

E v o l u t i o n T a e K w o n - D o

STUDENT HANDBOOK

Written by Simon Wachon
Published by Evolution TKD

Black Belt Syllabus (Black Belt all Grades)

Published By EvolutionTKD;

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Optional Bow Staff Pattern for 1st Degree Black Belt
(Other weapon or grappling patterns may also be performed)

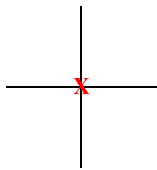
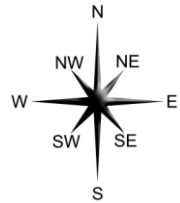


Diagram :

**“The Capener”
Bow Staff Pattern**

Movements - 15 Combinations

Single moves do not apply to the pole pattern
because the movements need to flow together.



The “Capener” Bow Pattern was named by Simon Wachon in July 2002 after practice, and putting all the movements together at Mitcham’s Meadow Camp Site at Evolutions first Summer Camp held in Croyde Bay, North Devon, England. The pattern was put together and performed on the Summer Tae Kwon-Do Camp by Simon Wachon and Terry Helliker, but before it could be written down on camp, Simon was Hospitalised, during the Camps Paint Balling expedition, with a severely dislocated ankle and double break in the leg, which required a titanium plate with thirteen pins on one side of his lower and two pins in the other in the lower ankle. It was whilst spending a week laid up in recovery of the “Capener” Trauma Ward of the North Devon District Hospital that Simon wrote down the “Mitcham’s - Capener” Pole Pattern which is dedicated to all the many wonderful, dedicated Ambulance People, Surgeons, Doctors, Nurses Health Care Assistants and Physiotherapists who work so hard to look after all patients in the British National Health Service. This pattern also signifies determination and dedication even in the face of adversity, and is written entirely from memory with no way to practice.

Having seen the suffering of others at first hand, this pattern should also remind us of how lucky we are every day Just to be able to practice Tae Kwon-Do (whatever our standard is) when others don’t even have the use of their limbs, some temporary and some permanent. In Tae Kwon Do, we take our health for granted, push to the limits, and expect our bodies to perform, some people can’t, our health is a gift which we should take good care of and never take for granted. The reason that the pattern ends with the left hand on top of the right is to symbolise compassion and the diagram is in the shape of the cross in respect for the medical profession. There are four kicks, one in each direction to symbolise the balance required to make a full life.

Ready Position - PARALLEL STANCE BOW VERTICAL IN FRONT OF LEFT FOOT WITH A LEFT HAND OPPOSED GRIP OVER RIGHT

1. Move left hand under right and rotate with opposed grip and perform single forward cascade spin from left to right adding a half spin to the right rotation ending with the bow vertical behind the back on the right side.

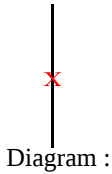
2. From the right hand lift the bow from behind the back, little finger first, tipping the bow up and across the front of the chest horizontal palm down, take left hand palm up, right side of right hand to a double hand opposed grip, step forward with the right foot into walking stance (N), and strike upwards and across with the right hand leading from right to left striking the opponents temple (opponent N) end up with right hand palm up, in front of left hand, palm down.
3. All steps in a (N) direction. Spin the body clockwise stepping left foot forward taking a total of three steps forward, including a reverse second step, whilst continuing the stepping spin, take bow in the right hand upwards over the head spinning the bow in the right palm into an clockwise single 180 helicopter spin on the first step, grasp bow and bring the bow around on the reverse step right palm down, bow pointing out at chest height and on the last forward step with the left leg, take the right arm around the head and spin bow pointing up at 45 degrees behind the back into a right L-stance with a “Kung Fu” style left knife hand guard.
4. All steps in a (N) direction. Take the bow from behind the back, whilst taking a two step spin, right step (N) left reverse step (N) anti-clockwise, swing the bow around changing grips from right to left hand into a long bow whip staff to (W) taking a step with the right foot up into a (L) stance facing (W). Pause, holding bow horizontal to (W) with left hand in a long bow and a right rising knife hand block.
5. All steps towards a (S) direction. Step right leg clockwise back to (S) “L” stance, and then take a long bow clockwise swing with the left hand through 270 (include an optional behind the back rotation if possible), make an overhead switch of hands to the right mid bow grip whilst taking a left forward step continuing clockwise to (S), with right grip above the head, continue to reverse step with the right leg clockwise whilst performing a closed grip helicopter spin, finishing looking (N) in a “Kung Fu” style stance, ending the bow movement with a half bow whip across mid section, bringing the bow around the back at 45, right grip, thumb upward.
6. Balance and pivot on right foot, and move the left foot to (S) in a left walking stance to (S), while bringing the bow from behind the back in the right hand thumb up, and rotate forward to (S) in a right hand forward figure 8 cascade spin, change hands to left grip on the left side and step forward to right walking stance to (S) repeating a left hand forward figure 8 cascade spin, change hands to back to a right grip on the right side and step forward to left walking stance to (S) repeating a right hand forward cascade spin and back

spin bow at the end of the right side cascade downward stroke, back spin the bow upwards towards the groin area approximately 45 towards (S).

7. Turn and face (W), balance and pivot on the left foot and move the right foot to (W) forming a left L-stance to (W) while taking a right hand opposed grip long bow up to a vertical position and slide forward striking downward at head height towards (W). Follow the downward bow strike straight up with a step behind right side piercing kick to (W), lowering the leg to (W), turning to face (E) in a right L-stance towards (E) and rotate the bow in a 180 vertical rotation to point from (W) to (E) right hand palm downwards in front pointing towards (E) in an opposed grip and the elbows raised and arms crossed.
8. Step the right foot forward to (E) into a two step spin anti-clockwise towards (E) jumping on the second reverse step while taking the bow into a overhead helicopter and spiral spin into a single right hand grip whip staff focused towards (E) and ending up taking the bow across the body ending up pointing towards (N) in a single right grip, then swing the bow back clockwise to finish up with the bow right behind the back in a right hand grip thumb up with the bow at 45 in a right L-stance with the left hand in a “Kung Fu” style knife hand guard towards (E).
9. Execute a right reverse side kick towards (E) landing the right foot to (E) in a left L-stance and on landing, whip the bow clockwise across (E) at middle section in the right under arm, and then back anti-clockwise across (E) and take a double over hand grip to centre block at high section towards (W) while balancing and pivoting on the left foot and moving the right foot into a left walking stance facing towards (W).
10. Step right foot (N) into left walking stance facing (S), keeping a double over hand grip, raise the bow and cross the hands above the head keep grip and strike down low section with the left bow end, arms crossed to (S). Raise the pole above the head keep grip and cross the arms to strike high section with the right bow end, arms crossed to (S). Raise the bow above the head and spin the bow anti-clockwise in a helicopter spin twice before stepping forward into a right walking stance to (S) and striking with the left bow end, arms crossed at low section to (S).
11. Step left foot (S) into left walking stance facing (S), keeping a double over hand grip, perform two forward figure 8 cascade spins to (S) and continue to perform two more figure 8 cascade spins while stepping the right leg forward into right walking stance to (S) finishing the spins on the left side, left bow end spinning down and forward to (S) and the back spin 180 to strike upward at chin height to (S).

12. Step right foot across to (E) one shoulder width, turn to face (N) and bring the left foot back to a parallel stance facing (N) and start a four time figure 8 cascade spin drill starting from right to left and ending up on the right side right bow end striking down with left hand under the arm pit.
13. From parallel stance (N), keeping grip, bring the left hand from under the right arm pit upward at 45 from right to left taking the hands above the head and spin the bow through 360 anti-clockwise helicopter whilst also taking a right step forward to (N) into a left reverse step, followed by a right forward step (N) right fighting stance, in a anti-clockwise direction. On the last step with the right foot, swap to a single right hand grip and start a forward figure 8 cascade spin, swapping grips on each side of the body through four rotations back to the right hand side and then take a right hand opposed grip through four rotations back to the right hand side striking down to (N) and back spin upward high section (N) at chin height to (N) with the left bow end.
14. Take a left step forward toward (N) and bring the bow up at high section stretching to the left side of the body with a double over hand grip, preparing the arms to rotate down , then up through 360 anti-clockwise to give lift while performing a left leg 540 jumping spinning turning kick landing on the left foot. Upon left foot landing, turn to face (S) and put the right foot back towards (N) in a left fighting stance towards (S), switch to a single right hand grasp, and bring the bow around the back, thumb upwards with the bow at 45.
15. Bring the bow back to a double over hand grip in front to (S) at high section to the left side of the body, preparing the arms to rotate down , then up through 360 anti-clockwise to give lift while taking a right step (S) and performing a right anti-clockwise 540 jumping reverse tuning kick to (S) upon landing in a left fighting stance to (S), switch to a single right hand grasp, and bring the bow around the back, thumb upwards with the bow at 45 facing (S). Turn to face (N) and Bring left foot forward to a parallel stance facing (N) while taking the bow above the head into a 2 ½ anti-clockwise helicopter spin alternating right and left grips ending in a right grip and placing the bow down vertically on the left side of the body with the left hand grasping in an opposed grip over the right to end the pattern. (Include an extra 720 degree vertical spin around the body clockwise before placing the bow vertically down to rest, if possible).

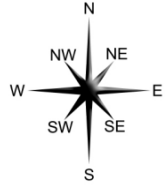
**END: PARALLEL STANCE BOW VERTICAL IN FRONT OF LEFT FOOT
WITH A LEFT HAND OPPOSED GRIP OVER RIGHT**



1st Degree Black Belt Empty Hand Patterns

GAE-BAEK – 1st Degree

Movements - 44



GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Ready Position - PARALLEL READY STANCE

1. Move the right foot to (S) forming a right L-stance toward (N) while executing an mid section X-knife-hand checking block (N).
2. Execute a low twisting kick to (N) with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to (N) forming a right walking stance toward (N) while executing a right middle forefist punch to (N).
4. Execute a left middle forefist punch to (N) while maintaining a right walking stance toward (N). Perform 3 and 4 in a fast motion.
5. Move the right foot to (S) forming a left walking stance toward (N) while executing a left outer forearm rising block to (N).
6. Execute a left low outer forearm block to (N) while maintaining a left walking stance toward (N). Perform 5 and 6 in a continuous motion.
7. Execute a high double arc hand block to (NE) while looking through it and maintaining a left walking stance toward (N).
8. Turn the face toward (E) while forming a right bending ready stance (NE).
9. Lower the left foot to (NE) to form a sitting stance toward (SE) while executing a left palm scooping block to (SE).
10. Execute a right middle forefist punch to (SE) while maintaining a sitting stance toward (SE). Perform 9 and 10 in a connecting motion.

