



# ITF PATTERNS ON MOBILE

An easy mobile reference  
to all ITF Taekwon-Do Patterns

*(with Korean terminology)*

Compiled by



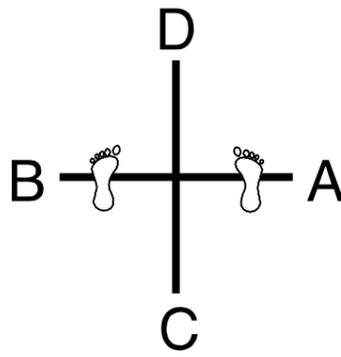
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# CHON-JI

Ready Posture: Parallel Ready Stance



1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.  
*(Gunnun so palmok najunde makgi)*
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.  
*(Gunnun so kaunde jirugi)*
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm. *(Gunnun so palmok najunde makgi)*
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.  
*(Gunnun so kaunde jirugi)*
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.  
*(Gunnun so palmok najunde makgi)*

6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.  
*(Gunnun so palmok najunde makgi)*
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.  
*(Gunnun so kaunde jirugi)*
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.  
*(Gunnun so kaunde jirugi)*
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*

12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.  
*(Gunnun so kaunde jirugi)*
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.  
*(Gunnun so kaunde jirugi)*
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.  
*(Gunnun so kaunde jirugi)*
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*

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

*(Gunnun so kaunde jirugi)*

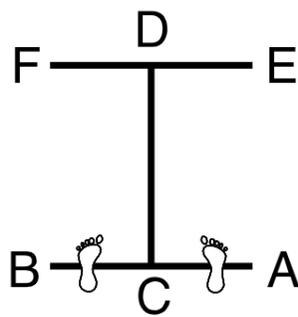
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

*(Gunnun so kaunde jirugi)*

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

# DAN-GUN

Ready Posture: Parallel Ready Stance



1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.  
*(Gunnun so nopunde jirugi)*
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.  
*(Gunnun so nopunde jirugi)*
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.  
*(Gunnun so palmok najunde makgi)*

6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.  
*(Gunnun so nopunde jirugi)*
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.  
*(Gunnun so nopunde jirugi)*
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.  
*(Gunnun so nopunde jirugi)*
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.  
*(Niunja so sang palmok makgi)*
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.  
*(Gunnun so nopunde jirugi)*
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F. .  
*(Niunja so sang palmok makgi)*
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.  
*(Gunnun so nopunde jirugi)*

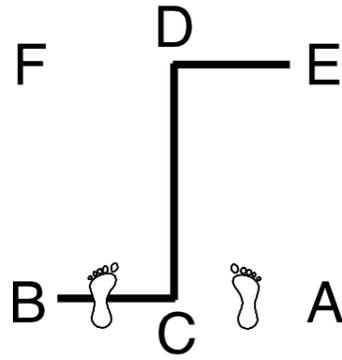
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.  
*(Gunnun so palmok najunde makgi)*
  14. Execute a rising block with the left forearm, maintaining the left walking stance toward C.  
*(Gunnun so palmok chookyo makgi)*
- Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.  
*(Gunnun so palmok chookyo makgi)*
  16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*
  17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.  
*(Gunnun so palmok chookyo makgi)*
  18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*

19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.  
*(Gunnun so nopunde jirugi)*
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.  
*(Gunnun so nopunde jirugi)*

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

# DO-SAN

Ready Posture: Parallel Ready Stance



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.  
*(Gunnun so kaunde bandae jirugi)*
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.  
*(Gunnun so kaunde bandae jirugi)*
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.  
*(Gunnun so sun sonkut kaunde tulgi)*
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.  
*(Jappyosul tae, gunnun so dung joomuk nopunde yop taerigi)*
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.  
*(Gunnun so dung joomuk nopunde yop taerigi)*
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.  
*(Gunnun so kaunde bandae jirugi)*

11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.  
*(Gunnun so kaunde bandae jirugi)*
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.  
*(Gunnun so bakat palmok nopunde hechyo makgi)*
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.  
*(Kaunde apcha busigi)*
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.  
*(Gunnun so kaunde jirugi)*
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE.  
*(Gunnun so kaunde bandae jirugi)*

Perform 15 and 16 in a fast motion.

17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.  
*(Gunnun so bakat palmok nopunde hechyo makgi)*
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.  
*(Kaunde apcha busigi)*
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.  
*(Gunnun so kaunde jirugi)*
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF.  
*(Gunnun so kaunde jirugi)*

Perform 19 and 20 in a fast motion.

21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.  
*(Gunnun so palmok chookyo makgi)*

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

*(Annun so wen sonkal kaunde yop taerigi)*

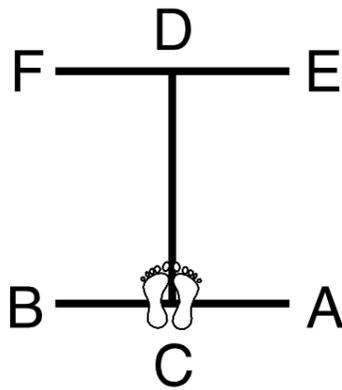
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

*(Annun so orun sonkal kaunde yop taerigi)*

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

# WON-HYO

Ready Posture: Close Ready Stance A



1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.  
*(Niunja so sang palmok makgi)*
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.  
*(Niunja so sonkal nopunde anuro taerigi)*
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.  
*(Gojung so kaunde yop jirugi)*
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.  
*(Niunja so sang palmok makgi)*

5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.  
*(Niunja so sonkal nopunde anuro taerigi)*
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.  
*(Gojung so kaunde yop jirugi)*
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.  
*(guburyo junbi sogi A)*
8. Execute a middle side piercing kick to D with the left foot.  
*(Kaunde yopcha jirugi)*
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
10. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.  
*(Niunja so sang palmok makgi)*
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.  
*(Niunja so sonkal nopunde anuro taerigi)*
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.  
*(Gojung so kaunde yop jirugi)*
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.  
*(Niunja so sang palmok makgi)*
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.  
*(Niunja so sonkal nopunde anuro taerigi)*

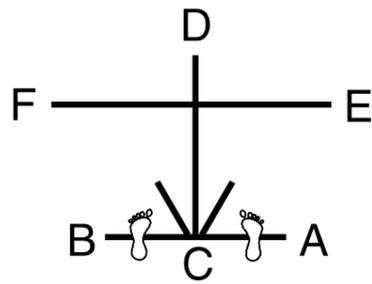
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.  
*(Gojung so kaunde yop jirugi)*
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.  
*(Gunnun so anpalmok dollimyo makgi)*
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.  
*(Najunde apcha busigi)*
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.  
*(Gunnun so kaunde bandae jirugi)*
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.  
*(Gunnun so anpalmok dollimyo makgi)*
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.  
*(Najunde apcha busigi)*
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.  
*(Gunnun so kaunde bandae jirugi)*

25. Turn the face toward C forming a left bending ready stance A toward C.  
*(Guburyo junbi sogi A)*
26. Execute a middle side piercing kick to C with the right foot.  
*(Kaunde yopcha jirugi)*
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same executing a middle guarding block to B with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*

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

# YUL-GOK

## Ready Posture: Parallel Ready Stance



1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.  
*(Annun sogi)*
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
*(Annun so orun joomuk kaunde ap jirugi)*
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
*(Annun so wen joomuk kaunde ap jirugi)*

Perform 2 and 3 in a fast motion.

4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.  
*(Annun sogi)*
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
*(Annun so wen joomuk kaunde ap jirugi)*

6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
*(Annun so orun joomuk kaunde ap jirugi)*

Perform 5 and 6 in a fast motion.

7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.  
*(Gunnun so anpalmok kaunde yop makgi)*
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.  
*(Najunde apcha busigi)*
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.  
*(Gunnun so kaunde jirugi)*
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD.  
*(Gunnun so kaunde bandae jirugi)*

Perform 9 and 10 in a fast motion.

11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.  
*(Gunnun so anpalmok kaunde yop makgi)*

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

*(Najunde apcha busigi)*

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

*(Gunnun so kaunde jirugi)*

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

*(Gunnun so kaunde bandae jirugi)*

Perform 13 and 14 in a fast motion.

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

*(Gunnun so sonbadak kaunde golcho makgi)*

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

*(Gunnun so sonbadak kaunde bandae golcho makgi)*

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

*(Gunnun so kaunde jirugi)*

Perform 16 and 17 in a connecting motion.

18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.  
*(Gunnun so sonbadak kaunde golcho makgi)*
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.  
*(Gunnun so sonbadak kaunde bandae golcho makgi)*
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.  
*(Gunnun so kaunde jirugi)*

Perform 19 and 20 in a connecting motion.

21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
22. Turn the face toward D forming a right bending ready stance A toward D.  
*(Guburyo junbi sogi A)*
23. Execute a middle side piercing kick to D with the left foot.  
*(Kaunde yopcha jirugi)*

24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
25. Turn the face toward C forming a left bending ready stance A toward C.  
*(Guburyo junbi sogi A)*
26. Execute a middle side piercing kick to C with the right foot.  
*(Kaunde yopcha jirugi)*
27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.  
*(Niunja so sang sonkal makgi)*
29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*
30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.  
*(Niunja so sang sonkal makgi)*

31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*
32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.  
*(Gunnun so kaunde bandae jirugi)*
34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.  
*(Gunnun so kaunde bandae jirugi)*
36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde yop taerigi)*

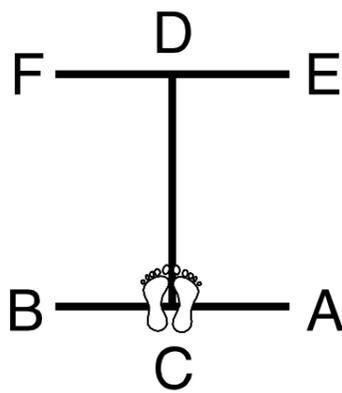
37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.  
*(Gunnun so doo palmok nopunde makgi)*

38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.  
*(Gunnun so doo palmok nopunde makgi)*

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

# JOONG-GUN

Ready Posture: Close Ready Stance B



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.  
*(Niunja so sonkal dung kaunde makgi)*
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.  
*(Najunde yobap cha busigi)*
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.  
*(Dwitbal so sonbadak bandae ollyo makgi)*
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.  
*(Niunja so sonkal dung kaunde makgi)*
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.  
*(Najunde yobap cha busigi)*

6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.  
*(Dwitbal so sonbadak bandae ollyo makgi)*
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.  
*(Gunnun so wi palkup bandae taerigi)*
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.  
*(Gunnun so wi palkup bandae taerigi)*
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*

12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.  
*(Gunnun so kyocha joomuk chookyo makgi)*
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.  
*(Niunja so dung joomuk nopunde yop taerigi)*
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.  
*(Gunnun so jappyosul tae)*
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E.  
*(gunnun so nopunde bandae jirugi)*

Perform 15 and 16 in a fast motion.

