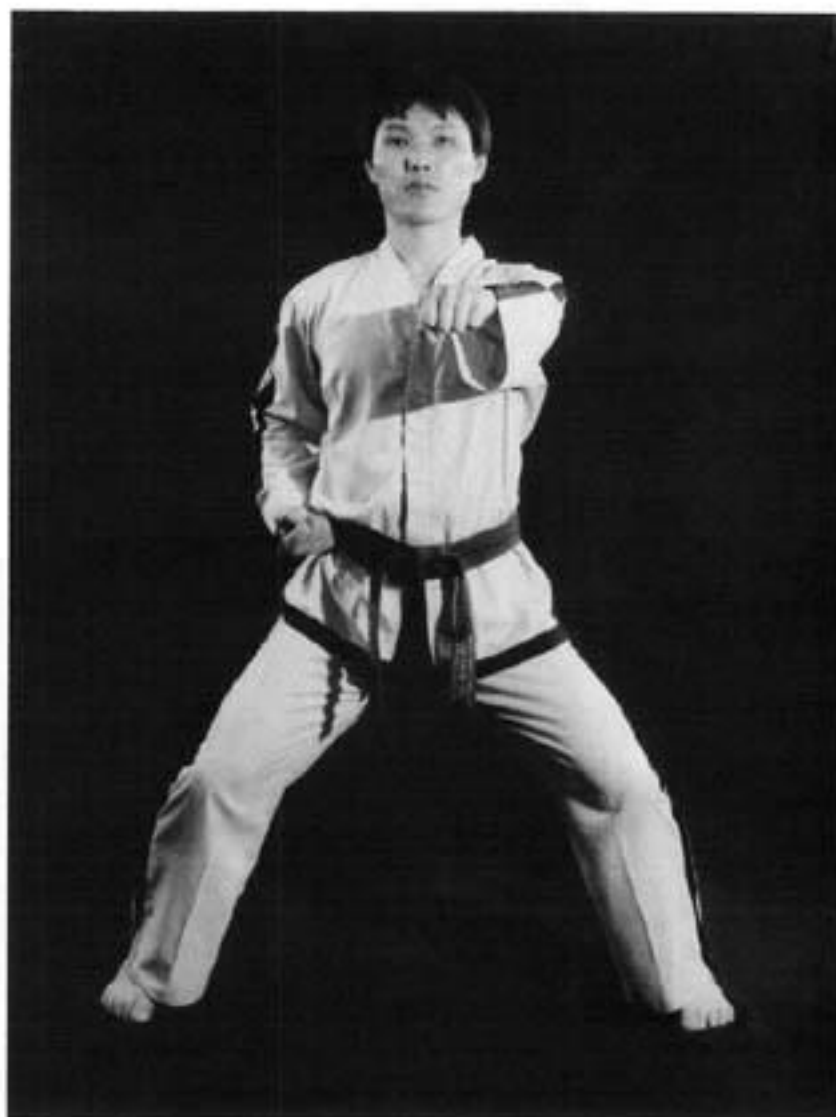
Side View



Previous Posture



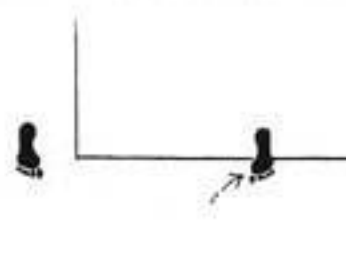
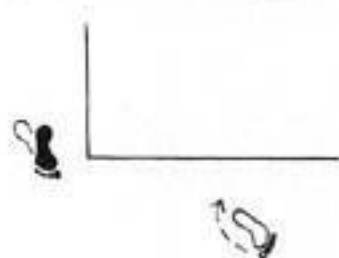
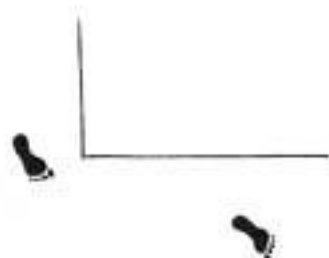
41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.



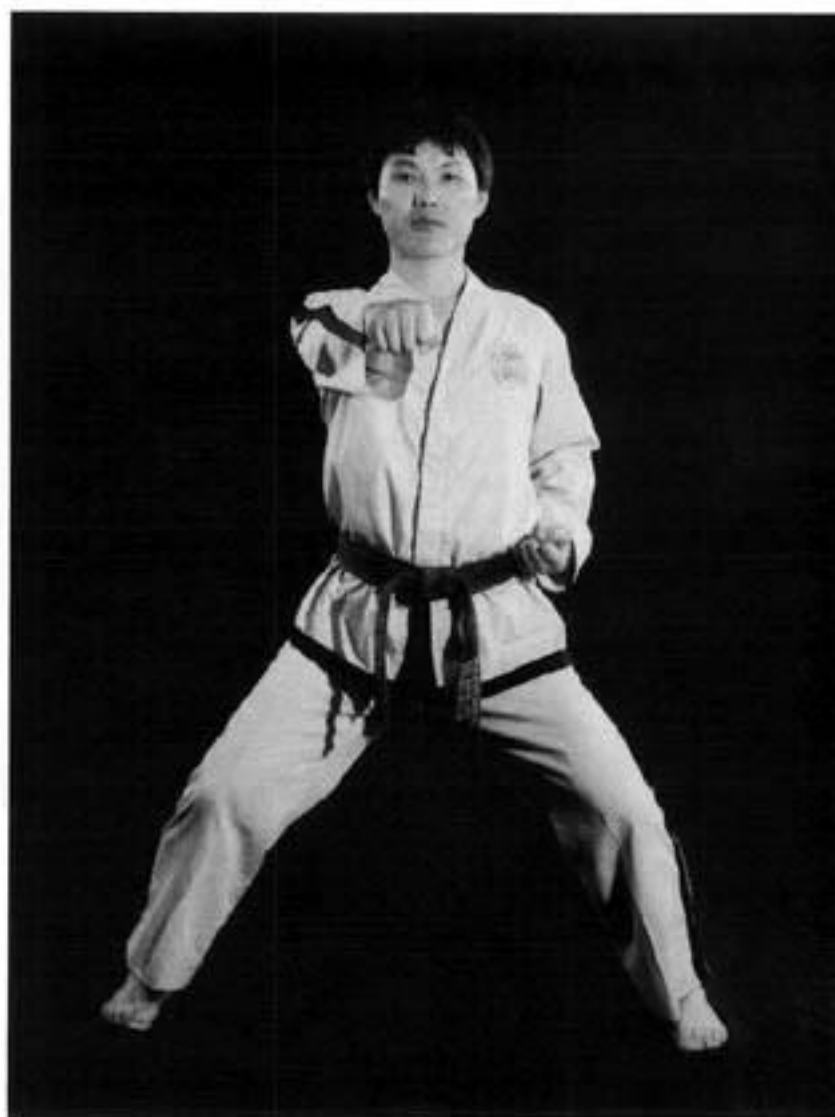
Sitting stance middle punch with the left fist toward D.



Previous Posture



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



**Sitting stance middle punch
with the right fist toward D.**

Other View



Raise the body slightly.

Previous Posture



Application

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



Parallel stance toward D.