11. Execute a left high front backfist strike to (SE) while maintaining a sitting stance toward (SE).
12. Move the right foot (W) onto line (N-S) and then move the left foot to (S) forming a right L-stance toward (S) while executing a middle knife-hand guarding block to (S).
13. Execute a left low front snap kick to (S) keeping the position of the hands as they were in 12.
14. Lower the left foot to (S) forming a left low walking stance toward (S) while executing a left high flat finger tip thrust to (S).
15. Maintain a low walking stance to (S) and execute a right high flat finger tip thrust to (S).
16. Execute a right middle side piercing kick to (S) while placing the left palm on the right back hand and pulling both hands in the opposite direction.
17. Lower the right foot to (S) forming a right L-stance toward (N) while executing a middle forearm guarding block to (N).
18. Move the right foot to (N) turning counter clockwise to form a right L-stance toward (S) while executing a middle forearm guarding block to (S).
19. Move the left foot to (N) turning counter clockwise to form a right L-stance toward (N) while executing a middle knife-hand guarding block to (N).
20. Move the left foot on line (N-S) to form a sitting stance toward (E) while executing a right 9-shape block.
21. Move the right foot to (N), turning counter-clockwise to form a left walking stance toward (S) while executing a low left knife-hand block to (S).
22. Execute a middle turning kick to (SW) with the right foot and then lower it to (S).
23. Execute a right flying side piercing kick to (S). Perform 22 and 23 in a fast motion.
24. Land to (S) to form a right walking stance toward (S) while executing a high twin vertical forefist punch to (S).

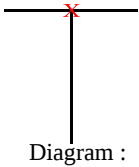
25. Execute a high block to (SE) with a double arc-hand while looking through it maintaining a right walking stance toward (S).
26. Execute a left upset forefist punch to (S) while maintaining a right walking stance toward (S).
27. Move the right foot on line (N-S), forming a left walking stance toward (N) while striking the left palm with the right horizontal front elbow.
28. Jump to (N), forming a right x-stance toward (NW) while executing a high right double forearm block to (N).
29. Move the left foot to (SW) to form a sitting stance toward (NW), at the same time executing a right palm scooping block to (NW).
30. Execute a left middle forefist punch to (NW) while maintaining a sitting stance toward (NW). Perform 29 and 30 in a connecting motion.
31. Execute a right front high backfist strike to (NW) with the right back fist while maintaining a sitting stance toward (NW).
32. Move the left foot to (S), forming a left walking stance toward (S), at the same time executing a high front right reverse knife-hand strike to (S).
33. Move the left foot to (E) about half a shoulder width while executing a right middle turning kick to (S).
34. Lower the right foot to (S), and then turn counter-clockwise to form a left walking stance toward (N), pivoting with the right foot while executing a high twin vertical forefist punch to (N).
35. Execute a middle punch to (N) with the right middle knuckle fist, bringing the left side first in front of the right shoulder while pulling the left foot back and forming a right L-stance toward (N).
36. Move the right foot to (N) to form a sitting stance toward (W), at the same time executing left 9-shape block.
37. Execute a low reverse knife-hand guarding block to (S) while maintaining a sitting stance toward (W).
38. Execute a low knife-hand guarding block to (N) while maintaining a sitting stance toward (W). Perform 37 and 38 in a continuous motion.

39. Move the left foot to (N) while performing a left rising kick to (N) and lower the left foot to form a sitting stance toward (E) while executing an outer forearm W-shape block.
40. Move the left foot to (S) while performing a left rising kick to (S) and lower the left foot to form a sitting stance toward (W) while executing an outer forearm W-shape block.
41. Move the right foot to (S) forming a right walking stance toward (S) while executing a right forearm rising block.
42. Execute a middle left forefist punch to (S) while maintaining a right walking stance toward (S).
43. Move the right foot on line (N-S) forming a left walking stance toward (N) while executing a left forearm rising block.
44. Execute a middle right forefist punch to (N) while maintaining a left walking stance toward (N).

END: Bring the right foot back to a ready position

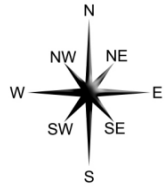


Ballistic warm up at colour belt grading



KO-DANG – 1st Degree

Movements 39



A pattern traditionally performed by 2nd Dan Black Belts, Ko-Dang is the pseudonym of the patriot Cho Man-Sik (1882-1950) who dedicated his life to the independence movement and the education of Korea. The 39 movements of the pattern signify his periods of imprisonment as well as his birthplace on the 39th latitude.

Ready Position - CLOSED READY STANCE C

1. Move the right foot towards (SE) forming a sitting stance to (NE) while performing a mid section left palm pushing block to (NE).
2. Execute a right mid section forefist punch to (NE) while maintaining a sitting stance to (NE).
3. Move the right foot back towards (S) forming a right L-stance to (N) while performing a mid section forearm guarding block to (N).
4. Perform a right low section outer forearm block to (NE) and a left mid section inner forearm block to (N) while maintaining a left L-stance to (N).
5. Pivot and balance on the right foot and move the left foot towards (SW) forming a sitting stance to (NW) while performing a right mid section palm pushing block to (NW).
6. Execute a left mid section forefist punch to (NW) while maintaining a sitting stance to (NW).
7. Move the left foot back towards (S) forming a left L-stance to (N) while performing a mid section forearm guarding block to (N).
8. Perform a left low section outer forearm block to (NW) and a right mid section inner forearm block to (N) while maintaining a left L-stance to (N).
9. Balance on the left foot and bring the right foot sole up to the inside left knee to form a left bending stance B facing to (N).
10. Turn the head to face (S), chamber the right leg and execute a right mid section reverse side kick to (S).

11. Lower the right foot to (S) forming a right L-stance to (N) while performing a left mid section knife hand block to (N).
12. Balance on the right foot and bring the left foot sole up to the inside right knee to form a right bending stance B facing to (N).
13. Turn the head to face (S), chamber the left leg and execute a left mid section reverse side kick to (S).
14. Lower the left foot to (S) forming a left L-stance to (N) while performing a right mid section knife hand block to (N).
15. Move the right leg back towards (S) forming a right L-stance to (N) while executing left mid section downwards elbow thrust to (N).
16. Move the left leg back towards (S) forming a left L-stance to (N) while executing right mid section downwards elbow thrust to (N).
17. Move the left leg forward towards (N) forming a left walking stance to (N) while performing a right low section palm pressing block to (N).
18. Move the right leg forward towards (N) forming a right walking stance to (N) while performing a left low section palm pressing block to (N).
19. Move the right foot back towards (S) forming a right L-stance to (N) while performing a left mid section downwards outer forearm block to (N).
20. Move the right foot forward towards (N) forming a left L-stance to (N) while performing a right mid section downwards outer forearm block to (N).
21. Move the left foot forward towards (N) forming a left rear foot stance to (N) while performing a left mid section upward palm block to (N).
22. Move the right foot forward towards (N) forming a right rear foot stance to (N) while performing a right mid section upward palm block to (N).
23. Slip the right foot back to touch heels with the right foot pointing (N), balance on the right foot and execute a left mid section front snap kick to (N).
24. Lower the left foot towards (N) forming a left walking stance to (N) while executing high section twin inward knife hand strike.

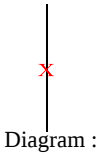
25. Perform a left high section knife hand rising block towards (N) while maintaining a left walking stance to (N).
26. Balance on the right foot and slip the left foot back forming a right L-stance stance towards (N) while performing a low section knife hand guarding block to (N).
27. Balance on the right foot and slip the left foot forward to (N) forming a left walking stance towards (N) while executing a right low section downwards punch to (N).
28. Keeping the left shoulder towards (N) and in front of the right shoulder, bring the left foot back crossing it behind the right foot to (S), take the balance onto the left foot and push off the left foot to slide the right foot back to (S) into a right L-stance to (N) while executing a mid section guarding block to (N).
29. Jump directly upward from both feet as high as possible bringing the knees up to chest height and land over the same spot in a right L-stance to (N) while performing a mid section knife hand guarding block to (N).
30. Balance on the left foot and jump forward approximately your own height towards (N), landing on the right foot and forming a right X-stance towards (N) while executing a right high section backfist strike to (N).
31. Pivot and balance on the right foot and turn anti-clockwise moving the left foot towards (S) forming a left walking stance to (S) while performing a left high section outer forearm block to (S).
32. Perform an about turn to form a right walking stance towards (N) while performing a right high section outer forearm block to (N).
33. Move the left foot forward towards (N) forming a right L-stance towards (N) while executing a right mid section upset punch to (N) while pulling the left sidefist to the right shoulder as reaction.
34. Balance on the left foot and execute a right mid section outward crescent kick to (E).
35. Lower the right foot towards (E) forming a left L-stance to (E) while executing a right high section cross cut finger tip strike to (E).
36. Bring the right foot back beside the left foot, balance and pivot on the right foot and execute a left mid section outward crescent kick to (W).

37. Lower the left foot towards (W) forming a right L-stance to (W) while executing a left high section cross cut finger tip strike to (W).
38. Bring the left foot back beside the right foot, balance and pivot on the left foot and move the right foot to (E) forming a left L-stance to (E) while performing a high section knife hand guarding block to (E).
39. Bring the right foot back beside the left foot, balance and pivot on the right foot and move the left foot to (W) forming a left L-stance to (W) while performing a high section knife hand guarding block to (W).

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



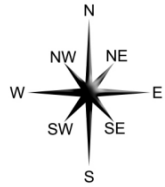
Francis Miller's defensive hook kick



2nd Degree Black Belt Empty Hand Patterns

EUI-AM – 2nd Degree

Movements – 45



EUI- AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Ready Position - CLOSED READY STANCE D

1. Move the right foot to (S) forming a left walking stance toward (N) while executing a low inward block to (N) with the right knife-hand.
2. Move the left foot to (S) forming a right walking stance toward (N) while executing a high side block to (N) with the left outer forearm.
3. Execute a middle punch to (N) with the right fist while maintaining a right walking stance toward (N).
4. Execute a low twisting kick to (N) with the left foot keeping the position of the hands as they were in 3.
5. Lower the left foot to (N) forming a left walking stance toward (N) while executing a downward block with an x-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward (N). Perform 5 and 6 in a continuous motion.
7. Jump to (N), forming a right x-stance toward (NW) while executing a high side strike to (N) with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to (S) forming a right L-stance toward (S) while executing a middle punch to (S) with the left fist.
9. Execute a middle reverse turning kick to (SE) with the right foot.