17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.  
*(Niunja so dung joomuk nopunde yop taerigi)*

18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.

*(Gunnun so jappyosul tae)*

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

*(Gunnun so nopunde bandae jirugi)*

Perform 18 and 19 in a fast motion.

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

*(Gunnun so doo palmok nopunde makgi)*

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

*(Niunja so kaunde yop jirugi)*

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

*(Kaunde yopcha jirugi)*

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

*(Gunnun so doo palmok nopunde makgi)*

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

*(Niunja so kaunde yop jirugi)*

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

*(Kaunde yopcha jirugi)*

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

*(Niunja so palmok kaunde daebi makgi)*

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

*(Nachuo so sonbadak bandae noollo makgi)*

Perform in slow motion.

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

*(Niunja so palmok kaunde daebi makgi)*

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

*(Nachuo so sonbadak bandae noollo makgi)*

Perform in a slow motion.

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

*(Moa so orun giokja jirugi)*

Perform in slow motion.

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

*(Gojung so digutja makgi)*

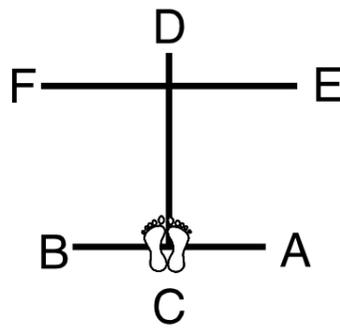
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

*(Gojung so digutja makgi)*

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

# TOI-GYE

Ready Posture: Close Ready Stance B



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.  
*(Niunja so anpalmok kaunde makgi)*
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.  
*(Gunnun so dwijibun sonkut najunde tulgi)*
3. Bring the left foot to the right foot to form a close stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward.  
*(Moa so orun dung joomuk yopdwi taerigi)*

Perform in slow motion.

4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.  
*(Niunja so anpalmok kaunde makgi)*
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.  
*(Gunnun so dwijibun sonkut najunde tulgi)*

6. Bring the right foot to the left foot to form a close stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward.  
*(Moa so wen dung joomuk yopdwi taerigi)*

Perform in slow motion.

7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.  
*(Gunnun so kyocha joomuk noollo makgi)*
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*

Perform 7 and 8 in a continuous motion.

9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.  
*(Kaunde apcha busigi)*
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.  
*(Gunnun so kaunde bandae jirugi)*

12. Bring the left foot to the right foot forming a close stance toward F while executing a twin side elbow thrust.

*(Moa so sang yop palkup tulgi)*

Perform in slow motion.

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

*(Annun so bakat palmok san makgi)*

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

*(Annun so bakat palmok san makgi)*

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

*(Annun so bakat palmok san makgi)*

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

*(Annun so bakat palmok san makgi)*

17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.  
*(Annun so bakat palmok san makgi)*
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.  
*(Annun so bakat palmok san makgi)*
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.  
*(Niunja so doo palmok najunde miro makgi)*
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.  
*(gunnun sogi)*
21. Execute an upward kick with the right knee while pulling both hands downward.  
*(Moorup ollyo chagi)*
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

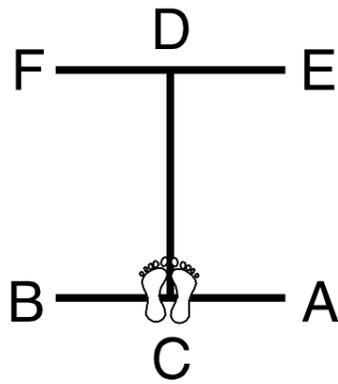
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.  
*(Najunde yobap cha busigi)*
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.  
*(Gunnun so opun sonkut nopunde tulgi)*
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.  
*(Najunde yobap cha busigi)*
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.  
*(Gunnun so opun sonkut nopunde tulgi)*
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.  
*(Niunja so dung joomuk baro yopdwi taerigi wa palmok najunde bandae makgi)*

29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.  
*(Twiggi, orun kyocha so kyocha joomuk noollo makgi)*
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.  
*(Gunnun so doo palmok nopunde makgi)*
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.  
*(Gunnun so anpalmok dollimyo makgi)*
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.  
*(Gunnun so anpalmok dollimyo makgi)*

35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.  
*(Gunnun so anpalmok dollimyo makgi)*
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.  
*(Gunnun so anpalmok dollimyo makgi)*
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.  
*(Annun so orun joomuk kaunde jirugi)*
- END: Bring the right foot back to a ready posture.

# HWA-RANG

Ready Posture: Close Ready Stance C



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.  
*(Annun so wen sonbadak kaunde yobap miro makgi)*
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
*(Annun so orun joomuk kaunde ap jirugi)*
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.  
*(Annun so wen joomuk kaunde ap jirugi)*
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.  
*(Niunja so sang palmok makgi)*
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.  
*(Niunja so baro ollyo jirugi)*

6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.  
*(Gojung so kaunde yop jirugi)*
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.  
*(Soojik so sonkal bandae naeryo taerigi)*
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.  
*(Gunnun so kaunde jirugi)*
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.  
*(Gunnun so palmok najunde makgi)*
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.

12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.  
*(Kaunde yopcha jirugi, niunja so sonkal kaunde bakuro taerigi)*
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.  
*(Gunnun so kaunde jirugi)*
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*

17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
18. Execute a high turning kick to DF with the right foot and then lower it to F.  
*(Nopunde dollyo chagi)*
19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.  
*(Nopunde dollyo chagi, niunja so sonkal kaunde daebi makgi)*

Perform 18 and 19 in a fast motion.

20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.  
*(Gunnun so palmok najunde makgi)*
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.  
*(Niunja so kaunde baro jirugi)*
22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.  
*(Niunja so kaunde baro jirugi)*

23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.  
*(Niunja so kaunde baro jirugi)*
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.  
*(Gunnun so kyocha joomuk noollo makgi)*
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.  
*(Niunja so yop palkup tulgi)*
26. Bring the left foot to the right foot, turning counter clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.  
*(Moa so orun anpalmok yobap makgi)*
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a close stance toward B.  
*(Moa so wen anpalmok yobap makgi)*
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

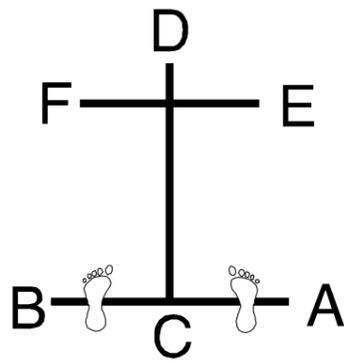
29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

*(Niunja so sonkal kaunde daebi makgi)*

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

# CHOONG-MOO

Ready Posture: Parallel Ready Stance



1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.  
*(Niunja so sang sonkal makgi)*
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.  
*(Gunnun so sonkal nopunde ap taerigi)*
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.  
*(niunja so sonkal kaunde daebi makgi)*
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.  
*(Gunnun so opun sonkut nopunde tulgi)*
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

6. Turn the face to C forming a left bending ready stance A toward C.  
*(Guburyo junbi sogi A)*
7. Execute a middle side piercing kick to C with the right foot.  
*(Kaunde yopcha jirugi)*
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Twimyo yopcha jirugi, wen niunja so sonkal kaunde daebi makgi)*
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.  
*(Niunja so palmok najunde yop makgi)*
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.

12. Execute an upward kick to E with the right knee pulling both hands downward.  
*(Moorup ollyo chagi)*
  13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.  
*(Gunnun so sonkal dung nopunde bandae ap taerigi)*
  14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.  
*(Nopunde dollyo chagi)*
  15. Execute a middle back piercing kick to F with the left foot.  
*(Kaunde dwitcha jirugi)*
- Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.  
*(niunja so palmok kaunde daebi makgi)*
  17. Execute a middle turning kick to DE with the left foot.  
*(kaunde dollyo chagi)*

18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.  
*(Gojung so digutja makgi)*
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Twiggi, wen niunja so sonkal kaunde daebi makgi)*
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.  
*(Gunnun so dwijibun sonkut najunde tulgi)*
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.  
*(Niunja so dung joomuk baro yopdwi taerigi wa palmok najunde bandae makgi)*
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.  
*(Gunnun so doo palmok nopunde makgi)*

24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.  
*(Annun so orun palmok kaunde ap makgi, orundung joomuk nopunde yop taerigi)*
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.  
*(Kaunde yopcha jirugi)*
26. Execute a middle side piercing kick to A with the left foot turning clockwise.  
*(Kaunde yopcha jirugi)*
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.  
*(Niunja so kyocha sonkal momchau makgi)*
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.  
*(Gunnun so sang sonbadak ollyo makgi)*
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.  
*(Gunnun so palmok chookyo makgi)*

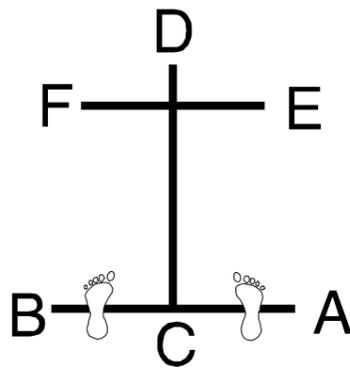
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

*(Gunnun so kaunde bandae jirugi)*

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

# KWANG-GAE

Ready Posture: Parallel Stance with a Heaven Hand



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.