Top View

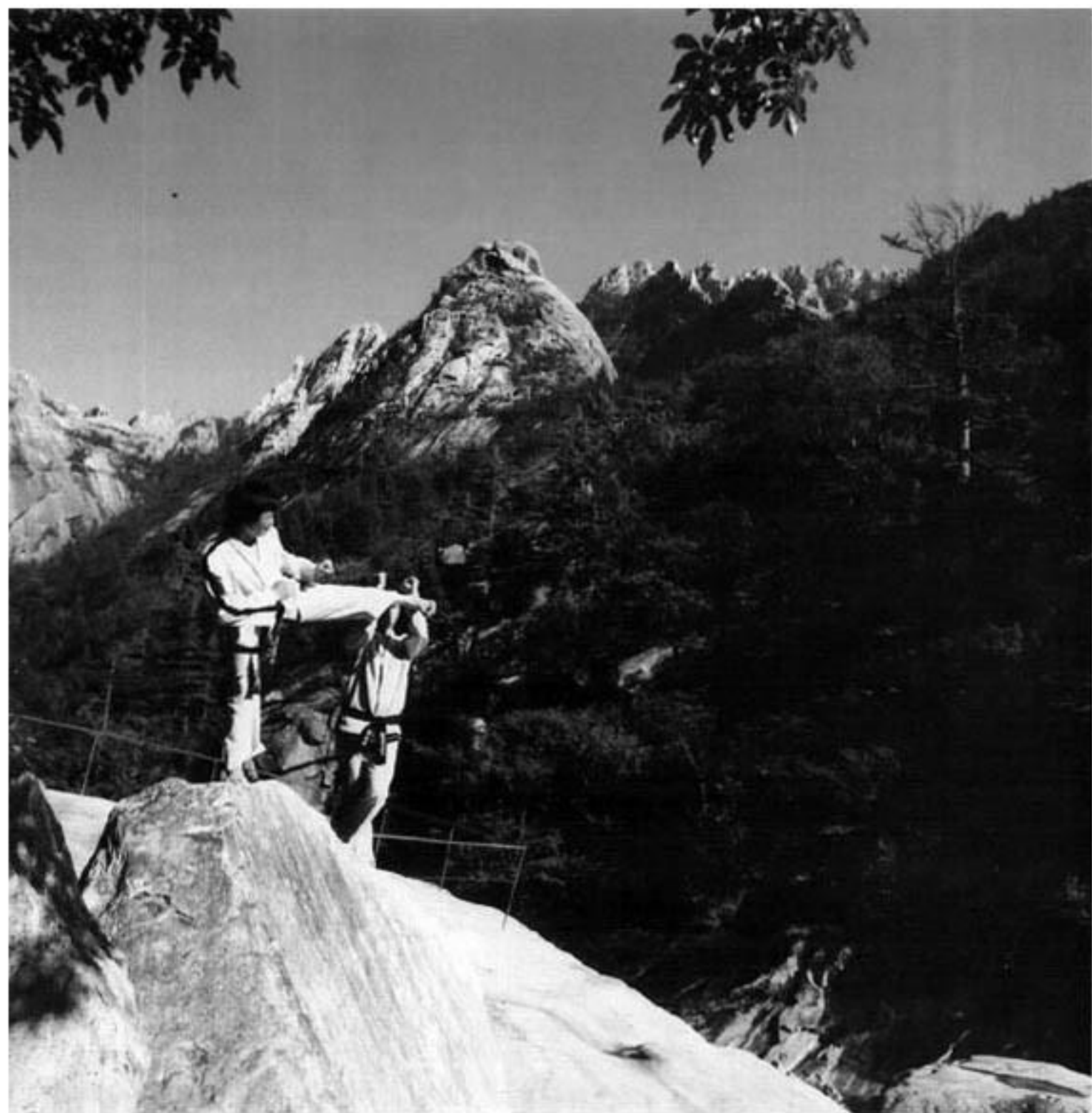


Previous Posture



Side View





**ADDITIONAL TECHNIQUES
FOR
PATTERN MOON-MOO**

Sitting Stance Flat Fingertip Middle Thrust
(Annun So Opun Sonkut Kaunde Tulgi)

Front View



Side View



X-Stance Knife-Hand Side Strike
(Kyocha So Sonkal Yop Taerigi)

Side View



Front View



One Leg Stance Knife-Hand Outward Block
(Waebal So Sonkal Bakuro Makgi)

Side View

Front View



The knife-hand reaches the eye level of the defender.

Rear Foot Stance Palm Downward Block
(Dwitbal So Sonbadak Naeryo Makgi)

Front View

Side View



The palm reaches the same level as the solar plexus of the defender.

Sitting Stance Side Fist Middle Side Strike
(Annun So Yop Joomuk Kaunde Yop Taerigi)

Front View



Side View



Sitting Stance Knife-Hand Low Side Block
(Annun So Sonkal Najunde Yop Makgi)

Side View

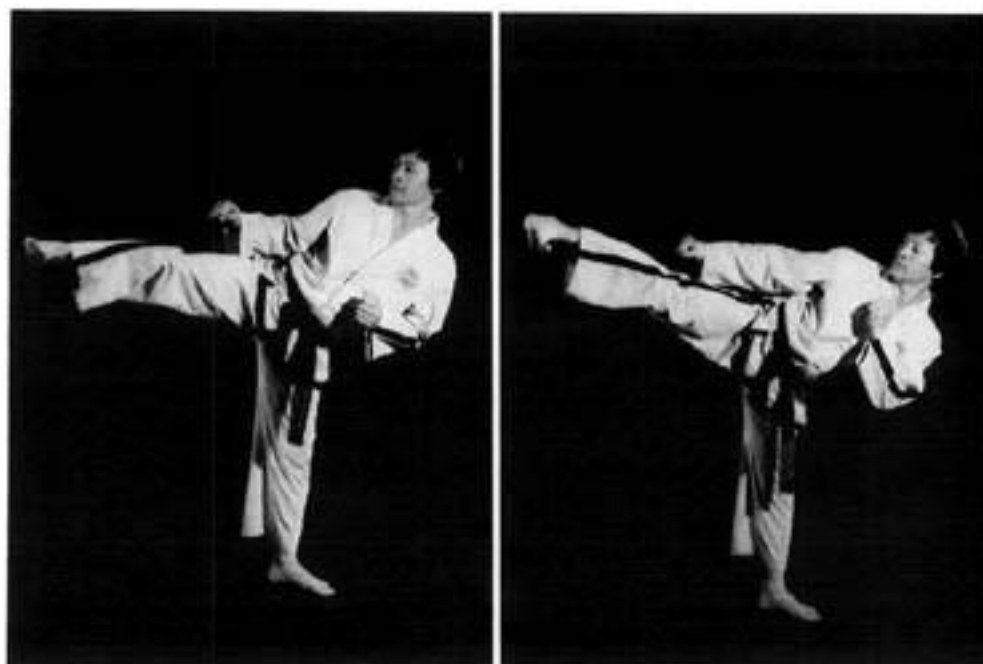


Front View



Side Pushing Kick (*Yopcha Milgi*)

Front View



High Twisting Kick (*Nopunde Bituro Chagi*)

Front View



Side View



Side Checking Kick (*Yopcha Momchoogi*)

Front View



Side View



The footsword reaches the target in an arc.

Side Thrusting Kick (*Yopcha Tulgi*)

Side View



Front View



The ball of the foot must be vertical to the target.

X-Stance Low Punch (*Kyocha So Najunde Jirugi*)

Front View



Side View



**Walking Stance Arc-Hand Reverse Rising Block
(*Gunnun So Bandalson Bandae Chookyo Makgi*)**

Front View



Side View



PATTERN MOON-MOO

(MOON-MOO TUL)

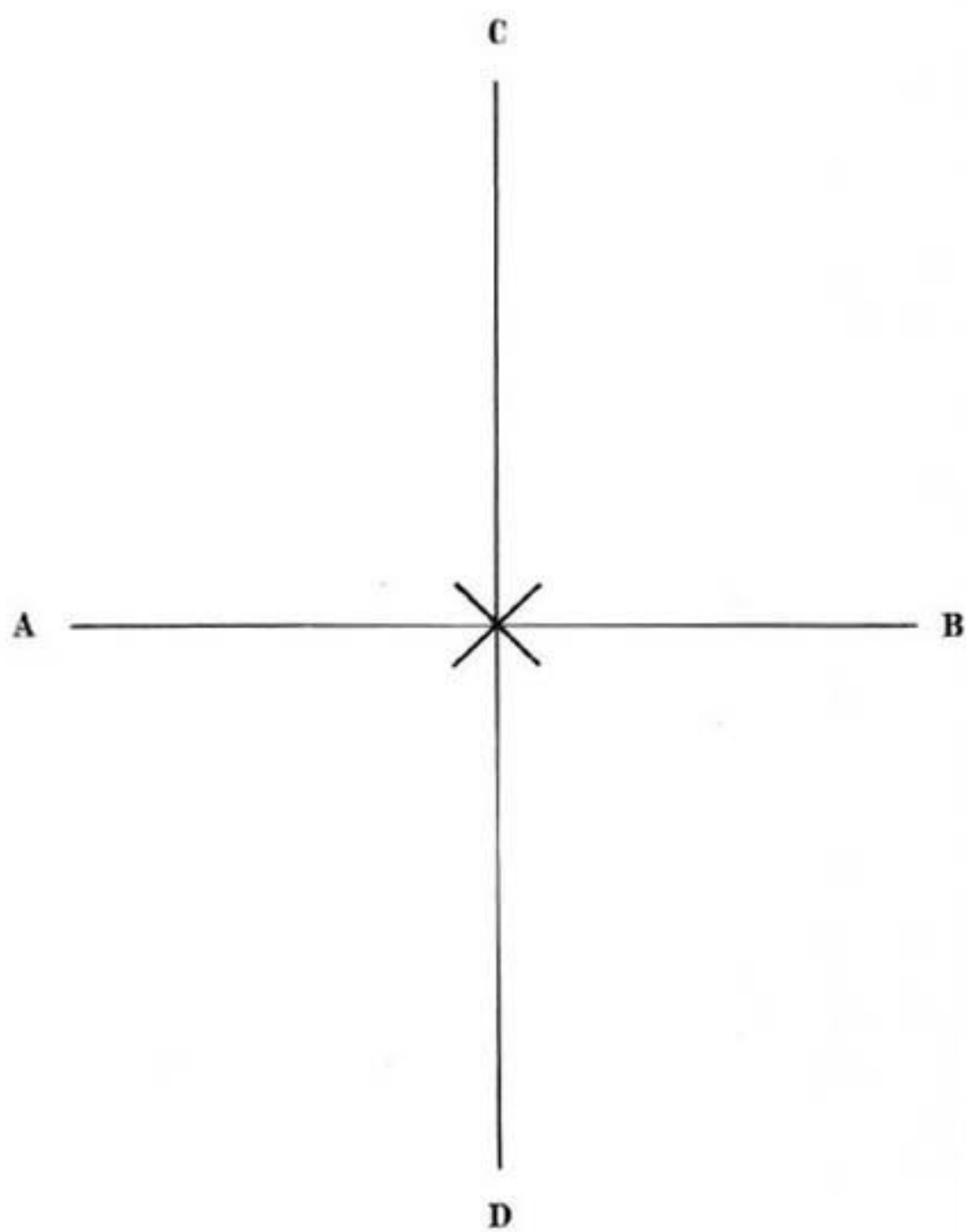
This pattern is practised by the 4th degree and above.

