

THE COMPLETE BOOK OF

TAEKWON DO
FORMS



Keith D. Yates

7th Degree Black Belt

Table of Contents

[Title Page](#)

[Copyright Page](#)

[Acknowledgements](#)

[THE AUTHOR](#)

[PREFACE](#)

[TAEKWON DO IN AMERICA](#)

[TAEKWON DO ORGANIZATIONS](#)

[Introduction](#)

[WHITE BELT FUNDAMENTALS](#)

[STANCES](#)

[KICKS](#)

[BLOCKS](#)

[FORMS](#)

[LISTING OF FORMS](#)

[CHON-JI](#)

[TAN-GUN](#)

[TOE-SAN](#)

[WON-HYO](#)

[YUL-KOK](#)

[CHUNG-GWEN](#)

[TI-GYE](#)

[HWA-RANG](#)

[CHUNG-MU](#)

[KWANG-GYE](#)

[PO-UN](#)

[CHUL-GI](#)

[BASAI](#)

[KAE-BECK](#)

[GLOSSARY](#)

THE COMPLETE BOOK OF

**TAEKWON DO
FORMS**



**Keith D. Yates
7th Degree Black Belt**

The Complete Book of Taekwon Do Forms
by Keith D. Yates

Copyright © 1982, 1983, 1988 by Keith D. Yates

ISBN 0-87364-492-1

Printed in the United States of America

Published by Paladin Press,
a division of Paladin Enterprises, Inc.
Gunbarrel Tech Center
7077 Winchester Circle
Boulder, Colorado 80301, USA
+1.303.443.7250

Direct inquiries and/or orders to the above address.

PALADIN, PALADIN PRESS, and the “horse head” design are trademarks belonging to Paladin Enterprises and registered in United States Patent and Trademark Office.

All rights reserved. Except for use in a review, no portion of this book may be reproduced in any form without the express written permission of the publisher.

Neither the author nor the publisher assumes any responsibility for the use or misuse of information contained in this book.

Visit Our Web site at www.paladin-press.com

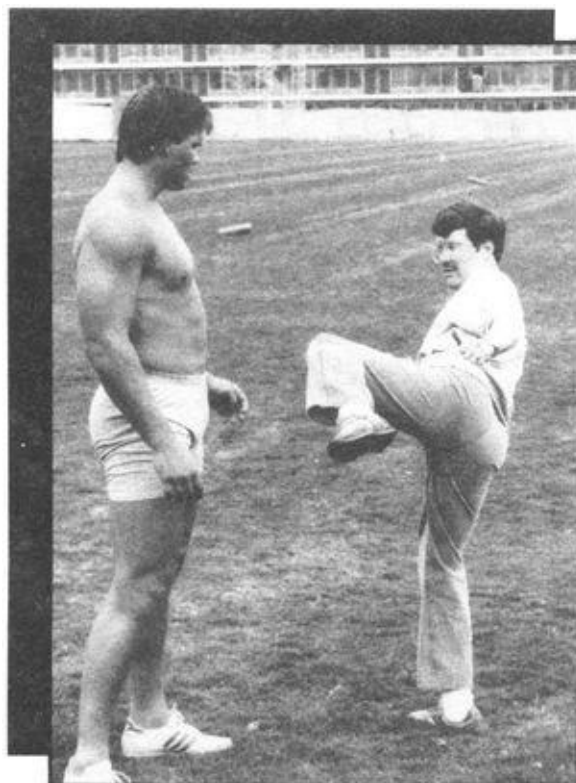
ACKNOWLEDGMENTS

Cover and individual forms photography, Dave Edmonson.
Action and application photos by Arnold Howard, Dave Allen.
Models, Keith Yates, Larry Wheeler, Linda Wheeler, Bob Woerner,
Dave Mandt, Dave Allen, Will Nabors.
With appreciation to my instructors, Allen Steen, Skipper Mullins.
Thanks to Ted Gambordella for his advice.
All graphic design by Keith Yates.
Dedicated to Linda Yates.

1970 winning competition team from Dallas. Candy Simpson, Demetrius (Greek) Havanas, Skipper Mullins, Keith Yates.



Keith Yates working with Dallas Cowboy offensive lineman, Brian Baldinger, at the Cowboys Training facility in Dallas in 1986.

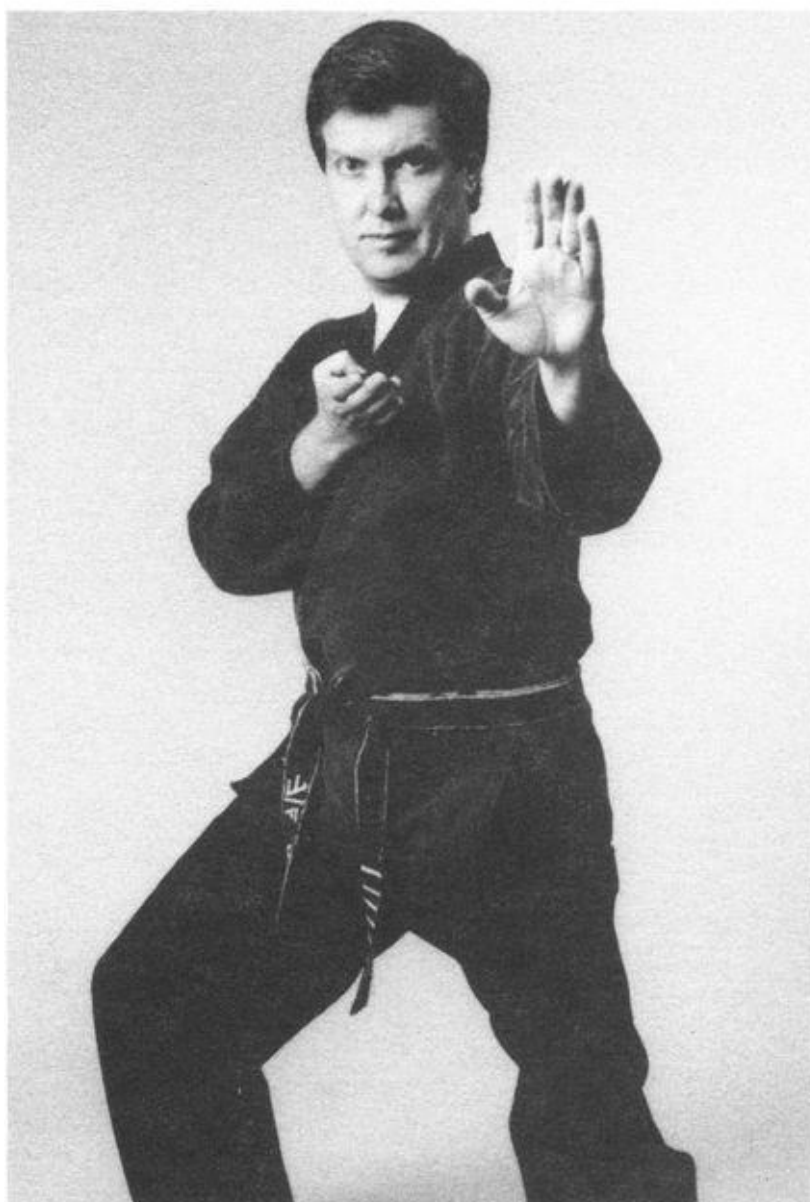


Keith Yates and “Father of American Taekwon Do”, Jhoon Rhee. Mr. Yates’ instructor, Allen R. Steen, was one of Grandmaster Rhee’s first black belts in America.



THE AUTHOR

Keith D. Yates is a seventh degree black belt in Taekwon Do. He is well known in martial arts circles as a forms expert. Beginning his martial arts training in 1965, Mr. Yates won numerous forms competitions during a ten year tournament career. An accomplished instructor, he initiated karate programs at Southern Methodist University and the University of Dallas. Mr. Yates has written scores of articles for the martial arts publications as well as several other books and was elected into the third edition of Who's Who in American Martial Arts. In 1975 he founded the Southwest Taekwon Do Association which teaches the Nam Seo Kwan (school of the Southwest) style. He did his master's thesis on the martial arts power of "Ki". Mr. Yates is also an adjunct professor of Communications at SMU. He holds additional black belts in Ju Jitsu and Kobudo (weapons) and presently serves as chairman of the Texas Black Belt Commission.



PREFACE

Over the years students have repeatedly asked me for the name of a book that would contain all the Taekwon Do forms in an easy to read format. I have been able to give them several references that included one or two patterns in them but there seemed to be no complete volume of forms all the way to black belt. The problem arises from the fact that most authors try to get all the basic offensive and defensive techniques, combinations, counterattacks, self-defense moves, etc., etc., into one text and there is only room left over for a sample of a karate form. While I have included some of the basic blocks and kicks it is under the portion of requirements for orange (gold) belt.

Being especially interested in forms, having successfully competed in Kata competition over a number of years, I decided to undertake the task of compiling a complete forms manual. This is not another “how-to” book on karate for the interested non-student, but is, I hope, a valuable tool for the Taekwon Do student as he progresses through the ranks. Incidentally, the black belt instructor who hasn’t practiced a certain form in a while is also going to find this text an indispensable reference. I trust that this book will embody the physical and mental discipline that comprises the true essence of the art.

Keith D. Yates

TAEKWON DO IN AMERICA

1956 - Jhoon Rhee arrives in Texas to introduce Taekwon Do to the United States.

1960 - S. Henry Cho founds the first TKD school on the east coast, in New York City.

1962 - Jhoon Rhee moves to Washington, D.C.

1962 - Allen R. Steen establishes the first school in the Southwest, in Dallas.

1962 - Chuck Sereff establishes his school in Colorado.

1964 - Texas Taekwon Do stylist, J. Pat Burleson wins America's first national karate championships.

1966 - Allen Steen wins the Internationals in Long Beach, CA by beating Chuck Norris.

1966 - International Taekwon Do Federation founded in Korea.

1969 - Haeng Ung Lee founds the American Taekwon Do Association.

1972 - Jhoon Rhee introduces foam safety sparring gear.

1972 - Taekwon Do introduced as fully accredited PE course at SMU in Dallas by Keith D. Yates.

1972 - American Collegiate Taekwon Do Association founded by Ken Min.

1972 - Choi Hong Hi's *Taekwon Do* textbook first published.

1973 - World Taekwon Do Federation founded in Korea.

1974 - Taekwon Do recognized as official sport by Amateur Athletic Union.

1974 - Southwest Taekwon Do Association founded by Keith D. Yates.

1974 - United States Taekwon Do Association founded in Chicago.

1974 - TKD stylist, Jeff Smith wins Light Heavyweight division in first PKA full contact tournament.

1982 - TKD stylist, John Chung wins Black Belt Magazines's Form Competitor of the year by popularizing his uncle Jhoon Rhee's musical forms.

1982 - Paladin Press first publishes the *Complete Book of Taekwon Do Forms* by Keith D. Yates.

1988 - Taekwon Do appears as a Demonstration sport in the Olympics in Seoul.

TAEKWON DO ORGANIZATIONS

Listed Alphabetically (This is not meant to be an all inclusive list although we have tried to list the most recognizable organizations.)

ACTION INTERNATIONAL MARTIAL ARTS ASSOCIATION

Headquartered in Los Angeles, CA

Founder Hee Il Cho

Forms used: Chang-Hon (in TKD division)

AMERICAN TAEKWON DO ASSOCIATION

Headquartered in Little Rock, AR

Founder Haeng Ung Lee

Forms used: Song Am (formerly used Chang-Hon forms)

INDEPENDENT TAEKWON DO ASSOCIATION

Headquartered in Christianburg, VA

Founder Jerry Beasley, headed by Jeff Smith Forms used: Up to individual members

INTERNATIONAL TAEKWON DO ASSOCIATION

Headquartered in Grand Blanc, MI

Founder James Benko

Forms used: Chang-Hon

UNITED STATES TAEKWON DO FEDERATION

Headquartered in Broomfield, CO

Founder Charles Sereff

Forms used: Chang-Hon

INTERNATIONAL TAEKWON DO FEDERATION

Headquartered in Canada

Founder Choi Hong Hi

Forms used: Chang-Hon

JHOON RHEE INSTITUTE

Headquartered in Washington, D.C.

Founded by Jhoon Rhee Forms used: Jhoon Rhee martial ballet (formerly used Chang-Hon forms)

SOUTHWEST TAEKWON DO ASSOCIATION

Headquartered in Garland, TX

Founded by Keith D. Yates

Forms used: Chang-Hon

WORLD TAEKWON DO ASSOCIATION

Headquartered in Atlanta, GA

Headed by Young Seon Seo

Forms used: Chang-Hon

WORLD TAEKWON DO FEDERATION

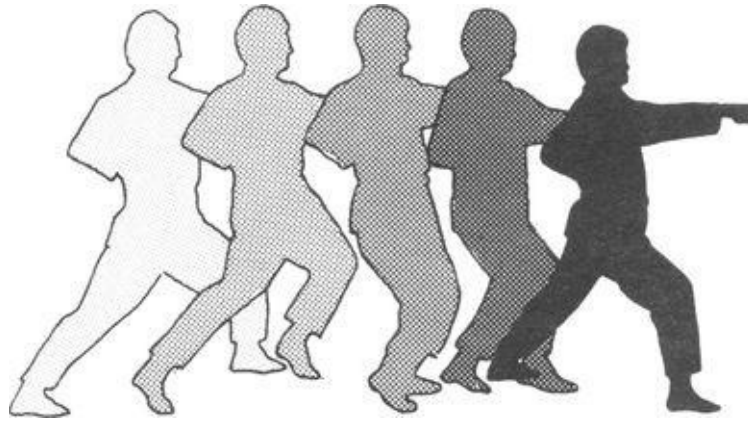
Headquartered in Korea

Headed by Un Young Kim

Forms used: Palgue and Taeguk



**As soon as you think you have
perfected a form, you
have proved you have not.**



INTRODUCTION



WHAT IS TAEKWON DO?

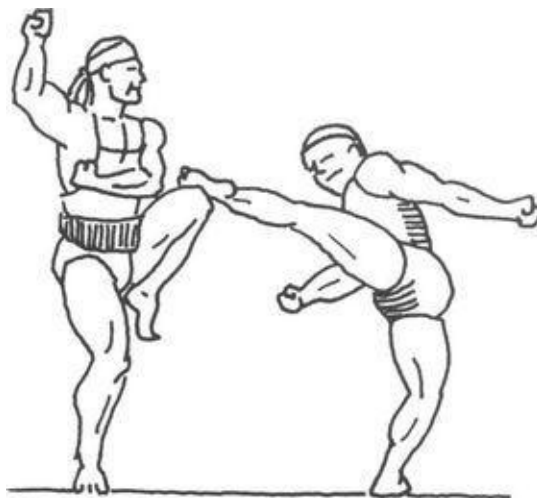
Literally, “tae” means “to kick”. “Kwon” is “a fist used to punch or destroy”. “Do” denotes an “art” or “way”. “Taekwon Do” thus means “the way of kicking and punching”.

Taekwon Do is the Korean system of unarmed combat, utilizing both feet and hands as weapons. But it is more than just a fighting skill—it is a strict physical and mental discipline. Through the coordination of body control, balance and technique trained in the practice of forms (“hyung” in Korean), this martial art becomes a highly effective means of self-defense as well as a practical method of physical fitness. Taekwon Do is known among the oriental fighting arts for its powerful kicking techniques and primarily linear motions in combat, as opposed to a more circular and “softer” style such as Kung Fu.

Many Taekwon Do practitioners still refer to their art as the Korean style of karate. Karate is a Japanese word meaning “empty hand”, but has come to be recognized as the generic name for all karate-like arts whether Japanese in origin or not.

Today there are several “versions” of Taekwon Do. “Olympic Taekwon Do” is perhaps the most widely recognized by the general public because of its exposure at the 1988 Olympic Games in Seoul. There are other schools of Taekwon Do however which eschew the “sports” mentality of the Olympic schools. These systems place more stress on the traditional aspects of martial arts training such as philosophy or self-defense. If you are seeking a Taekwon Do school be sure and determine the main emphasis of the instructor. If you are interested primarily in self-defense you don’t want to join a school that is only interested in turning out tournament competitors.

No matter which school you train with you must be diligent and practice on your own. Martial arts training can and should be a lifetime learning experience.



Learning to fight is the best training

in the avoidance of battle.

A BRIEF HISTORY OF TAEKWON DO

In 525 AD, an Indian Buddhist monk, named Bodhidharma, organized the first formal combination of physical and mental disciplines into a system of self-defense. From those humble beginnings in the Shaolin Temple in China, the art known as Chaun fa spread with Buddhism throughout the oriental world.

Each of the martial arts in varying degrees owes a debt to Bodhidharma, the Korean system of combat included. The history of Taekwon Do however, goes back to pre-Christian times. In the ruins of the Koguryo dynasty, which was founded in 37 BC, are figures depicting Taekwon Do - like techniques. The Korean art was unique among the oriental systems of fighting in that it was based mostly on kicking techniques and because the general populace seemed to practice it as well as the orders of religious monks. This may not seem so unusual, however, when the violent nature of the times is considered. For centuries the three kingdoms of Koguryo, Silla, and Paikche warred. Finally Silla proved victorious and in 668 AD a united and golden age in Korea's history was instituted. By now the art had come to be known as "Tae Kyon".

During the early Silla period, the Hwa-Rang Do (similar to the Japanese Samurai) was born. Membership in this exclusive group was restricted to well educated and patriotic youths of noble birth. Tae Kyon became an integral part of their training and thus gained a reputation as an art of respect and bravery in combat.

In 935, Silla was overthrown by a warlord who established the kingdom of Koryo (from which the name Korea comes). During this martial period some of the finest soldiers of Korean history were produced. Tae Kyon was further developed as an art of strong and fierce techniques. Some practitioners were said to have beat with their bare knuckles on large trees until the trees died.

With the fall of Koryo, the practice of Tae Kyon declined. In the 15th century the age of the "warrior princes" was replaced by the Yi Dynasty which held scholarship in higher esteem than the military arts. Confucianism replaced Buddhism as the state religion and Tae Kyon fell into disrepute. By 1910, when the Japanese overran Korea, the art was barely alive.

The Japanese, intent on destroying the national identity of the Koreans, banned the practice of martial arts along with many other restrictions. But some Koreans left their homeland for better opportunities in China and Japan and for the first time in centuries the ancient kicking art of Tae Kyon was exposed to other forms of martial arts.

The end of World War II brought thousands of Koreans back home. Inspired by a new sense of national pride, they blended the various old and new styles into the modern Korean fighting art practiced today. The leading masters of the art decided, in 1955, on a new name suggested by army general Choi Hong Hi; Taekwon Do.

There were still many groups practicing the art in Korea, however, and their differences hindered the development of a truly unified national martial art. In 1961 the government formed the Tae Soo Do Association to attempt to unify the major dojangs (schools, or literally, practice halls). In 1965, the group was renamed the Korean Taekwon Do Association and the name became fully accepted by all Koreans. Joining the Association were the five major dojangs of Korea: Chung Do Kwan, Moo Duk Kwan, Change Moo Kwan, Oh Do Kwan and Chi Do Kwan.

In 1952 Jhoon Rhee introduced America to Taekwon Do in the city of San Marcos, Texas. At that time Karate was the only term Americans related to and Rhee (as well as other Korean instructors who soon came to this country) called his style karate for several years until the name Taekwon Do gained wider recognition. By then the die had been set however and many Taekwon Do stylists (especially Americans) today still use the word karate when referring to their art.

On March 22, 1966, General Choi Hong Hi founded the *International Taekwon Do Federation* to send instructors abroad. Due to political differences with the other leaders of the art he moved his ITF out of Korea a few years later and in 1973, the *World Taekwon Do Federation* was formed to take its place. The WTF has the recognition of the Korean government and the Olympic Committee and has thus become the largest single world-wide organization.

In the United States, however, there are several other organizations in addition to the ITF and the WTF. These groups actually have more combined members than the larger associations in this country and often teach their own “brand” of Taekwon Do. Some of the more prominent styles are *Song Am* taught by the American Taekwon Do Association, the *Jhoon Rhee System* taught in Jhoon Rhee’s chain of schools and *Nam Seo Kwan* taught by the Southwest Taekwon Do Association. Frequently you will hear the term “American Taekwon Do” which is used by instructors who have combined elements of other styles with their Taekwon Do.

The primary difference between WTF “Olympic style” and most other groups is that the WTF allows NO head punches and NO kicks below the belt in competition. In the mind of many, including this author, this weakens the practical training aspects of this style, for the first things a street opponent will do is punch you in the head and kick you in the groin. In defense of those who have instituted these rule changes, they have not tried to weaken the style but are instead trying to differentiate Taekwon Do from karate by emphasizing the feet. Currently there is a major debate in the Taekwon Do world concerning these opposing viewpoints.

But in America ALL martial arts, whether Taekwon Do, Karate, or Kung Fu, are divided into numerous splinter groups. There is no single governing body and differences make it seem unlikely that the situation will change in the foreseeable future.

WHAT ARE TAEKWON DO FORMS?

From the earliest times of karate practice, basic and advanced techniques were developed by repetitions of prearranged offensive and defensive movements. Because modern sport karate and Taekwon Do had not yet been developed there was no way of practicing techniques on an actual opponent without injury or death. Thus the training forms became a vital and mysterious part of early martial arts practice.

Today, forms are still a most important part of Taekwon Do learning. A properly executed form trains the muscle reflexes for speed, balance, power and smoothness of execution. The original Korean forms are noted for their explosive power and anyone learning the Taekwon Do patterns should practice with that in mind.

While each system of karate has developed its own unique set of forms, all have certain things in common. Stable balance, eye contact with an imaginary opponent, a rhythmic flow of motion and, of course, power, are all things judges in tournament forms competitions look for.

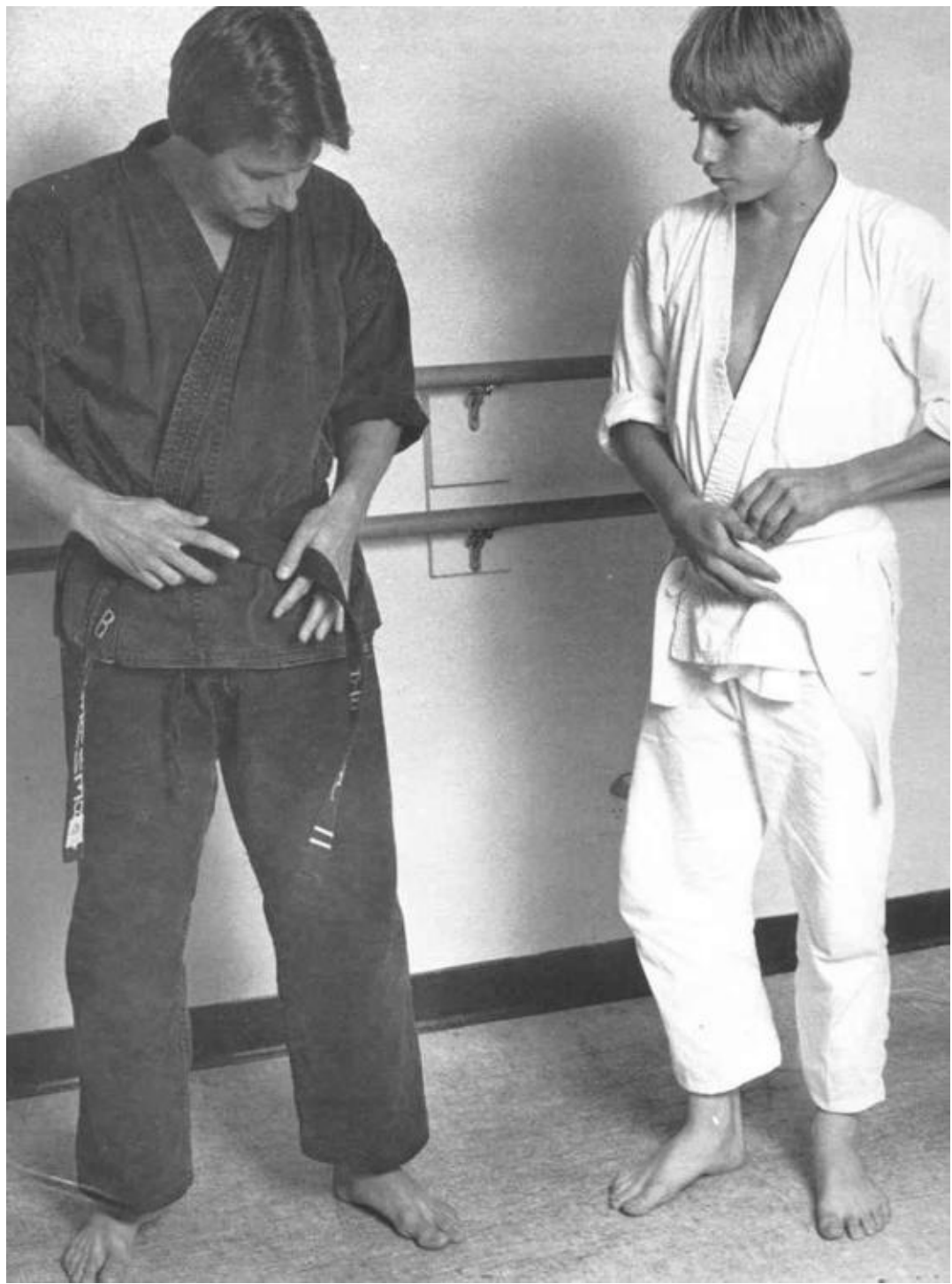
Each belt rank in Taekwon Do requires the learning of a new form or forms. As you might assume, the forms become progressively more complex and difficult to perform as one advances through the ranks. When learning a form for the purpose of belt promotion it is recommended that it be practiced at least 300 times before attempting to test.

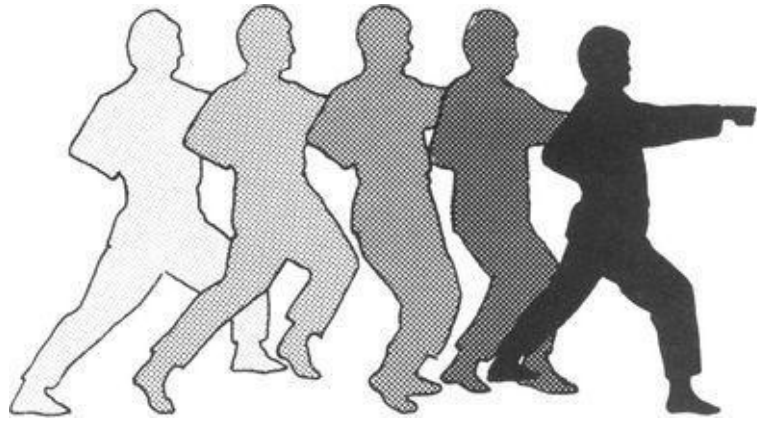
The forms in this book are the original Chang-Hon (blue cottage) patterns developed by General Choi Hong Hi and first taught in this country in the early sixties. Besides their use by the International Taekwon Do Federation they are used by most American Taekwon Do stylists. See the appendix in the back of this book for a listing of which associations use which forms.

PERFORMANCE POINTERS

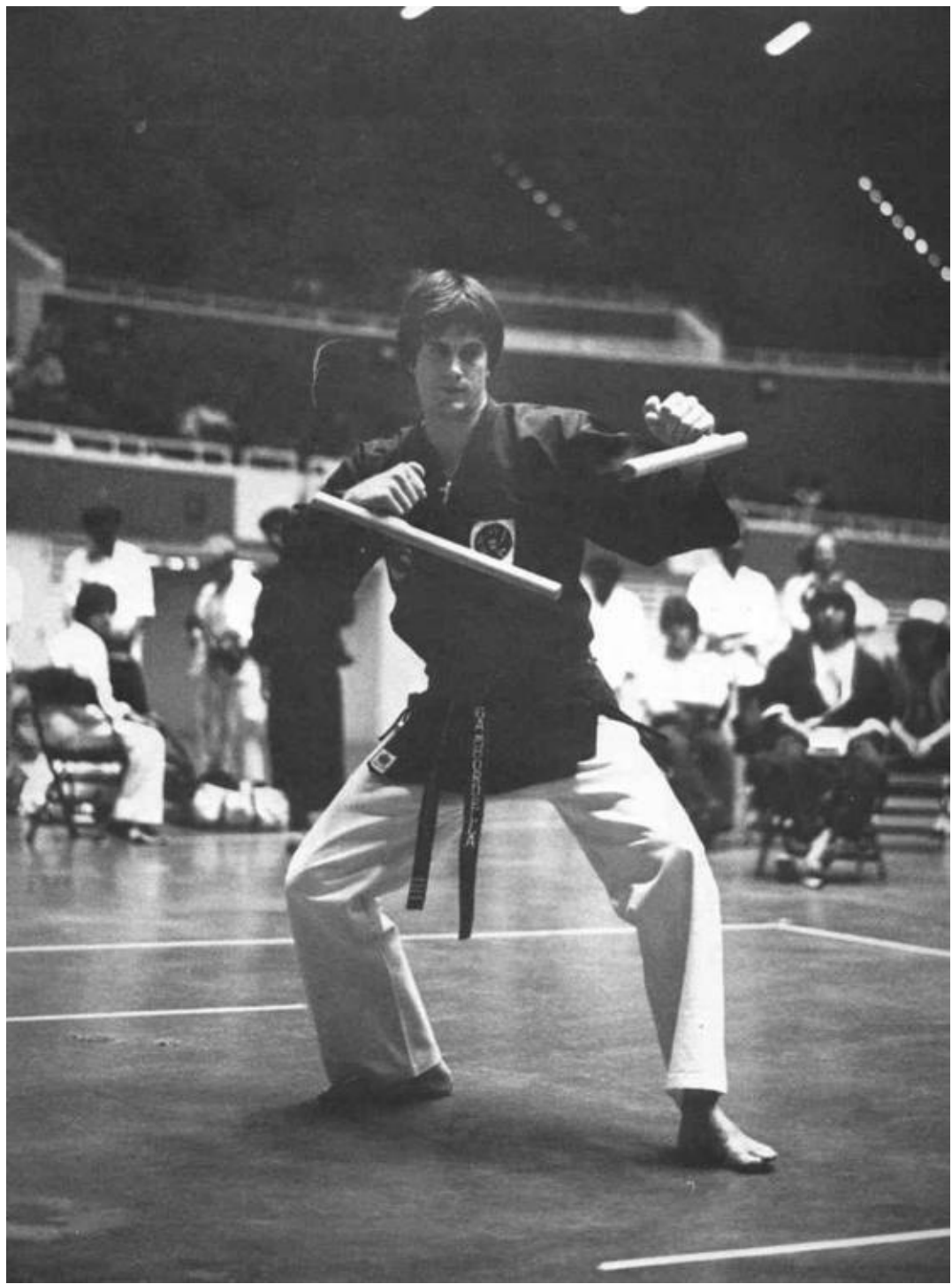
- Almost all forms finish at the exact point at which they began. While the length of steps will naturally vary from individual to individual, the angle of each step must be in the exact prescribed manner.
- Each movement in the form serves the function of either an offensive or defensive technique against an imaginary assailant. The student should envision a target and concentrate on it during each step.
- While there is a continuous flow to a well executed form there is also a slight pause at each stance. This permits the execution of each technique with the foundation of a proper balance. Each technique should be distinct and separate while maintaining a rhythm from beginning to end. With the advanced student, timing improves and each pause between stances becomes more and more subtle.
- Breath control helps the student to conserve muscle energy and thus enables him or her to perform several forms with maximum power and minimum exertion. Forceful exhalations on each technique (block or strike) creates a more powerful blow. Taking a breath between steps or holding one's breath for several steps will lead to rapid exhaustion.
- Each form contains two or more kiaps (kee-ahps) or yells. The actual sound of the yell varies with the individual's preference. The important thing to remember is the forceful expulsion of air along with the contraction of the abdominal muscles.

Forms train your kinesthetic perception,
your ability to know and control your body movements.



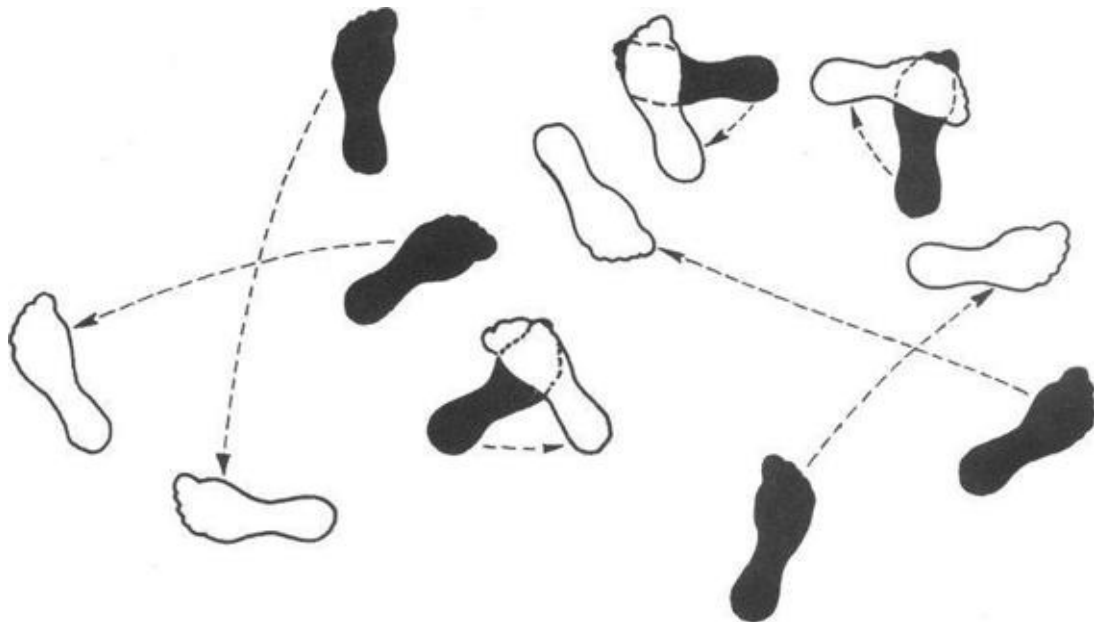


WHITE BELT FUNDAMENTALS



STANCES

The White Belt fundamentals that every new Taekwon Do student learns begin with the stances. As you can't put the walls and roof on a new house without first laying the foundation, the stances are the foundation upon which all Taekwon Do techniques are based. Since no single stance is effective in all situations there are several stances. After a while, you will begin to know if you are in a good stance or not merely by the body "feel". The most common stances and the ones seen most often in the forms are the ones required for the first belt test, and are presented here. Note that all stances have in common a straight and erect spine.



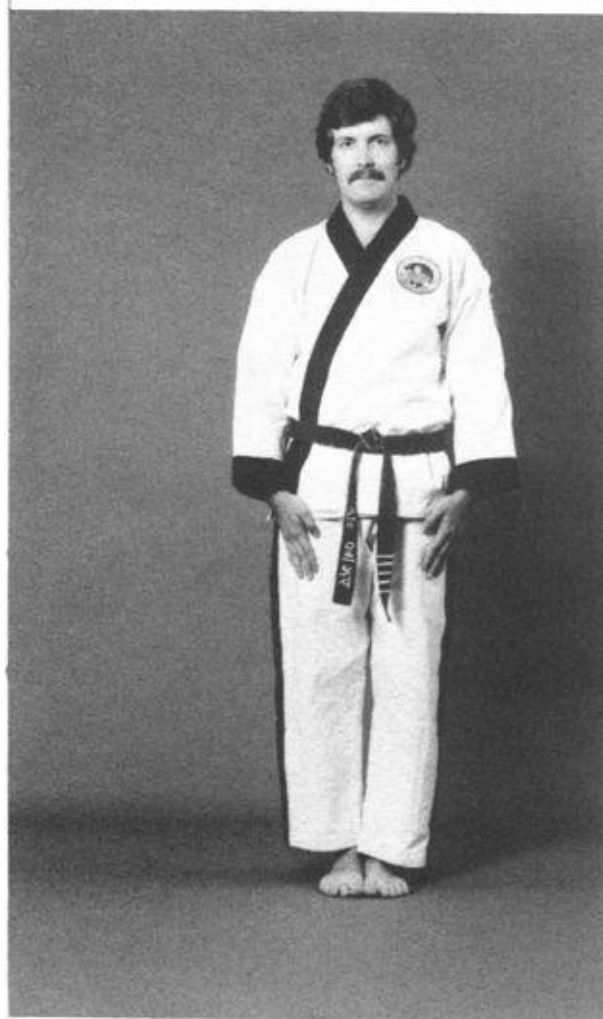
The good fighter maintains proper balance in motion and in stillness.

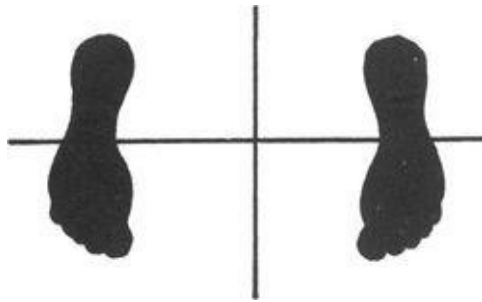
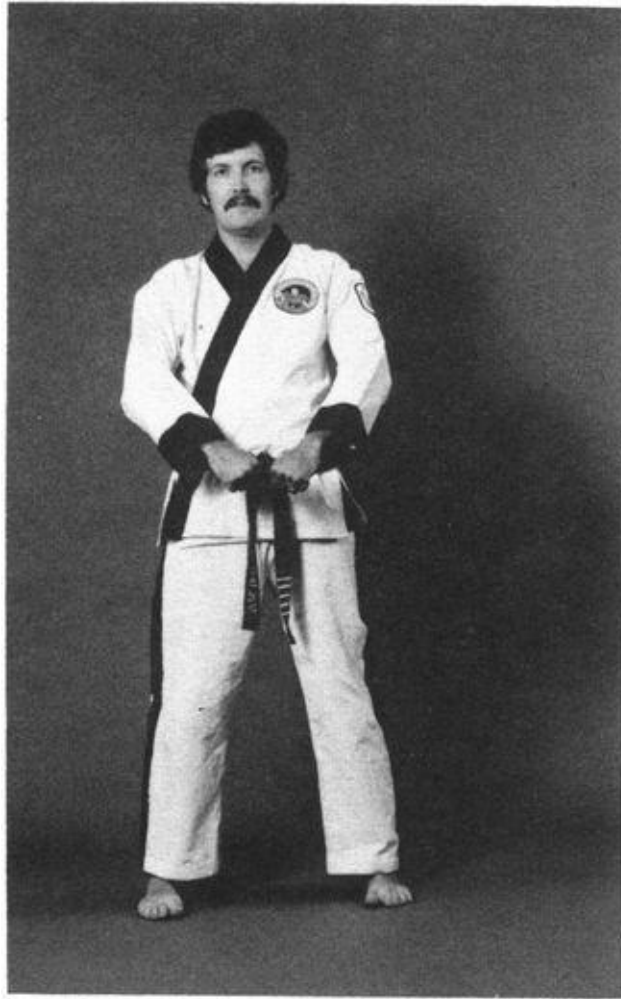


ATTENTION

(Charyo)

The attention stance, also known as the closed stance, is primarily the preparation for the bow. The feet are parallel and the heels and toes touch. The hands rest against the thighs.





READY

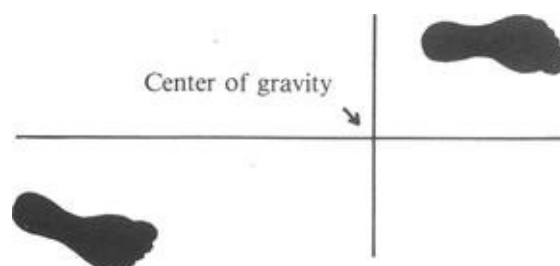
(Junbi)

The ready stance is assumed before and after each formal technique and is the usual beginning and ending of a Taekwon Do form. The fists are tight and extended slightly forward of the hips. The feet are parallel and about a shoulder's width apart.

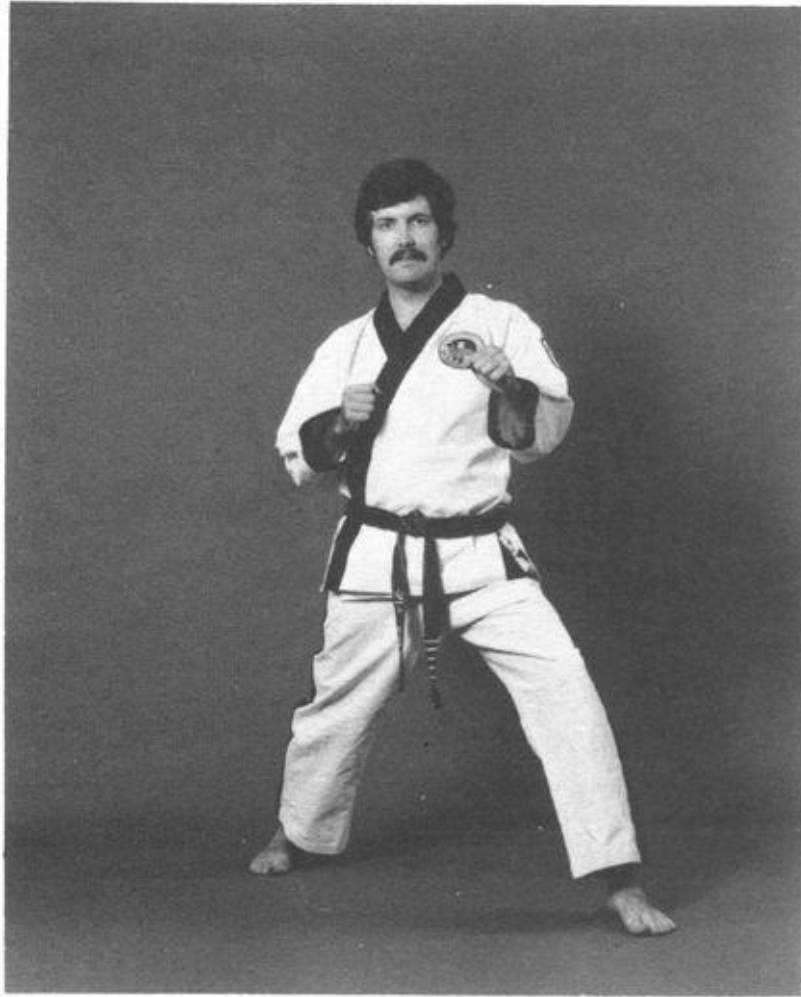
FRONT STANCE

(Chongul Sogi)

The forward balance is perhaps the most stable stance you can assume with only two feet on the floor. This is due to the large base of support and the low center of gravity. The feet are placed approximately one shoulder's width apart and about the same distance between the front heel and rear toes.



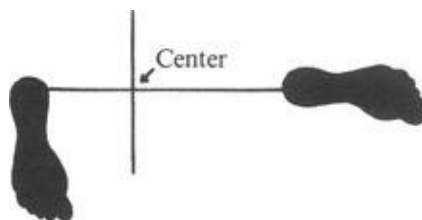
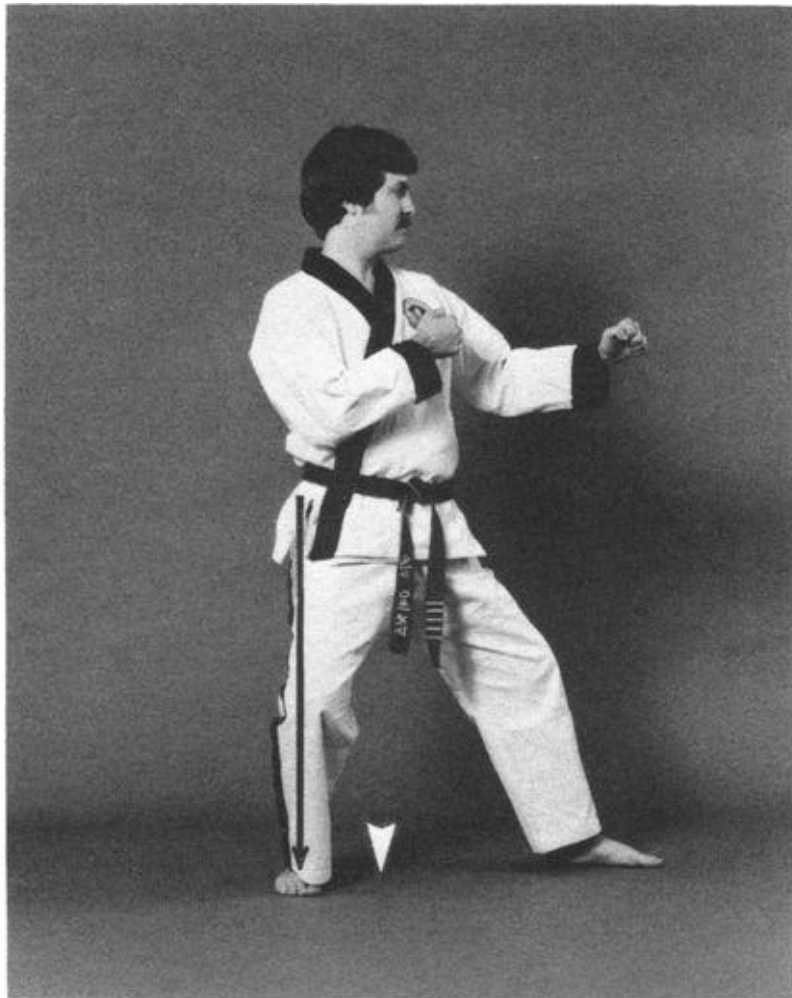
The front leg is bent with the shin vertical to the floor and the back leg remains straight to act as a brace against backwards motion. The center of gravity falls slightly towards the front so that about 60% of the weight is borne on the front foot.



BACK STANCE

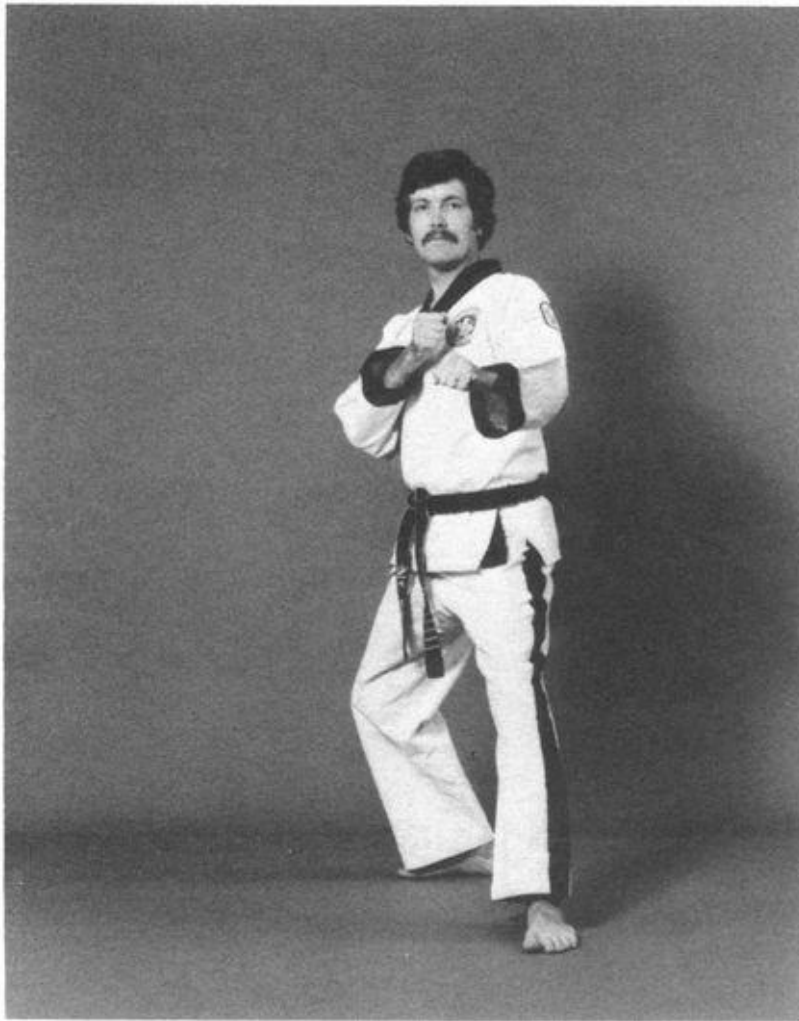
(Fugul Sogi)

The back balance is an excellent stance due to its mobility. The front foot points directly forward and the rear foot assumes a 90° or right angle to the side.



In the back stance the center of gravity is rearward so that about 70% of the weight is

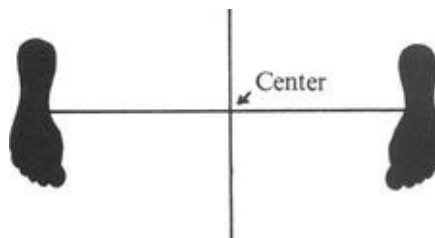
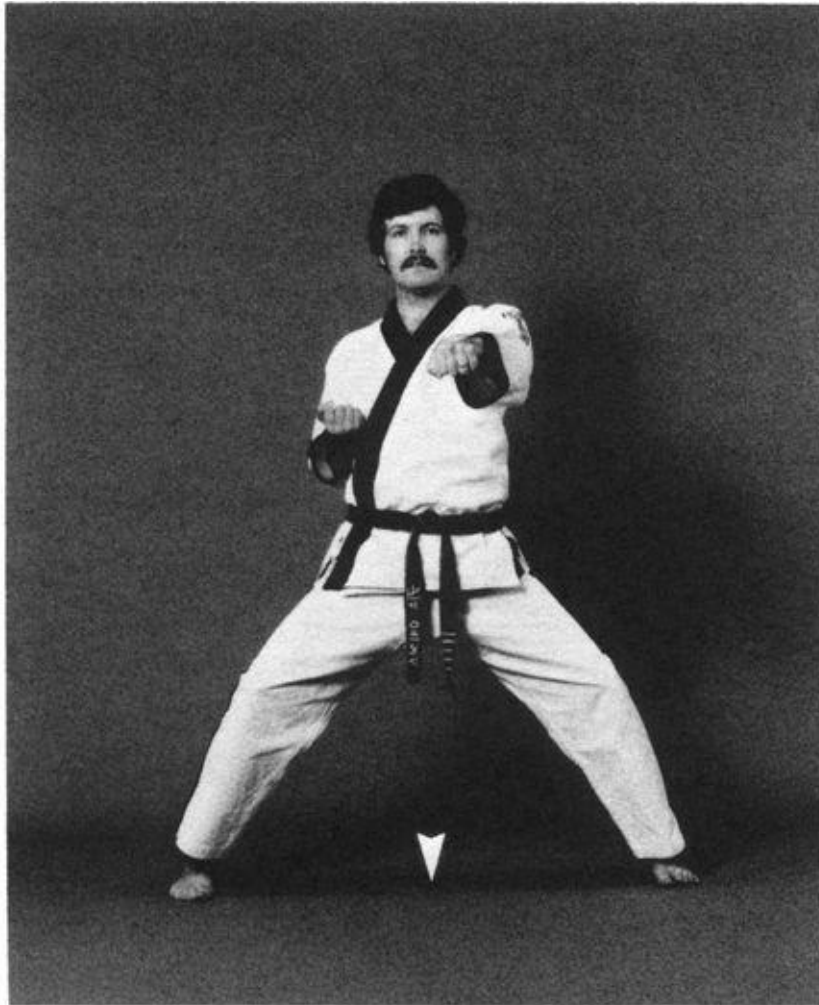
on the rear foot. Both legs are bent and the hips are lowered and pulled back so that a line drawn down from the rear hip will pass through the knee (see photo). The flexibility of the back stance makes it a favorite sparring position.



STRADDLE STANCE

(Kima Sogi)

The straddle stance or horse stance is a very wide position and thus a well-balanced stance. The feet are one to one and a half shoulder widths apart.



The hips are low and the back should remain erect. Although the straddle stance is often used in practice and in forms it is seldom used in actual combat like the more flexible back stance.





KICKS

As previously mentioned, Korean Taekwon Do is noted for its high and powerful kicks. The leg is longer and stronger than the arm and thus is the best way to deliver the most powerful blow while protecting yourself from your opponent.

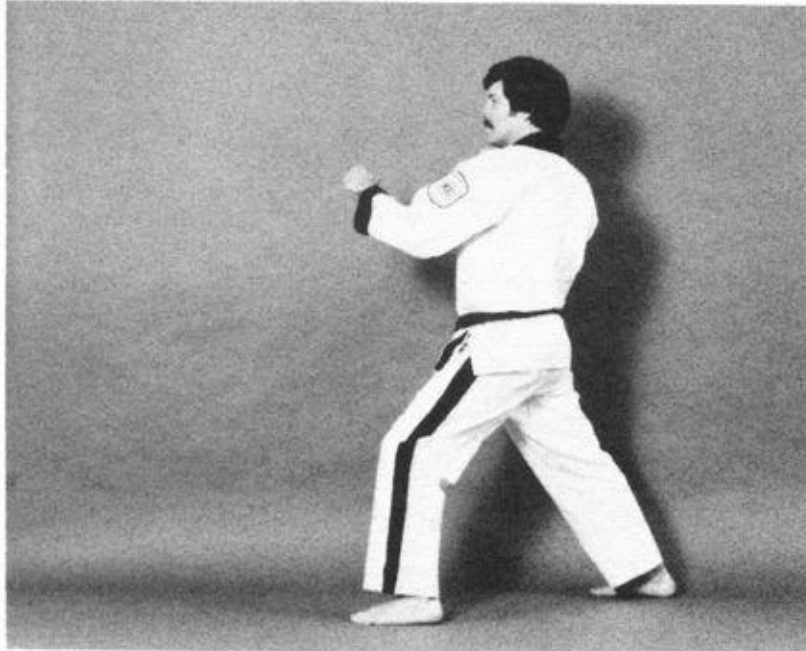
While a kick is a forceful technique it does require you to reduce your base of support to only one foot. To minimize this instability the kick should be delivered very quickly and returned to the floor as soon as possible. Snapping the kick, in a whipping motion, also dramatically increases the effect of the blow.

The three kicks presented here are those required for the first colored belt. By mastering them you prepare your body for the more complex kicks as well as multiple and jumping leg techniques, so practice often and don't forget to stretch your leg muscles two or three times every week.

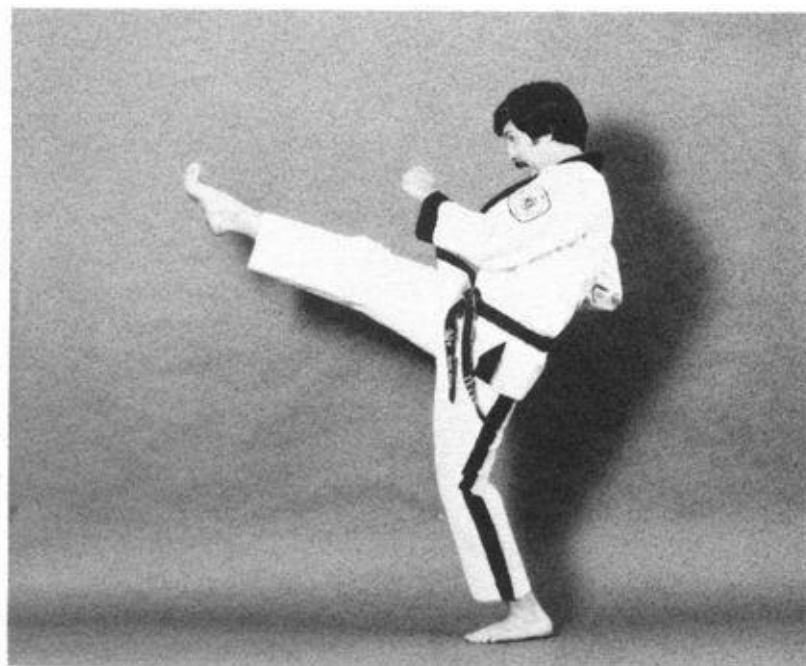


A good kick imposes respect of distance.

FRONT KICK (Ap Chagee)

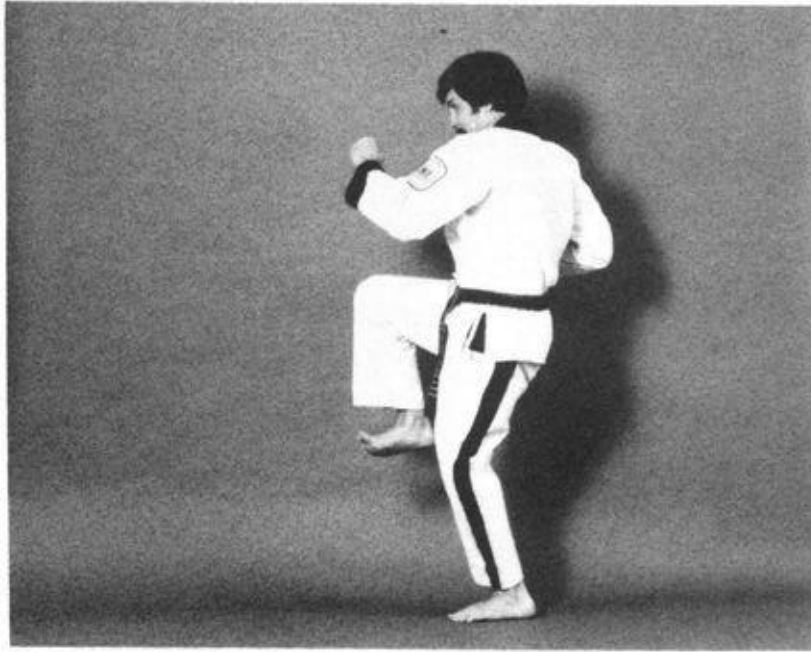


The front kick is usually taught from the front stance, although it could, of course, be delivered from almost any balance.



The lower leg **snaps** out to the target. The ankle is pointed forward and the toes are pulled

back so that the ball of the foot becomes the striking surface. Note the forward thrust of the hips in order to get the lower body power into the kick.



The knee is forcefully brought forward pointing to the desired target area. A head kick, for example, means the knee would be raised higher.



The leg is quickly retracted to the folded position. This retraction is important for the snapping effect and also to prevent the foot from being grabbed.

An alternate striking area of a front kick is the top or instep of the foot. This is used primarily for groin kicks and is useful when heavy shoes hinder the curling of the toes.



SIDE KICK (Yop Chagee)



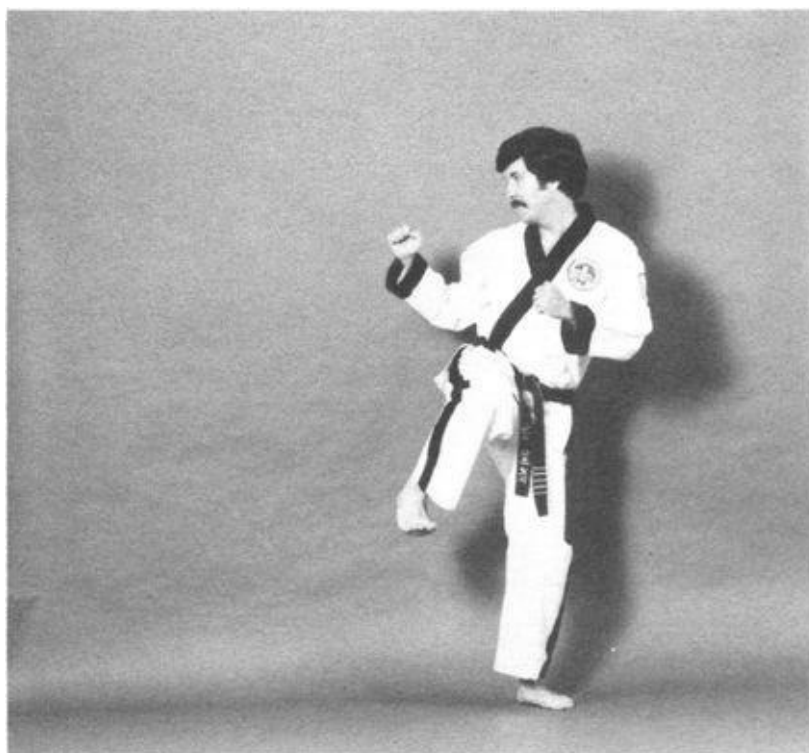
Shift the weight to the non-kicking leg and bring the kicking foot up to knee level.



The kick is **driven** out in a straight line. The striking area is the heel of the foot. The kick can be delivered either with a snapping motion or a thrusting motion. The thrust is advantageous when a more powerful and reaching kick is desired.



Turn the hip into the kick just before extension of the leg. This gets the lower body into the kick for maximum power.

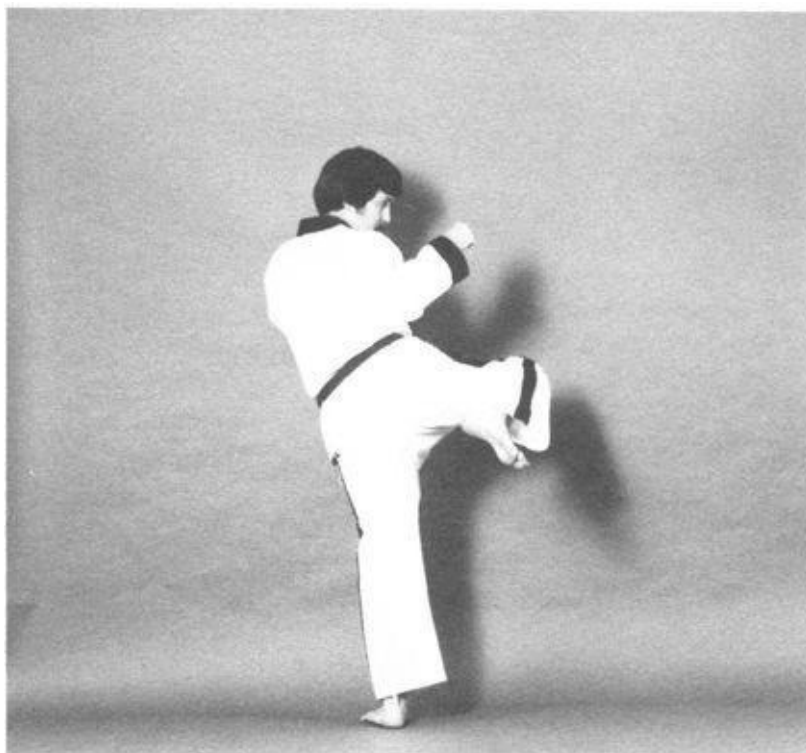


The foot should be brought back immediately to the knee.

ROUNDHOUSE KICK (Tolyo Chagee)



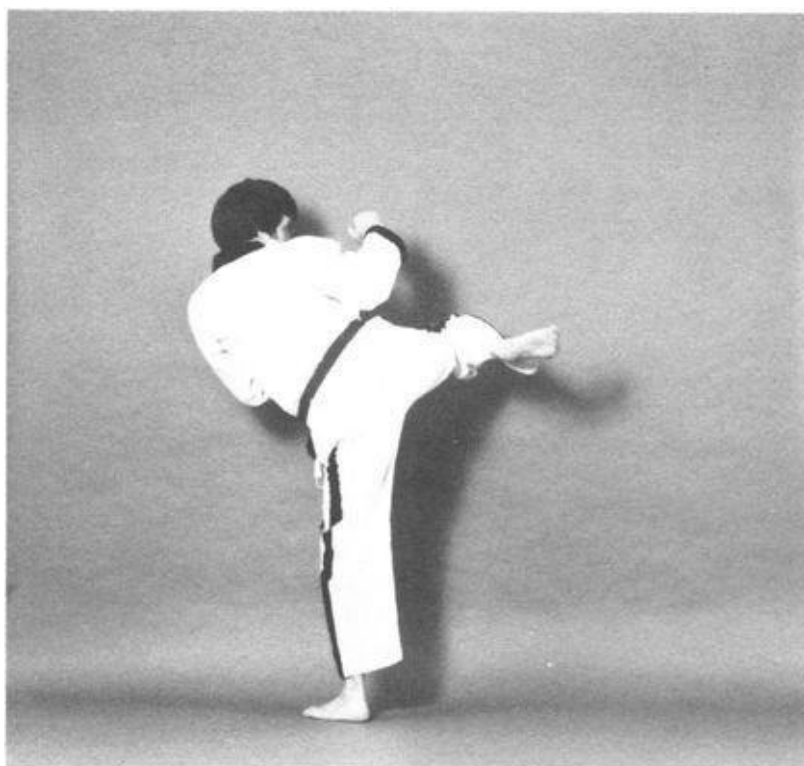
A roundhouse kick travels in a circular trajectory, striking with the back leg.



Shift your weight onto the supporting leg and pivot on the bottom foot, twisting the hips forcefully in the direction of the kick.



The leg is extended and contact is made with either the ball of the foot or the instep. The supporting foot should be flat on the floor for maximum stability.



The Snap back to the hip is of critical importance in this kick since the power is derived primarily from the whipping motion and not the thrust of the hips as in the front or side kicks.

BLOCKS

It is said that there are four things you can do when someone strikes at you. *One*, step away and let the blow miss you, *two*, hit the assailant first, *three*, block the technique, and *four*, get hit. We will dismiss the last alternative as undesirable and since the first two require advanced timing, best thing for the white belt to concentrate on from the beginning are his blocking techniques.

While almost any part of the body can be used to prevent a strike from hitting its target, the basic blocks a beginner learns are performed with the hands. It should be noted that the following blocking techniques are done as practice moves in the classroom and will naturally be modified and in some cases actually shortened in any true fighting situation. Hopefully, however, the exaggerated motions done in practice will enable you to perform even a shortened block with maximum power.

Remember, being able to throw a mean side kick won't make much difference when your opponent scores first with a quick punch or when a street fighter makes heavy contact to your jaw with a right cross. To be an effective fighter, you *must* be able to block quickly and powerfully.

Effective blocks can create openings for counter-attacks.

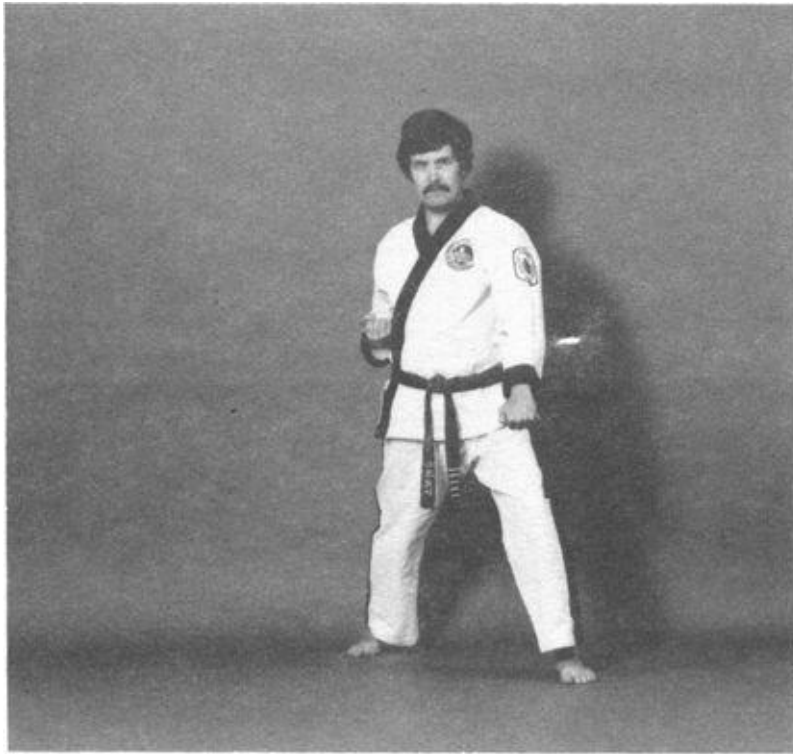
DOWN BLOCK (Hardan Marki)



Fold the striking arm on top for maximum distance to the blow to increase speed and power in the actual block.



Step forward into a left front stance pivoting the upper body to the right for body power in the block.

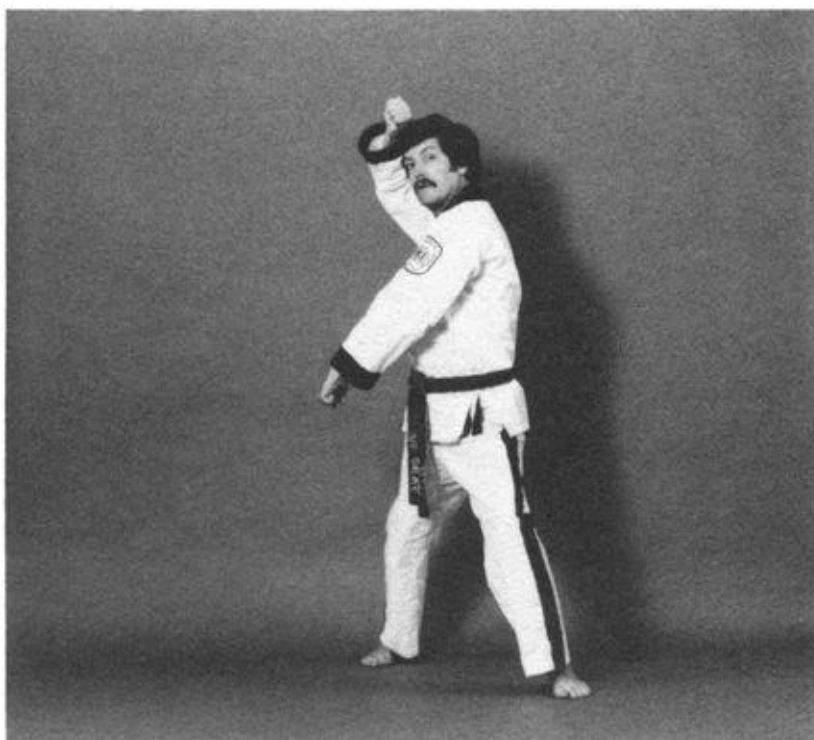


The arm extends down to deflect an upward blow to the groin or abdomen. The fist rotates out at the last split second to add to the snap. The right fist is simultaneously brought back to the right hip. The fist cocked on the side is called the “ready hand” as it is ready for a follow-up punch. A kiap is given at the time of the block for it tightens the abdominal muscles in case of any contact by the incoming kick or punch.

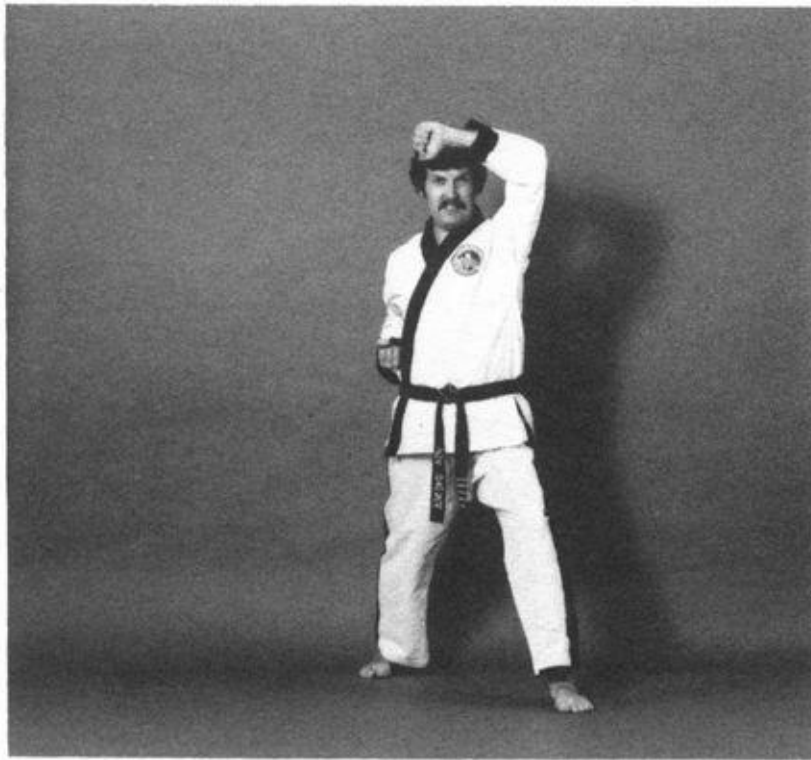
RISING BLOCK (Chukyo Marki)



With both fists tight, lower the left hand to groin level and raise the right arm over the head.



Step forward into a left front stance twisting the upper body for more power.



The block rises rapidly upward to deflect a downward blow. The forearm is at a slightly upward angle and a couple inches from the forehead. The palm snaps out at the moment of impact and the ready hand is brought back forcefully to the right hip.

INSIDE BLOCK (Arb Cheegee-literally forearm strike)



The out position is the starting position for this block. The left hand swings back near the left ear and the right arm folds across the upper body in front.



Step out with the left foot twisting the upper body for power.



As the foot stops, the hips and shoulders rotate forward into a strong block, striking with the inside of the left forearm. The right fist must be drawn back to the hip to increase the speed of the upper body rotation. As in the other blocks, the wrist snaps at the last second before contact.

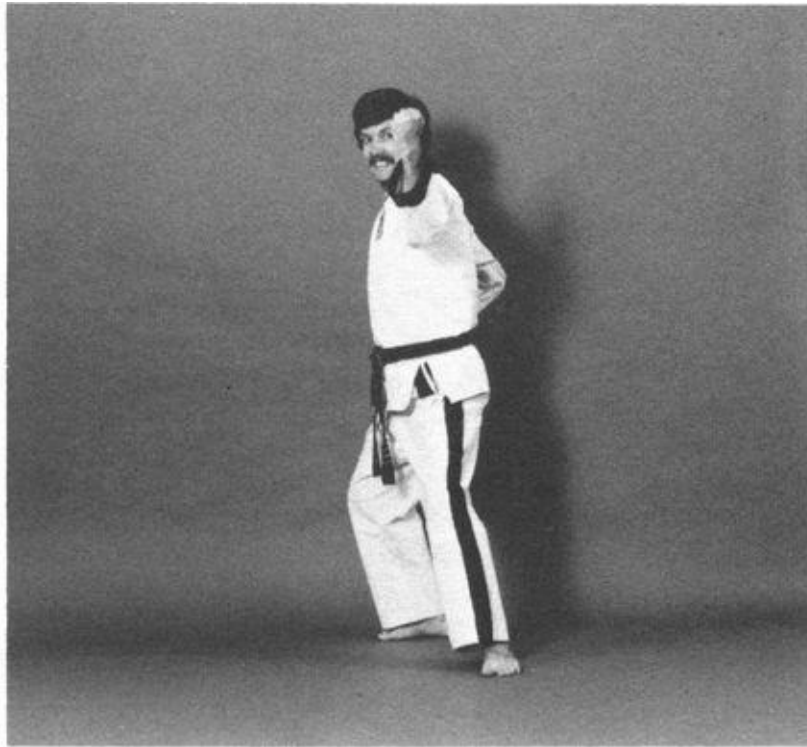
OUTSIDE BLOCK (Yop Marki, literally side block)



Cross arms with the left arm near the armpit and the right hand on top over the left shoulder.