10. Lower the right foot to (S) in a stamping motion to form a sitting stance toward (E) while executing a middle side strike to (S) with the right knife-hand.
11. Execute a middle side piercing kick to (S) with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to (S) forming a left walking stance toward (S) while executing a high crescent punch with the right fist.
13. Execute a middle turning punch with the left fist while forming a parallel stance toward (S) pulling the right foot. Perform in slow motion.
14. Move the left foot to (N) forming a right walking stance toward (S) while executing a low inward block with the left knife-hand.
15. Move the right foot to (N) forming a left walking stance toward (S) at the same time executing a high side block to (S) with the right outer forearm.
16. Execute a middle punch to (S) with the left fist while maintaining a left walking stance toward (S).
17. Execute a low twisting kick to (S) with the right foot, keeping the position of the hands as they were in 16.
18. Lower the right foot to (S) forming a right waling stance toward (S) while executing a downward block with an x-fist.
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward (S). Perform 18 and 19 in a continuous motion.
20. Jump to (S) forming a left x-stance toward (SW) while executing a high side strike to (S) with the left back fist and bringing the right finger belly to the left side fist.
21. Move the right foot to (N), forming a left L-stance toward (N) while executing a middle punch to (N) with the right fist.
22. Execute a middle reverse turning kick to (NE) with the left foot.
23. Lower the left foot to (N) in a stamping motion to form a sitting stance toward (E) at the same time executing a middle side strike to (N) with a left knife-hand.

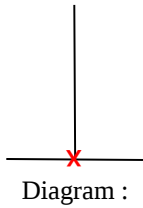
24. Execute a middle side piercing kick to (N) with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
25. Lower the right foot to (N) forming a right walking stance toward (N) while executing a high crescent punch with the left fist.
26. Execute a middle turning punch with the right fist while forming a parallel stance toward (N) pulling the left foot. Perform in slow motion.
27. Move the right foot to (N) forming a right walking stance toward (N) at the same time executing a middle wedging block with a knife-hand.
28. Execute a circular block to (NW) with the left reverse knife-hand while maintaining a right walking stance toward (N).
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward (N) pulling the right foot.
30. Execute a middle punch to (N) with the left fist while forming a left L-stance toward (N) slipping the right foot.
31. Execute a low inward block to (N) with the right reverse knife-hand while shifting to (S) maintaining a left L-stance toward (N).
32. Move the left foot to (N) forming a left walking stance toward (N) while executing a middle wedging block with a knife-hand.
33. execute a circular block to (NE) with the right reverse knife-hand while maintaining a left walking stance toward (N).
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward (N) pulling left foot.
35. Execute a middle punch to (N) with the right fist while forming a right L-stance toward (N) slipping the left foot.
36. Execute a low inward block to (N) with the left reverse knife-hand while shifting to (S) maintaining a right L-stance toward (N).
37. Execute a high reverse turning kick to (NW) with the right foot.
38. Lower the right foot to (N) forming a left rear foot stance toward (N) while executing a middle guarding block to (N) with the forearm.

39. Execute a high reverse turning kick to (NE) with the left foot.
40. Lower the left foot to (N) forming a right rear foot stance toward (N) while executing a middle guarding block to (N) with the forearm.
41. Move the left foot to the side rear of the right foot and then the right foot to (S) forming a right L-stance toward (N) while executing a low outward block to (N) with the left knife-hand.
42. Execute a middle punch to (N) with the right fist while forming a left walking stance toward (N) slipping the right foot.
43. Move the left foot to (S) forming a left L-stance toward (N) while executing a low block to (N) with the right knife-hand.
44. Execute a middle punch to (N) with the left fist while forming a right walking stance toward (N) slipping the left foot.
45. Execute a high punch to (N) with the right fist while maintaining a right walking stance toward (N).

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

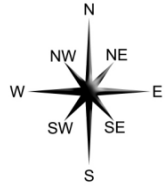


Lewis Dunn's jumping reverse side kick



CHOONG-JANG – 2nd Degree

Movements - 52



CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Ready Posture - CLOSED READY STANCE A

1. Move the right foot to (E) to form a sitting stance toward (N) while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward (N).
3. Bring the right foot to the left foot forming a closed stance toward (N) while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to (N) to form a left walking stance toward while executing a high thrust to (N) with the right double finger.
5. Move the right foot to (N) to form a right walking stance toward while executing a high thrust to (N) with the left double finger.
6. Execute a front strike to (N) with the right back fist while maintaining a right walking stance toward (N).
7. Move the left foot to (N) forming a left walking stance toward (N) while executing a rising block with the left forearm.
8. Move the right foot to (N) to form a right walking stance toward (N) at the same time executing a middle punch to (N) with the right fist.
9. Move the right foot to (S) turning counter clockwise and then slide to (S) to form a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
10. Execute a low front snap kick to (N) with the right foot keeping the position of the hands as they were in 9.

11. Lower the right foot to (N) forming a right low stance toward (N) while executing a high thrust to (N) with the right flat finger tip.
12. Execute a high turning kick to (N) with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to (N) and then execute a high punch to (N) with the right fist while pressing the ground with the left palm.
14. Move the left foot to (N) turning clockwise to form a left L-stance toward (S) while thrusting to (N) with the left side elbow.
15. Move the left foot to (S) turning clockwise to form a left L-stance toward (N) at the same time executing a middle guarding block to (N) with the forearm.
16. Move the right foot to (S) forming a right L-stance toward (N) while executing a scooping block with the left palm.
17. Move the left foot to (S) forming a left L-stance toward (N) while executing a middle outward strike to (N) with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward (S) pivoting with the right foot.
19. Execute a low front snap kick to (S) with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to (S) forming a right L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
21. Move the right foot to (N) in a sliding motion to form a right L-stance toward (S) while thrusting to (N) with the right side elbow.
22. Execute a middle guarding block to (N) with a knife-hand while forming a left L-stance toward (N) pivoting with the left foot.
23. Execute a middle side piercing kick to (N) with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to (N) and then execute a pressing block with a twin palm while forming a right rear foot stance toward (S), pivoting with the right foot.

25. Move the right foot to (S) to form a right walking stance toward (S) while executing a high front block to (S) with the right outer forearm and then a high side strike to (S) with the right back fist, maintaining a right walking stance toward (S).
26. Execute a high thrust to (N) with the left flat finger tip while forming a right L-stance toward (N) pivoting with the right foot.
27. Execute a low front snap kick to (N) with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to (N) to form a left walking stance toward (S) pivoting with the left foot while thrusting to (N) with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward (S), pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward (S).
31. Move the right foot to (S) in a stamping motion to form a left L-stance toward (S) while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward (S).
33. Execute a middle outward strike to (N) with the left knife-hand while forming a right L-stance toward (N), pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to (N) with the right back fist striking the left palm with the right elbow while forming a left walking stance toward (N), slipping the left foot.
35. Move the right foot to (N) forming a left L-stance toward (N) while executing a middle outward strike to (N) with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to (N) with the left back fist striking the right palm with the left elbow while forming a right walking stance toward (N), slipping the right foot.

37. Execute a low guarding block to (S) with a reverse knife-hand while forming a right L-stance toward (S) pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward (S) slipping the left foot.
39. Move the right foot to (S) forming a left L-stance toward C while executing a low guarding block to (S) with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward (S) slipping the right foot.
41. Move the right foot to (N) forming a left walking stance toward (S) while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to (S) with the right arc-hand while maintaining a left walking stance toward (S).
43. Execute a middle front snap kick to (S) with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to (S) forming a right walking stance toward (S) while executing a high strike to (S) with the left arc-hand.
45. Execute a middle front snap kick to (S) with the left foot keeping the position of the hands as they were in 44.
46. Lower the left foot to (S) forming a left walking stance toward (S) while executing a middle punch to (S) with the right fist.
47. Execute a middle punch to (S) with the left fist while maintaining a left walking stance toward (S). Perform 46 and 47 in a fast motion.
48. Bring the right foot to the left foot to form a close stance toward (S) while executing a high crescent punch with a twin for-knuckle fist.
49. Move the left foot to (W) turning counter-clockwise to form a left walking stance toward (W) while executing a low block to (W) with the left knife-hand.
50. Execute a high punch to (W) with the right open fist while maintaining a left walking stance toward (W).

51. Move the left foot on line (E-W) forming a right walking stance toward (E) while executing a low block to (E) with the right Knife-hand.
52. Execute a high punch to (E) with the left open fist while maintaining a right walking stance toward (E).

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

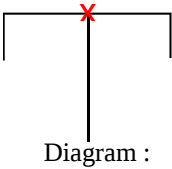


Harry & Cayleigh chill before grading



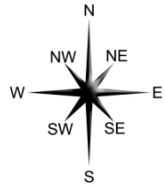
Croyde Bay in morning mist





JUCHE – 2nd Degree

Movements - 45



JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW

1. Move the left foot to (W) forming a sitting stance toward (N) while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to (N) with the right palm while standing up toward (N).
3. Execute a middle punch to (N) with the left fist while forming a sitting stance toward (N).
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward (N) while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to (E) and then a high reverse hooking kick to (W) consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to (W) in a jumping motion to form a right X-stance toward (S) while executing a downward strike to (W) with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to (S) consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to (S) in a stamping motion to form a sitting stance toward (W) while executing a high outward cross-cut to (S) with the left flat finger tip.
9. Execute a right high elbow strike to (SW) pressing the right side fist with the left palm while forming a left walking stance toward (SW).

10. Cross the left foot over the right foot to form a right X-stance toward (W) while executing a low front block to (W) with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to (E) forming a left L-stance toward (E) while executing a middle guarding block to (E) with a knife-hand.
12. Execute a mid-air strike to (E) with a left knife-hand while spinning counter clockwise and then land to (E) forming a right L-stance toward (E) with the left arm extended.
13. Move the right foot to (E) to form a sitting stance toward (N) while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to (N) with the left palm while standing up toward (N).
15. Execute a middle punch to (N) with the right fist while forming a sitting stance toward (N).
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward (N) while executing a parallel block with the outer forearm.
17. Execute a middle side piercing kick to (W) and then a high reverse hooking kick to (E) consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
18. Lower the left foot to (E) in a jumping motion to form a left X-stance toward (E) while executing a downward strike to (E) with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to (S) consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to (S) in a stamping motion to form a sitting stance toward (N) while executing a high outward cross-cut to (S) with the right flat finger tip.
21. Execute a left high elbow strike to (NW) pressing the left side fist with the right palm while forming a right walking stance toward (NW).
22. Cross the right foot over the left foot to form a left X-stance toward (N) while executing a low front block to (N) with the right reverse knife-hand, bringing the left finger belly on the right back forearm.