*(Moa junbi sogi B)*

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

*(Gunnun so bandae dwijibo jirugi)*

Perform in slow motion.

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

*(Gunnun so bandae dwijibo jirugi)*

Perform in slow motion.

4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm.

*(Gunnun so sonbadak nopunde golcho makgi)*

Perform in a double stepping motion.

5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.

*(Niunja so sonkal najunde daebi makgi)*

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

*(Gunnun so sonbadak nopunde golcho makgi)*

Perform in a double stepping motion.

7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.

*(Niunja so sonkal najunde daebi makgi)*

8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.

*(Dwitbal so sonkal nopunde daebi makgi)*

9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.

*(Dwitbal so sonkal nopunde daebi makgi)*

10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm.

*(Gunnun so sonbadak bandae ollyo makgi)*

Perform in a slow motion.

11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm.

*(Gunnun so sonbadak bandae ollyo makgi)*

Perform in a slow motion.

12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.

*(Moa so orun sonkal najunde ap makgi)*

13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.

*(Bakuro noollo chagi)*

14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13.

*(Kaunde yopcha jirugi)*

Perform 13 and 14 in a consecutive kick.

15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.  
*(Niunja so sonkal nopunde anuro taerigi)*
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.  
*(Moa so wen yop joomuk naeryo taerigi)*
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.  
*(Bakuro noollo chagi)*
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17.  
*(Kaunde yopcha jirugi)*

Perform 17 and 18 in a consecutive kick.

19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.  
*(Niunja so sonkal nopunde anuro taerigi)*
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.  
*(Moa so orun yop joomuk naeryo taerigi)*

21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm.  
*(Nachuo so sonbadak bandae noollo makgi)*

Perform in slow motion.

22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm.  
*(Nachuo so sonbadak bandae noollo makgi)*

Perform in a slow motion.

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.  
*(Annun so orun dung joomuk nopunde yop taerigi)*

24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.  
*(Gunnun so doo palmok kaunde makgi)*

25. Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.  
*(Gunnun so palmok najunde bandae makgi)*

26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D.  
*(Nachuo so opun sonkut nopunde tulgi)*

Perform in slow motion.

27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.  
*(Annun so wen dung joomuk nopunde yop taerigi)*

28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.  
*(Gunnun so doo palmok kaunde makgi)*

29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.  
*(Gunnun so palmok najunde bandae makgi)*

30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.  
*(Nachuo so opun sonkut nopunde tulgi)*

Perform in slow motion.

31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.  
*(Kaunde apcha busigi)*
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.  
*(Gunnun so nopunde jirugi)*
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*

37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.

*(Kaunde apcha busigi)*

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.

*(Niunja so sonkal kaunde daebi makgi)*

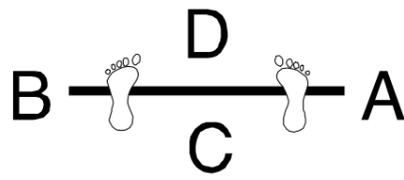
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

*(Gunnun so nopunde jirugi)*

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

# PO-EUN

Ready Posture: Parallel Stance with a Heaven Hand



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.  
*(Waebal sogi)*
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.  
*(Bakuro noollo chagi)*
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.  
*(Annun so orun sonkal kaunde yop taerigi)*
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.  
*(Annun so wen joomuk giokja jirugi)*

6. Execute a pressing block with the left forefist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.  
*(Annun so wen ap joomuk noollo makgi wa orun anpalmok yobap makgi)*
7. Execute a pressing block with the right forefist and a side front block with the left inner forearm while maintaining a sitting stance toward D.  
*(Annun so orun ap joomuk noollo makgi wa wen anpalmok yobap makgi)*
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.  
*(Annun so anpalmok kaunde hechyo makgi)*
9. Thrust to C with the right back elbow supporting the right forefist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.  
*(Annun so orun dwit palkup tulgi)*
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.  
*(Annun so orun joomuk kaunde jirugi)*

11. Thrust to C with the left back elbow supporting the left forefist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.

*(Annun so wen dwit palkup tulgi)*

12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.

*(Annun so orun soopyong jirugi)*

Perform 6 through 12 in a continuous motion.

13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.

*(Kyocha so bakat palmok najunde baro ap makgi)*

14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.

*(Niunja so digutja japgi)*

15. Bring the left foot to the right foot forming a close stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B.

*(Moa so sang palkup soopyong tulgi)*

Perform in slow motion.

16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.  
*(Annun so orun dung joomuk yopdwi taerigi)*
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.  
*(Kyocha so bakat palmok najunde baro ap makgi)*
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.  
*(Annun so sonkal najunde B-bang daebi makgi)*
19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.  
*(Niunja so palmok kaunde daebi makgi)*
20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.  
*(Waebal sogi)*
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.  
*(Bakuro noollo chagi)*

22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.  
*(Annun so wen sonkal kaunde yop taerigi)*
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.  
*(Annun so orun joomuk giokja jirugi)*
24. Execute a pressing block with the right forefist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.  
*(Annun so orun ap joomuk noollo makgi wa wen anpalmok yobap makgi)*
25. Execute a pressing block with the left forefist and a side front block with the right inner forearm while maintaining a sitting stance toward D.  
*(Annun so wen ap joomuk noollo makgi wa orun anpalmok yobap makgi)*
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.  
*(Annun so anpalmok kaunde hechyo makgi)*
27. Thrust to C with the left back elbow supporting the left forefist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.  
*(Annun so wen dwit palkup tulgi)*

28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.

*(Annun so wen joomuk kaunde jirugi)*

29. Thrust to C with the right back elbow supporting the right forefist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.

*(Annun so orun dwit palkup tulgi)*

30. Execute a left horizontal punch to B while maintaining a sitting stance toward D.

*(Annun so left soopyong jirugi)*

Perform 24 through 30 in a continuous motion.

31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.

*(Kyocha so bakat palmok najunde baro ap makgi)*

32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.

*(Niunja so digutja japgi)*

33. Bring the right foot to the left foot forming a close stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A.

*(Moa so sang palkup soopyong tulgi)*

Perform in slow motion.

34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

*(Annun so wen dung joomuk yopdwi taerigi)*

35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

*(Kyocha so bakat palmok najunde baro ap makgi)*

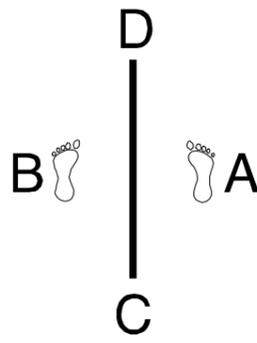
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

*(Annun so sonkal najunde A-bang daebi makgi)*

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

# GE-BAEK

Ready Posture: Parallel Ready Stance



1. Move the right foot to C forming a right L-stance toward D while executing a checking block to D with an X-knife-hand.  
*(Niunja so kyocha sonkal momchau makgi)*
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.  
*(Najunde bituro chagi)*
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.  
*(Gunnun so kaunde bandae jirugi)*

Perform 3 and 4 in a fast motion.

5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*

6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D.

*(Gunnun so palmok najunde makgi)*

Perform 5 and 6 in a continuous motion.

7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.

*(Gunnun so nopunde doo bandalson makgi)*

8. Turn the face toward D while forming a right bending ready stance A toward D.

*(Guburyo junbi sogi A)*

9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.

*(Annun so wen sonbadak duro makgi)*

10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC.

*(Annun so orun joomuk kaunde jirugi)*

Perform 9 and 10 in a connecting motion.

11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.

*(Annun so wen dung joomuk ap taerigi)*

12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.  
*(Najunde yobap cha busigi)*
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.  
*(Nachuo so opun sonkut nopunde tulgi)*
15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.  
*(Nachuo so opun sonkut nopunde bandae tulgi)*
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*

18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.  
*(Annun so orun gutja makgi)*
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.  
*(Gunnun so sonkal najunde makgi)*
22. Execute a middle turning kick to BC with the right foot and then lower it to C.  
*(Kaunde dollyo chagi)*
23. Execute a flying side piercing kick to C with the right foot.  
*(Twimyo yopcha jirugi)*

Perform 22 and 23 in a fast motion.

24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.  
*(Gunnun so nopunde doo bandalson makgi)*
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.  
*(Gunnun so bandae dwijibo jirugi)*
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
28. Jump to D, forming a right X-stance toward BD while executing a high block to D with the right double forearm.  
*(Twiggi, orun kyocha so doo palmok nopunde makgi)*
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.  
*(Annun so orun sonbadak duro makgi)*

30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD.  
*(Annun so wen joomuk kaunde ap jirugi)*

Perform 29 and 30 in a connecting motion.

31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.  
*(Annun so orun dung joomuk ap taerigi)*
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.  
*(Gunnun so sonkal dung nopunde bandae ap taerigi)*
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.  
*(Kaunde dollyo chagi)*
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.  
*(Niunja so joongji joomuk kaunde baro jirugi)*

36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.  
*(Annun so wen gutja makgi)*

37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.  
*(Annun so sonkal dung najunde C-bang daebi makgi)*

38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B.  
*(Annun so sonkal najunde D-bang daebi makgi)*

Perform 37 and 38 in a continuous motion.