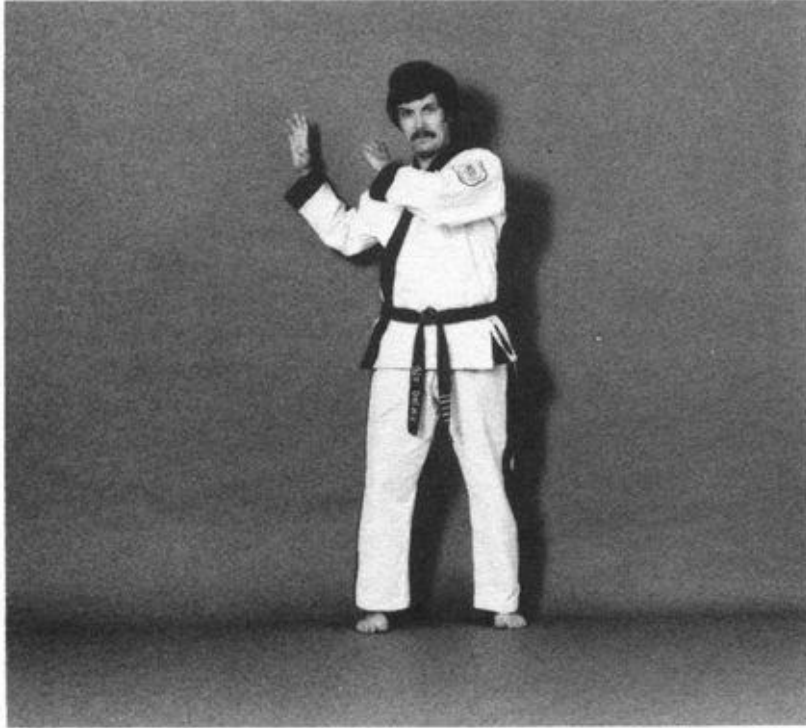


Step forward into a back stance with the left foot turning the upper body slightly to the right.

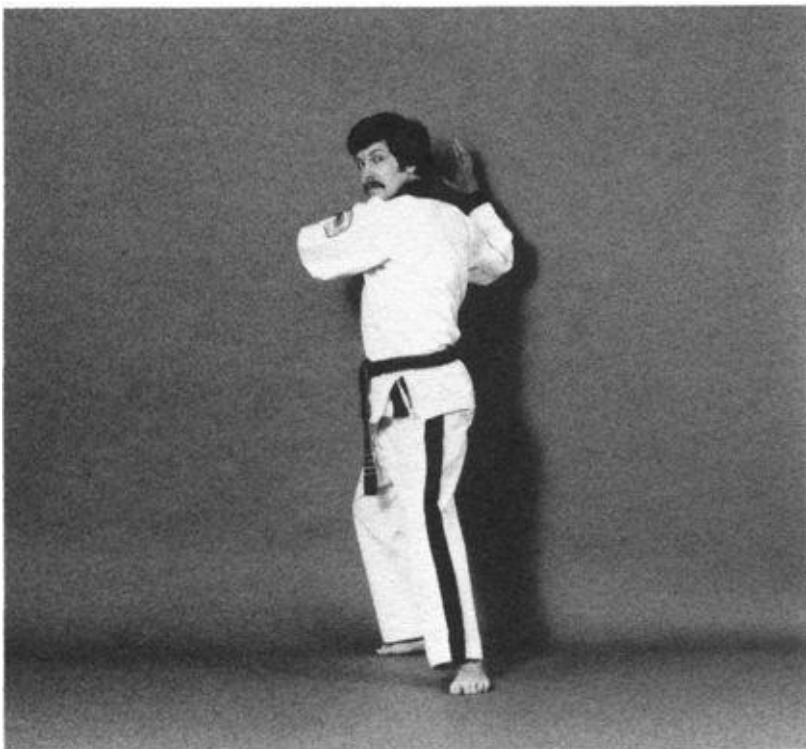


Pull arms apart with speed and power blocking to the outside of the body with the left forearm and snapping the right fist to the right hip. Since there is not as much body rotation on this block as the previous ones it is critical that the snap of the wrist and the whipping motion of the arm be maximized.

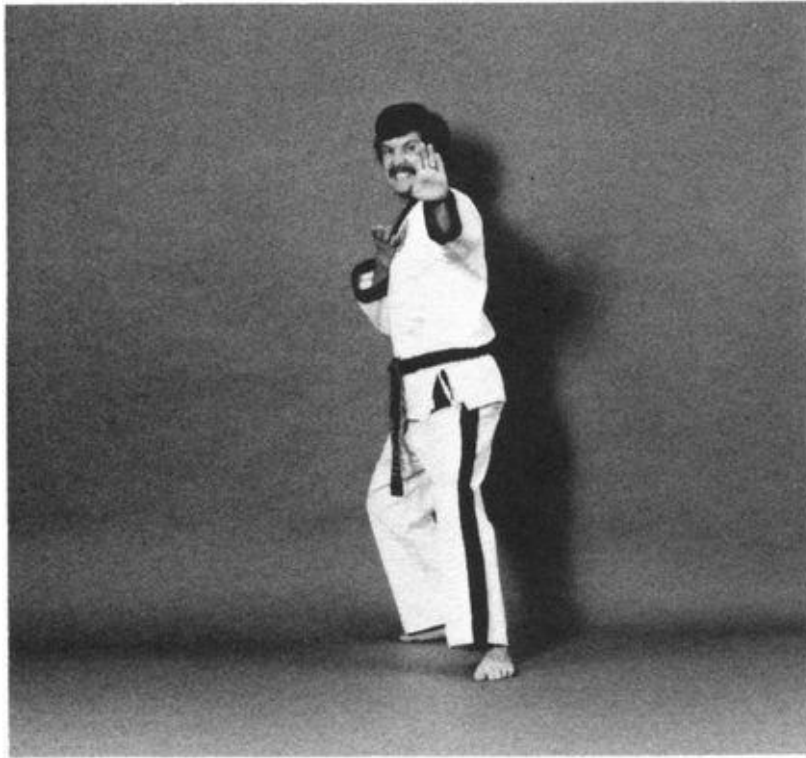
KNIFE HAND BLOCK (Sudo Marki)



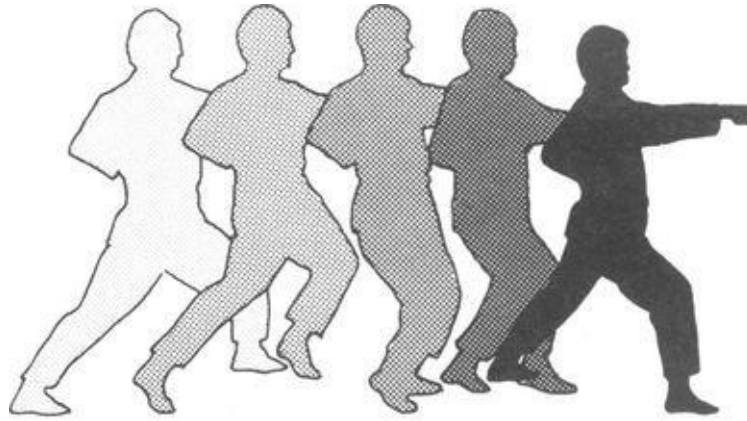
Open fists into knife hands and raise them over right shoulder. The left palm is near the right ear and the right hand is behind the head.



Step out with the left foot into a back stance while turning the shoulders in preparation for a strong block.



The left hand is brought across the body in a circular motion. Considerable force can be achieved because of the distance of travel and the small contact area of the knife hand. The right palm comes upward with the wrist approximately at the solar plexus.



FORMS



**Taekwon Do is a never ending
quest for perfection.**

**An art of developing the mind
and the body to defeat
your constant opponent...
yourself.**

LISTING OF FORMS

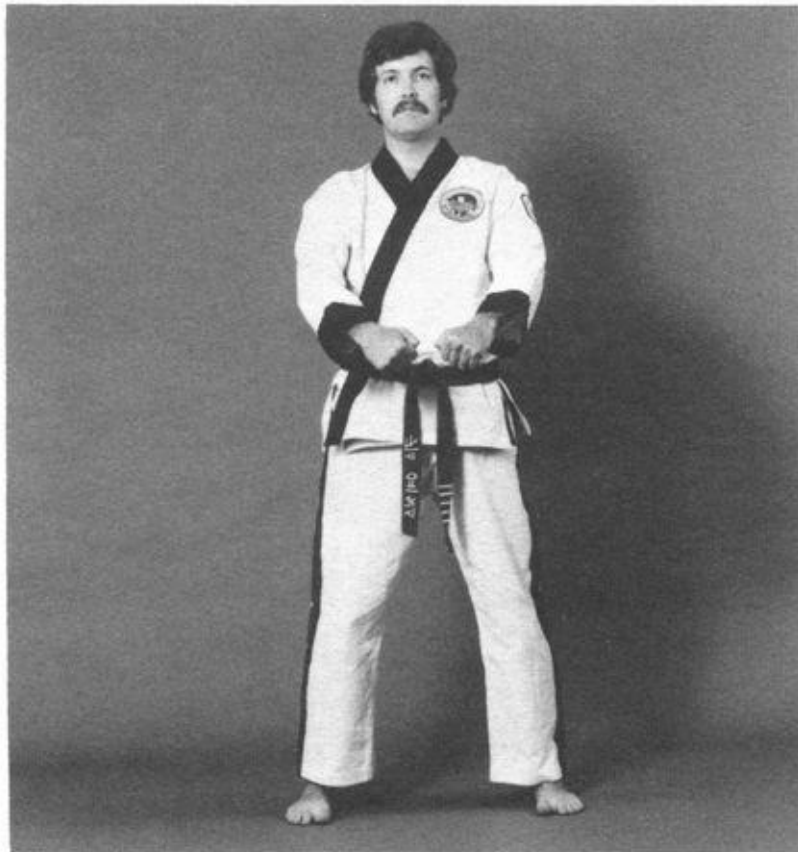
<i>Form</i>	<i>Rank</i>	<i>Color of belt (Because of the various schools of Taekwon Do, the colors will vary)</i>
Chon Ji	9th Gup (grade)	White, Yellow, Gold, or Orange
Tan Gun	8th Gup	Yellow, Gold, Orange, or Green
Toe San	7th Gup	Yellow, Green, or Blue
Won Hyo	6th Gup	Yellow, Green, or Blue
Yul Kok	5th Gup	Green, Blue, or Purple
Chung Gwen	4th Gup	Brown, Green, Blue, or Purple
Ti Gye	3rd Gup	Brown or Red
Hwa Rang	2nd Gup	Brown or Red
Chung Mu	1st Gup	Brown or Red
Kwang Gye	1st Dan (degree)	Black
Po Un	2nd Dan	Black
Kae Beck	3rd Dan	Black

Advancement to the fourth degree black belt and beyond is awarded not on the basis of formal tests, but on one's contribution to the art of Taekwon Do. (There are forms all the way up to 8th degree black belt)

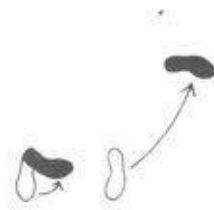
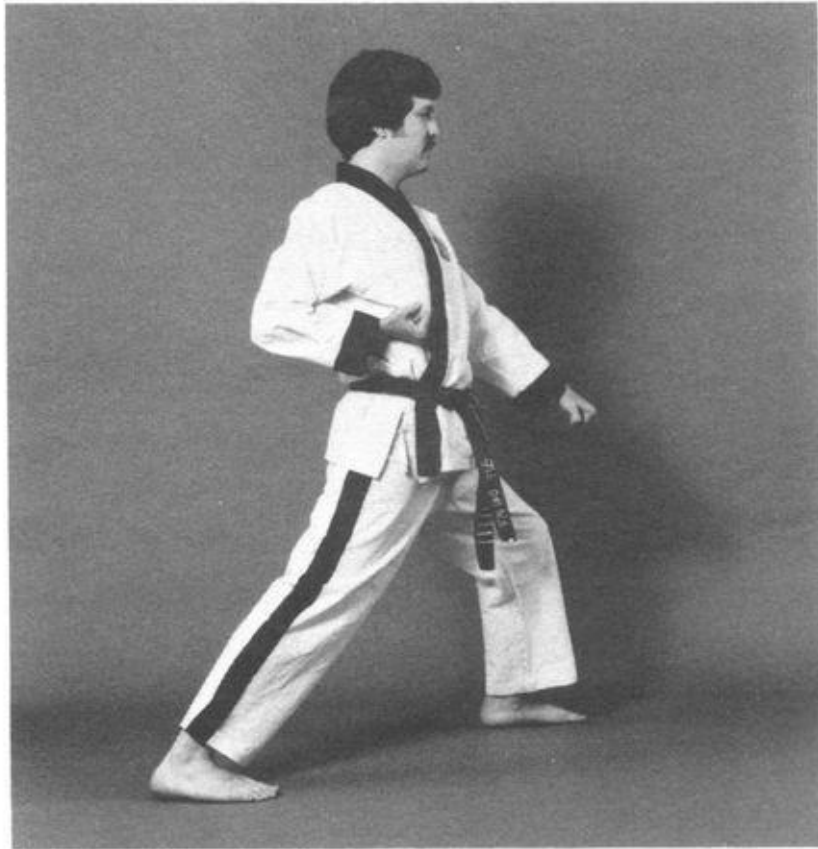
CHON-JI

The name means “heaven and earth”, which symbolizes the creation of the world. “In the beginning, God created the heavens and the earth”, Genesis 1:1. It is a fitting name for the first form.

Ready stance.



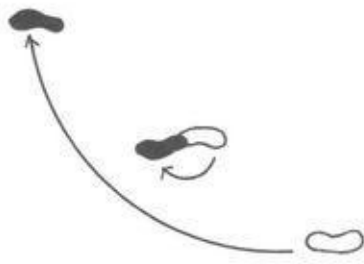
Pivot to left and execute left low block.



Step with right foot and middle punch. (All punches in this form to middle)



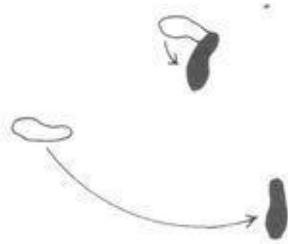
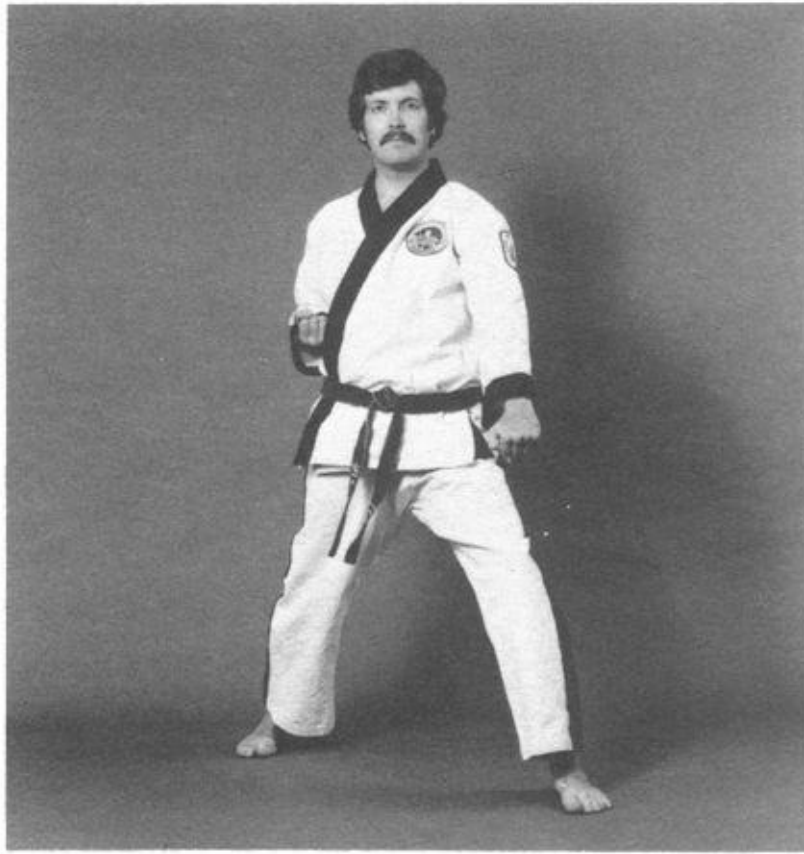
Pivot 180° clockwise and right low block.



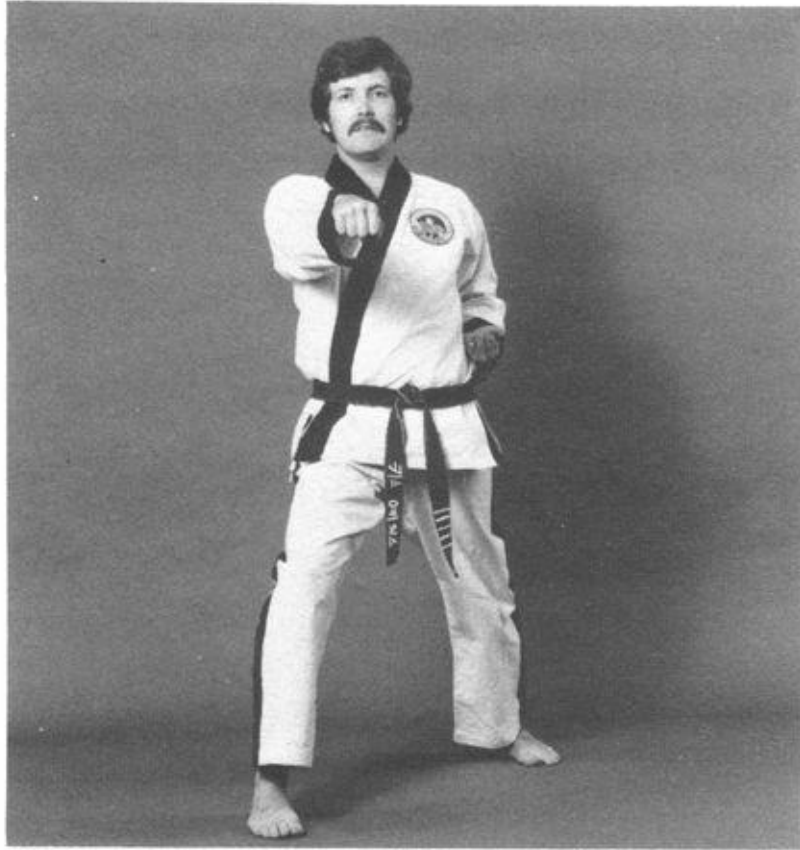
Step with left foot and middle punch.



Pivot 90° counterclockwise and low block.



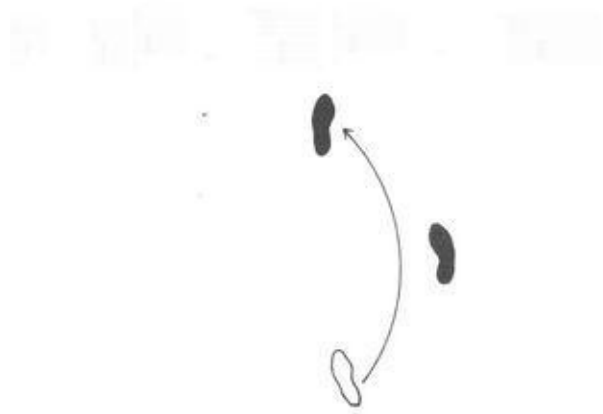
Step and punch.



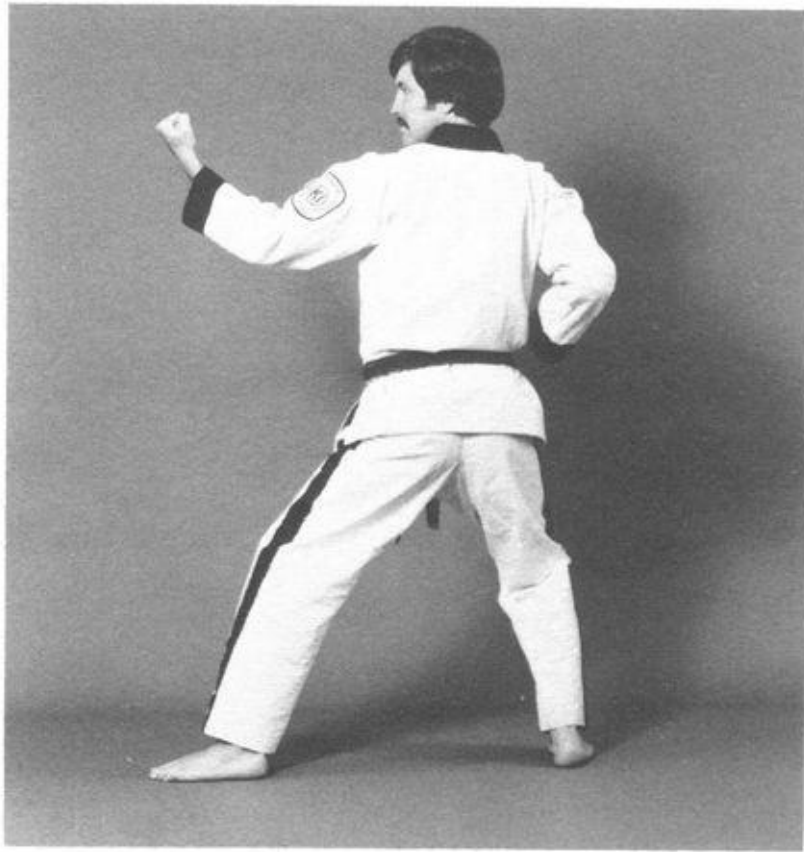
Pivot 180° clockwise and low block.



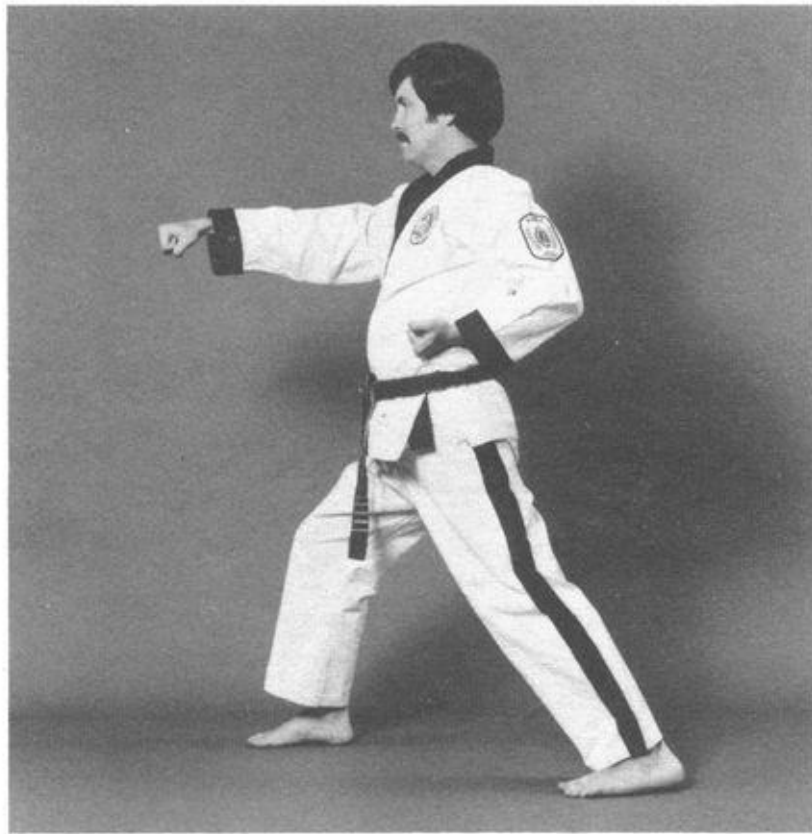
Step and punch. *Yell* on this step.



Pivot 90° counterclockwise and outside block. Note blocking stance will now be back balance.



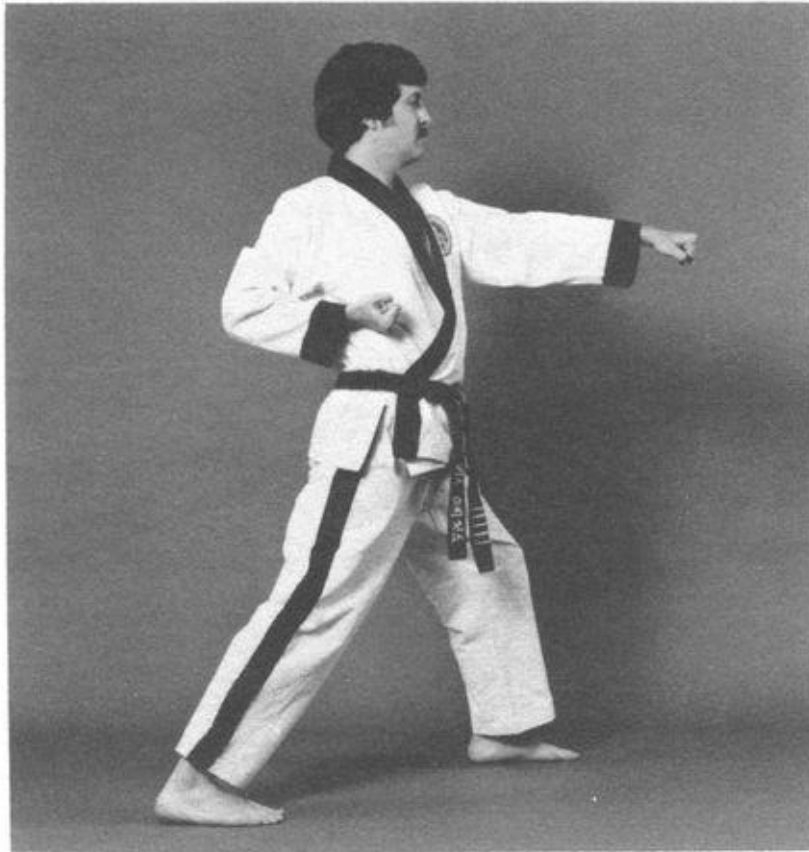
Step and punch.



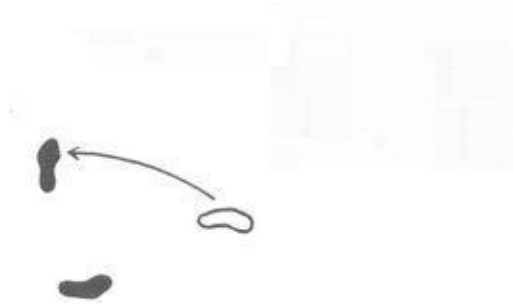
Pivot 180° clockwise and outside block.



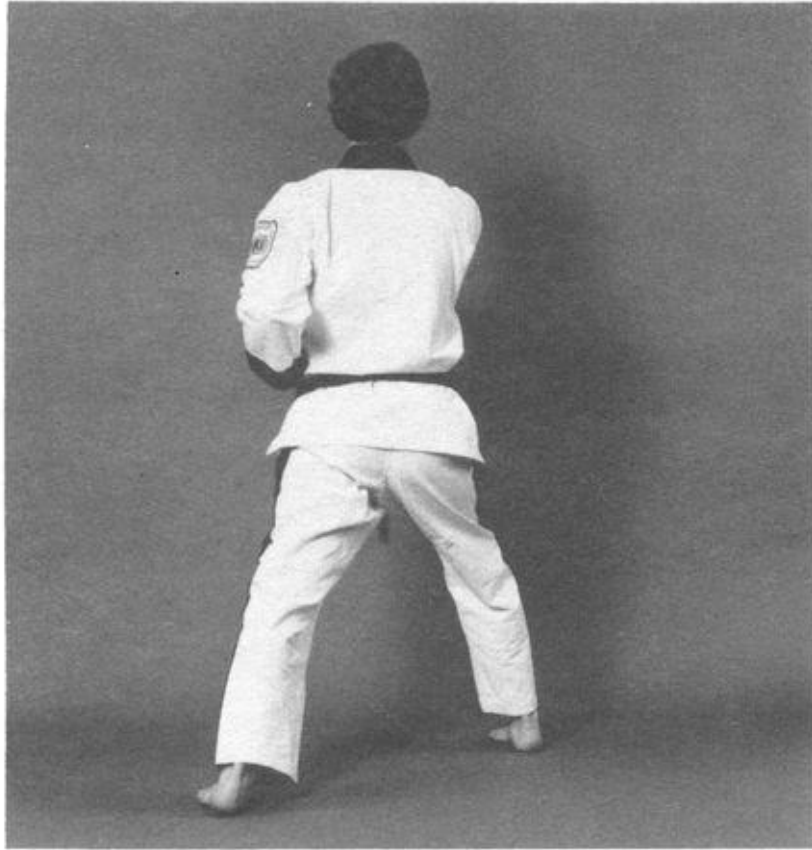
Step and punch.



Pivot 90° counterclockwise and outside block.



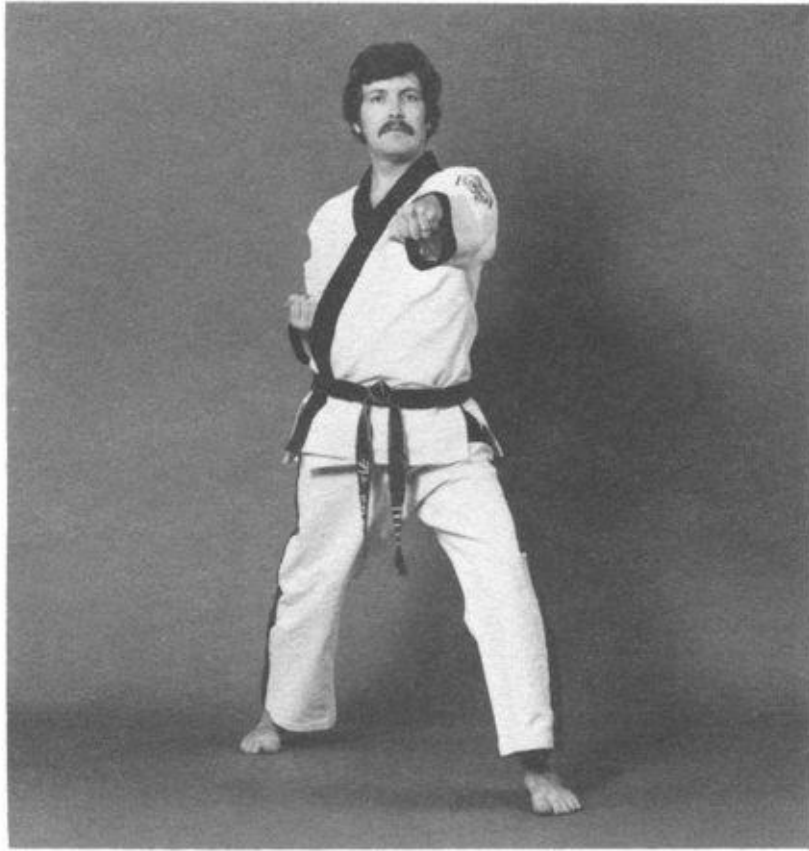
Step and punch.



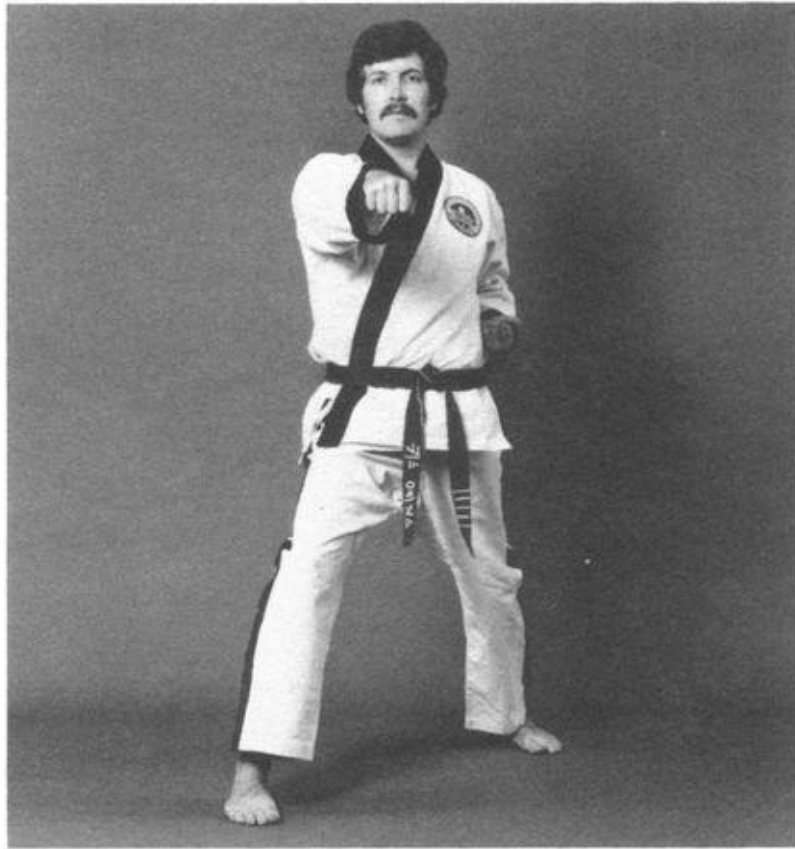
Pivot 180° clockwise and outside block.



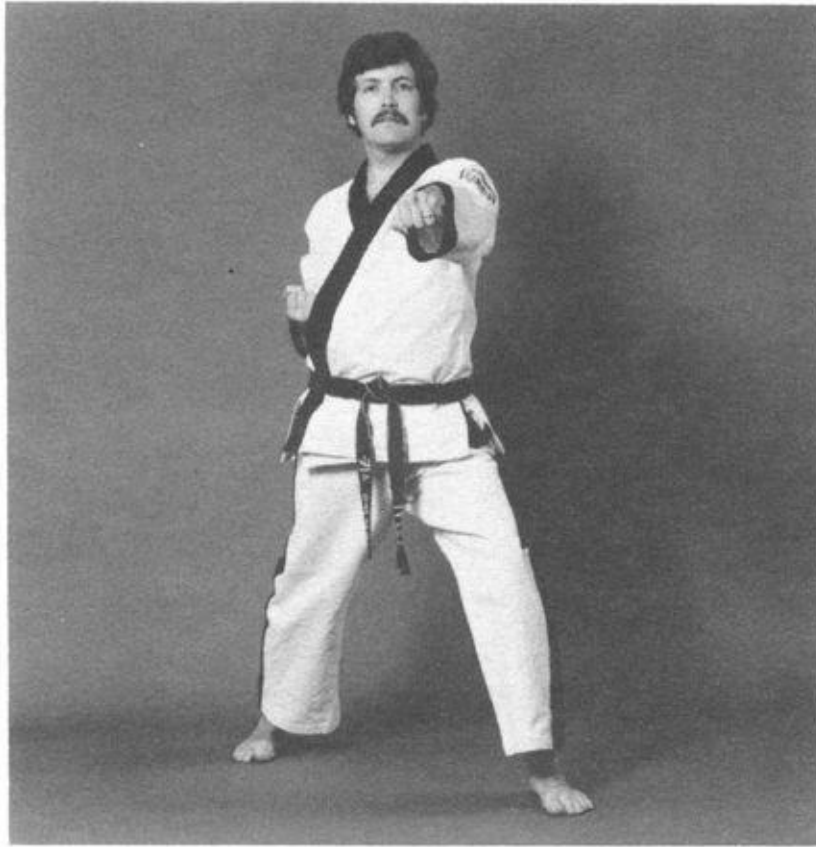
Step and punch.



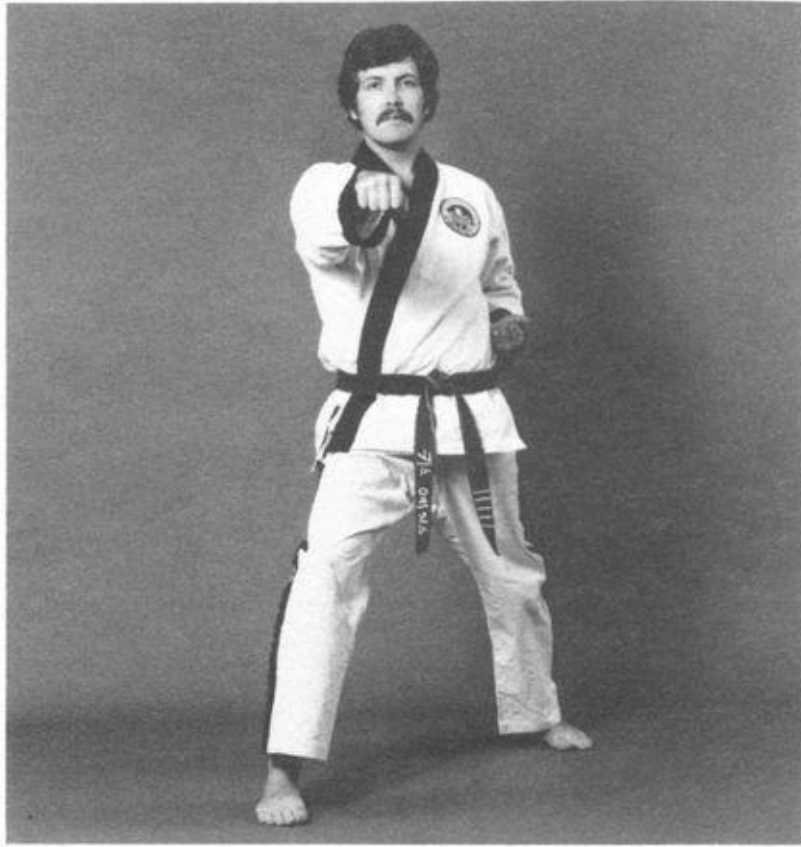
Step and punch.



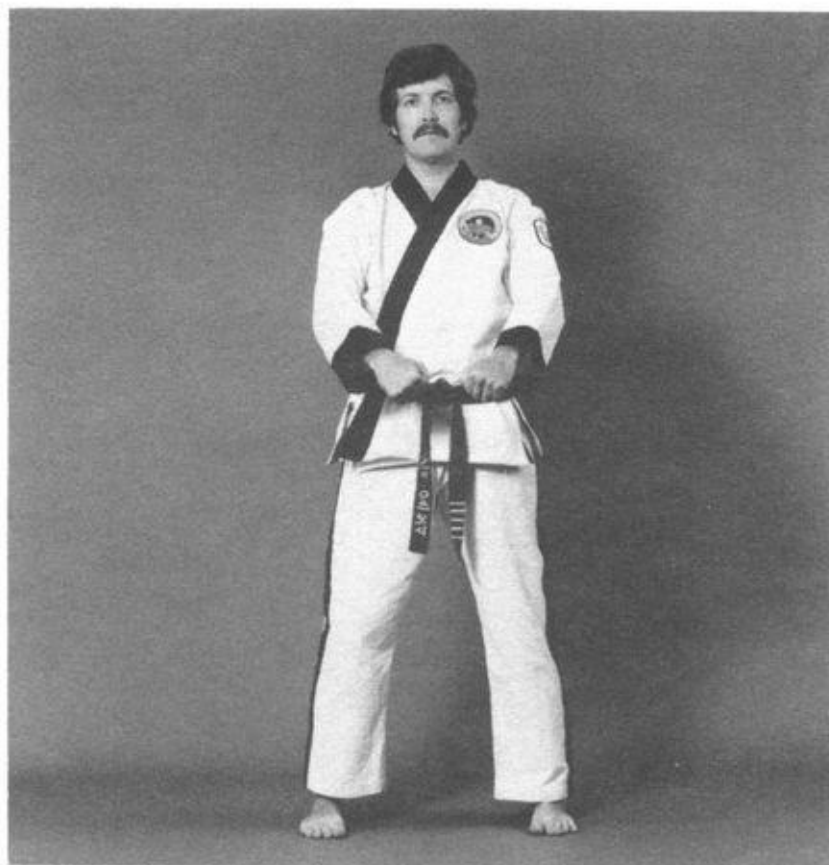
Step backward and punch.



Step backward, punch and *yell*.



Step forward with left foot to ready stance.



TAN-GUN

Named after the legendary hero who was said to have founded Korea in 2334 B.C.

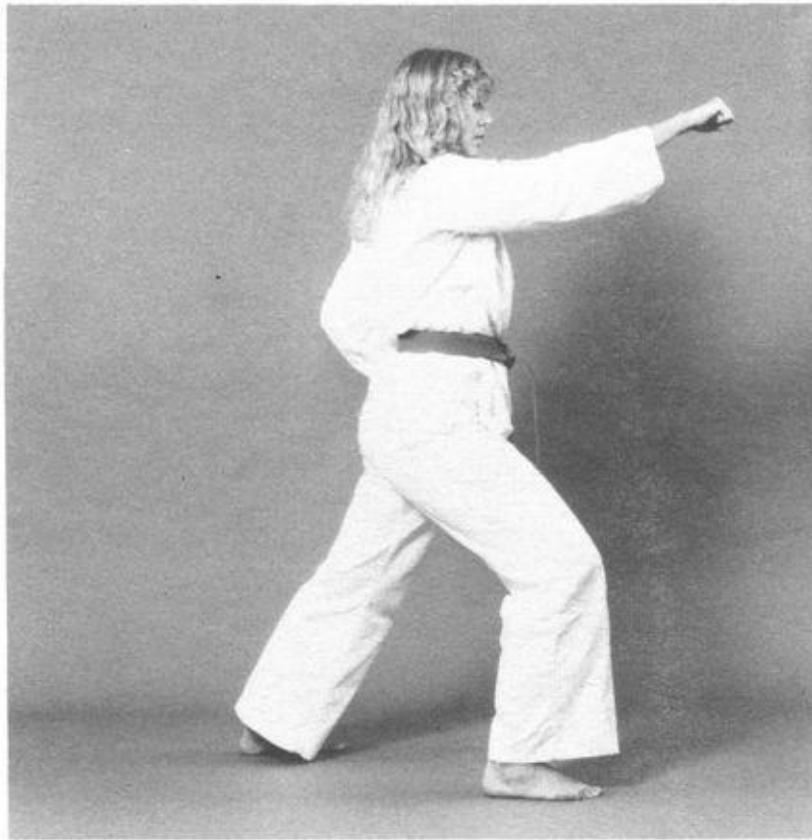
Ready Stance



Pivot 90° to left and knife hand block in back stance.



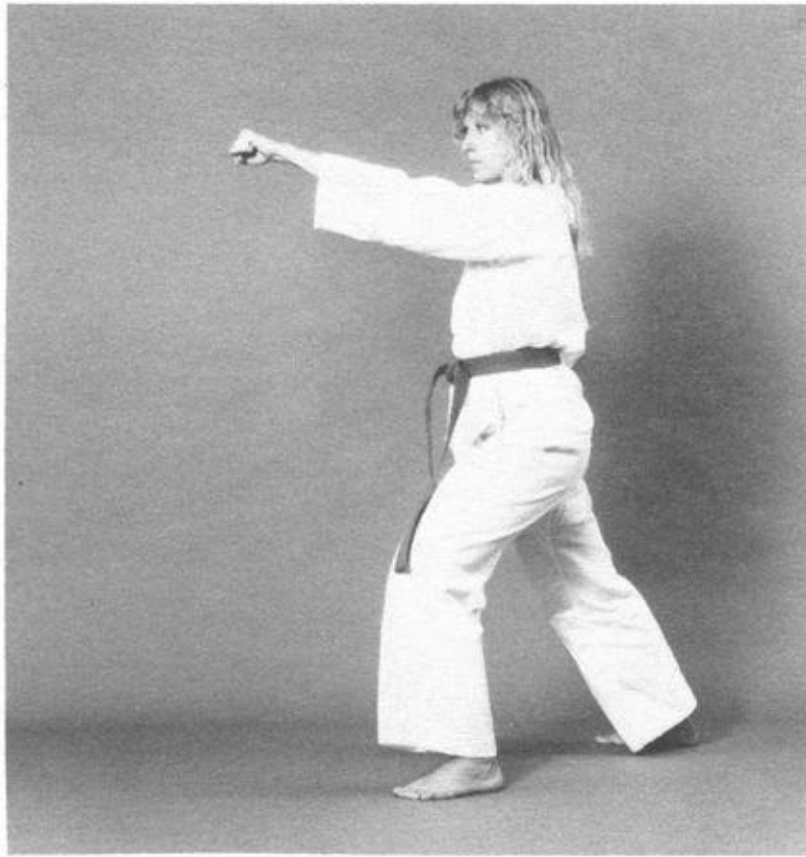
Step and head-high punch. (All punches in this form high)



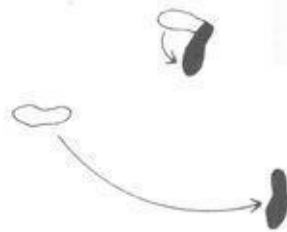
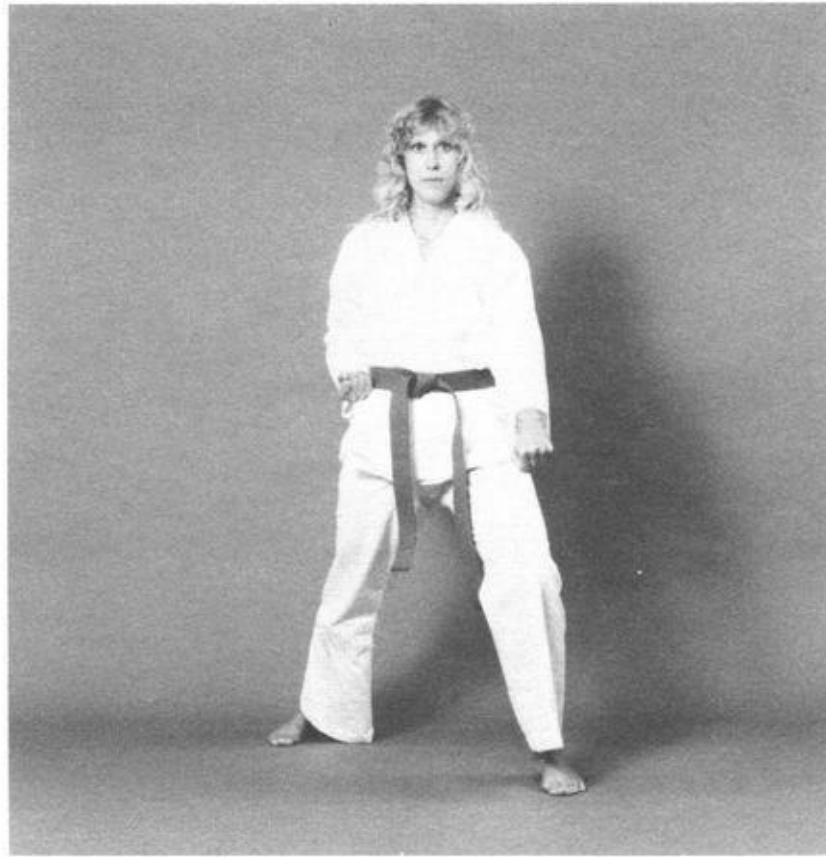
Pivot 180° clockwise and knife hand block.



Step and head-high punch.



Pivot 90° counterclockwise and low block.



Step and punch.



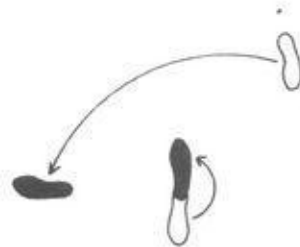
Step and punch.



Step and punch and *yell*.



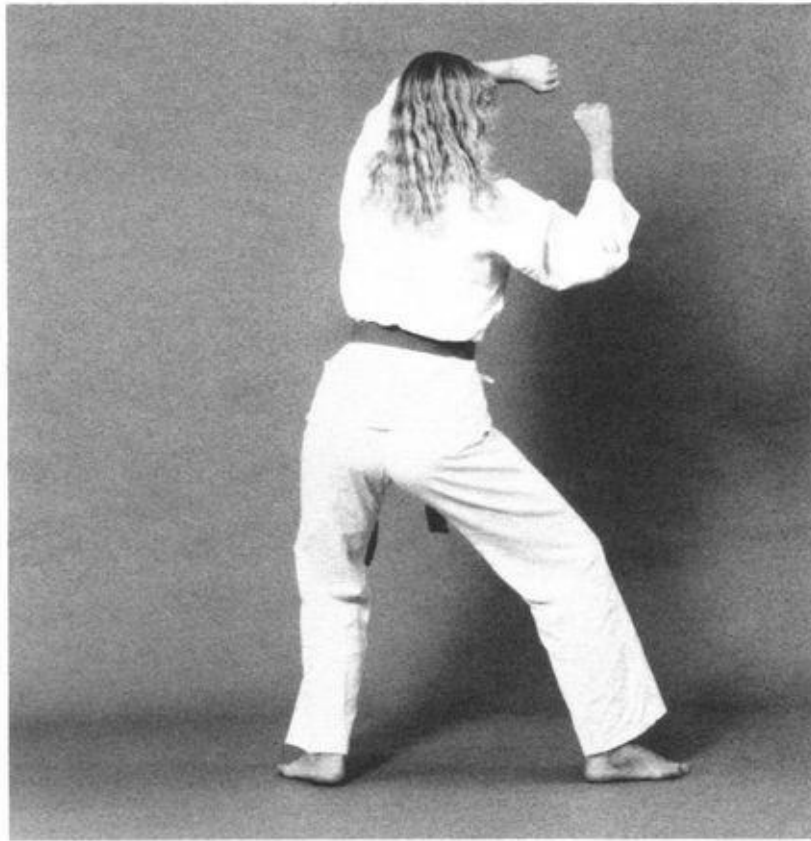
Pivot 270° counterclockwise and twin forearm block.



Step and punch.



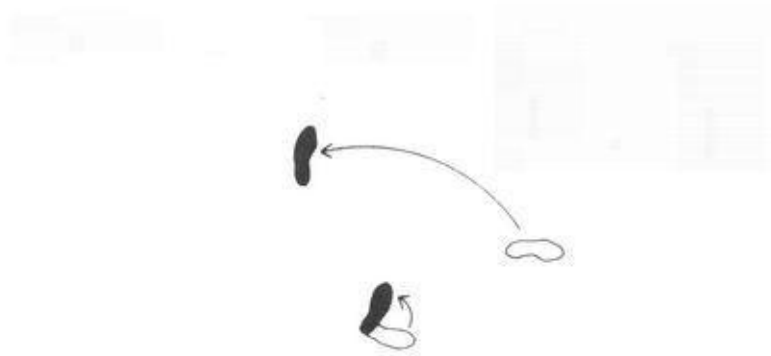
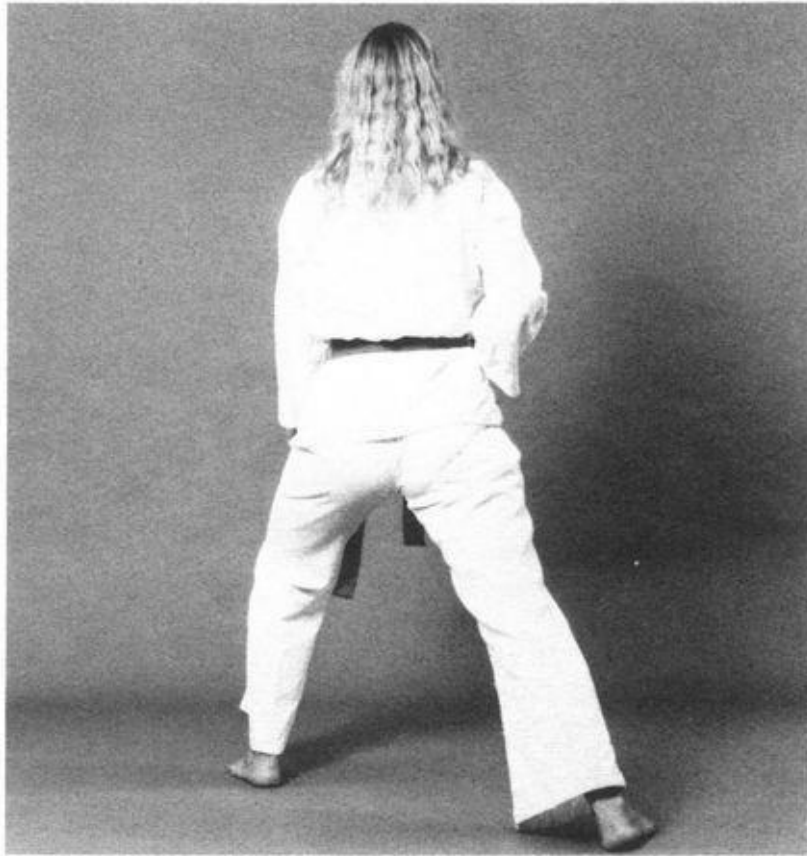
Pivot 180° clockwise and turn forearm block.



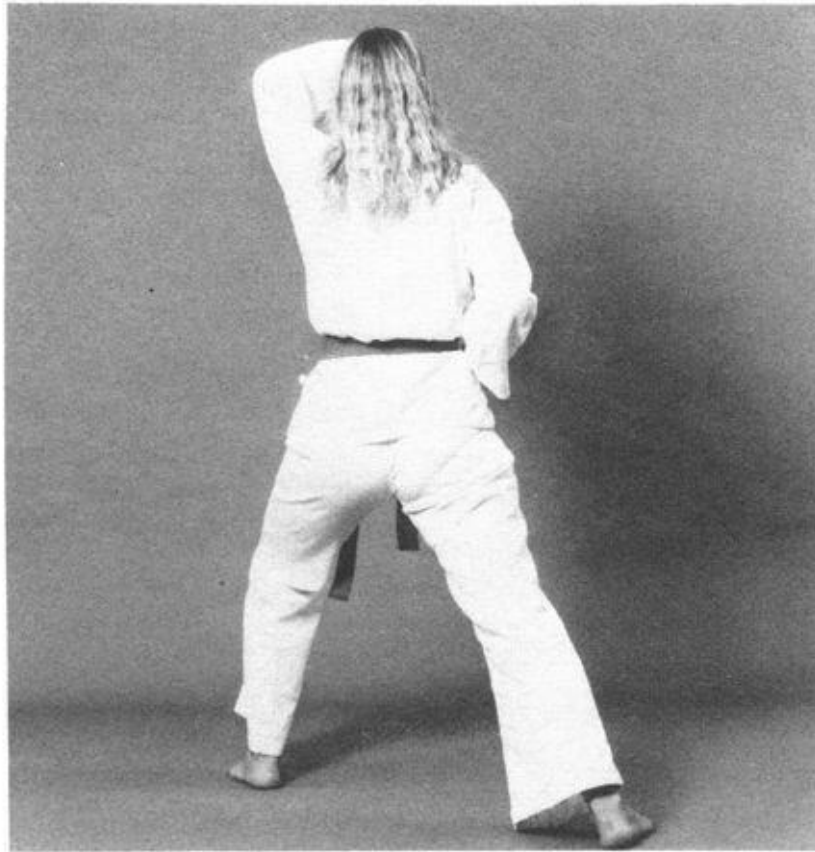
Step and punch.



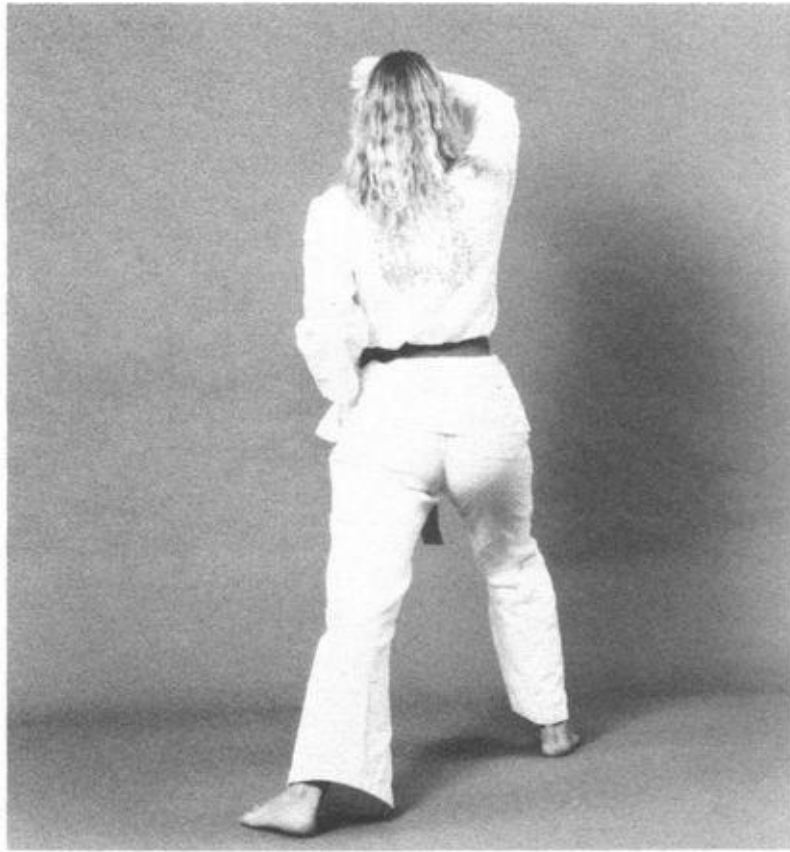
Pivot 90° counterclockwise and low block.



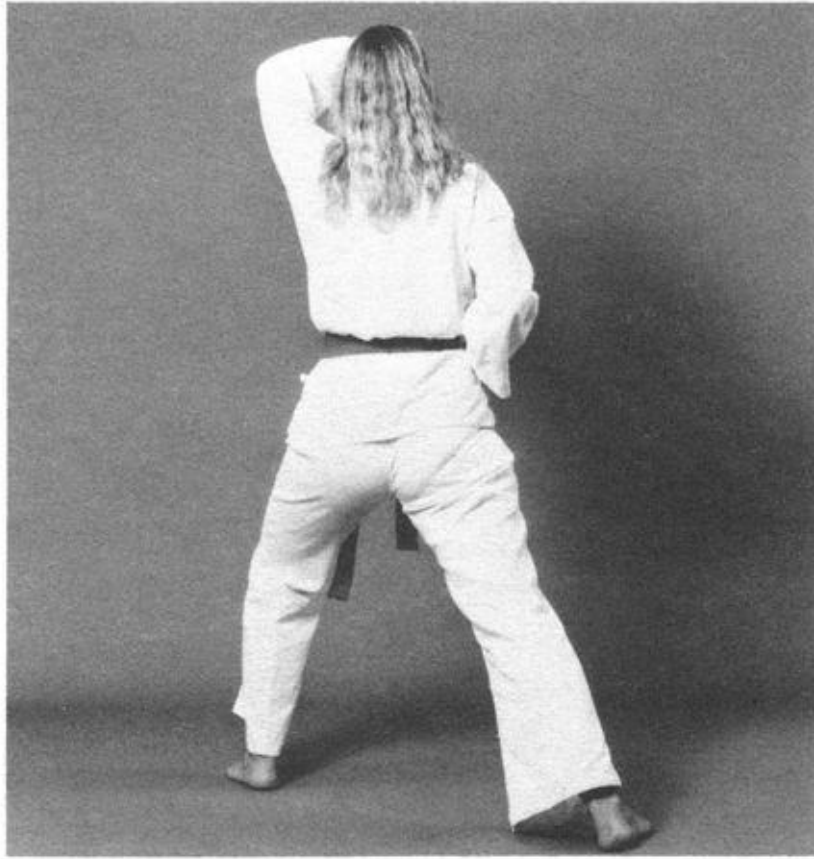
Without pause or step, execute rising block.



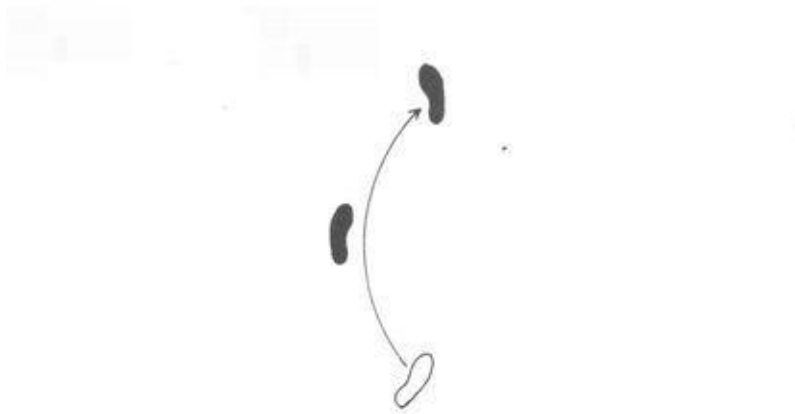
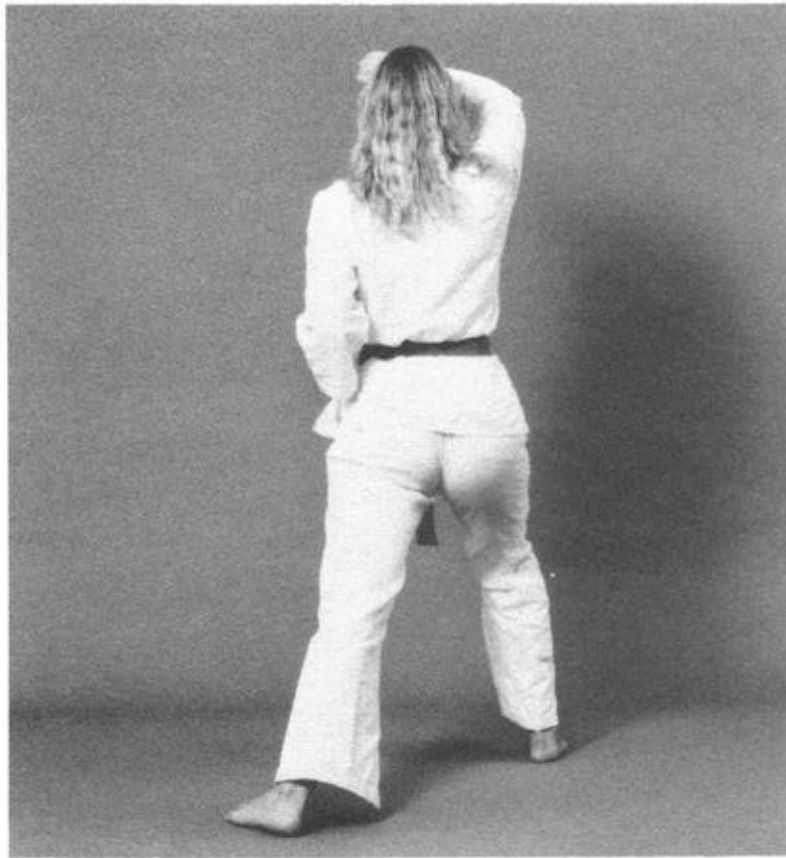
Step and rising block.



Step and rising block.



Step and rising block.



Pivot 270° counterclockwise and middle knifehand strike.



Step and punch.



Pivot 180° clockwise and middle knife hand strike.



APPLICATION.



Step and punch and *yell*.



Bring left foot back to ready stance.

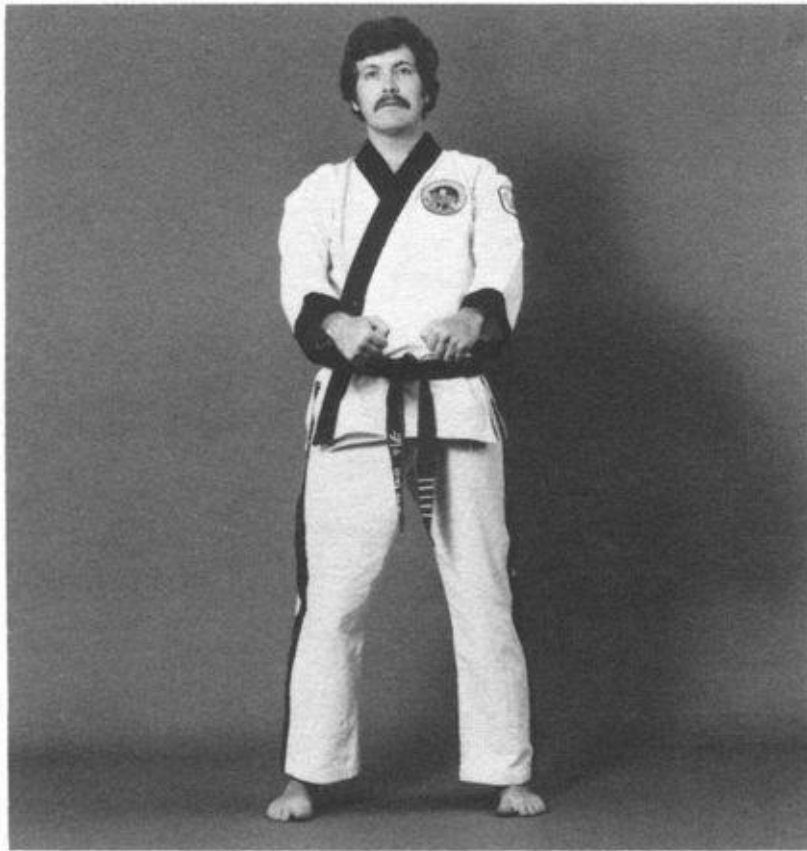


Taekwon Do must start with defense and end with defense.

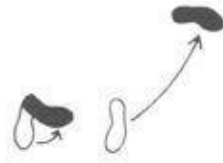
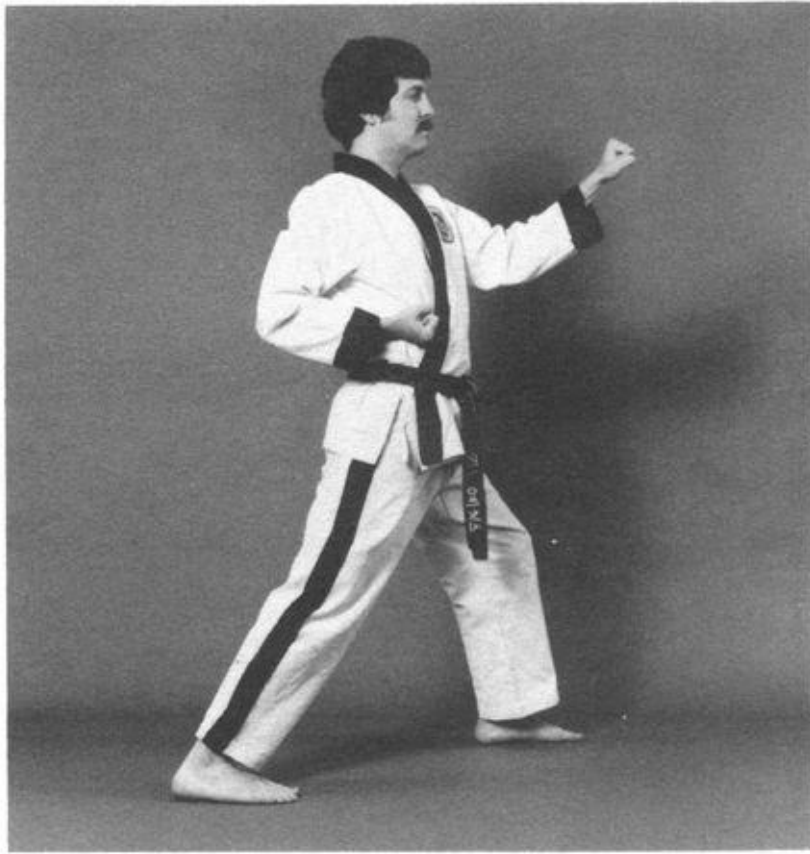
TOE-SAN

The pseudonym of the great Korean patriot and educator, Ahn Ch'ang Ho (1876-1938).

Ready Stance.



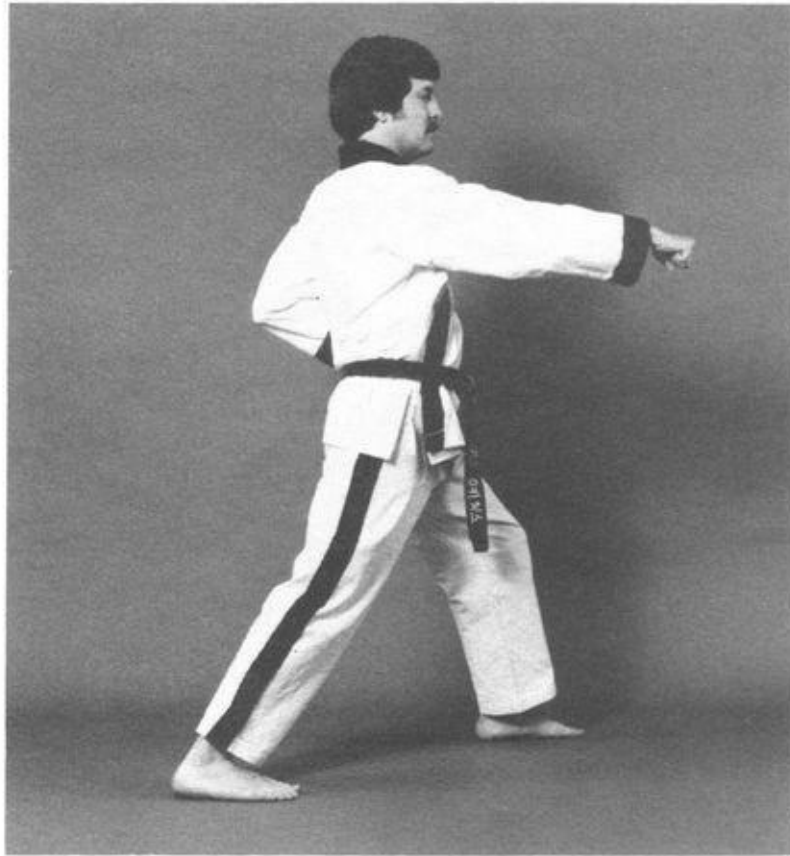
Pivot to left, execute high hammer fist block.



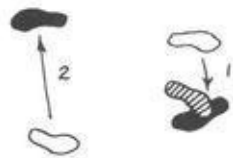
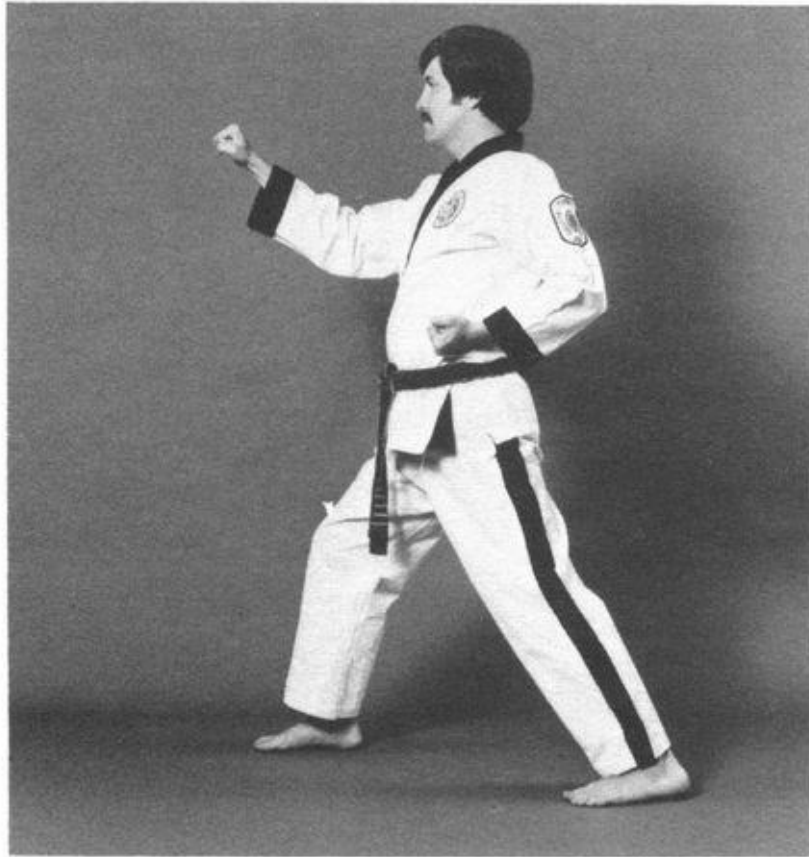
APPLICATION.



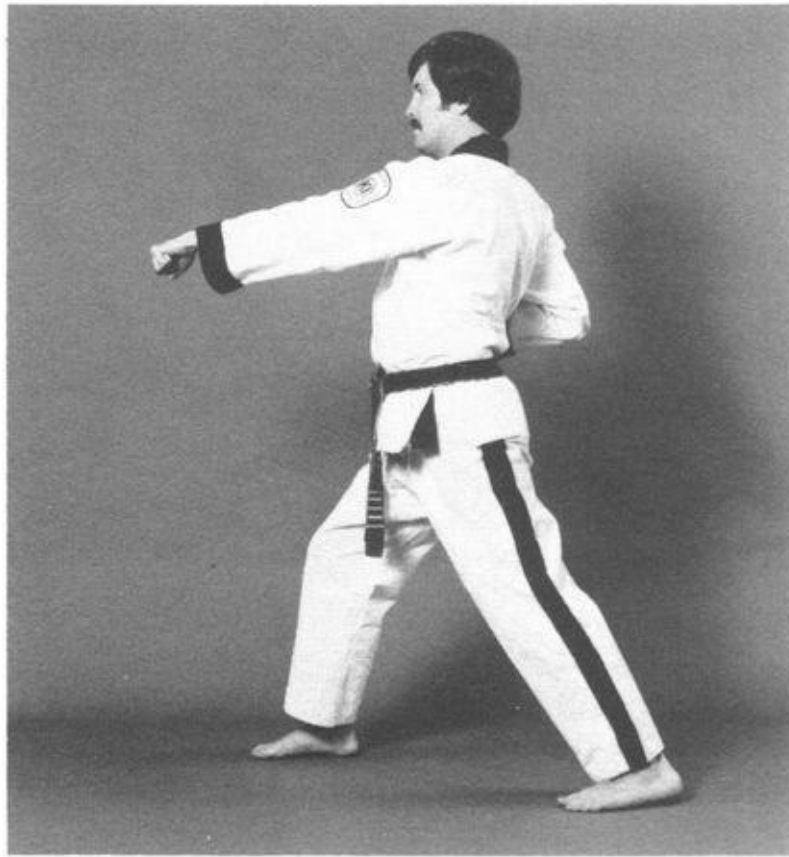
Execute right middle punch.



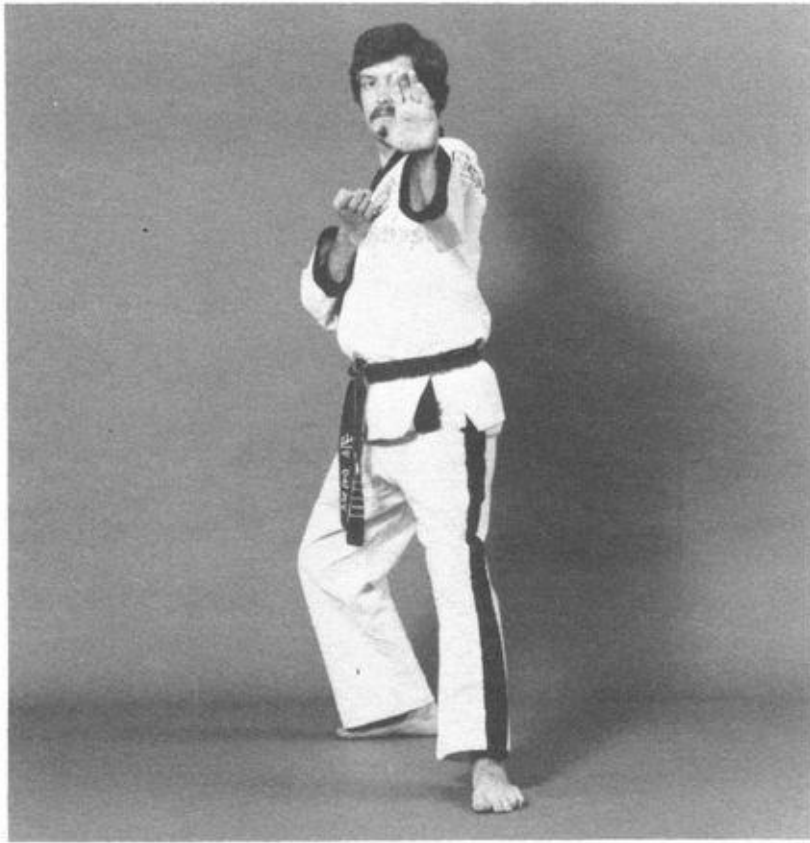
Stomp left foot about one-half shoulder width to right. Stomp right foot in same manner back to left. Pivot and hammer fist block.