DIAGRAM: +

MOVEMENTS: 61

READY POSTURE: PARALLEL READY STANCE

DIAGRAM (*Yon Moo Son*)



Ready Posture (*Junbi Jase*)



Parallel ready stance toward D.

1. Turn the face to B while forming a right bending ready stance A toward B.
Perform in a slow motion.

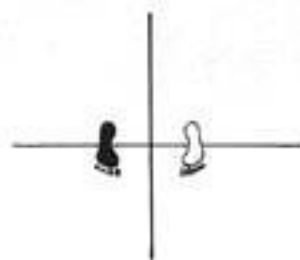


Right bending ready stance A toward B.

Side View



Previous Posture

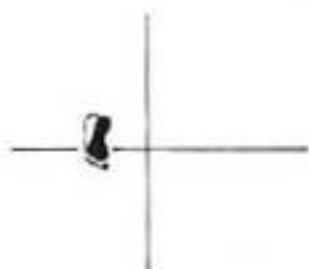


2. Execute a middle side piercing kick to B with the left foot.
Perform in a slow motion.



Middle side piercing kick to B
with the left foot.

Previous Posture

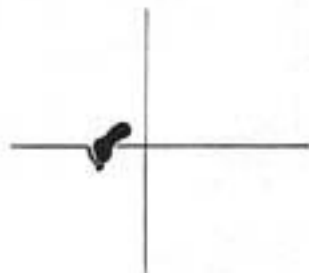


- 3. Execute a middle side piercing kick to B again with the left foot.**
Perform 2 and 3 in a double kick.



**Middle side piercing kick to B
with the left foot.**

Previous Posture



Application



4. Lower the left foot to **B** to form a sitting stance toward **D** while executing a middle thrust to **D** with the right flat fingertip.



Sitting stance middle thrust with the right flat fingertip toward **D**.

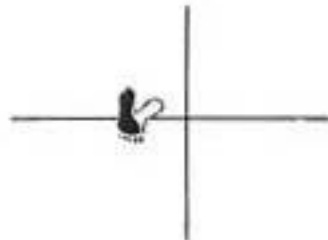
Application



Side View



Previous Posture



5. Execute a high reverse hooking kick to B with the right foot.
Perform in a slow motion.



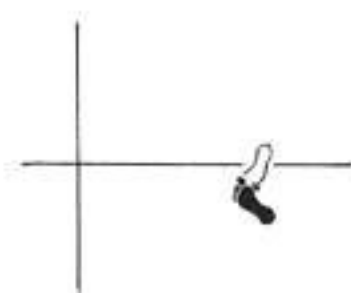
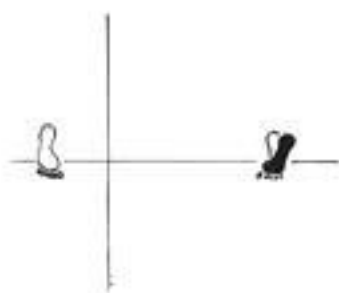
High reverse hooking kick to B with the right foot.



Previous Posture



Application

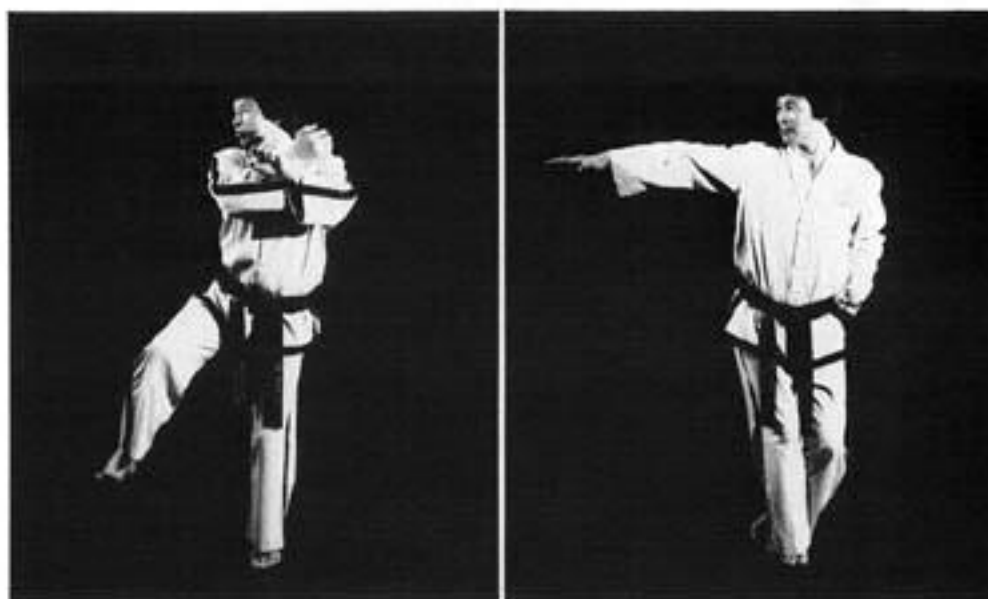


6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.

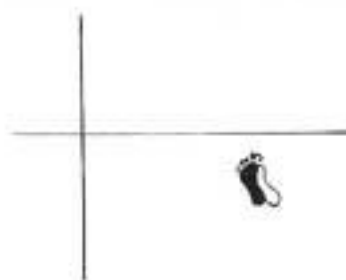


Right X-stance toward C with a right knife-hand middle side strike to B.

Other View



Previous Posture



7. Move the left foot to A, forming a left walking stance toward A while executing a pressing block to A with the right palm.



Left walking stance toward A with a right palm pressing block.



Front View



Previous Posture



8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.



Right walking stance toward A with a left palm pressing block.



Previous Posture



Front View



Application



9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint.

Perform in a slow motion.



Application



Side View



Previous Posture



- 10. Lower the left foot to the right foot, and then turn the face to A while forming a left bending ready stance A toward A.**
Perform in a slow motion.

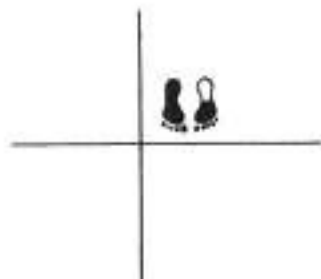


Left bending ready stance A toward A.

Previous Posture



Side View



Keep the left heel slightly off the ground.

11. Execute a middle side piercing kick to A with the right foot.
Perform in a slow motion.

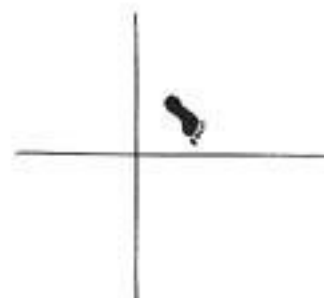
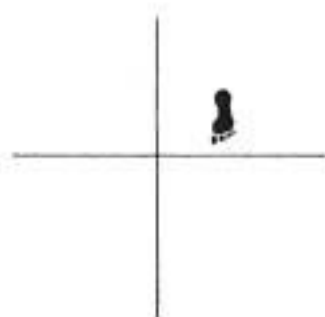


Middle side piercing kick to A with the right foot.

Front View



Previous Posture

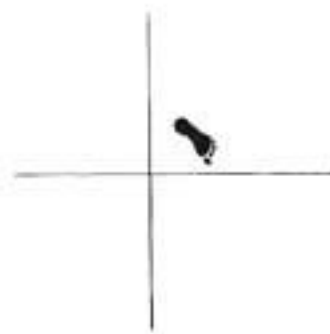
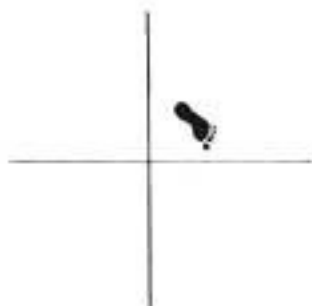
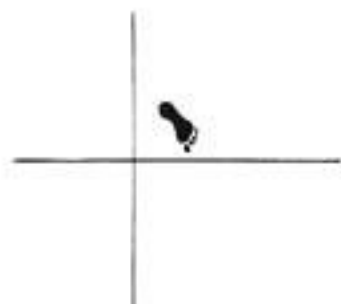


- 12. Execute a middle side piercing kick to A again with the right foot.**
Perform 11 and 12 in a double kick.