23. Move the left foot to (W) forming a right L-stance toward (W) while executing a middle guarding block to (W) with a knife-hand.
24. Execute a mid-air strike to (W) with a right knife-hand while spinning clockwise and then land to (W) forming a left L-stance toward (W) with the right arm extended.
25. Execute a pick-shape kick to (W) with the left foot and then lower it to (W) forming a right rear foot stance toward (W) while executing a middle guarding block with the forearm.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward (N) Perform in slow motion.
27. Slide to (S) to form a left rear foot stance toward (N) while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward (N), slipping the right foot.
29. Slide to (S) to form a right rear foot stance toward (N) while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward (N), slipping the left foot.
31. Move the left foot to (S) forming a right walking stance toward (N) while executing a high inward strike to (N) with a twin knife-hand.
32. Move the right foot to (S) forming a left walking stance toward (N) while executing a downward punch with the right fist.
33. Move the left foot to the side rear of the right foot and then slide to (S) forming a right L-stance toward (N) while executing a downward block with the left outer forearm.
34. Execute a dodging reverse turning kick to (N) with the right foot while flying away from (N) and then land to (S) to form a left L-stance toward (N) at the same time executing a middle guarding block to (N) with the forearm.
35. Move the right foot to the side rear of the left foot and then slide to (S) forming a left L-stance toward (N) while executing a downward block with the right outer forearm.

36. Execute a dodging reverse turning kick to (N) with the left foot while flying away from (N) and then land to (S) to form a right L-stance toward (N) at the same time executing a middle guarding block to (N) with the forearm.
37. Move the right foot to (N) and then the left foot to (N) then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to (N).
38. Land to (N) to form a left diagonal stance toward (N) while executing a rising block with a twin palm.
39. Slide to (N) forming a right rear foot stance toward (S) while executing a side thrust to (N) with the right elbow.
40. Turn the face to (N) while forming a right bending ready stance B toward (S) and then execute a middle back piercing kick to (N) with the left foot. Perform in slow motion.
41. Lower the left foot to (N) in a stamping motion forming a right L-stance toward (N) at the same time executing a horizontal strike to (N) with the left back fist.
42. Execute a high inward cross-cut to (N) with the right flat finger tip while forming a parallel stance toward (N), pulling the right foot.
43. Execute a front punch and an upset punch to (N) consecutively with the right fist while flying to (N) and then land to (N) forming a closed stance toward (N) with the right fist extended.
44. Move the right foot to (N) forming a right walking stance toward (N) while executing a front downward strike with the left knife-hand.
45. Move the left foot to (N) forming a left walking stance toward (N) while executing a middle punch to (N) with the right fist.

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

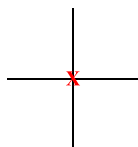
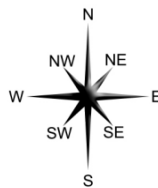


Diagram :

3rd Degree Black Belt Empty Hand Patterns

SAM-IL – 3rd Degree

Movements - 33



SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

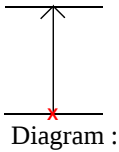
Ready Position - CLOSED READY STANCE C

1. Slide to (N) forming a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
2. Move the right foot to (N) forming a right walking stance toward (N) while executing a high block to (N) with the right double forearm.
3. Move the left foot to (N) forming a left walking stance toward (N) while executing a high side block to (N) with the right knife-hand and bringing the left palm on the right back forearm.
4. Execute a middle twisting kick to (E) with the right foot keeping the position of the hands as they were in 3.
5. Lower the right foot to (N) forming a right walking stance toward (N) while executing a middle punch to (N) with the right fist.
6. Move the right foot on line (N-S) to form a sitting stance toward (W) while executing a middle wedging block with a reverse knife-hand.
7. Execute a low thrust to (S) with a right upset finger tip while forming a left walking stance toward (S), pivoting with the right foot.
8. Execute a high outward block to (N) with the right outer forearm and a low block to (S) with the left forearm while forming a right L-stance toward (S) pulling the left foot.
9. Move the right foot to (S) to form a sitting stance toward (E) while executing a middle wedging block with a reverse knife-hand.
10. Execute a low punch to (S) with the right double fist while forming a left L-stance toward (S), pulling the right foot.

11. Move the left foot to (S) forming a left walking stance toward (S) while executing a high block to (SW) with a double arc-hand and looking through it.
12. Move the right foot to (S) forming a right walking stance toward (S) while executing a middle punch to (S) with the left fist.
13. Move the right foot on line (N-S) to form a right L-stance toward (N) while executing a low punch to (N) with the left double fist.
14. Move the left foot to (W) forming a right L-stance toward (W) while executing a high guarding block to (W) with a reverse knife-hand.
15. Execute a U-shape block to (W) while forming a left fixed stance toward (W), slipping the left foot.
16. Execute a sweeping kick to (W) with the right side sole and then lower it to (W) forming a right fixed stance toward (W) while executing a U-shaped block to (W).
17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward (W) while executing a middle guarding block to (W) with a knife-hand.
18. Execute a middle side piercing kick to (W) with the right foot while forming a knife-hand guarding block.
19. Lower the right foot to the left foot and then move the left foot to (E) forming a left walking stance toward (E) while striking the left palm with the right front elbow.
20. Move the right foot to (E) turning counter clockwise to form a left diagonal stance toward (N) at the same time thrusting to (S) with the left back elbow supporting the left forefist with the right palm and turning the face to (S).
21. Execute a pressing block with an X-fist while forming a right walking stance toward (NE).
22. Move the left foot to (E) in a stamping motion to form a sitting stance toward (S) while executing a W-shape block with the outer forearm.
23. Execute a middle side piercing kick to (E) with the left foot while forming a forearm guarding block.

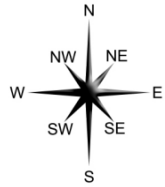
24. Lower the left foot on line (E) and then execute a low guarding block to (W) with a knife-hand while forming a left L-stance toward (W), pivoting the left foot.
25. Move the left foot to (W) forming a right rear stance toward (W) while executing an upward block with a left palm.
26. Move the right foot to (W) forming a left rear foot stance toward (W) while executing a pressing block with a twin palm.
27. Move the left foot to (S) in a stamping motion to form a left walking stance toward (S) while executing an upset punch to (S) with a twin fist.
28. Move the right foot to (S) forming a left L-stance toward (S) while executing a low block to (S) with the right forearm, pulling the left fist under the left armpit.
29. Execute a middle punch to (S) with the left fist while maintaining a left L-stance toward (S) bringing the right fist over the left shoulder.
30. Execute a middle front block with the right forearm while forming a left walking stance toward (N), pivoting with the right foot.
31. Execute a high punch to (N) with the left fist while maintaining a left walking stance toward (N). Perform 30 and 31 in a continuous motion.
32. Execute a low front snap kick to (N) with the left foot keeping the position of the hands as they were in 31.
33. Lower the left foot to (N) and then move the right foot to (N) in a stamping motion forming a right walking stance toward (N) while executing a high vertical punch to (N) with a twin fist.

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



YOO-SIN – 3rd Degree

Movements - 68



YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

Ready Position - WARRIOR READY STANCE B

1. Move the left foot to (W) to form a sitting stance toward (N) while extending both elbows to the sides horizontally.
2. Execute an angle punch to (N) with the left fist while sliding to (E), maintaining a sitting stance toward (N).
3. Execute an angle punch to (N) with the right fist while sliding to (W), maintaining a sitting stance toward (N). Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to (N) with the right palm while standing up toward (N).
5. Execute a middle punch to (N) with the left fist while forming a sitting stance toward (N).
6. Execute a middle hooking block to (N) with the left palm while standing up toward (N).
7. Execute a middle punch to (N) with the right fist while forming a sitting stance toward (N).
8. Move the left foot to (NW) to form a left walking stance toward (NW) while executing a high side block to (NW) with the left outer forearm.
9. Execute a circular block to (N) with the right inner forearm while maintaining a left walking stance toward (NW).
10. Execute a scooping block with the left palm while forming a sitting stance toward (NE).

11. Execute a middle punch to (NE) with the right fist while maintaining a sitting stance toward (NE). Perform 10 and 11 in a connecting motion.
12. Bring the left foot to the right foot, and then move the right foot to (NE) to form a right walking stance toward (NE) while executing a high side block to (NE) with the right outer forearm.
13. Execute a circular block to (N) with the left inner forearm while maintaining a right walking stance toward (NE).
14. Execute a scooping block with the right palm while forming a sitting stance toward (NW).
15. Execute a middle punch to (NW) with the left fist while maintaining a sitting stance toward (NW).
Perform 14 and 15 in a connecting motion.
16. Execute a high hooking block to (W) with the right palm while forming a left walking stance toward (W).
17. Execute a middle punch to (NW) with the left fist while forming a sitting stance toward (NW).
18. Execute a high hooking block to (N) with the left palm while forming a right walking stance toward (N).
19. Execute a middle punch to (NW) with the right fist while forming sitting stance toward (NW).
Perform 16, 17, 18 and 19 in a continuous motion.
20. Move the right foot to (S), forming a left walking stance toward (N) at the same time executing a pressing block with an X-fist.
21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward (N). Perform 20 and 21 in a continuous motion.
22. Execute a middle punch to (N) with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward (N).
23. Execute a low front snap kick to (N) with the right foot, keeping the position of the hands as they were in 22.

24. Lower the right foot to (N), forming a right walking stance toward (N) while executing a middle punch to (N) with the left fist.
25. Execute a pressing block with an X-fist while maintaining a right walking stance toward (N).
26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward (N).
27. Execute a middle punch to (N) with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward (N).
28. Execute a low front snap kick to (N) with the left foot, keeping the position of the hands as they were in 27.
29. Lower the left foot to (N) to form a left walking stance toward (N) while executing a middle punch to (N) with the right fist.
30. Move the right foot to (N), forming a left L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
31. Move the left foot to (N) to form a right L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
32. Move the left foot to (S), forming a left L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
33. Move the right foot to (S) to form a right L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
34. Move the right foot to (N), forming a right walking stance toward (N) while executing a high block to (N) with the right double forearm.
35. Execute a low block to (N) with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward (N). Perform 34 and 35 in a fast motion.
36. Move the left foot to (N) to form a left walking stance toward (N) while executing a high block to (N) with the left double forearm.
37. Execute a low block to (N) with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward (N). Perform 36 and 37 in a fast motion.