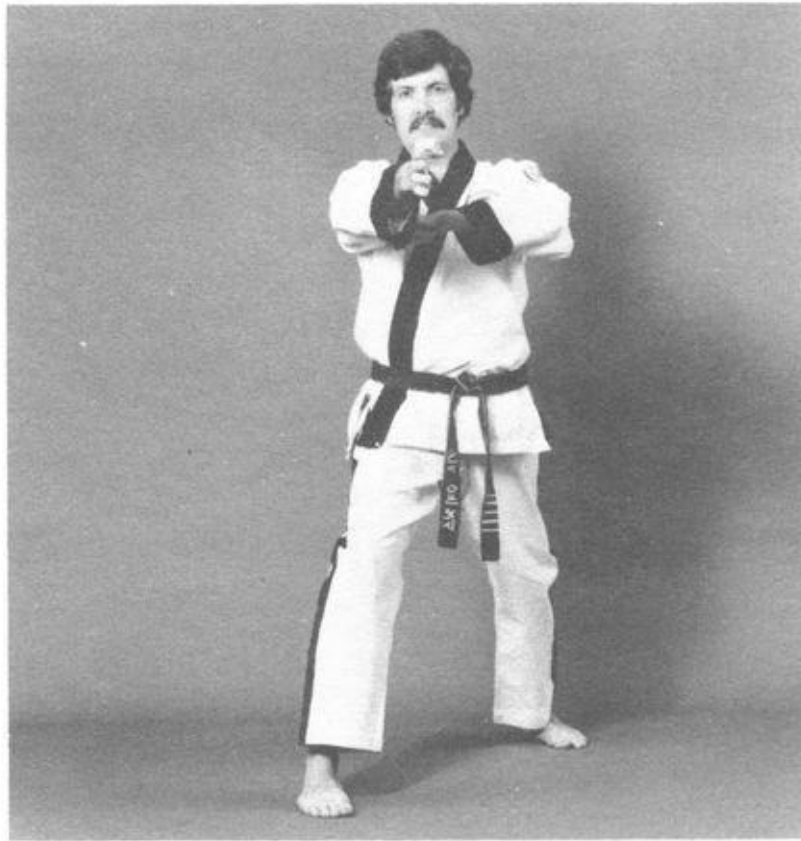
Left middle punch.



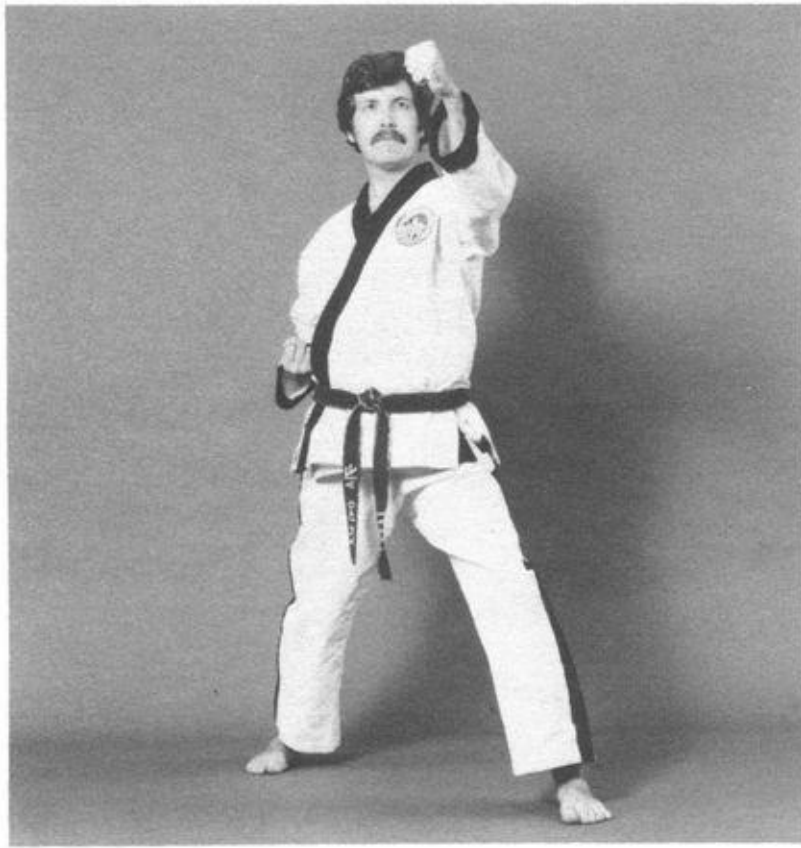
Move left foot in circular pattern ending up in back stance and knife hand block.



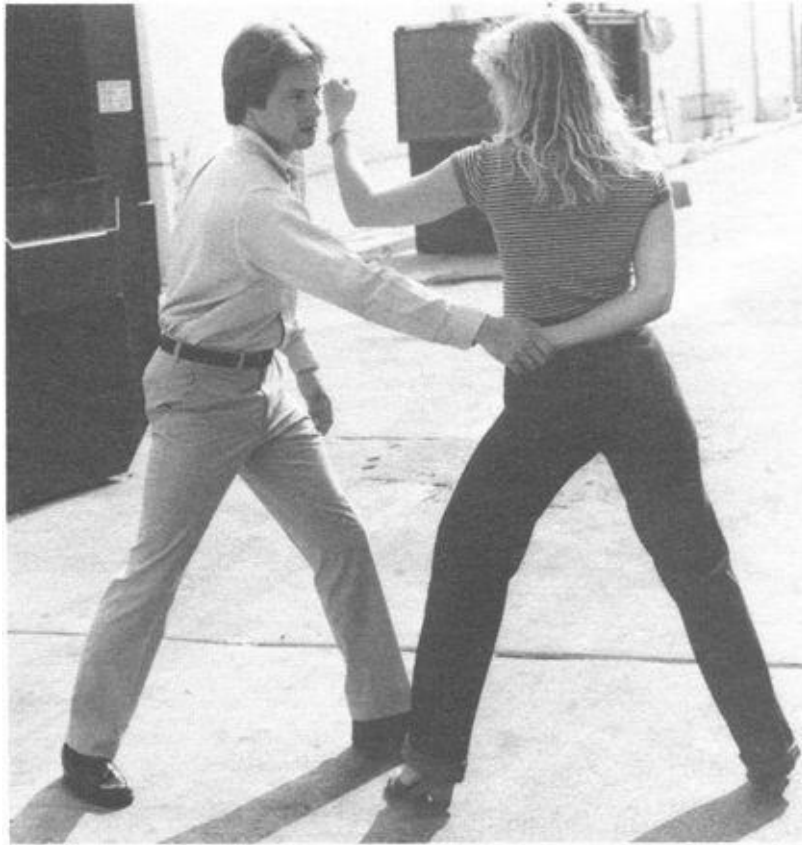
Step and spear thrust. *Yell.*



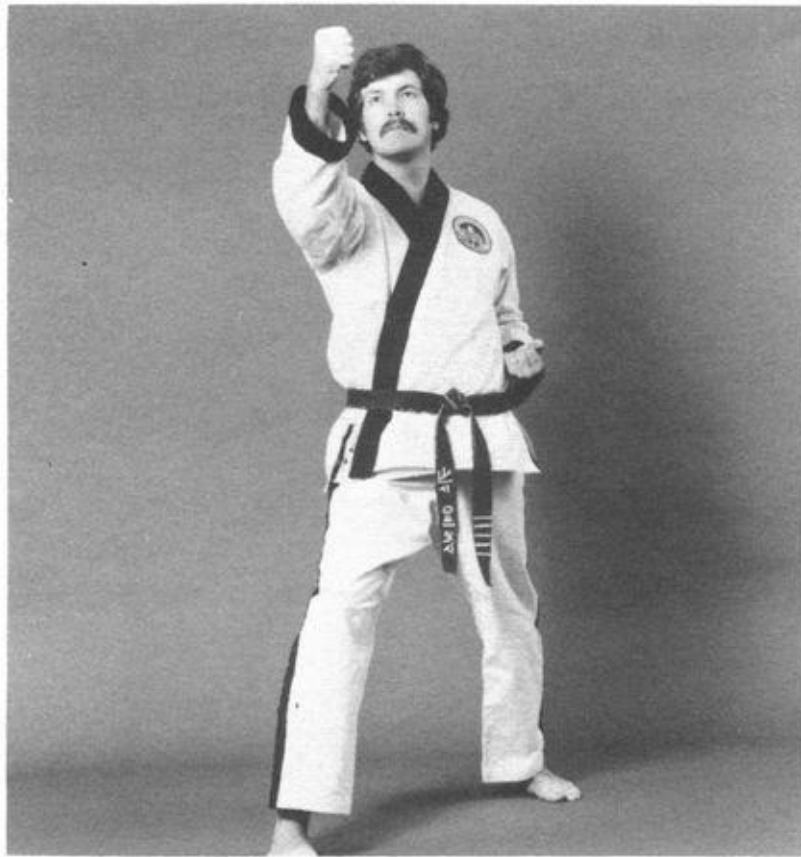
Pivot 360° counterclockwise, bending low. Straighten up with left back fist.



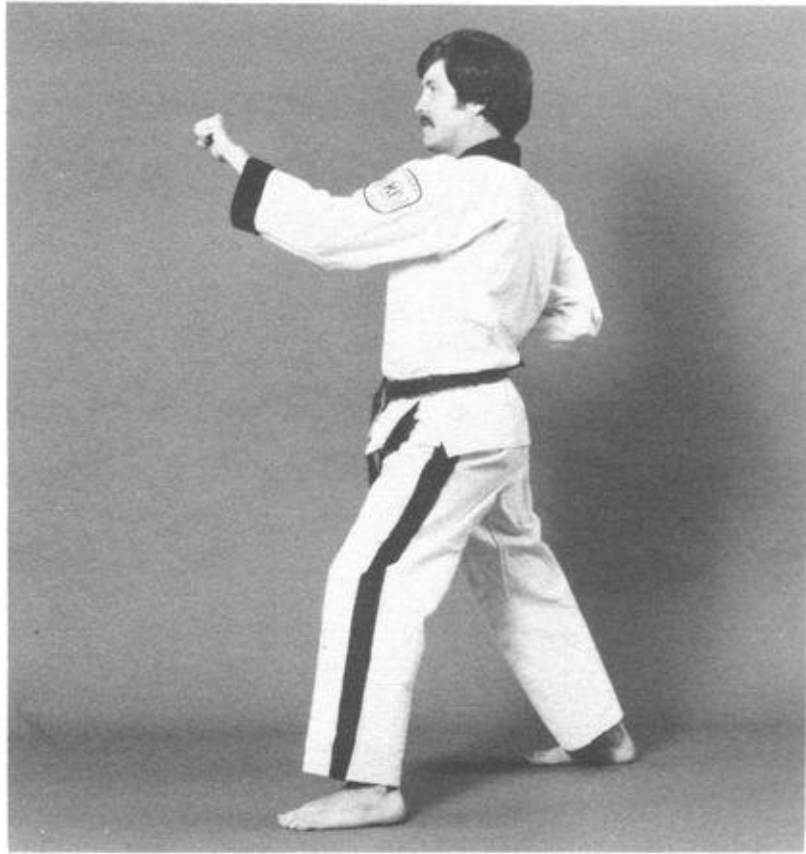
APPLICATION.



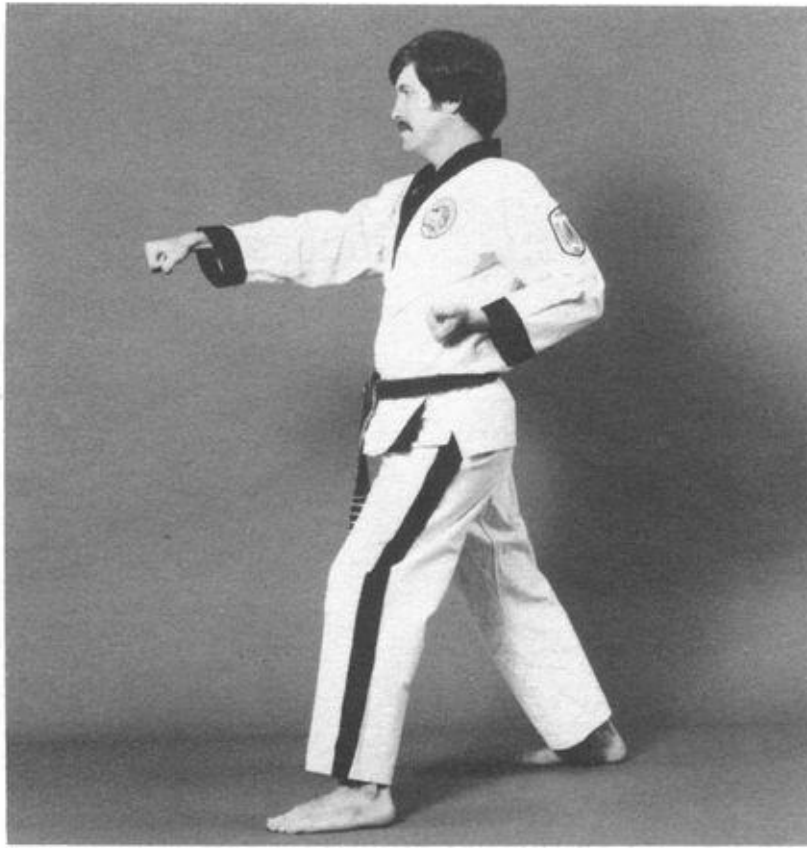
Step and back fist.



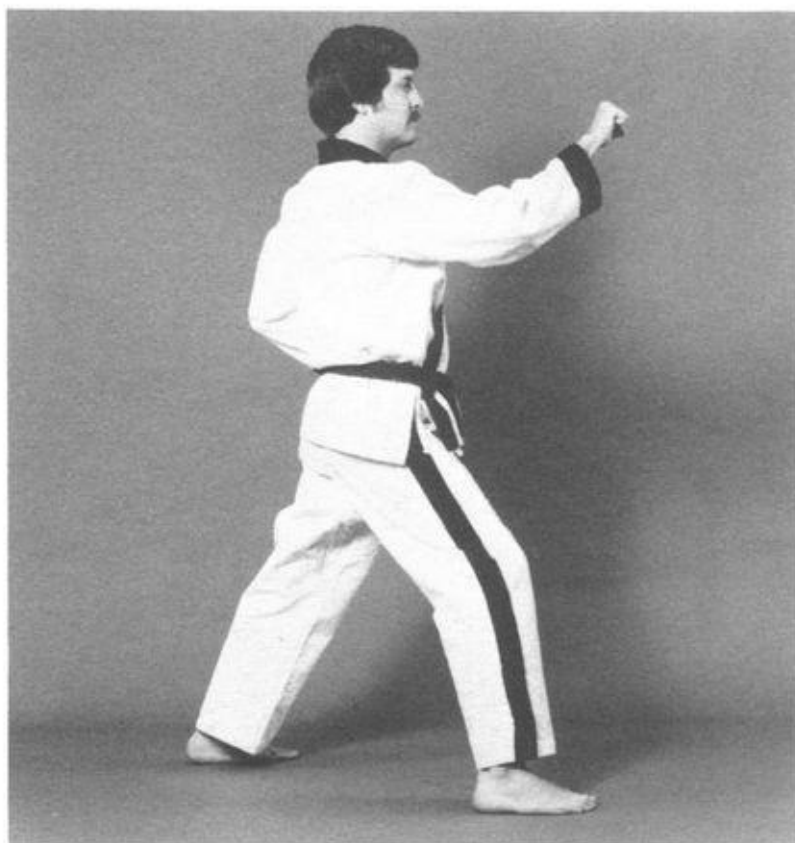
Pivot 270° counterclockwise, hammer fist.



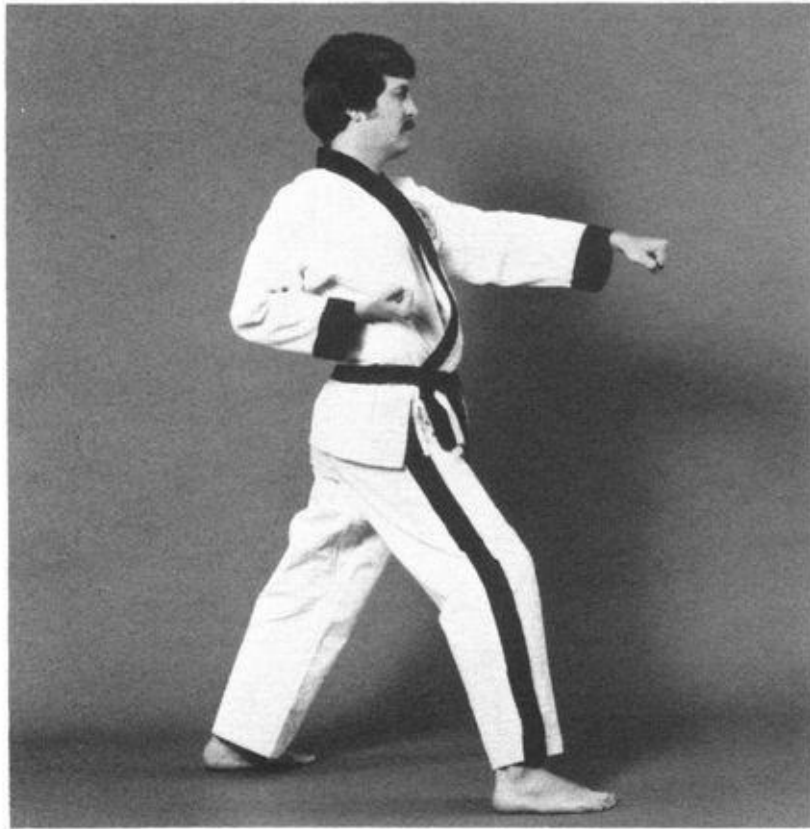
Middle punch.



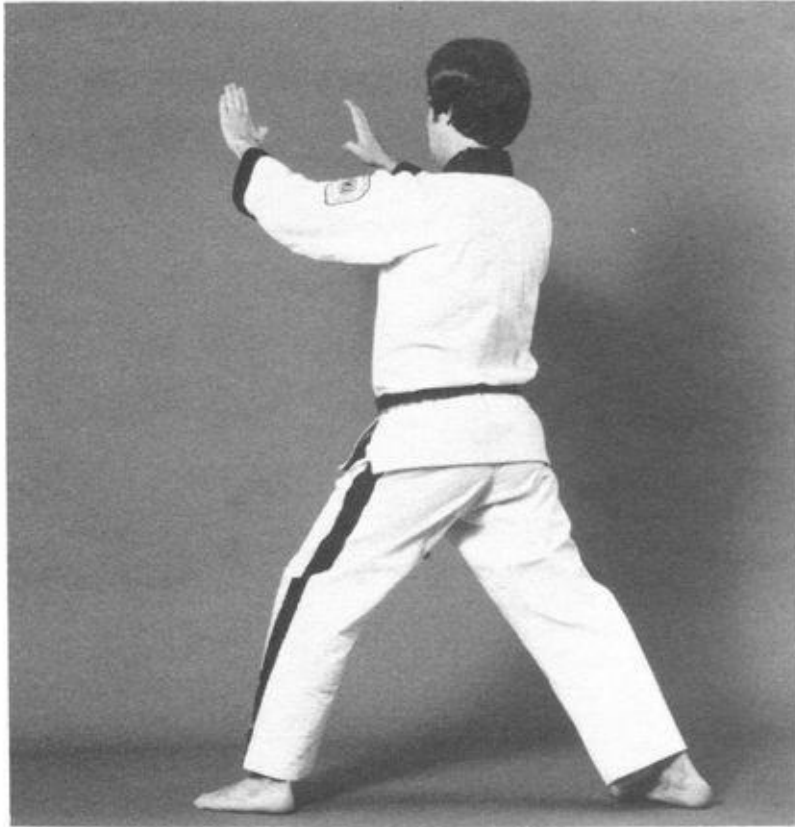
Double stomp and pivot, hammer fist.



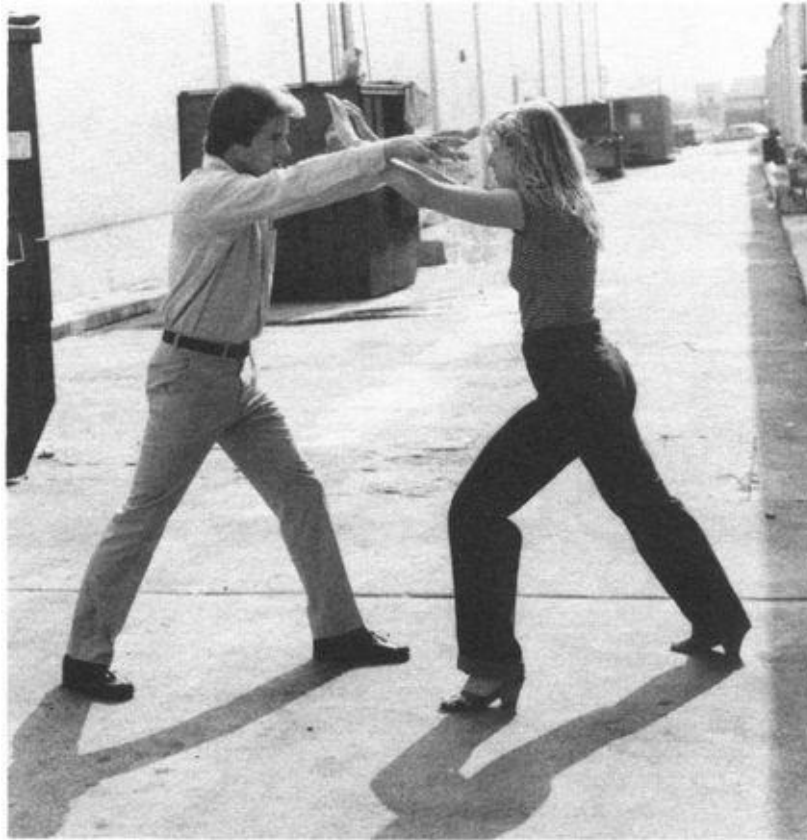
Middle punch.



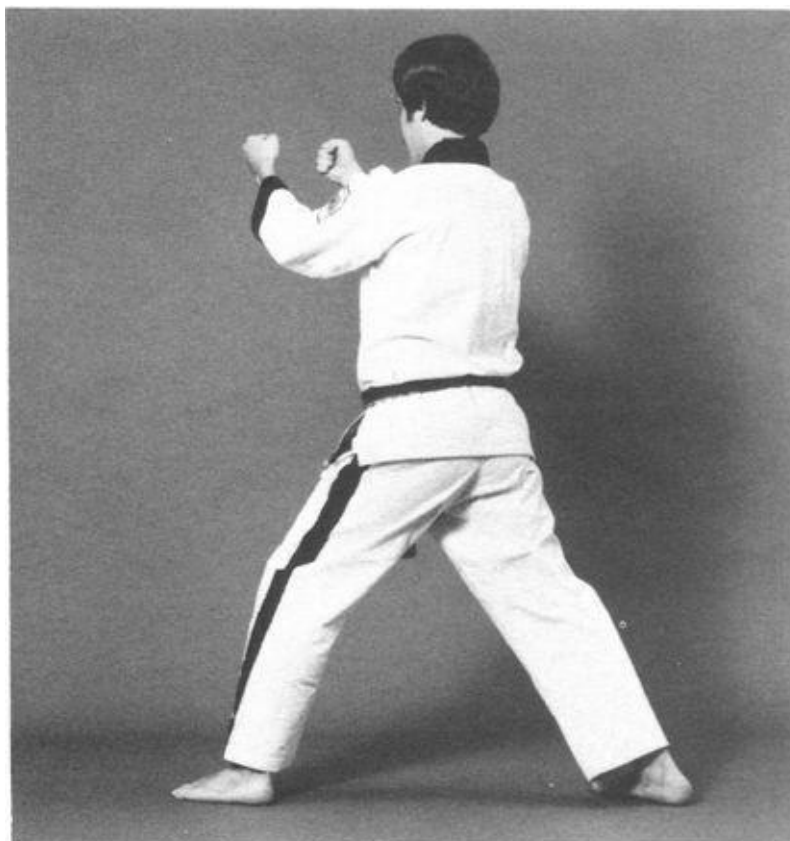
Pivot to left 135°, double knife hand.



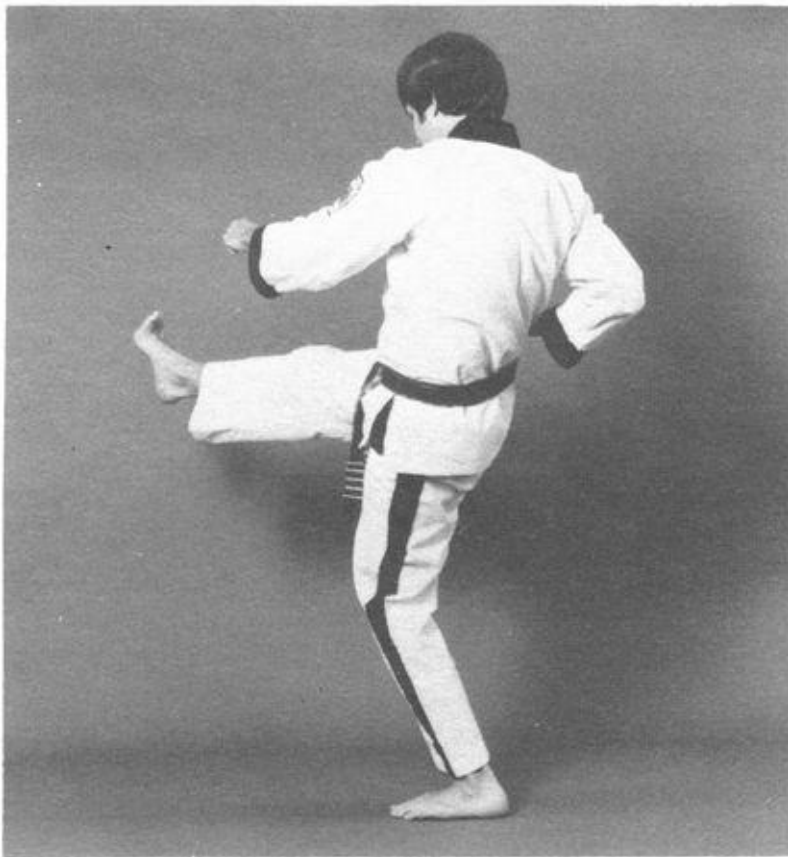
APPLICATION-Double block.



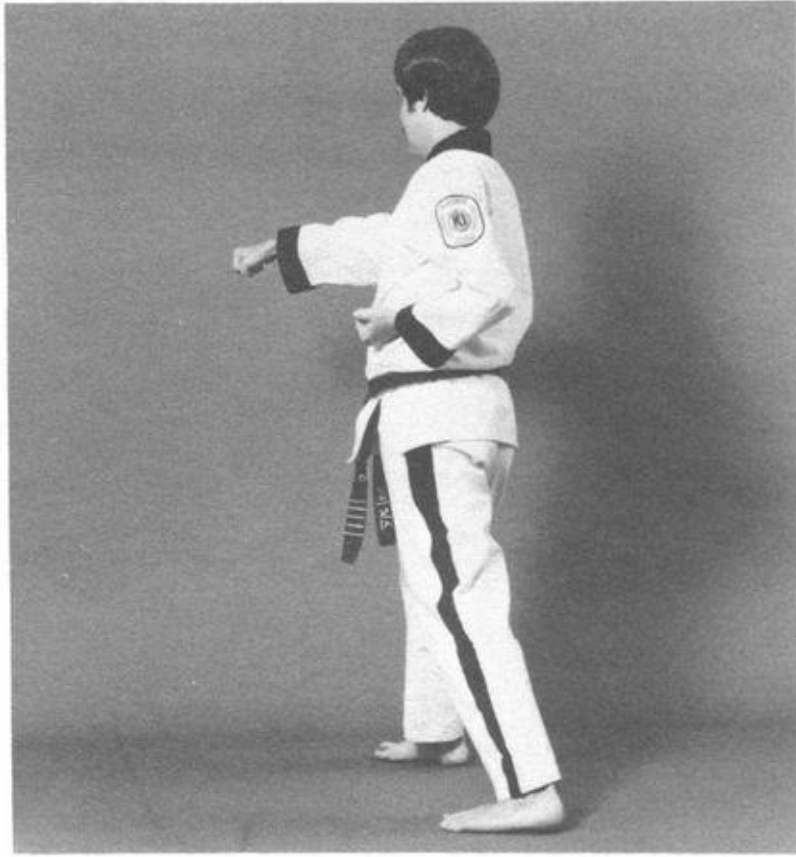
Grabbing motion with both fists.



Right front kick pulling right fist to hip.



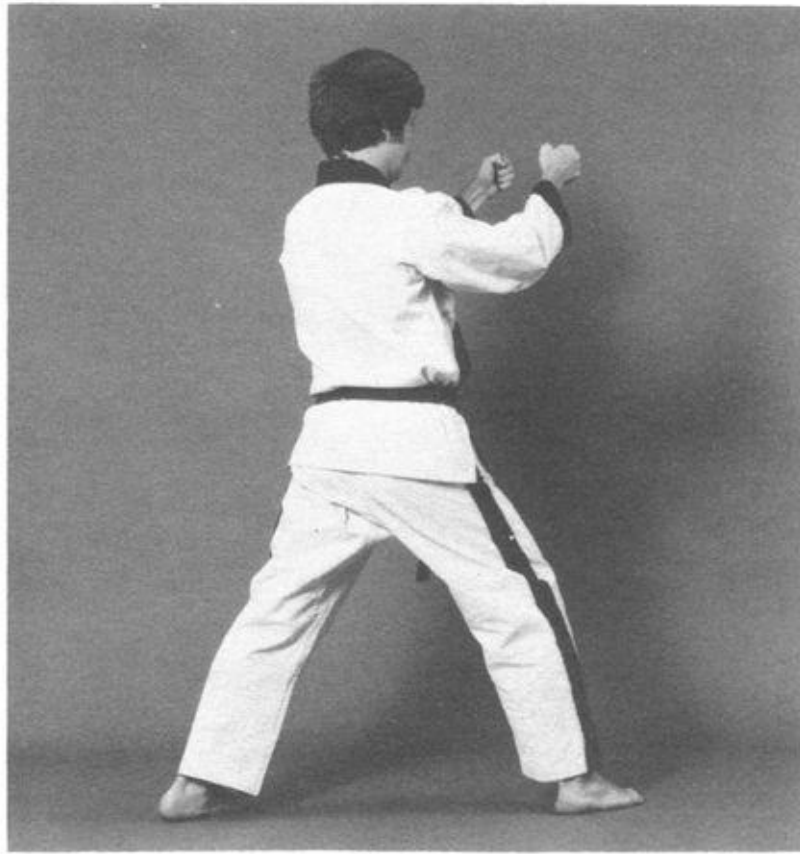
Step down into front stance, right middle punch.



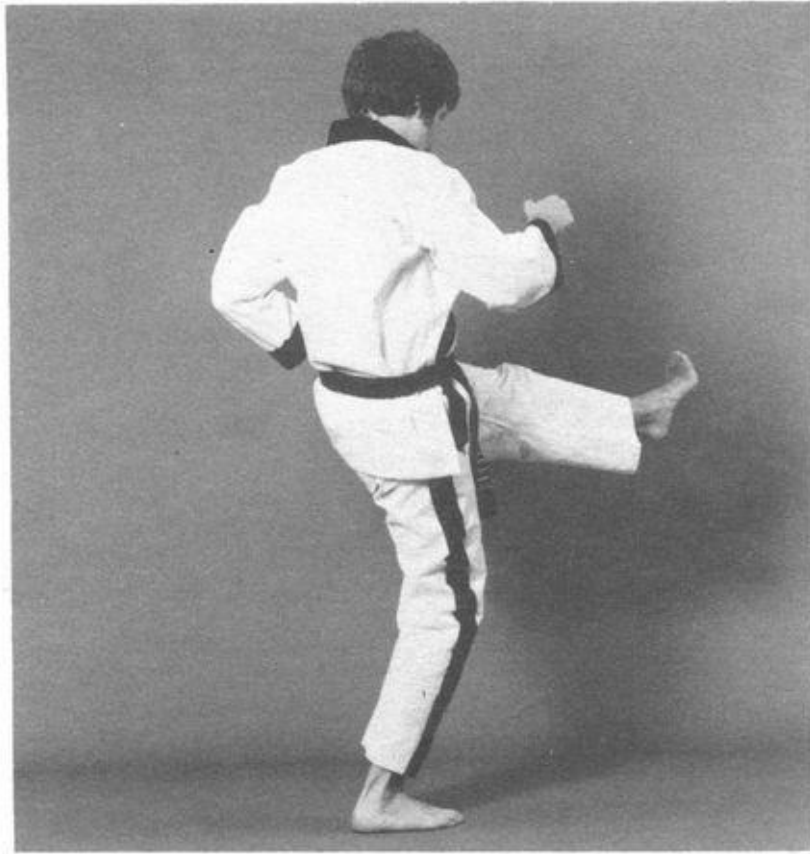
With pause, left punch.



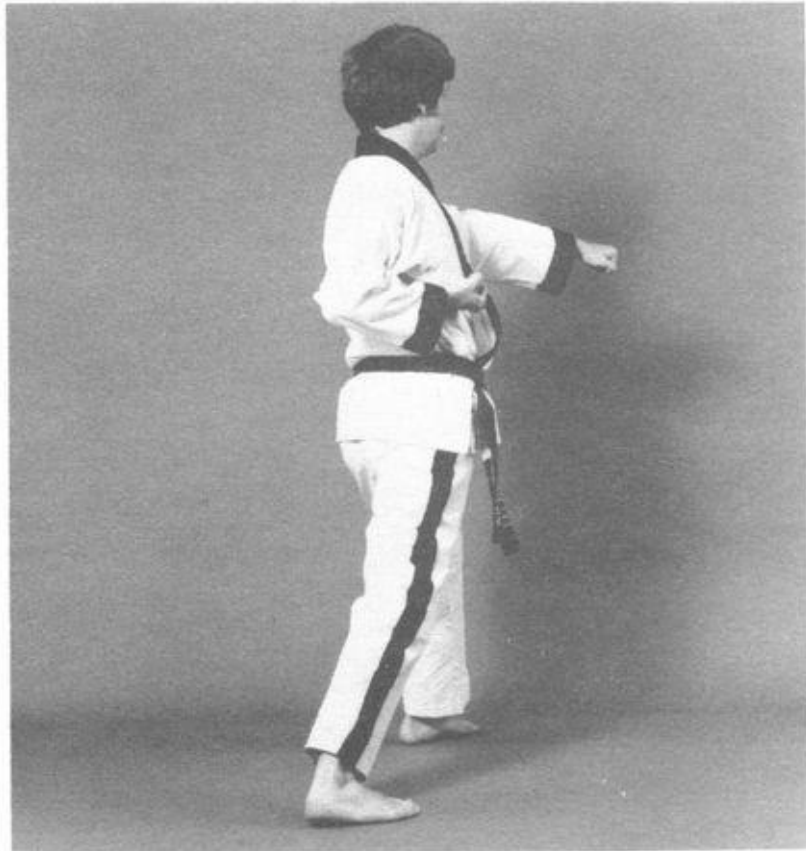
Pivot to right, double knife hand and grab.



Left front kick pulling left fist to hip.



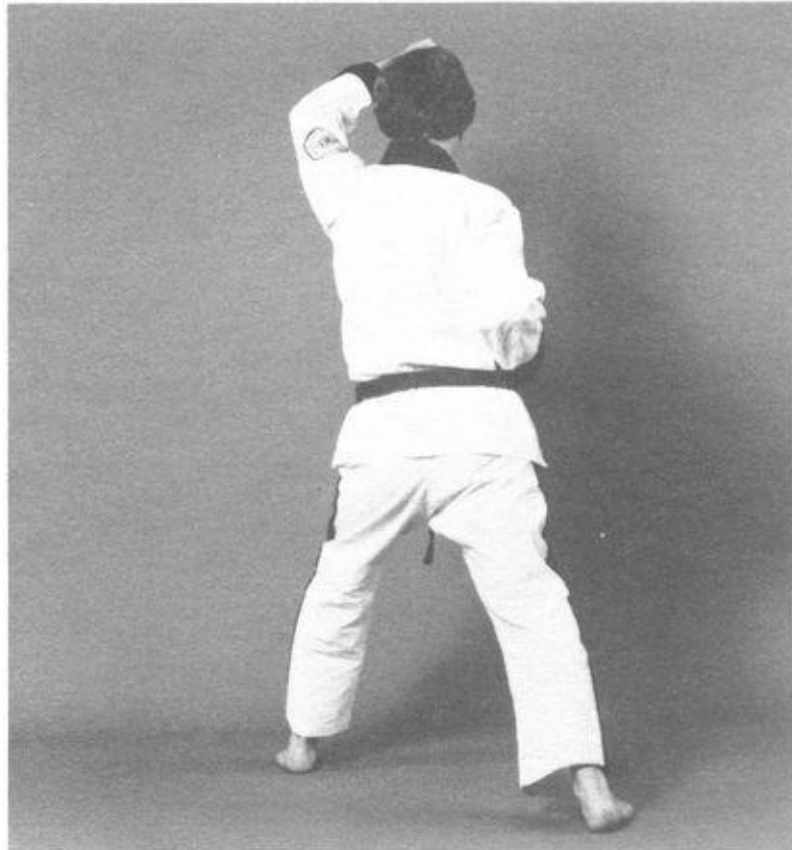
Step down and left middle punch.



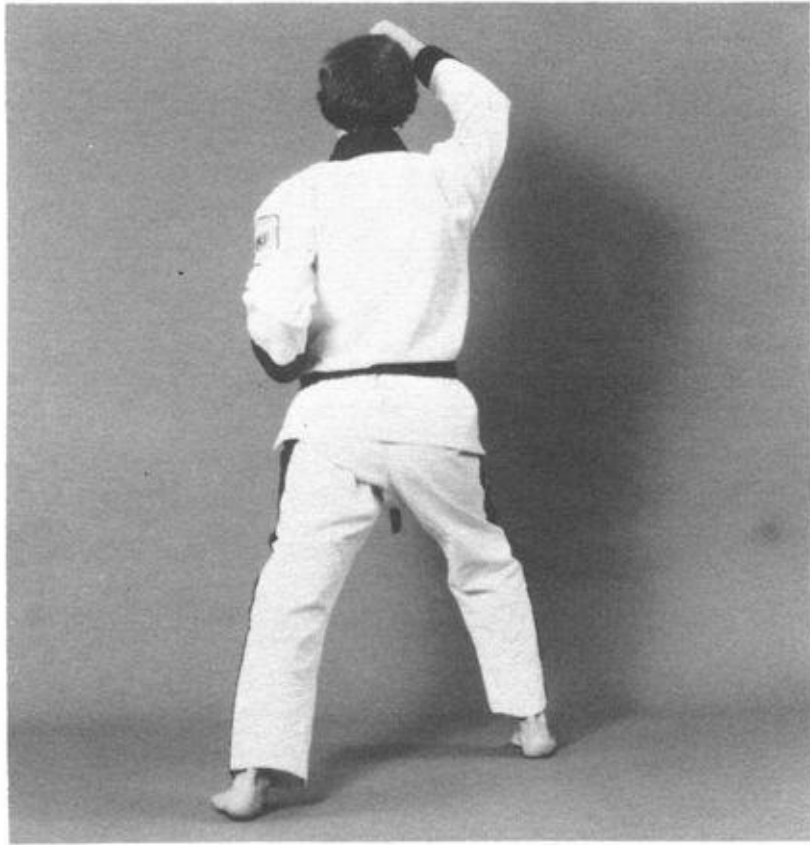
With pause, right punch.



Pivot to left and execute left rising block.



Rising block.



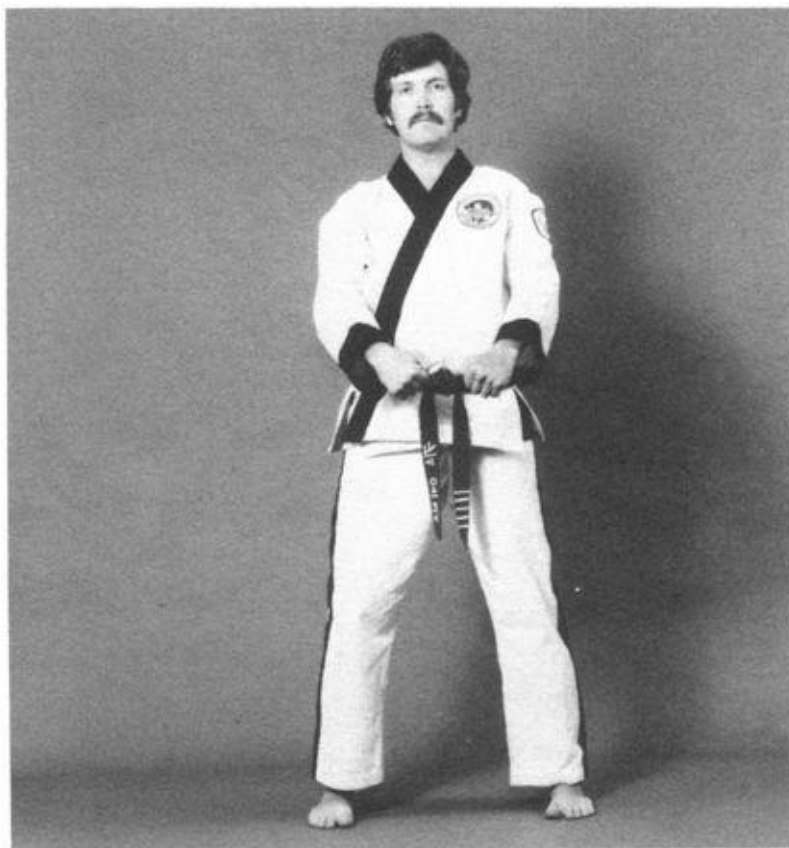
Pivot 270° counterclockwise into straddle stance and execute middle knife hand strike with left.



Pull left foot to right keeping head height the same. Slide out with right foot into straddle stance. Chop and *yell*.



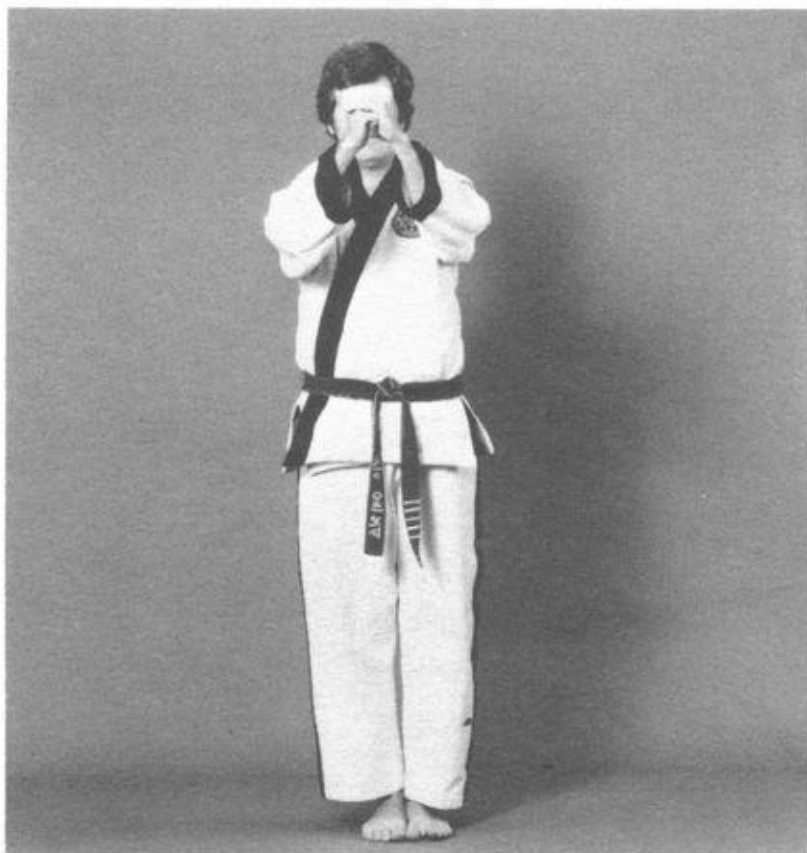
Ready stance.



WON-HYO

Named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

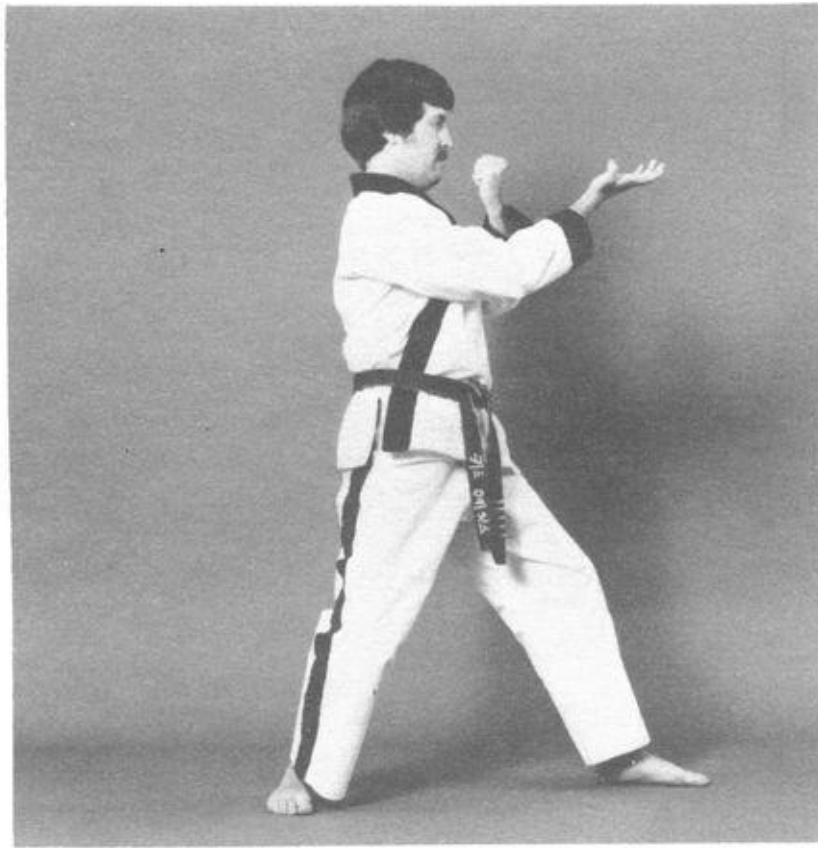
Ready stance.



Step to left in back stance, execute twin forearm block.



Pull right fist back to ear, then chop as left fist comes to right shoulder.



APPLICATION-Arm break.



Slide out into straddle stance and execute middle side punch.



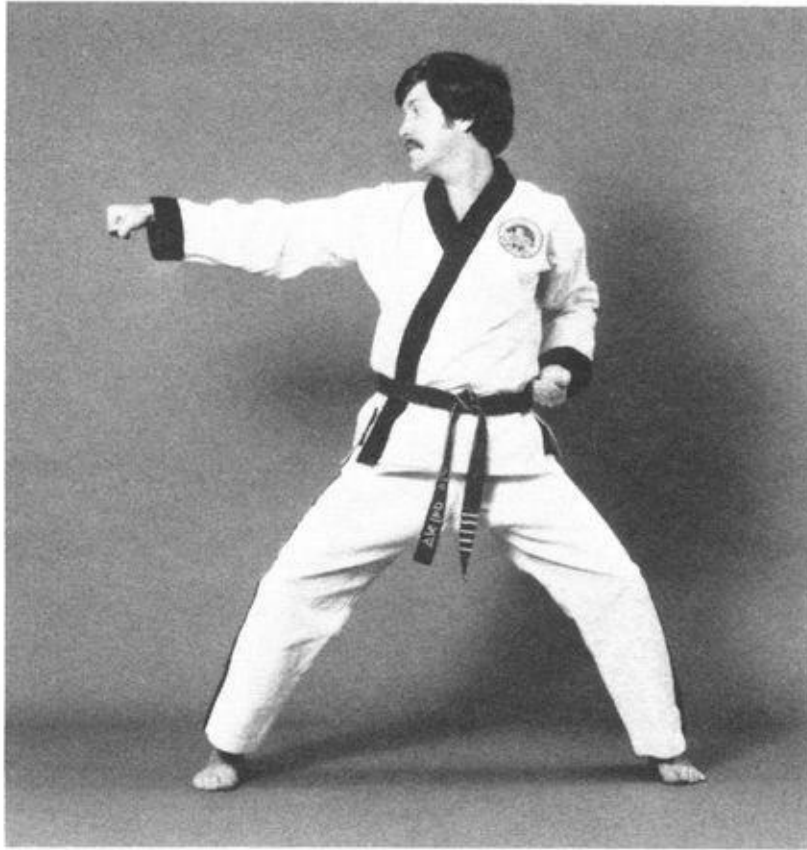
Left foot moves to right foot, then slide out with right into twin forearm block.



Chopping arm break as before.



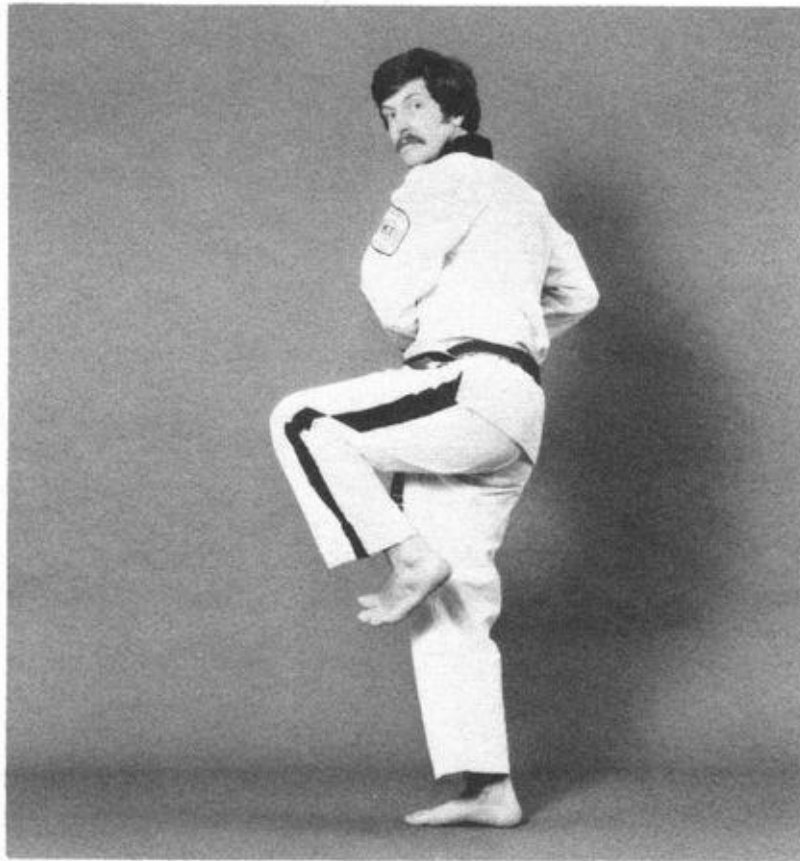
Slide out to middle punch.



12 13



Step back with right foot, right fist to hip with left fist on top.



Left side kick with guarding backfist.



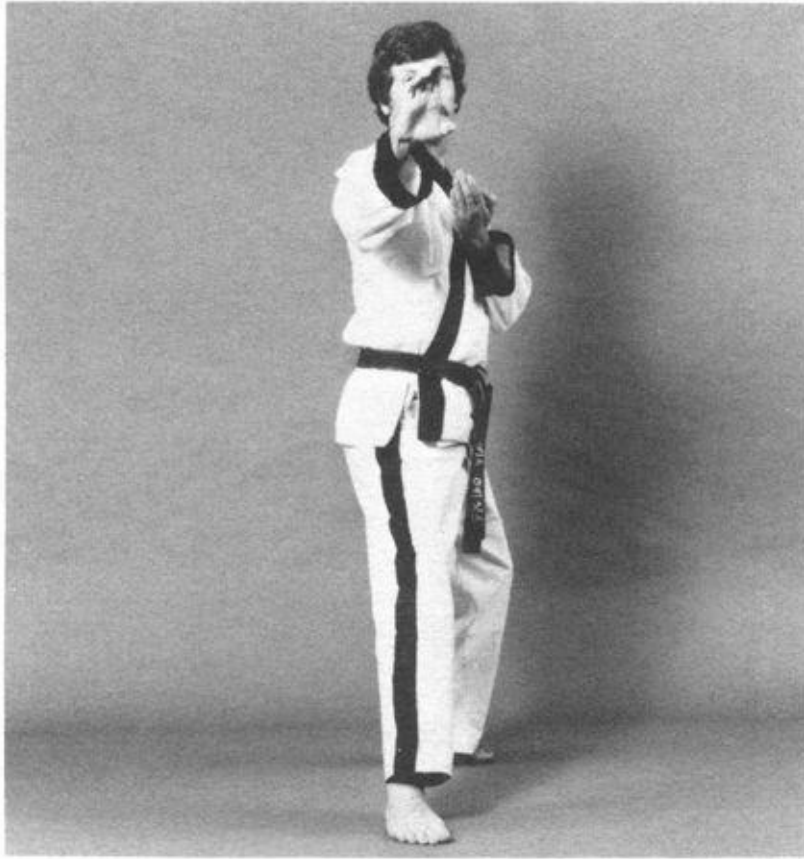
APPLICATION.



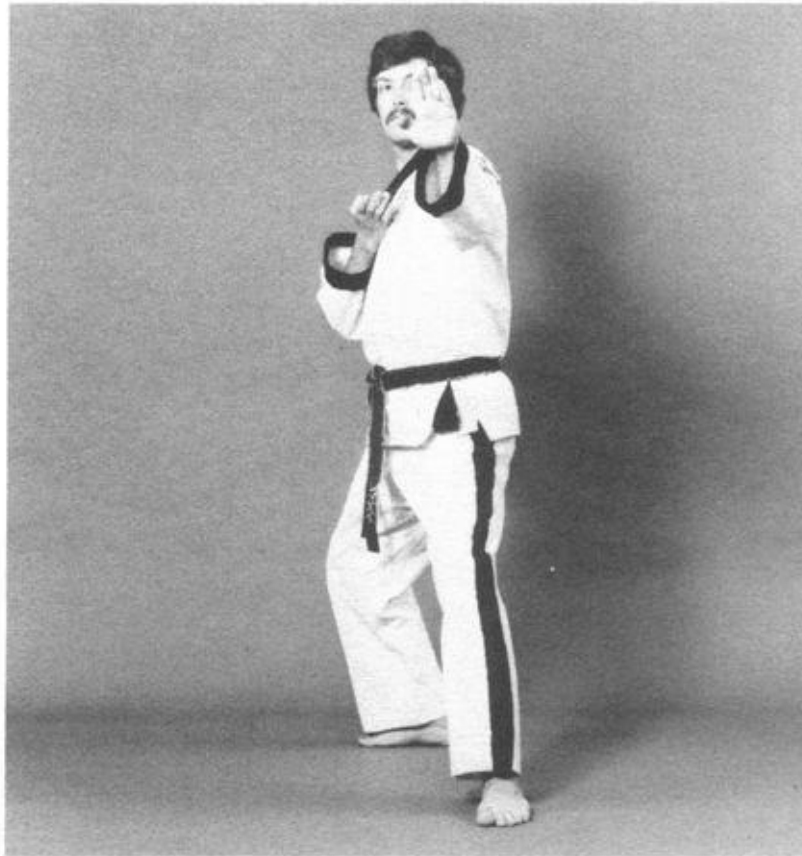
Sudo.



Sudo.



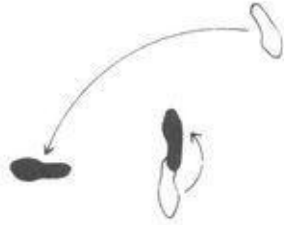
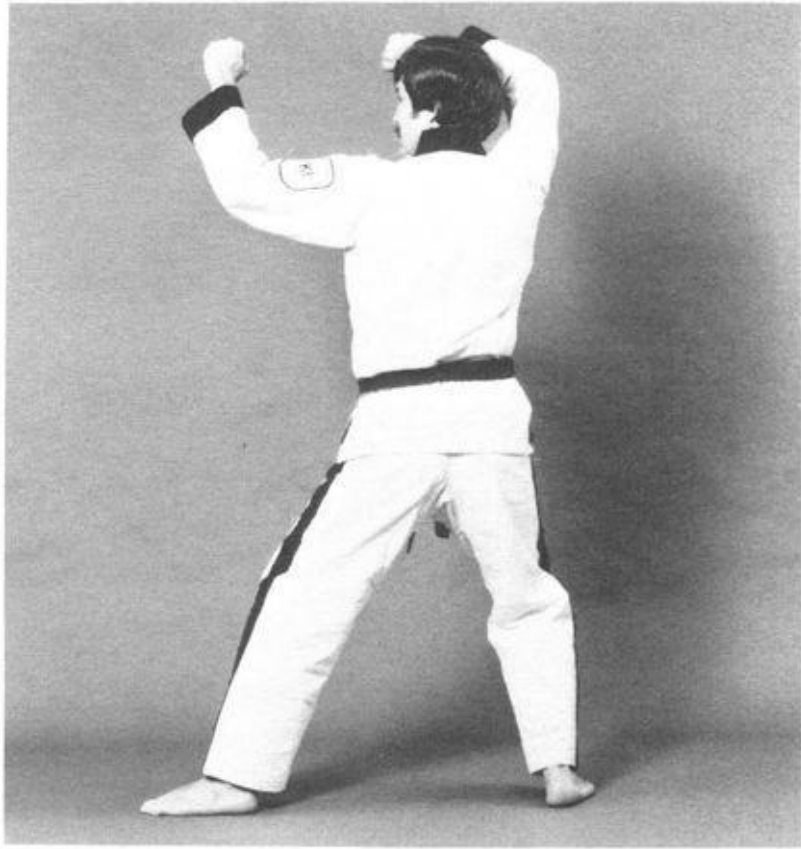
Sudo.



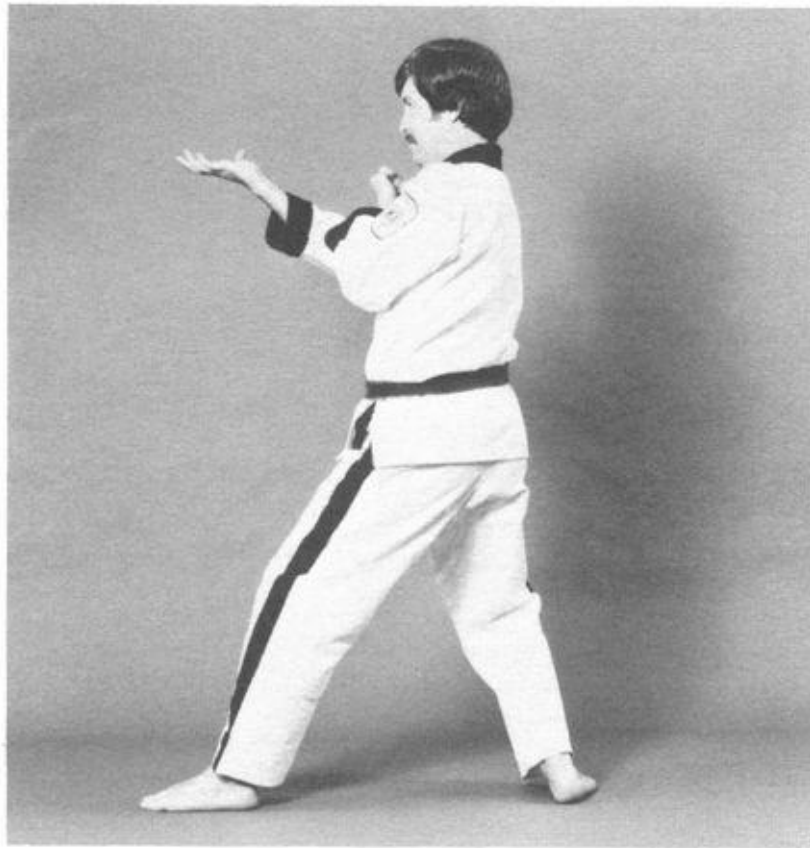
Spear thrust, *yell.*



Pivot 270° counterclockwise, twin forearm block.



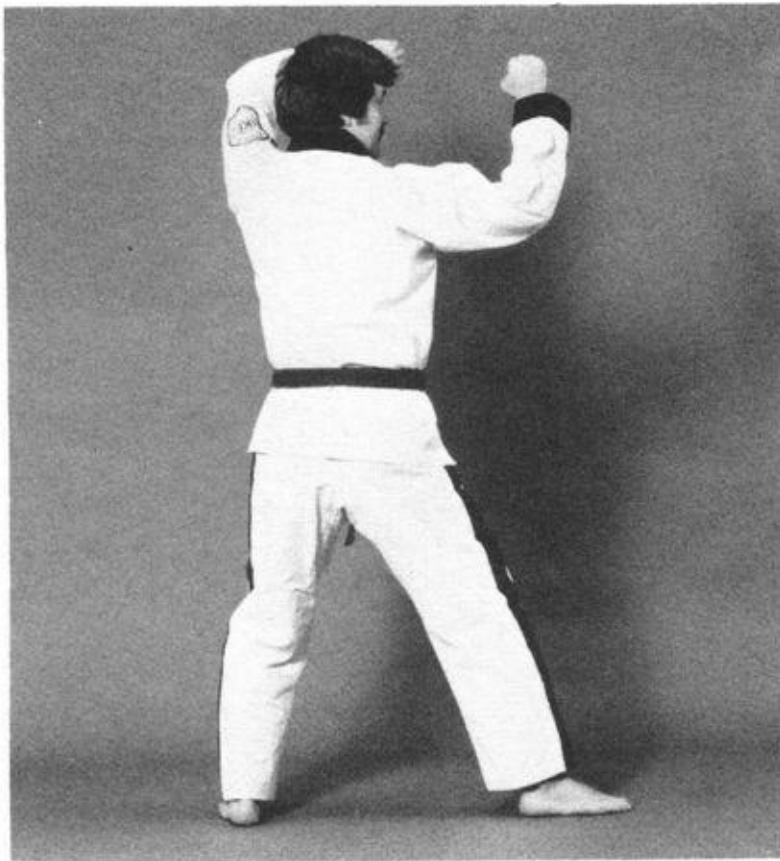
Chopping arm break.



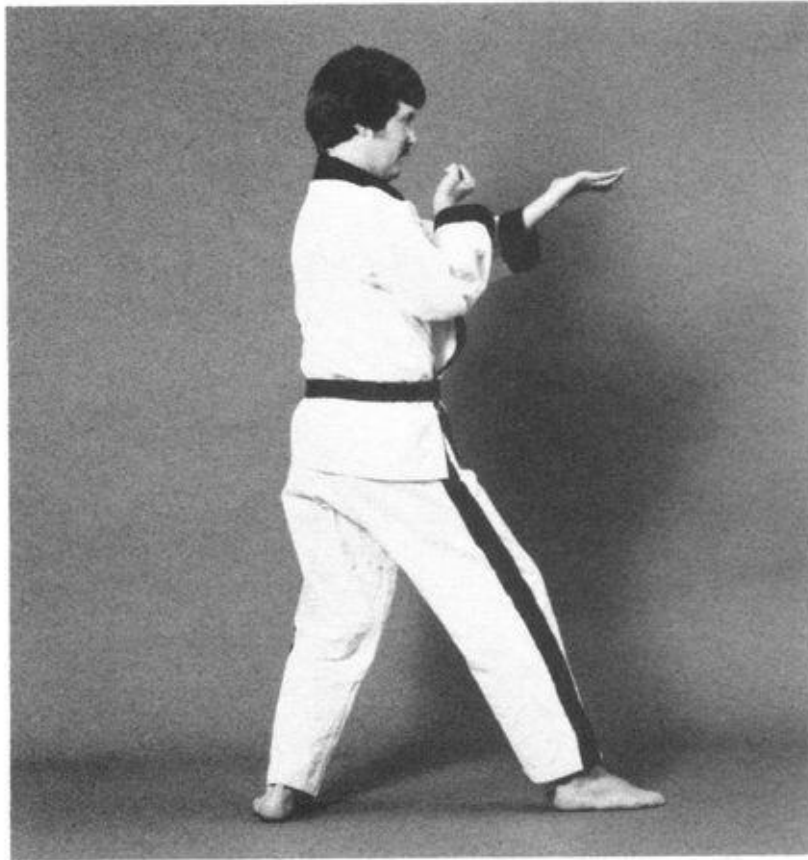
Middle punch.



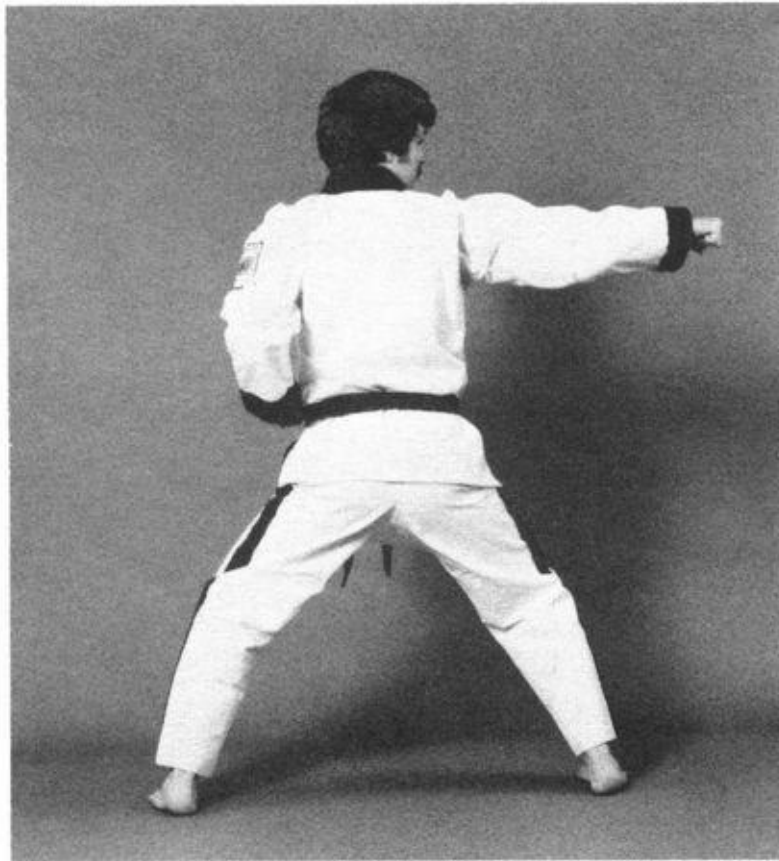
Twin forearm block.



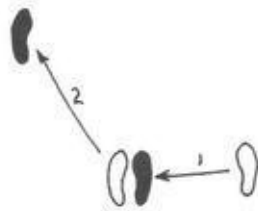
Chopping arm break.



Middle punch.

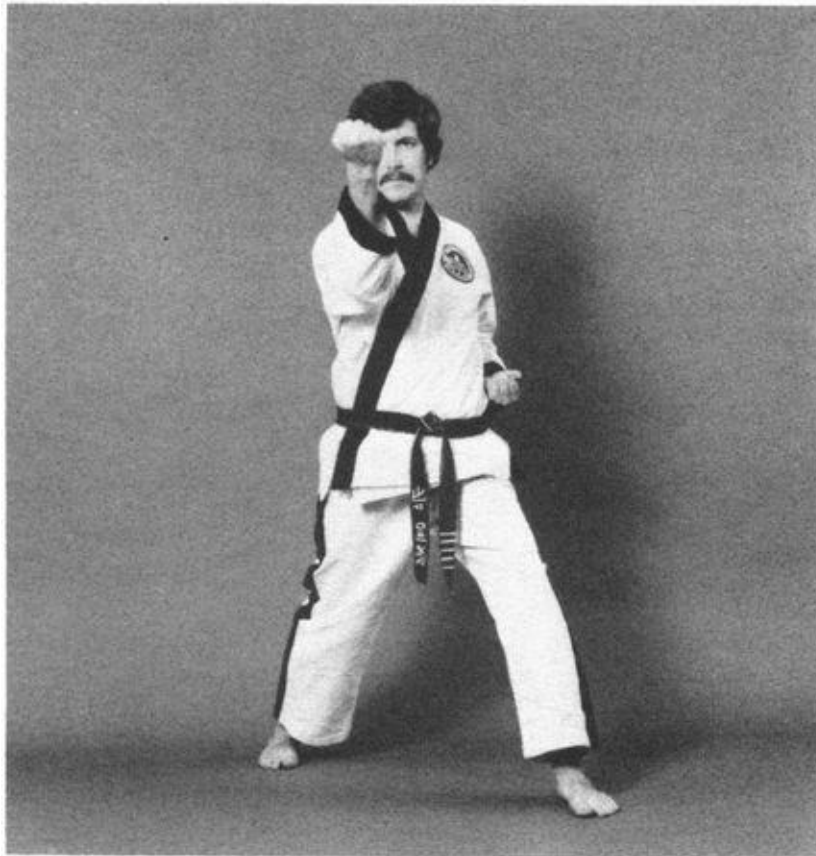


Right foot to left, step out with left and execute circular scoop block.

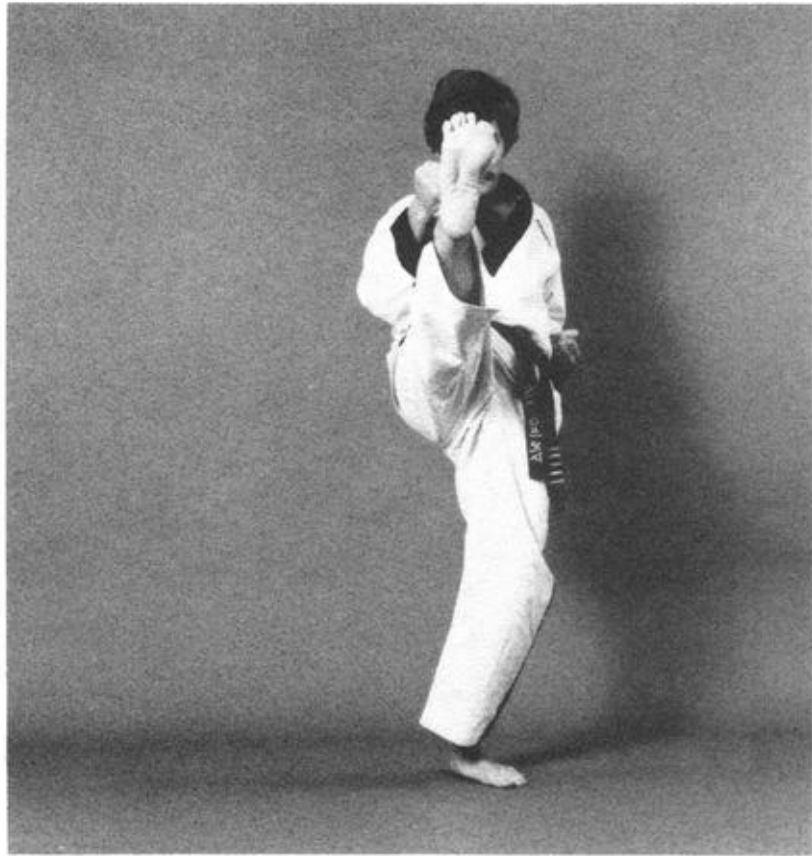


Camera angle has now changed 180° for a better view.

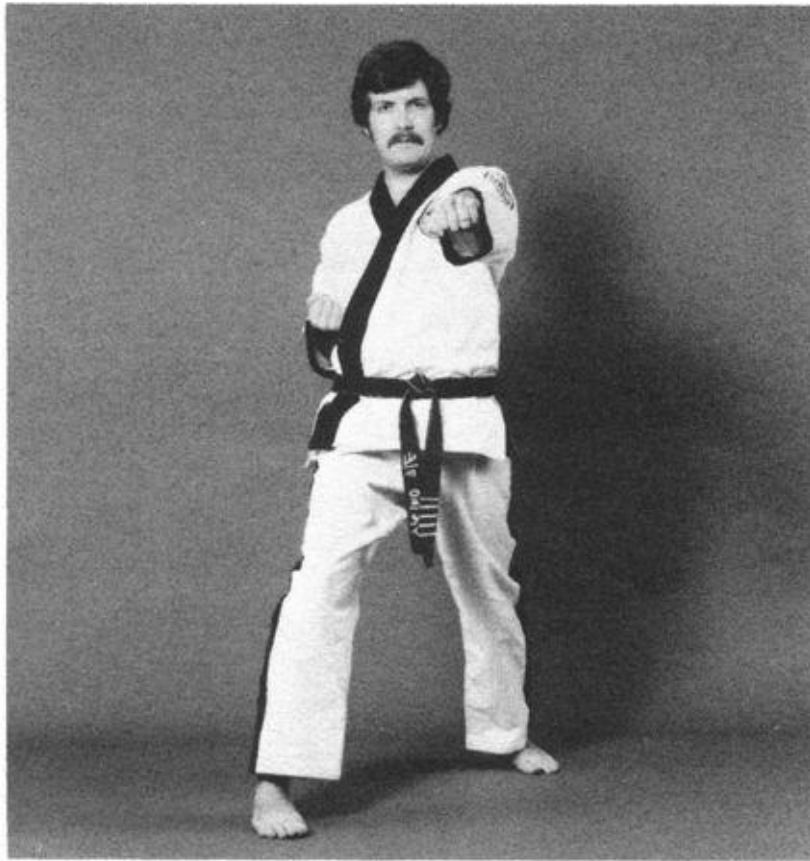
(Foot diagrams do not change position in order to make them easier to follow.)



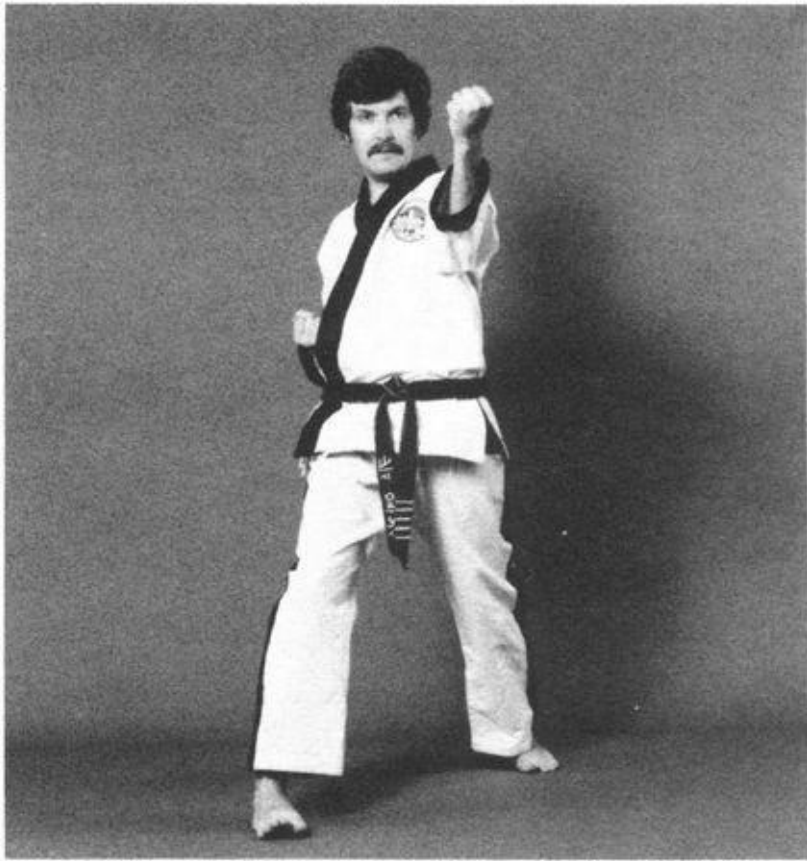
Front kick.