**Middle side piercing kick to
A with the right foot.**

Previous Posture



13. Lower the right foot to A, forming a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.



Sitting stance middle thrust with
a left flat fingertip toward D.

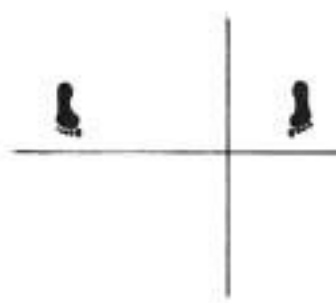
Application



Side View



Previous Posture



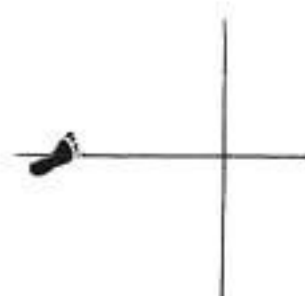
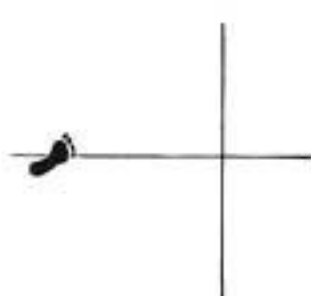
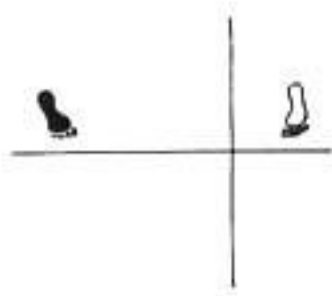
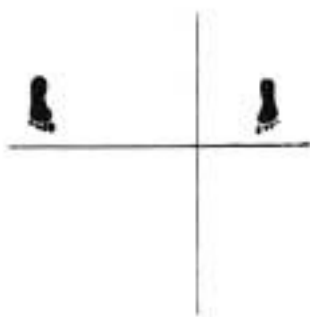
14. Execute a high reverse hooking kick to A with the left foot.
Perform in a slow motion.



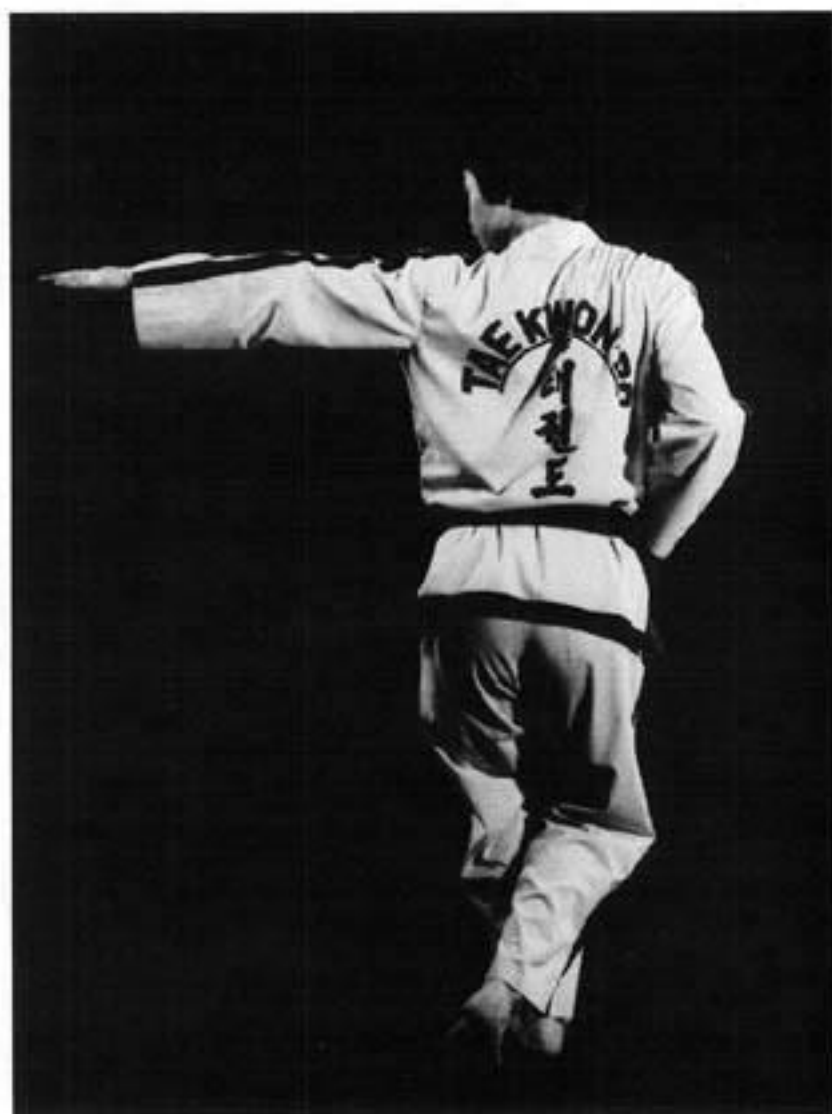
High reverse hooking kick to
A with the left foot.

Application

Previous Posture



15. Lower the left foot to A in a jumping motion to form a left X-stance toward C, at the same time executing a middle side strike to A with the left knife-hand.



Left X-stance toward C with a left knife-hand middle side strike to A.



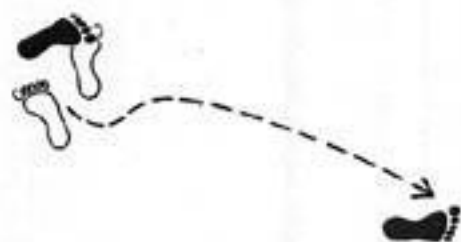
Other View



Application

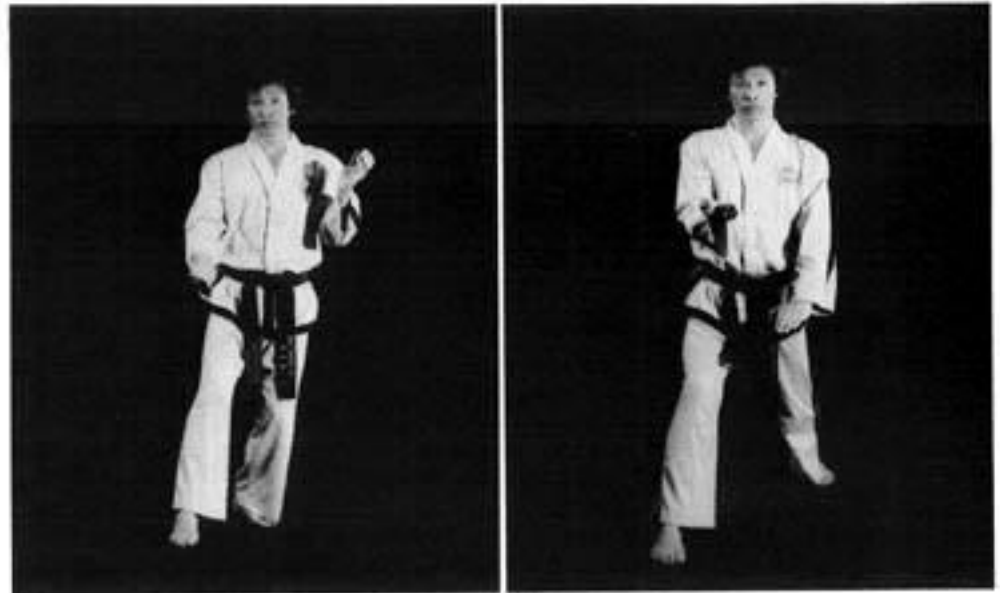


16. Move the right foot to B, forming a right walking stance toward B while executing a pressing block with the left palm.



Right walking stance toward B with a left palm pressing block.

Front View



Previous Posture



17. Move the left foot to B, forming a left walking stance toward B while executing a pressing block with the right palm.



Left walking stance toward B with
a right palm pressing block.



Front View



Previous Posture



18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint.
Perform in a slow motion.



Left one-leg stance toward D with knife-hand side blocks to A and B.