38. Move the right foot to (N), forming a right walking stance toward (N) while executing a middle punch to (N) with the right fist.
39. Move the left foot on line (N-S), and then turn anti-clockwise, pivoting with the left foot to form a right L-stance toward (S) while executing a high block to (S) with the left reverse knife-hand.
40. Bring the right foot to the left foot to form a closed ready stance C toward (S).
41. Move the right foot to (SW) in a stamping motion to form a right walking stance toward (SW) at the same time executing an upset punch to (SW) with a twin fist.
42. Bring the right foot to the left foot, and then move the left foot to (SE) in a stamping motion, forming a left walking stance toward (SE) while executing an upset punch to (SE) with a twin fist.
43. Bring the left foot to the right foot, and then move the right foot to (W) to form a left L-stance toward (W) while executing a middle block to (W) with the right inner forearm.
44. Execute a middle punch to (W) with the left fist while maintaining a left L-stance toward (W).
45. Bring the left foot to the right foot to form a closed stance toward (S) while executing an angle punch with the right fist.
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.
47. Execute a middle punch to (E) with the right fist while maintaining a right L-stance toward (E).
48. Bring the right foot to the left foot to form a closed stance toward (S) while executing an angle punch with the left fist.
49. Move the right foot to (E) while executing a U-shape punch to (E).
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).

51. Move the right foot on line (N-S) in a stamping motion to form a sitting stance toward (E) while executing a front strike to (E) with the right back fist.
52. Execute a waving kick to (N) with the right foot, and then a high outward block to (E) with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward (E).
53. Execute a waving kick to (S) with the left foot, and then a high front block to (E) with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward (E).
54. Execute a horizontal strike to (S) with the right back hand while maintaining a sitting stance toward (E).
55. Execute a middle crescent kick to the right palm with the left foot.
56. Execute a middle side piercing kick to (S) with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick.
57. Lower the left foot to (S) to form a sitting stance toward (W) while executing a horizontal strike to (S) with the left back hand.
58. Execute a middle crescent kick to the left palm with the right foot.
59. Execute a middle side piercing kick to (S) with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
60. Lower the right foot to (S), forming a sitting stance toward (E) while executing a right 9-shape block.
61. Change the position of the hands while maintaining a sitting stance toward (E).
62. Move the left foot to (S), turning clockwise to form a sitting stance toward (W) while executing a right 9-shape block.
63. Change the position of the hands while maintaining a sitting stance toward (W).
64. Execute a downward strike to (N) with the right side fist while forming a left vertical stance toward (N), pulling the left foot.

65. Move the right foot to (E) to form a left walking stance toward (W) while executing a high vertical punch to (W) with a twin fist.
66. Move the right foot to (W), pivoting on the left foot, turning anti-clockwise to form a left walking stance toward (E), while executing a high vertical punch to (E) with a twin fist.
67. Bring the right foot to the left foot, and then move the left foot to (NW) to form a right L-stance toward (NW) while executing a middle guarding block to (NW) with a knife-hand.
68. Bring the left foot to the right foot, and then move the right foot to (NE) to form a left L-stance toward (NE) while executing a middle guarding block to (NE) with a knife-hand.

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



Francis kicks Rich on the edge of the Grand Canyon

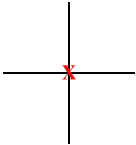
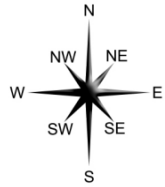


Diagram :

CHOI-YONG – 3rd Degree

Movements - 46



CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.

Ready Posture - CLOSED READY STANCE C

1. Move the left foot to (N) to form a right rear foot stance toward (N) while executing a middle guarding block to (N) with the forearm.
2. Execute a high punch to (N) with the left middle knuckle fist while maintaining a right rear foot stance toward (N)
3. Move the left foot on line (N-S) to form a left rear foot stance toward (S) while executing a middle guarding block to (S) with the forearm.
4. Execute a high punch to (S) with the right middle knuckle fist while maintaining a left rear foot stance toward (S)
5. Move the right foot on line (N-S) to form a left walking stance toward (N) while executing a rising block with the left knife-hand.
6. Execute a circular block to (NE) with the right inner forearm while maintaining a left walking stance toward (N).
7. Execute a middle punch to (N) with the left fist while maintaining a left walking stance toward (N).
8. Move the left foot on line (N-S) to form a right walking stance toward (S) while executing a rising block with the right knife-hand.
9. Execute a circular block to (SE) with the left inner forearm while maintaining a right walking stance toward (S).
10. Execute a middle punch to (S) with the right fist while maintaining a right walking stance toward (S).

11. Move the right foot on line (N-S) to form a right L-stance toward (N) while executing a low guarding block to (N) with a knife-hand.
12. Execute a middle turning kick to (NE) with the right foot and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to (N) with the left foot.
14. Execute a middle side piercing kick to (N) with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to (N) forming a left walking stance toward (N) while striking the left palm with the right front elbow.
16. Move the left foot on line (N-S) to form a left L-stance toward (S) while executing a low guarding block to (S) with a knife-hand.
17. Execute a middle turning kick to (SE) with the left foot and then lower it to the side front of the right foot.
18. Execute a high reverse hooking kick to (S) with the right foot.
19. Execute a middle side piercing kick to (S) with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.
20. Lower the right foot to (S) forming a right walking stance toward (S) while striking the right palm with the left front elbow.
21. Move the left foot to (S) to form a left walking stance toward (S) while executing a pressing block with the right palm.
22. Move the right foot to (S) forming a right walking stance toward (S) while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.
23. Move the right foot to (N) and then the left foot to (N), turning counter clockwise to form a left walking stance toward (N) while executing a W-shape block with a knife-hand.
24. Execute a middle front snap kick to (N) with the right foot keeping the position of the hands as they were in 23.

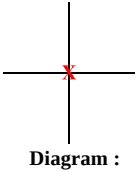
25. Lower the right foot to (S) forming a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
26. Move the right foot to (N) to form a right walking stance toward (N) while executing a W-shape block with a knife-hand.
27. Execute a middle front snap kick to (N) with the left foot keeping the position of the hands as they were in 26.
28. Lower the left foot to (N) forming a left L-stance toward (S) while executing a middle guarding block to (S) with the forearm.
29. Move the left foot to (S) and the right foot to (S) then slide to (S) turning clockwise to form a left L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
30. Move the left foot to (N) forming a left walking stance toward (N) while executing a high thrust to (N) with the left flat fingertip.
31. Move the left foot on line (N-S) forming a right walking stance toward (S) while executing a high thrust to (S) with the right flat fingertip.
32. Move the right foot to (N) turning clockwise to form a parallel stance toward (W) while executing a middle hooking block to (W) with the right palm.
33. Execute a middle punch to (W) with the left fist while maintaining a parallel stance toward (W).
34. Turn the face toward (E) while forming a left bending ready stance A toward (E).
35. Execute a middle side piercing kick to (E) with the right foot, forming a forearm guarding block.
36. Lower the right foot to (E) in a jumping motion to form a right X-stance toward (NE) while executing a high side strike to (E) with the right back fist and bringing the left finger belly to the right side fist.
37. Execute a high reverse hooking kick to (W) with the right foot turning clockwise.

38. Lower the right foot to (W) in a stamping motion to form a left L-stance toward (W) while executing a middle outward strike to (W) with the right knife-hand.
39. Move the left foot to (N) turning anti-clockwise to form a parallel stance toward (E) at the same time executing a middle hooking block to (E) with the left palm.
40. Execute a middle punch to (E) with the right fist while maintaining a parallel stance toward (E).
41. Turn the face to (W) while forming a right bending ready stance A toward (W).
42. Execute a middle side piercing kick to (W) with the left foot forming a forearm guarding block.
43. Lower the left foot to (W) in a jumping motion forming a left X-stance toward (NW) while executing a high side strike to (W) with the left back fist and bringing the right finger belly to the left side fist.
44. Execute a high reverse hooking kick to (E) with the left foot.
45. Lower the left foot to (W) in a stamping motion to form a right L-stance toward (E) while executing a middle outward strike to (E) with the left knife-hand.
46. Slide to (E) to form a right fixed stance toward (E) while executing a middle punch to (E) with the right fist.

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



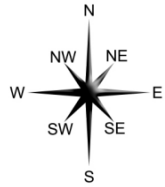
Stretching class in Yeovil, Somerset



4th Degree Black Belt Empty Hand Patterns

YONG-GAE – 4th Degree

Movements - 49



YON-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

Ready Position - WARRIOR READY STANCE A

1. Slide to (S) to form a right L-stance toward (N) while executing a low guarding block to (N) with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to (N) with the right long fist while forming a left walking stance toward (N) pivoting with the left foot. Perform in slow motion.
3. Slide to (S) forming a left L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
4. Execute a middle outward strike to (N) with the right knife-hand while flying to (N) and then land to (N) forming a left L-stance toward (N) with the right knife-hand extended to (N).
5. Shift to (S) maintaining a left L-stance toward (N) while executing a checking block to (N) with an X-fist.
6. Execute a high outward cross-cut to (N) with the right flat finger tip while forming a right walking stance toward (N), slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward (N), pulling the right foot.
8. Jump to (N) forming a left X-stance toward (NE) while executing a high side strike to (N) with the left back fist.
9. Move the right foot to (S) to form a left walking stance toward (N) while executing a low outward block to (N) with the right knife-hand.
10. Move the right foot on line (E-W) to form a parallel stance toward (N) while executing a middle hooking block to (N) with the left palm.

11. Execute a middle punch to (N) with the right fist while maintaining a parallel stance toward (N).
12. Slide to (S) forming a left L-stance toward (N) while executing a low guarding block to (N) with a reverse knife-hand. Perform in a circular motion.
13. Execute a high punch to (N) with the left long fist while forming a right walking stance toward (N), pivoting with the right foot. Perform in slow motion.
14. Slide to (S) forming a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
15. Execute a middle outward strike to (N) with the left knife-hand while flying to (N) and then land to (N) forming a right L-stance toward (N) with the left knife-hand extended to (N).
16. Shift to (S) maintaining a right L-stance toward (N) while executing a checking block to (N) with an X-fist.
17. Execute a high outward cross-cut to (N) with the left flat finger tip while forming a left walking stance toward (N), slipping the left foot.
18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward (N), pulling the left foot.
19. Jump to (N) forming a right X-stance toward (NW) while executing a high side strike to (N) with the right back fist.
20. Move the left foot to (S) to form a right walking stance toward (N) while executing a low outward block to (N) with the left knife-hand.
21. Move the left foot on line (E-W) to form a parallel stance toward (N) while executing a middle hooking block to (N) with the right palm.
22. Execute a middle punch to (N) with the left fist while maintaining a parallel stance toward D.
23. Move the right foot to A to form a sitting stance toward (N) while executing a W-shape block with the reverse knife-hand.
24. Cross the left foot over the right foot to form a right X-stance toward (N) while executing a horizontal thrust with a twin elbow.