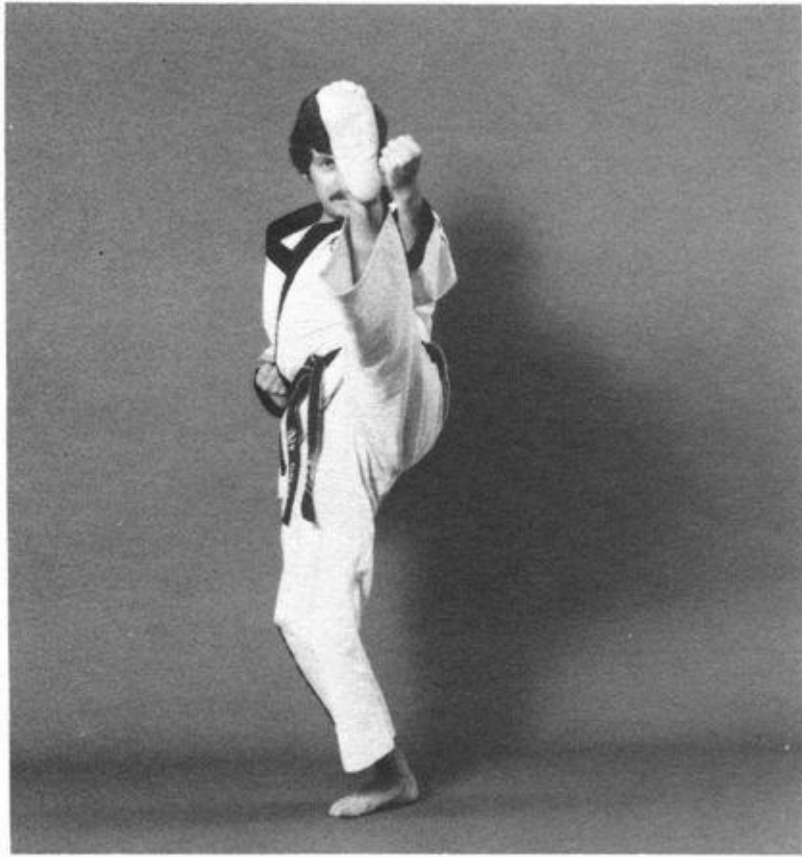
Middle punch.



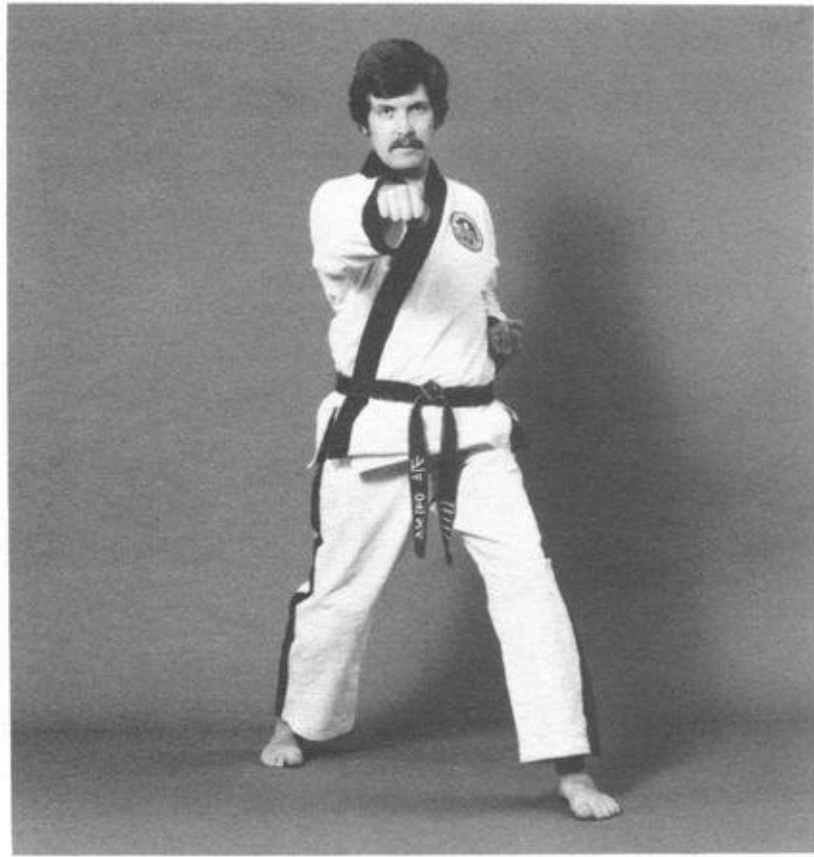
Using right arm swing for momentum, execute left scoop block.



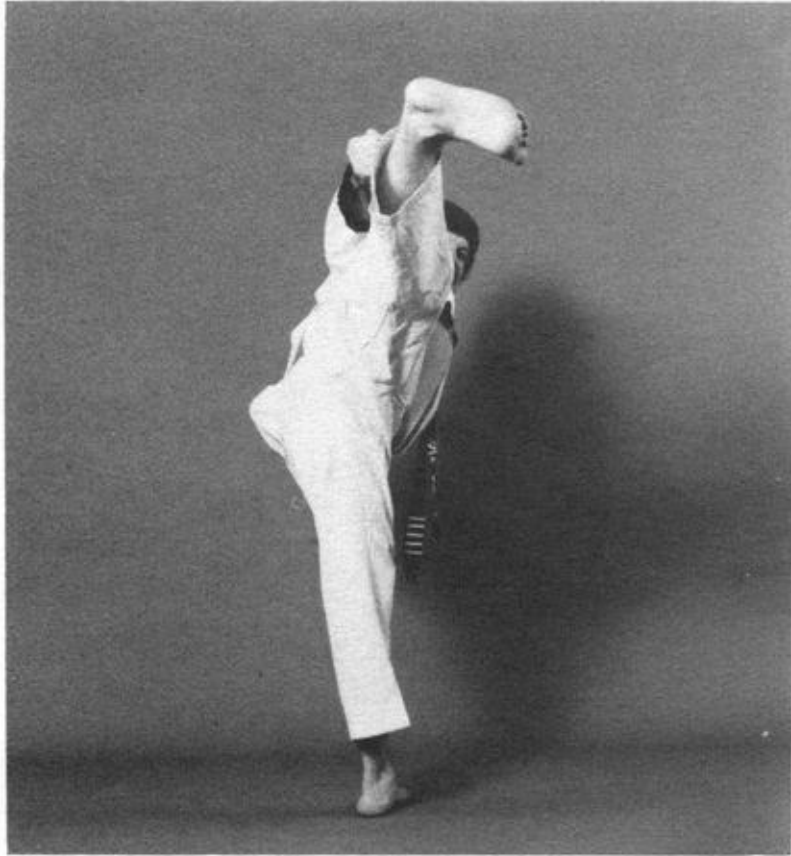
Front kick.



Middle punch.



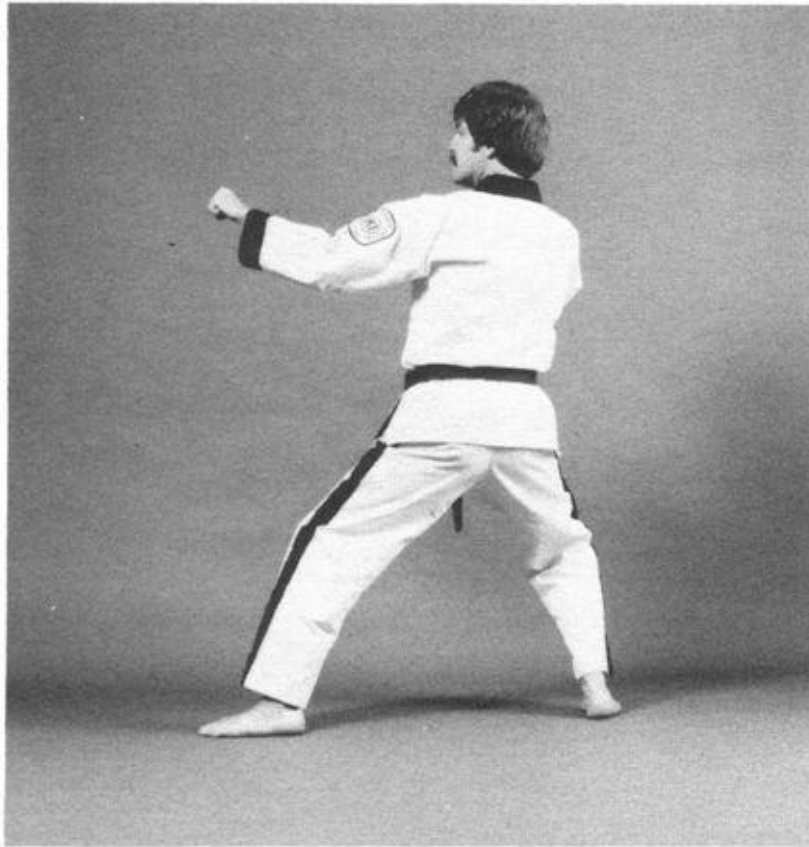
Side kick with guarding backfist.



Sudo.



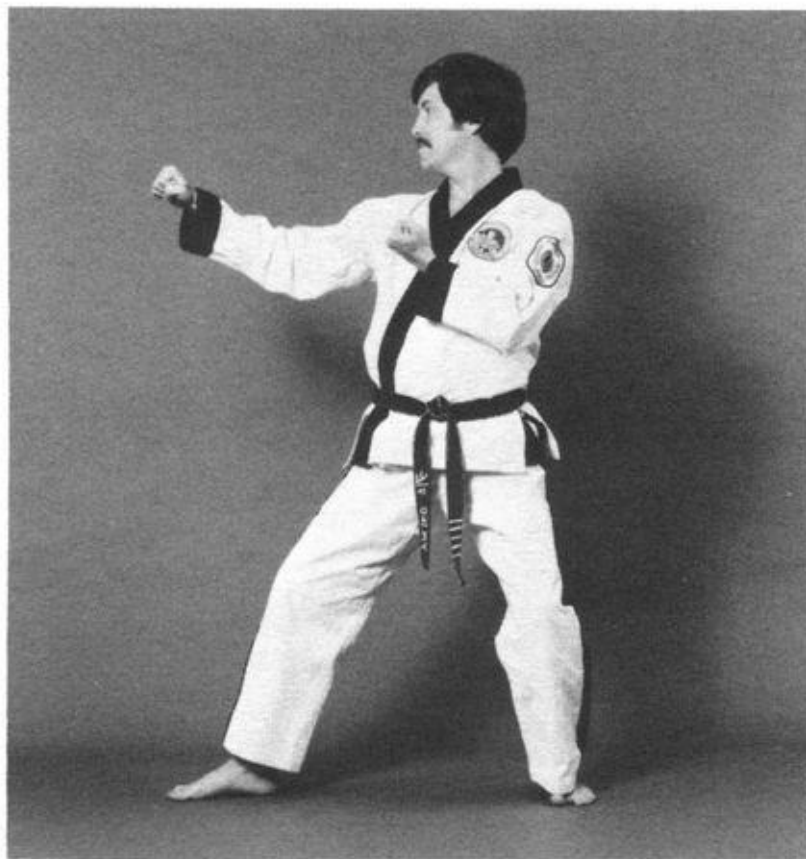
Pivot 270° counterclockwise and execute twin fist block.



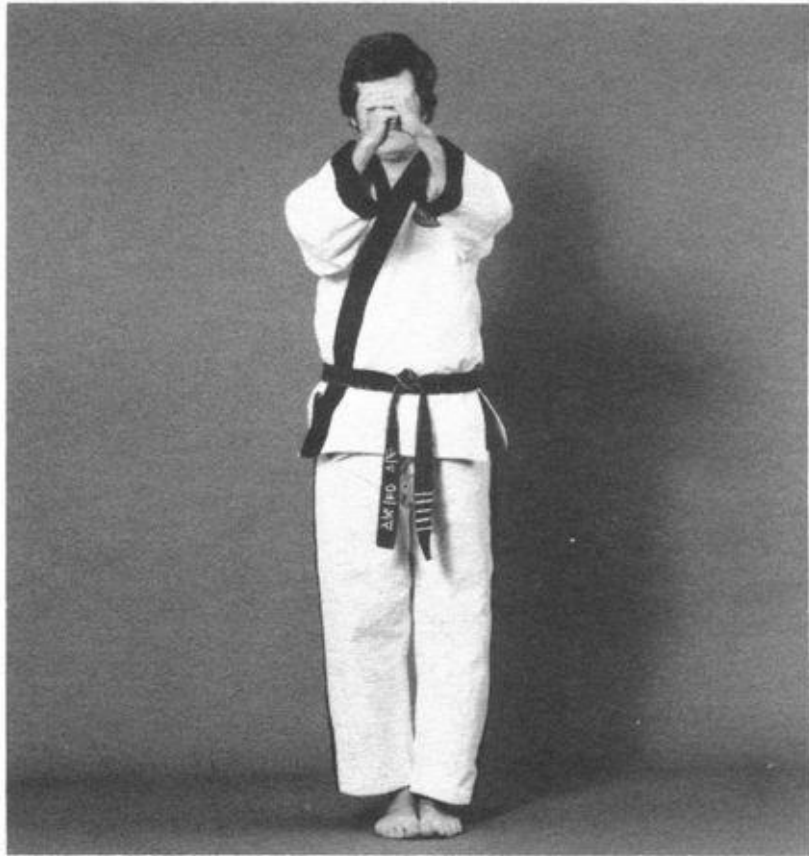
Camera angle has changed back to original position.



Left foot to right, step out block and yell.



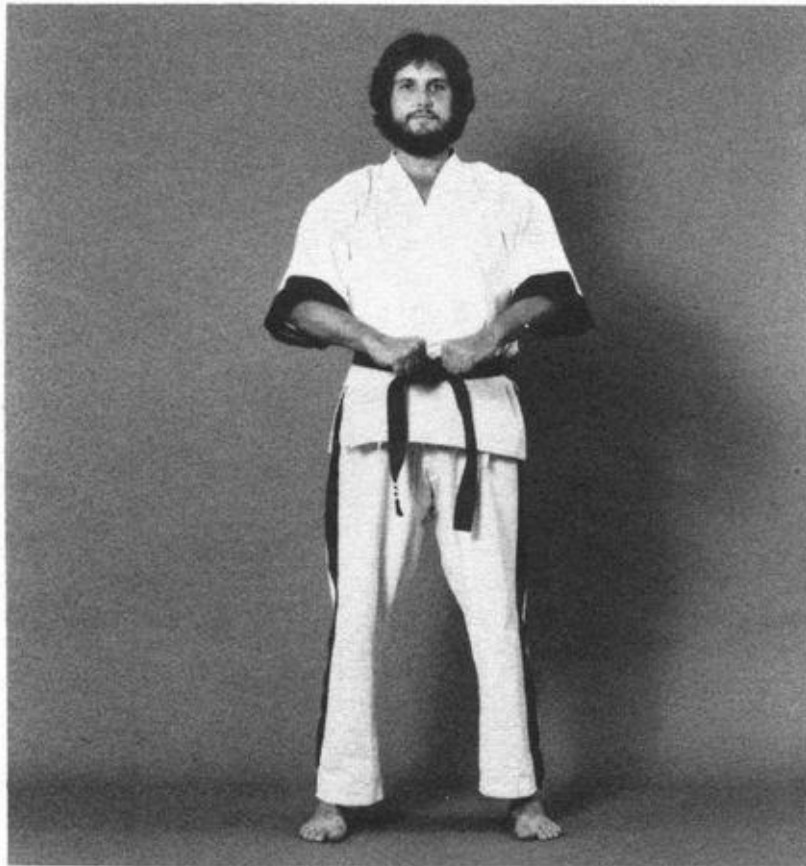
Ready stance.



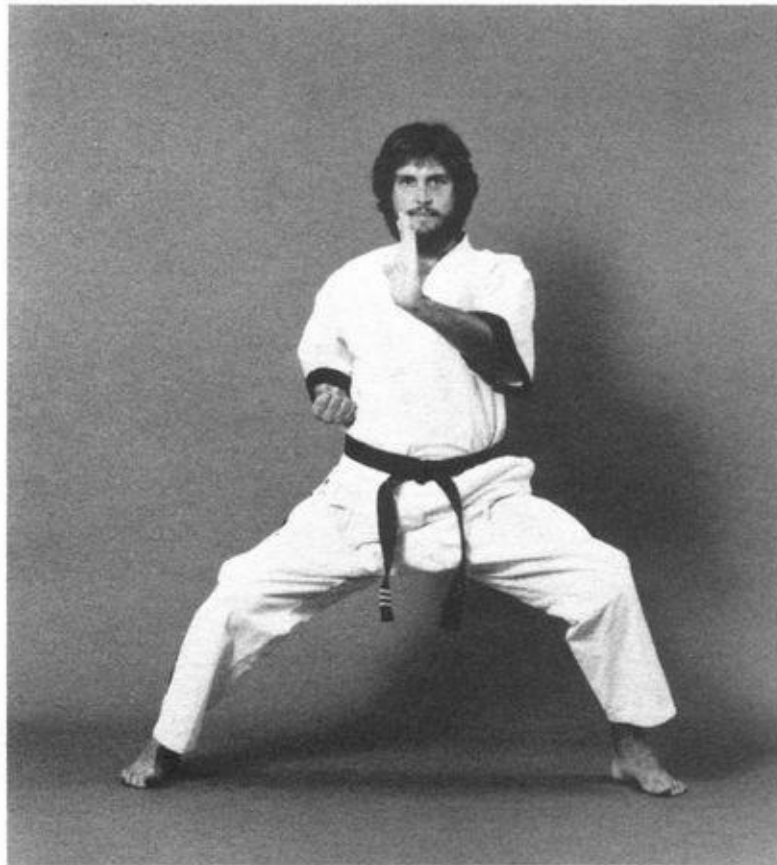
YUL-KOK

The pseudonym of the great philosopher and scholar, Yi I (1536-1584), who is also known as the “Confucius of Korea”. The diagram of this form (at right) represents “scholar”.

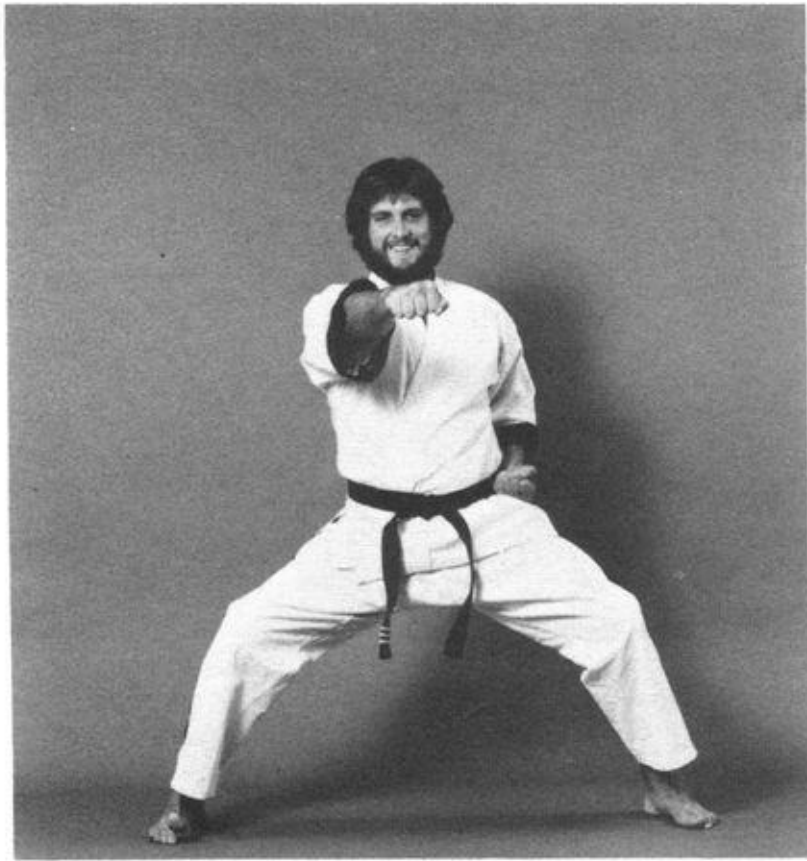
Ready stance.



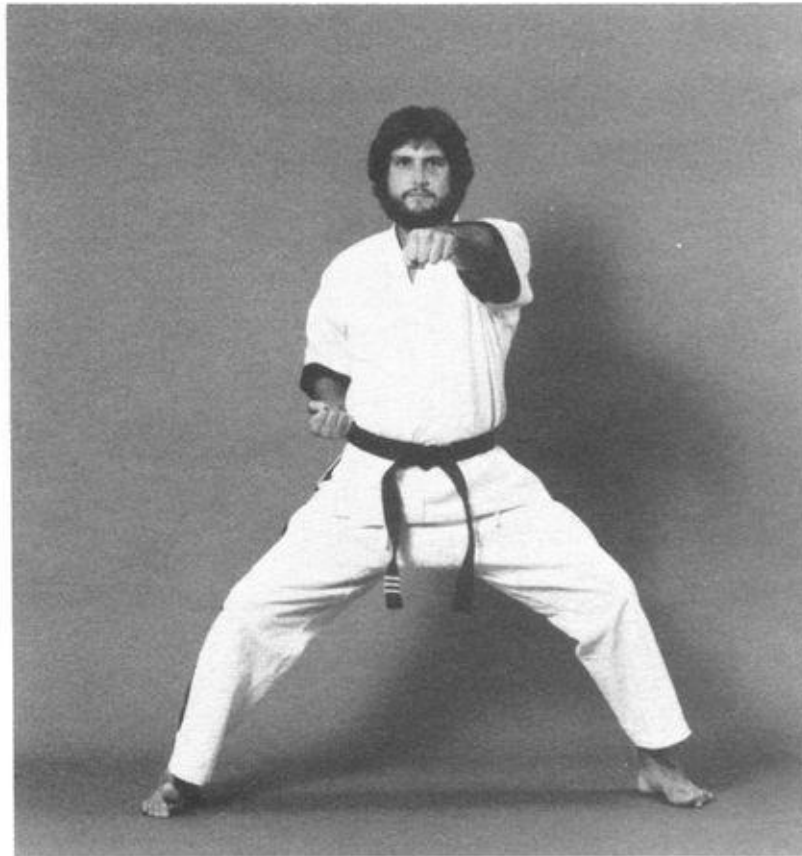
Slide into straddle stance, slow tension palm press.



Middle punch.



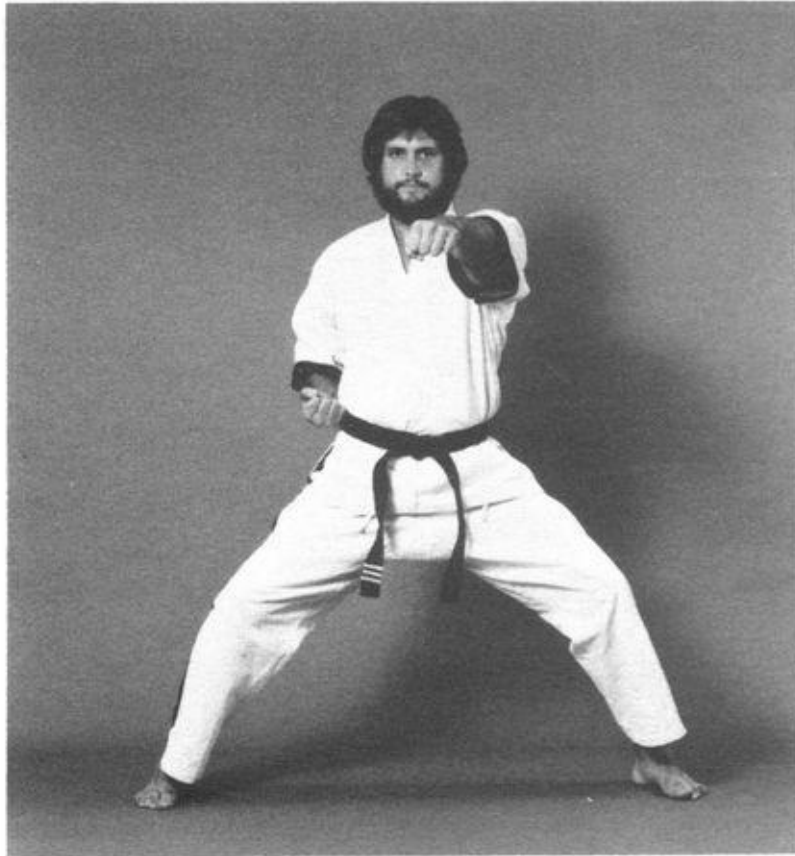
Without pause, middle punch.



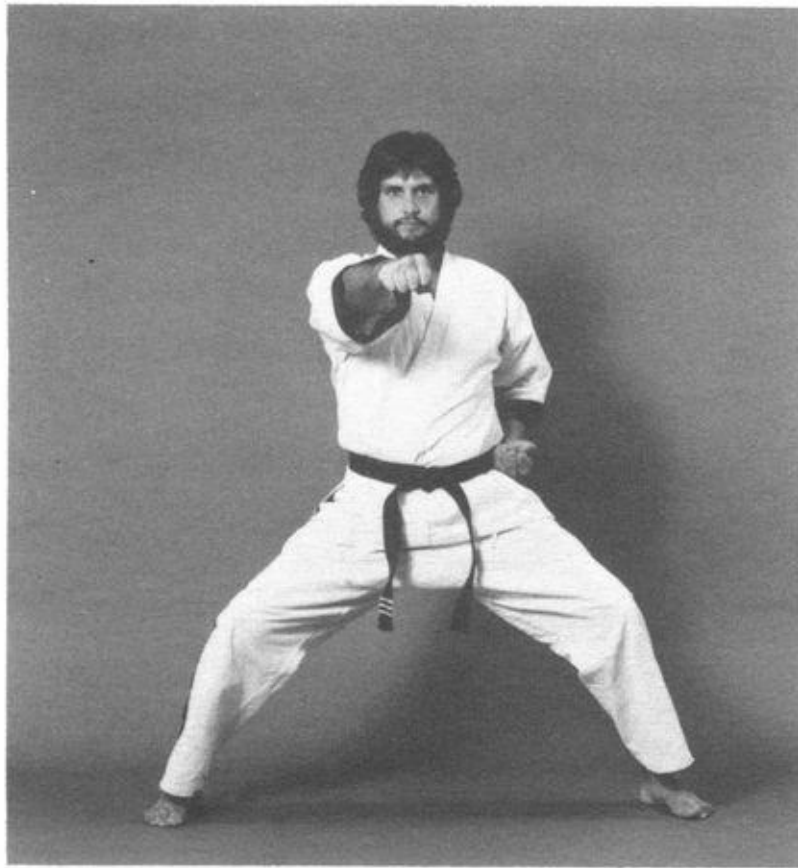
Left foot to right, slide out and slow tension palm press.



Middle punch.



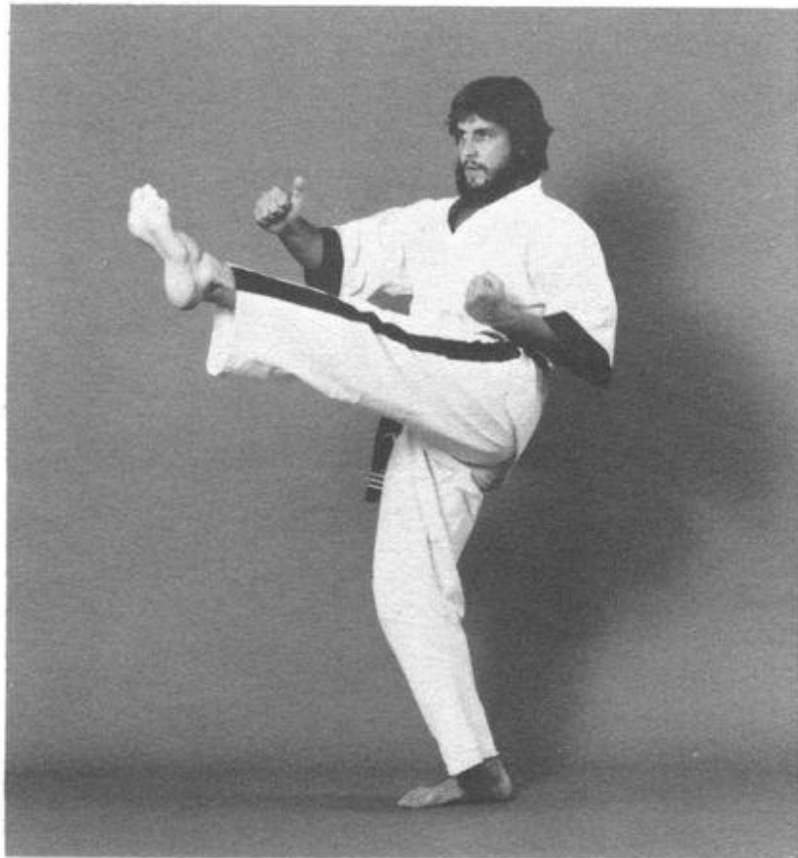
Without pause, middle punch.



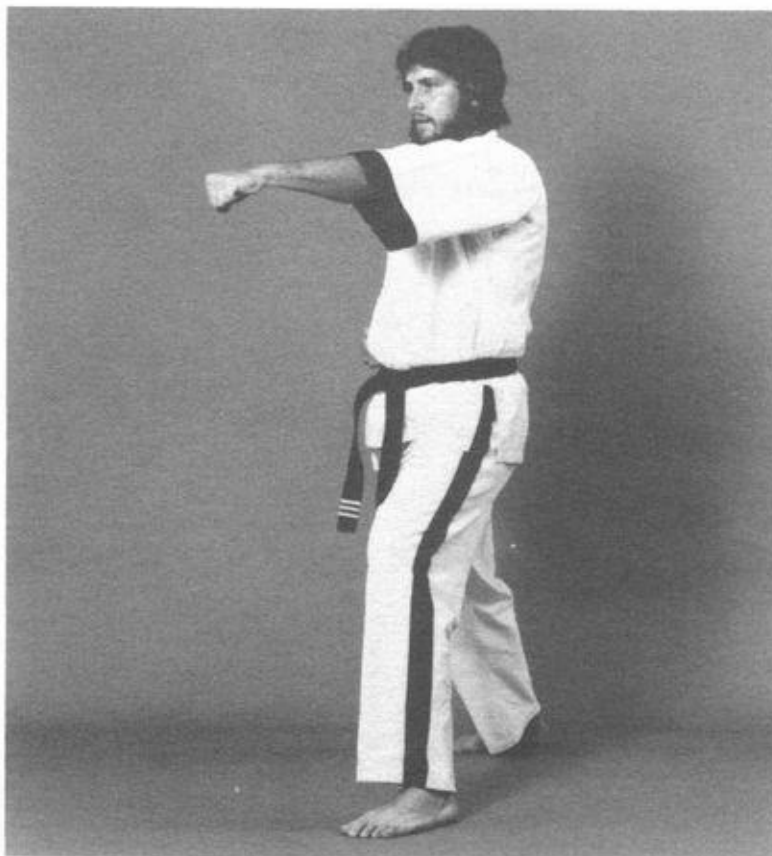
Pivot 45° to right, execute right outside block.



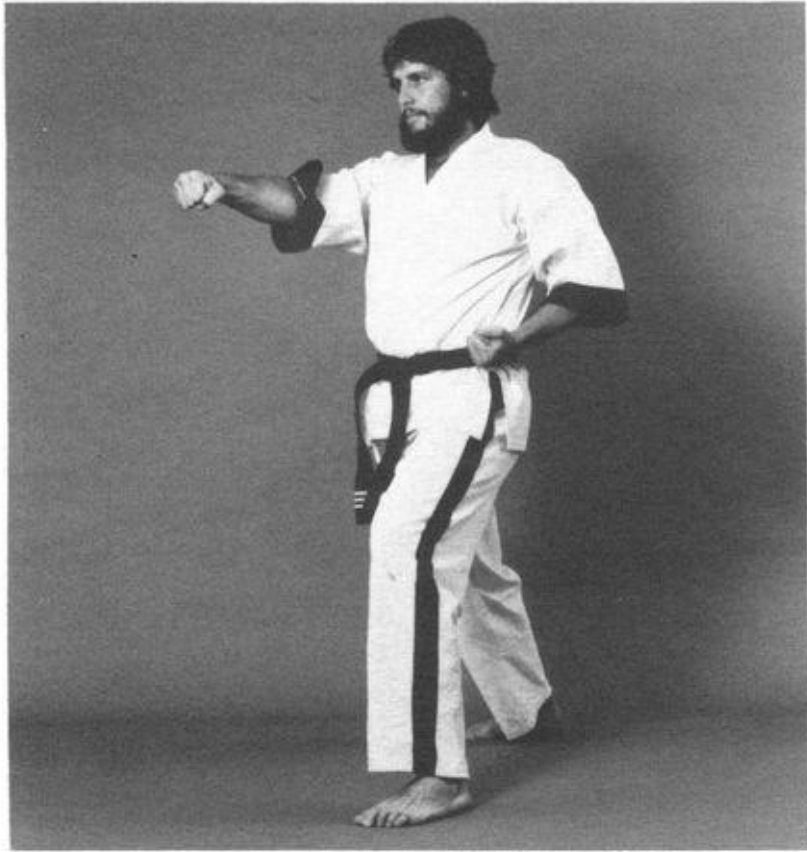
Front kick.



Middle punch.



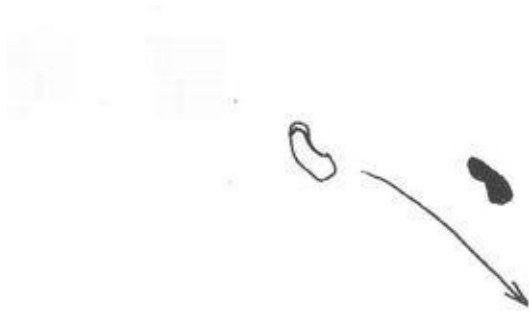
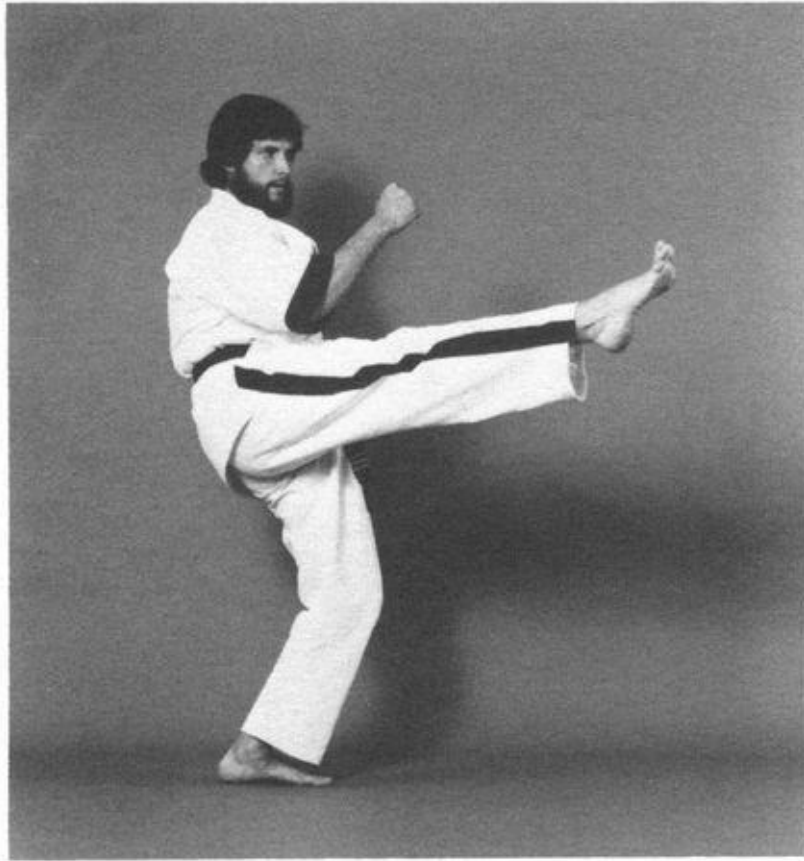
Without pause, middle punch.



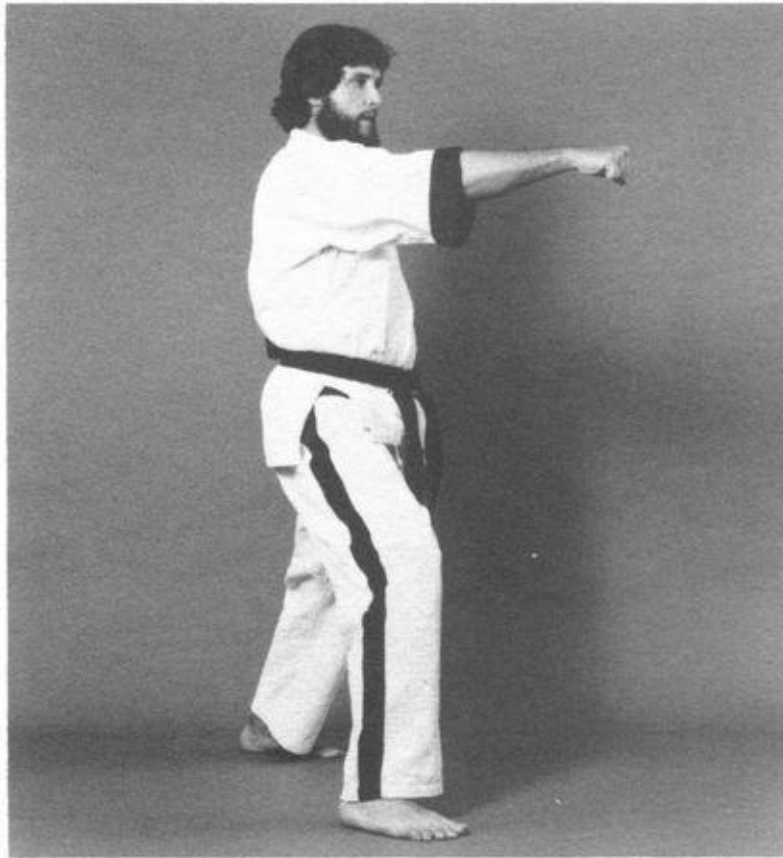
Pivot 90° to left, execute left outside block.



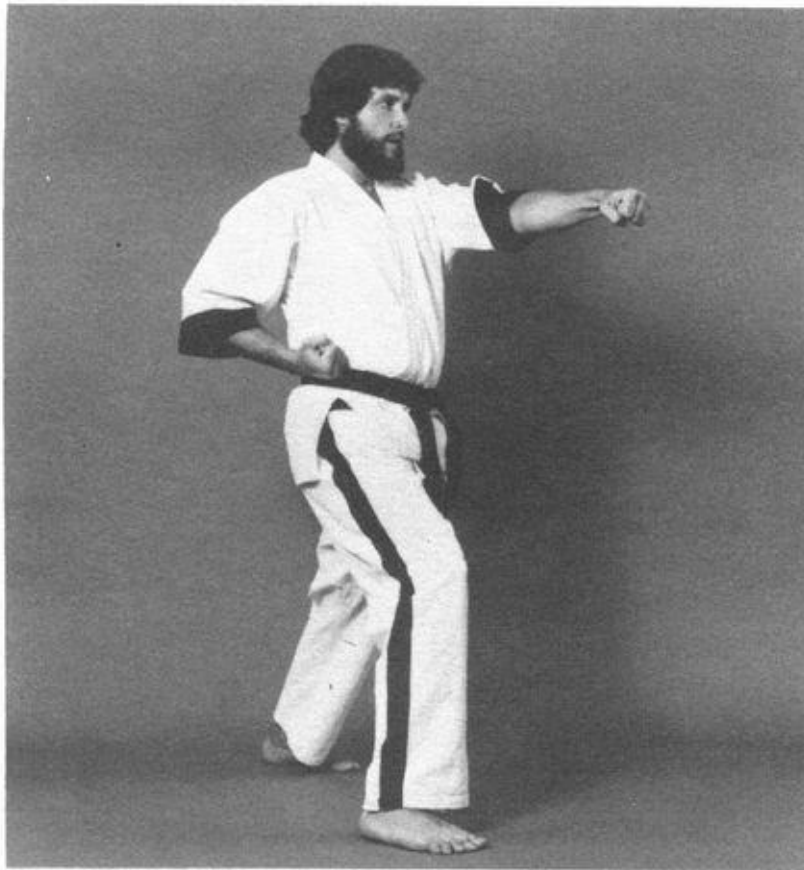
Front kick.



Middle punch.



Without pause, middle punch.



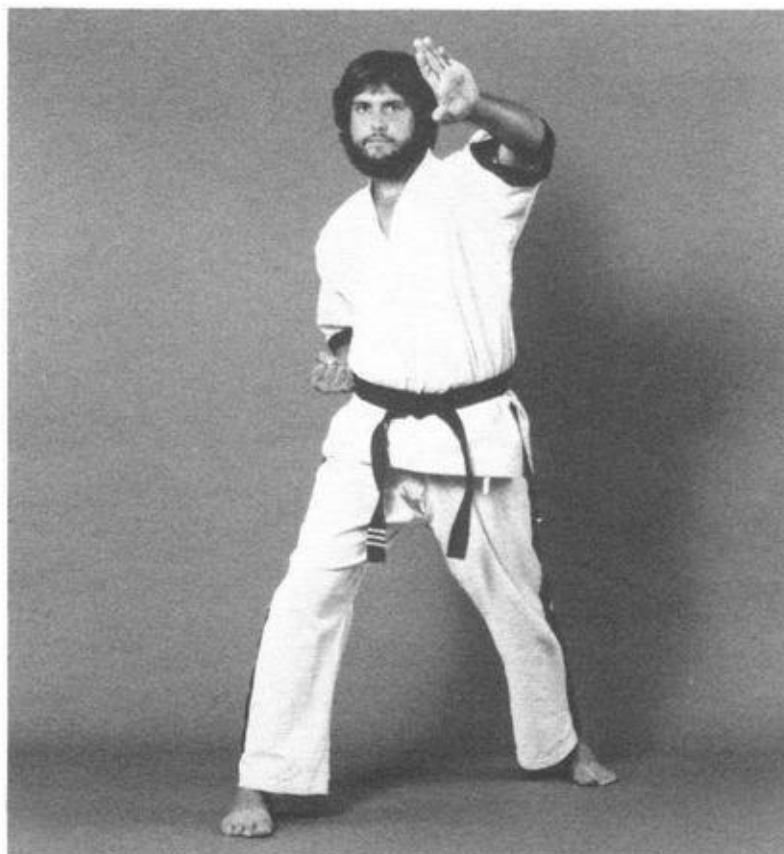
Pivot back to right, slow tension knife-hand block with right.



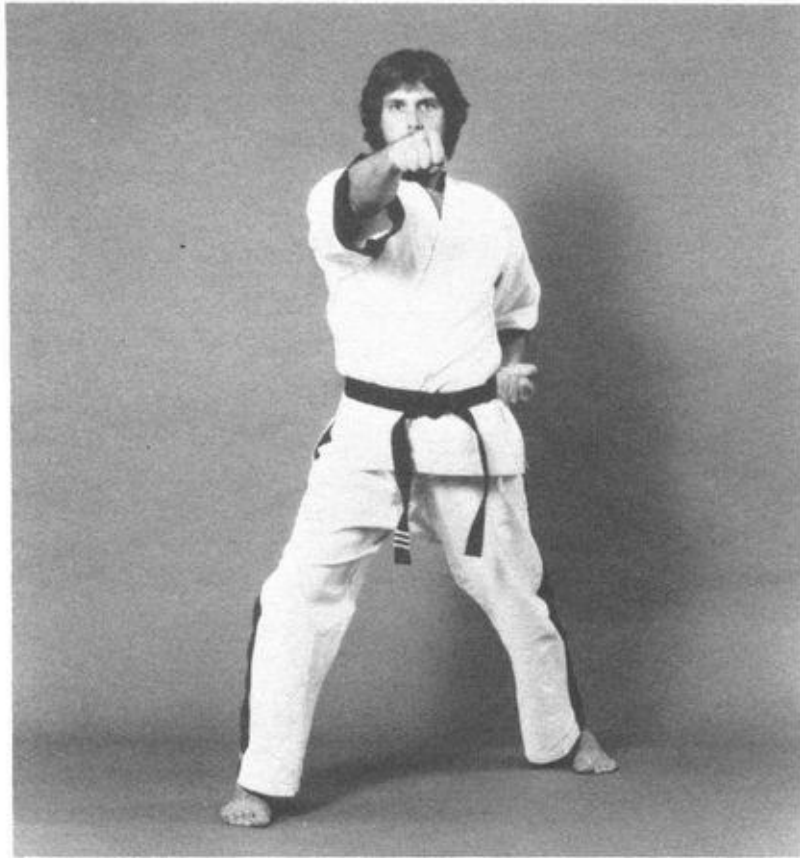
APPLICATION - Pressing block.



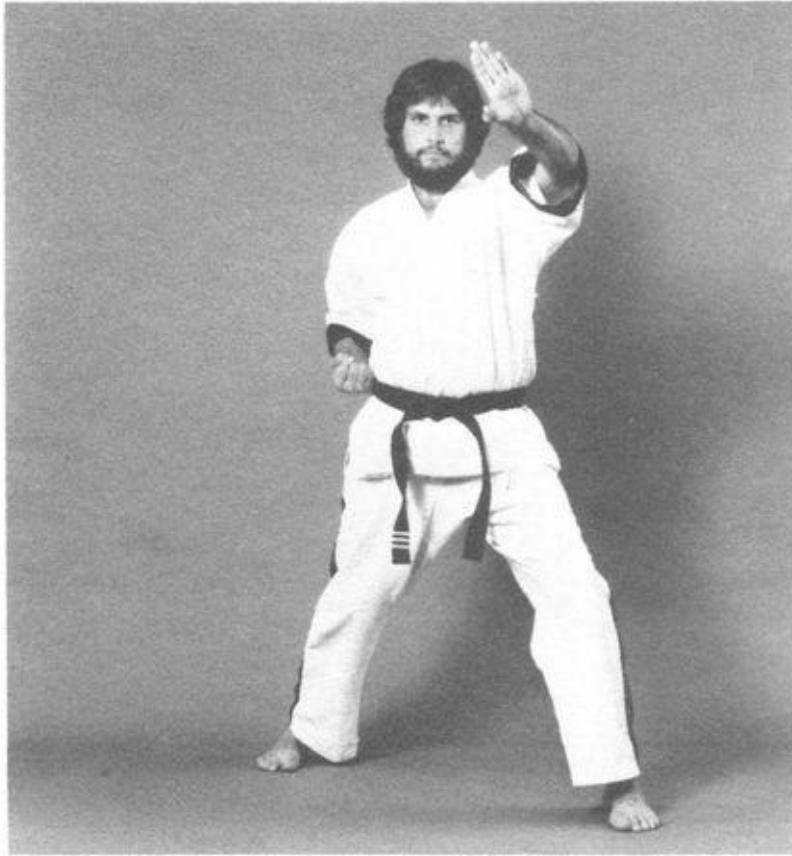
Left pressing knife-hand.



Middle punch.



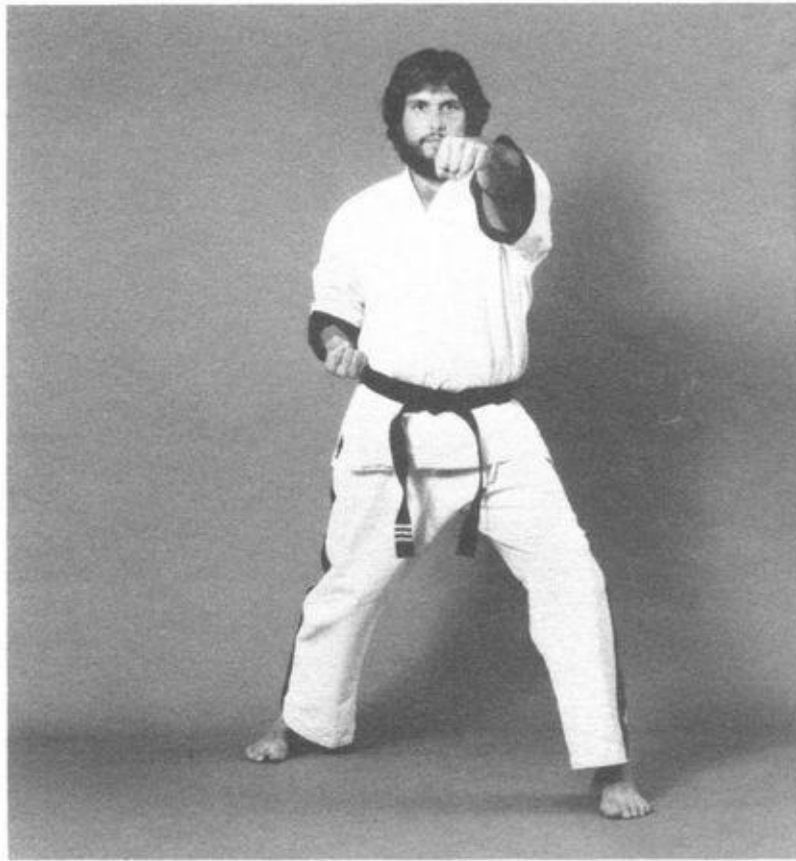
Step and left pressing knife-hand.



Right pressing knife hand.



Middle punch.



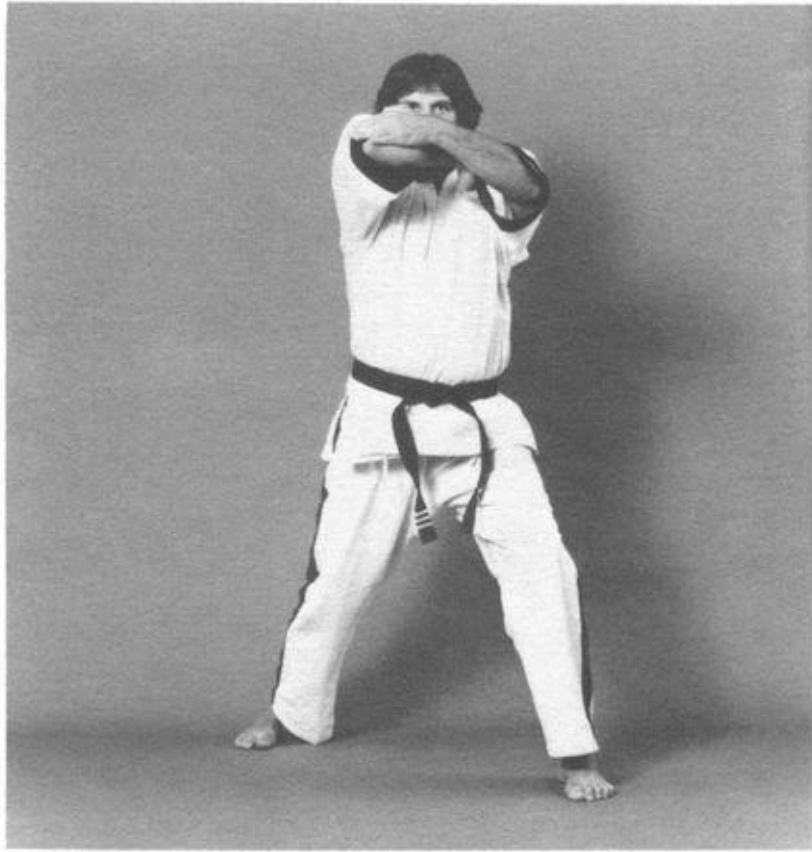
Step, middle punch.



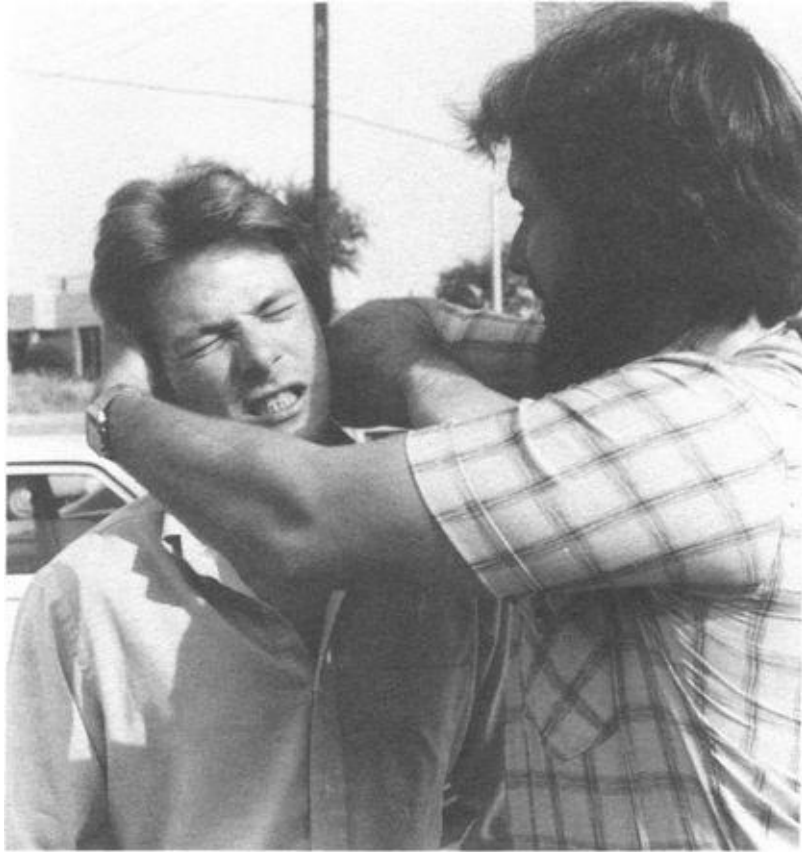
Side kick with left guarding backfist.



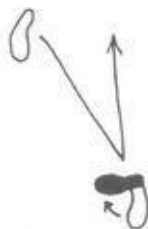
Keeping left arm extended, open left hand and pull into right elbow as left foot assumes stance. *Yell.*



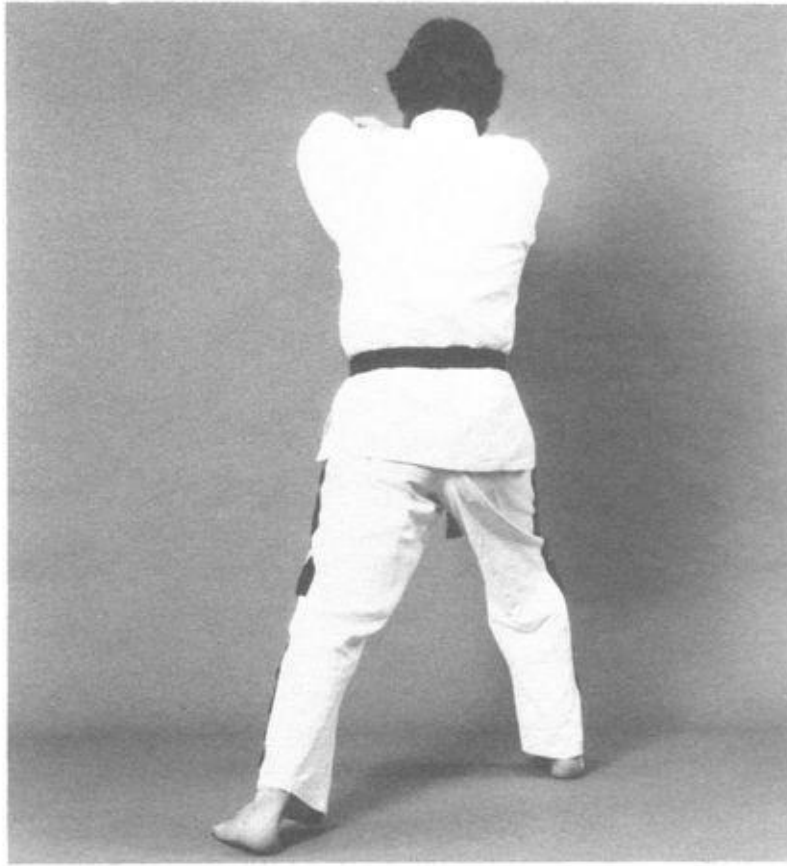
APPLICATION.



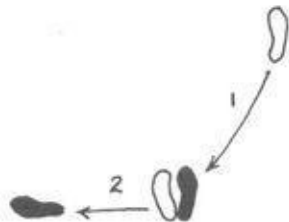
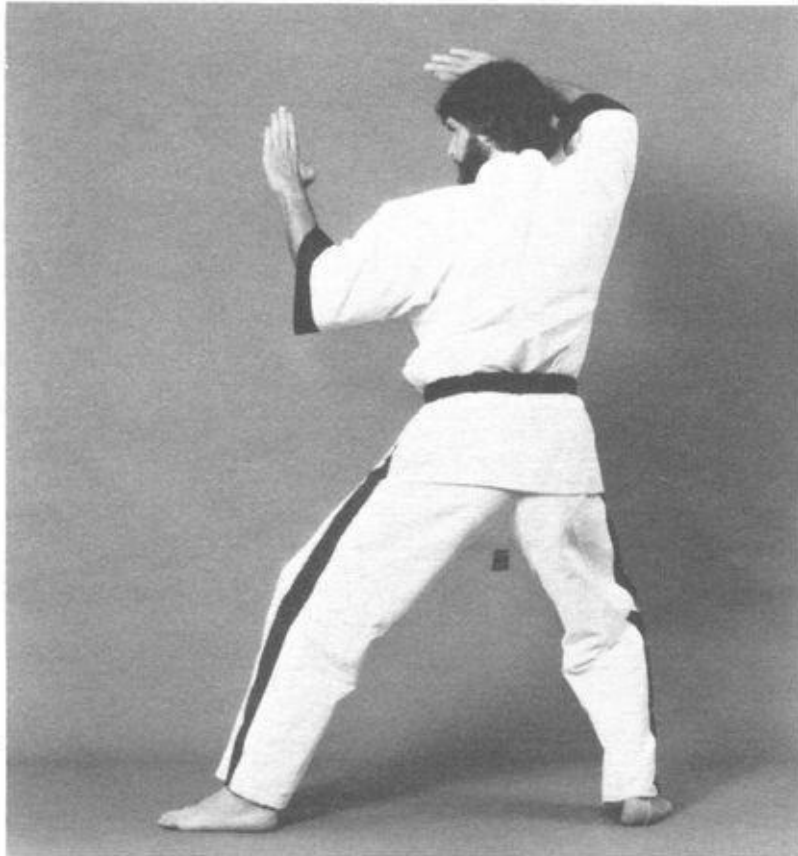
Pull right foot directly to left knee, fists fold at left hip. Side kick with guarding backfist.



Pull into elbow strike as before.



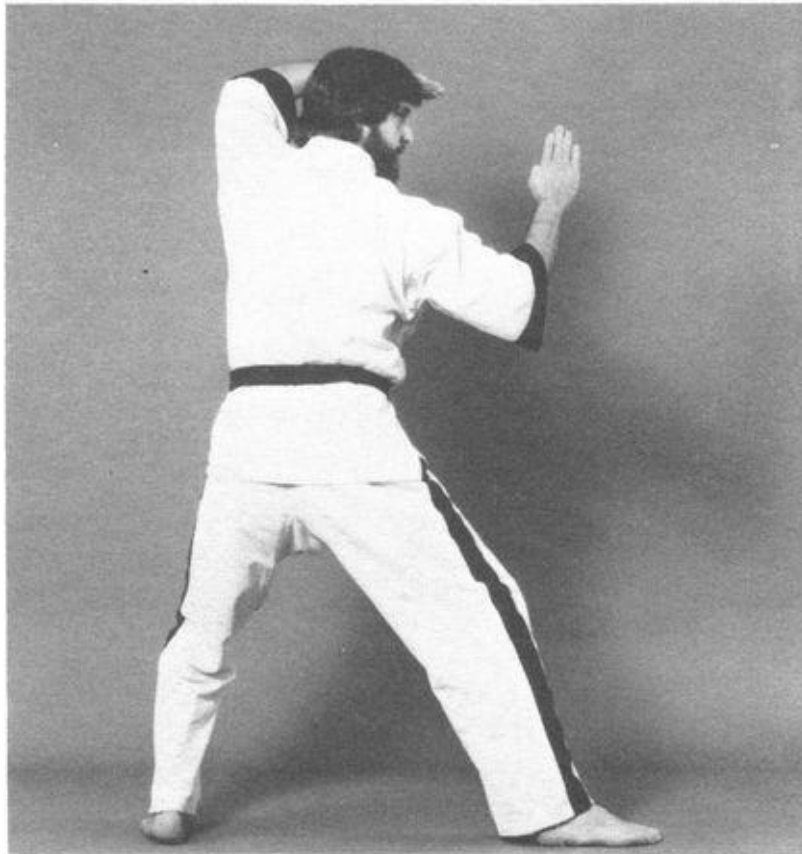
Step back with right foot and out with left foot and execute twin knife-hand block.



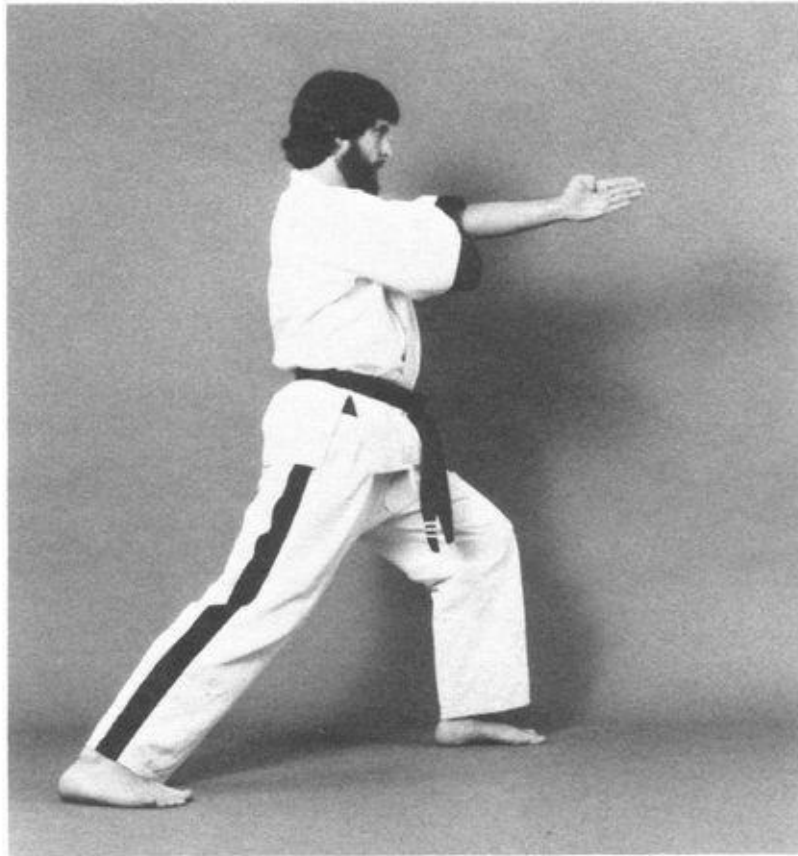
Step and spear thrust.



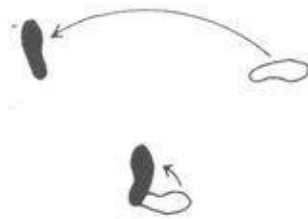
Pivot 180° clockwise, twin knife-hand block.



Step and spear thrust.



Pivot 90° to left, hammerfist block.

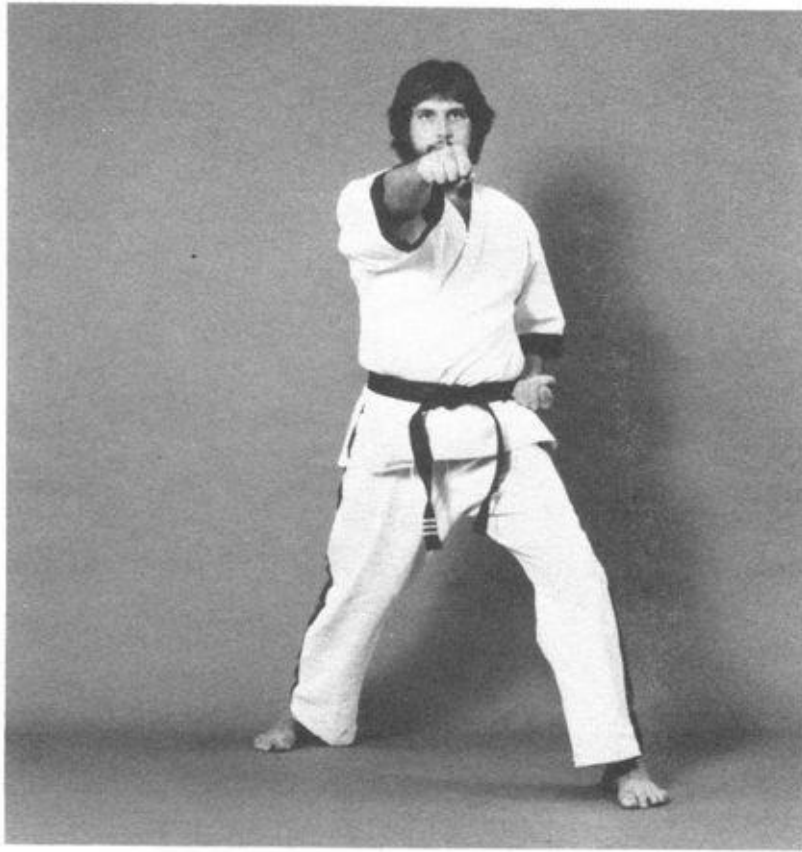


Camera angle has changed 180° for better view.

(Foot diagrams do not change position in order to make them easier to follow.)



Without pause, middle punch.



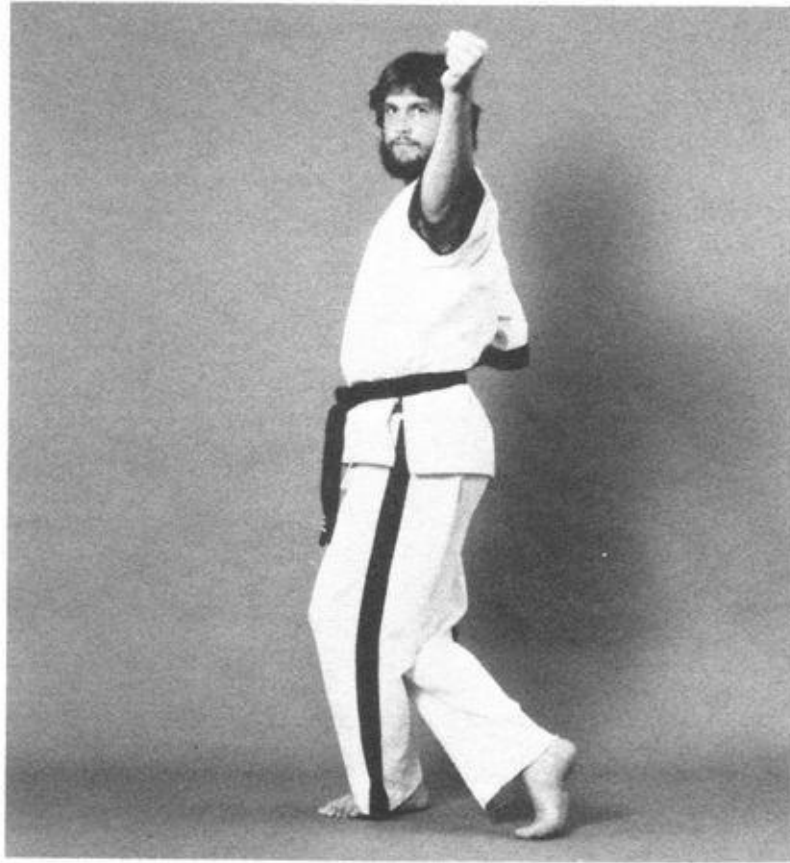
Step, hammerfist block.



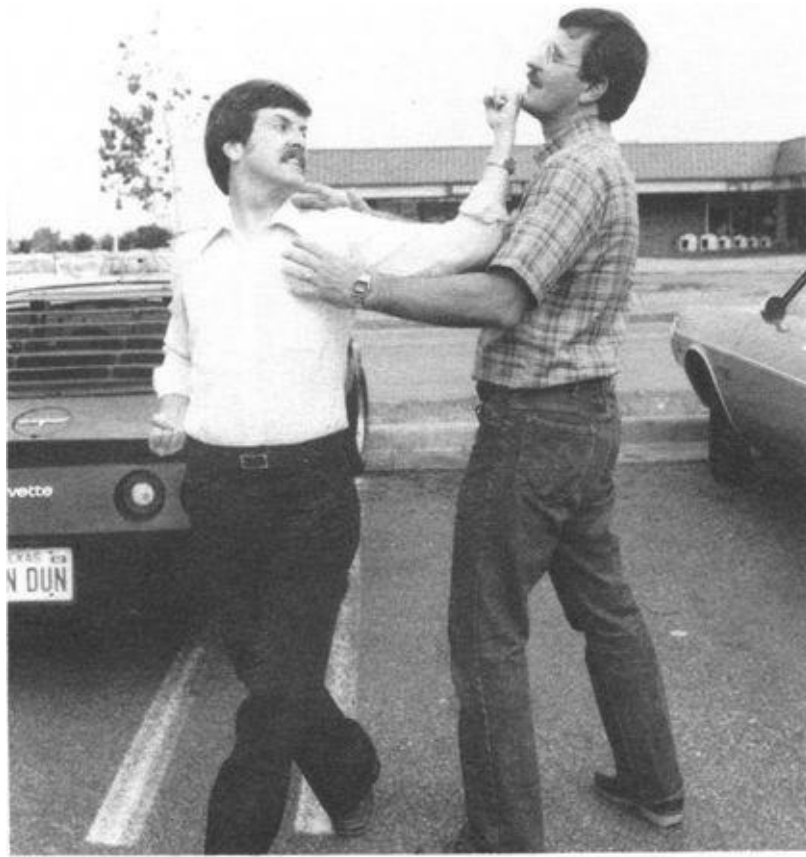
Without pause, middle punch.



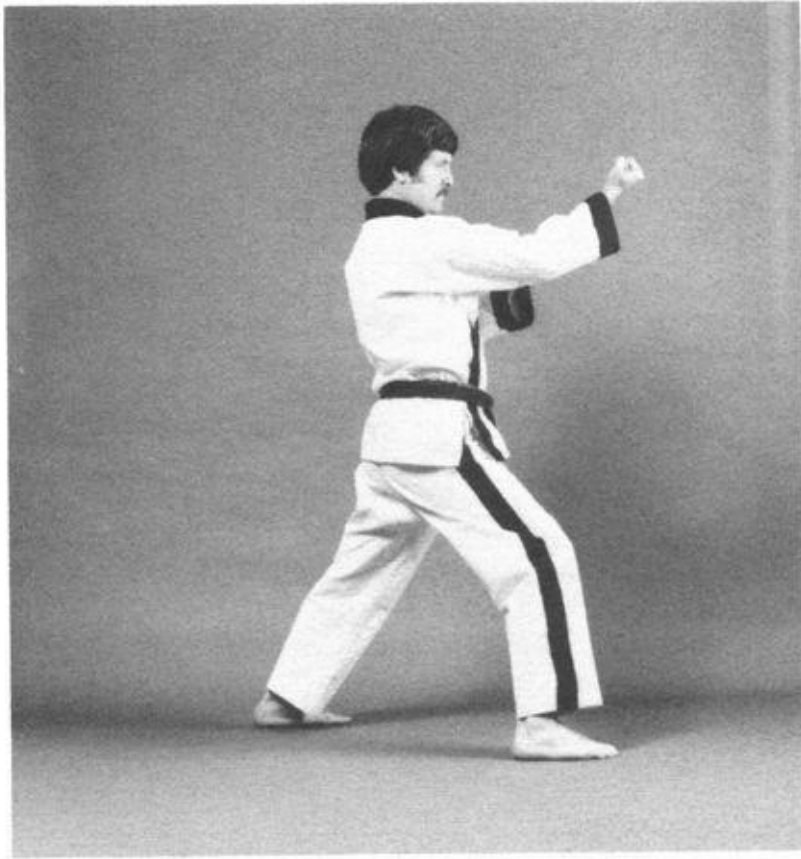
Jump forward, landing in X-stance and execute left backfist, *yell*.



APPLICATION.



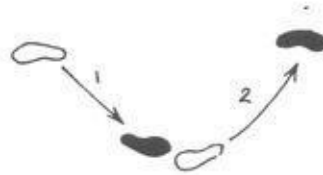
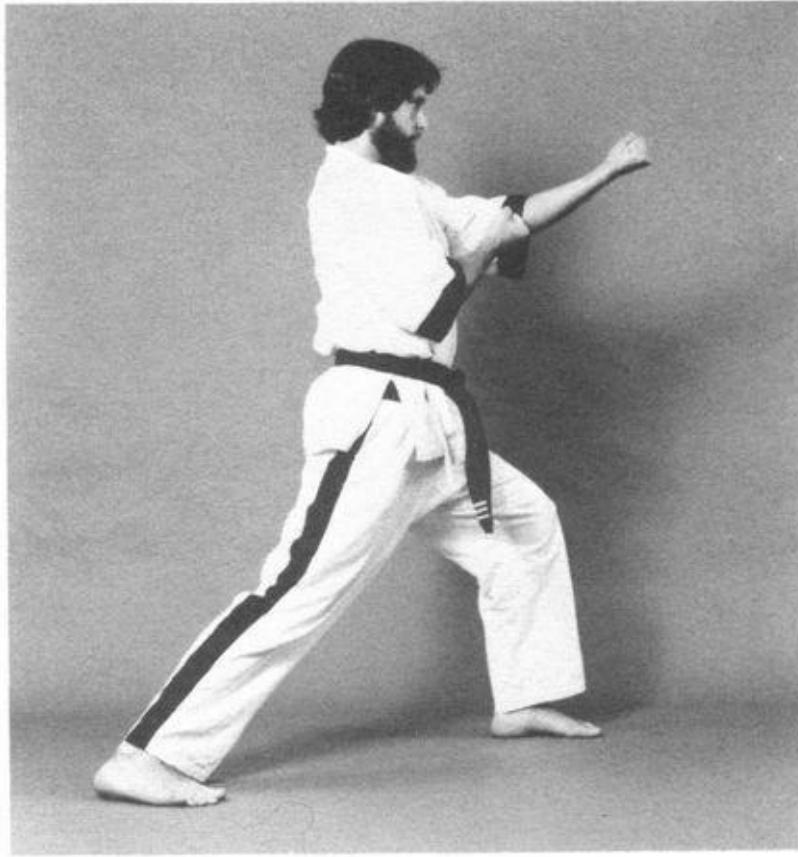
Pivot 270° clockwise twin fist block.