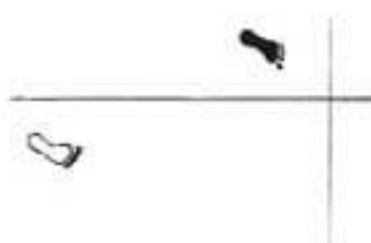
Application



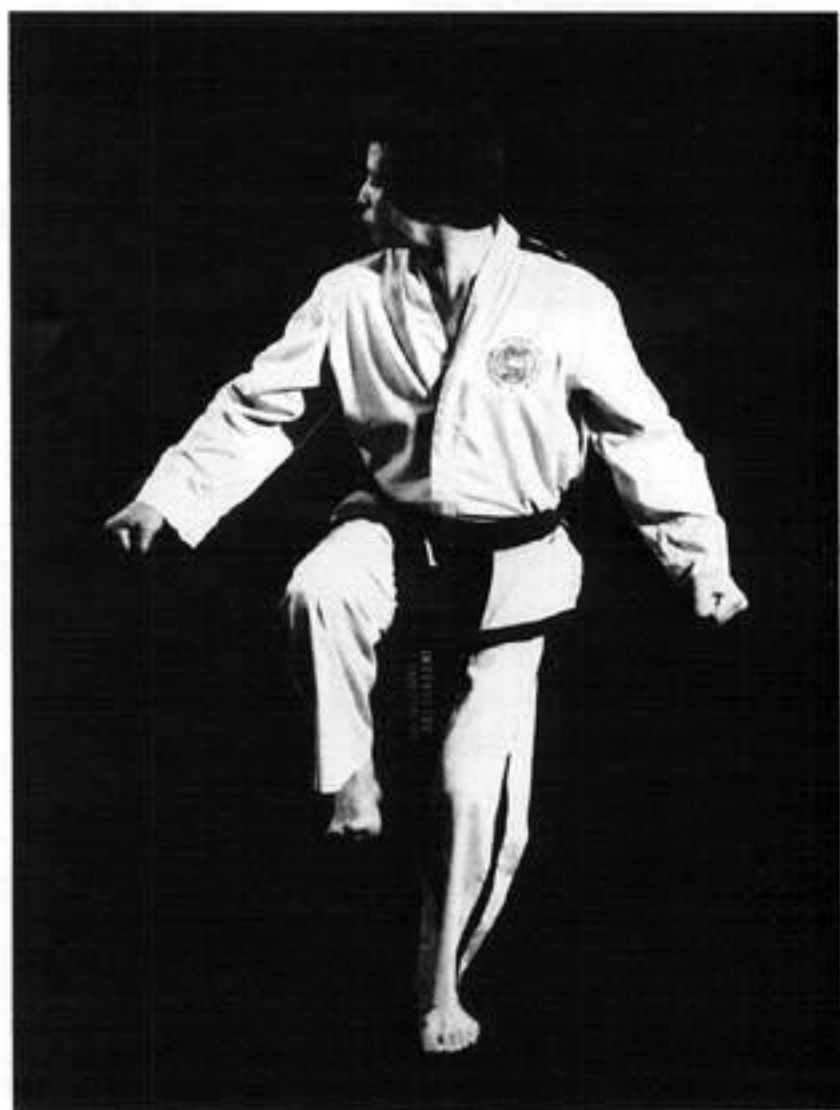
Side View



Previous Posture



- 19. Turn the face to C while forming a left bending ready stance B toward D.**

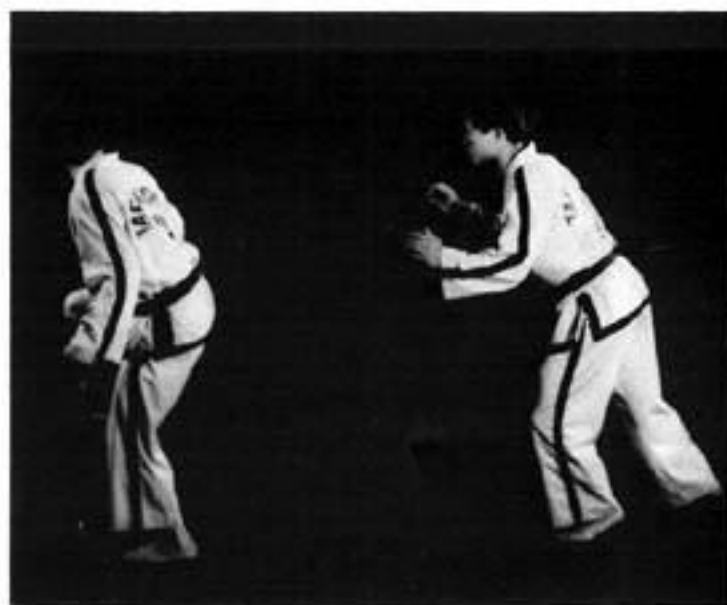


Left bending ready stance B toward D.

Previous Posture



Application



Side View

- 20. Execute a middle back piercing kick to C with the right foot.
Perform in a slow motion.**



Middle back piercing kick to C with the right foot.

Application

Previous Posture



Side View



Side View

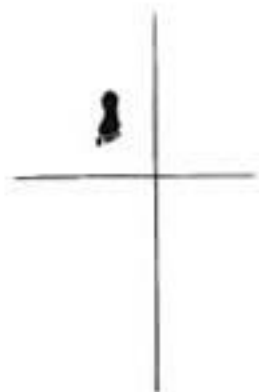


- 21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.**

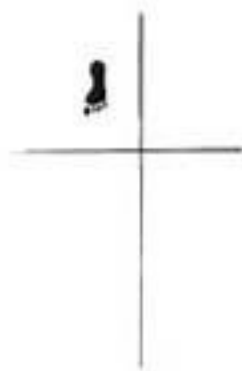


**Left walking stance middle punch
with the right fist toward D.**

Previous Posture



Application



Side View

22. Turn the face to C while forming a right bending ready stance B toward D.



Right bending ready stance B toward D.

Previous Posture



Side View



- 23. Execute a middle back piercing kick to C with the left foot.**
Perform in a slow motion.



**Middle back piercing kick to C
with the left foot.**

Previous Posture



Side View



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



Right walking stance middle punch
with the left fist toward D.

Previous Posture



Side View



25. Slide to C, forming a right rear foot stance toward D while executing a downward block with the left palm.



Right rear foot stance toward D with a left palm downward block.

Previous Posture



Application



Side View

- 26. Execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 25.**



**Middle side front snap kick
to D with the left foot.**

Application

Previous Posture



Side View



Side View

- 27. Lower the left foot to D, and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.**



Sitting stance toward A with a right side fist middle side strike to C.

Previous Posture



Keep the left heel slightly off the ground.



Side View



Side View



28. Slide to C, maintaining a sitting stance toward A while executing a scooping block with the left palm.



Sitting stance toward A with a left palm scooping block.

Application

Previous Posture



Front View



Front View

- 29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a continuous motion.**



Sitting stance middle punch with the left fist toward A.

Previous Posture



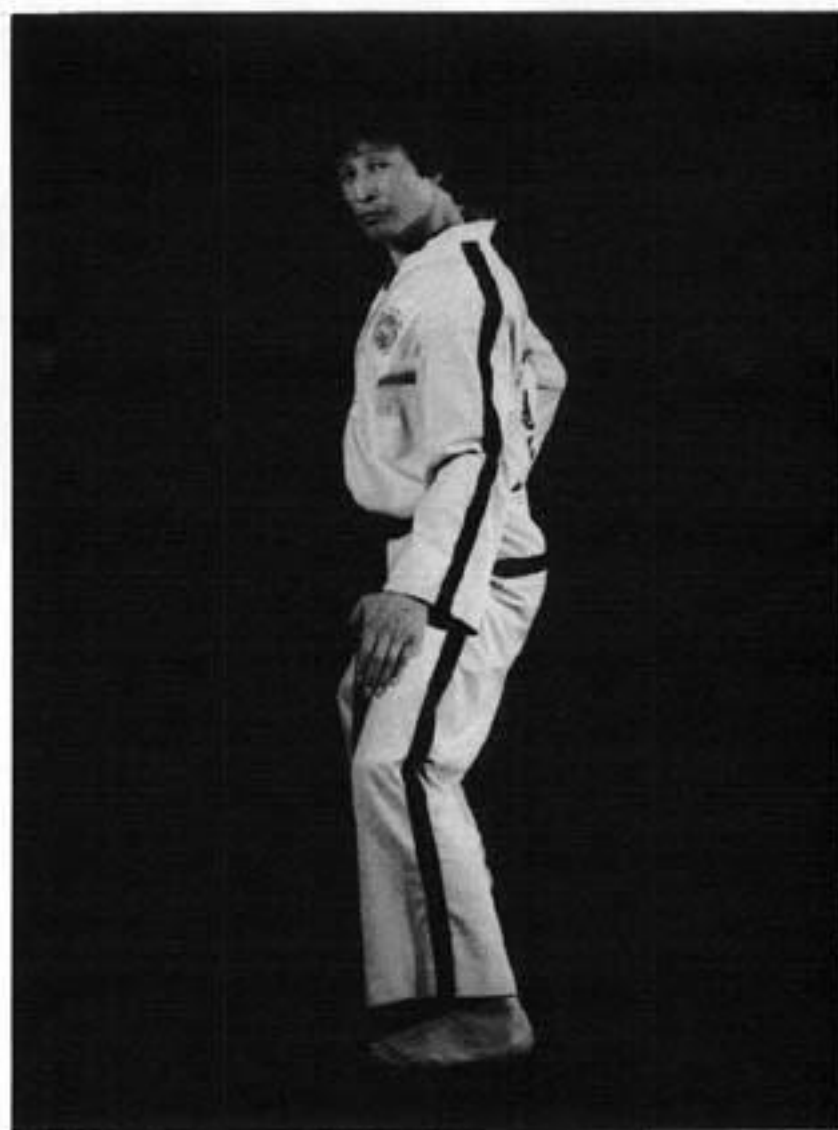
Application



Front View



- 30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.**



Sitting stance toward A with a left knife-hand low side block to D.