39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.  
*(Annun so wen bakat palmok san makgi)*

40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.  
*(Annun so wen bakat palmok san makgi)*

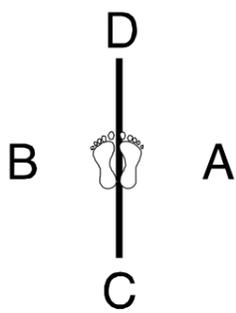
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.  
*(Gunnun so palmok chookyo makgi)*

42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.  
*(Gunnun so kaunde bandae jirugi)*
43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.  
*(Gunnun so kaunde bandae jirugi)*

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

# EUI-AM

Ready Posture: Close Ready Stance D



1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.  
*(Gunnun so sonkal najunde bandae anuro makgi)*
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.  
*(Gunnun so bakat palmok nopunde bandae yop makgi)*
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.  
*(Gunnun so kaunde jirugi)*
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.  
*(Najunde bituro chagi)*
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.  
*(Gunnun so kyocha joomuk naeryo makgi)*

6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D.  
*(Gunnun so sonkal bandae chookyo makgi)*  
Perform 5 and 6 in a continuous motion.
7. 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.  
*(Twiggi, orun kyocha so dung joomuk nopunde yop taerigi)*
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.  
*(Niunja so kaunde yop jirugi)*
9. Execute a middle reverse turning kick to AC with the right foot.  
*(Kaunde bandae dollyo chagi)*
10. Lower 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 knife-hand.  
*(Annun so orun sonkal kaunde yop taerigi)*
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*

12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.  
*(Gunnun so nopunde bandae bandal jirugi)*

13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot.  
*(Narani so wen joomuk kaunde dollyo jirugi)*

Perform in slow motion.

14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.  
*(Gunnun so sonkal najunde bandae anuro makgi)*

15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.  
*(Gunnun so bakat palmok nopunde bandae yop makgi)*

16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.  
*(Gunnun so kaunde jirugi)*

17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.  
*(Najunde bituro chagi)*

18. Lower the right foot to C forming a right walking stance toward C while executing a downward block with an x-fist.  
*(Gunnun so kyocha joomuk naeryo makgi)*
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C.  
*(Gunnun so sonkal bandae chookyo makgi)*

Perform 18 and 19 in a continuous motion.

20. Jump to C forming a left X-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde yop taerigi)*
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.  
*(Niunja so kaunde yop jirugi)*
22. Execute a middle reverse turning kick to AD with the left foot.  
*(kaunde bandae dollyo chagi)*
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.  
*(Annun so wen sonkal kaunde yop taerigi)*

24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.  
*(Gunnun so nopunde bandae bandal jirugi)*
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot.  
*(Narani so orun joomuk kaunde dollyo jirugi)*

Perform in slow motion.

27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.  
*(Gunnun so sonkal kaunde hechyo makgi)*
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.  
*(Gunnun so sonkal dung dollimyo makgi)*
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.  
*(Dwitbal so euhkallin sonbadak naeryo makgi)*

30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.  
*(Niunja so kaunde baro jirugi)*
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.  
*(Niunja so sonkal dung najunde bandae anuro makgi)*
32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.  
*(Gunnun so sonkal kaunde hechyo makgi)*
33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.  
*(Gunnun so sonkal dung dollimyo makgi)*
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.  
*(Dwitbal so euhkallin sonbadak naeryo makgi)*
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.  
*(Niunja so kaunde baro jirugi)*

36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.  
*(Niunja so sonkal dung najunde bandae anuro makgi)*
37. Execute a high reverse turning kick to BD with the right foot.  
*(nopunde bandae dollyo chagi)*
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
39. Execute a high reverse turning kick to AD with the left foot.  
*(Nopunde bandae dollyo chagi)*
40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.  
*(Niunja so sonkal najunde bandae makgi)*
42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.  
*(Gunnun so kaunde bandae jirugi)*

43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knifehand.

*(Niunja so sonkal najunde bandae makgi)*

44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.

*(Gunnun so kaunde bandae jirugi)*

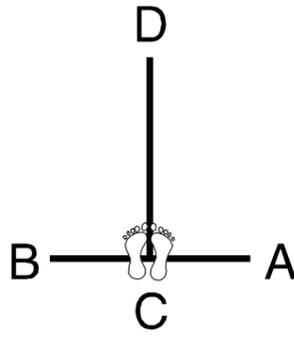
45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

*(Gunnun so nopunde jirugi)*

END: Bring the right foot back to a ready posture

# CHOONG-JANG

Ready Posture: Close Ready Stance A



1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.  
*(Annun so orun anpalmok yobap makgi)*
  2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.  
*(Annun so wen anpalmok yobap makgi)*
  3. Bring the right foot to the left foot forming a close stance toward D while executing an angle punch with the left fist.  
*(Moa so wen joomuk giokja jirugi)*
- Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.  
*(Gunnun so doo songarak nopunde bandae tulgi)*

5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.  
*(Gunnun so doo songarak nopunde bandae tulgi)*
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.  
*(Gunnun so dung joomuk ap taerigi)*
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.  
*(gunnun so kaunde jirugi)*
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.  
*(Najunde apcha busigi)*
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.  
*(Nachuo so opun sonkut nopunde tulgi)*

12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.  
*(Nopunde dollyo chagi)*
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.  
*(Joomuk nopunde jirugi)*
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.  
*(Niunja so yop palkup tulgi)*
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.  
*(Niunja so sonbadak bandae duro makgi)*
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.  
*(Gunnun so kyocha joomuk noollo makgi)*

19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.  
*(Moorup najunde apcha busigi)*
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
21. 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 side elbow.  
*(Niunja so yop palkup tulgi)*
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.  
*(Niunja so sonkal kaunde daebi makgi)*
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.  
*(Dwitbal so sang sonbadak noollo makgi)*

25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.

*(Gunnun so bakat palmok nopunde ap makgi, dung joomuk nopunde yop taerigi)*

26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.

*(Niunja so opun sonkut nopunde bandae tulgi)*

27. Execute a low front snap kick to D with the right foot while bringing the right palm on the left back hand.

*(Najunde apcha busigi)*

28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist.

*(Gunnun so dwit palkup bandae tulgi)*

Perform in slow motion.

29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot.

*(Niunja so sondung bandae naeryo taerigi)*

Perform in a stamping motion.

30. Punch the left palm with the right fist while maintaining a right L-stance toward C.  
*(Niunja so kaunde baro jirugi)*
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.  
*(Niunja so sondung bandae naeryo taerigi)*
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.  
*(Niunja so kaunde baro jirugi)*
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot.  
*(Niunja so sonkal kaunde bakuro taerigi)*

Perform in a stamping motion.

34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so dung joomuk nopunde bandae yobap taerigi)*
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*

Perform in a stamping motion.

36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.  
*(Gunnun so dung joomuk nopunde bandae yobap taerigi)*
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.  
*(Niunja so sonkal dung najunde daebi makgi)*
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.  
*(Gunnun so bandae gutja makgi)*
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.  
*(Niunja so sonkal dung najunde daebi makgi)*
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.  
*(Gunnun so bandae gutja makgi)*
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.  
*(Gunnun so sang sonkal soopyong taerigi)*

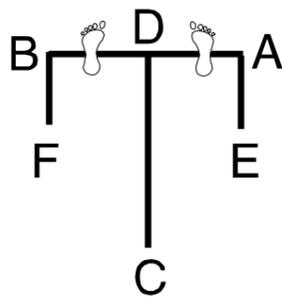
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.  
*(Gunnun so bandal son nopunde bandae taerigi)*
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.  
*(Kaunde apcha busigi)*
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.  
*(Gunnun so bandal son nopunde bandae taerigi)*
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.  
*(Kaunde apcha busigi)*
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.  
*(Gunnun so kaunde bandae jirugi)*
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.  
*(Gunnun so kaunde jirugi)*

Perform 46 and 47 in a fast motion.

48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin fore-knuckle fist.  
*(Moa so sang inji joomuk nopunde bandal jirugi)*
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.  
*(Gunnun so sonkal najunde makgi)*
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.  
*(Gunnun so pyon joomuk nopunde bandae jirugi)*
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.  
*(Gunnun so sonkal najunde makgi)*
52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.  
*(Gunnun so pyon joomuk nopunde bandae jirugi)*
- END: Bring the left foot back to a ready posture.

# JUCHE

Ready Posture: Parallel Stance with Twin Side Elbow



1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.  
*(Annun so anpalmok narani makgi)*
2. Execute a middle hooking block to D with the right palm while standing up toward D.  
*(Sonbadak kaunde golcho makgi)*
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.  
*(Annun so wen joomuk kaunde jirugi)*
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.  
*(Waebal so bakat palmok narani makgi)*
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4.  
*(Kaunde yopcha jirugi, orun nopunde bandae dollyo gorochagi)*

Perform in slow motion.

6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.  
*(Twiggi, orun kyocha so dung joomuk baro naeryo taerigi)*
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.  
*(Kaunde golcho chagi, wen nopunde yopcha jirugi)*
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.  
*(Annun so wen opun sonkut nopunde bakuro ghutgi)*
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.  
*(Gunnun so nopun palkup bandae taerigi)*
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.  
*(Kyocha so sonkal dung najunde bandae ap makgi)*

11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.  
*(Sonkal twio dolymyo taerigi)*
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.  
*(Annun so anpalmok narani makgi)*
14. Execute a middle hooking block to D with the left palm while standing up toward D.  
*(Sonbadak kaunde golcho makgi)*
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.  
*(Annun so orun joomuk kaunde jirugi)*
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.  
*(Waebal so bakat palmok narani makgi)*

17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16.  
*(Kaunde yopcha jirugi, wen nopunde bandae dollyo gorochagi)*  
  
Perform in slow motion.
18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.  
*(Twiggi, wen kyocha so dung joomuk baro naeryo taerigi)*
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.  
*(Kaunde golcho chagi, orun nopunde yopcha jirugi)*
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.  
*(Annun so orun opun sonkut nopunde bakuro ghutgi)*
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.  
*(Gunnun so nopun palkup bandae taerigi)*

22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.  
*(Kyocha so sonkal dung najunde bandae ap makgi)*
23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.  
*(niunja so sonkal kaunde daebi makgi)*
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.  
*(Sonkal twio dolmyo taerigi)*
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.  
*(Gokaeng-i chagi, orun dwitbal so palmok kaunde daebi makgi)*
26. Bring the right foot to the left foot forming a close stance with a heaven hand toward D.  
*(Moa so hanulson)*

Perform in slow motion.