25. Move the right foot to (E) forming a sitting stance toward (N) while executing a checking block to (N) with a twin straight forearm.
26. Cross the left foot over the right foot to form a right X-stance toward (N) while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
27. Execute a high reverse hooking kick to (W) with the right foot.
28. Lower the right foot to (W) and then execute a high side piercing kick to (W) with the left foot pulling both hands in front of the chest while turning clockwise.
29. Lower the left foot to (W) in a jumping motion to form a left X-stance toward (NW) while executing a downward strike to (W) with the left backfist.
30. Move the left foot to (W) to form a sitting stance toward (N) while executing a W-shape block with the reverse knife-hand.
31. Cross the right foot over the left foot to form a left X-stance toward (N) while executing a horizontal thrust with a twin elbow.
32. Move the left foot to (B) forming a sitting stance toward (N) while executing a checking block to (N) with a twin straight forearm.
33. Cross the right foot over the left foot to form a left X-stance toward (N) while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.
34. Execute a high reverse hooking kick to (E) with the left foot.
35. Lower the left foot to (E) and then execute a high side piercing kick to (E) with the right foot pulling both hands in front of the chest while turning counter clockwise.
36. Lower the right foot to (E) in a jumping motion to form a right X-stance toward (NE) while executing a downward strike to (E) with the right backfist.
37. Move the left foot to (S) forming a left L-stance toward (N) while executing a middle guarding block to (N) with the forearm.

38. Move the left foot to (N) turning counter clockwise to form a left rear foot stance toward (S) while executing a waist block to (S) with the right inner forearm.
39. Move the right foot to (S) slightly and then the left foot to (N) in a stamping motion to form a right L-stance toward (N) while executing a high outward strike to (N) with the left knife-hand.
40. Shift to (S) maintaining a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
41. Move the right foot to (N) turning clockwise to form a right rear foot stance toward (S) while executing a waist block to (S) with the left inner forearm.
42. Move the left foot to (S) slightly and then the right foot to (N) in a stamping motion to form a left L-stance toward (N) while executing a high outward strike to (N) with the right knife-hand.
43. Move the right foot to (S) turning counter clockwise to form a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
44. Jump to execute a mid-air kick to (N) with the right foot while spinning clockwise and then land to (N) to form a left L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
45. Jump to execute a mid-air kick to (N) with the left foot while spinning counter clockwise and then land to (N) to form a right L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
46. Execute a low inward block to (N) with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward (N), slipping the right foot to (S).
47. Slide to (S) to form a left L-stance toward (N) while thrusting to (S) with the left side elbow.
48. Execute a low inward block to (N) with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward (N), slipping the left foot to (S).
49. Slide to (S) forming a right L-stance toward (N) while thrusting to (S) with the right side elbow.

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

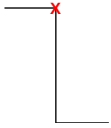
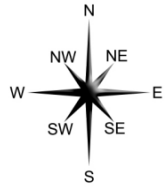


Diagram :

UL-JI – 4th Degree

Movements - 42



UL- JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

Ready Position - PARALLEL STANCE WITH AN X-BACK HAND

1. Move the left foot to (S) forming a right walking stance toward (N) while executing a horizontal strike with twin side fists.
2. Move the right foot to (S) to form a left walking stance toward (N) while executing a pressing block with an X-fist.
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward (N).
Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to (N) with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward (N).
5. Move the left foot to (S) to form a sitting stance toward (W) while executing a horizontal strike to (S) with the left back hand.
6. Execute a middle crescent kick to the left palm with the right foot.
7. Lower the right foot to (S), forming a sitting stance toward (E) while striking the left palm with the right front elbow.
8. Thrust to (W) with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward (E).
9. Execute a side back strike to (W) with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward (E).

10. Bring the left foot to the right foot, forming a close stance toward (N), at the same time thrusting with a twin side elbow.
11. Cross the left foot over the right foot into a left X-stance to (N) while turning the face to (E), Keeping the position of the hands as they were in 10. Perform in a fast motion.
12. Execute a middle side piercing kick to (E) with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to (E), and then cross the left foot over the right foot, forming a right X-stance toward (N) while executing a horizontal thrust with a twin elbow.
14. Move the right foot to (E) to form the sitting stance toward (N) while executing a right horizontal punch to (E).
15. Execute a high front strike to (N) with right knife-hand, bringing the left back hand in front of the forehead while standing up toward (N).
16. Execute a twin knife-hand block to (W) while forming a right L-stance toward (W), pivoting with the right foot.
17. Jump to execute a jumping reverse side kick to (W) with the right foot while spinning clockwise.
18. Land to (W) forming a right walking stance toward (W) while executing a middle block to (W) with the right double forearm.
19. Bring the left foot to the right foot to form a closed ready stance B toward (N).
20. Jump to (N) forming a right X-stance toward (NW) while executing a high side strike to (W) with the right back fist bringing the left finger belly to the right side fist.
21. Move the left foot to (S) to form a right walking stance toward (N) while executing a rising block with the left forearm.
22. Execute a middle front snap kick to (N) with the left foot keeping the position of the hands as they were in 21.
23. Lower the left foot to (N) forming a left walking stance toward (N) while executing a high punch to (N) with the right fist.

24. Move the right foot to (N) to form a right walking stance toward (N) while executing a middle thrust to (N) with the right straight fingertip.
25. Move the left foot to (N) turning anti-clockwise to form a sitting stance toward (E) while executing a high side strike to (N) with the left back fist.
26. Move the right foot to (W) turning anti-clockwise to form a right walking ready stance toward (W).
27. Jump to execute a flying high snap kick to (W) with the right foot.
28. Land to (W) to form a right fixed stance toward (W) while executing a checking block to (W) with an X-knife hand.
29. Move the left foot to (W) forming a right L-stance toward (W) while executing a pressing block with an X-fist.
30. Execute a middle side front snap kick to (W) with the left foot while executing a middle wedging block with the inner forearm.
31. Lower the left foot to (W) forming a left walking stance toward (W) while executing a high vertical punch to (W) with a twin fist.
32. Move the right foot to (W) to form a right fixed stance toward (W) while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.
33. Slide left foot to (W) forming a right L-stance toward (W) while executing a middle punch to (W) with the left fist.
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 (W) and then jump to (E) maintaining a right L-stance towards (W) while executing a middle guarding block to (W) with the forearm.
35. Execute a middle turning kick to (NW) with the right foot.
36. Lower the right foot to (W) and then execute a middle back piercing kick to (W) with the left foot.
37. Lower the left foot to (W) to form a right L-stance toward (W) while executing a middle guarding block to (W) with the forearm.

38. Move the left foot to (E) forming a left L-stance toward (W) while executing an upward block to (W) with the right palm.
39. Move the right foot to (E) anti-clockwise forming a right walking stance to (E) while executing a circular block to (NE) with the left inner forearm.
40. Execute a circular block to (NE) with the right inner forearm while forming a right walking stance toward (NW).
41. Move the left foot on line (E-W) to form a sitting stance toward (N) while executing a middle punch to (N) with the left fist.
42. Execute a middle punch to (N) with the right fist while maintaining a sitting stance toward (N).

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



High class kickers at Bridport Leisure Centre, Dorset

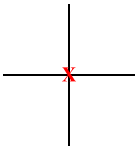
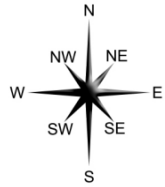


Diagram :

MOON-MOO – 4th Degree

Movements - 61



Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

Ready Position - PARALLEL READY STANCE

1. Turn the face to (W) while forming a right bending ready A toward (W). Perform in a slow motion.
2. Execute a high side piercing kick to (W) with the left foot. Perform in a slow motion.
3. Execute a high side piercing kick to (W) with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward (N) while executing a middle thrust to (N) with the right flat fingertip.
5. Execute a high reverse hooking kick to (W) with the right foot. Perform in a slow motion.
6. Lower the right foot to (W) in a jumping motion to form a right X-stance toward (S) while executing a middle side strike to (W) with the right knife-hand.
7. Move the left foot to (E) forming a left walking stance toward (E) while executing a pressing block to (E) with the right palm.
8. Move the right foot to (E) to form a right walking stance toward (E) at the same time executing a pressing block with the left palm.
9. Execute a high side block to (B) with the left knife-hand and a low side block to (E) with the right knife-hand while forming a right one-leg stance toward (N), pulling the left reverse footsword to the right knee joint. Perform in slow motion.

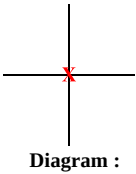
10. Lower the left foot to the right foot and then turn the face to (E) while forming a left bending ready stance A toward (E). Perform in slow motion.
11. Execute a high side piercing kick to (E) with the right foot. Perform in a slow motion.
12. Execute a high side piercing kick to (E) with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to a to form a sitting stance toward (N) while executing a middle thrust to (N) with the left flat fingertip.
14. Execute a high reverse hooking kick to (E) with the left foot. Perform in a slow motion.
15. Lower the left foot to (E) in a jumping motion to form a left X-stance toward (S) while executing a middle side strike to (E) with the left knife-hand.
16. Move the right foot to (W) forming a right walking stance toward (W) while executing a pressing block to (W) with the left palm.
17. Move the left foot to (W) to form a left walking stance toward (W) at the same time executing a pressing block with the right palm.
18. Execute a high side block to (E) with the right knife-hand and a low side block to (W) with the left knife-hand while forming a left one-leg stance toward (N), pulling the right reverse footsword to the left knee joint. Perform in slow motion.
19. Turn the face to (S) while forming a left bending ready stance B toward (N).
20. Execute a high back piercing kick to (S) with the right foot. Perform in slow motion.
21. Lower the right foot to (S) to form a left walking stance toward (N) while executing a middle punch to (N) with the right fist.
22. Turn the face to (S) while forming a right bending ready stance B toward (N).
23. Execute a high back piercing kick to (S) with the left foot. Perform in slow motion.