Application

Previous Posture



Front View



Raise the body slightly.



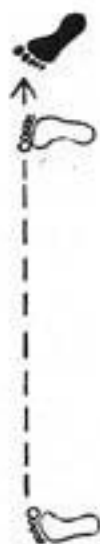
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.



Previous Posture



Middle side pushing kick to C with the right foot.



Front View



- 32. Lower the right foot to C, and then execute a high reverse turning kick to C with the left foot.**



High reverse turning kick to C with the left foot.

Previous Posture

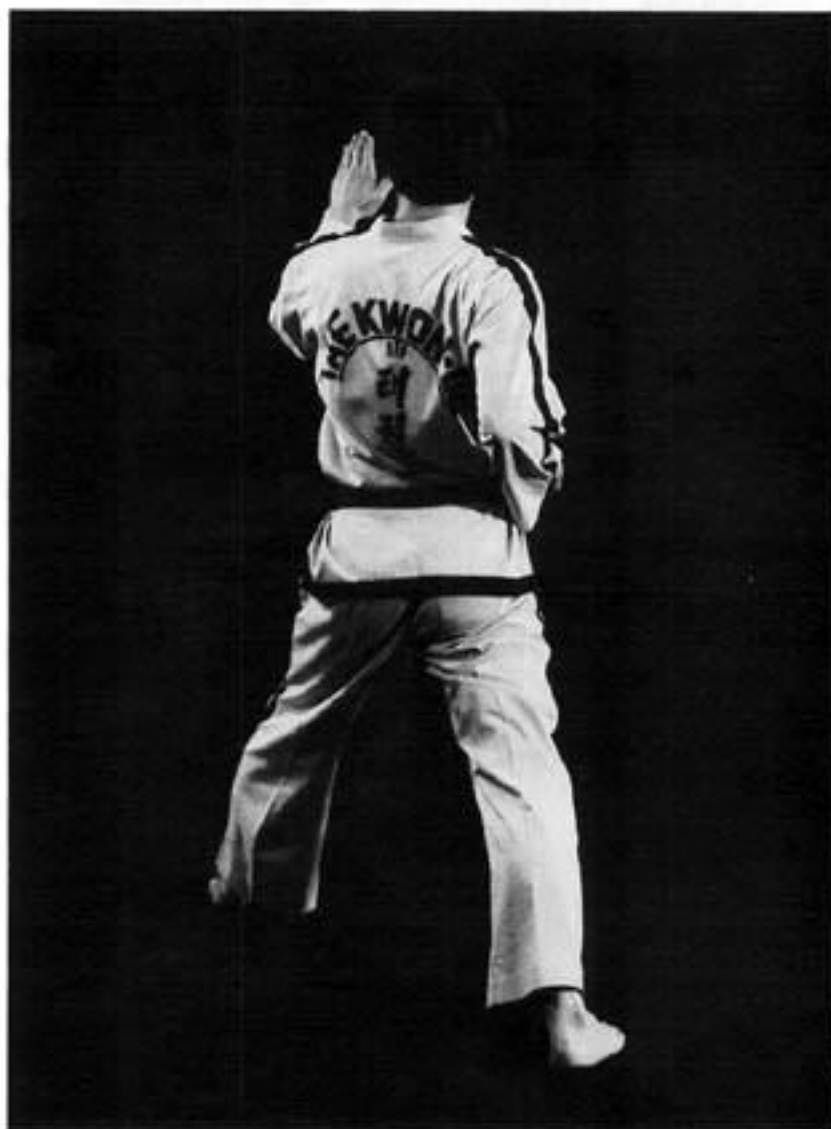
Keep the right heel slightly off the ground.



Application



- 33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.**



Left walking stance high side block with the left knife-hand toward C.

Previous Posture



Application



Other View



Other View

34. Slide to D to form a left rear foot stance toward C at the same time executing a downward block with the right palm.



Left rear foot stance toward C with a left palm downward block.

Previous Posture



Application

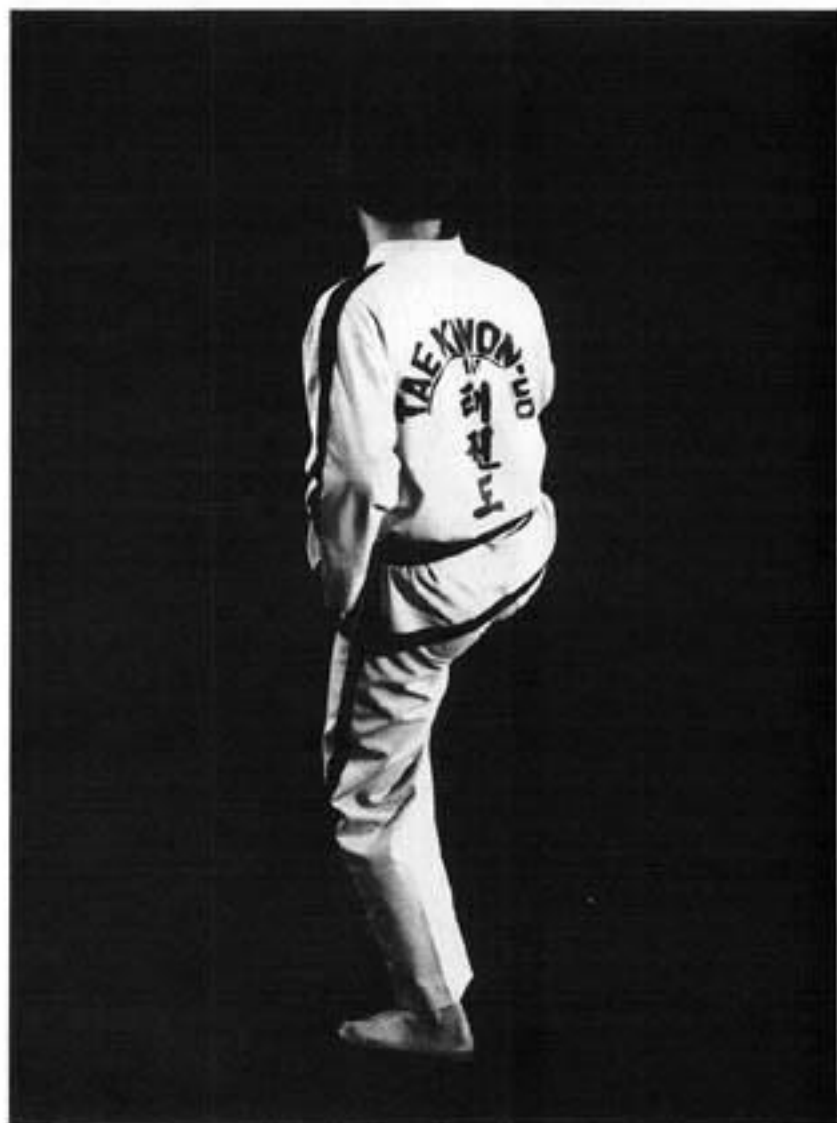


Side View



Side View

35. Execute a middle side front snap kick to C with the right foot, keeping the position of the hands as they were in 34.



Middle side front snap kick to C with the right foot.