27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.  
*(Dwitbal so sun palkup bandae naeryo tulgi)*
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.  
*(Gunnun so bandal son nopunde bandae bandal taerigi)*
29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.  
*(Dwitbal so sun palkup bandae naeryo tulgi)*
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so bandal son nopunde bandae bandal taerigi)*
31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.  
*(Gunnun so sang sonkal nopunde anuro taerigi)*
32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.  
*(Gunnun so bandae naeryo jirugi)*

33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.  
*(Niunja so bakat palmok bandae naeryo makgi)*
34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.  
*(Pihamyong bandae dollyo chagi, wen niunja so palmok kaunde daebi makgi)*
35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.  
*(Niunja so bakat palmok bandae naeryo makgi)*
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.  
*(Pihamyong bandae dollyo chagi, orun niunja so palmok kaunde daebi makgi)*
37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.  
*(Twimyo sangbang chagi, yop bituro chagi)*

38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.

*(Sasun so sang sonbadak chookyo makgi)*

39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.

*(Dwitbal so yop palkup tulgi)*

40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot.

*(Guburyo junbi sogi B, wen kaunde dwitcha jirugi)*

Perform in slow motion.

41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.

*(Niunja so dung joomuk bandae soopyong taerigi)*

42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.

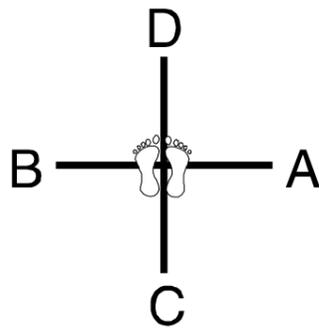
*(Narani so orun opun sonkut nopunde anuro ghutgi)*

43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a close stance toward D with the right fist extended.  
*(Twimyo orun joomuk ap jirugi, orun joomuk dwijibo jirigi)*
44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.  
*(Gunnun so sonkal bandae ap naeryo taerigi)*
45. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde bandae jirugi)*

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

# SAM-IL

Ready Posture: Close Ready Stance C



1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.  
*(Gunnun so doo palmok nopunde makgi)*
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.  
*(Gunnun so sonkal nopunde bandae yop makgi)*
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.  
*(Kaunde bituro chagi)*
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*

6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.  
*(Annun so sonkal dung kaunde hechyo makgi)*
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.  
*(Gunnun so dwijibun sonkut bandae najunde tulgi)*
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.  
*(Niunja so bakat palmok nopunde baro bakuro makgi wa palmok najunde bandae makgi)*
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.  
*(Annun so sonkal dung kaunde hechyo makgi)*
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.  
*(Niunja so doo joomuk najunde jirugi)*
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.  
*(Gunnun so nopunde doo bandalson makgi)*

12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.  
*(Gunnun so kaunde bandae jirugi)*
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.  
*(Niunja so doo joomuk najunde jirugi)*
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.  
*(Niunja so sonkal dung nopunde daebi makgi)*
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.  
*(Gojung so digutja makgi)*
16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shape block to B.  
*(Yop bal badak suroh chagi, orun gojung so digutja makgi)*
17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.  
*(Twiggi, wen niunja so sonkal kaunde daebi makgi)*

18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.  
*(Kaunde yopcha jirugi)*
19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.  
*(Sasun so dwit palkup tulgi)*
21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.  
*(Gunnun so kyocha joomuk noollo makgi)*
22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.  
*(Annun so wen bakat palmok san makgi)*
23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.  
*(Kaunde yopcha jirugi)*

24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.  
*(Niunja so sonkal najunde daebi makgi)*
25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.  
*(Dwitbal so sonbadak bandae ollyo makgi)*
26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.  
*(Dwitbal so sang sonbadak noollo makgi)*
27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*
28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.  
*(Niunja so palmok najunde bandae makgi)*
29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.  
*(Niunja so kaunde baro jirugi)*

30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.  
*(Gunnun so palmok kaunde bandae ap makgi)*
31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.  
*(Gunnun so nopunde jirugi)*

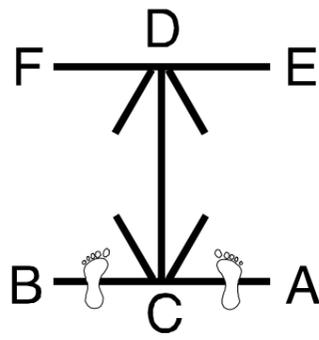
Perform 30 and 31 in a continuous motion.

32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.  
*(Najunde ap cha busigi)*
33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*

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

# YOO-SIN

Ready Posture: Warrior Ready Stance B



1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.  
*(Annun sogi)*
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.  
*(Annun so wen joomuk C-bang giokja jirugi)*
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D.  
*(Annun so orun joomuk C-bang giokja jirugi)*

Perform 2 and 3 in a fast motion.

4. Execute a middle hooking block to D with the right palm while standing up toward D.  
*(Sonbadak kaunde golcho makgi)*
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D.  
*(Annun so wen joomuk kaunde jirugi)*

6. Execute a middle hooking block to D with the left palm while standing up toward D.  
*(Sonbadak kaunde golcho makgi)*
7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.  
*(Annun so orun joomuk kaunde jirugi)*
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*
9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.  
*(Gunnun so anpalmok dollimyo makgi)*
10. Execute a scooping block with the left palm while forming a sitting stance toward AD.  
*(Annun so wen sonbadak duro makgi)*
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD.  
*(Annun so orun joomuk kaunde jirugi)*

Perform 10 and 11 in a connecting motion.

12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.  
*(Gunnun so bakat palmok nopunde yop makgi)*

13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.  
*(Gunnun so anpalmok dollimyo makgi)*
14. Execute a scooping block with the right palm while forming a sitting stance toward BD.  
*(Annun so orun sonbadak duro makgi)*
15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD.  
*(Annun so wen joomuk kaunde jirugi)*

Perform 14 and 15 in a connecting motion.

16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.  
*(Gunnun so sonbadak nopunde bandae golcho makgi)*
17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.  
*(Annun so wen joomuk kaunde jirugi)*
18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.  
*(Gunnun so sonbadak nopunde bandae golcho makgi)*
19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD.  
*(Annun so orun joomuk kaunde jirugi)*

Perform 16, 17, 18 and 19 in a continuous motion.

20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.

*(Gunnun so kyocha joomuk noollo makgi)*

21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.

*(Gunnun so kyocha sonkal chookyo makgi)*

Perform 20 and 21 in a continuous motion.

22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.

*(Gunnun so kaunde bandae jirugi)*

23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.

*(Najunde apcha busigi)*

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

*(Gunnun so kaunde bandae jirugi)*

25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.

*(gunnun so kyocha joomuk noollo makgi)*

26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.

*(Gunnun so kyocha sonkal chookyo makgi)*

Perform 25 and 26 in a continuous motion.

27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.

*(gunnun so kaunde bandae jirugi)*

28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.

*(Najunde apcha busigi)*

29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.

*(Gunnun so kaunde bandae jirugi)*

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

*(Niunja so sonkal kaunde daebi makgi)*

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

*(Niunja so sonkal kaunde daebi makgi)*

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

*(Niunja so sonkal kaunde daebi makgi)*

33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

*(Niunja so sonkal kaunde daebi makgi)*

34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.

*(Gunnun so doo palmok nopunde makgi)*

35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D.

*(Gunnun so palmok najunde bandae makgi)*

Perform 34 and 35 in a fast motion.

36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.

*(Gunnun so doo palmok nopunde makgi)*

37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D.

*(Gunnun so palmok najunde bandae makgi)*

Perform 36 and 37 in a fast motion.

38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*
39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.  
*(Niunja so sonkal dung nopunde yop makgi)*
40. Bring the right foot to the left foot to form a close ready stance C toward C.  
*(Moa junbi sogi C)*
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CG at the same time executing an upset punch to CF with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.  
*(Gunnun so sang joomuk dwijibo jirugi)*
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*

44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.  
*(Niunja so kaunde baro jirugi)*

45. Bring the left foot to the right foot to form a close stance toward C while executing an angle punch with the right fist.  
*(Moa so orun joomuk giokja jirugi)*

Perform in a slow motion.

46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.  
*(Niunja so anpalmok kaunde yop makgi)*

47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.  
*(Niunja so kaunde baro jirugi)*

48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist.  
*(Moa so wen joomuk giokja jirugi)*

Perform in a slow motion.

49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.  
*(Gojung so digutja jirugi)*

50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.  
*(Gojung so digutja jirugi)*
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.  
*(Annun so orun dung joomuk ap taerigi)*
52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.  
*(Doro chagi, annun so orun bakat palmok nopunde bakuro makgi)*
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.  
*(Doro chagi, annun so orun bakat palmok nopunde ap makgi)*
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.  
*(Annun so orun sondung soopyong taerigi)*

55. Execute a middle crescent kick to the right palm with the left foot.  
*(Kaunde bandal chagi)*
56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block.  
*(Kaunde yopcha jirugi)*

Perform 55 and 56 in a consecutive kick.

57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.  
*(Annun so wen sondung soopyong taerigi)*

58. Execute a middle crescent kick to the left palm with the right foot.  
*(Kaunde bandal chagi)*

59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block.  
*(Kaunde yopcha jirugi)*

Perform 58 and 59 in a consecutive kick.

60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.  
*(Annun so orun gutja makgi)*

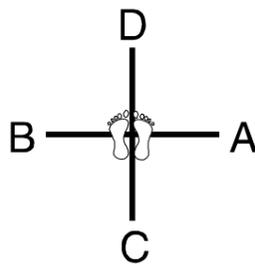
61. Change the position of the hands while maintaining a sitting stance toward A.  
*(Annun sogi)*
62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.  
*(Annun so orun gutja makgi)*
63. Change the position of the hands while maintaining a sitting stance toward B.  
*(Annun sogi)*
64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.  
*(Soojik so yop joomuk bandae naeryo taerigi)*
65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

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

# CHOI-YONG

Ready Posture: Close Ready Stance C



1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D  
*(Dwitbal so joongji joomuk nopunde bandae jirugi)*
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C  
*(Dwitbal so joongji joomuk nopunde bandae jirugi)*
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.  
*(Gunnun so sonkal chookyo makgi)*

6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.  
*(Gunnun so anpalmok dollimyo makgi)*
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.  
*(Gunnun so kaunde jirugi)*
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.  
*(Gunnun so sonkal chookyo makgi)*
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.  
*(Gunnun so anpalmok dollimyo makgi)*
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.  
*(Gunnun so kaunde jirugi)*
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.  
*(Kaunde dollyo chagi)*

13. Execute a high reverse hooking kick to D with the left foot.  
*(Nopunde bandae dollyo gorochagi)*
  14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*
- Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
  16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*
  17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.  
*(Kaunde dollyo chagi)*
  18. Execute a high reverse hooking kick to C with the right foot.  
*(Nopunde bandae dollyo gorochagi)*

19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction.  
*(Kaunde yopcha jirugi)*

Perform 18 and 19 in a consecutive kick.