24. Lower the left foot to (S) to form a right walking stance toward (N) while executing a middle punch to (N) with the left fist.
25. Slide to (S) forming a right rear foot stance toward (N) while executing a downward block with the left palm.
26. Execute a middle side front snap kick to (N) with the left foot keeping the position of the hands as they were in 25.
27. Lower the left foot to (N) and then move the right foot to (S) in a stamping motion to form a sitting stance toward (E) while executing a middle side strike to (S) with the right side fist.
28. Slide to (S) maintaining a sitting stance toward (E) while executing a scooping block with the left palm.
29. Execute a middle punch to (E) with the right fist while maintaining a sitting stance toward (E). Perform 28 and 29 in a connecting motion.
30. Execute a low side block to (N) with the left knife-hand while maintaining a sitting stance toward (E).
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to (S) with the right foot.
32. Lower the right foot to (S) and then execute a high reverse turning kick to (S) with the left foot.
33. Lower the left foot to (S) to form a left walking stance toward (S) while executing a high side block to (S) with the left knife-hand.
34. Slide to (N) forming a left rear foot stance toward (S) while executing a downward block with the right palm.
35. Execute a middle side front snap kick to (S) with the right foot keeping the position of the hands as they were in 34.
36. Lower the right foot to (S) and then move the left foot to (N) in a stamping motion to form a sitting stance toward (E) while executing a middle side strike to (N) with the left side fist.
37. Slide to (N) maintaining a sitting stance toward (E) while executing a scooping block with the right palm.

38. Execute a middle punch to (E) with the left fist while maintaining a sitting stance toward (E). Perform 37 and 38 in a connecting motion.
39. Execute a low side block to (S) with the right knife-hand while maintaining a sitting stance toward (E).
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to (N) with the left foot.
41. Lower the left foot to (N) and then execute a high reverse turning kick to (N) with the right foot.
42. Lower the right foot to (N) to form a right walking stance toward (N) while executing a high side block to (N) with the right knife-hand.
43. Move the left foot to (N) and then execute a high twisting kick to (N-E) with the right foot.
44. Lower the right foot to (S) forming a left walking stance toward (N) while executing a side back strike to (S) with the right back fist and extending the left fist to (N).
45. Execute a front strike to (N) with the right back fist while shifting to (S) maintaining a left walking stance toward (N).
46. Move the right foot to (N) and then execute a high twisting kick to (N-W) with the left foot.
47. Lower the left foot to (S) to form a right walking stance toward (N) while executing a side back strike to (S) with the left back fist and extending the right fist to (N).
48. Execute a front strike to (N) with the left back fist while shifting to (S) maintaining a right walking stance toward (N).
49. Execute a sweeping kick to (N) with the left side sole keeping the position of the hands as they were in 48 and then lower it to (N) forming a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
50. Execute a side checking kick to (N) and then again a middle side thrusting kick to (N) with the left foot forming a forearm guarding block. Perform in a consecutive kick.

51. Lower the left foot to (N) forming a right L-stance toward (N) while executing a middle outward strike to (N) with the left knife-hand.
52. Execute a sweeping kick to (N) with the right side sole and then lower it to (N) to form a left L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
53. Execute a side checking kick to (N) and then again a middle side thrusting kick to (N) with the right foot forming a forearm guarding block. Perform in a consecutive kick.
54. Lower the right foot to (N) forming a left L-stance toward (N) while executing a middle outward strike to (N) with the right knife-hand.
55. Move the right foot to (S) and then turn counter clockwise pivoting with the right foot to form a left walking stance toward (S) while executing a middle punch to (S) with the right fist.
56. Jump to (S) to form a right X-stance toward (S-E) while executing a low punch to (S) with the left fist and bringing the right fist on the left shoulder.
57. Jump to (N) forming a left X-stance toward (N-E) while executing a low punch to (N) with the right fist and bringing the left fist on the right shoulder.
58. Jump to execute a mid-air kick to (N) with the right foot while spinning clockwise.
59. Land to (N) to form a left L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
60. Move the right foot to the side rear of the left foot and then the left foot to (S) to form a right walking stance toward (N) while executing a rising block with the left arc-hand.
61. Execute a high punch to (N) with the right fist while maintaining a right walking stance toward (N).

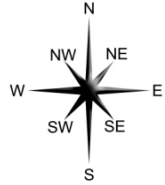
END: Bring the right foot back to a ready position.



5th Degree Black Belt Empty Hand Patterns

SO-SAN – 5th Degree

Movements - 72



SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Ready Position - CLOSED READY STANCE A

1. Slide to (D) to form a right rear foot stance toward (N) while executing a middle guarding block to (N) with the forearm.
2. Execute a middle vertical punch to (N) with the right fist while forming a left walking stance toward (N), slipping the left foot.
3. Slide to (S) to form a left rear foot stance toward (N) while executing a middle guarding block to (N) with the forearm.
4. Execute a middle vertical punch to (N) with the left fist while forming a right walking stance toward (N), slipping the right foot.
5. Execute a high side block to (SW) with the right knife-hand while forming a left walking stance toward (SW).
6. Execute a middle punch to (NW) with the left fist while forming a sitting stance toward (NW). Perform 5 and 6 in a fast motion.
7. Execute a high side block to (NW) with the left knife-hand while forming a right walking stance toward (NW).
8. Execute a middle punch to (NW) with the right fist while forming a sitting stance toward (NW). Perform 7 and 8 in a fast motion.
9. Move the right foot to (S) turning clockwise to form a parallel stance toward (E) while executing a horizontal strike with a twin knife-hand.
10. Execute a high side piercing kick to (S) with the right foot keeping the position of the hands as they were in 9.

11. Execute a high turning kick to (N) with the right foot. Perform 10 and 11 in a continuous kick.
12. Lower the right foot to (N) in a jumping motion to form a right X-stance toward (NW) while executing a high side strike to (N) with the right back fist and bringing the left finger belly to the right side fist.
13. Move the left foot to (S) forming a parallel stance toward (W) while executing a horizontal strike with a twin knife-hand.
14. Execute a high side piercing kick to (S) with the left foot keeping the position of the hands as they were in 13.
15. Execute a high turning kick to (N) with the left foot. Perform 14 and 15 in a continuous kick.
16. Lower the left foot to (N) in a jumping motion to form a left X-stance toward (NE) while executing a high side strike to (N) with the left back fist and bringing the right finger belly to the left side fist.
17. Move the left foot to (E) forming a right L-stance toward (E) executing a low punch to (E) with a left double fist.
18. Bring the right palm on the left fore fist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward (E), slipping the left foot. Perform in a releasing motion.
19. Execute a high punch to (E) with the right fist while maintaining a left walking stance toward (E).
20. Move the left foot on line (E-W) to form a left L-stance toward (W) while executing a low punch to (W) with a right double fist.
21. Bring the left palm on the right fore fist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward (W), slipping the right foot. Perform in a releasing motion.
22. Execute a high punch to (W) with the left fist while maintaining a right walking stance toward (W).
23. Slide to (W) to form a right L-stance toward (W) while executing an upset punch to (W) with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.

24. Execute a front strike to (W) with the right back fist while forming a left walking stance toward (W), slipping the right foot.
25. Slide to (E), turning clockwise to form a left L-stance toward (E) while executing an upset punch to (E) with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.
26. Execute a front strike to (E) with the left back fist while forming a right walking stance toward (E), slipping the left foot.
27. Move the left foot to (N) forming a right walking ready stance toward (S).
28. Jump to execute a flying front snap kick to (S) with the right foot.
29. Land to (S) forming a left L-stance toward (S) while executing a middle guarding block to (S) with a knife-hand.
30. Move the right foot to (N) to form a left walking stance toward (S) while executing a high front block with the right forearm.
31. Execute a middle punch to (S) with the left fist while shifting to (S), maintaining a left walking stance toward (S).
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward (N) while executing a high front block with the left forearm.
33. Execute a middle punch to (N) with the right fist while shifting to (N), maintaining a right walking stance toward (N).
34. Execute a middle block to (SW) with a double arc-hand while forming a left walking stance toward (SW) and looking through the hands.
35. Execute a high inward strike to (SW) with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward (SW).
36. Execute a circular block to (NW) with the left inner forearm while forming a right walking stance toward (N).
37. Execute a high punch to (N) with the right fist while maintaining a right walking stance toward (N).

38. Execute a low front snap kick to (N) with the left foot keeping the position of the hands as they were in 37.
39. Lower the left foot to (N) forming a left walking stance toward (N) while executing a middle punch to (N) with the left fist.
40. Execute a middle punch to (N) with the right fist while maintaining a left walking stance toward (N). 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 (N).
42. Execute a middle block to (SE) with a double arc-hand while forming a right walking stance toward (SE) and looking through the hands.
43. Execute a high inward strike to (SE) with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward (SE).
44. Execute a circular block to (NE) with the right inner forearm while forming a left walking stance toward (N).
45. Execute a high punch to (N) with the left fist while maintaining a left walking stance toward (N).
46. Execute a low front snap kick to (N) with the right foot keeping the position of the hands as they were in 45.
47. Lower the right foot to (N) forming a right walking stance toward (N) while executing a middle punch to (N) with the right fist.
48. Execute a middle punch to (N) with the left fist while maintaining a right walking stance toward (N). 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 (N).
50. Move the left foot to (N), and then slide to (N), turning counter-clockwise to form a right L-stance toward (S) while executing a low guarding block to (S) with a knife-hand.
51. Jump to (S), spinning counter-clockwise to form a right L-stance toward (N) while executing a middle guarding block to (N) with the forearm.

52. Execute a low block to (N) with the right knife-hand and a middle outward block to (N) with the left inner forearm while forming a left walking stance toward (N), slipping the left foot.
53. Execute a high punch to (N) with the right fist while maintaining a left walking stance toward (N). Perform 52 and 53 in a continuous motion.
54. Execute a middle punch to (N) with the left fist while forming a right L-stance toward (N), pulling the left foot.
55. Move the right foot to (N), and then slide to (N), turning clockwise to form a left L-stance toward (S) while executing a low guarding block to (S) with a knife-hand.
56. Jump to (S), spinning clockwise to form a left L-stance toward (N) while executing a middle guarding block to (N) with the forearm.
57. Execute a low block to (N) with the left knife-hand and a middle outward block to (N) with the right inner forearm while forming a right walking stance toward (N) slipping the right foot.
58. Execute a high punch to (N) with the left fist while maintaining a right walking stance toward (N). Perform 57 and 58 in a continuous motion.
59. Execute a middle punch to (N) with the right fist while forming a left L-stance toward (N), pulling the right foot.
60. Move the right foot to the side rear of the left foot, and then slide to (S), forming a left L-stance toward (N) at the same time executing a scooping block with the right palm.
61. Shift to (N), maintaining a left L-stance toward (N) while executing a middle punch to (N) with the left fist.
62. Turn clockwise while forming a left bending ready stance A toward (S).
63. Execute a high side piercing kick to (S) with the right foot, keeping the position of the hands as they were in 62.
64. Lower the right foot to (S), forming a right walking stance toward (S) while executing a middle punch to (S) with the left fist.