Previous Posture



Application

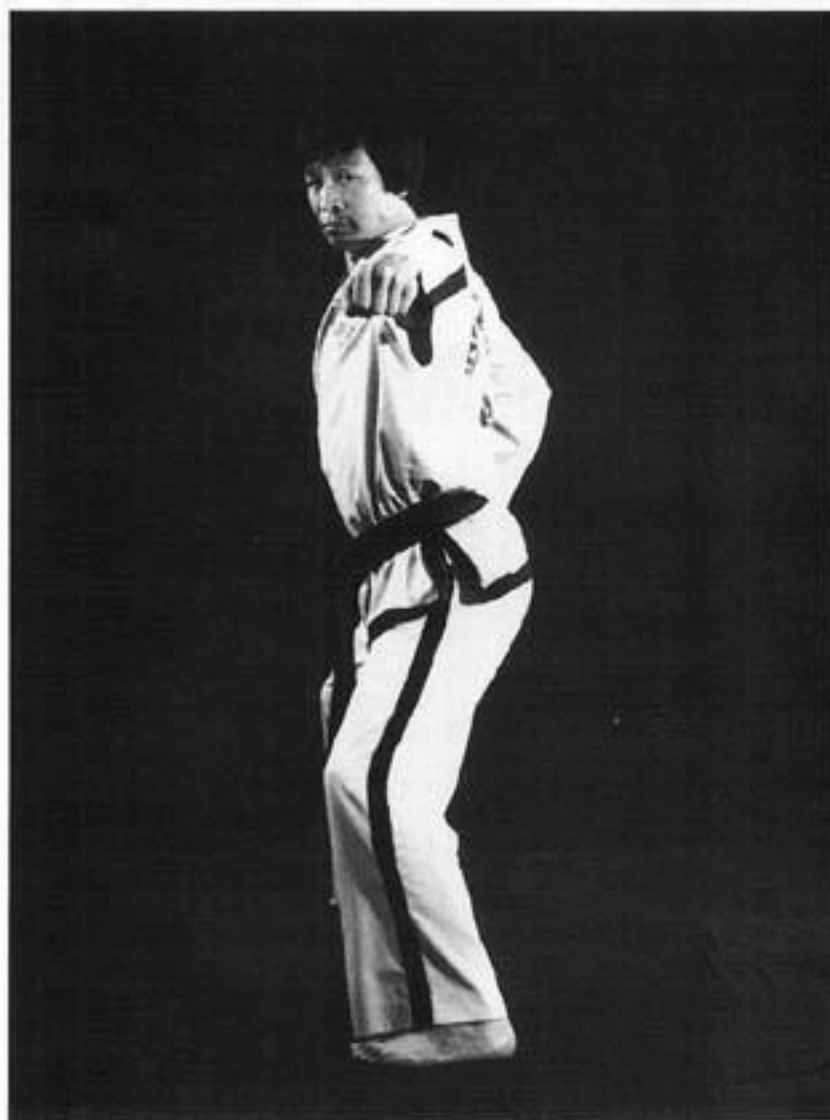


Side View



Side View

- 36. Lower the right foot to C and then move the left foot to D in a stamping motion forming a sitting stance toward A while executing a middle side strike to D with the left side fist.**



Sitting stance toward A with a left side fist middle side strike to D.



Keep the right heel slightly off the ground.



Side View



Side View



Side View

37. Slide to D, maintaining a sitting stance toward A while executing a scooping block with the right palm.



Sitting stance toward A with
a right palm scooping block.

Previous Posture



Front View



38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A.
Perform 37 and 38 in a continuous motion.



Sitting stance middle punch with the left fist toward A.

Previous Posture

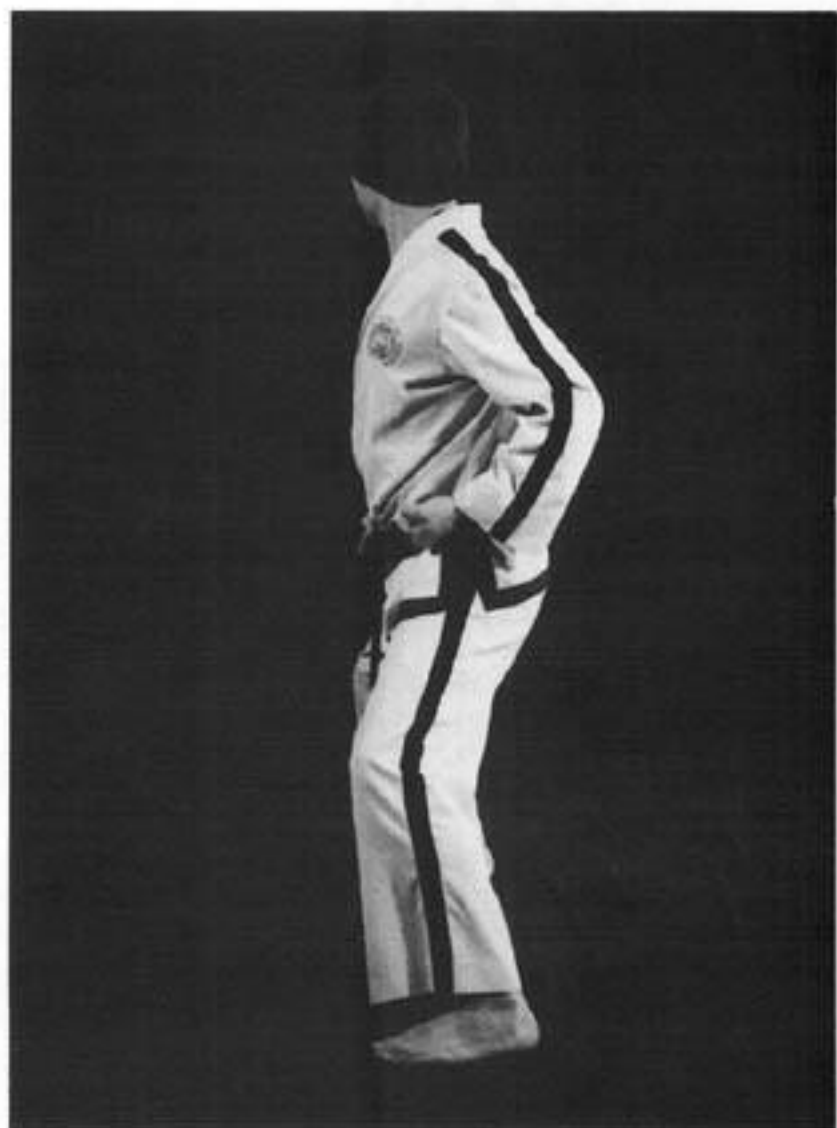


Front View

Raise the body slightly.



39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.



Sitting stance toward A with a right knife-hand low side block to C.

Previous Posture



Raise the body slightly.



Side View

40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.



Middle side pushing kick to D with the left foot.



Previous Posture



Application



Side View

41. Lower the left foot to D, and then execute a high reverse turning kick to D with the right foot.



High reverse turning kick to D with the right foot.

Previous Posture



Keep the left heel slightly off the ground.



Side View



Top View



- 42. Lower the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right knife-hand.**



**Right walking stance high side block
with the right knife-hand toward D.**

Previous Posture



Application



Side View

43. Move the left foot to D, and then execute a high twisting kick to AD with the right foot.



High twisting kick to AD with the right foot.

Ready Posture



Application



Keep the left heel slightly
off the ground.



Side View

44. Lower the right foot to C, forming a left walking stance toward D while executing a high side back strike to C with the right back fist and extending the left fist to D horizontally.



Left walking stance toward D with a right back fist high side back strike to C.

Previous Posture



Application



Side View



Side View

45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.



Left walking stance front strike with the right back fist toward D.

Previous Posture

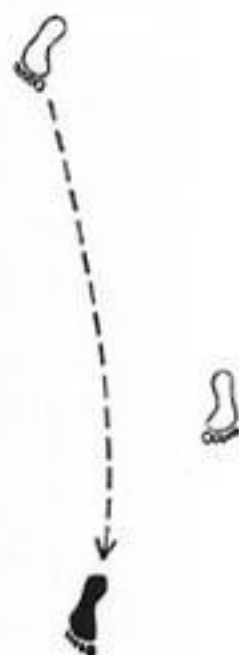


Application



Side View

- 46. Move the right foot to D, and then execute a high twisting kick to BD with the left foot.**



High twisting kick to BD with the left foot.

Previous Posture



Other View



47. Lower the left foot to C to form a right walking stance toward D while executing a high side back strike to C with the left back fist and extending the right fist to D.



Right walking stance toward D with a left back fist high side back strike to C.

Previous Posture



Application



Other View



48. Execute a front strike to D with the left back fist while shifting to C, maintaining a right walking stance toward D.



Right walking stance front strike with the left back fist toward D.

Previous Posture



Top View



49. Execute a sweeping kick to D with the left side sole and then lower it to D, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.



Sweeping kick to D with the left side sole.



Right L-stance forearm middle guarding block toward D.



Previous Posture



Application



Side View

50. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the left foot, keeping the position of the hands as they were in 49. Perform in a consecutive kick.



Previous Posture



Side checking kick to D with the left foot.



Side thrusting kick to D with the left foot.

Side View



Application



- 51. Lower the left foot to D, forming a right L-stance toward D while executing a middle strike to D with the left knife-hand.**



Right L-stance middle strike with the left knife-hand toward D.