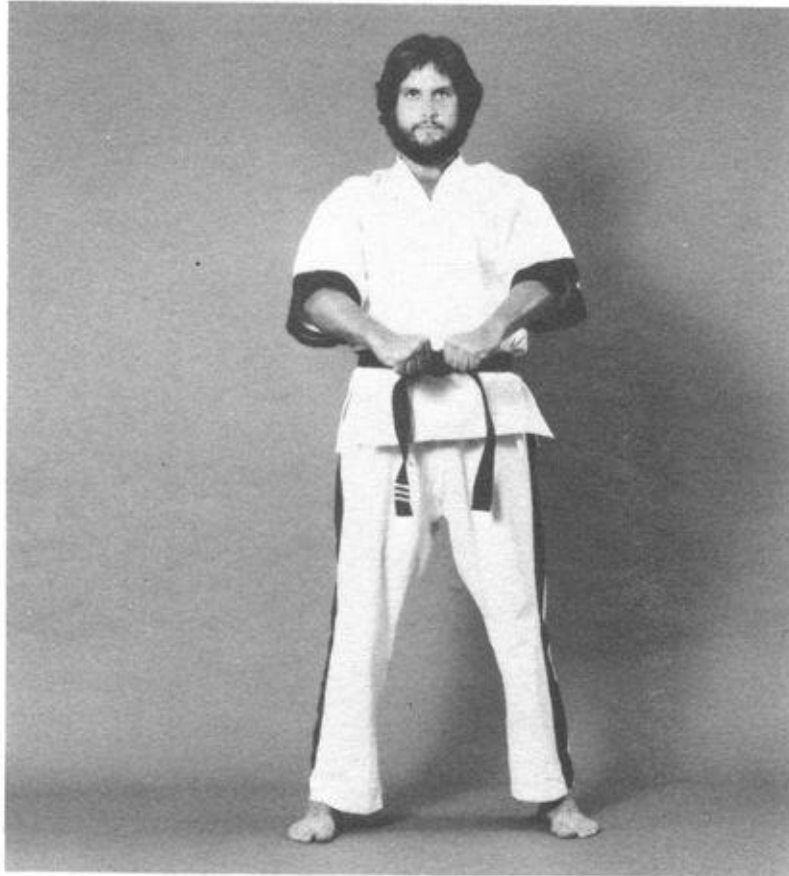
Camera angle has changed back to original position.



Pull right foot to left, pivot to left, twin fist block and yell.



Ready stance.

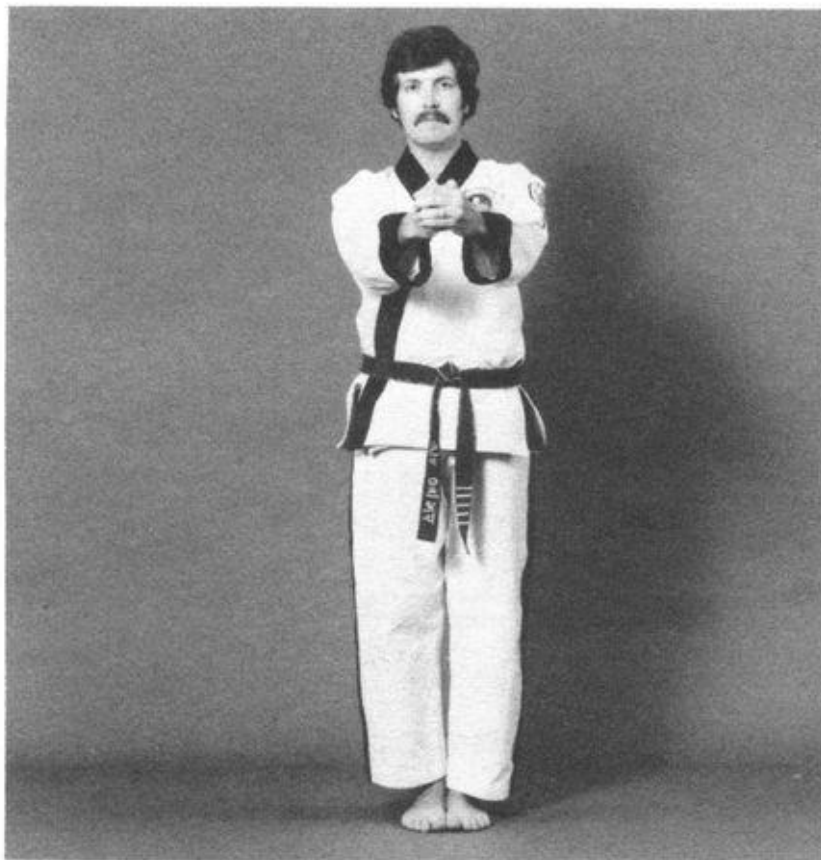


**Self-consciousness hinders proper execution.
Let your mind go and *flow*.**

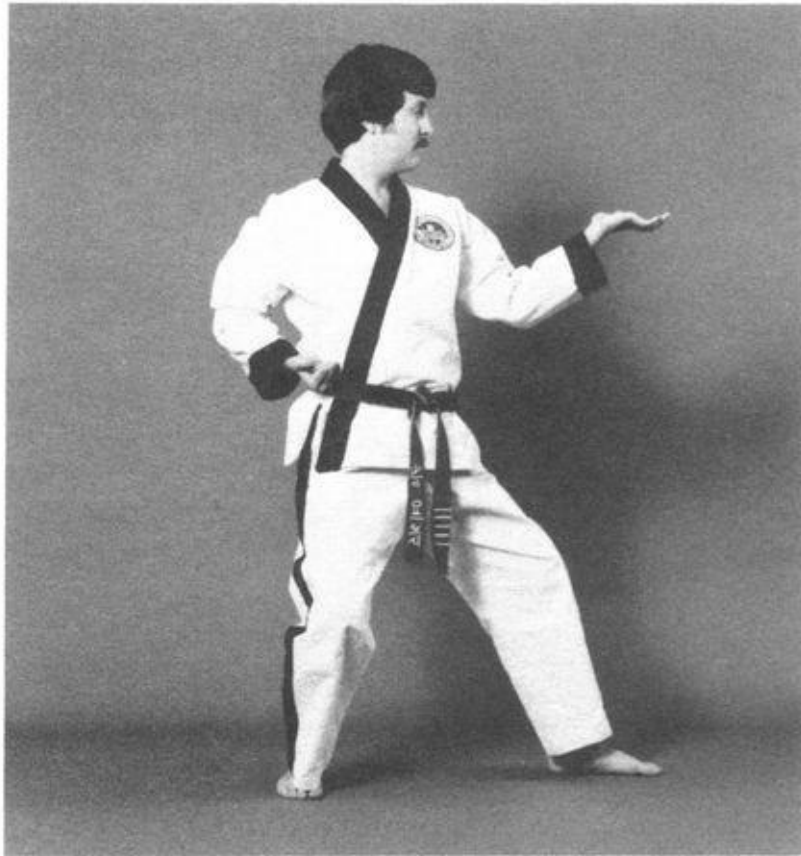
CHUNG-GWEN

Named after the patriot, An Chung Gwen. The 32 steps represent the age at which he was martyred in prison in 1910.

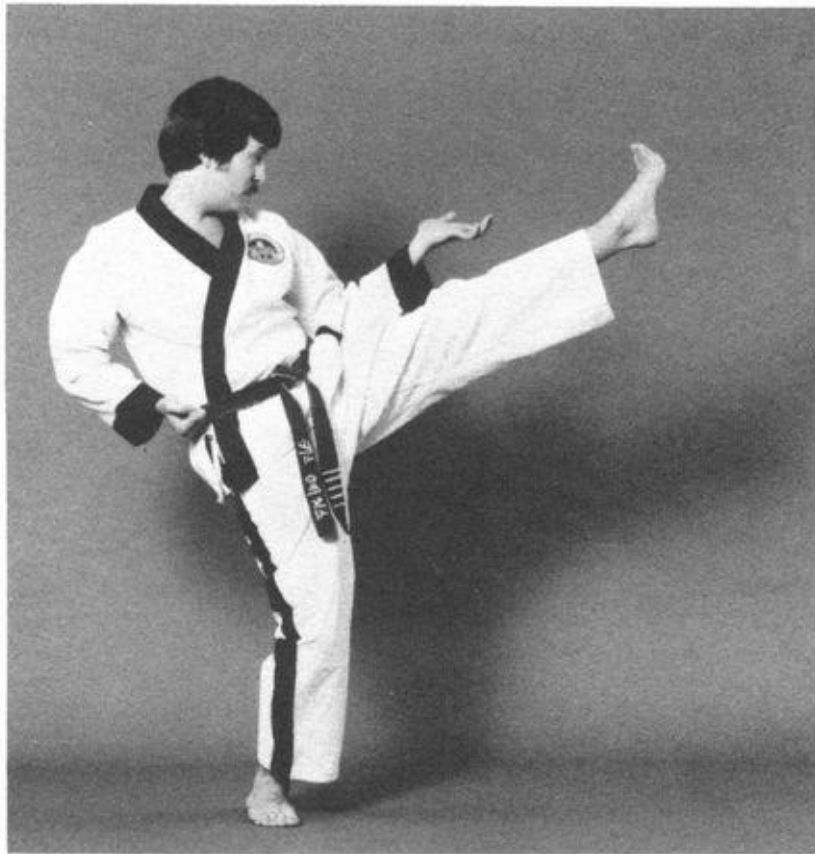
Ready stance.



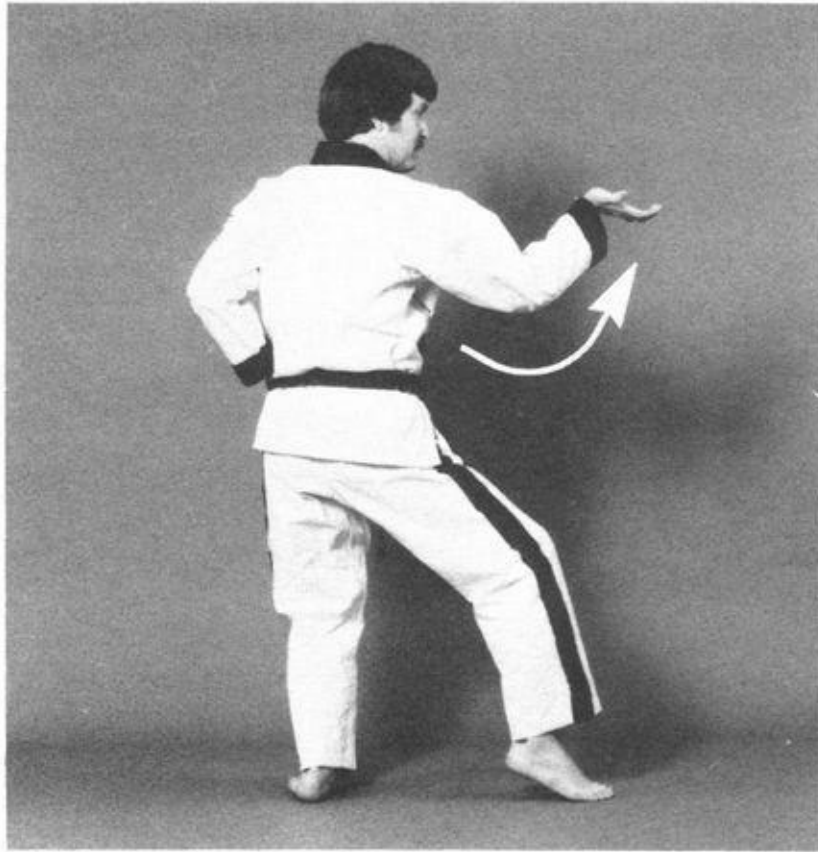
Step to left and execute left outside reverse knife-hand block.



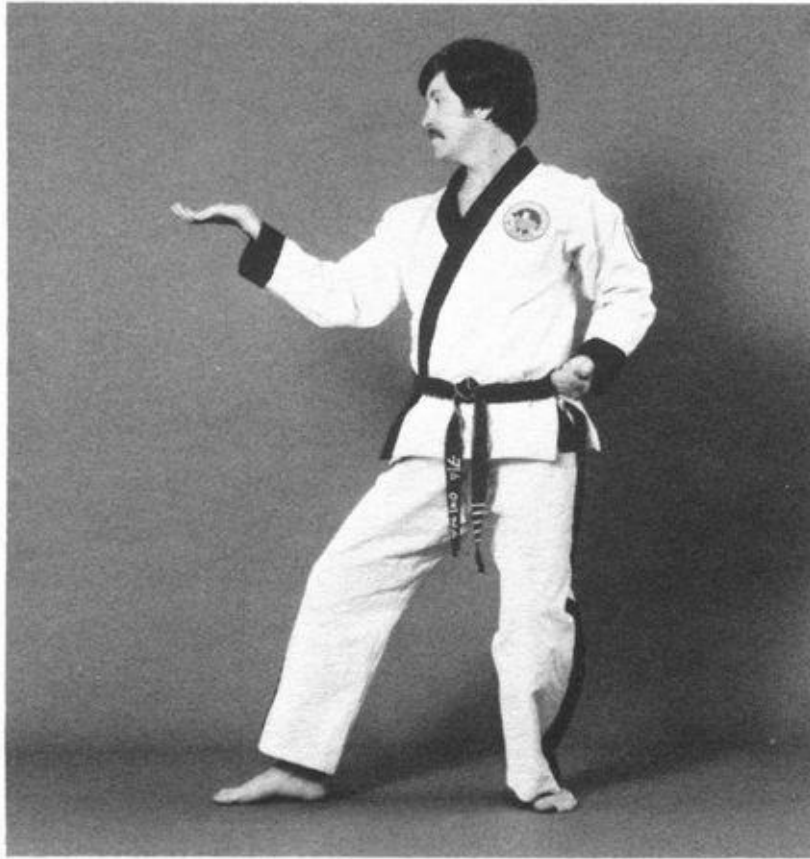
Front leg front kick.



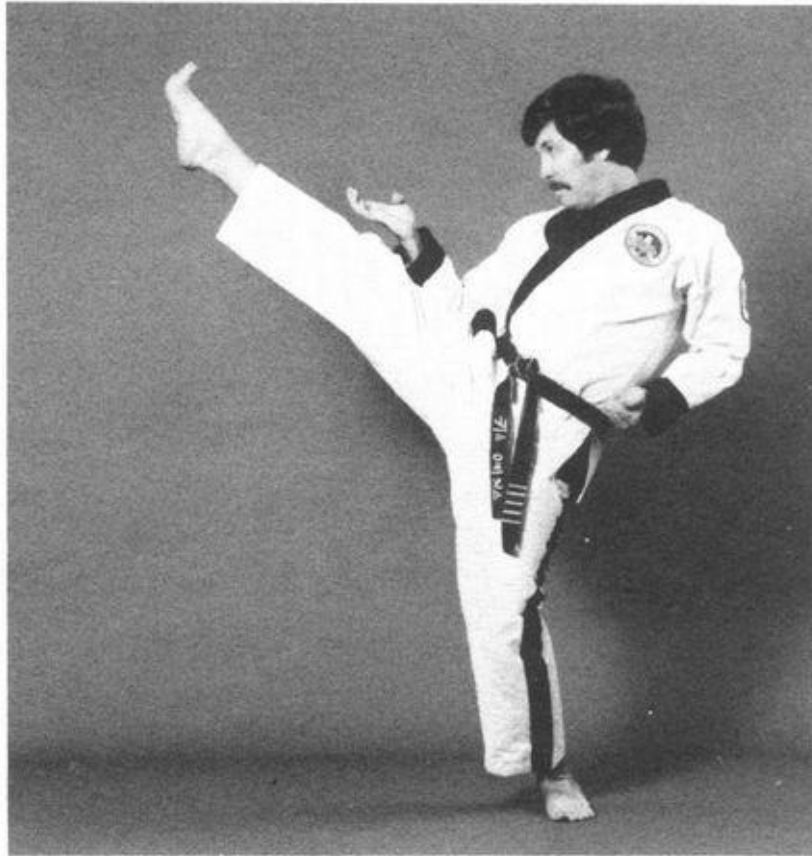
Step and rising palm heel strike in cat stance (heel up on front foot).



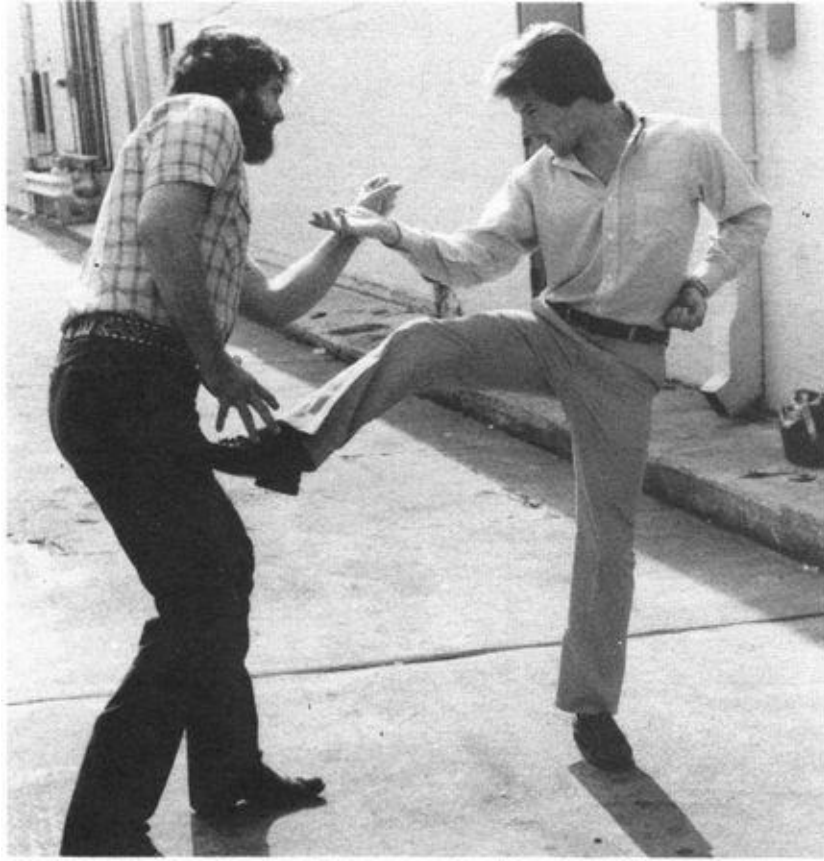
Pivot 180°, reverse knife-hand block with right.



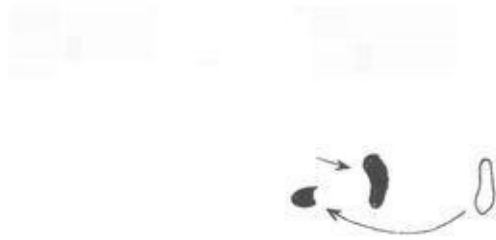
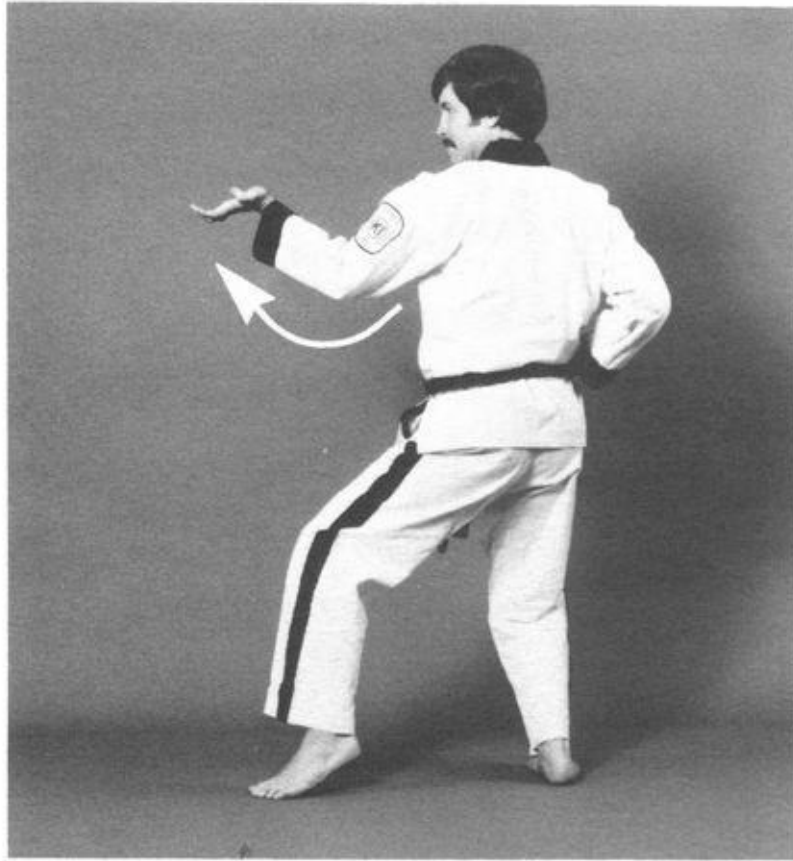
Front leg front kick.



APPLICATION.



Step and palm heel strike.



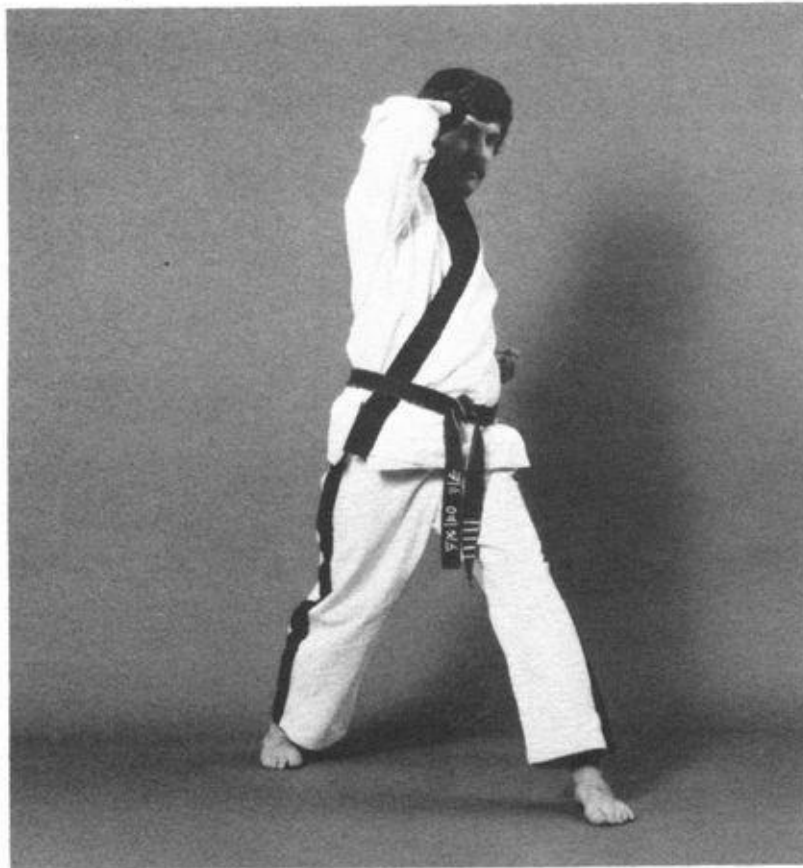
APPLICATION - Strike as opponent bends over from kick.



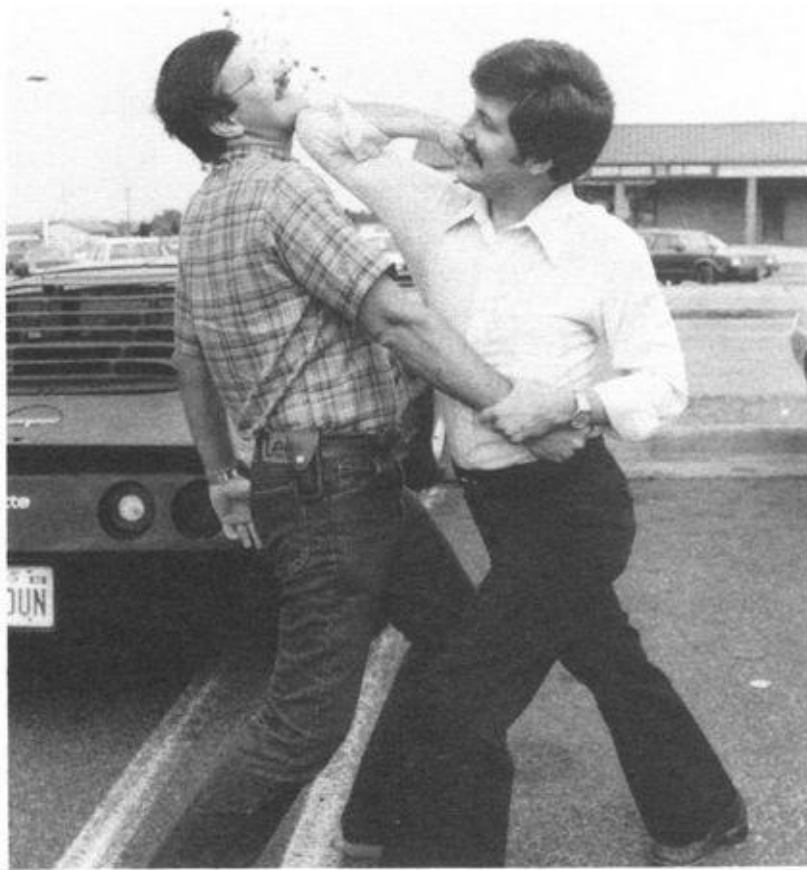
Pivot 90° to left, sudo.



Shift into front stance, right elbow.



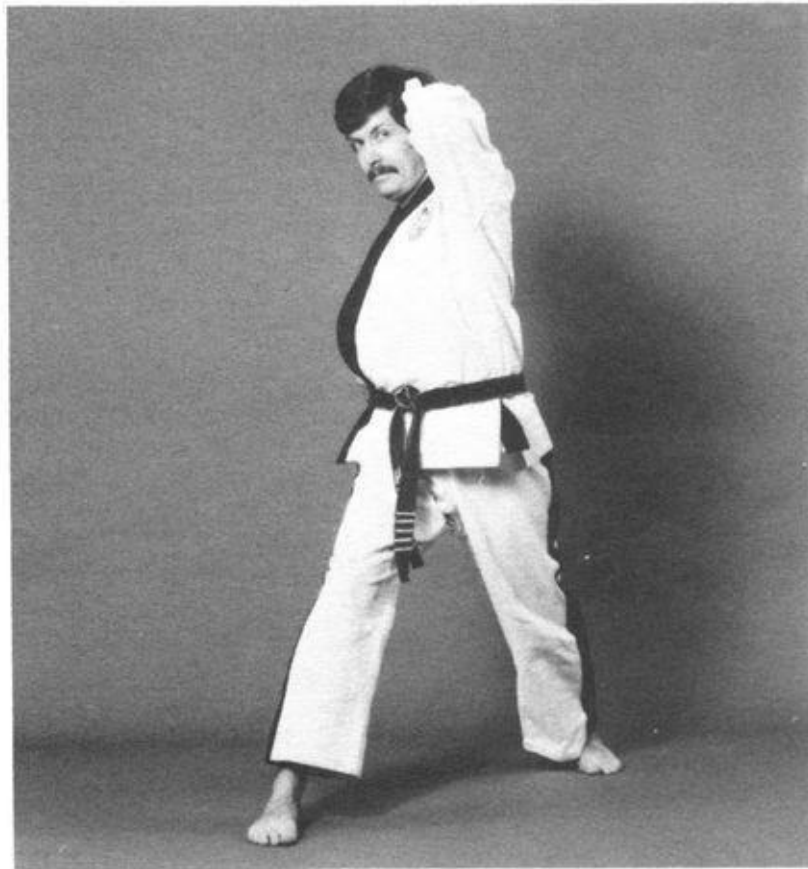
APPLICATION - Pull attacker's hand forward as elbow strikes.



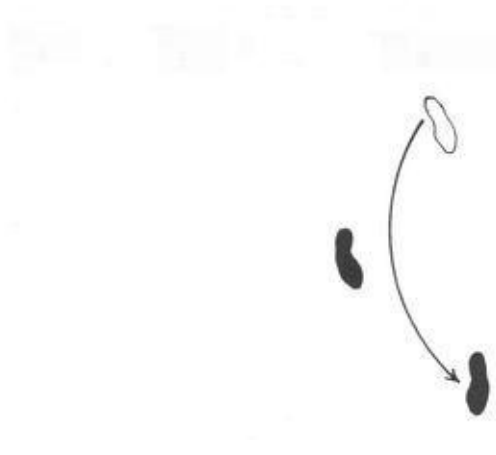
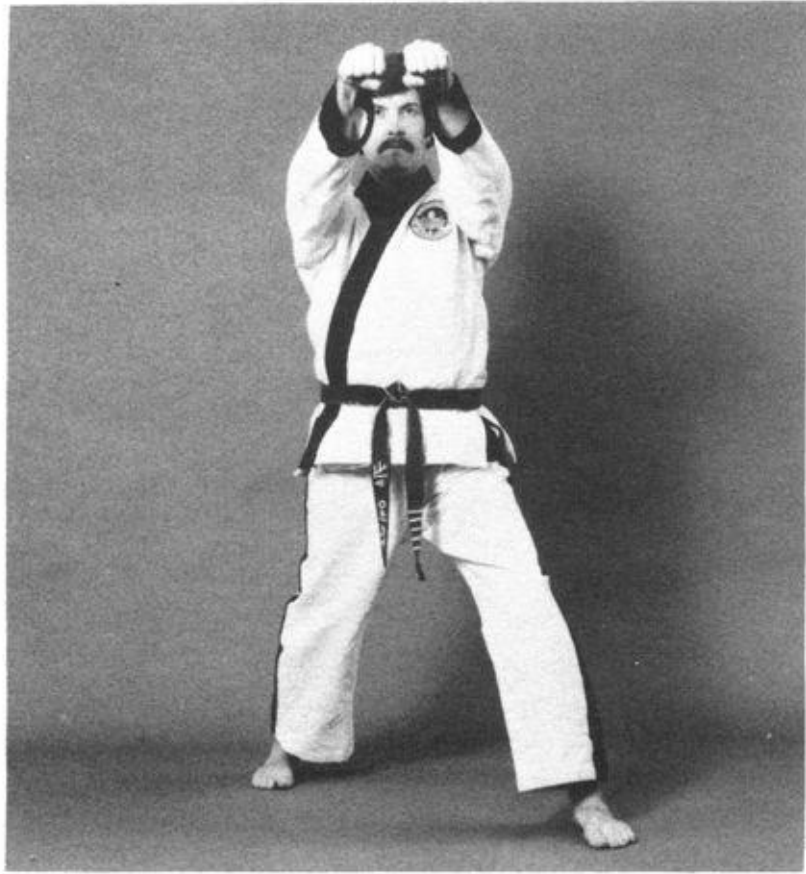
Sudo.



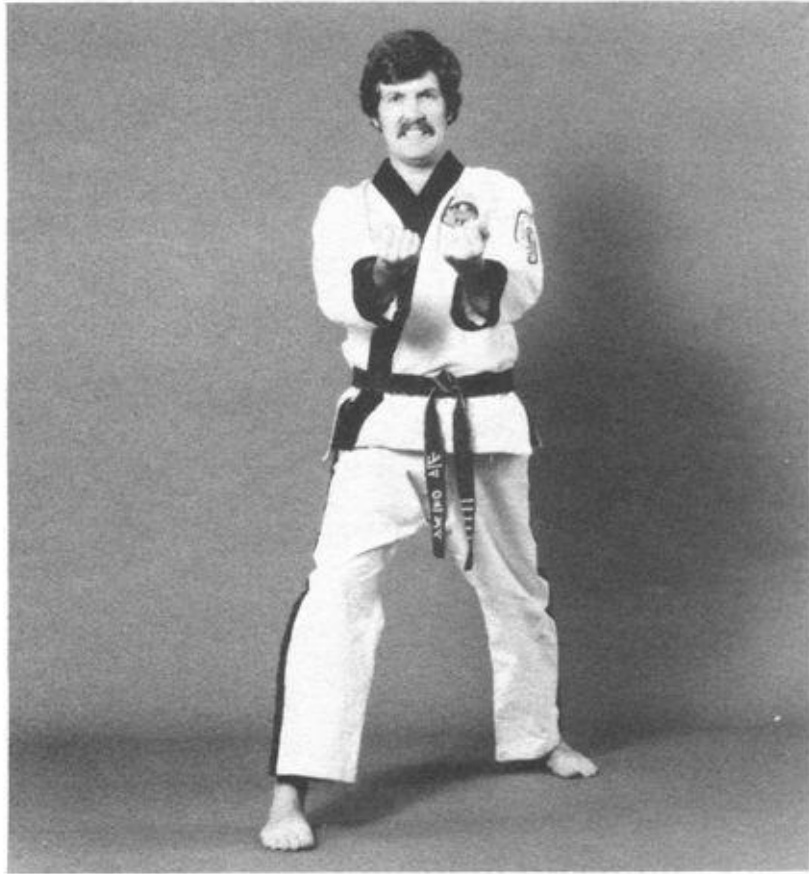
Shift stance, elbow.



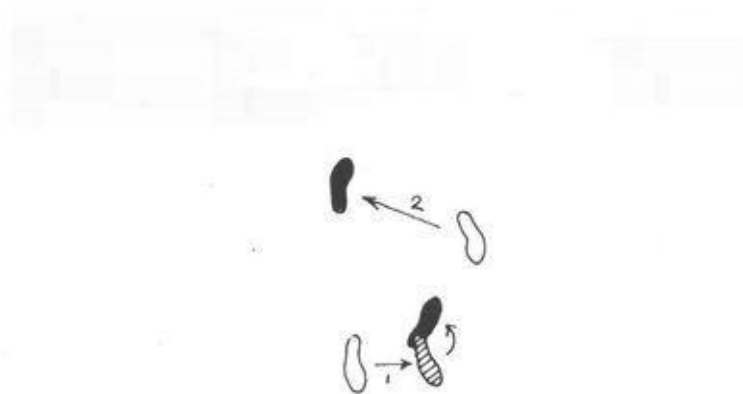
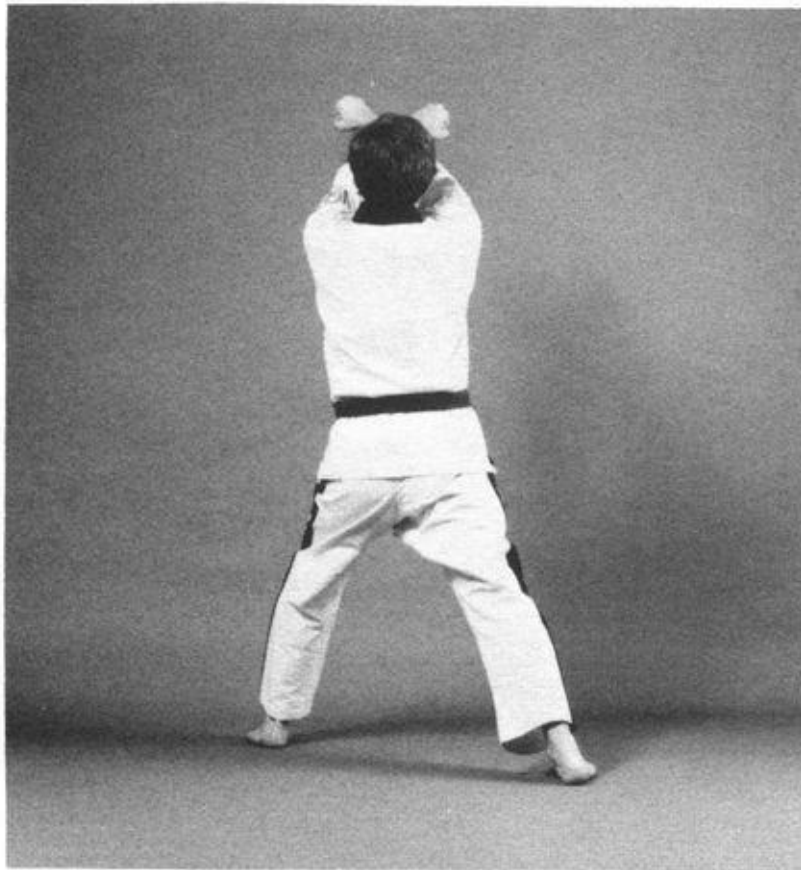
Step and twin high punches.



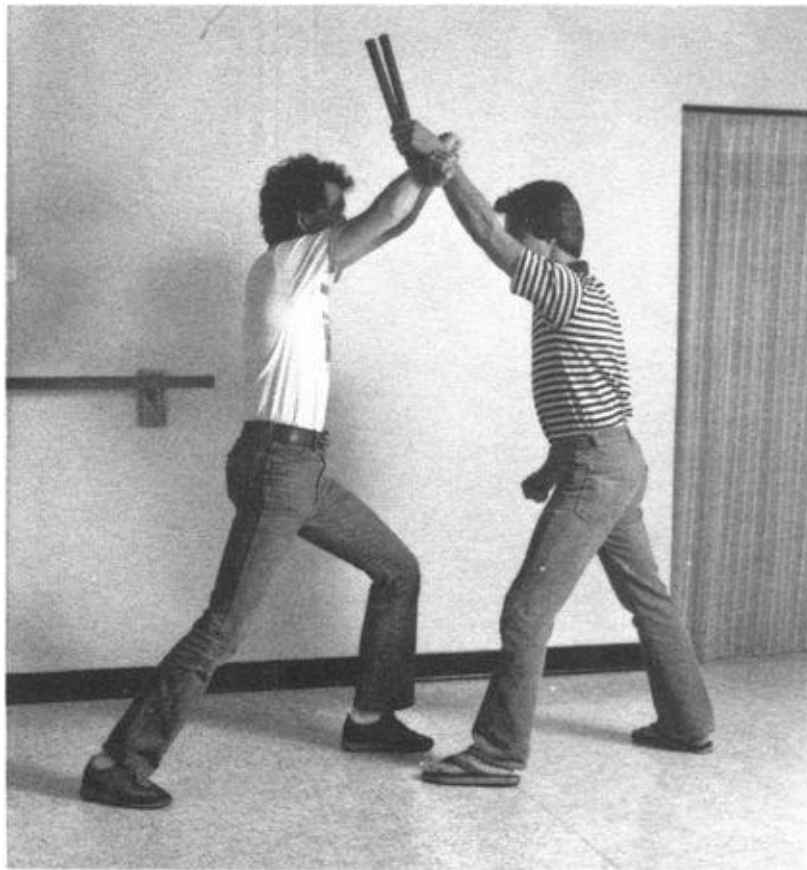
Step and twin upset punches, *yell*.



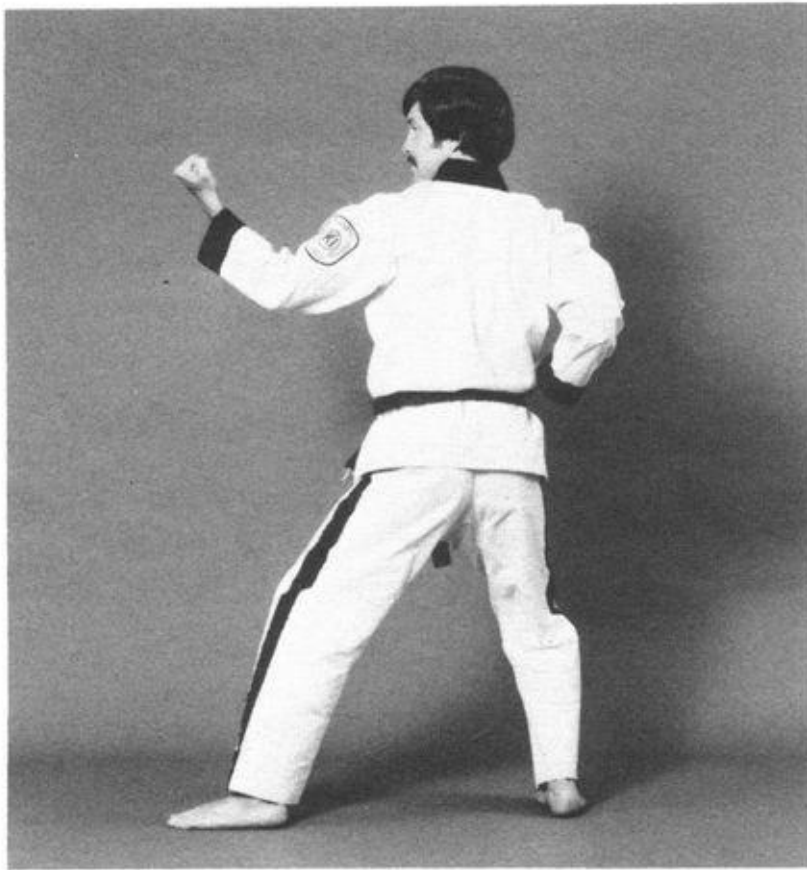
Move right foot to left in stomping motion, pivot and execute closed fist high X-block.



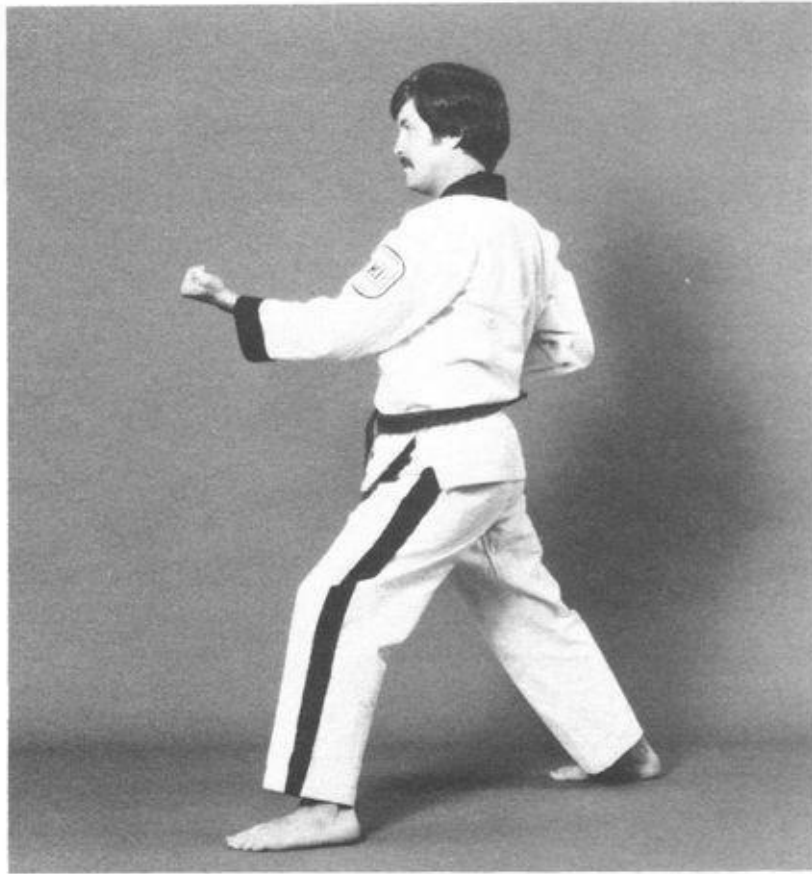
APPLICATION



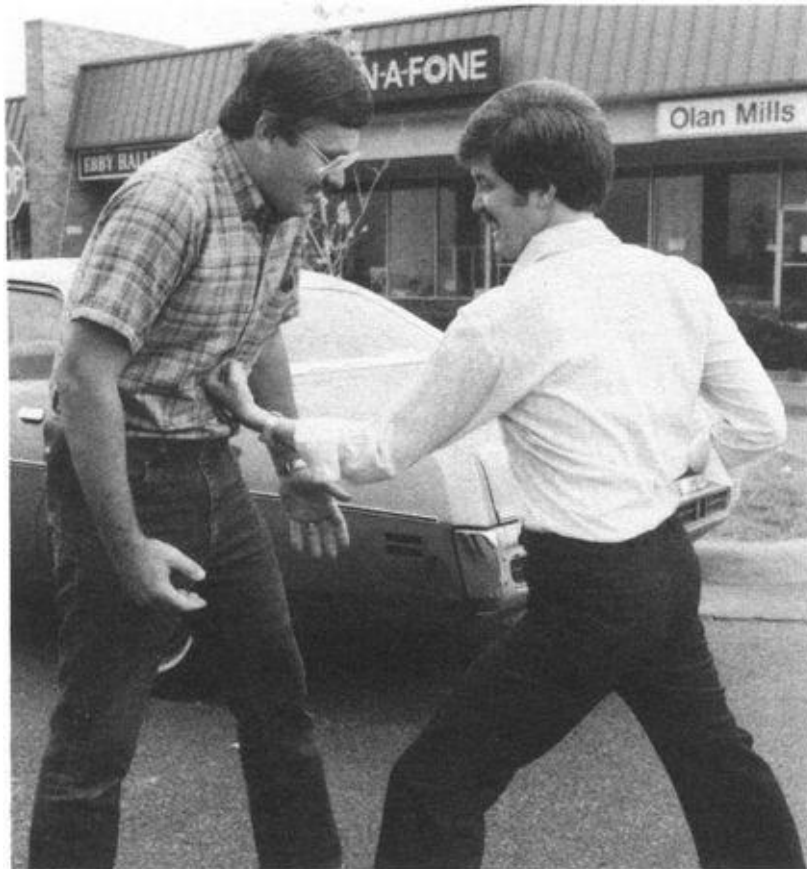
Pivot 90° to left, outside block.



Shift into front stance, left upset punch.



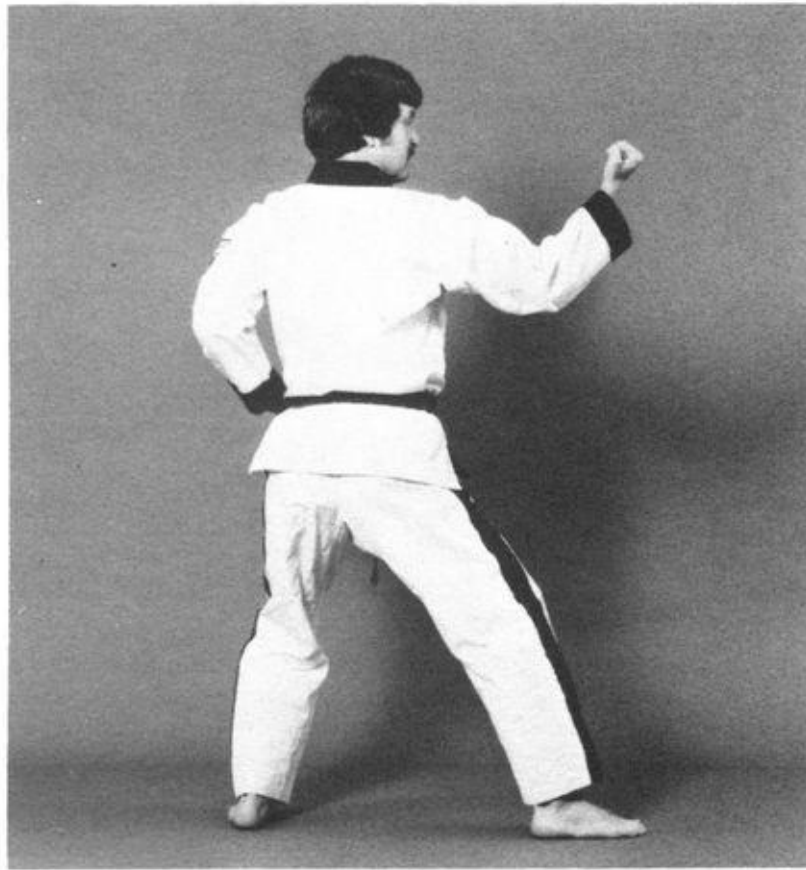
APPL/CATION.



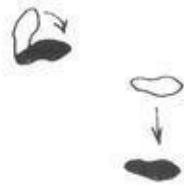
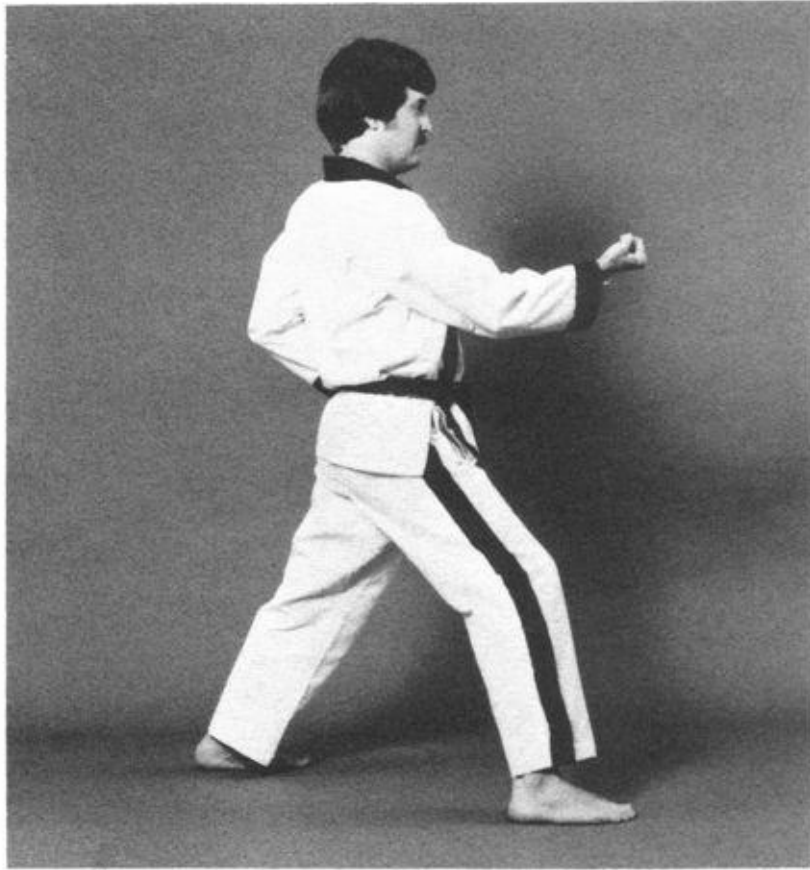
High punch.



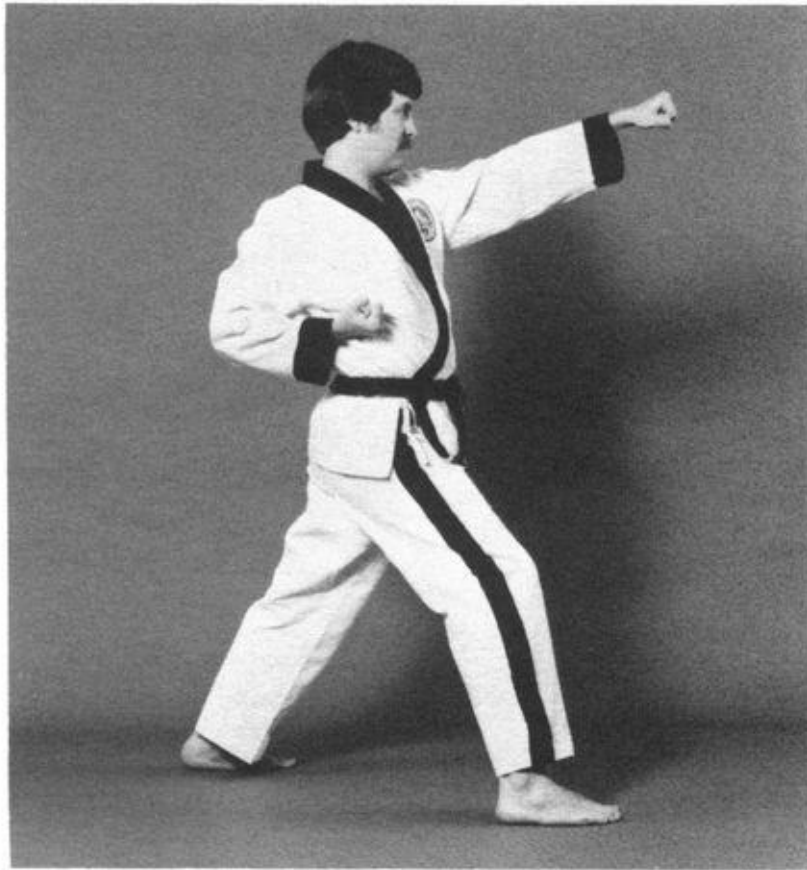
Left foot to right, step out, outside block.



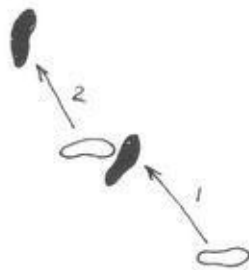
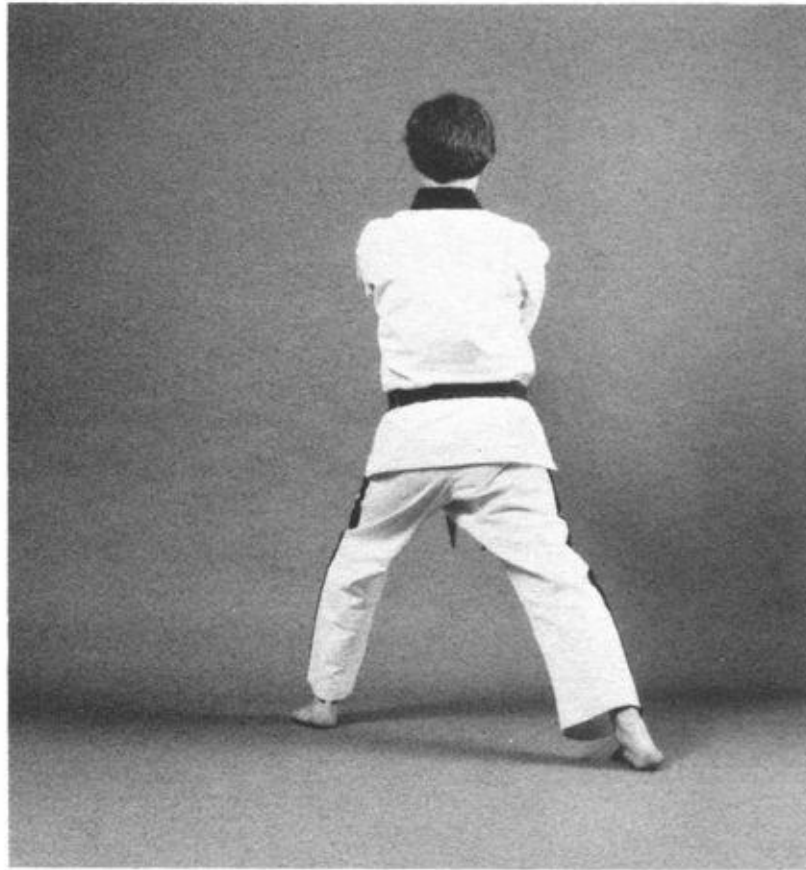
Shift into front stance, upset punch.



High punch.



Right foot to left, step out to left and double forearm block.



Camera angle changes 180° for better view.

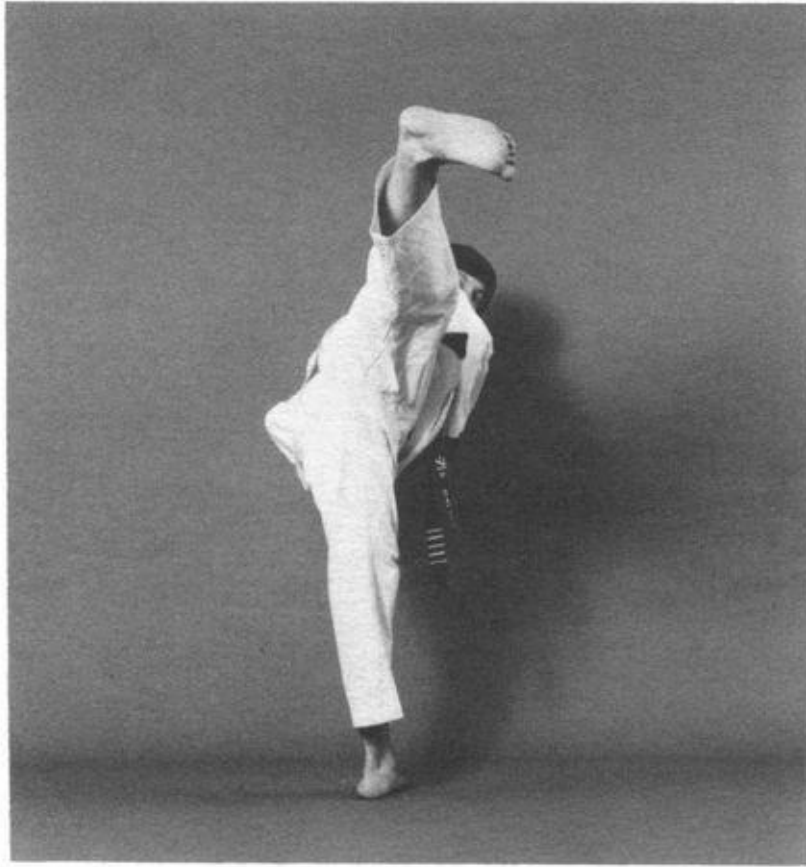
(Foot diagrams do not change position in order to make them easier to follow.)



Slide into straddle stance and middle punch.



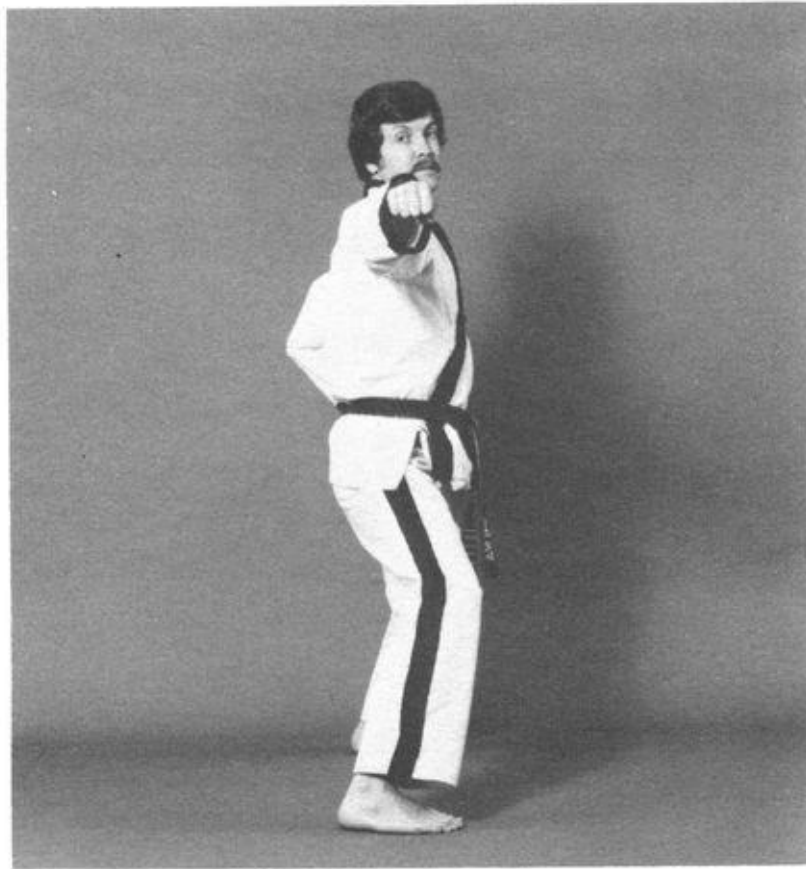
Pivot into side kick keeping hands on rear hip.



Set down into front stance and twin fist block.



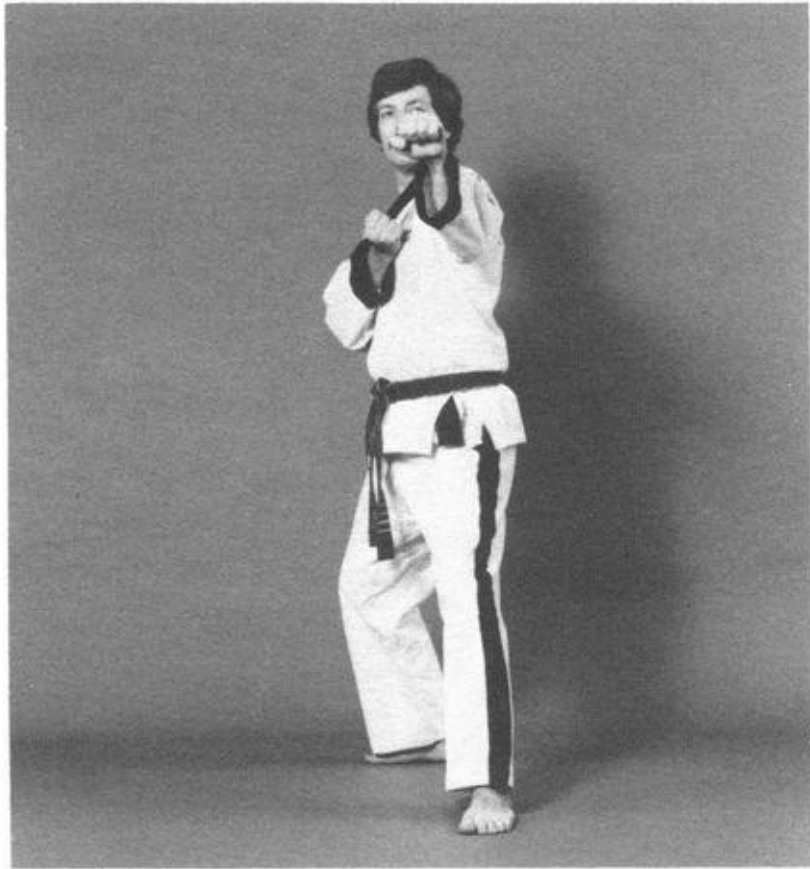
Slide into straddle stance and middle punch.



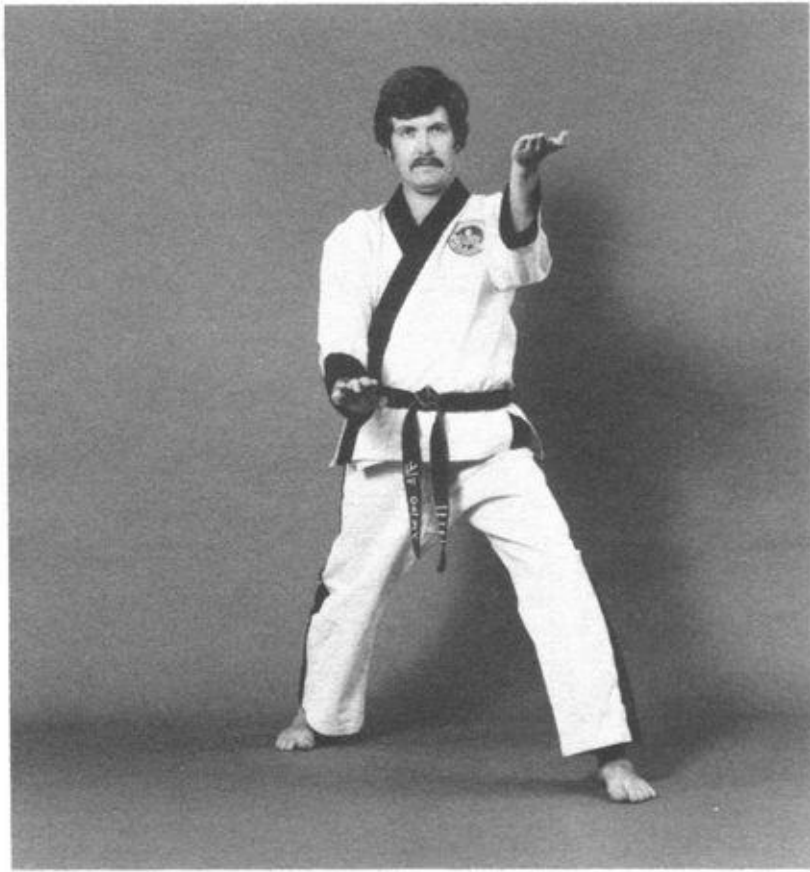
Side kick with guarding back fist.



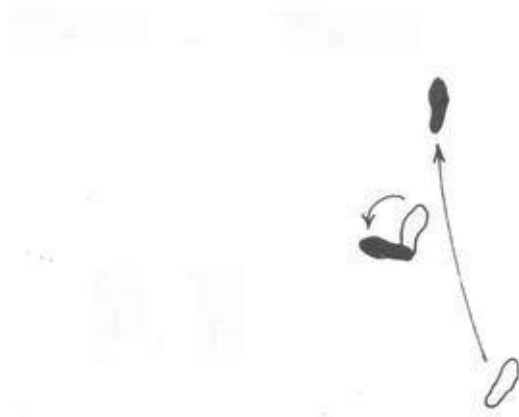
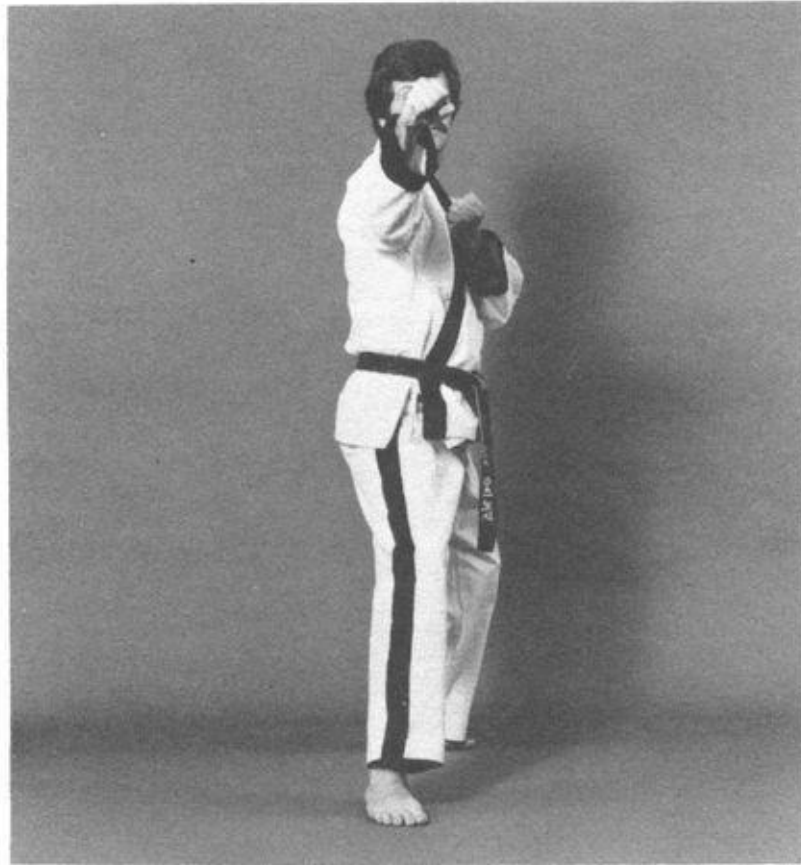
Set down into back stance and twin fist block.



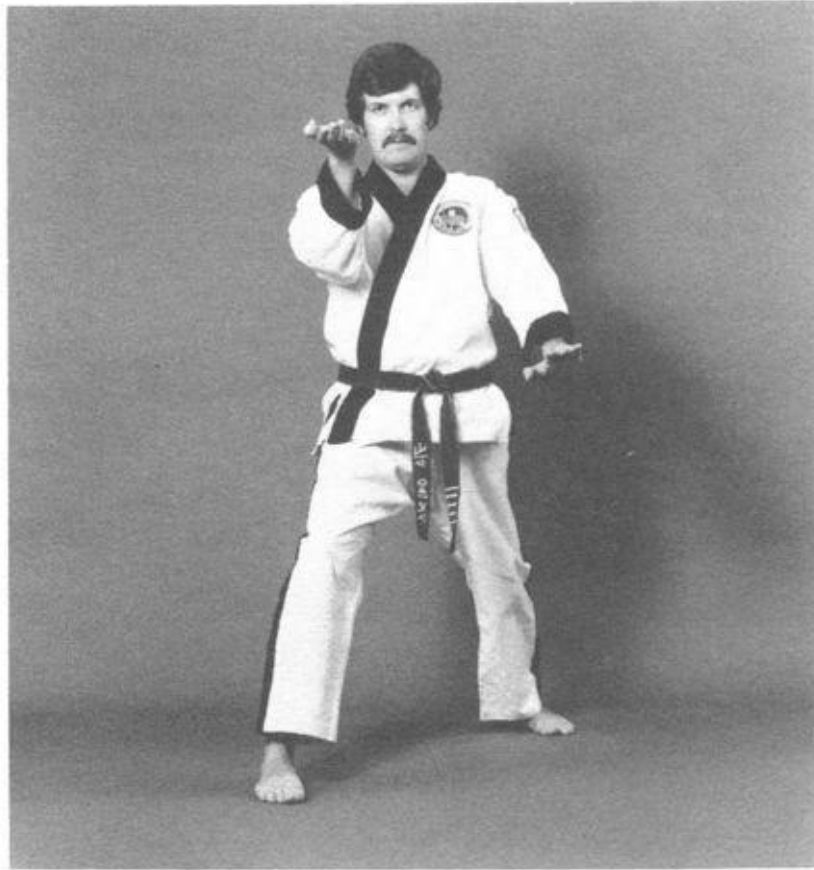
Shift into front stance and execute pressing palm blocks.



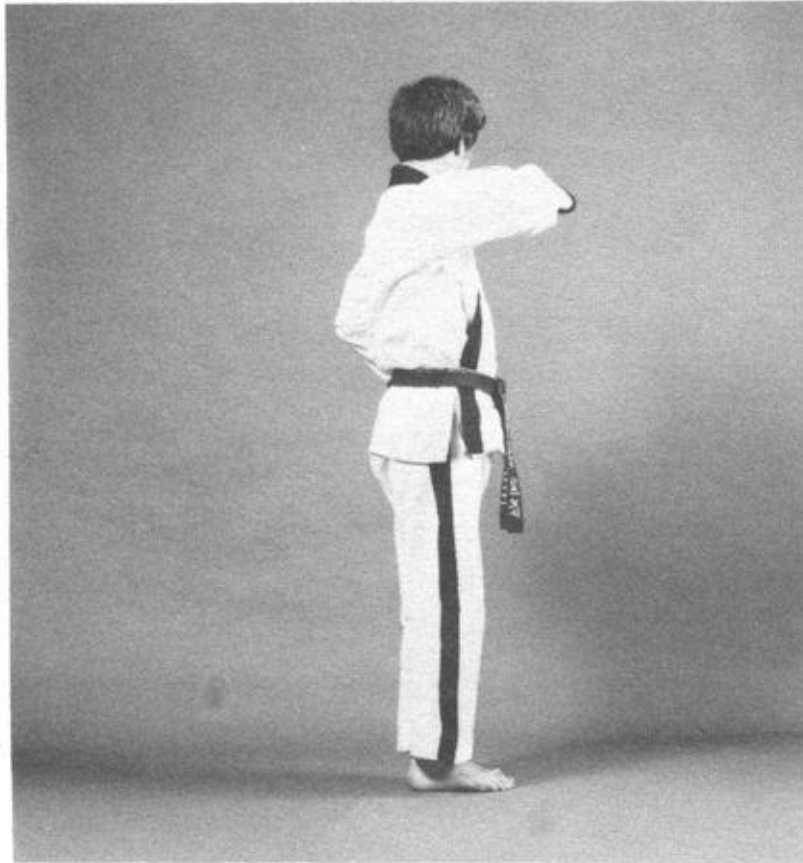
Step and forearm block.



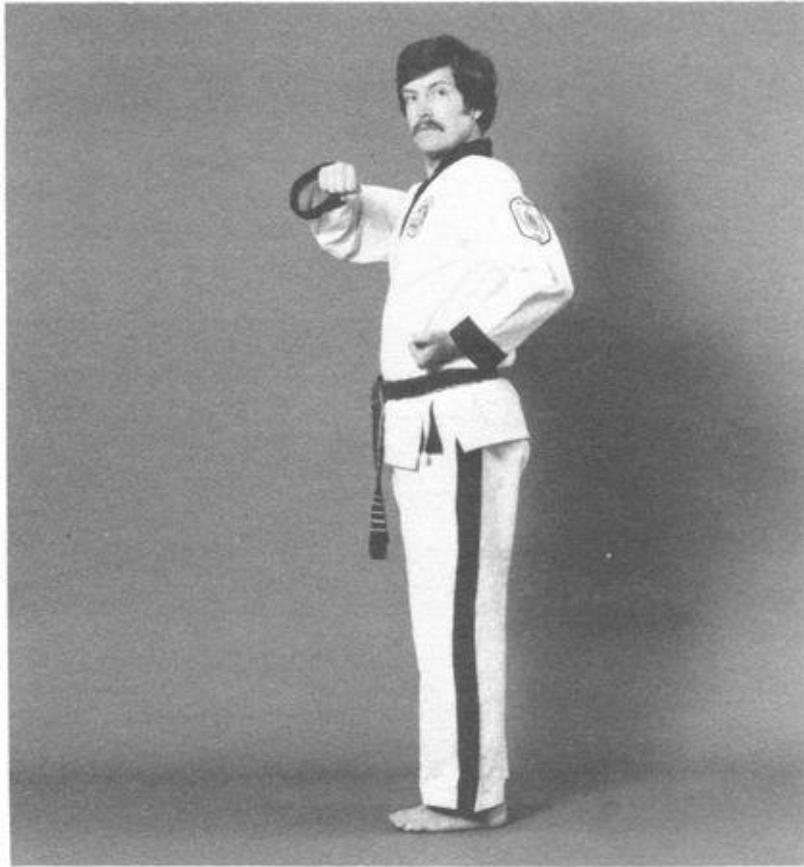
Shift into front stance and palm blocks.



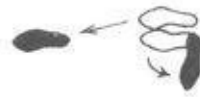
Step forward, execute right horizontal punch back to left.



Camera angle has changed back to original position.



Step out and double open hand block.



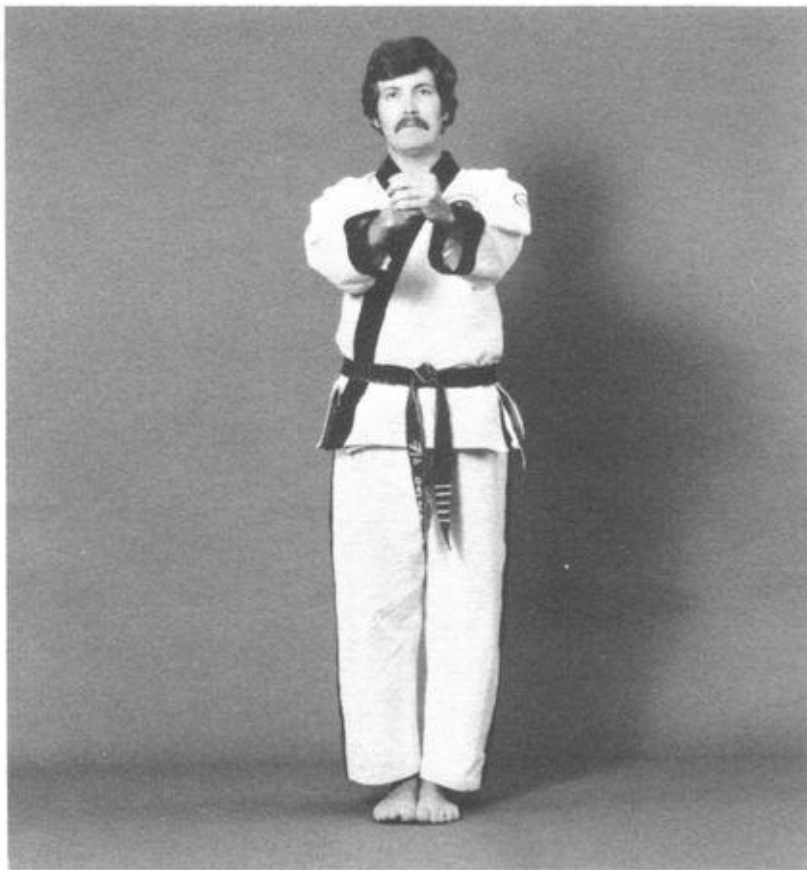
APPLICATION - Stick block.