20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.  
*(Gunnun so ap palkup bandae taerigi)*
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.  
*(Gunnun so sonbadak bandae noollo makgi)*
22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm.  
*(Gunnun so sonbadak bandae noollo makgi)*

Perform 21 and 22 in a fast motion.

23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.  
*(Gunnun so sonkal san makgi)*
24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.  
*(Kaunde apcha busigi)*

25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.  
*(Gunnun so sonkal san makgi)*
27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.  
*(Kaunde apcha busigi)*
28. Lower the left foot to D forming a left L-stance toward C while executing a middle guarding block to C with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.  
*(Gunnun so opun sonkut nopunde tulgi)*

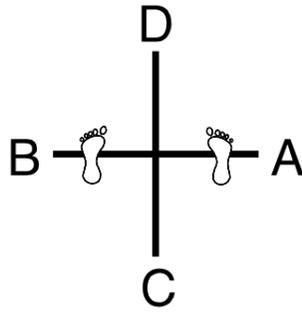
31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.  
*(Gunnun so opun sonkut nopunde tulgi)*
32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.  
*(Narani so orun sonbadak kaunde golcho makgi)*
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.  
*(Narani so wen joomuk kaunde jirugi)*
34. Turn the face toward A while forming a left bending ready stance A toward A.  
*(Guburyo junbi sogi A)*
35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.  
*(Kaunde yopcha jirugi)*
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.  
*(Twiggi, orun kyocha so dung joomuk nopunde yop taerigi)*

37. Execute a high reverse hooking kick to B with the right foot.  
*(Nopunde bandae dollyo gorochagi)*
38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.  
*(Narani so wen sonbadak kaunde golcho makgi)*
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.  
*(Narani so orun joomuk kaunde jirugi)*
41. Turn the face to B while forming a right bending ready stance A toward B.  
*(Guburyo junbi sogi A)*
42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.  
*(Kaunde yopcha jirugi)*
43. Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde yop taerigi)*

44. Execute a high reverse hooking kick to A with the left foot.  
*(Nopunde bandae dollyo gorochagi)*
45. Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.  
*(Gojung so kaunde yop jirugi)*
- END: Bring the right foot back to a ready posture.

# YONG-GAE

Ready Posture: Warrior Ready Stance A



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.

*(Niunja so sonkal dung najunde daebi makgi)*

Perform in a circular motion.

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.

*(Gunnun so ghin joomuk nopunde bandae jirugi)*

Perform in slow motion.

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

*(Niunja so palmok kaunde daebi makgi)*

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

*(Twimyo sonkal bakuro taerigi)*

5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.  
*(Niunja so kyocha joomuk momchau makgi)*
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.  
*(Gunnun so opun sonkut nopunde bakuro ghutgi)*
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.  
*(Dwitbal so sun palkup bandae naeryo tulgi)*
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde yop taerigi)*
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.  
*(Gunnun so sonkal najunde bandae bakuro makgi)*
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.  
*(Narani so wen sonbadak kaunde golcho makgi)*

11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.  
*(Narani so orun joomuk kaunde jirugi)*
12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand.  
*(Niunja so sonkal dung najunde daebi makgi)*

Perform in a circular motion.

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.  
*(Gunnun so ghin joomuk nopunde bandae jirugi)*

Perform in slow motion.

14. Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.  
*(Twimyo wen sonkal kaunde bakuro taerigi)*

16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.  
*(Niunja so kyocha joomuk momchau makgi)*

17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so opun sonkut nopunde bakuro ghutgi)*
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.  
*(Dwitbal so sun palkup bandae naeryo tulgi)*
19. Jump to D forming a right X-stance toward BD while executing a high side strike to D with the right back fist.  
*(Twiggi, orun kyocha so dung joomuk nopunde yop taerigi)*
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.  
*(Gunnun so sonkal najunde bandae bakuro makgi)*
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.  
*(Narani so orun sonbadak kaunde golcho makgi)*
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.  
*(Narani so wen joomuk kaunde jirugi)*
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.  
*(Annun so sonkal dung san makgi)*

24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.  
*(Kyocha so sang palkup soopyong tulgi)*
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.  
*(Annun so sang sun palmok momchau makgi)*
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.  
*(Kyocha so baro ollyo jirugi)*
27. Execute a high reverse hooking kick to B with the right foot.  
*(Nopunde bandae dollyo gorochagi)*
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.  
*(Nopunde yopcha jirugi)*
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left back fist.  
*(Twiggi, wen kyocha so dung joomuk baro naeryo taerigi)*

30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.  
*(Annun so sonkal dung san makgi)*
31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.  
*(Kyocha so sang palkup soopyong tulgi)*
32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.  
*(Annun so sang sun palmok momchau makgi)*
33. Cross the right foot over the left foot to form 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.  
*(Kyocha so baro ollyo jirugi)*
34. Execute a high reverse hooking kick to A with the left foot.  
*(Nopunde bandae dollyo gorochagi)*
35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.  
*(Nopunde yopcha jirugi)*

36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right back fist.  
*(Twiggi, orun kyocha so dung joomuk baro naeryo taerigi)*
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.  
*(Niunja so palmok kaunde daebi makgi)*
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.  
*(Dwitbal so anpalmok bandae hori makgi)*
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 outward strike to D with the left knife-hand.  
*(Niunja so sonkal nopunde bakuro taerigi)*
40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
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.  
*(Dwitbal so anpalmok bandae hori makgi)*

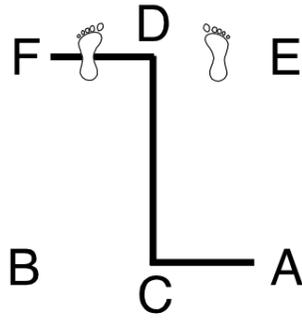
42. Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.  
*(Niunja so sonkal nopunde bakuro taerigi)*
43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Niunja so palmok kaunde daebi makgi)*
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 toward D while executing a middle guarding block to D with a knife-hand.  
*(Twio dolmyo chagi, wen niunja so sonkal kaunde daebi makgi)*
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 toward D while executing a middle guarding block to D with a knife-hand.  
*(Twio dolmyo chagi, orun niunja so sonkal kaunde daebi makgi)*
46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.  
*(Gunnun so sonkal dung najunde bandae anuro makgi)*

47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.  
*(Niunja so yop palkup tulgi)*
48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.  
*(Gunnun so sonkal dung najunde bandae anuro makgi)*
49. Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.  
*(Niunja so yop palkup tulgi)*

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

# UL-JI

Ready Posture: Parallel Stance with X-Back Hand



1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.  
*(Gunnun so sang yop joomuk soopyong taerigi)*
  2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.  
*(Gunnun so kyocha joomuk noollo makgi)*
  3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.  
*(Gunnun so kyocha sonkal chookyo makgi)*
- Perform 2 and 3 in a continuous motion.
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.  
*(Gunnun so sonkal nopunde bandae ap taerigi)*
  5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.  
*(Annun so wen sondung soopyong taerigi)*

6. Execute a middle crescent kick to the left palm with the right foot.  
*(Kaunde bandal chagi)*
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.  
*(Annun so orun ap palkup taerigi)*
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.  
*(Annun so wen dwit palkup tulgi)*
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.  
*(Annun so orun dung joomuk yopdwi taerigi)*
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.  
*(Moa so sang yop palkup tulgi)*
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.  
*(Kyocha sogi)*

Perform in a fast motion.

12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.  
*(Kaunde yopcha jirugi)*
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 executing a horizontal thrust with a twin elbow.  
*(Kyocha so sang palkup soopyong tulgi)*
14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.  
*(Annun so orun soopyong jirugi)*
15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.  
*(Sonkal nopunde ap taerigi)*
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.  
*(Niunja so sang sonkal makgi)*
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.  
*(Twio dolmyo chagi)*
18. Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.  
*(Gunnun so doo palmok kaunde makgi)*

19. Bring the left foot to the right foot to form a close ready stance B toward D.  
*(Moa junbi sogi B)*
20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.  
*(Twiggi, orun kyocha so dung joomuk nopunde baro yop taerigi)*
21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.  
*(Gunnun so palmok bandae chookyo makgi)*
22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.  
*(Kaunde apcha busigi)*
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.  
*(Gunnun so nopunde bandae jirugi)*
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.  
*(Gunnun so sun sonkut kaunde tulgi)*

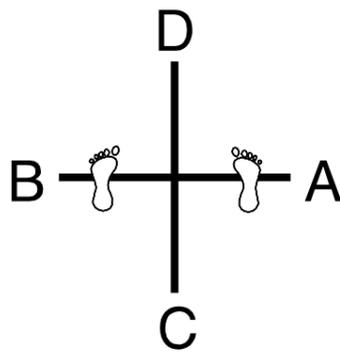
25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.  
*(Annun so wen dung joomuk nopunde yop taerigi)*
26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.  
*(Gunnun junbi sogi)*
27. Jump to execute a flying high kick to F with the right foot.  
*(Twimyo nopi chagi)*
28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife-hand.  
*(Gojung so kyocha sonkal momchau makgi)*
29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.  
*(Niunja so kyocha joomuk noollo makgi)*
30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.  
*(Kaunde yobap cha busigi wa anpalmok kaunde hechyo makgi)*
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.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*

32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife-hand and a middle pushing block with the left palm.  
*(Gojung so sonkal kaunde bakuro baro makgi wa sonbadak kaunde bandae miro makgi)*
33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.  
*(Niunja so kaunde yop jirugi)*
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 towards F while executing a middle guarding block to F with the forearm.  
*(Niunja sogi, twigi, orun niunja so palmok kaunde daebi makgi)*
35. Execute a middle turning kick to DF with the right foot.  
*(Kaunde dollyo chagi)*
36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.  
*(Kaunde dwitcha jirugi)*
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.  
*(Niunja so palmok kaunde daebi makgi)*

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.  
*(Niunja so sonbadak bandae ollyo makgi)*
39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.  
*(Gunnun so anpalmok dollimyo makgi)*
40. Execute a circular block to DE with the left inner forearm while forming a left walking stance toward DF.  
*(Gunnun so anpalmok dollimyo makgi)*
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.  
*(Annun so wen joomuk kaunde jirugi)*
42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.  
*(Annun so orun joomuk kaunde jirugi)*
- END: Bring the left foot back to a ready posture.