Previous Posture



Side View



- 52. Execute a sweeping kick to D with the right side sole, and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.**



Sweeping kick to D with the right side sole.



Left L-stance forearm middle guarding block toward D.

Previous Posture



Application



Side View



Side View

53. Execute a side checking kick to D, and then again a middle side thrusting kick to D with the right foot, keeping the position of the hands as they were in 52.

Perform in a consecutive kick.



Previous Posture



Side checking kick to D with the right foot.



Side thrusting kick to D with the right Foot.



Application



Side View



- 54. Lower the right foot to D to form a left L-stance toward D while executing a middle strike to D with the right knife-hand.**



Left L-stance middle strike with the right knife-hand toward D.

Previous Posture



Application



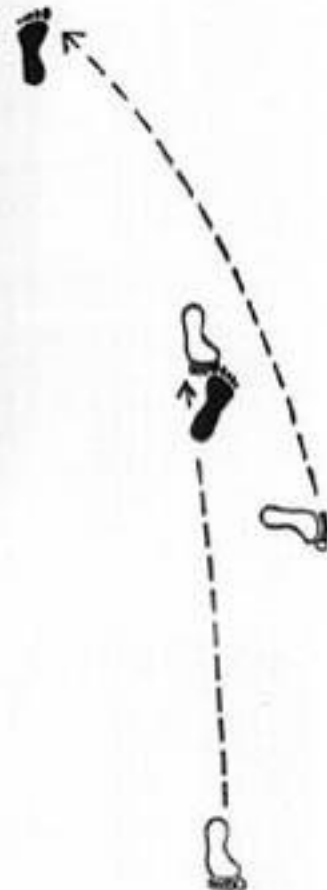
Other View

Previous Posture

55. Move the right foot to C and then turn counter-clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.



Left walking stance middle punch
with the right fist toward C.



Keep the right heel slightly
off the ground.



Other View



56. Jump to C to form a right X-stance toward BC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.

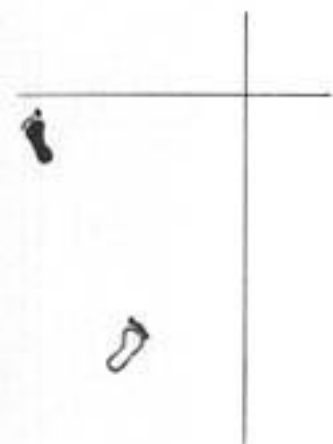


Right X-stance toward BC with a left fist low punch to C.

Previous Posture



Other View



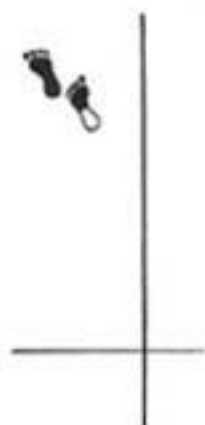
Keep the right back fist faced upward.

- 57. Jump to D, forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.**



Left X-stance toward AD with a right fist low punch to D.

Previous Posture



Top View



Keep the left back fist faced upward.

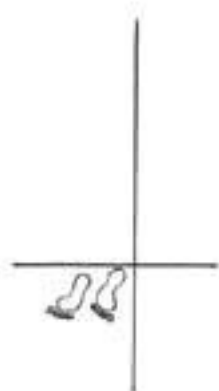
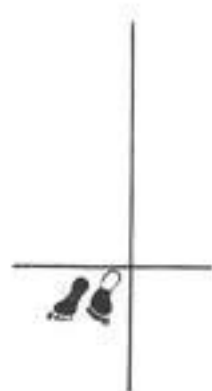
58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.



Mid-air kick (180 degrees) to D with the right foot.

Application

Previous Posture



Side View



Side View

59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.



Left L-stance middle guarding block with the knife-hand toward D.

Previous Posture

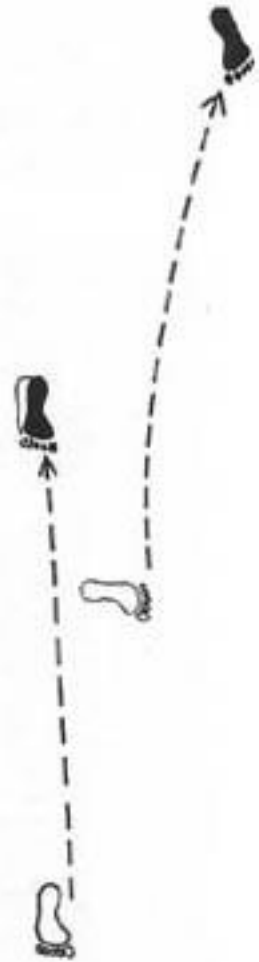


Application



Other View

60. Move the right foot to the side rear of the left foot, and then the left foot to C to form a right walking stance toward D while executing a rising block to D with the left arc-hand.



Right walking stance toward D with a left arc-hand rising block.

Previous Posture



Application

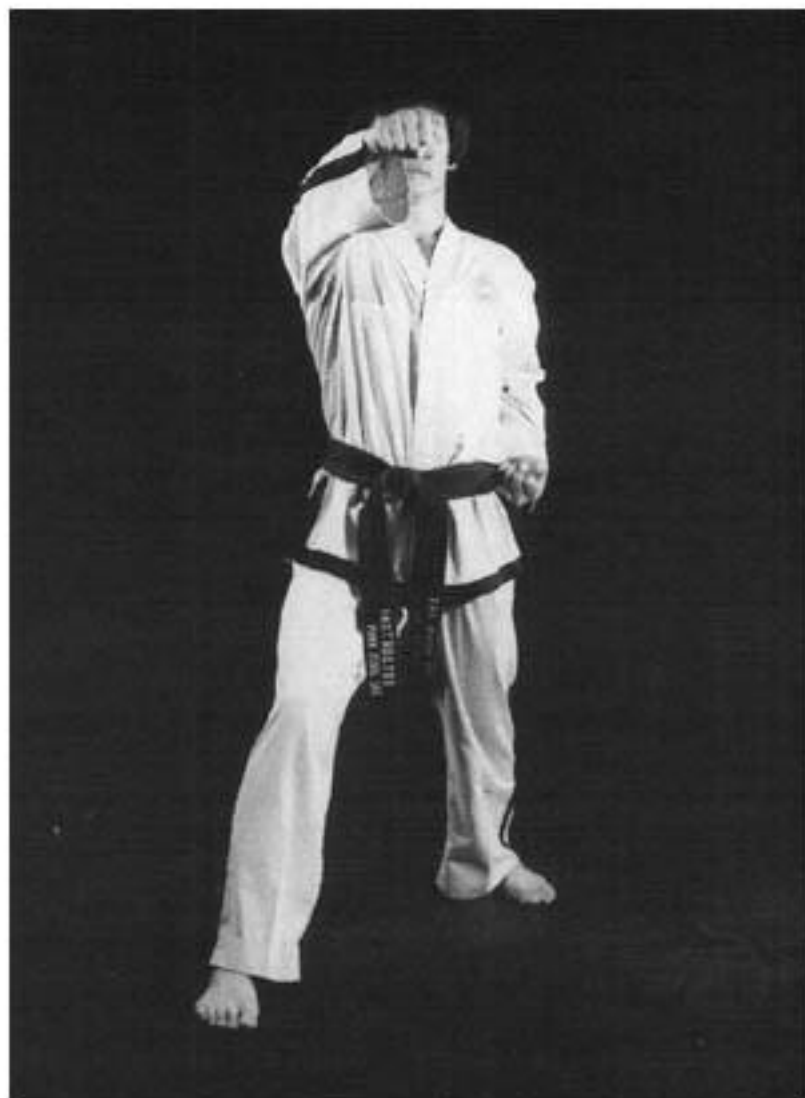


Keep the right heel slightly off the ground.



Side View

- 61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.**



**Right walking stance high punch
with the right fist toward D.**

Application

Previous Posture



Keep the left heel slightly off the ground.

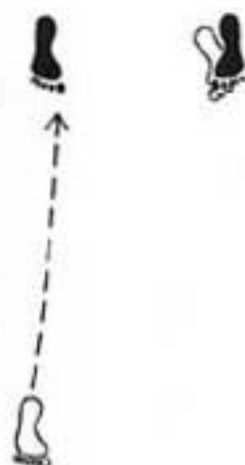


Side View



Side View

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

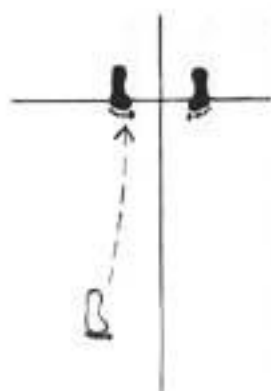


Parallel ready stance toward D.

Previous Posture



Side View



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-Il
 - 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-Il