Right foot to left, step out and double open hand block, *yell*.



Ready stance.

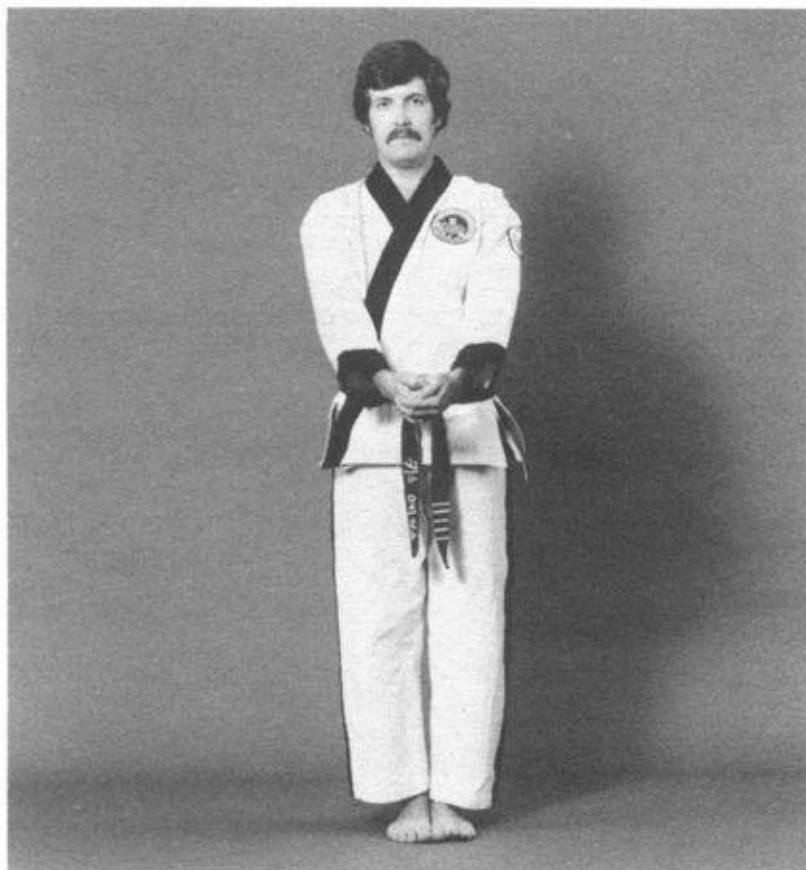




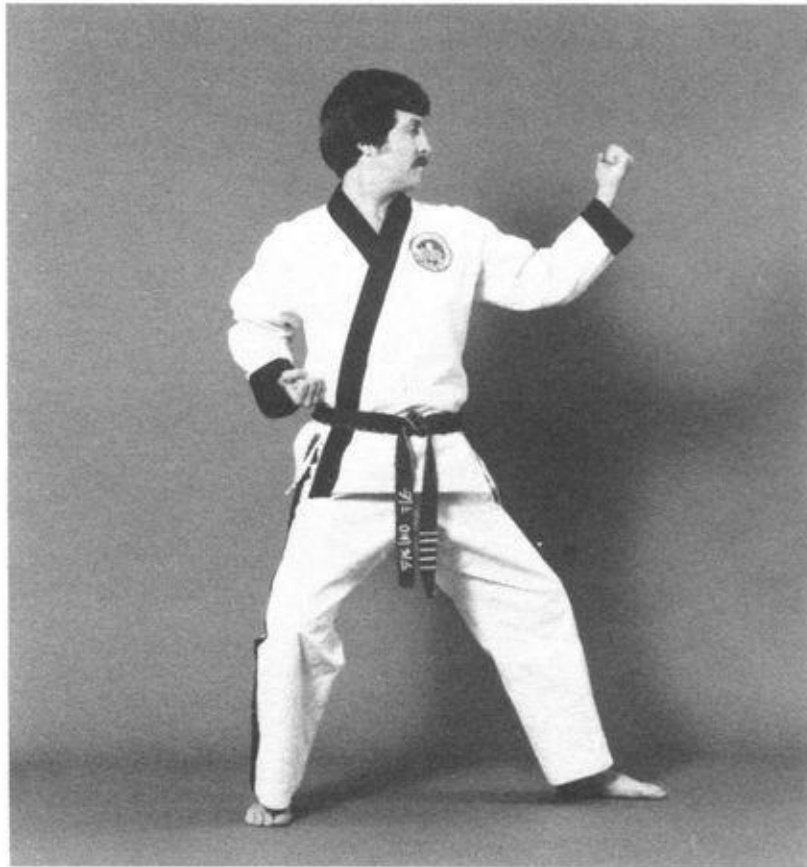
TI-GYE

The pen name of the noted scholar, Yi Hwang, an authority on neo-Confucianism. The 37 steps of this form refer to his birthplace on the 37th degree latitude.

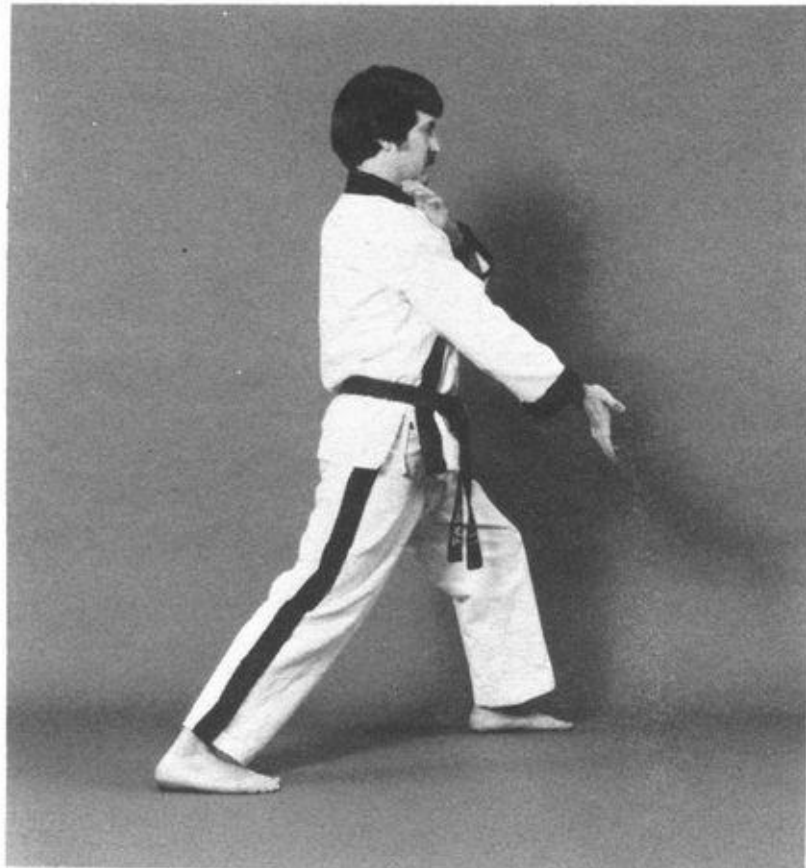
Ready stance.



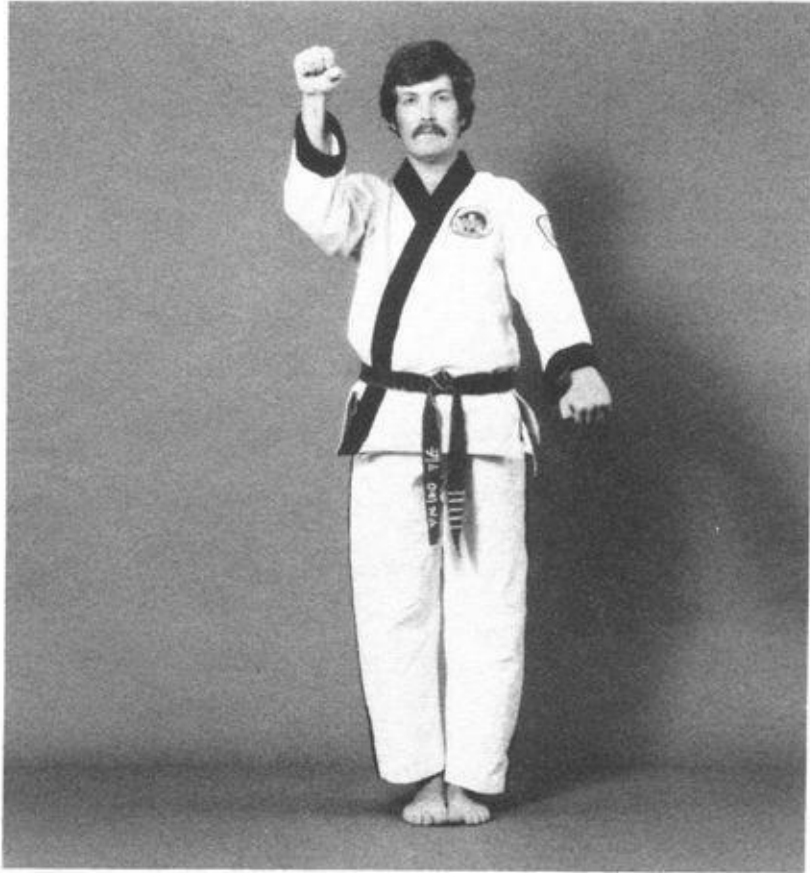
Step to left and execute left outside block.



Shift to front stance and open hand groin strike.



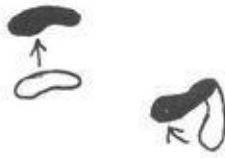
Bring left foot back executing high/low forearm blocks.



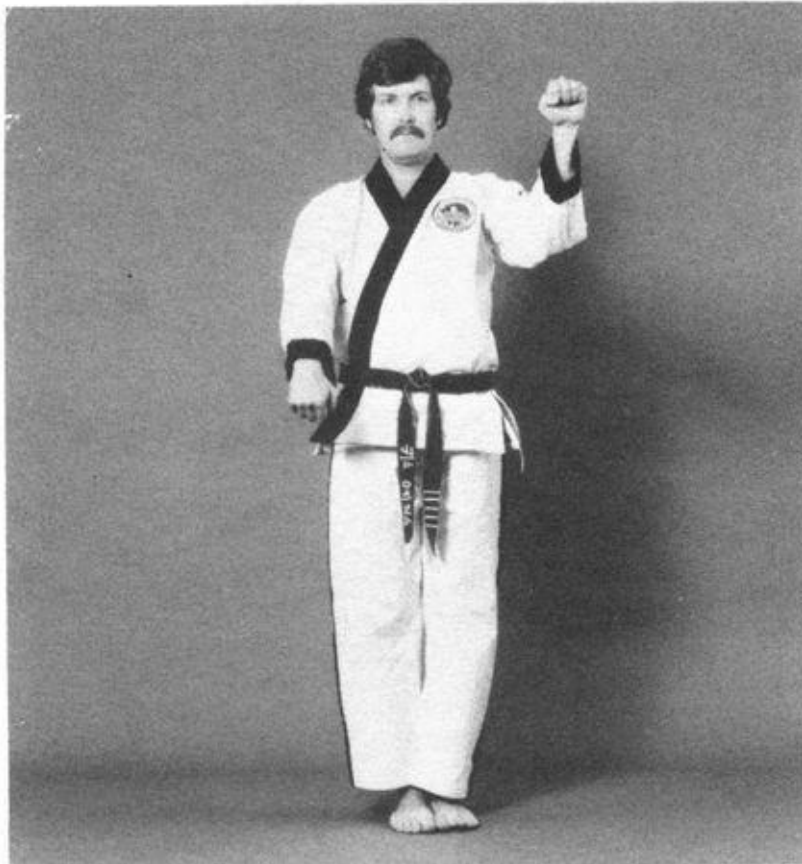
Pivot to right, outside block.



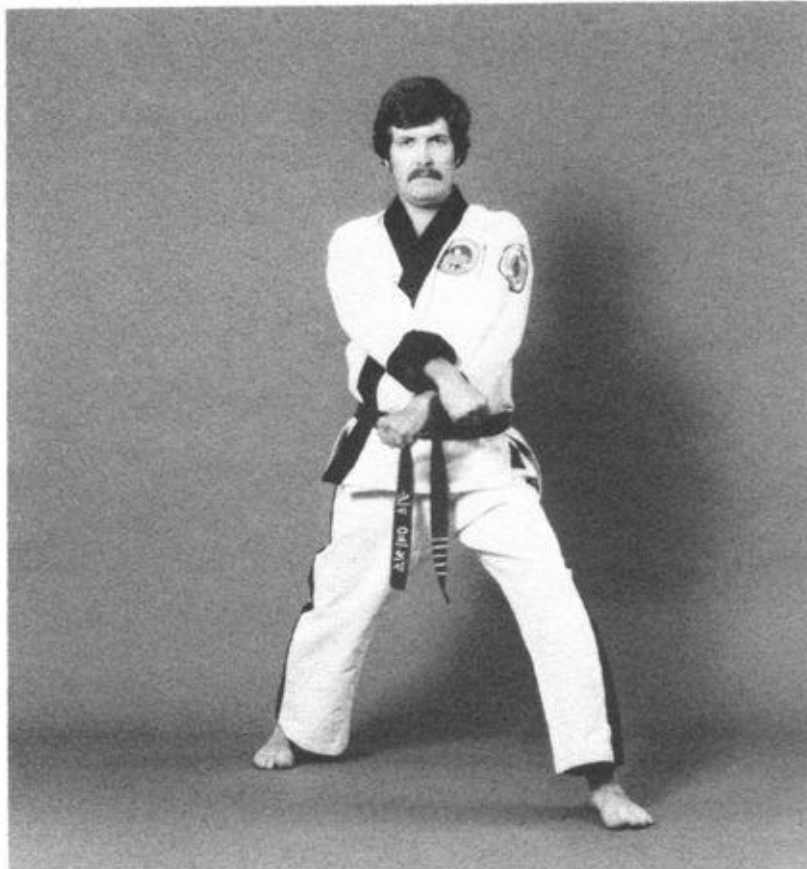
Shift to front stance, groin strike.



Pull back, high/low blocks.



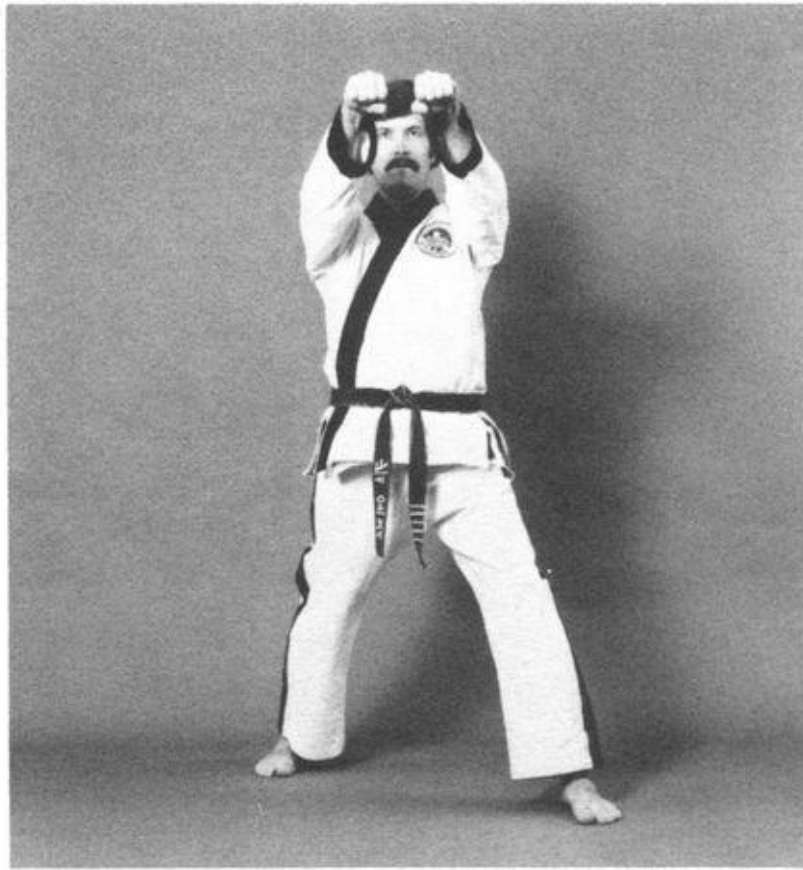
Step, low X-block.



APPLICATION - Blocking kick.



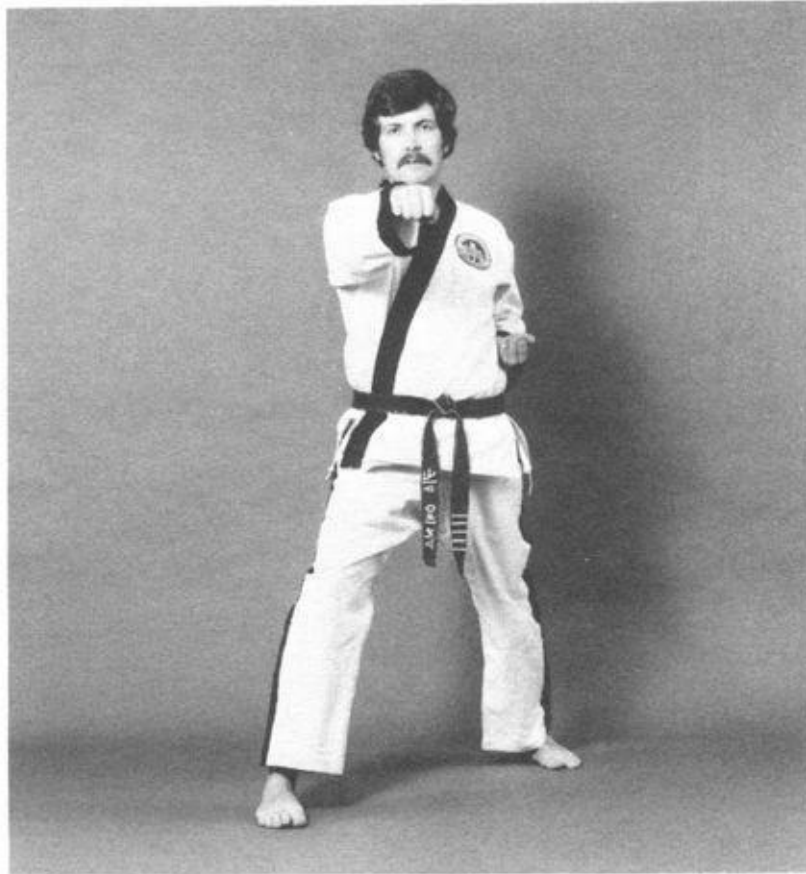
Twin punch high.



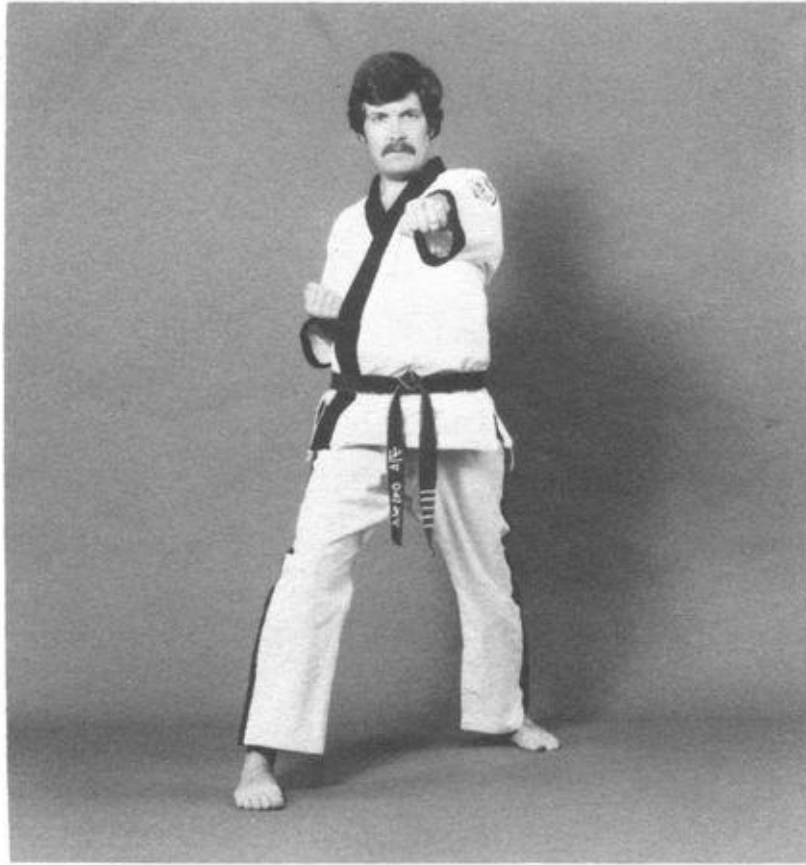
Front kick.



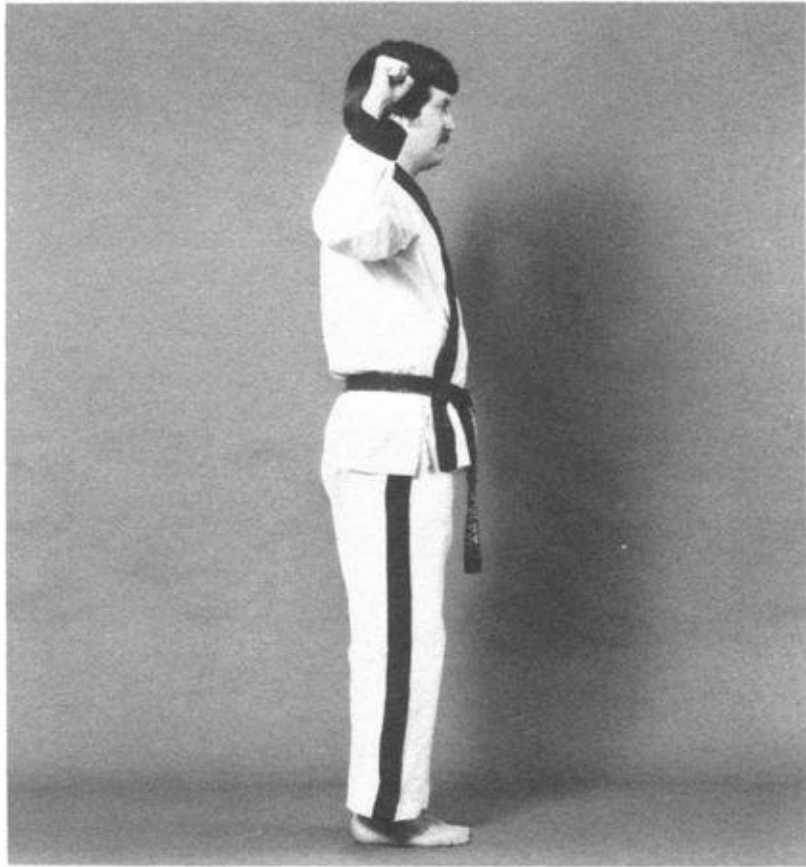
Middle punch.



Without pause, middle punch.



Bring left foot to right, raise hands to sides of head.

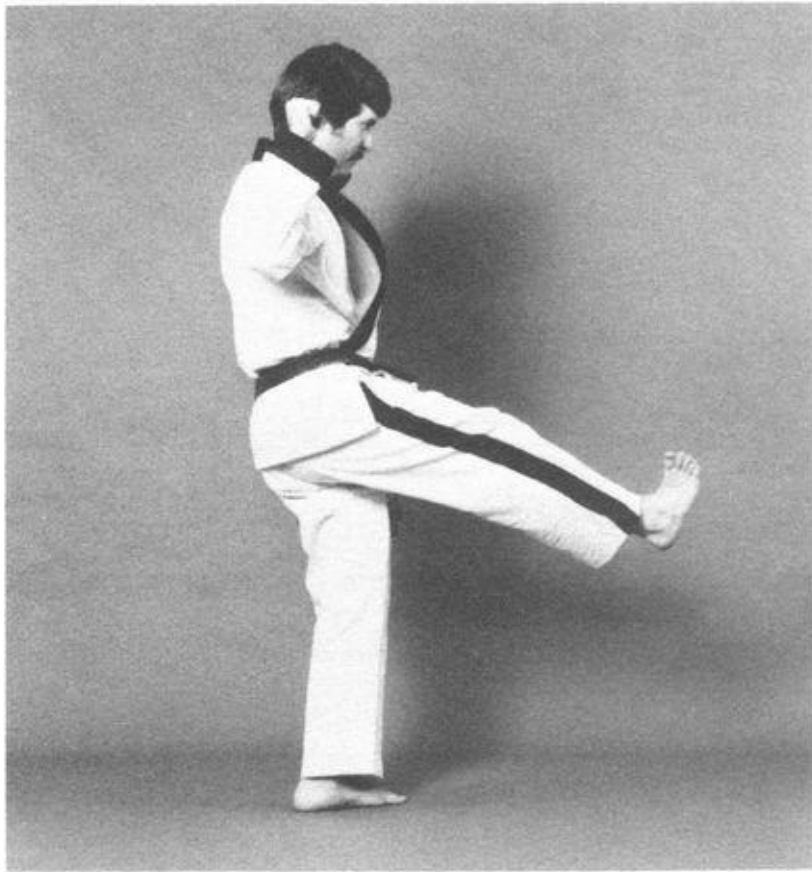


Hands come slowly down to hips.



2

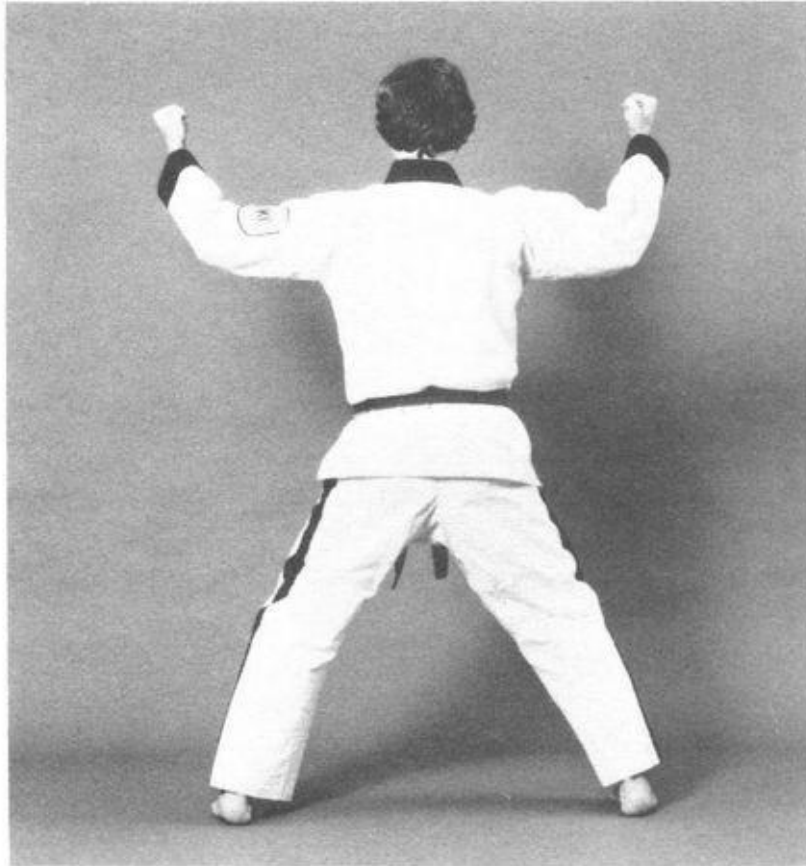
Swing right foot out in sweeping motion.



APPLICATION - Kick block.



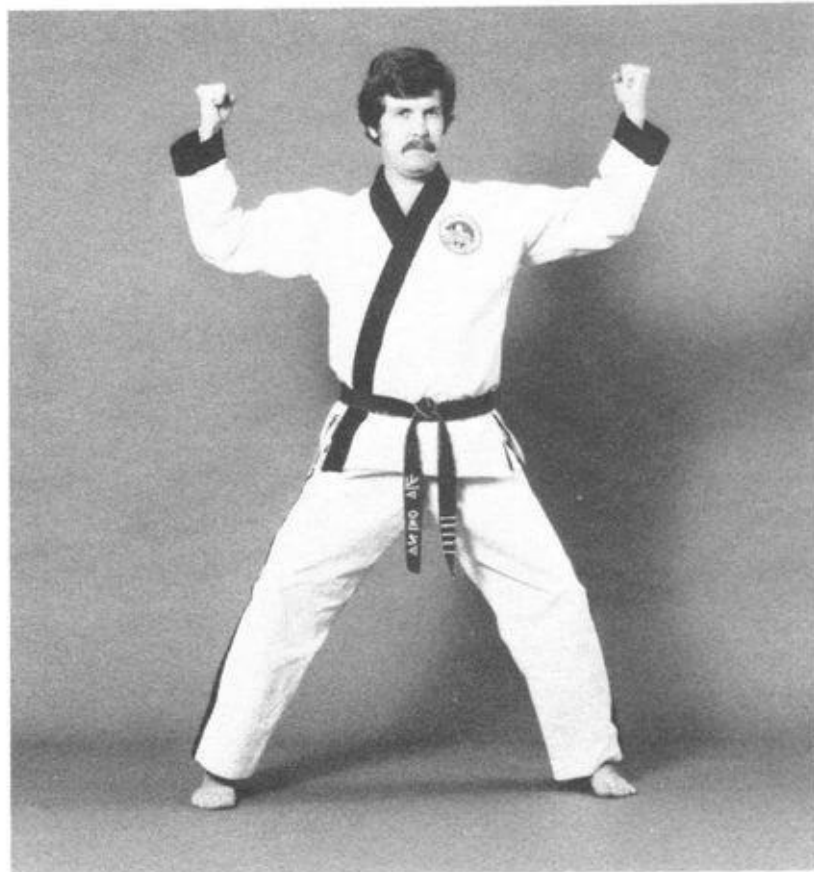
Stomp down with right foot, bring right fist around in block. (Note that both fists snap.)



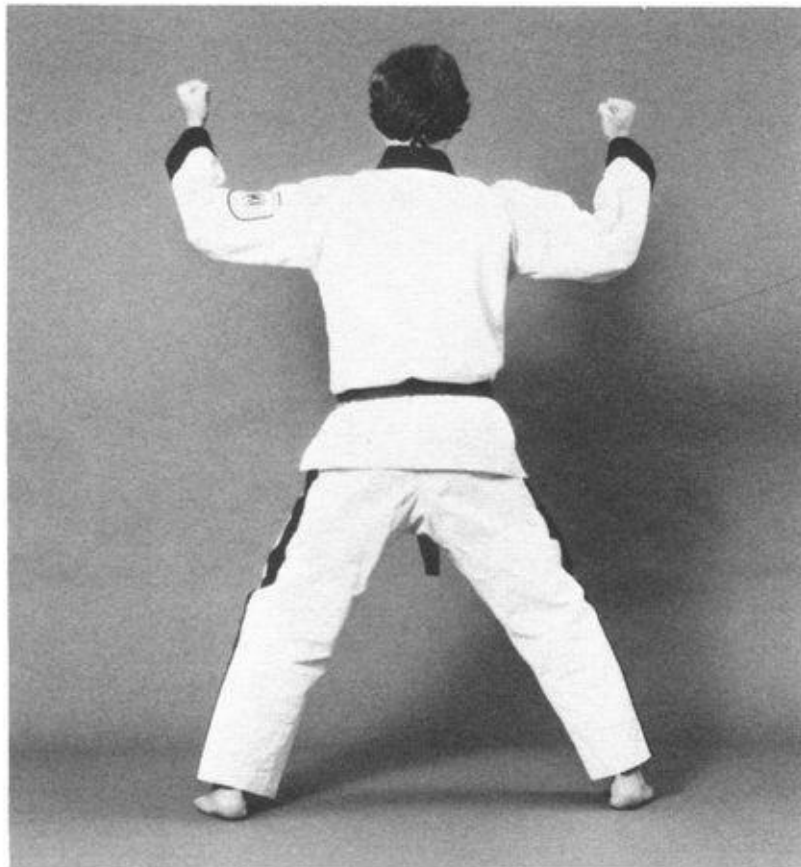
APPLICATION.



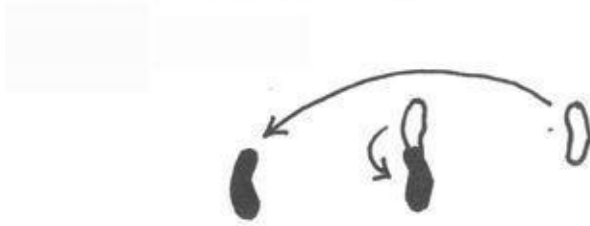
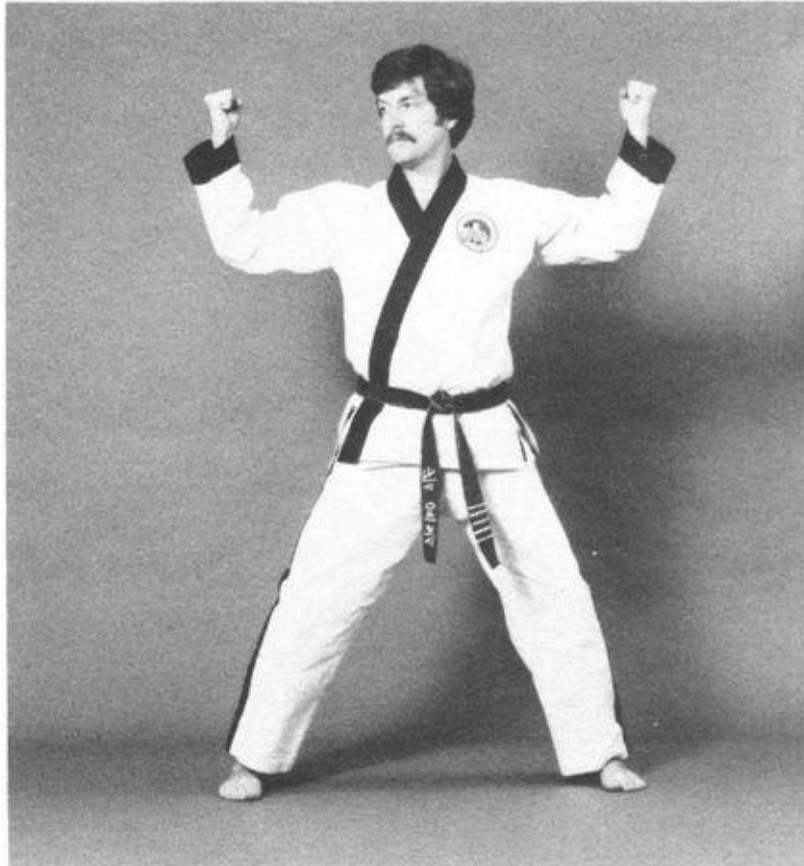
Step and block.



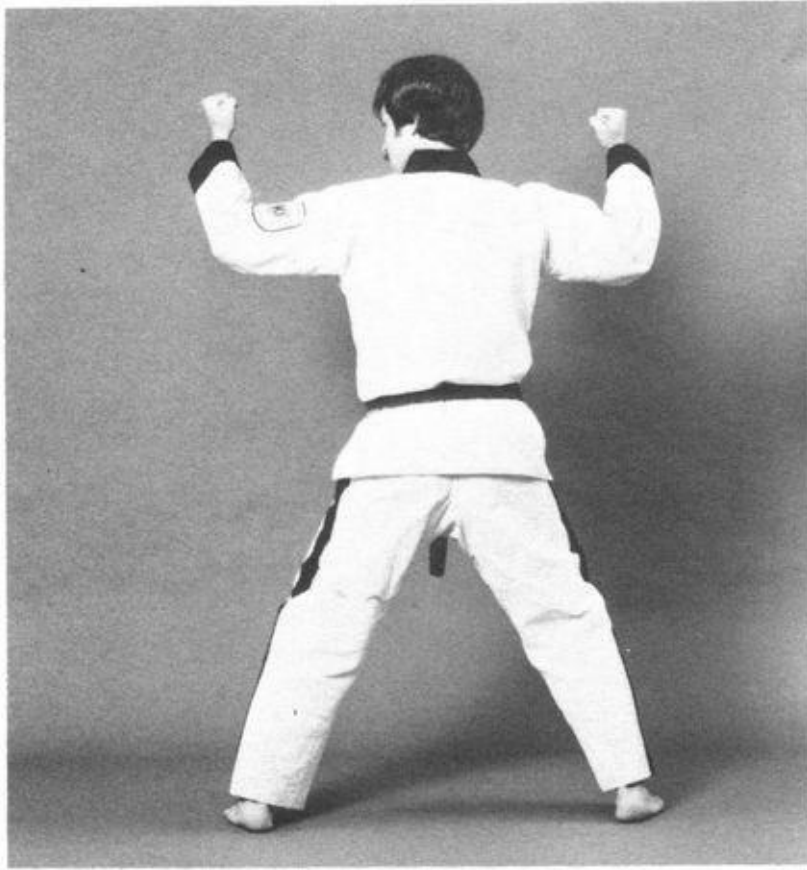
Step 180° and block.



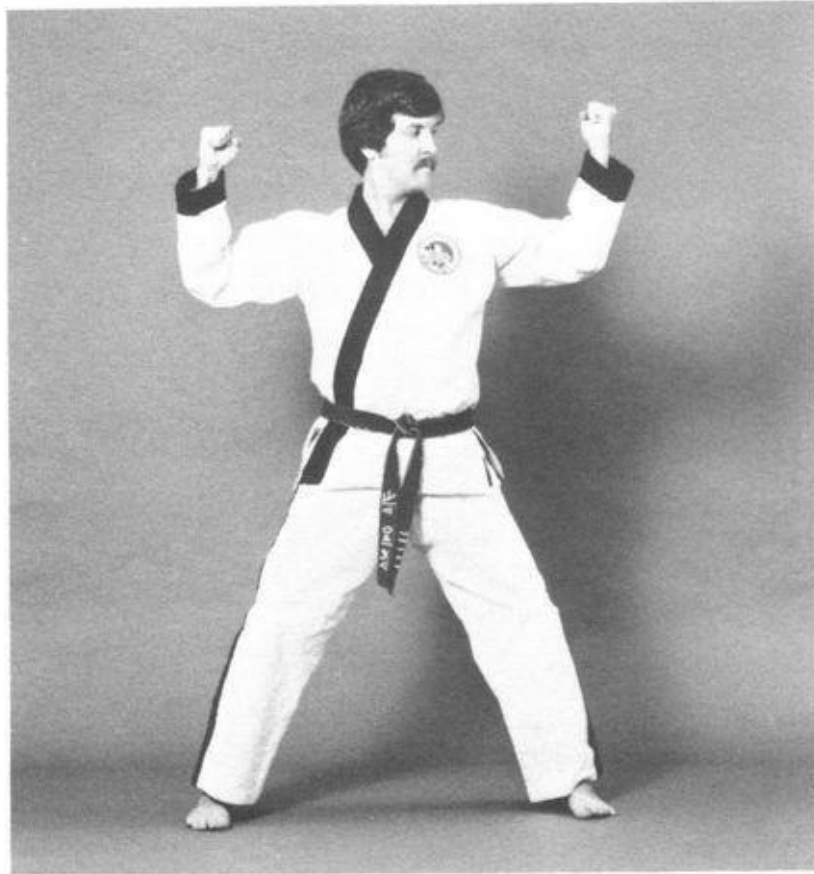
Step and block.



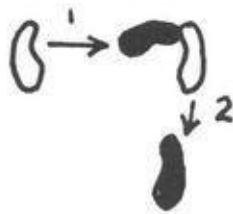
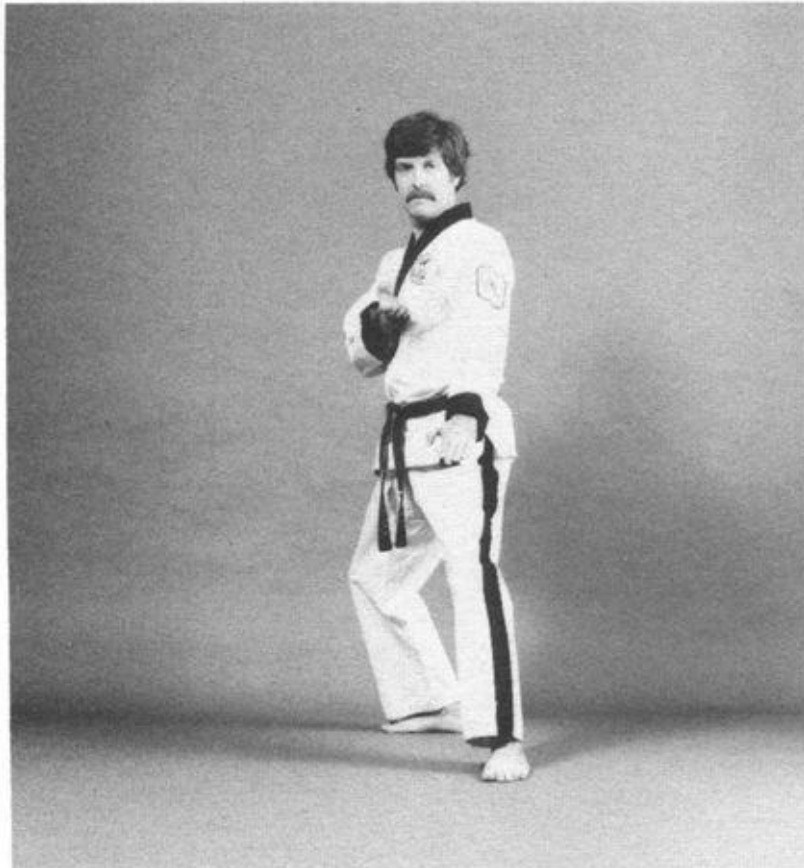
Step and block.



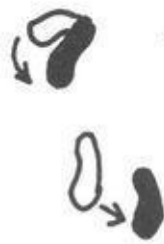
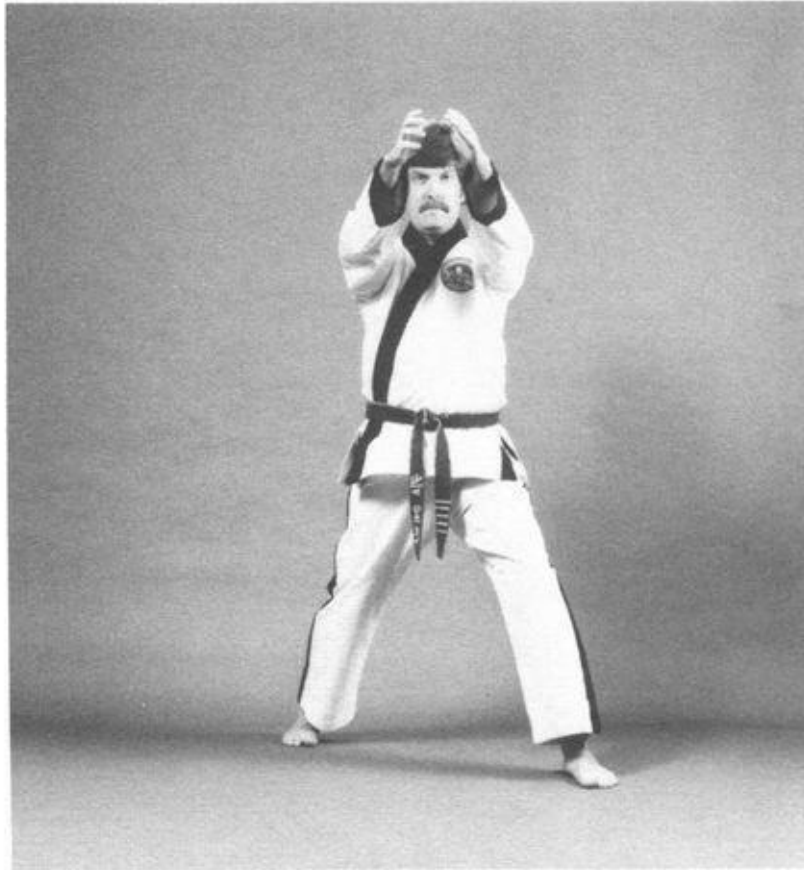
Step 180° and block.



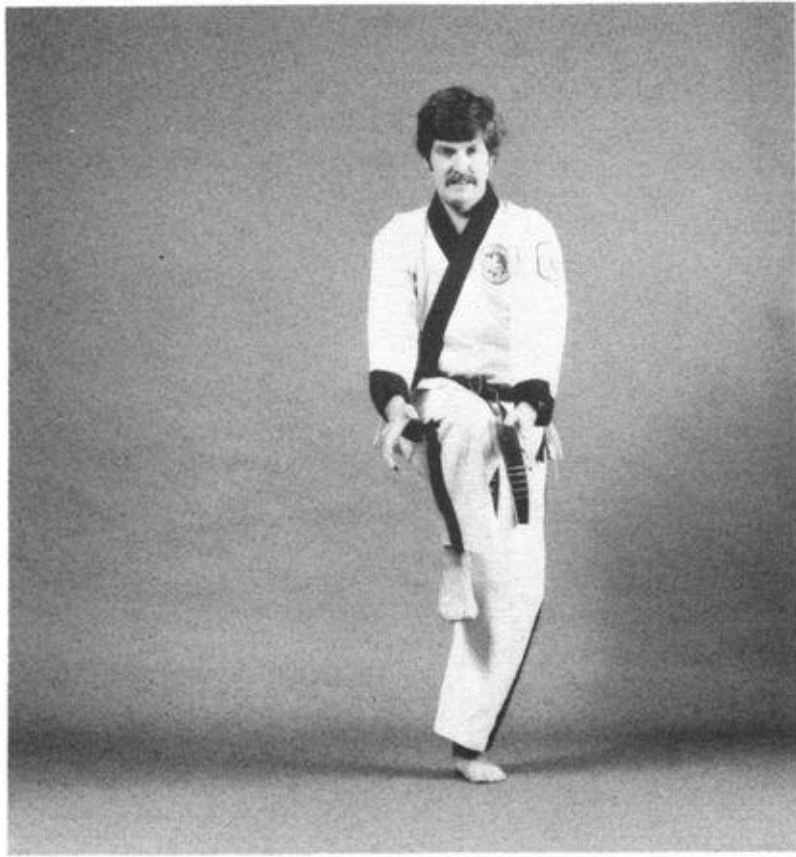
Bring right foot back, step out with left into low sudo.



Shift into front stance, grab behind neck.



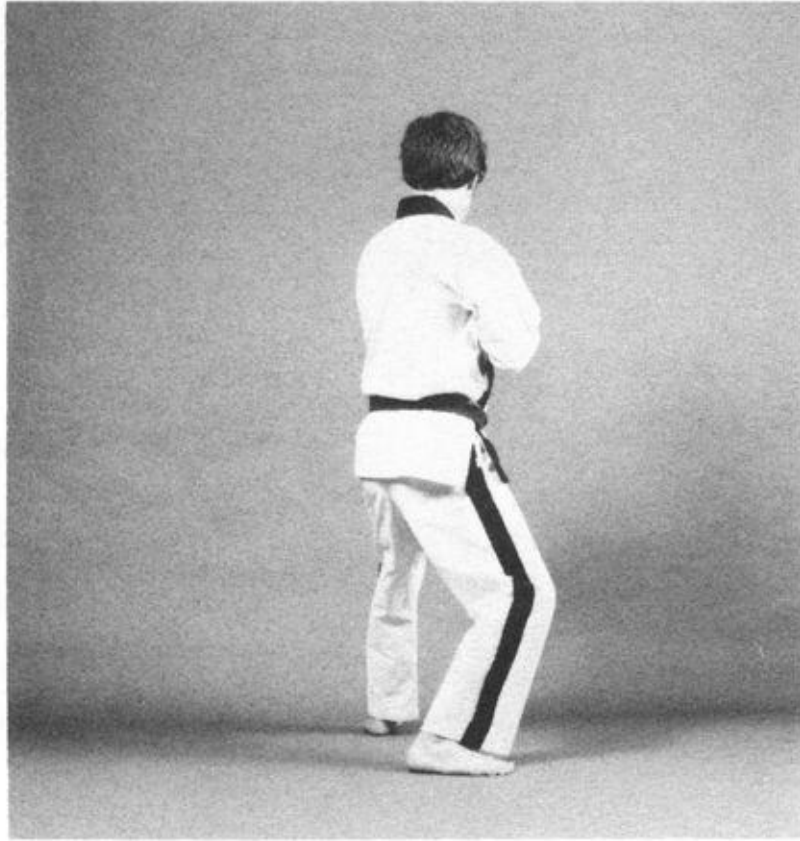
Pull hands to knee, *yell*.



APPLICATION.

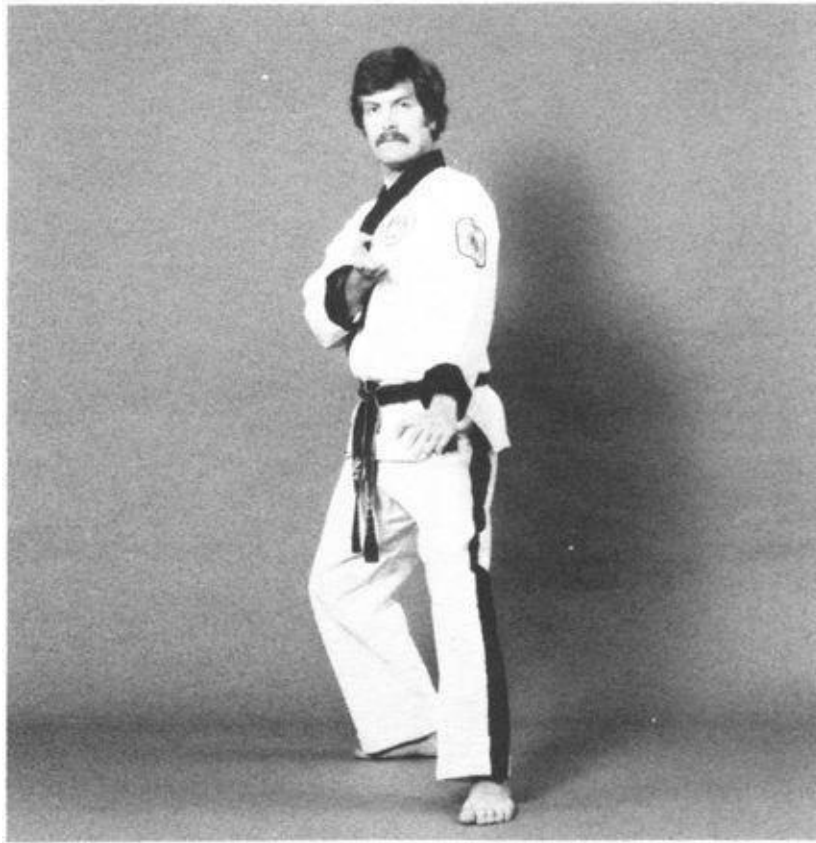


Lower right foot alongside left, pivot and low sudo.

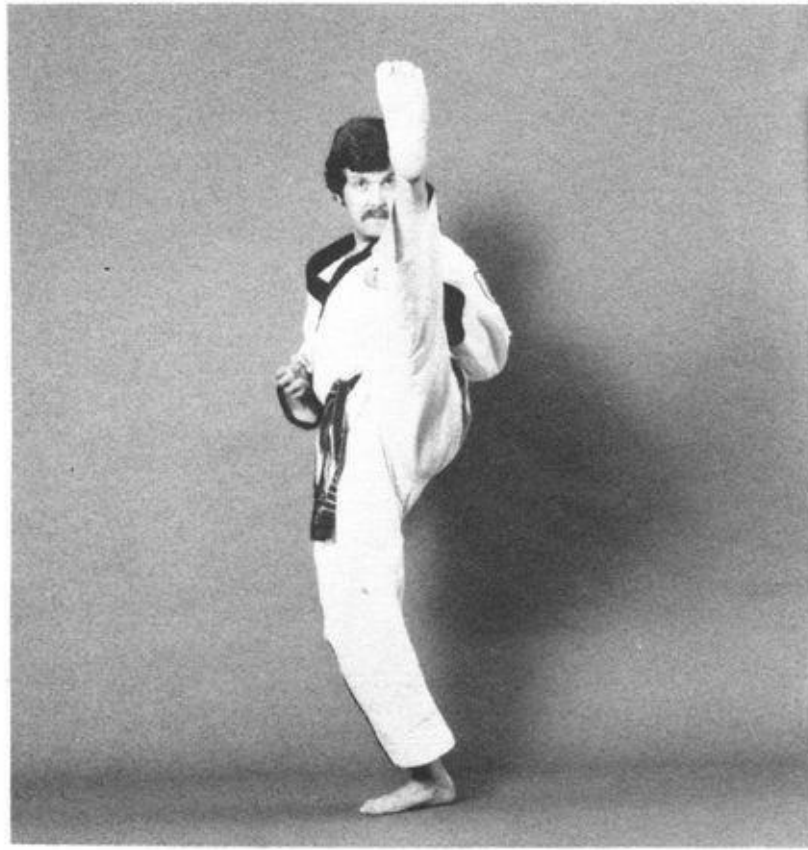


Camera angle has changed 180° for better view.

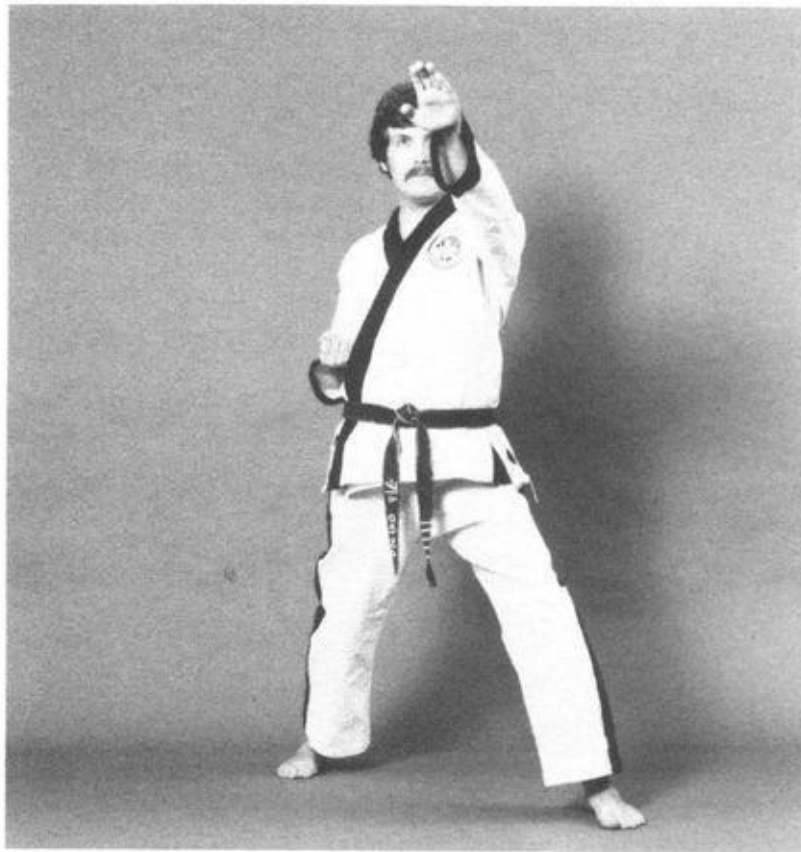
(Foot diagrams do not change position in order to make them easier to follow.)



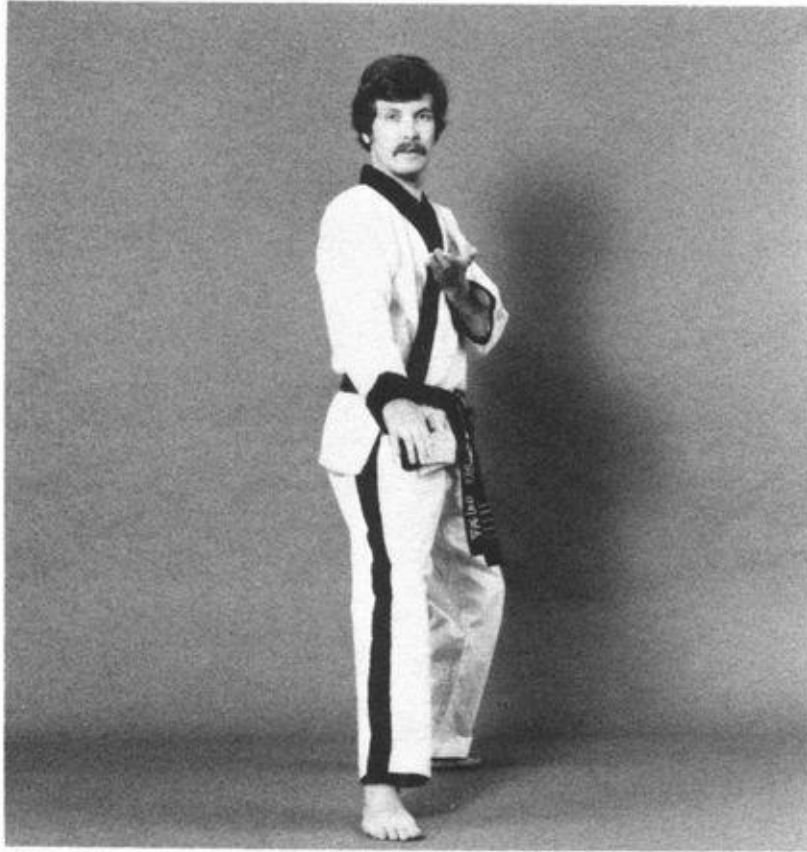
Left front kick.



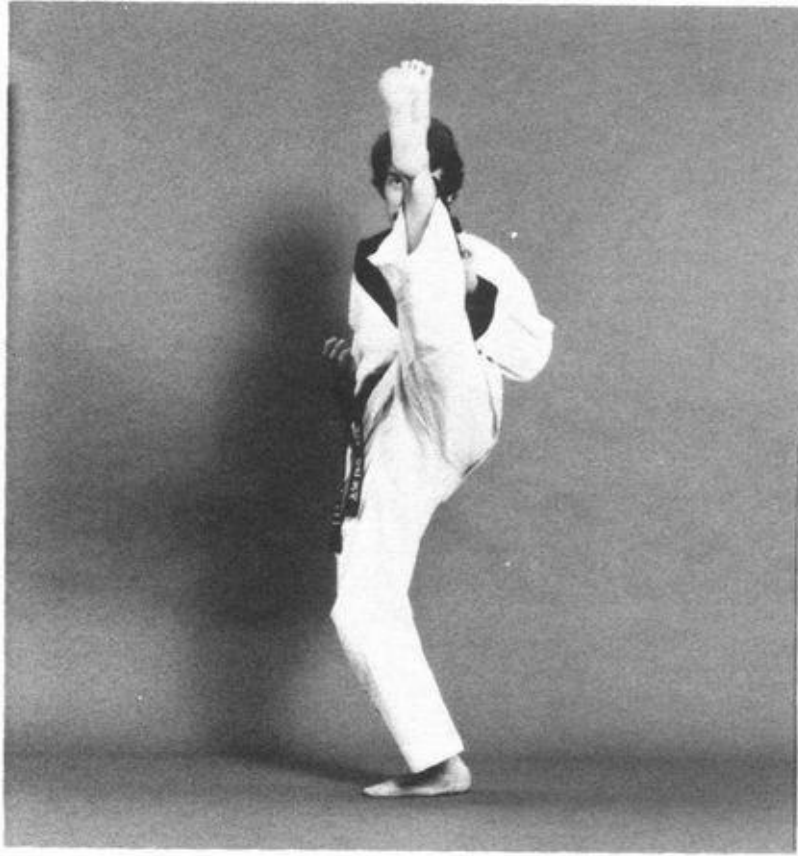
Set down in front stance, finger thrust to eyes.



Step and low sudo.



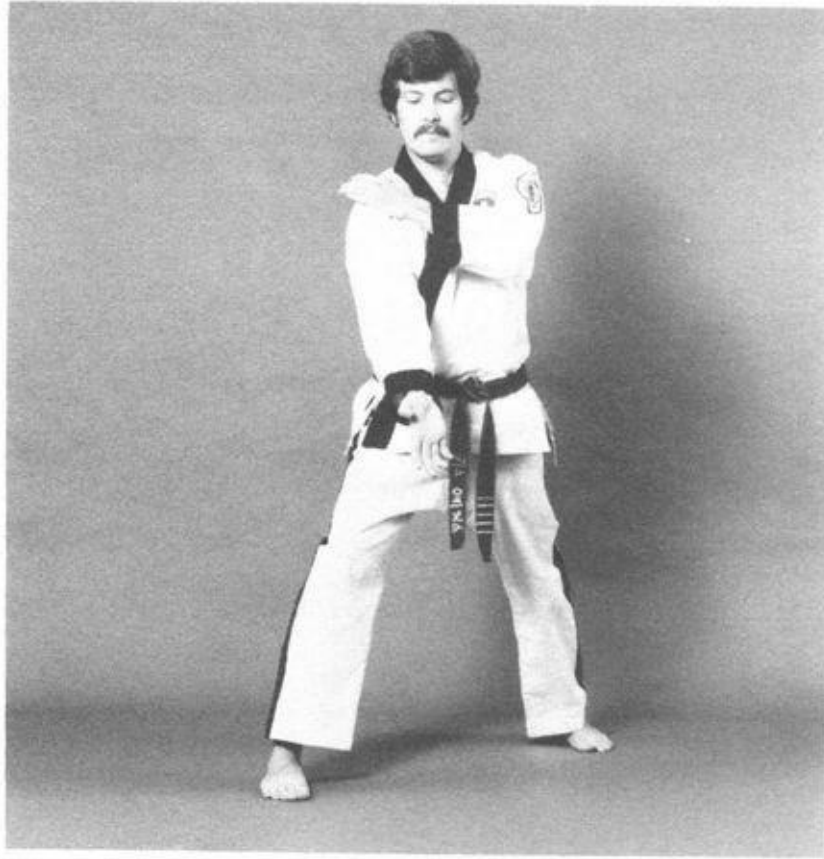
Right front kick.



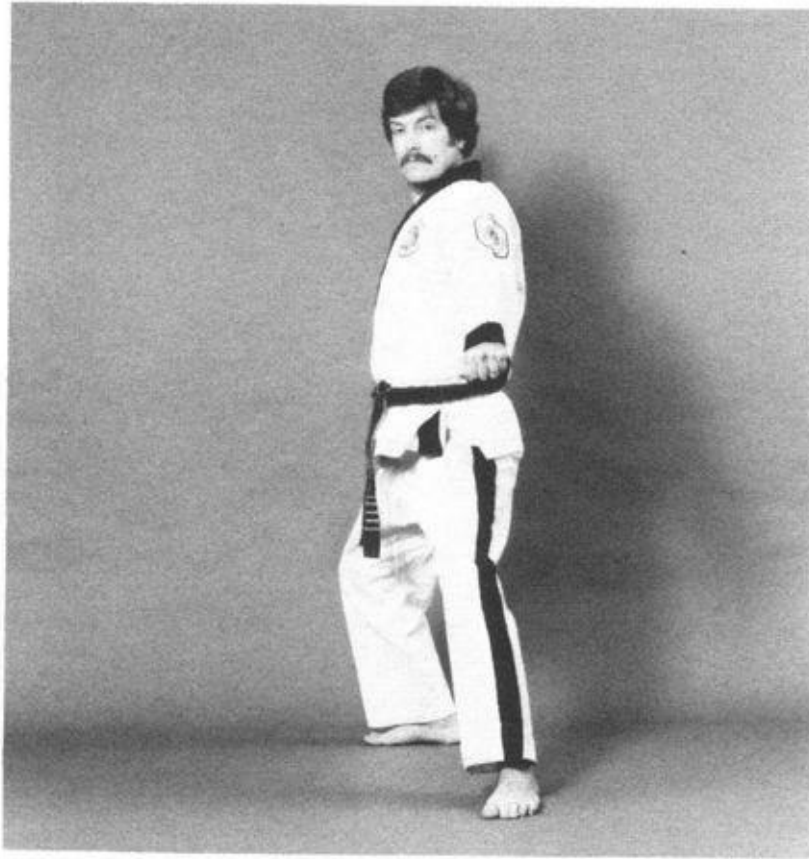
Finger thrust to eyes.



Right hand groin strike.



Step back, high right backfist and low left block.



Jump high, crossing right foot over left.



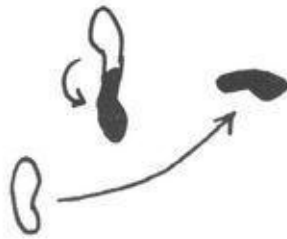
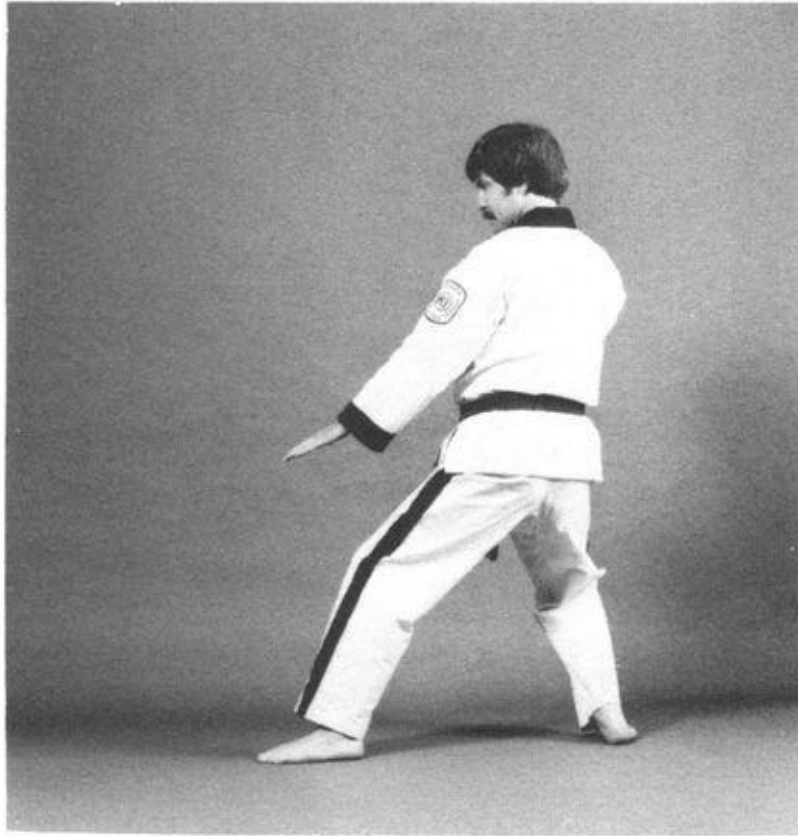
Land in X-stance, low X-block, *yell.*



Step out, twinfist block.



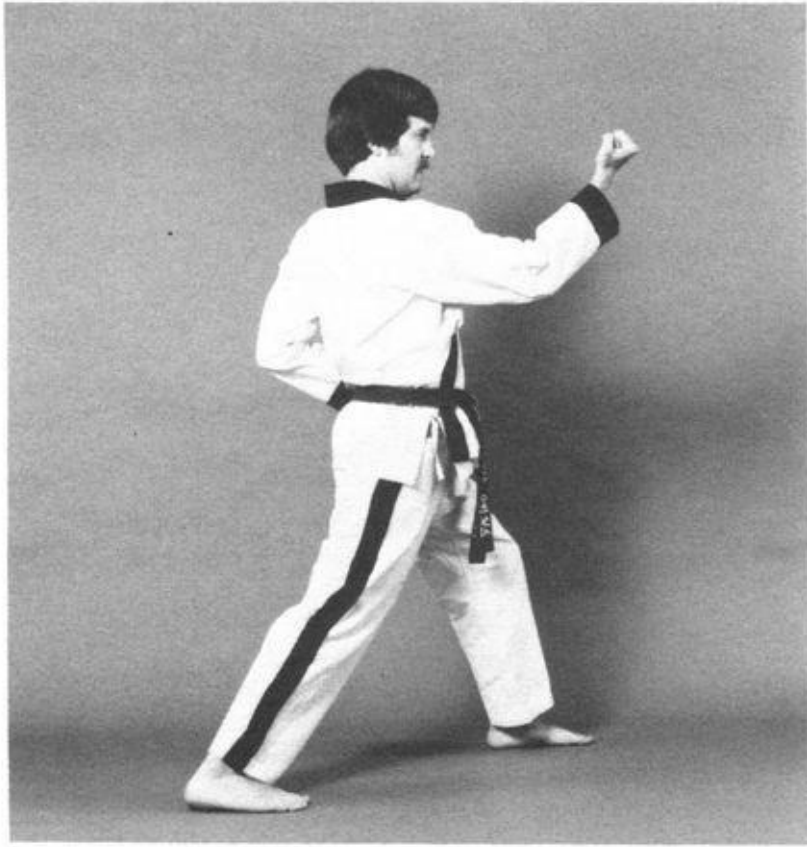
Pivot 270° counterclockwise, low sudo.



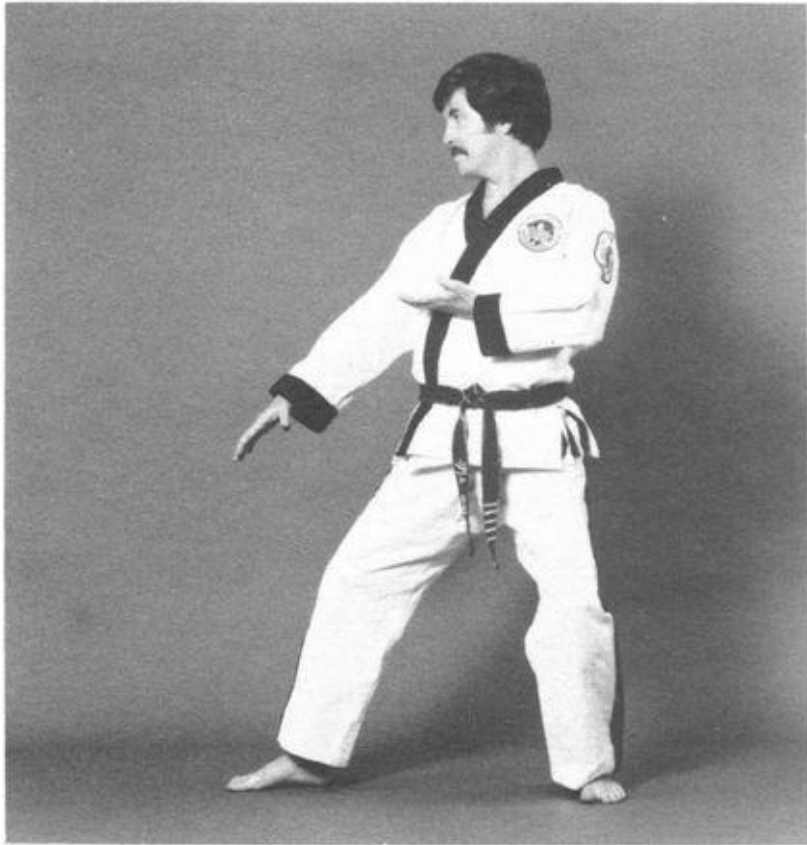
Camera angle changes back to original position.



Shift into front stance, circular scoop block with right.



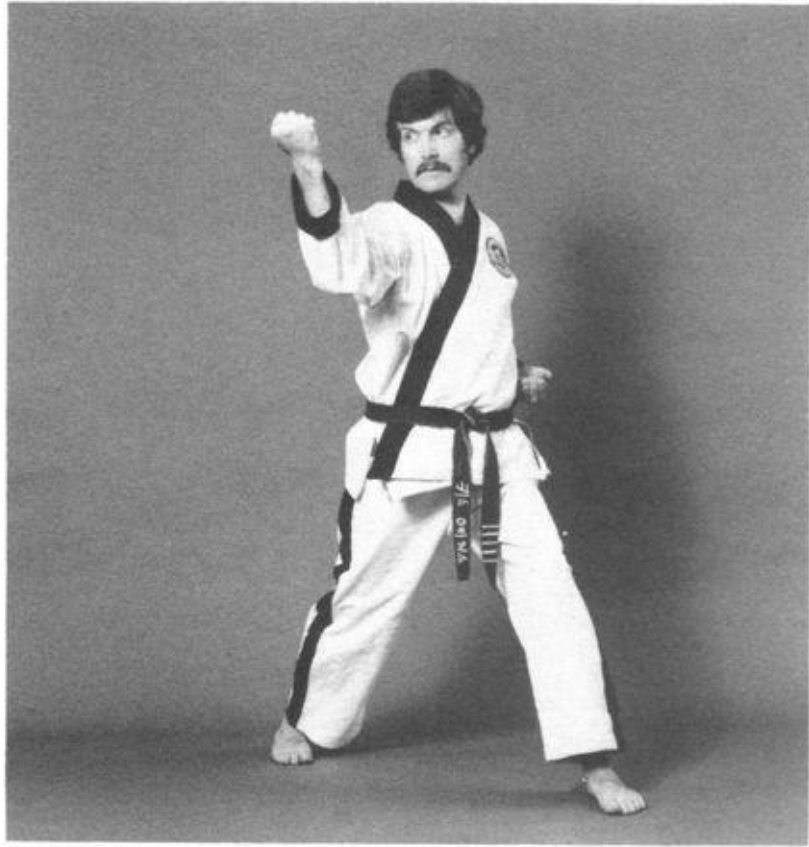
Left foot to right, pivot 180°, low sudo.



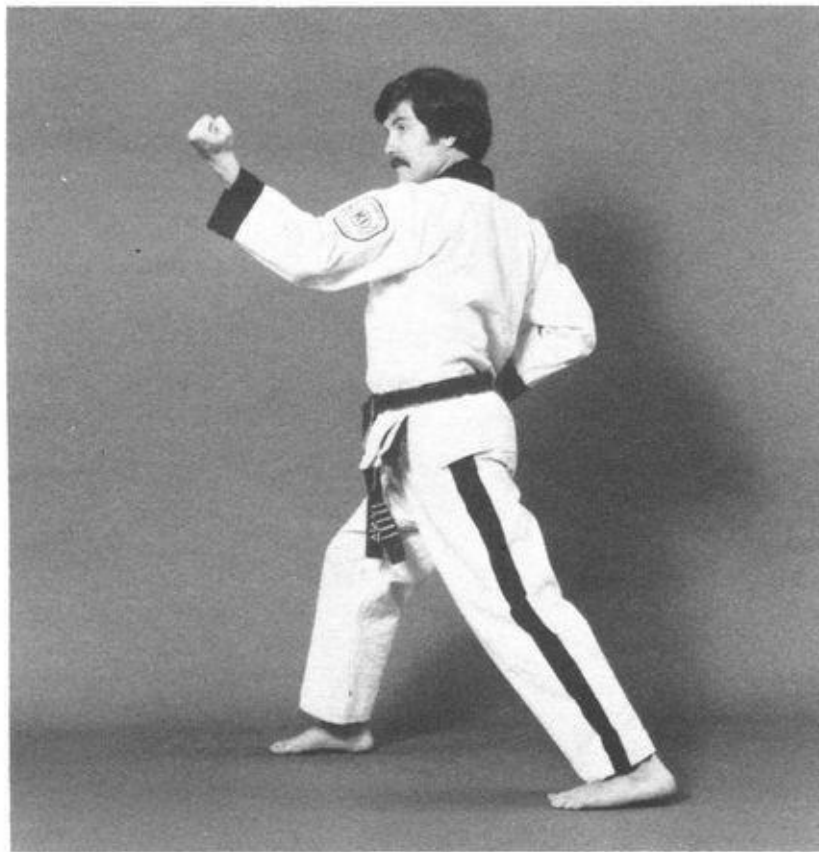
Shift into front stance, left scoop block.