# MOON-MOO

Ready Posture: Parallel Ready Stance



1. Turn the face to B while forming a right bending ready stance A toward B.  
*(Guburyo junbi sogi A)*

Perform in a slow motion.

2. Execute a high side piercing kick to B with the left foot.  
*(Nopunde yopcha jirugi)*

Perform in a slow motion.

3. Execute a high side piercing kick to B with the left foot.  
*(Nopunde yopcha jirugi)*

Perform 2 and 3 in a double kick.

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.  
*(Annun so orun opun sonkut kaunde tulgi)*

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

*(Nopunde bandae dollyo gorochagi)*

Perform in a slow motion.

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.

*(Twiggi, orun kyocha so sonkal kaunde yop taerigi)*

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.

*(Gunnun so sonbadak bandae noollo makgi)*

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.

*(Gunnun so sonbadak bandae noollo makgi)*

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.

*(Waebal so sonkal najunde baro yop makgi wa sonkal nopunde bandae yop makgi)*

Perform in slow motion.

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.  
*(Guburyo junbi sogi A)*

Perform in slow motion.

11. Execute a high side piercing kick to A with the right foot.  
*(Nopunde yopcha jirugi)*

Perform in a slow motion.

12. Execute a high side piercing kick to A with the right foot.  
*(Nopunde yopcha jirugi)*

Perform 11 and 12 in a double kick.

13. Lower the right foot to A to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.  
*(Annun so wen opun sonkut kaunde tulgi)*

14. Execute a high reverse hooking kick to A with the left foot.  
*(Nopunde bandae dollyo gorochagi)*

Perform in a slow motion.

15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.  
*(Twiggi, wen kyocha so sonkal kaunde yop taerigi)*
16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.  
*(Gunnun so sonbadak bandae noollo makgi)*
17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.  
*(Gunnun so sonbadak bandae noollo makgi)*
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.  
*(Waebal so sonkal najunde baro yop makgi wa sonkal nopunde bandae yop makgi)*

Perform in slow motion.

19. Turn the face to C while forming a left bending ready stance B toward D.  
*(Guburyo junbi sogi B)*
20. Execute a high back piercing kick to C with the right foot.  
*(Nopunde dwitcha jirugi)*

Perform in slow motion.

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.

*(Gunnun so kaunde bandae jirugi)*

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

*(Guburyo junbi sogi B)*

23. Execute a high back piercing kick to C with the left foot.

*(Nopunde dwitcha jirugi)*

Perform in slow motion.

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

*(Gunnun so kaunde bandae jirugi)*

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

*(Dwitbal so sonbadak bandae naeryo makgi)*

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.

*(Kaunde yobap cha busigi)*

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.

*(Annun so orun yop joomuk kaunde yop taerigi)*

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

*(Annun so wen sonbadak duro makgi)*

29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A.

*(Annun so orun joomuk kaunde jirugi)*

Perform 28 and 29 in a connecting motion.

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

*(Annun so wen sonkal najunde yop makgi)*

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.

*(Kaunde yopcha milgi)*

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

*(Nopunde bandae dollyo chagi)*

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.

*(Gunnun so sonkal nopunde yop makgi)*

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

*(Dwitbal so sonbadak bandae naeryo makgi)*

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.

*(Kaunde yobap cha busigi)*

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

*(Annun so wen yop joomuk kaunde yop taerigi)*

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

*(Annun so orun sonbadak duro makgi)*

38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A.

*(Annun so wen joomuk kaunde jirugi)*

Perform 37 and 38 in a connecting motion.

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

*(Annun so orun sonkal najunde yop makgi)*

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.

*(kaunde yopcha milgi)*

41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.  
*(Nopunde bandae dollyo chaigi)*
42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.  
*(Gunnun so sonkal nopunde yop makgi)*
43. Move the left foot to D and then execute a high twisting kick to AD with the right foot.  
*(Nopunde bituro chagi)*
44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.  
*(Gunnun so dung joomuk bandae yopdwi taerigi)*
45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.  
*(Gunnun so dung joomuk bandae ap taerigi)*
46. Move the right foot to D and then execute a high twisting kick to BD with the left foot.  
*(Nopunde bituro chagi)*
47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.  
*(Gunnun so dung joomuk bandae yopdwi taerigi)*

48. Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D.  
*(Gunnun so dung joomuk bandae ap taerigi)*
49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Yop bal badak suroh chagi)*
50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block.  
*(Yopcha momchugi, wen kaunde yopcha tulgi)*

Perform in a consecutive kick.

51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
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.  
*(Yop bal badak suroh chagi, wen niunja so palmok kaunde daebi makgi)*

53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block.  
*(Yopcha momchugi, orun kaunde yopcha tulgi)*
- Perform in a consecutive kick.
54. Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.  
*(Niunja so sonkal kaunde bakuro taerigi)*
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.  
*(Gunnun so kaunde bandae jirugi)*
56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.  
*(Twiggi, orun kyocha so najunde bandae jirugi)*
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.  
*(Twiggi, wen kyocha so najunde bandae jirugi)*
58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.  
*(Twio dolmyo chagi)*

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

*(Niunja so sonkal kaunde daebi makgi)*

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 with the left arc-hand.

*(Gunnun so bandal son bandae chookyo makgi)*

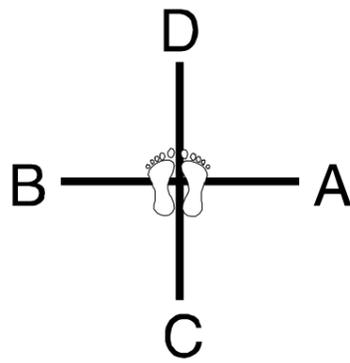
61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

*(gunnun so nopunde jirugi)*

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

# SO-SAN

Ready Posture: Close Ready Stance A



1. Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so kaunde bandae sewo jirugi)*
3. Slide to C to form a left rear foot stance toward D while executing a middle guarding block to D with the forearm.  
*(Dwitbal so palmok kaunde daebi makgi)*
4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.  
*(Gunnun so kaunde bandae sewo jirugi)*
5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.  
*(Gunnun so sonkal nopunde bandae yop makgi)*

6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.  
*(Annun so wen joomuk kaunde jirugi)*

Perform 5 and 6 in a fast motion.

7. Execute a high side block to BD with the left knife-hand while forming a right walking stance toward BD.  
*(Gunnun so sonkal nopunde bandae yop makgi)*
8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.  
*(Annun so orun joomuk kaunde jirugi)*

Perform 7 and 8 in a fast motion.

9. Move the right foot to C turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.  
*(Narani so sang sonkal soopyong taerigi)*
10. Execute a high side piercing kick to C with the right foot keeping the position of the hands as they were in 9.  
*(Nopunde yopcha jirugi)*
11. Execute a high turning kick to D with the right foot.  
*(Nopunde dollyo chagi)*

Perform 10 and 11 in a consecutive kick.

12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.  
*(Twiggi, orun kyocha so dung joomuk nopunde baro yop taerigi)*
13. Move the left foot to C forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.  
*(Narani so sang sonkal soopyong taerigi)*
14. Execute a high side piercing kick to C with the left foot keeping the position of the hands as they were in 13.  
*(Nopunde yopcha jirugi)*
15. Execute a high turning kick to D with the left foot.  
*(Nopunde dollyo chagi)*

Perform 14 and 15 in a consecutive kick.

16. Lower the left foot to D in a jumping motion to form a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde baro yop taerigi)*

17. Move the left foot to A forming a right L-stance toward A executing a low punch to A with a left double fist.  
*(Niunja so doo joomuk najunde jirugi)*
18. Bring the right palm on the left forefist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion.  
*(Gunnun so jappyosultae)*
19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A.  
*(Gunnun so nopunde bandae jirugi)*
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.  
*(Niunja so doo joomuk najunde jirugi)*
21. Bring the left palm on the right forefist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.  
*(Gunnun so jappyosul tae)*
22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.  
*(Gunnun so nopunde bandae jirugi)*

23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.  
*(Niunja so joongji joomuk baro dwijibo jirugi)*
24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.  
*(Gunnun so dung joomuk bandae ap taerigi)*
25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.  
*(Niunja so joongji joomuk baro dwijibo jirugi)*
26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot.  
*(Gunnun so dung joomuk bandae ap taerigi)*
27. Move the left foot to D forming a right walking ready stance toward C.  
*(Gunnun junbi sogi)*
28. Jump to execute a flying front snap kick to C with the right foot.  
*(Twimyo apcha busigi)*
29. Land to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*

30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.  
*(Gunnun so palmok nopunde bandae ap makgi)*
31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C.  
*(Gunnun so kaunde jirugi)*
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.  
*(Gunnun so palmok nopunde bandae ap makgi)*
33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.  
*(Gunnun so kaunde jirugi)*
34. Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.  
*(Gunnun so kaunde doo bandalson makgi)*
35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.  
*(Gunnun so sonkal nopunde bandae anuro taerigi)*

36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.  
*(Gunnun so anpalmok dollimyo makgi)*
37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.  
*(Gunnun so nopunde jirugi)*
38. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 37.  
*(Najunde apcha busigi)*
39. Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.  
*(Gunnun so kaunde jirugi)*
40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.  
*(gunnun so kaunde bandae jirugi)*
- Perform 39 and 40 in a fast motion.
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.  
*(Gunnun so kyocha sonkal chookyo makgi)*

42. Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.  
*(Gunnun so kaunde doo bandalson makgi)*
43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.  
*(Gunnun so sonkal nopunde bandae anuro taerigi)*
44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.  
*(Gunnun so anpalmok dollimyo makgi)*
45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.  
*(Gunnun So joomuk nopunde jirugi)*
46. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 45.  
*(Najunde apcha busigi)*
47. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.  
*(Gunnun so kaunde jirugi)*

48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.  
*(Gunnun so kaunde bandae jirugi)*

Perform 47 and 48 in a fast motion.