65. Move the right foot to (N), forming a right L-stance toward (S) while executing a middle guarding block to (S) with a knife-hand.
66. Move the left foot to the side rear of the right foot, and then slide to (N), forming a right L-stance toward (S) while executing a scooping block with the left palm.
67. Shift to (S), maintaining a right L-stance toward (S) while executing a middle punch to (S) with the right fist.
68. Turn anti-clockwise while forming a right bending ready stance A toward (S).
69. Execute a high side piercing kick to (N) with the left foot, keeping the position of the hands as they were in 68.
70. Lower the left foot to (N) to form a left walking stance toward (N) at the same time executing a middle punch to (N) with the right fist.
71. Move the left foot to (S) to form a left L-stance toward (N) while executing a middle guarding block to (N) with a knife-hand.
72. Execute a high punch to (N) with the right fist while forming a right walking stance toward (N), slipping the right foot. Perform 71 and 72 in a continuous motion.

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



Nathan takes time to teach Cayleigh



Tiffany Bell's turning kick to Graham

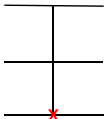
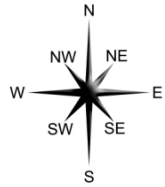


Diagram :

SE-JONG – 5th Degree

Movements - 24



SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the King, while the 24 movements refer to the 24 letters of the Korean alphabet.

Ready Position - CLOSED READY STANCE B

1. Move the left foot to (W), forming a left walking stance toward (W) at the same time executing a low block to (W) with the left forearm.
2. Bring the left foot to the right foot, and then move the right foot to (E) to form a left L-stance toward (E) while executing a twin forearm block.
3. Execute a middle side piercing kick to (N) with the right foot.
4. Lower the right foot to (N), and then move the left foot to (W) to form a left walking stance toward (W) while executing a rising block with the left forearm.
5. Bring the left foot to the right foot, and then move the right foot to (E) to form a sitting stance toward (N) while executing a middle strike to (E) with the right knife-hand.
6. Bring the right foot to the left foot, forming a closed ready stance B toward (N).
7. Jump to (N) to form a left X-stance toward (NE) while executing a high side strike to (N) with the left back fist, bringing the right finger belly to the left side fist.
8. Move the right foot to (E), forming a right walking stance toward (E) while executing a high punch to (E) with the right fist.
9. Move the right foot on line (E-W) to form a left fixed stance toward (W) while executing a high guarding block to (W) with the forearm.
10. Move the right foot to (W), forming a right walking stance toward (W) while executing a middle thrust to (W) with the right straight finger tip.

11. Bring the right foot to the left foot, and then move the left foot to (E) to form a left walking stance toward (E) while executing a high side strike to (E) with the left back fist.
12. Move the left foot on line (E-W) to form a sitting stance toward (S) while executing a scooping block with the left palm.
13. Execute a middle turning kick to (S) with the left foot.
14. Lower the left foot to (S) in a jumping motion, forming a left X-stance toward (SW) while executing a high block to (S) with the left double forearm.
15. Move the right foot to (W) to form a sitting stance toward (S) while extending the right fist horizontally to (S). Perform in a slow motion.
16. Execute a front strike to (S) with the left back fist while maintaining a sitting stance toward (S).
17. Bring the right foot behind the left foot, and then move the left foot to (E), forming a left diagonal stance toward (S) while executing a pressing block with a twin palm.
18. Execute a middle block to (S) with a double arc-hand while forming a left walking stance toward (SE).
19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward (S) at the same time executing a high side block to (W) with the right outer forearm and a low side block to (E) with the left forearm.
20. Lower the left foot to (N) forming a right walking stance toward (S) while executing a pressing block with the right palm. 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 (S) while striking the left palm with the right back forearm.
22. Lower the left foot to (S), turning clockwise to form a right fixed stance toward (N) while thrusting to (S) with the left side elbow.
23. Move the right foot to (E), forming a left L-stance toward (E) while executing a high guarding block to (E) with a knife-hand.

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

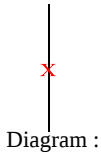
END: Bring the left foot back to a ready posture.



A salute in tribute for the New York Twin Tower attack



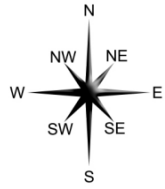
Children concentrate as Francis teaches



6th Degree Black Belt Empty Hand Patterns

Tong-IL – 6th Degree

Movements – 56



TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. the diagram symbolizes the homogenous race.

Ready Position – Parallel Stance With an Overlapped Back Hand

1. Move the right foot to (S) to form a left walking stance toward (N) while executing a middle punch to (N) with a twin fist. Perform in slow motion.
2. Move the left foot to (S) to form a right walking stance toward (N) while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
3. Move the left foot to (N), forming a right rear foot stance toward (N) while executing a middle inward block to (N) with the left outer forearm.
4. Execute a low inward block to (N) with the right palm while forming a left walking stance toward (N), slipping the right foot, and bringing the left side fist in front of the right shoulder.
5. Move the right foot to (N), forming a left L-stance toward (N) while executing a middle punch to (N) with the right fist.
6. Execute a middle punch to (N) with the left fist while maintaining a left L-stance toward (N). Perform 5 and 6 in a fast motion.
7. Move the left foot to (N) in a stamping motion to form a right L-stance toward (N) while executing a high outward strike to (N) with the left back hand.
8. Execute an inward vertical kick to the left palm with the right reverse footsword.
9. Lower the right foot to (N) in a stamping motion, forming a left L-stance toward (N) while executing a high outward strike to (N) with the right back hand.
10. Execute an inward vertical kick to the right palm with the left reverse footsword.

11. Lower the left foot to (N), and then execute a horizontal block with a twin palm while forming a right L-stance toward (N), slipping the left foot. Perform in a slow motion.
12. Move the right foot to (N), forming a right walking stance toward (N) while executing a high side block to (N) with the right reverse knife-hand. Perform in a slow motion.
13. Execute a middle side block to (N) with the left reverse knife-hand while maintaining a right walking stance toward (N). Perform in a slow motion.
14. Execute a middle punch to (N) with the right fist while maintaining a right walking stance toward (N).
15. Execute a middle punch to (N) with the left fist while maintaining a right walking stance toward (N).
16. Execute a downward kick to (SE) with the right foot, keeping the position of the hands as they were in 15.
17. Lower the right foot to (S) in a stamping motion, forming a left L-stance toward (S) while executing a downward strike to (S) with the right back fist.
18. Execute an outward vertical kick to (SW) with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to (S) in a stamping motion to form a right L-stance toward (S) while executing a downward strike to (S) with the left back fist.
20. Execute a high punch to (N) with the left fist while forming a right walking stance toward (N), pivoting with the left foot.
21. Execute a high punch to (N) with the right fist while maintaining a right walking stance toward (N). Perform 20 and 21 in a fast motion.
22. Move the left foot to (N), forming a right rear foot stance toward (N) while executing an upward block with the left bow wrist.
23. Move the right foot to (N) to form a left rear foot stance toward (N) while executing an upward block with the right bow wrist.
24. Move the left foot to (S), forming a left walking stance toward (S) while executing a pressing block with the left palm.

25. Move the right foot to (S) to form a right walking stance toward (S) while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.
26. Bring the left foot to the right foot to form a closed stance toward (S) while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
27. Move the left foot to (N), forming a left walking stance toward (N) while executing a rising block with the left knife-hand.
28. Execute a high punch to (N) with the right fist while maintaining a left walking stance toward (N).
29. Slide to (N) to form a left L-stance toward (N) while executing an upset punch to (N) with the left fist, bringing the right side fist in front of the left shoulder.
30. Move the right foot to (S), forming a left walking stance toward (N) while executing a high thrust with the right angle fingertip.
31. Move the left foot on line (N-S) to form a right walking stance toward (S) while executing a rising block with the right knife-hand.
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.
33. Slide to (S) to form a right L-stance toward (S) while executing an upset punch to (S) with the right fist, bringing the left side fist in front of the right shoulder.
34. Move the left foot to (N), forming a right walking stance toward (S) while executing a high thrust with the left angle fingertip.
35. Execute a low guarding block to (S) with a reverse knife-hand in a circular motion while forming a left L-stance toward (S), pivoting with the left foot.
36. Execute a low guarding block to (N) with a reverse knife-hand in a circular motion while forming a right L-stance toward (N), pivoting with the right foot.
37. Execute a low block to (N) with the right forearm and a middle outward block to (N) with the left knife-hand while forming a left walking stance toward (N), slipping the left foot.

38. Move the right foot to (N) in a stamping motion to form a right walking stance toward (N) at the same time executing a high vertical punch to (N) with a twin fist.
39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward (N) while striking the left palm with the right back forearm.
40. Execute a middle back piercing kick to (S) with the right foot, pulling both hands in the opposite direction.
41. Lower the right foot to (S) to form a sitting stance toward (E) while executing a W-shape block with the outer forearm.
42. Slide to (S) maintaining a sitting stance toward (E) while executing a W-shape block with the outer forearm.
43. Move the right foot to (N) in a stamping motion, turning anti clockwise to form a sitting stance toward (W) while executing a W-shape block with the outer forearm.
44. Slide to (S), maintaining a sitting stance toward (W) while executing a W-shape block with the outer forearm.
45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward (S) while striking the right palm with the left back forearm.
46. Execute a high back piercing kick to (N) with the left foot, pulling both hands in the opposite direction.
47. Lower the left foot to (S) in a jumping motion, forming a left X-stance toward (S) while executing a pressing block with an X-fist.
48. Move the right foot to (N), forming a left walking stance toward (S) while executing a front strike with the left under fist.
49. Move the right foot to (S) to form a right walking stance toward (S) while executing a front strike with the right under fist.
50. Execute a middle pushing block to (S) with the left palm while maintaining a right walking stance toward (S).
51. Execute a circular block to (E) with the right knife-hand while forming a left walking stance toward (NE).

52. Move the left foot to (S) to form a left walking stance toward (S) while executing a middle pushing block to (S) with the right palm.
53. Execute a circular block to (W) with the left knife-hand while forming a right walking stance toward (NW).
54. Execute a high side piercing kick to (N) with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward (N) while executing a twin side back elbow thrust.
55. Move the left foot to (N), forming a sitting stance toward (E) while executing a middle side punch to (N) with the left fist.
56. Execute a middle punch to (N) with the right fist while forming a left walking stance toward (N), pivoting with the left foot.

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





Opening demonstration in Yeovil



Lewis's jumping side kick in process



Simon's jumping reverse side kick break



Francis reverse turning kick



Synchronous kicks in a musical pattern



Simon getting back at Lewis