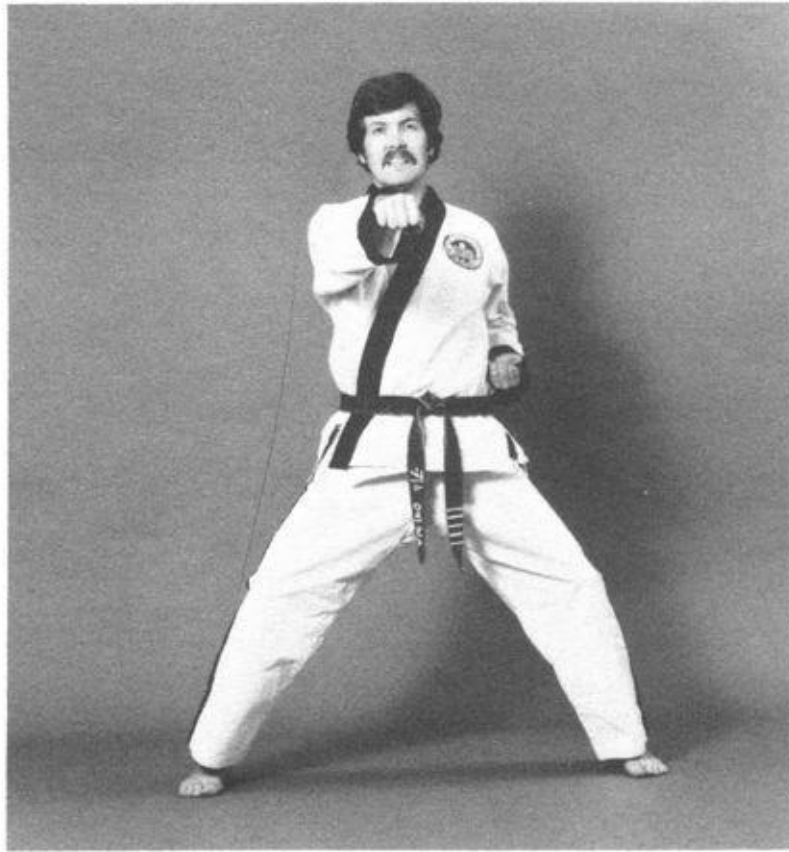
Pivot to left, right scoop block.



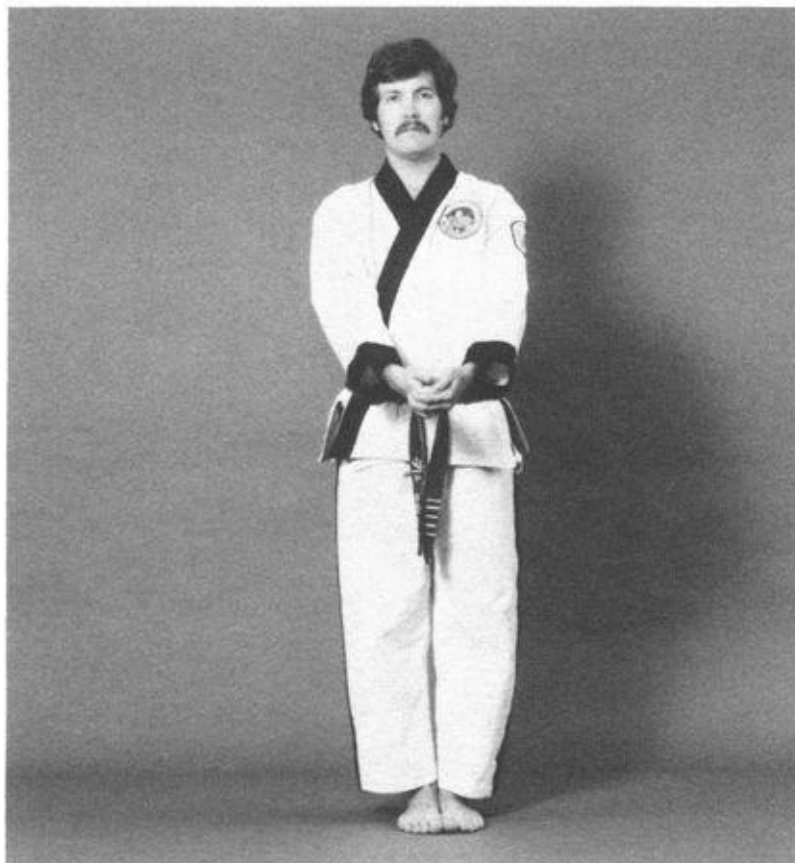
Pivot back to right, left scoop block.



Slide right foot forward into straddle stance, right middle punch with *yell*.



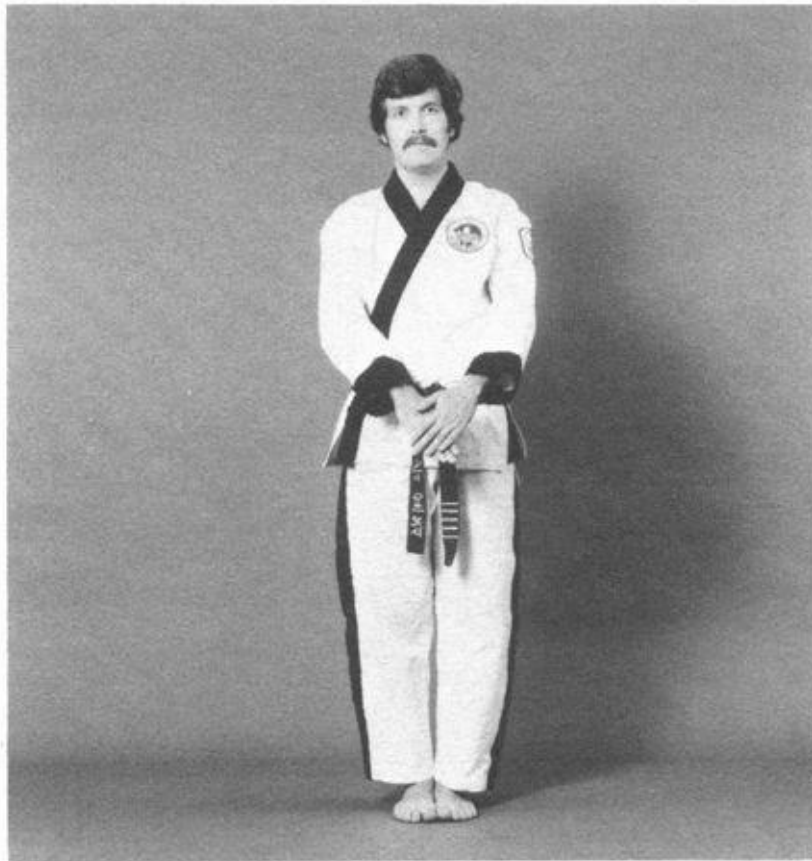
Ready stance.



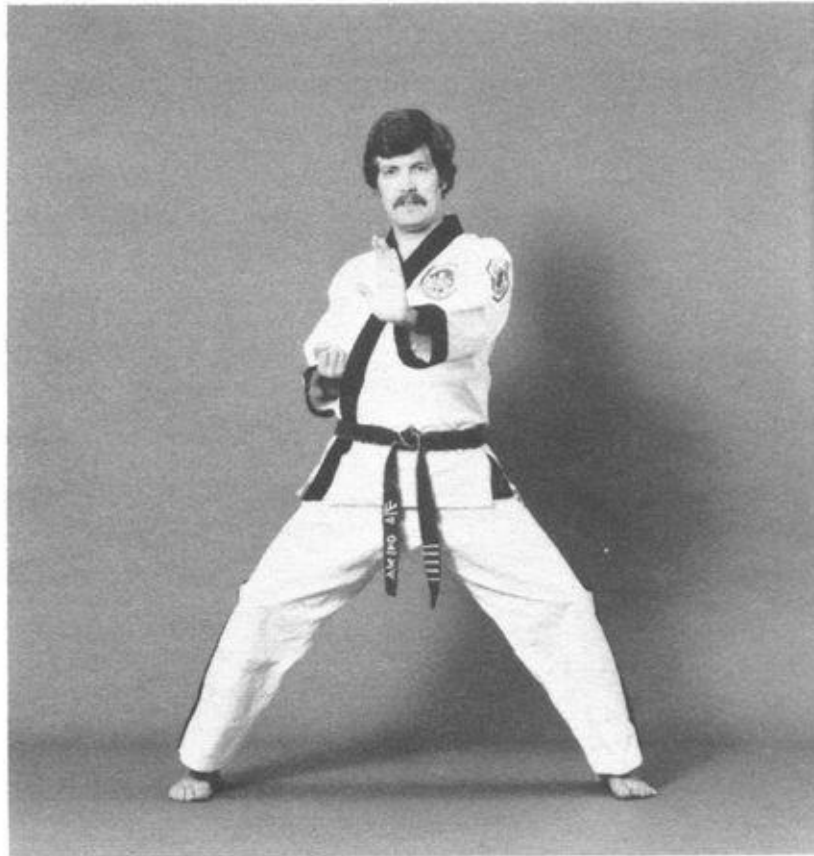
HWA-RANG

Named after the Hwa Rang Do youth group originating during the Silla Dynasty about 1350 years ago and becoming one of the driving forces behind the unification of the three kingdoms of Korea.

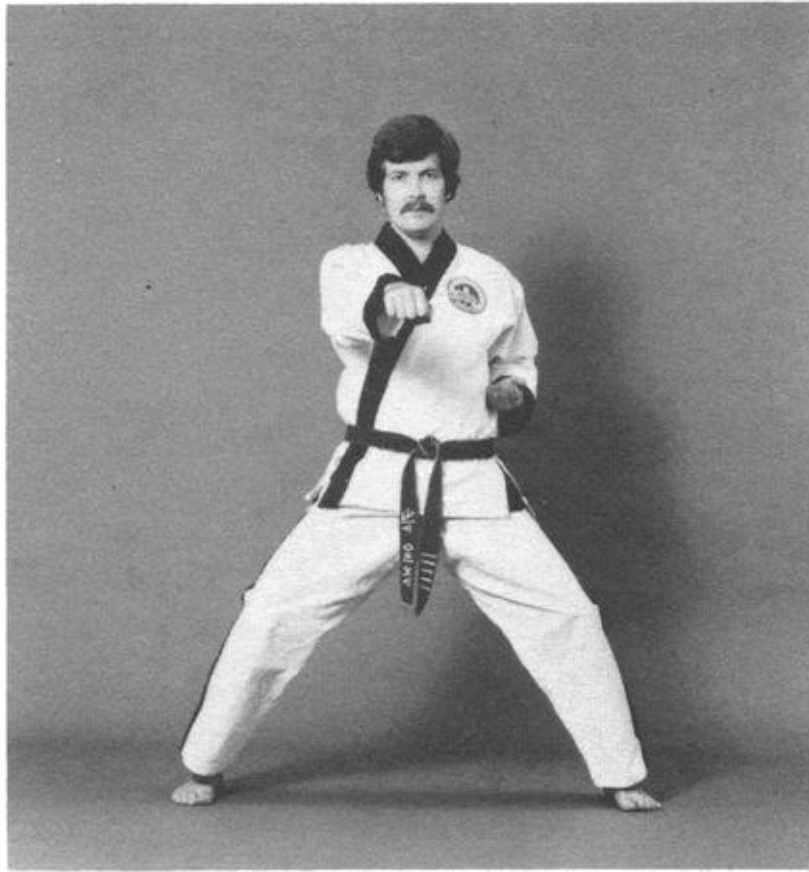
Ready stance.



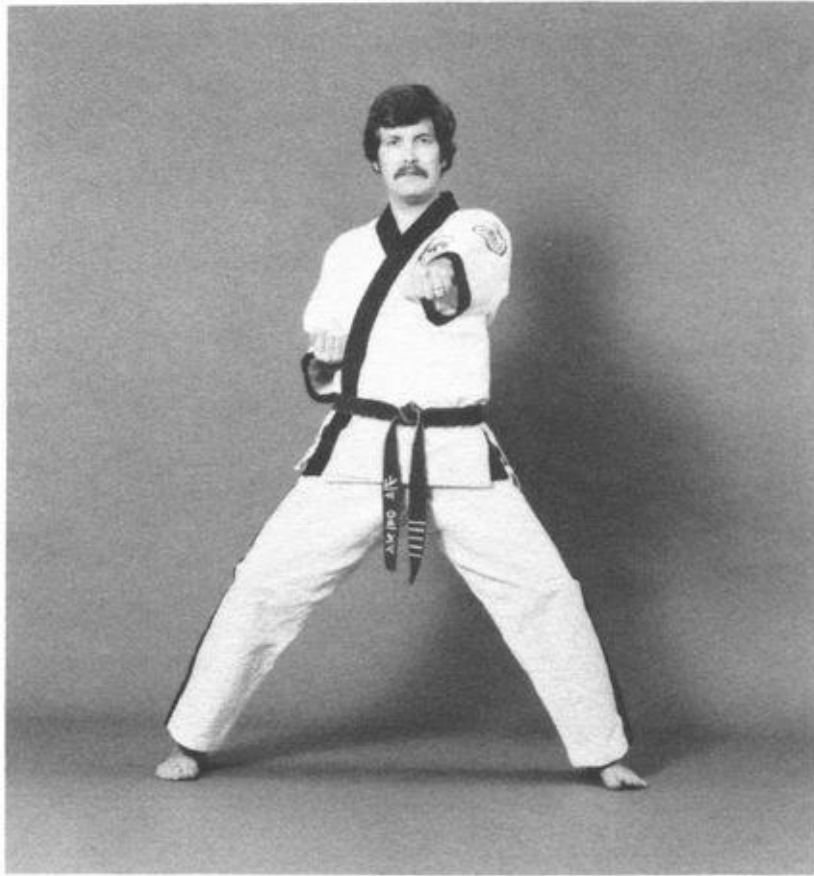
Step to left into straddle stance, tension pressing palm with left.



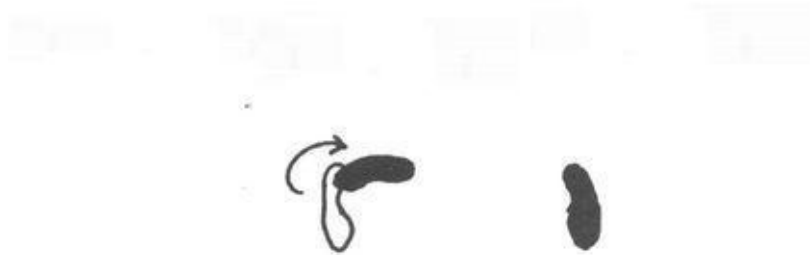
Right middle punch.



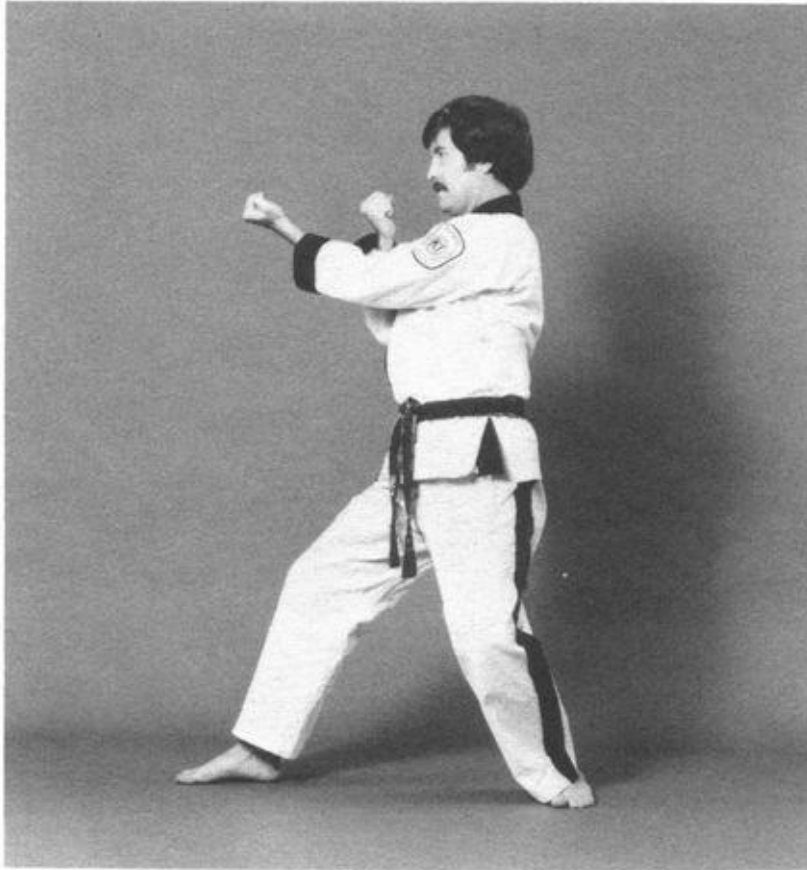
Without pause, left middle punch.



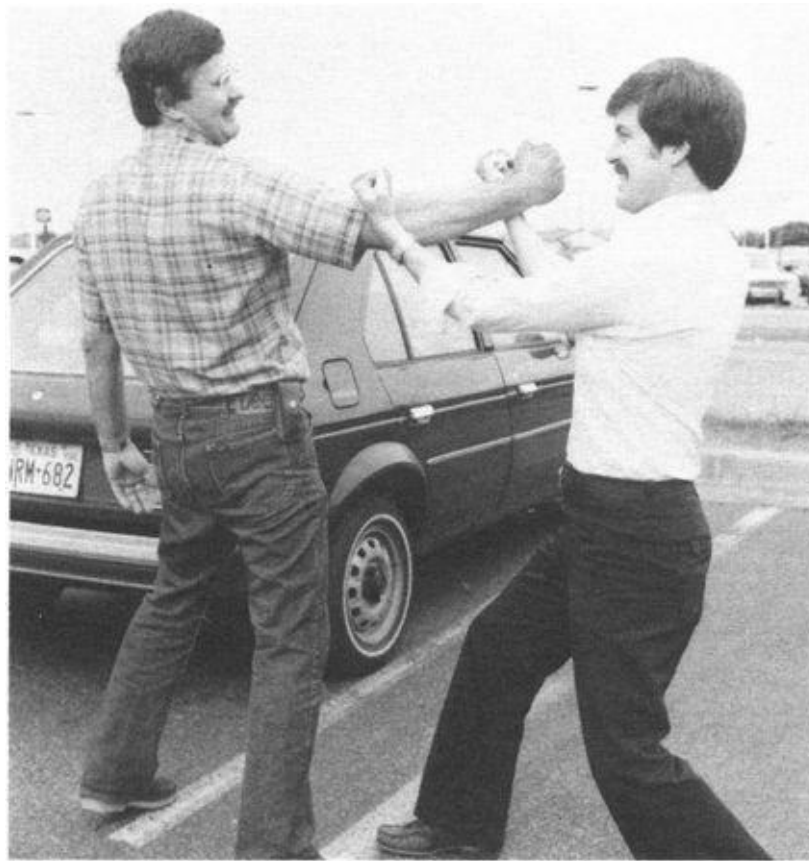
Shift to back stance and double forearm block.



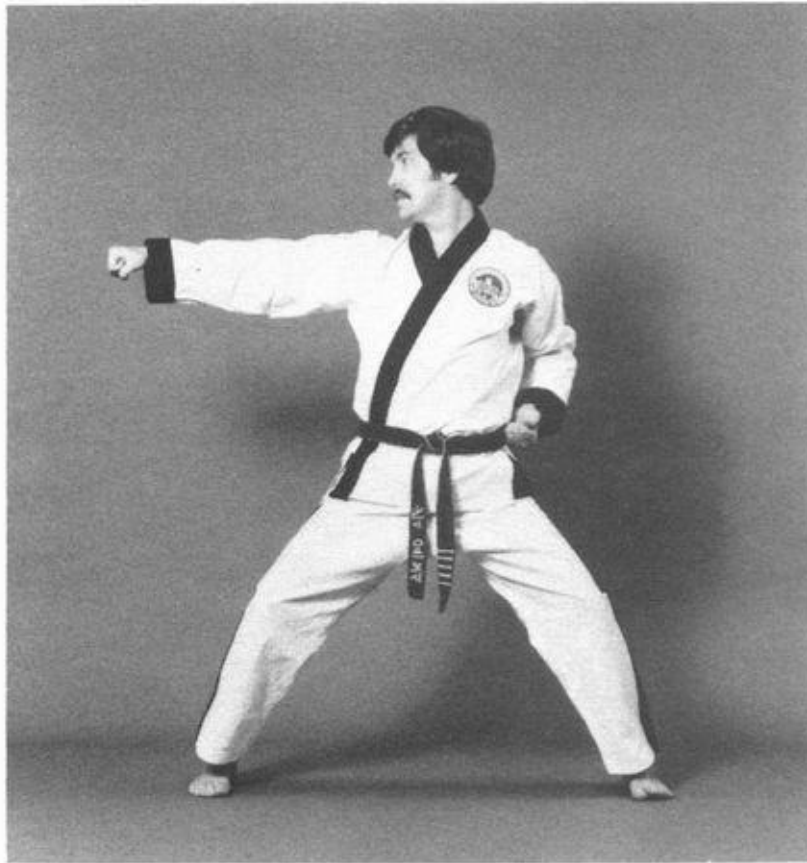
Pull left fist back to ear and then block with it while pulling right fist to shoulder.



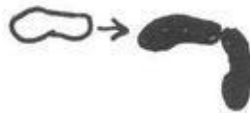
APPLICATION - Arm break.



Slide into straddle stance, middle punch.



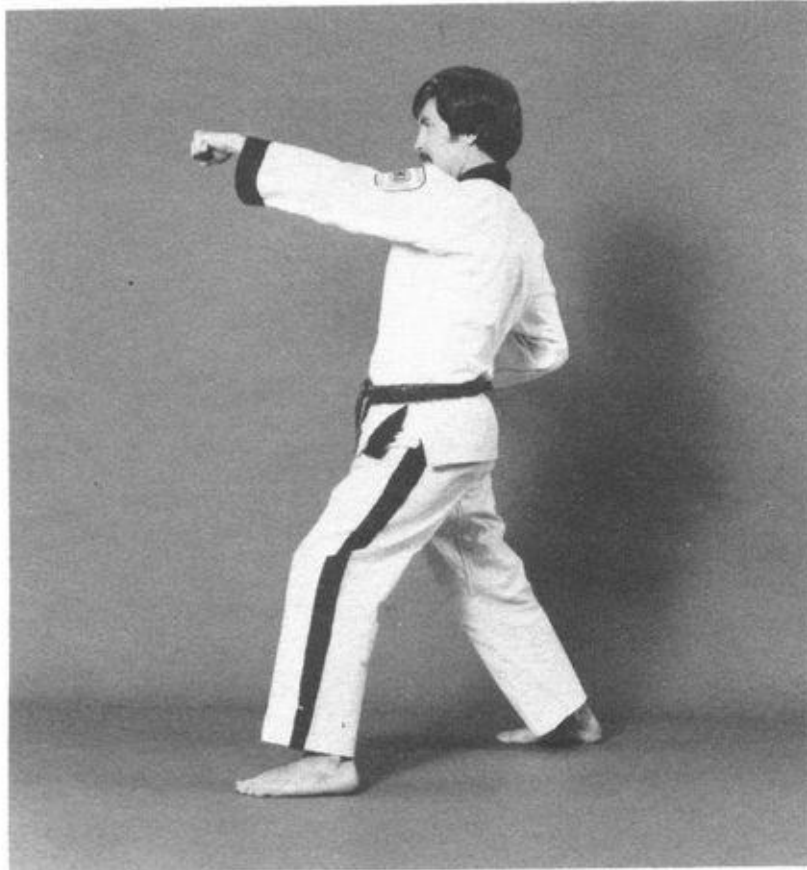
Pull right foot back so heels touch, pull right chop over left shoulder.



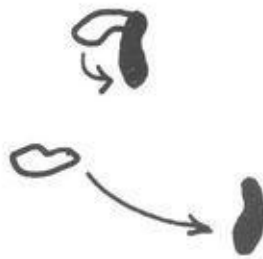
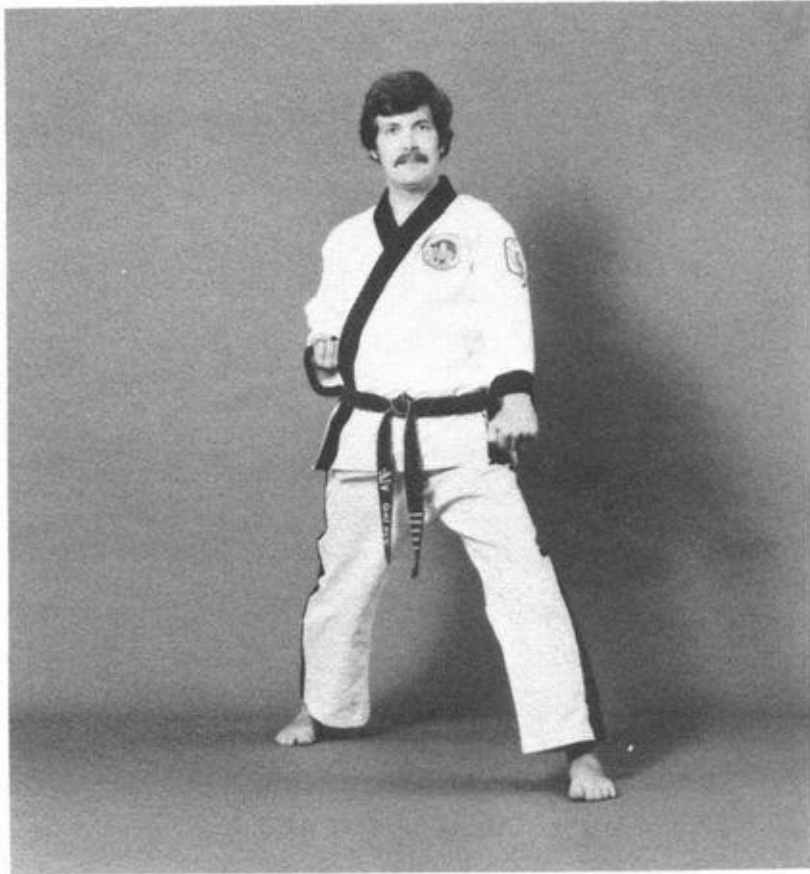
Chop.



Step and high punch.



Pivot 90° to left and down block.



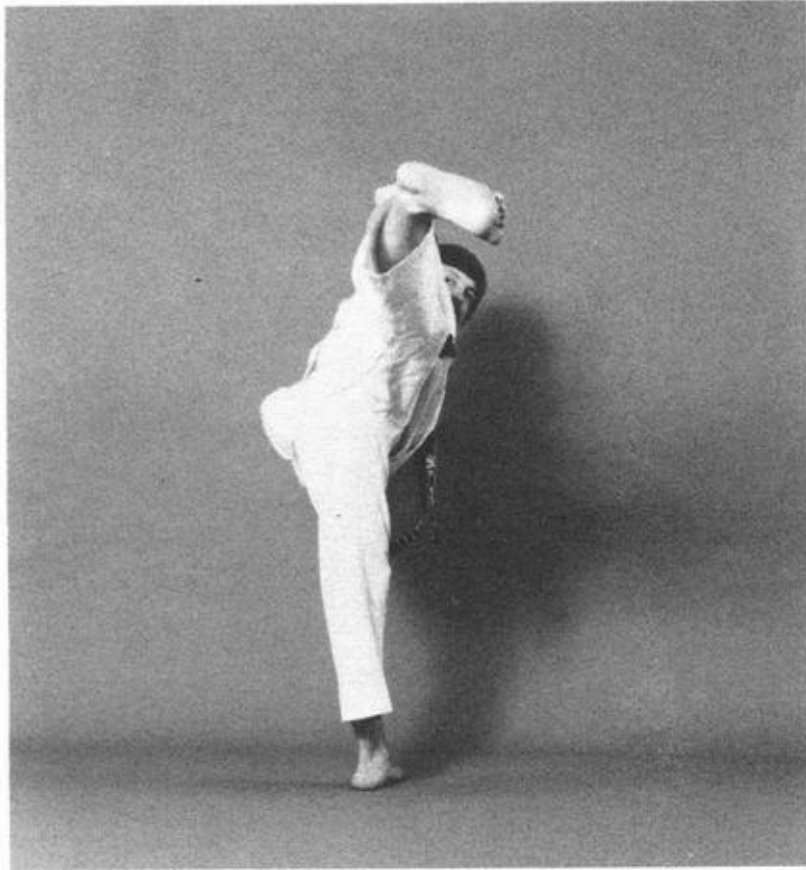
High punch.



Step forward, bringing right fist into left palm.



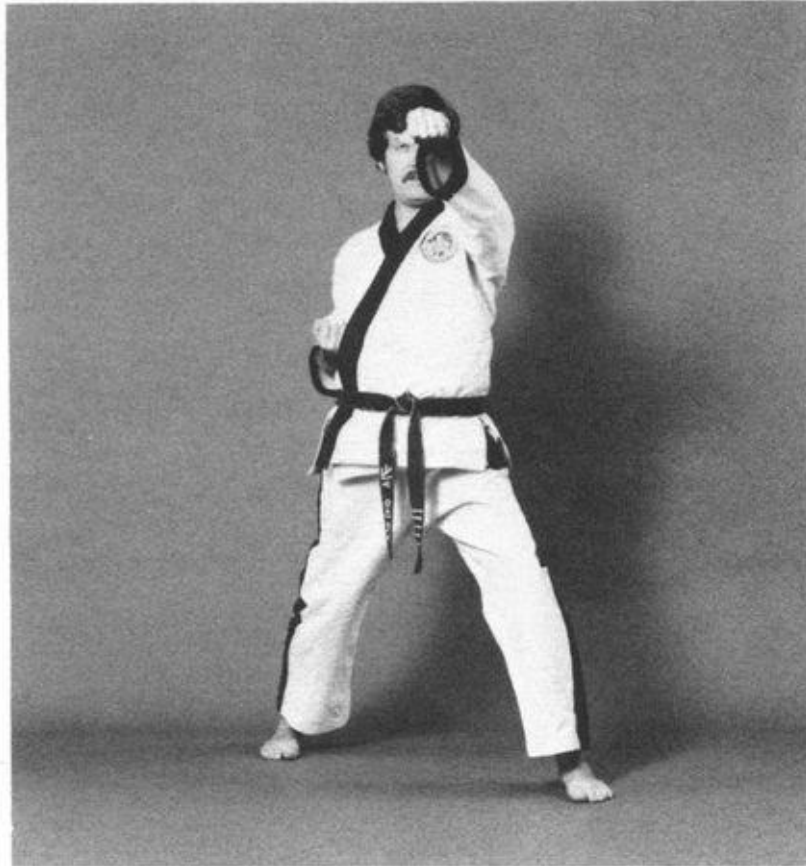
Side kick with guarding backfist.



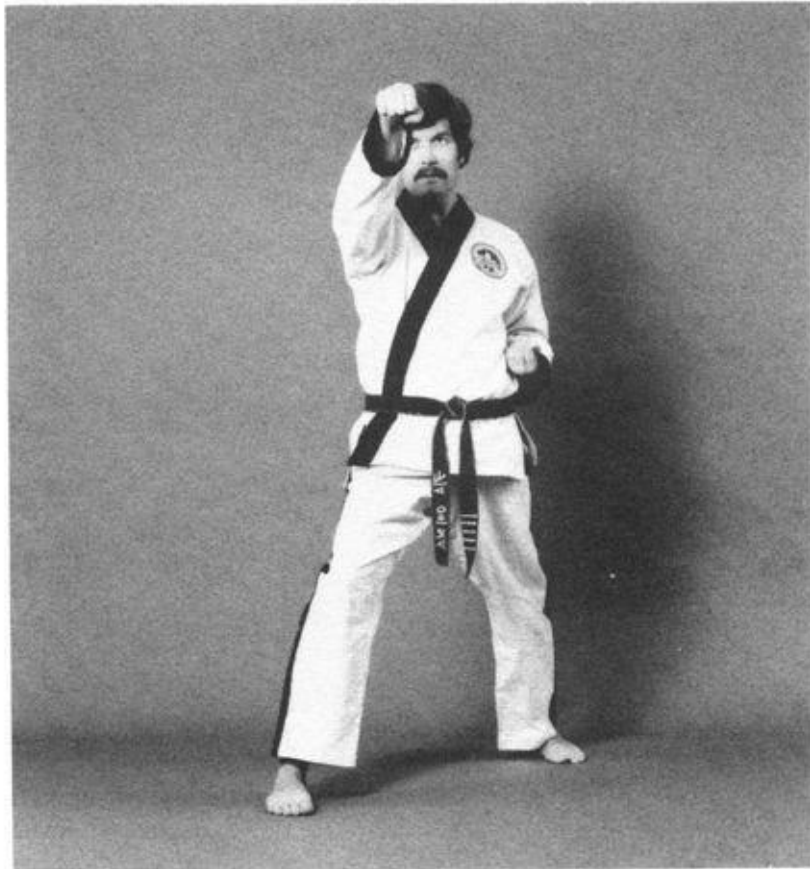
Sudo.



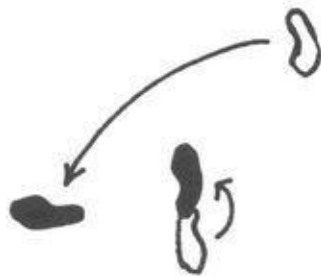
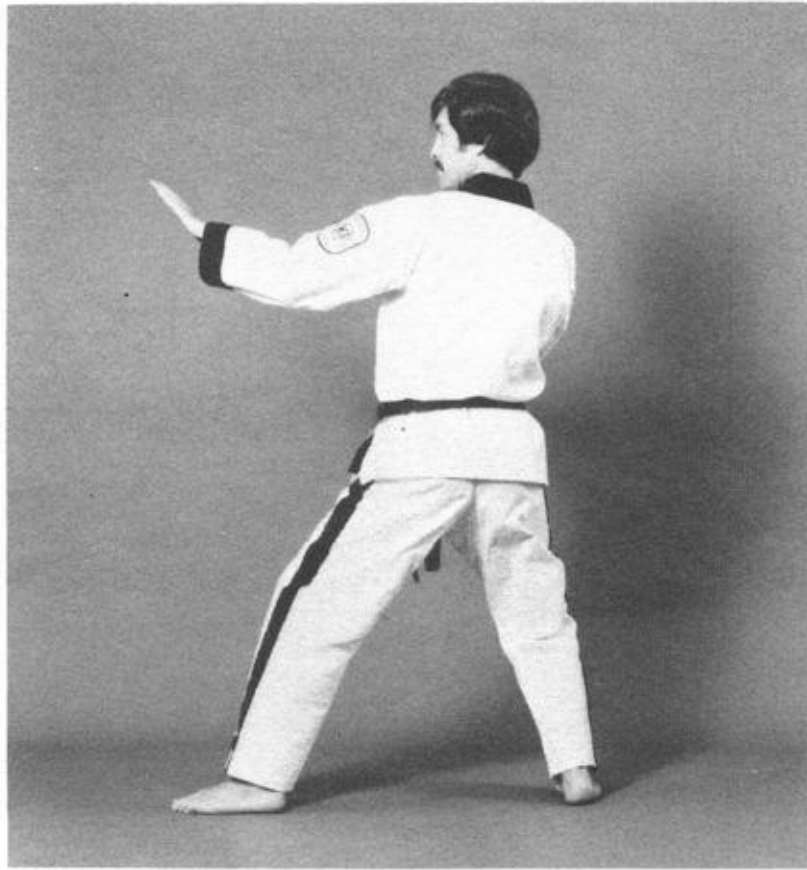
High punch.



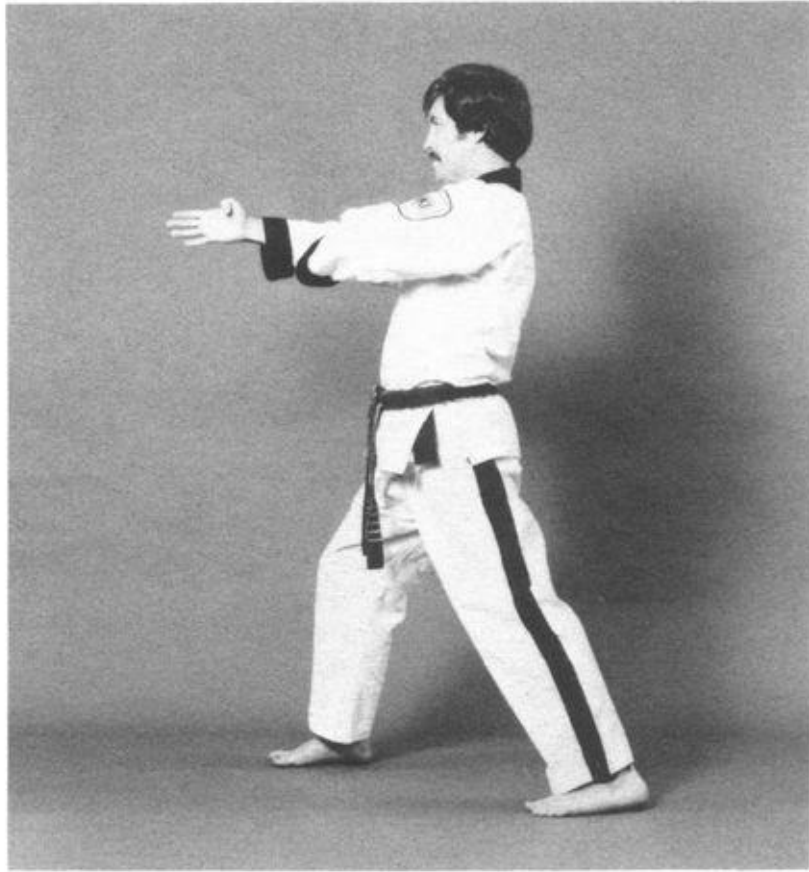
High punch, yell.



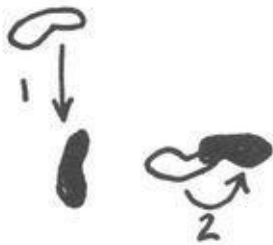
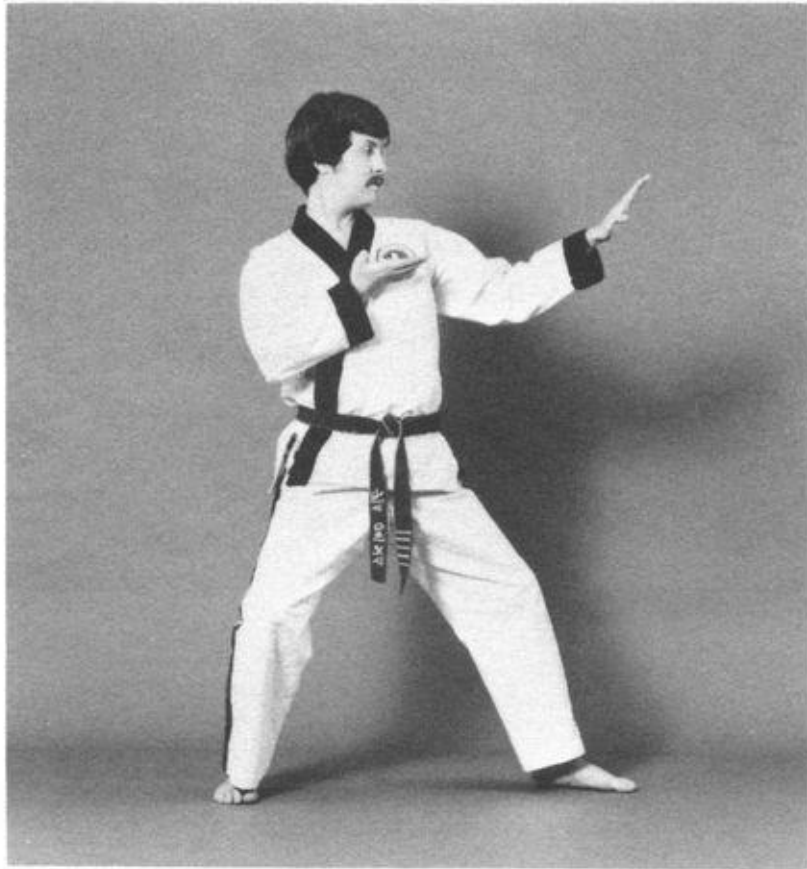
Pivot 270° counterclockwise, sudo.



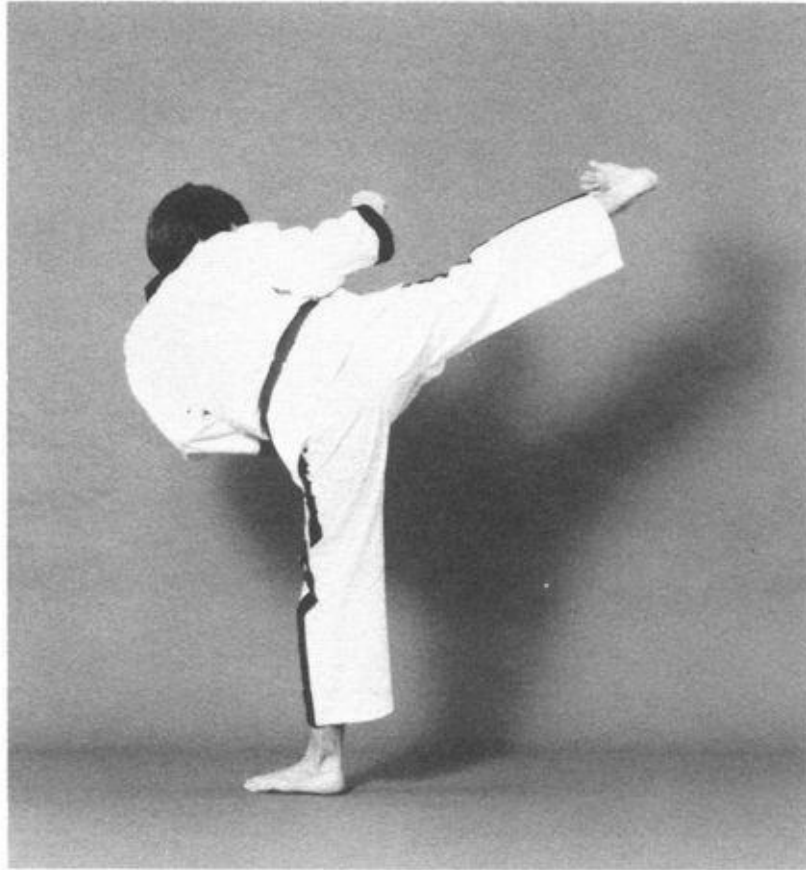
Spear thrust.



Move right foot to left in stomping motion, pivot and sudo.



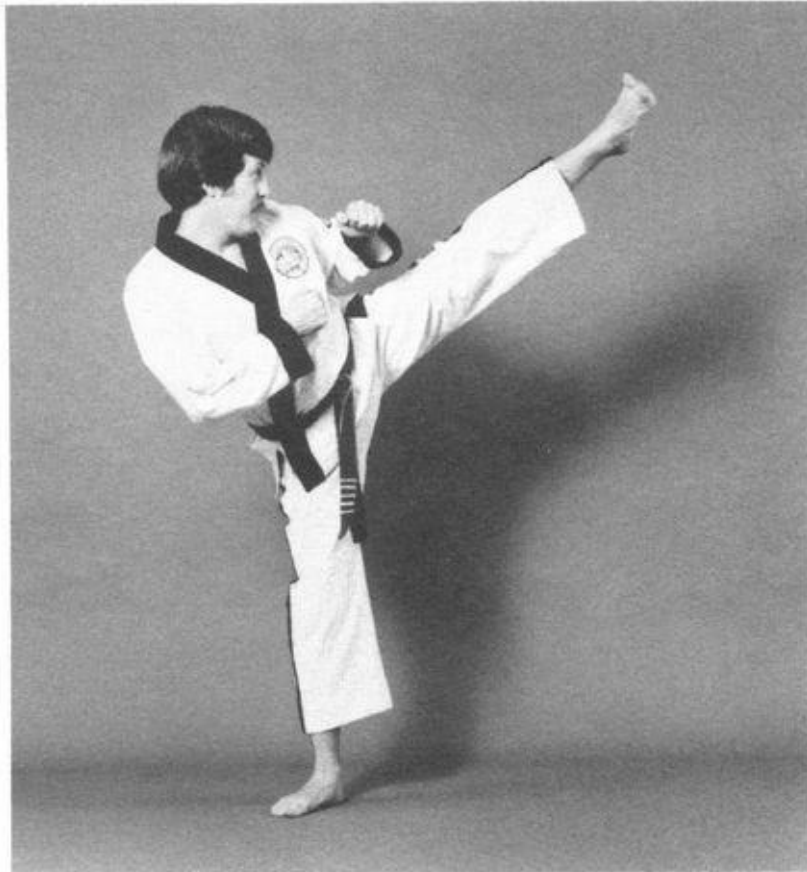
Round house kick.



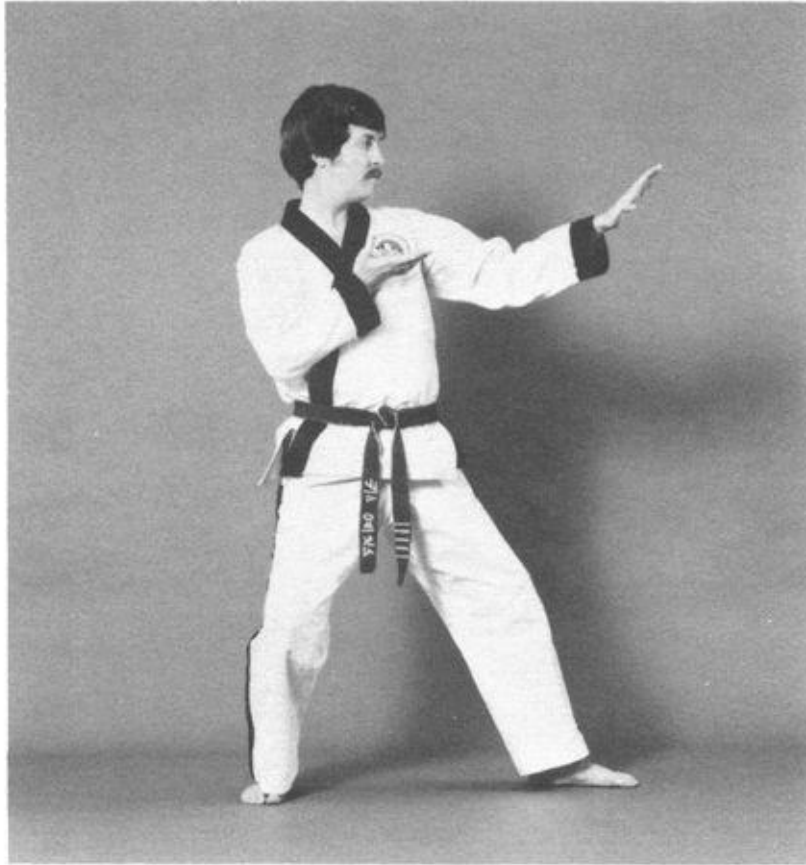
APPLICATION.



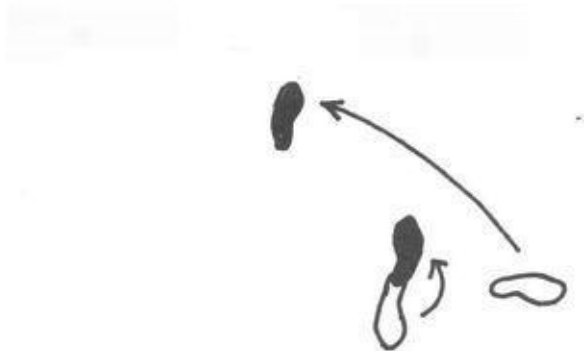
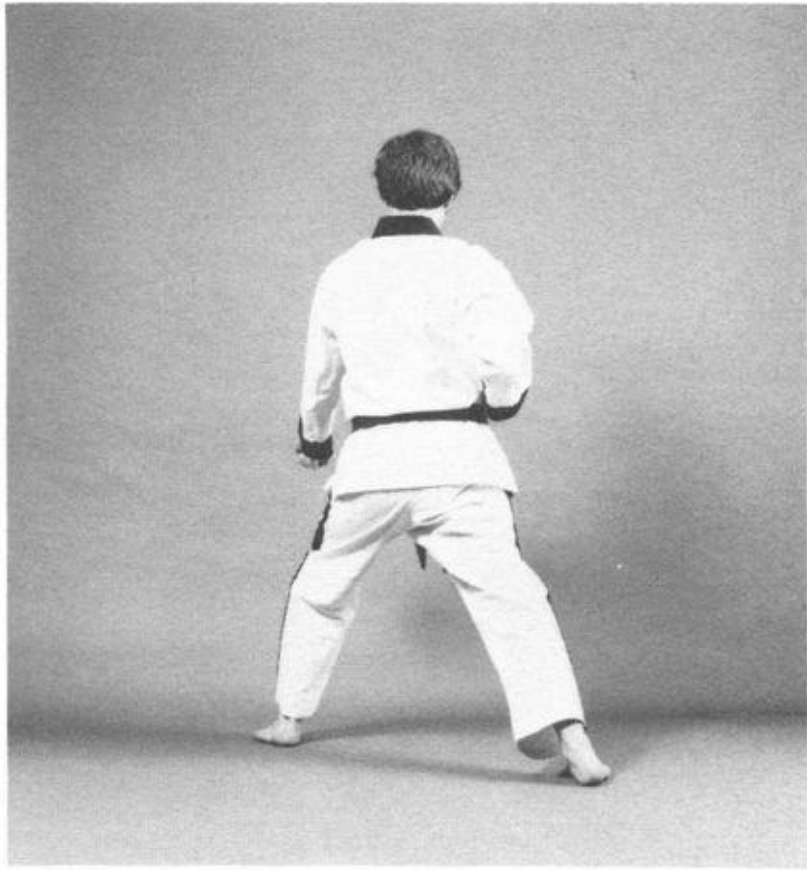
Round house kick.



Sudo.

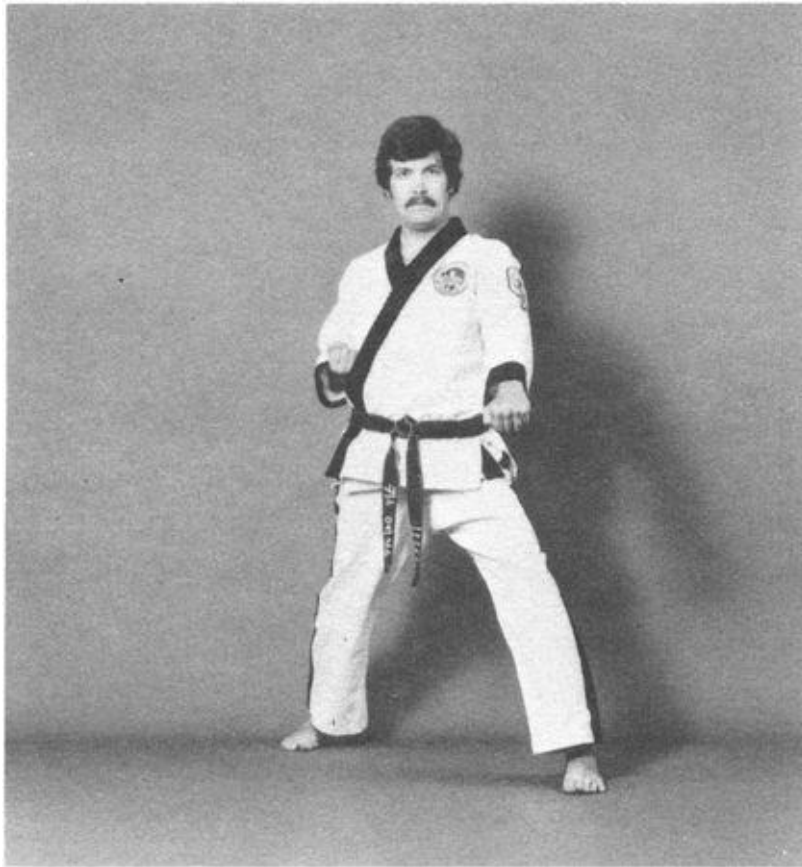


Pivot 90° to left, down block.

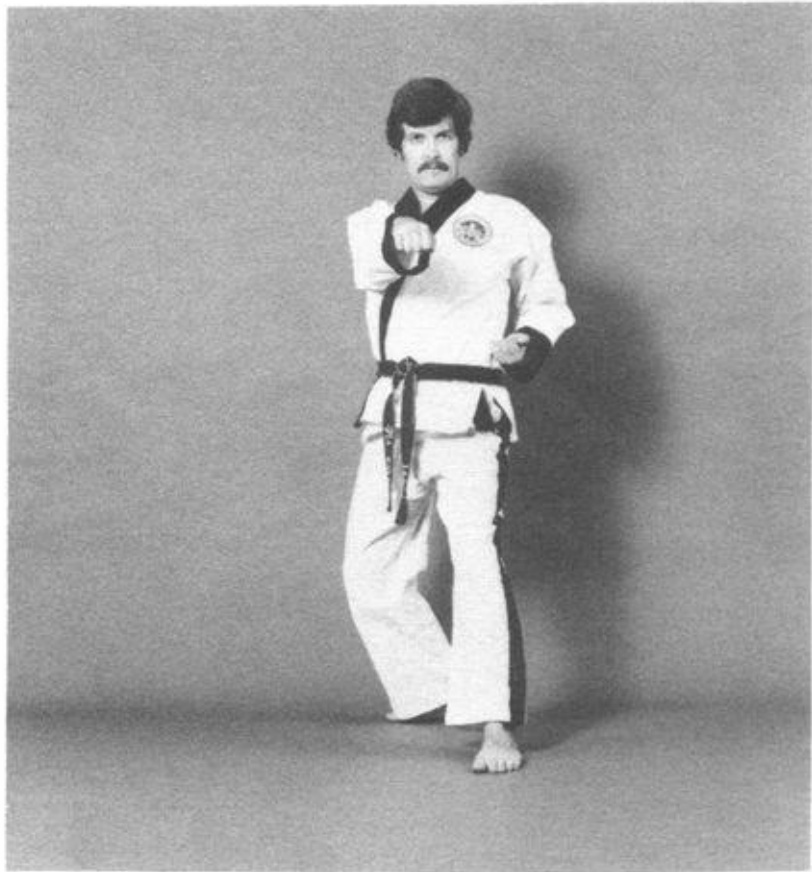


Camera angle changes 180° for better view.

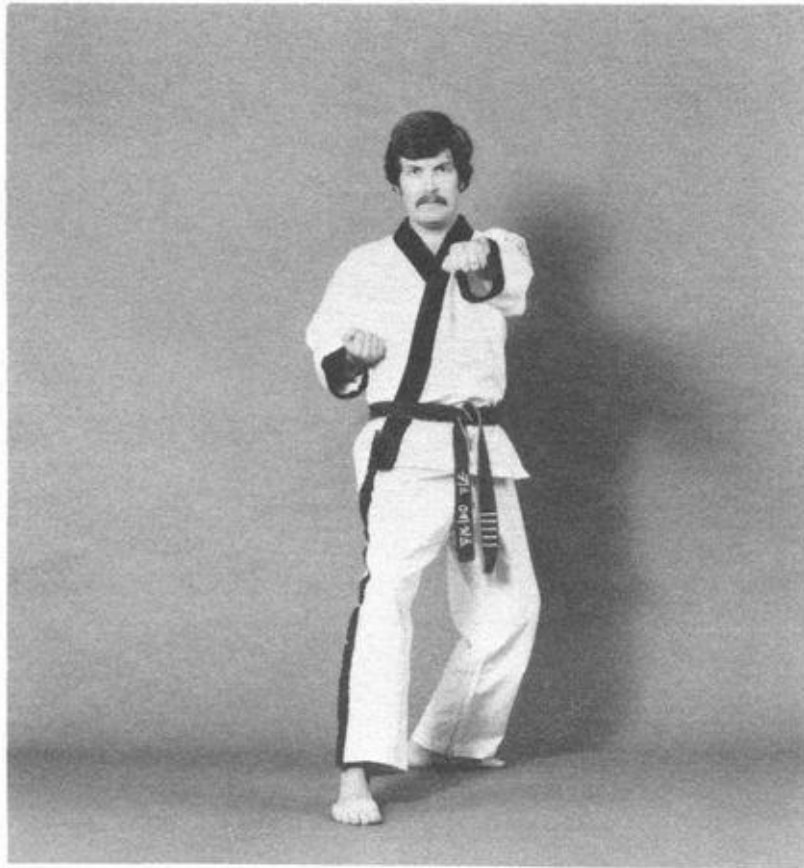
(Foot diagrams do not change position in order to make them easier to follow.)



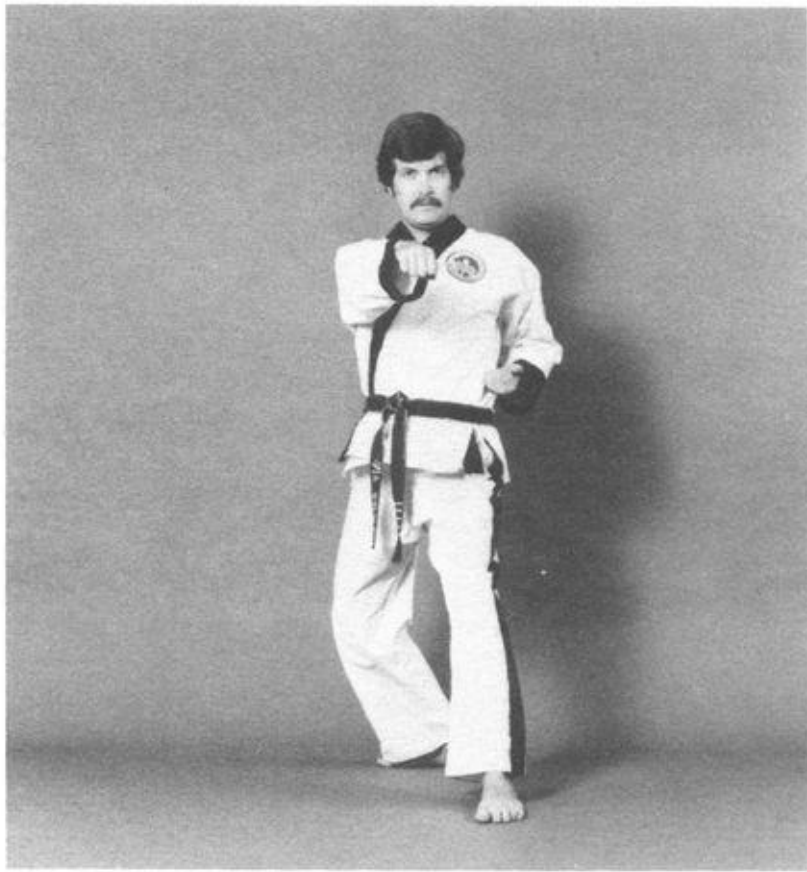
Pull back into back stance and right middle punch.



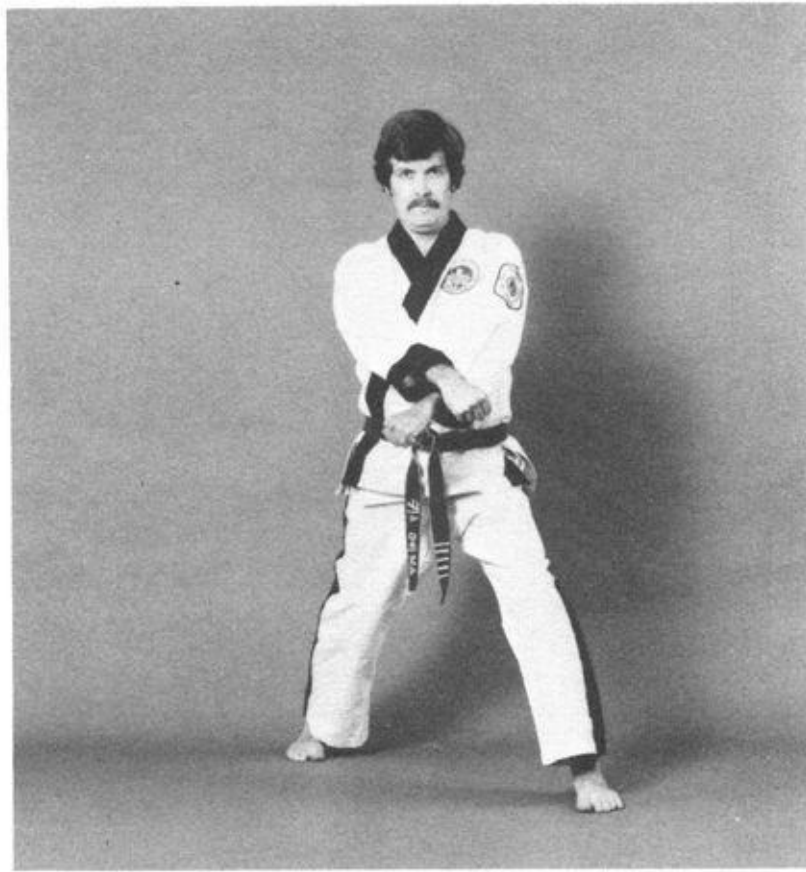
Middle punch.



Middle punch.



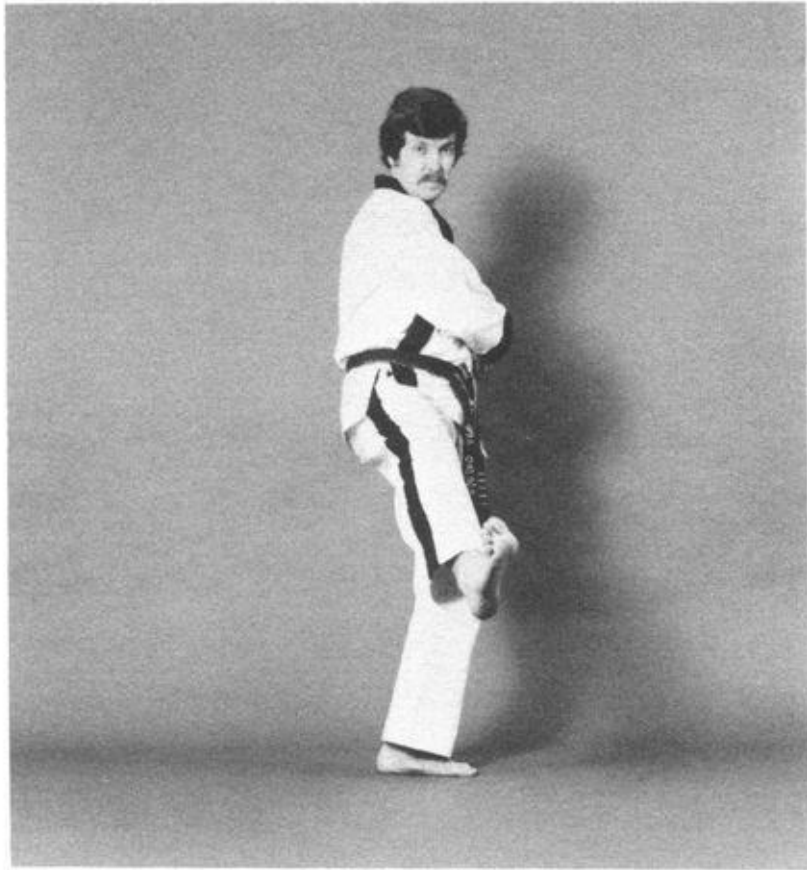
Shift in front stance, low X-block.



APPLICATION.



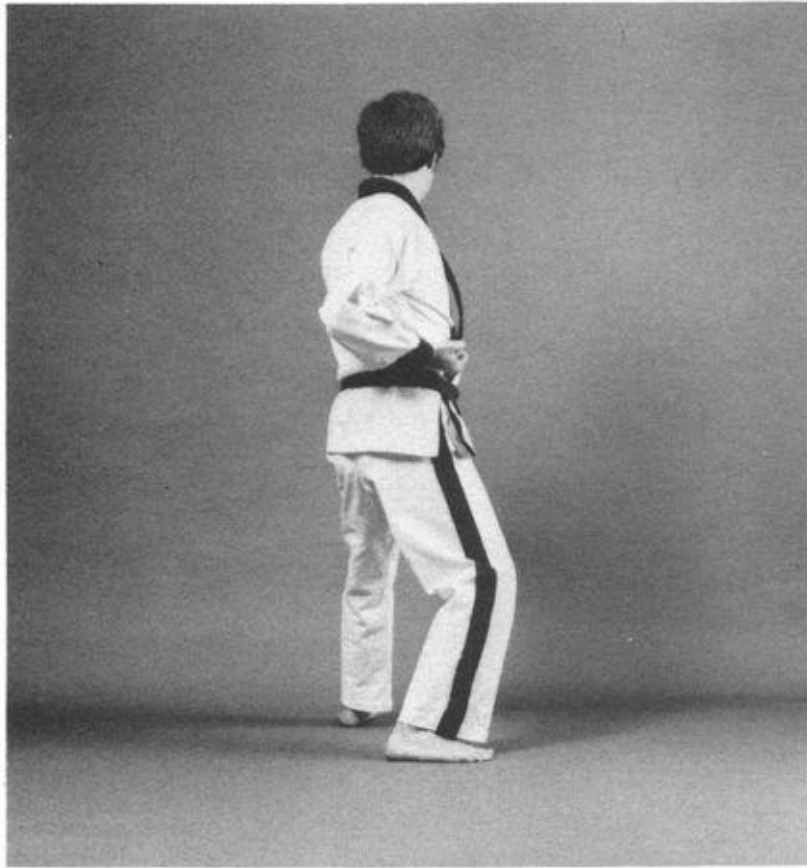
Bring hands to left hip as right foot swings out in sweeping motion.



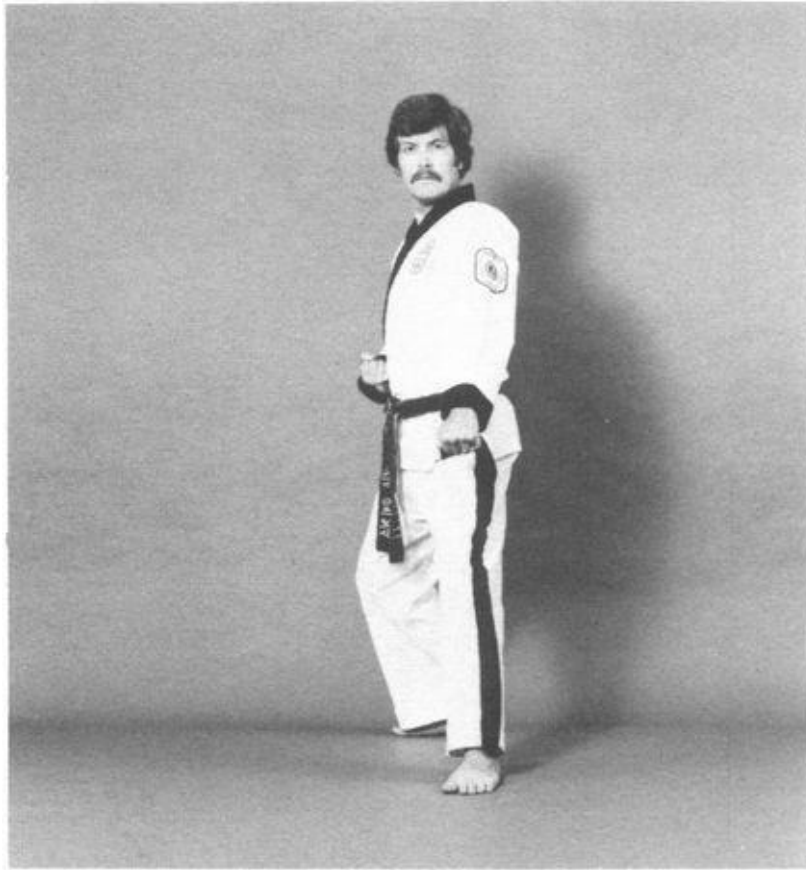
APPLICATION. Sweep of opponent's balance.



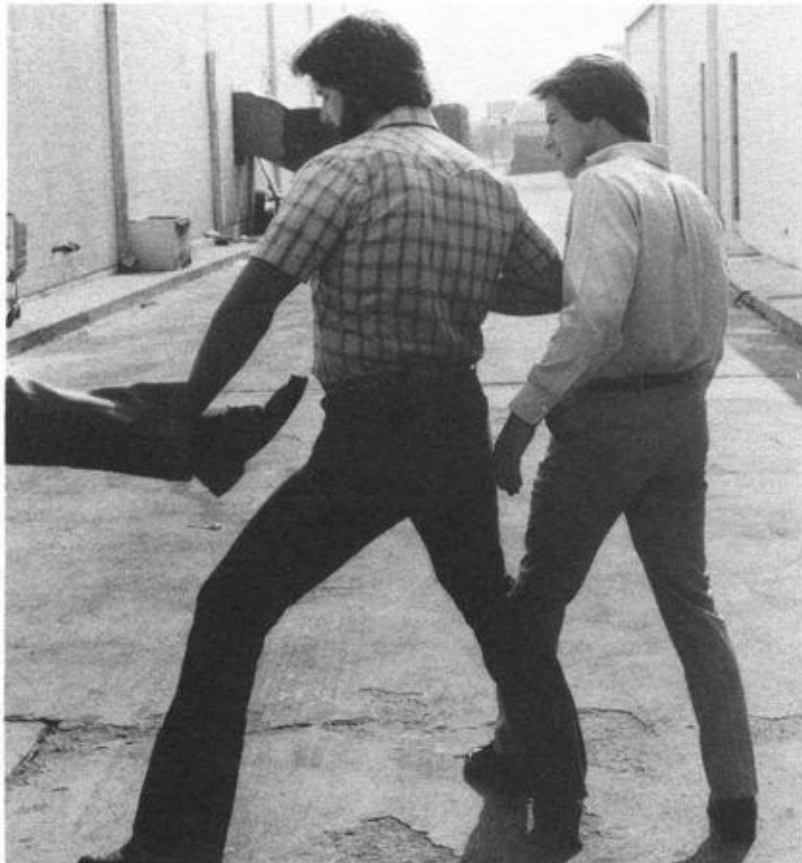
Set into back stance with left down block and right elbow to rear.



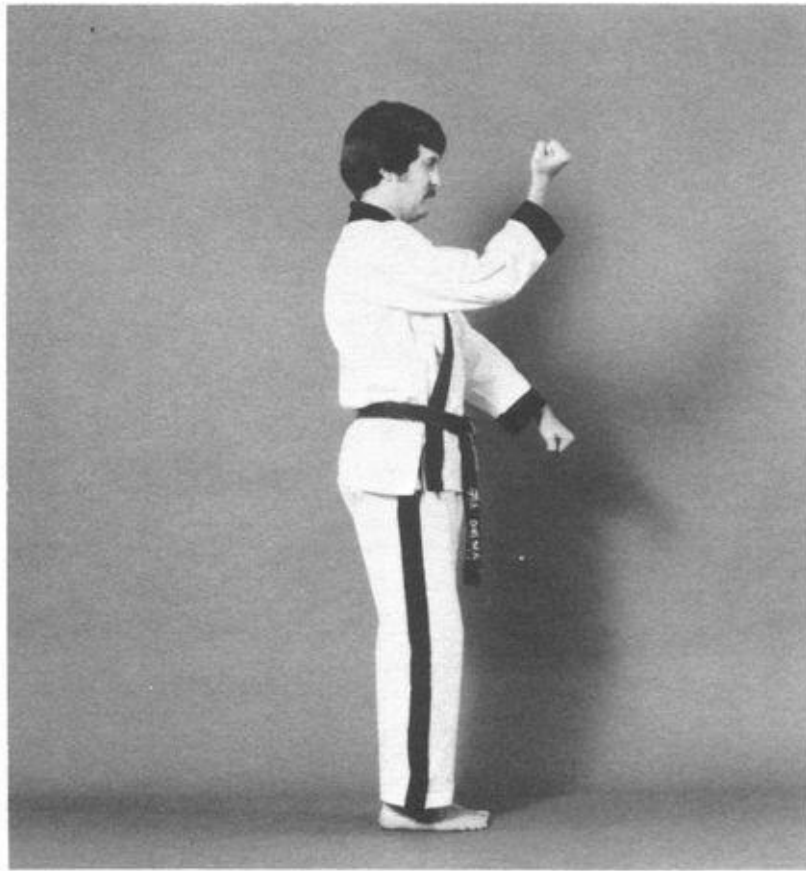
Camera angle changes back to original position.



APPLICATION - Kick block and rear elbow strike.



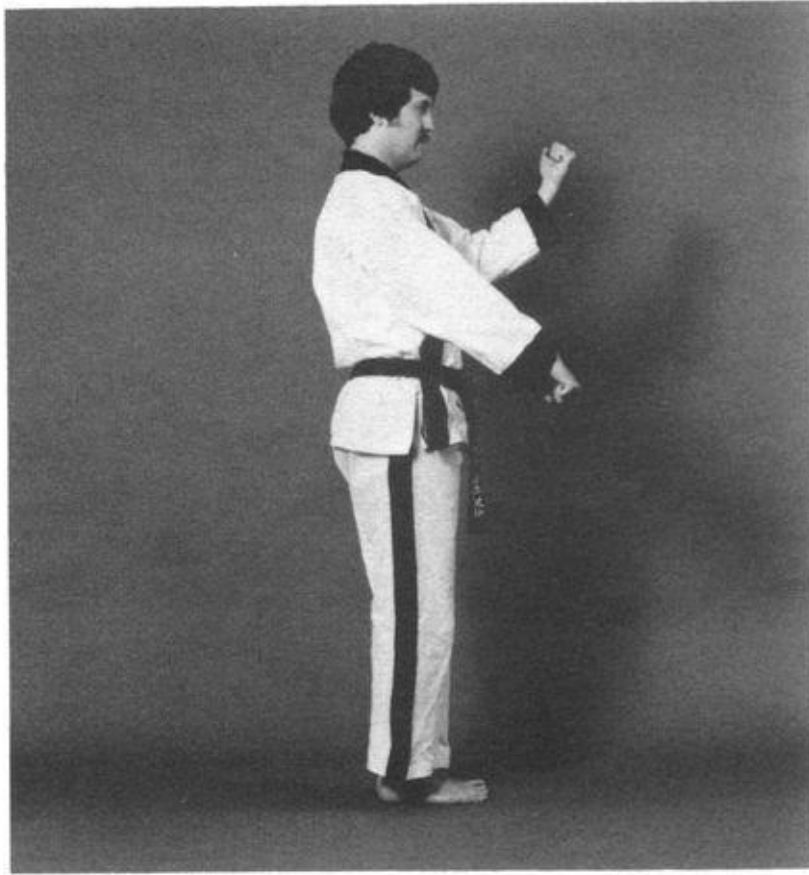
Pivot on right foot, execute high/low forearm blocks.