49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.  
*(Gunnun so kyocha sonkal chookyo makgi)*

50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*

51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Twiggi, orun niunja so palmok kaunde daebi makgi)*

52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi)*

53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. *(Gunnun so nopunde bandae jirugi)*

Perform 52 and 53 in a continuous motion.

54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.  
*(Niunja so kaunde yop jirugi)*
55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.  
*(Niunja so sonkal najunde daebi makgi)*
56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.  
*(Twiggi, wen niunja so palmok kaunde daebi makgi)*
57. Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot.  
*(gunnun so anpalmok kaunde baro bakuro makgi wa sonkal najunde bandae makgi)*
58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D.  
*(Gunnun so nopunde bandae jirugi)*

Perform 57 and 58 in a continuous motion.

59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.  
*(Niunja so kaunde yop jirugi)*

60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.  
*(Niunja so sonbadak bandae duro makgi)*
61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.  
*(Niunja so kaunde baro jirugi)*
62. Turn clockwise while forming a left bending ready stance A toward C.  
*(Guburyo junbi sogi A)*
63. Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.  
*(Nopunde yopcha jirugi)*
64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.  
*(Gunnun so kaunde bandae jirugi)*
65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.  
*(Niunja so sonkal kaunde daebi makgi)*
66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.  
*(Niunja so sonbadak bandae duro makgi)*

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.

*(Niunja so kaunde baro jirugi)*

68. Turn counter-clockwise while forming a right bending ready stance A toward C.

*(Guburyo junbi sogi A)*

69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.

*(Nopunde yopcha jirugi)*

70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.

*(Gunnun so kaunde bandae jirugi)*

71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

*(Niunja so sonkal kaunde daebi makgi)*

72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.

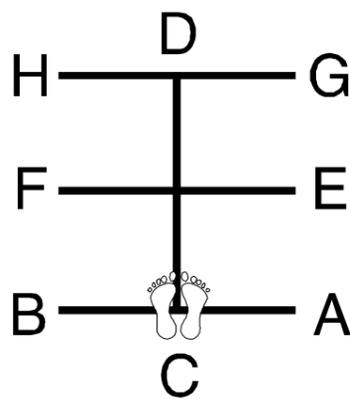
*(Gunnun so nopunde jirugi)*

Perform 71 and 72 in a continuous motion.

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

# SE-JONG

Ready Posture: Close Ready Stance B



1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.  
*(Gunnun so palmok najunde makgi)*
2. 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 twin forearm block.  
*(Niunja so sang palmok makgi)*
3. Execute a middle side piercing kick to D with the right foot.  
*(Kaunde yopcha jirugi)*
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.  
*(Gunnun so palmok chookyo makgi)*
5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle side strike to E with the right knife-hand.  
*(Annun so orun sonkal kaunde yop taerigi)*

6. Bring the right foot to the left foot, forming a close ready stance B toward D.  
*(Moa junbi sogi B)*
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.  
*(Twiggi, wen kyocha so dung joomuk nopunde baro yop taerigi)*
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.  
*(Gunnun so nopunde jirugi)*
9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.  
*(Gojung so palmok nopunde daebi makgi)*
10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip.  
*(Gunnun so sun sonkut kaunde tulgi)*
11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist.  
*(Gunnun so dung joomuk nopunde yop taerigi)*

12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.  
*(Annun so wen sonbadak duro makgi)*
13. Execute a middle turning kick to C with the left foot.  
*(Kaunde dollyo chagi)*
14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.  
*(Twiggi, wen kyocha so doo palmok nopunde makgi)*
15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C.  
*(Annun sogi)*

Perform in a slow motion.

16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.  
*(Annun so wen dung joomuk ap taerigi)*
17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.  
*(Sasun so sang sonbadak noollo makgi)*

18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.  
*(Gunnun so kaunde doo bandalson makgi)*
  19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.  
*(Waebal so bakat palmok nopunde baro yop makgi wa palmok najunde bandae yop makgi)*
  20. Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm.  
*(Gunnun so sonbadak baro noollo makgi)*
- Perform in a slow motion.
21. Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.  
*(Waebal so dungpalmok baro taerigi)*
  22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.  
*(Gojung so yop palkup tulgi)*

23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.  
*(Niunja so sonkal nopunde daebi makgi)*

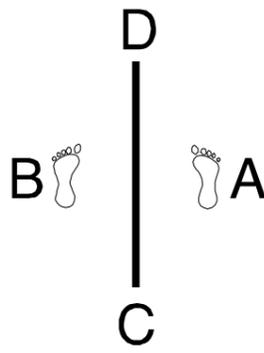
24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.

*(Niunja so kaunde baro jirugi)*

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

# TONG-IL

Ready Posture: Parallel Stance with Overlapped Back hand



1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist.

*(Gunnun so sang joomuk kaunde jirugi)*

Perform in slow motion.

2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand.

*(Gunnun so sang sonkal soopyong taerigi)*

Perform in slow motion.

3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.

*(Dwitbal so bakat palmok kaunde anuro bandae makgi)*

4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.

*(Gunnun so sonbadak najunde anuro bandae makgi)*

5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.  
*(Niunja so kaunde yop jirugi)*
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D.  
*(Niunja so kaunde baro jirugi)*

Perform 5 and 6 in a fast motion.

7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand.  
*(Niunja so sondung nopunde bakuro taerigi)*
8. Execute an inward vertical kick to the left palm with the right reverse footsword.  
*(Balkal dung anuro sewo chagi)*
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand.  
*(Niunja so sondung nopunde bakuro taerigi)*
10. Execute an inward vertical kick to the right palm with the left reverse footsword.  
*(Balkal dung anuro sewo chagi)*

11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot.

*(Niunja so sang sonbadak soopyong makgi)*

Perform in a slow motion.

12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand.

*(Gunnun so sonkal dung nopunde yop makgi)*

Perform in a slow motion.

13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D.

*(Gunnun so sonkal dung kaunde bandae yop makgi)*

Perform in a slow motion.

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

*(Gunnun so kaunde jirugi)*

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

*(Gunnun so kaunde bandae jirugi)*

Perform 14 and 15 in a fast motion.

16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.  
*(Naeryo chagi)*
17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.  
*(Niunja so dung joomuk bandae naeryo taerigi)*
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.  
*(Bakuro sewo chagi)*
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.  
*(Niunja so dung joomuk bandae naeryo taerigi)*
20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.  
*(Gunnun so nopunde bandae jirugi)*
21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.  
*(Gunnun so nopunde jirugi)*

Perform 20 and 21 in a fast motion.

22. Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.  
*(Dwitbal so sonmok dung bandae ollyo makgi)*
23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.  
*(Dwitbal so sonmok dung bandae ollyo makgi)*
24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.  
*(Gunnun so sonbadak baro noollo makgi)*
25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm.  
*(Gunnun so sonbadak baro noollo makgi)*

Perform 24 and 25 in a slow motion.

26. Bring the left foot to the right foot to form a close stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.  
*(Moa sogi)*
27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.  
*(Gunnun so sonkal chookyo makgi)*

28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.  
*(Gunnun so nopunde bandae jirugi)*
29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder.  
*(Niunja so baro dwijibo jirugi)*
30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip.  
*(Gunnun so homi sonkut nopunde bandae tulgi)*
31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.  
*(Gunnun so sonkal chookyo makgi)*
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.  
*(Gunnun so nopunde bandae jirugi)*
33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.  
*(Niunja so baro dwijibo jirugi)*

34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip.  
*(Gunnun so homi sonkut nopunde bandae tulgi)*
35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.  
*(Niunja so sonkal dung najunde daebi makgi)*
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.  
*(Niunja so sonkal dung najunde daebi makgi)*
37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot.  
*(Gunnun so sonkal kaunde baro bakuro makgi wa palmok najunde bandae makgi)*
38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.  
*(Gunnun so sang joomuk nopunde sewo jirugi)*
39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.  
*(Waebal so dungpalmok bandae taerigi)*

40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.  
*(Kaunde dwitcha jirugi)*
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.  
*(Annun so bakat palmok san makgi)*
42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.  
*(Annun so bakat palmok san makgi)*
43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.  
*(Annun so orun bakat palmok san makgi)*
44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.  
*(Annun so bakat palmok san makgi)*
45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.  
*(Waebal so dungpalmok bandae taerigi)*

46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.  
*(Nopunde dwitcha jirugi)*
47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.  
*(Twiggi, wen kyocha so kyocha joomuk noollo makgi)*
48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.  
*(Gunnun so mit joomuk ap taerigi)*
49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.  
*(Gunnun so mit joomuk ap taerigi)*
50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.  
*(Gunnun so sonbadak kaunde bandae miro makgi)*
51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD.  
*(Gunnun so sonkal dollimyo makgi)*
52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.  
*(Gunnun so sonbadak kaunde bandae miro makgi)*

53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD.  
*(Gunnun so sonkal dollimyo makgi)*
54. Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a close stance toward D while executing a twin side back elbow thrust.  
*(Nopunde yopcha jirugi)*
55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.  
*(Annun so wen joomuk kaunde yop jirugi)*
56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.  
*(Gunnun so kaunde bandae jirugi)*

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