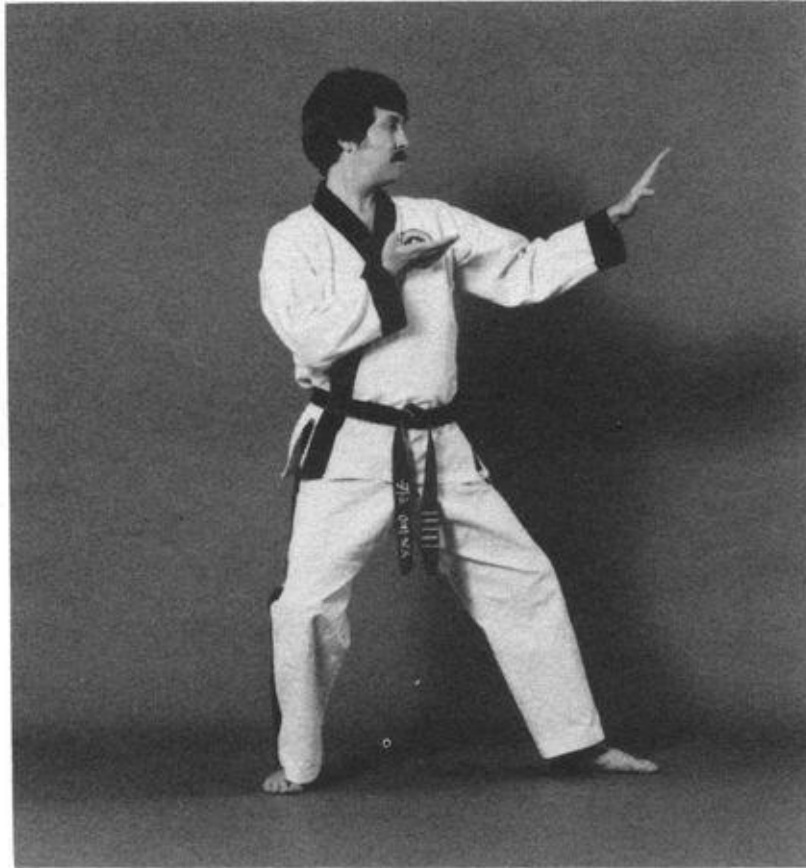
APPLICATION - Blocking two attacks.



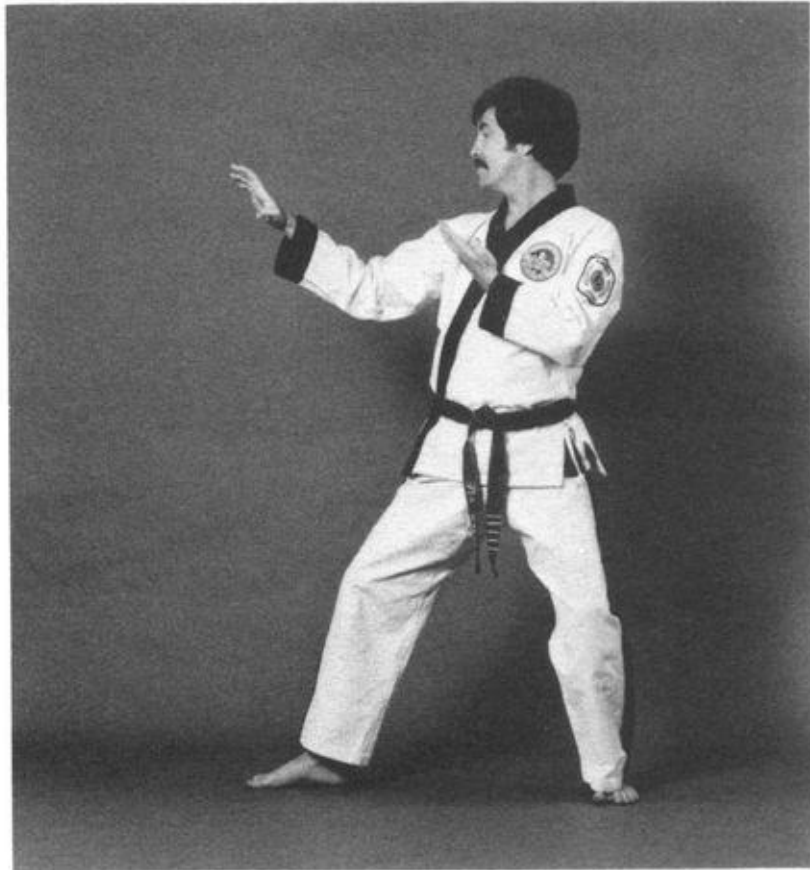
Change position of hands.



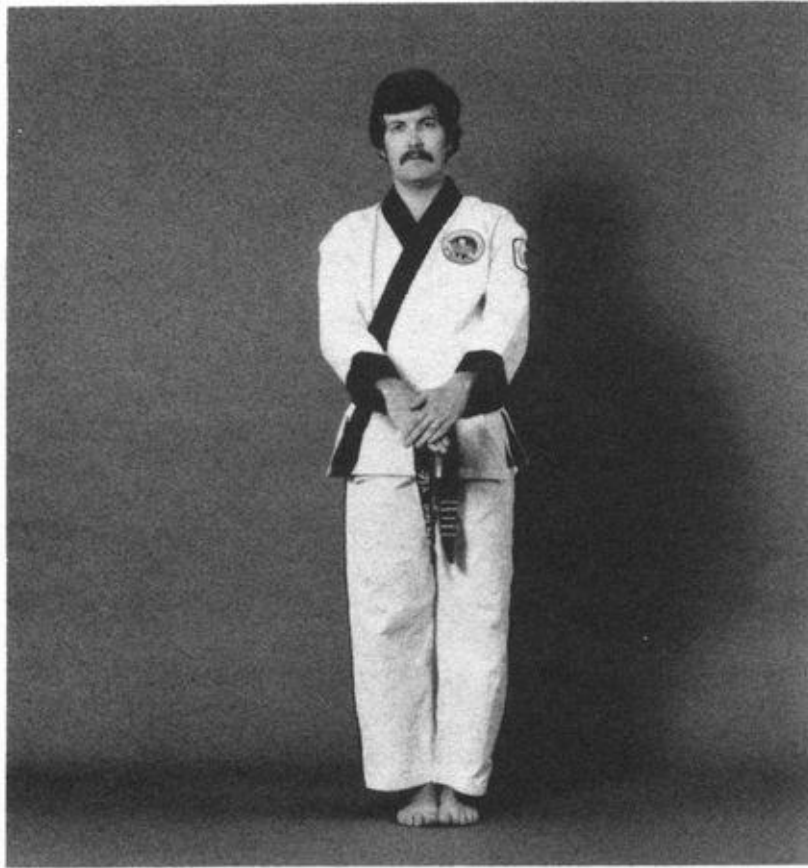
Step out, sudo.



Left foot to right, set out, sudo, yell.



Ready stance.

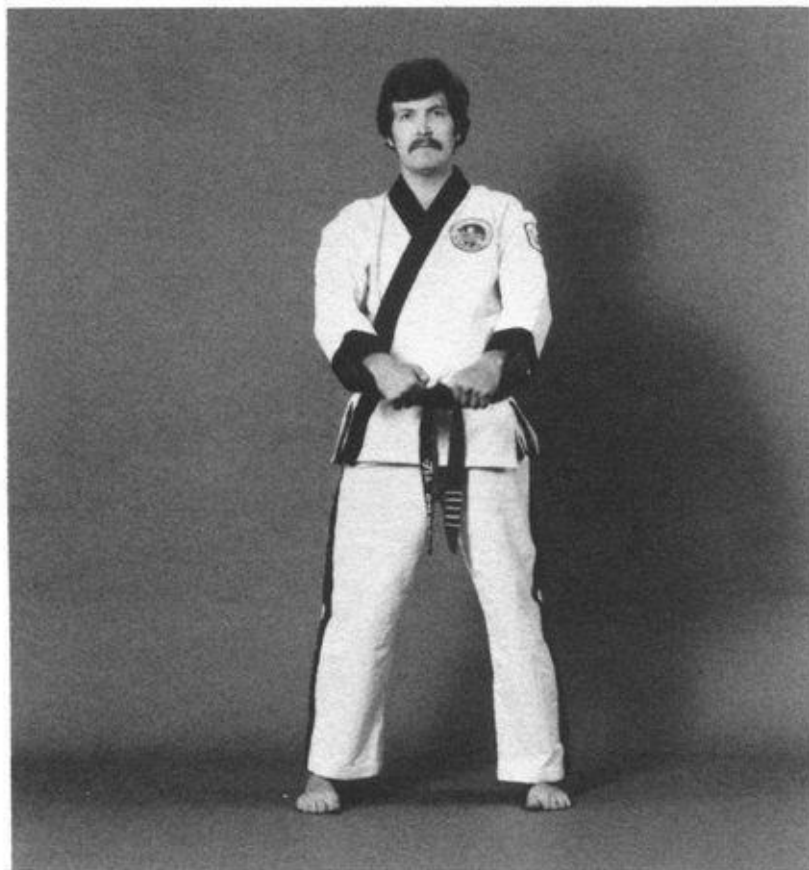


The master seeks not only the how but the why as well.

CHUNG-MU

The name of a great Admiral, Yi Sun Sin, of the Yi Dynasty, who was reputed to have invented the first armoured battleship in 1592 A.D. The left hand attack ending the form symbolizes his unfortunate death in battle before he was able to demonstrate his complete loyalty to the King.

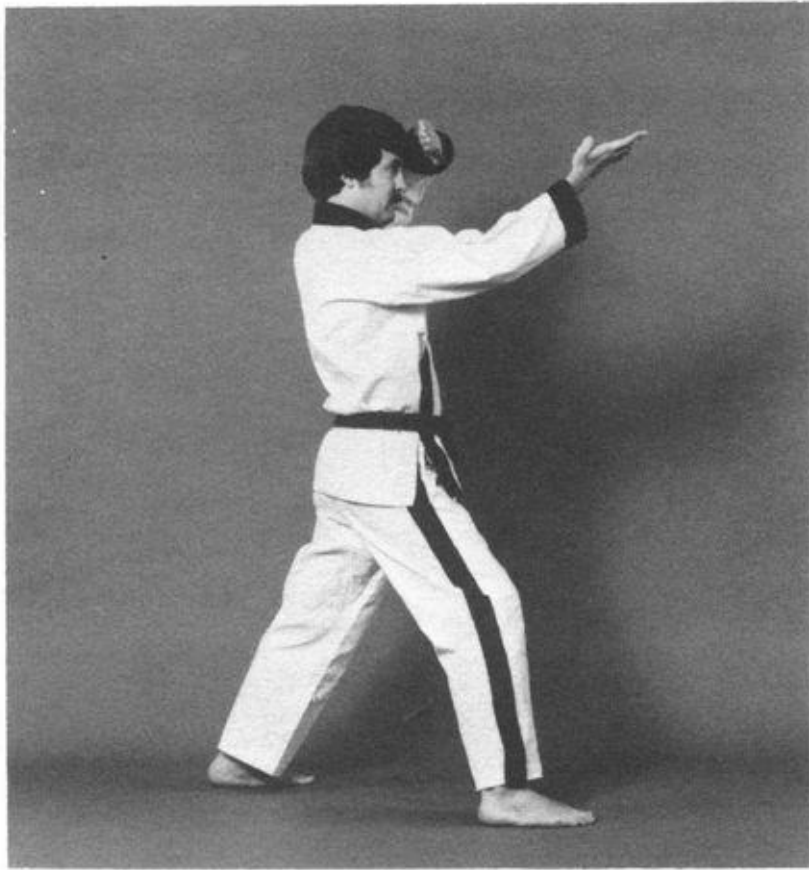
Ready stance.



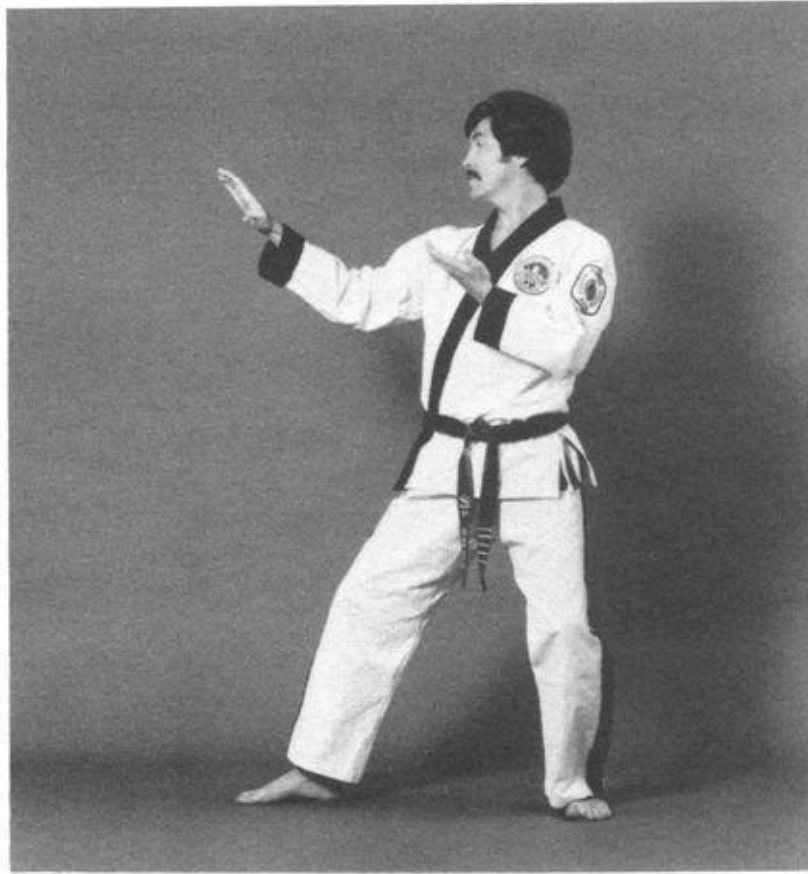
Step to left, twin knife-hand block.



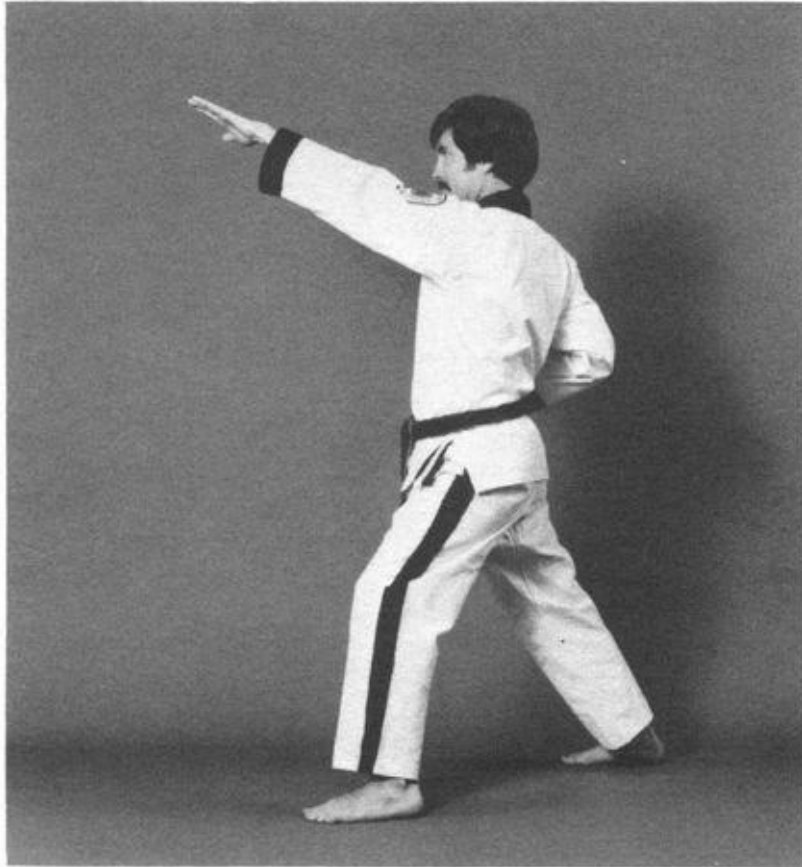
Step and right hand chop bringing left open hand over forehead.



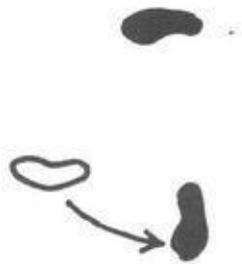
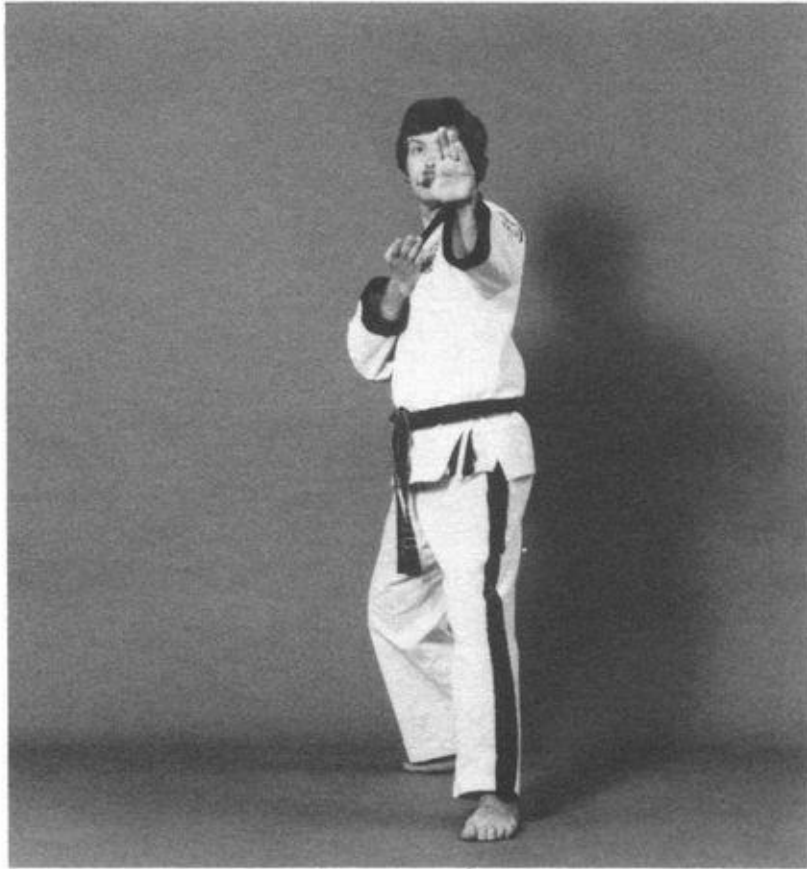
Pivot 180° to right, sudo.



Spear thrust.



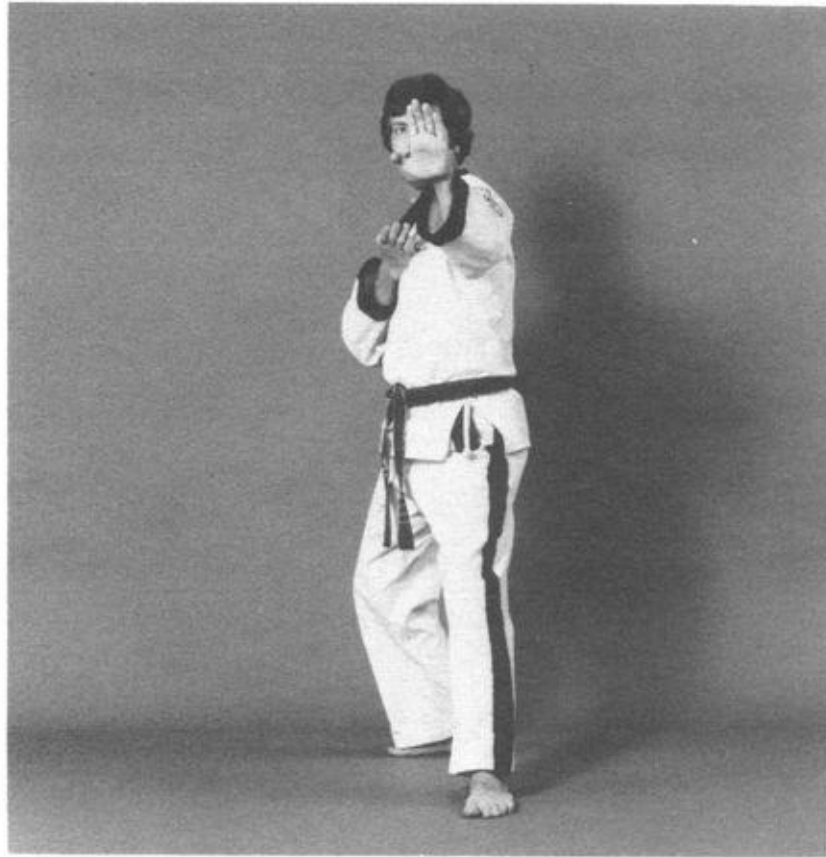
Pivot 90° to left, sudo.



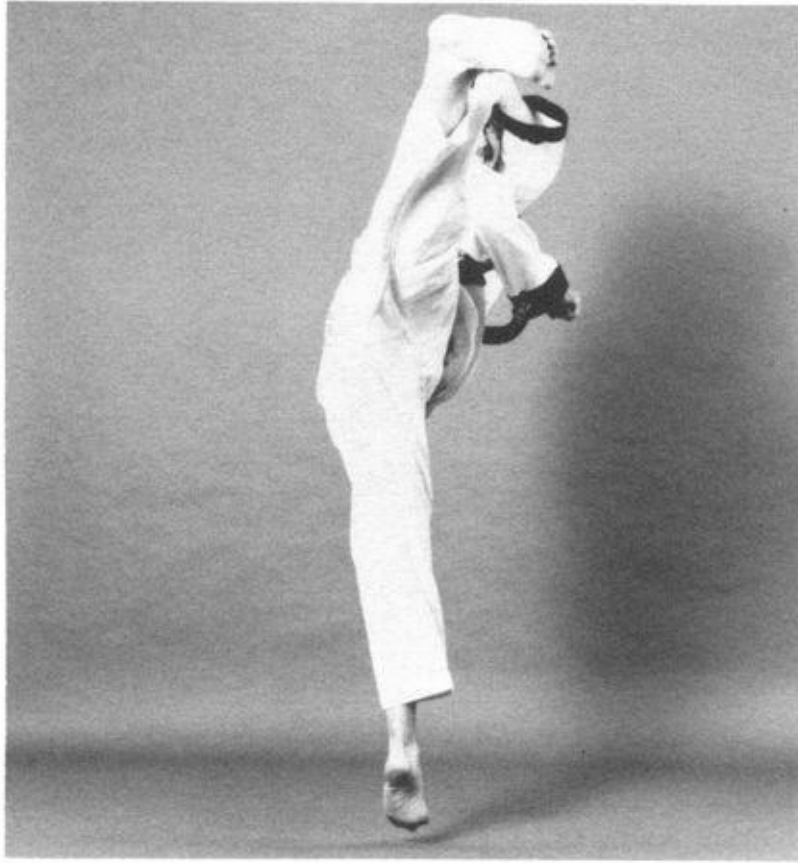
Bring left foot to right and right side kick with guarding backfist.



Set right foot down next to left, step out with left and sudo.



Step with right foot, swing with left and jump right side kick.



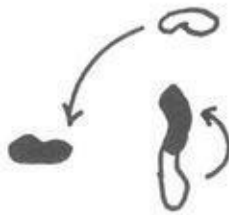
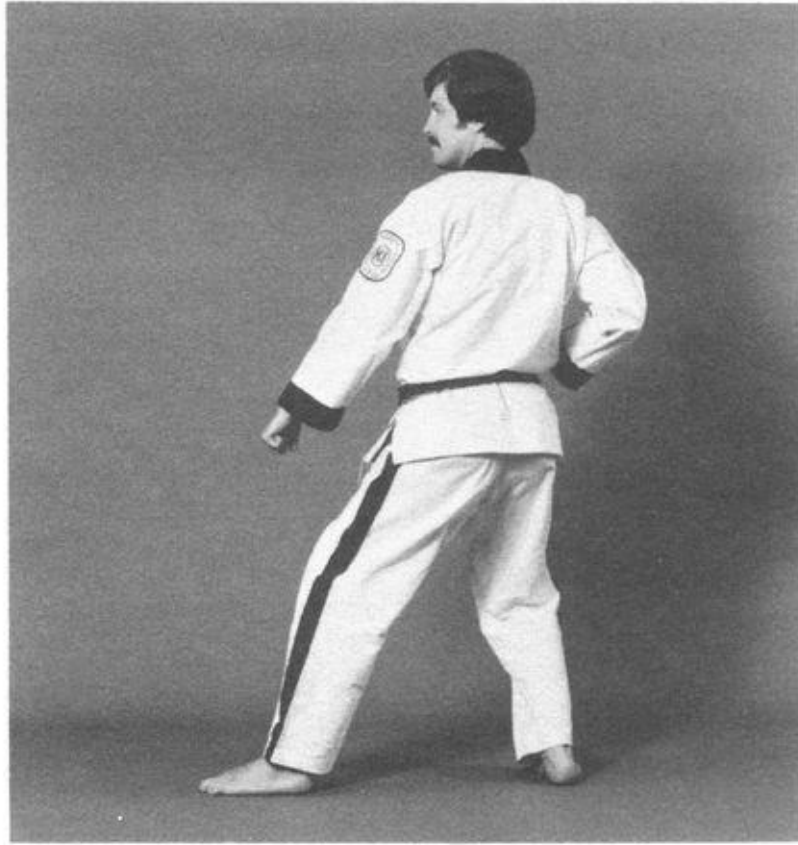
APPLICATION.



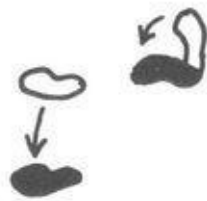
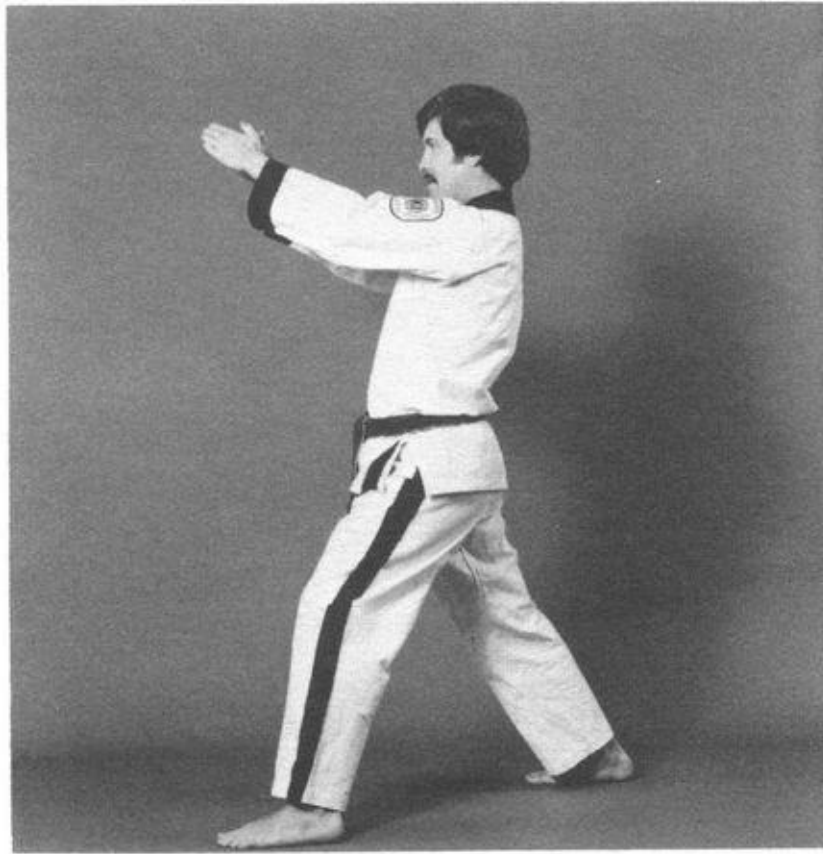
Land and sudo, *yell*.



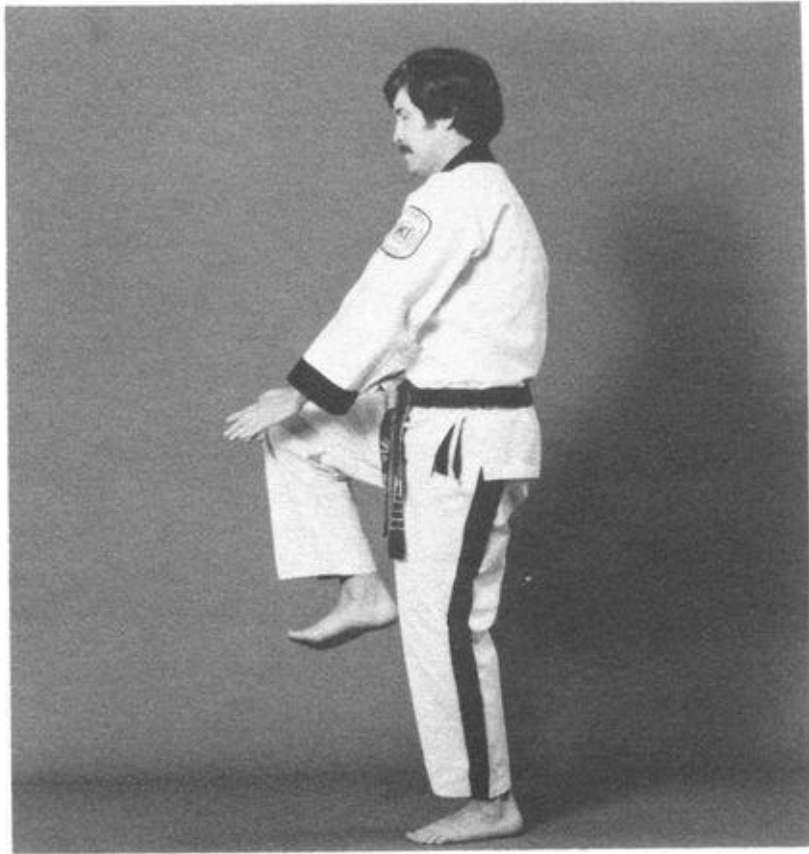
Pivot 270 ° counterclockwise, low block in backstance.



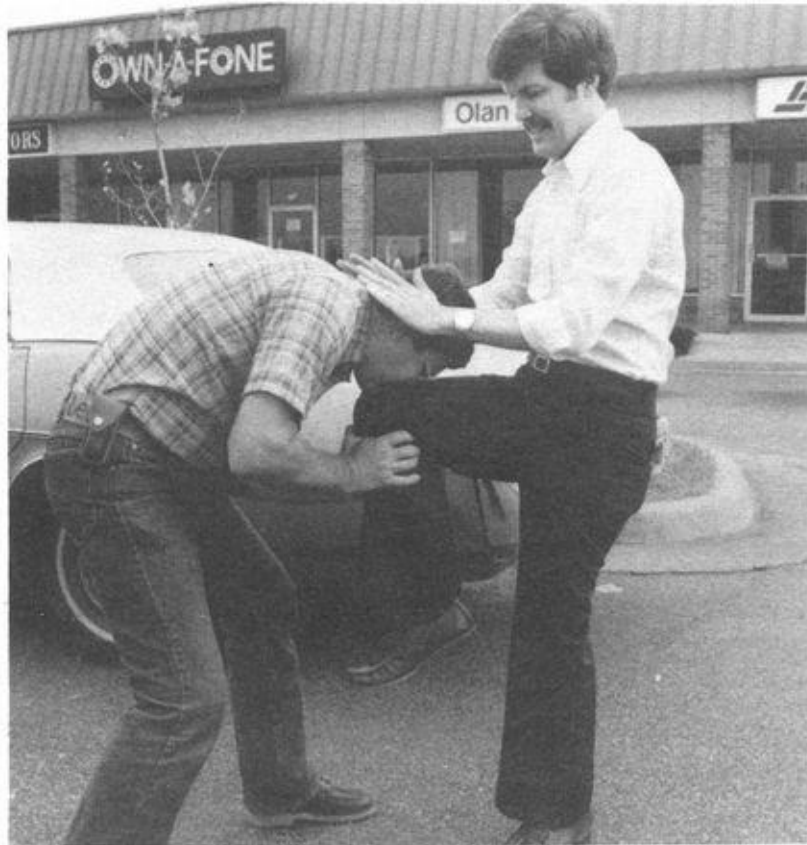
Shift to front stance, grab behind opponent's neck.



Pull hands to knee.



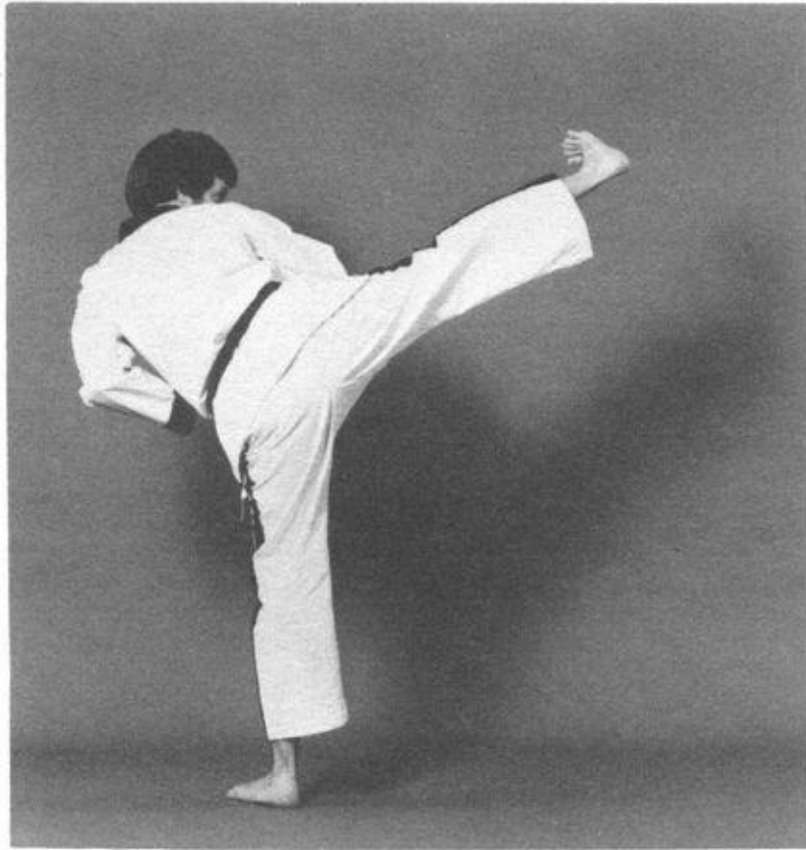
APPLICATION.



Set right foot next to left, pivot around and ridge hand.



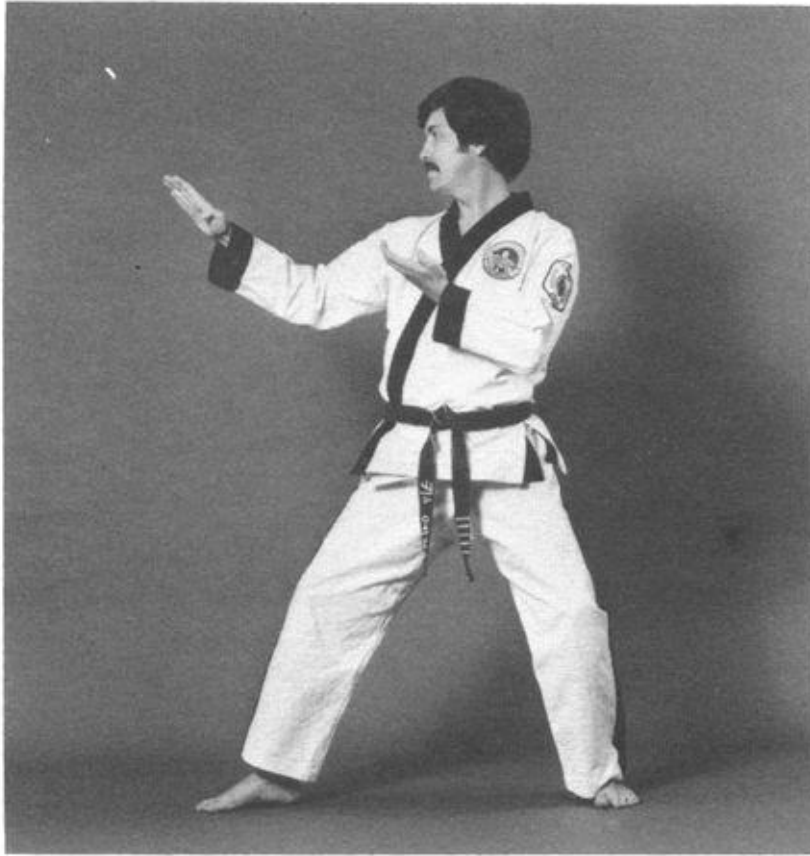
Roundhouse kick.



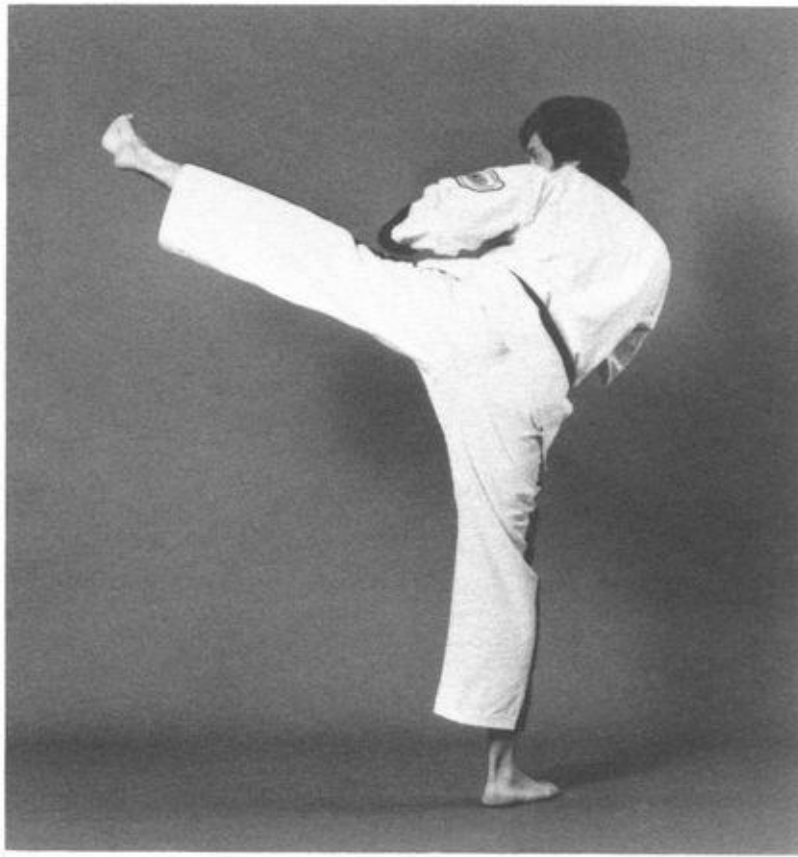
Turning back kick.



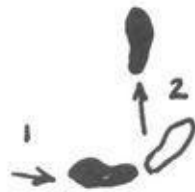
Lower kicking foot, sudo to opposite direction.



Roundhouse kick.



Lower left foot next to right, step out with right, high/low open hand block.

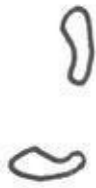
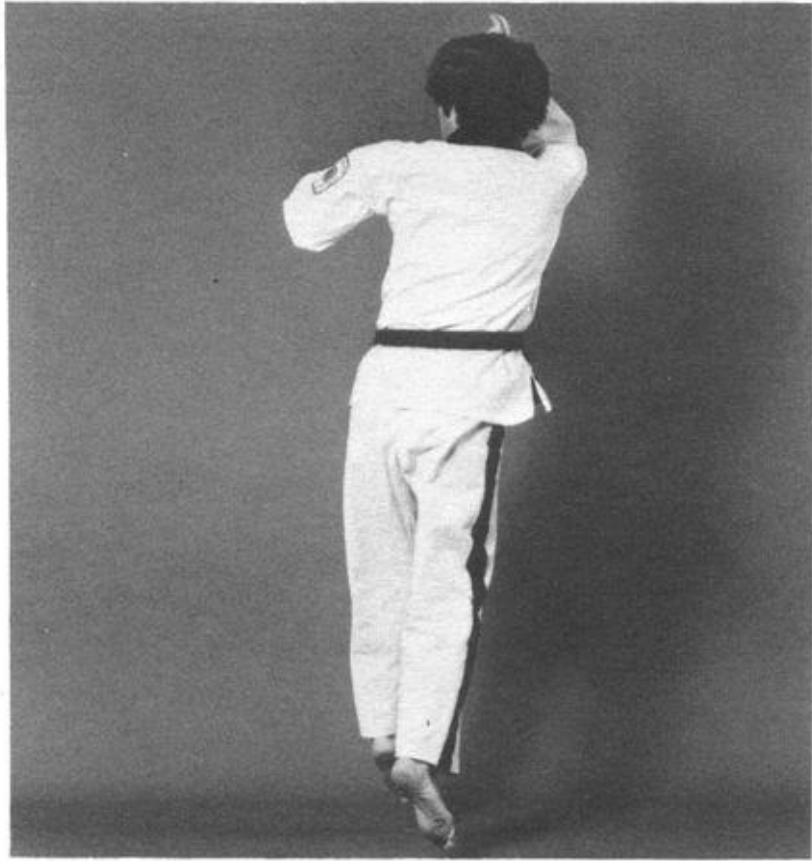


Camera angle changes 180° for better view.

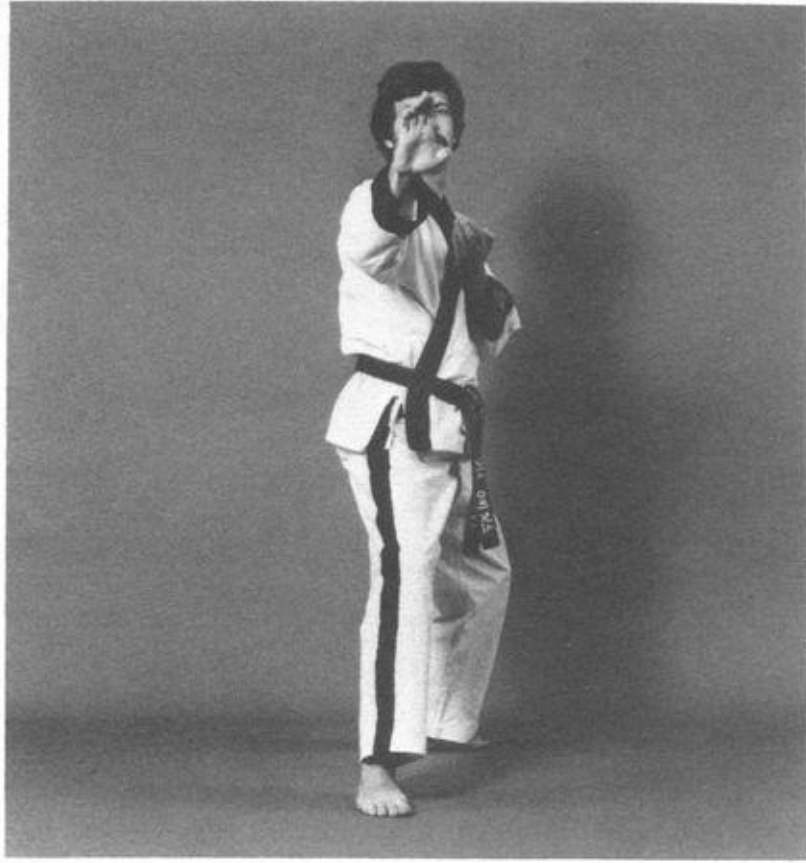
(Foot diagrams do *not* change position in order to make them easier to follow.)



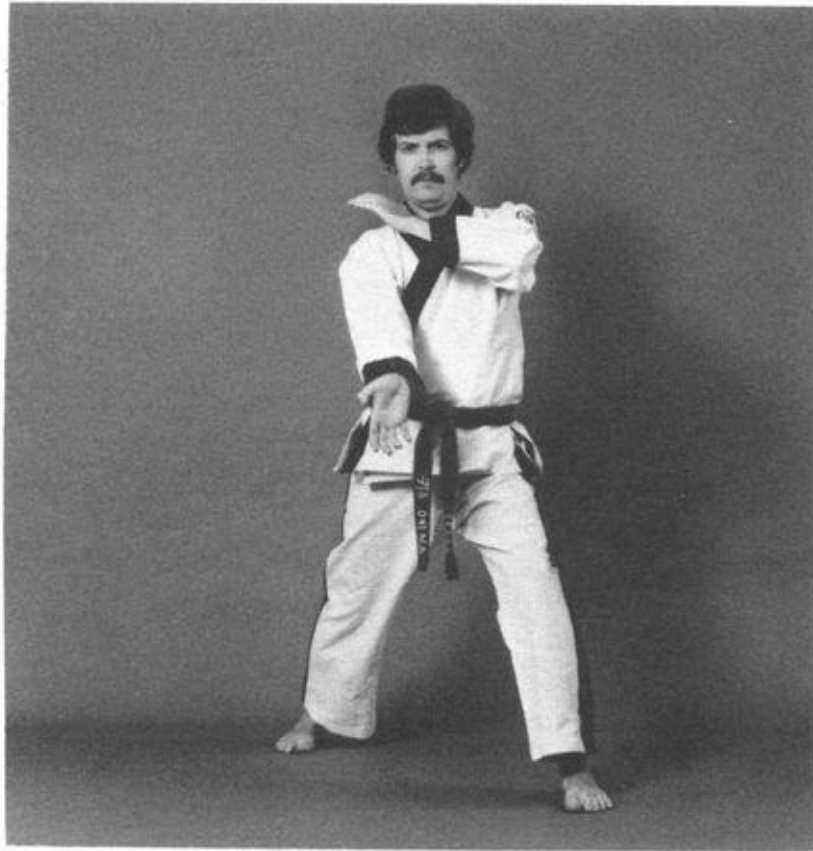
Jump into air, spinning 360° counterclockwise.



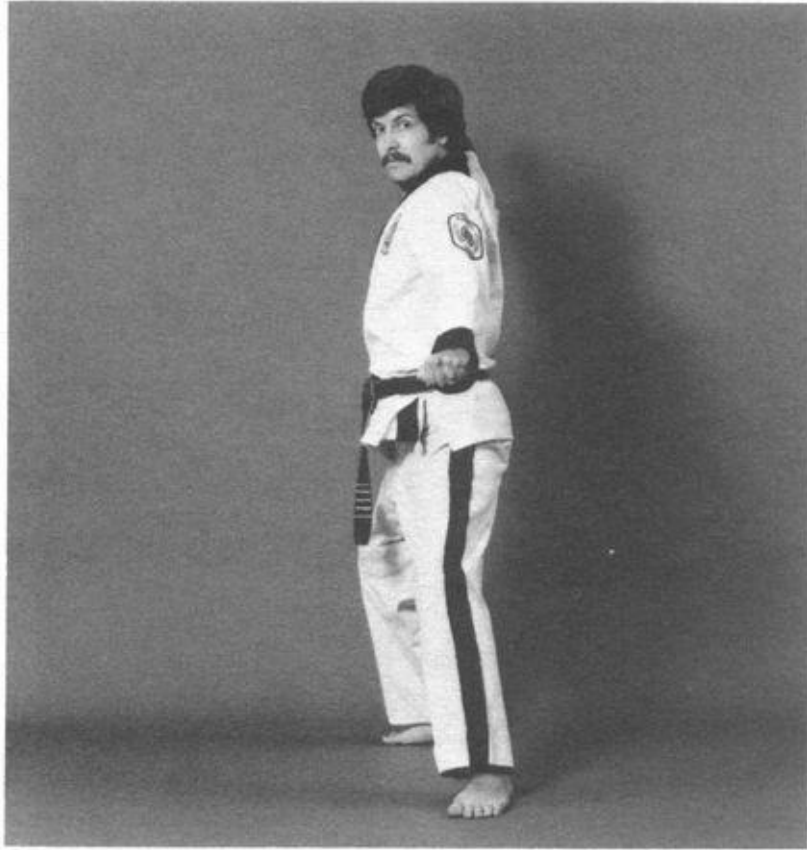
Land and sudo.



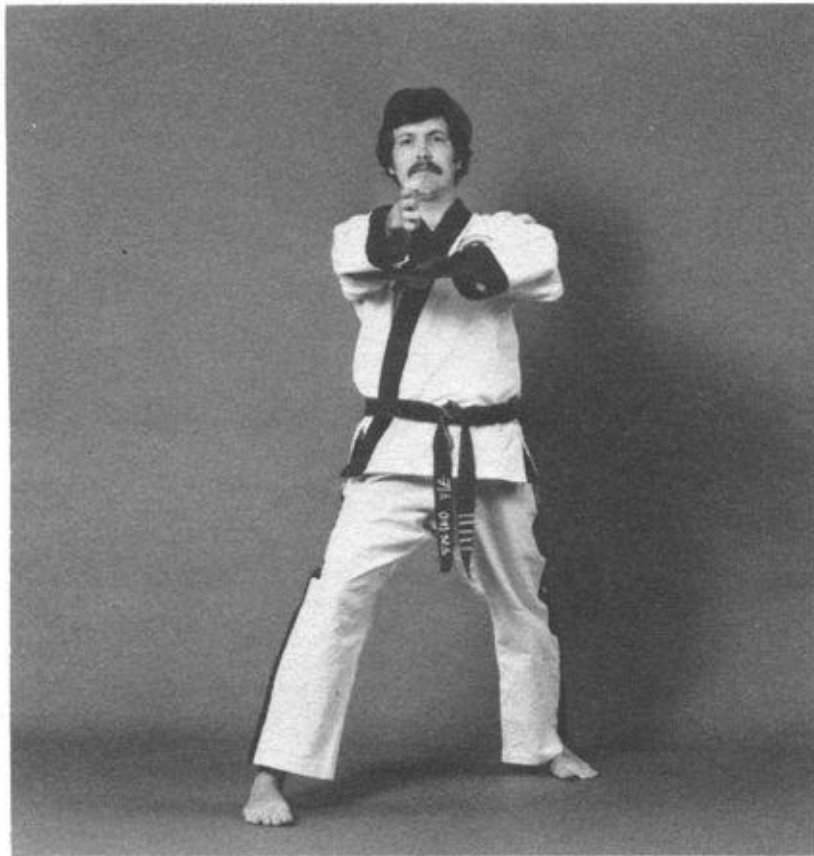
Step into open hand groin strike.



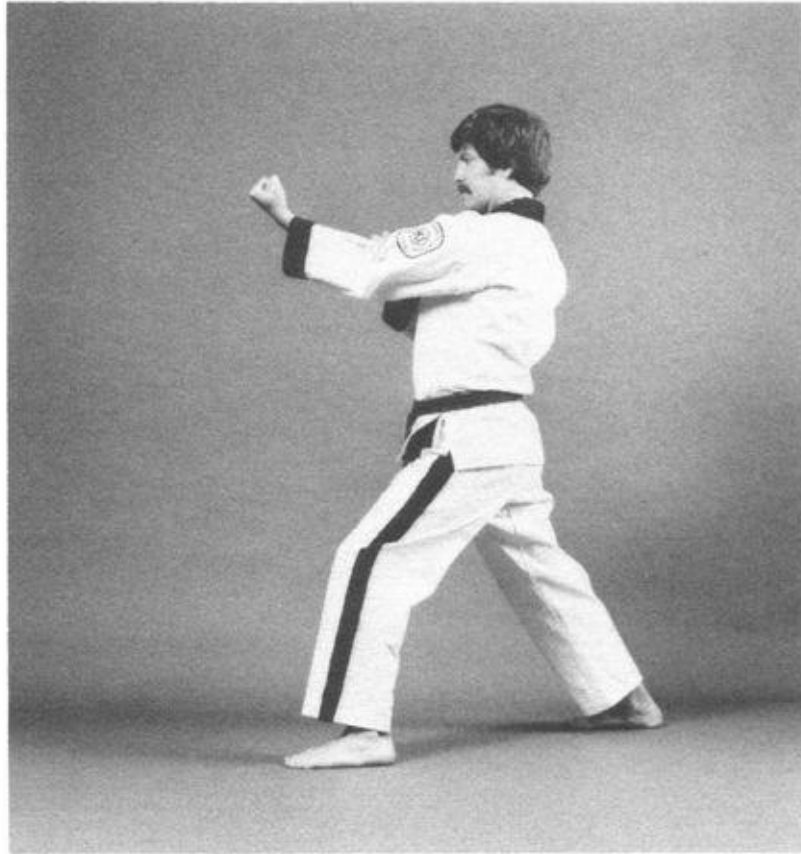
Pull back into low block, right hand strikes behind in a backfist.



Step and spear.



Pivot 270°, twin fist block.



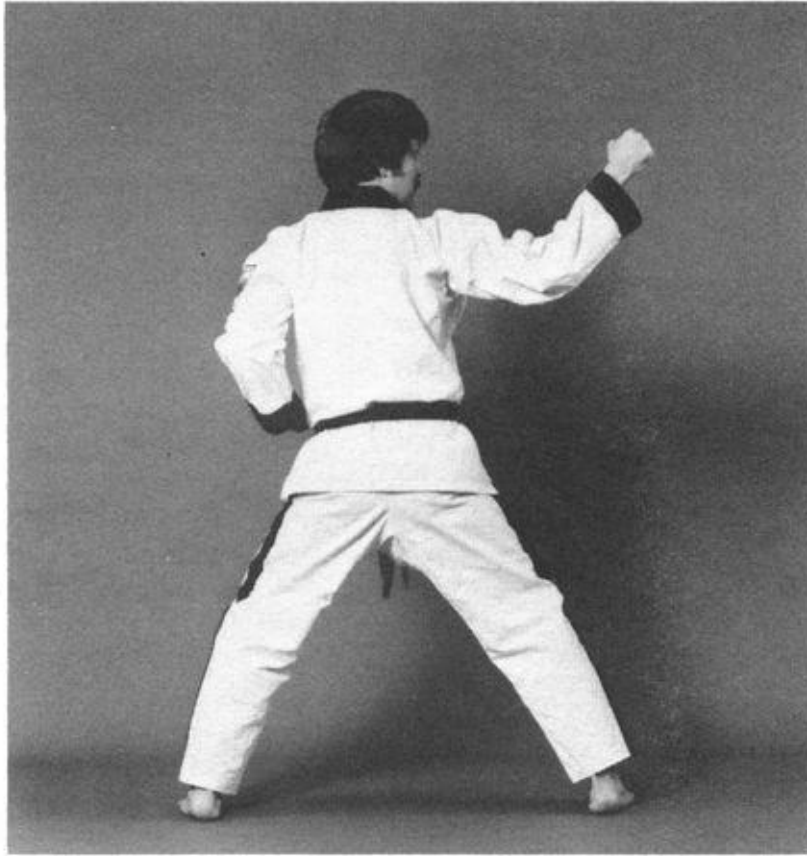
Camera angle changes back to original position.



Pivot on left foot, stomp out with right, execute right inside block.



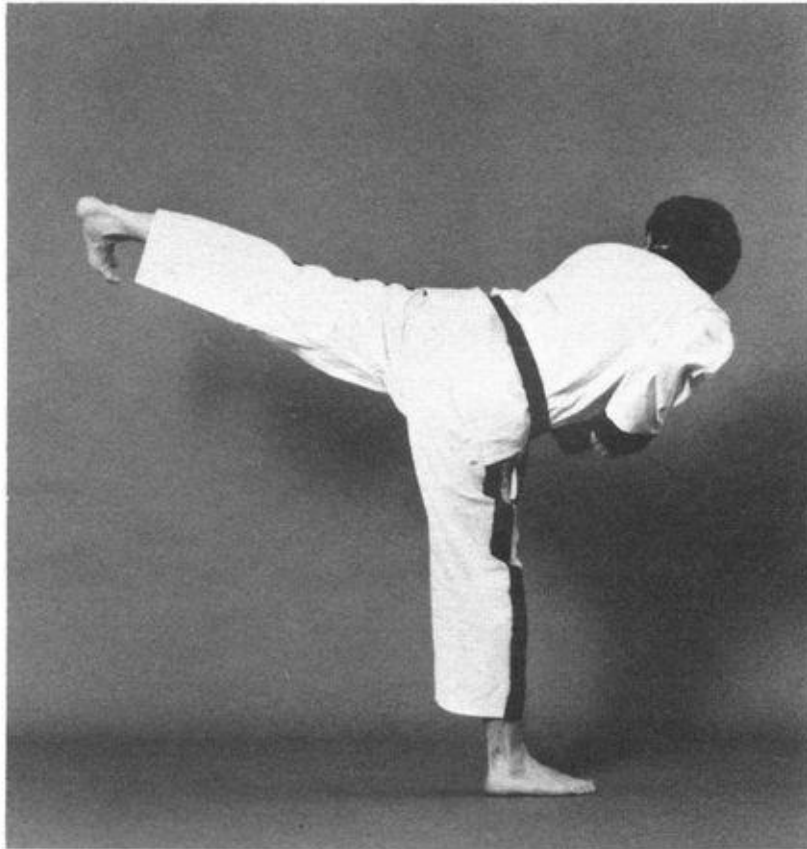
Back fist.



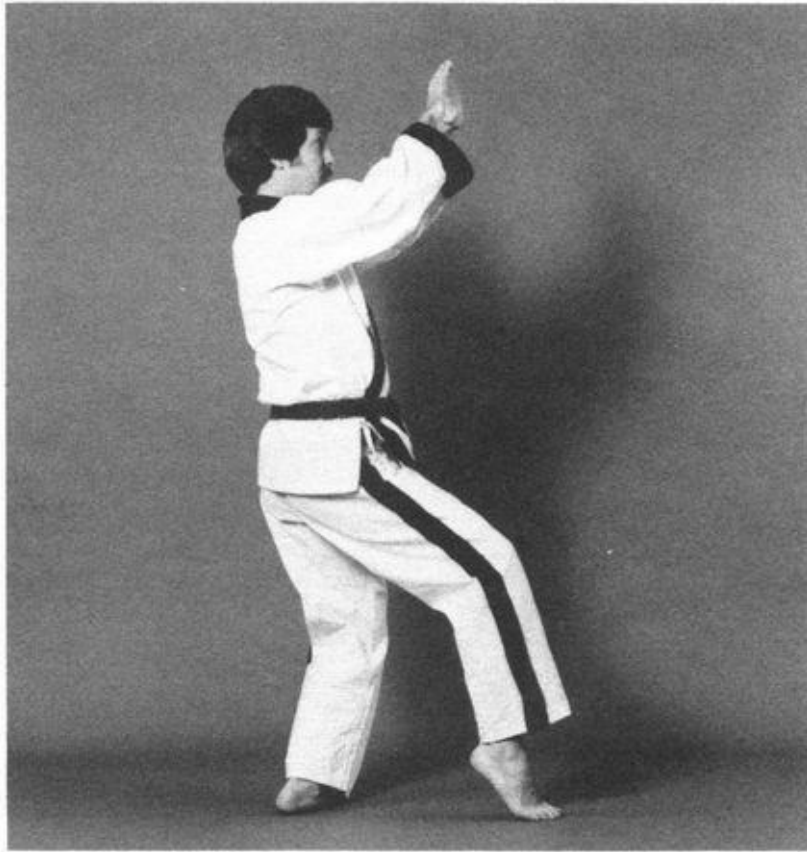
Pivot 180°, right side kick pulling hands to rear hip.



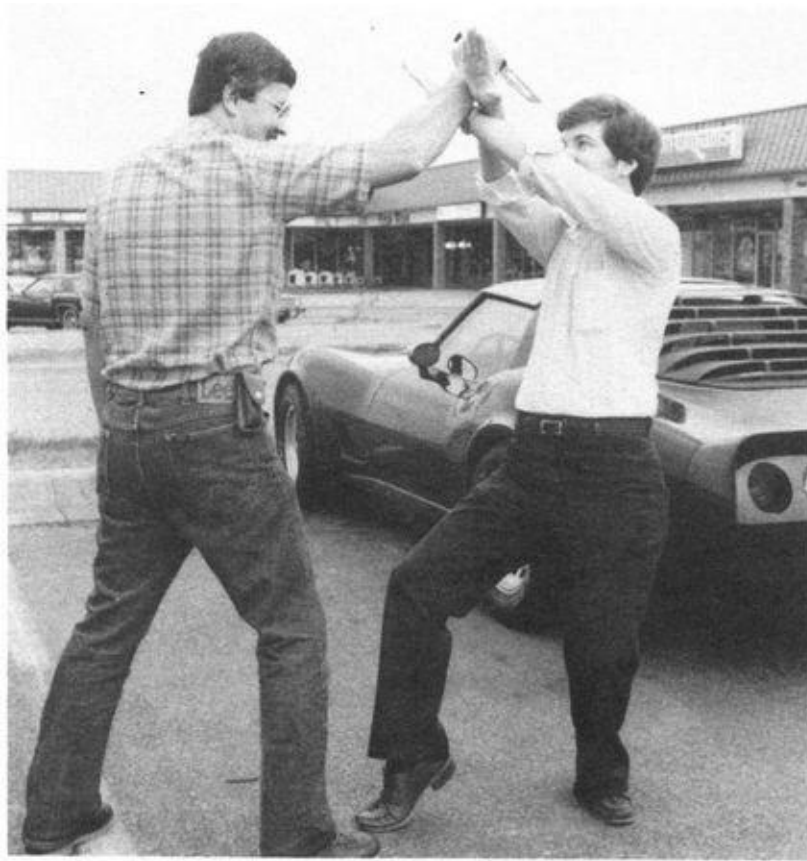
Left side kick, hands at hip.



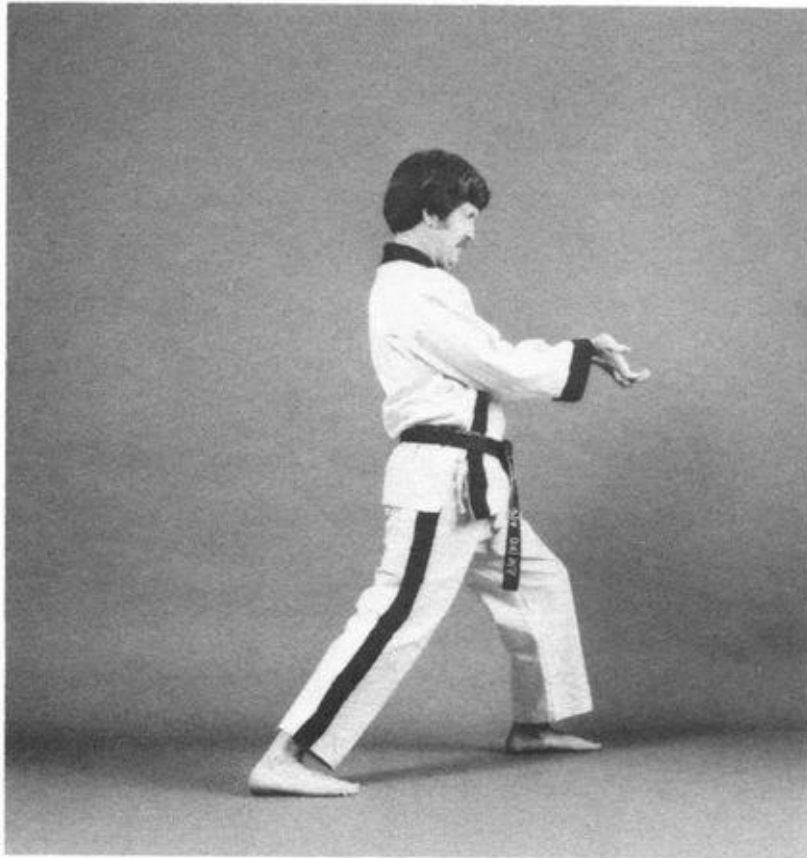
Set left foot next to right, slide right foot out into cat stance, high open hand X-block.



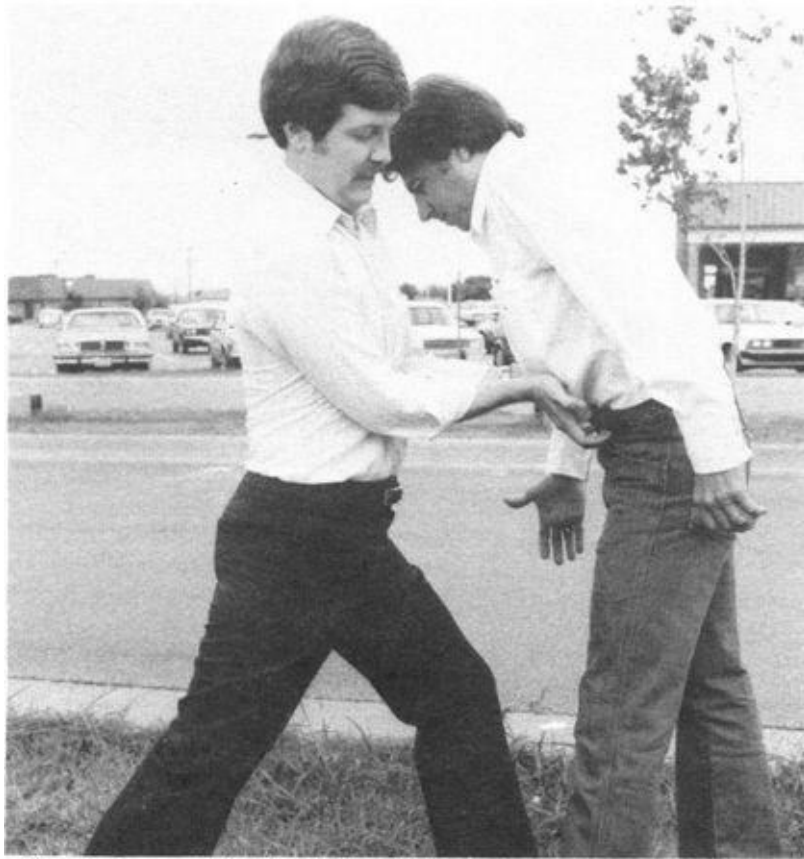
APPLICATION.



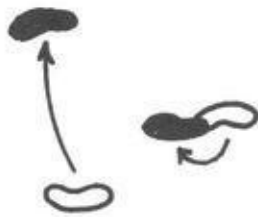
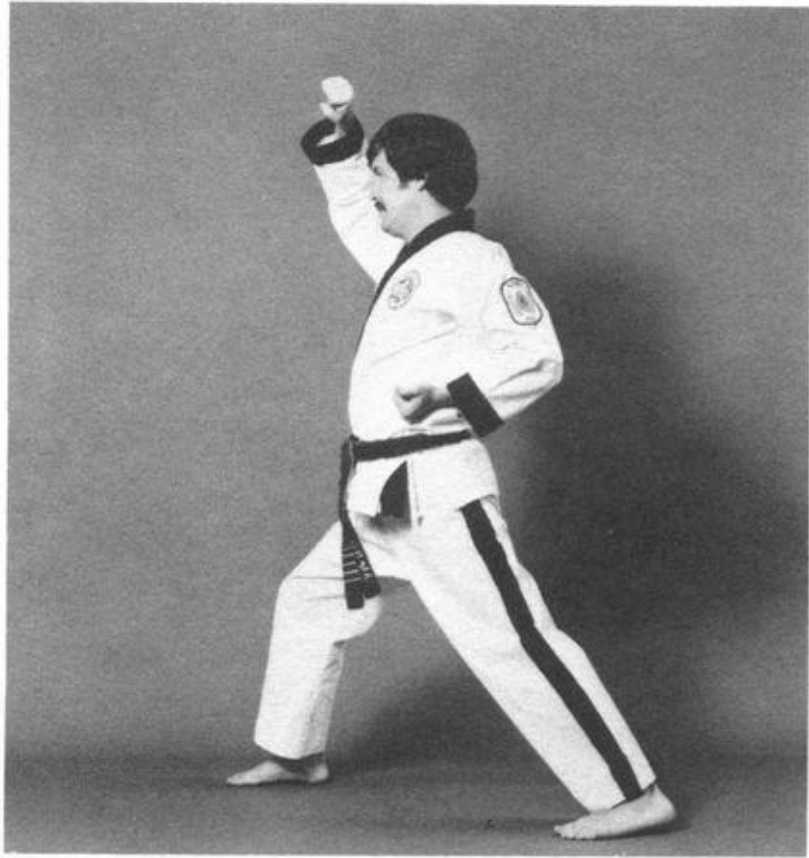
Step and double palm.



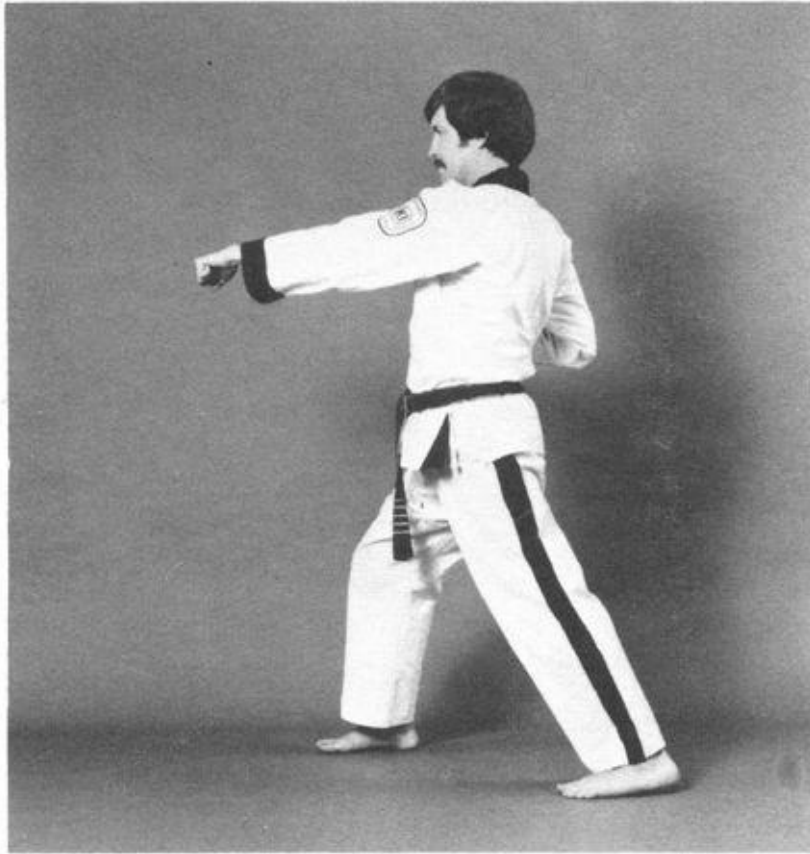
APPLICATION - Abdominal strike.



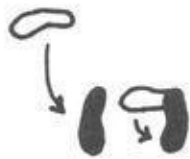
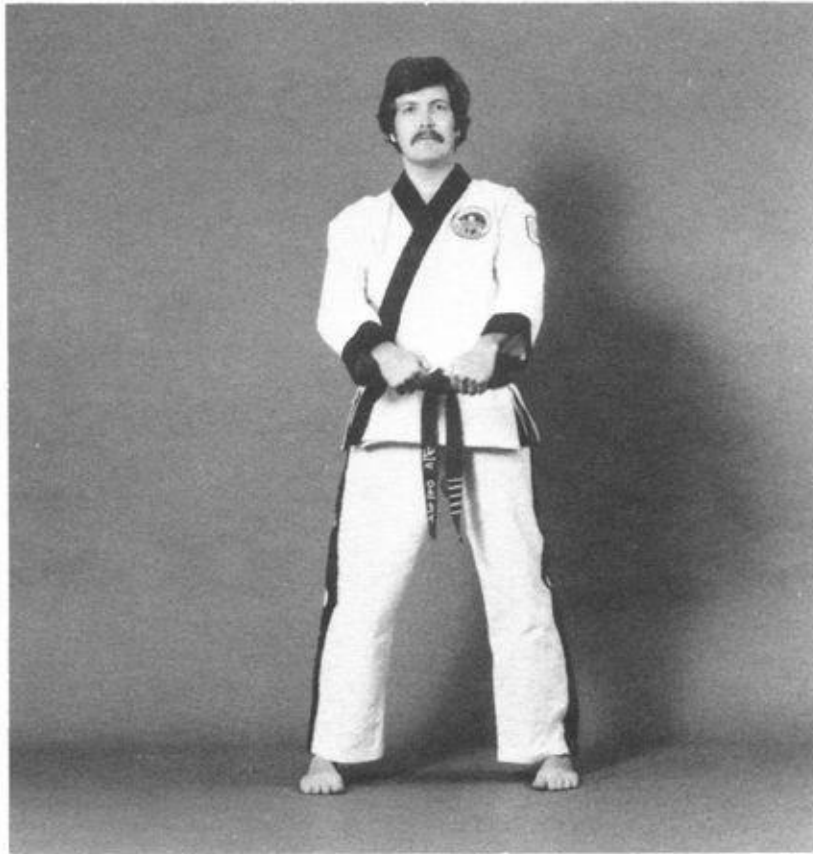
Cross right leg towards left, pivot 180°, rising block.



Middle punch, *yell.*



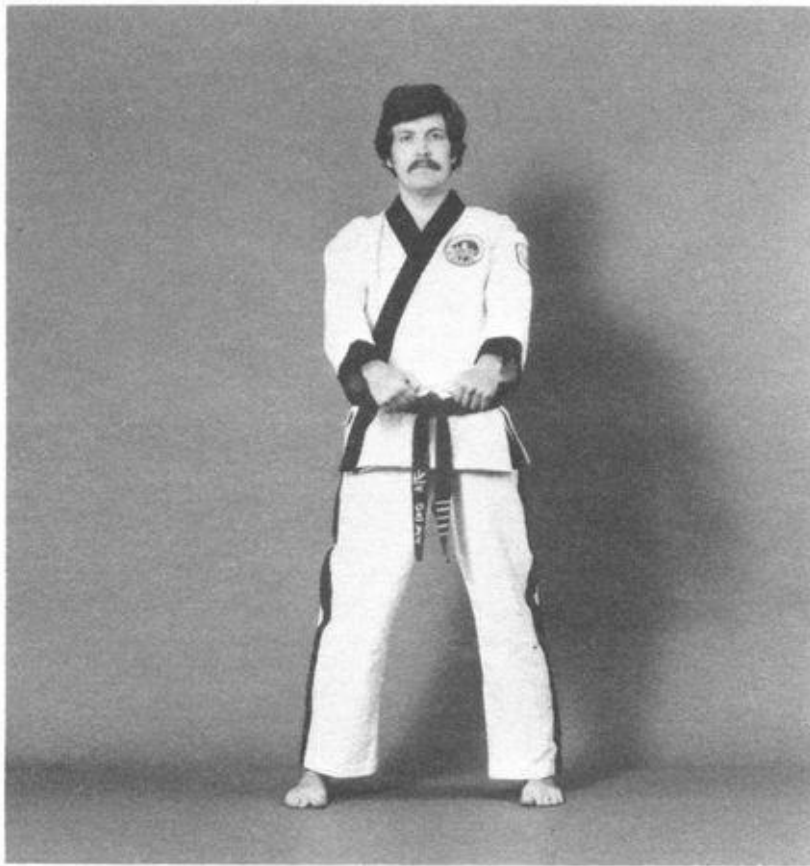
Ready stance.



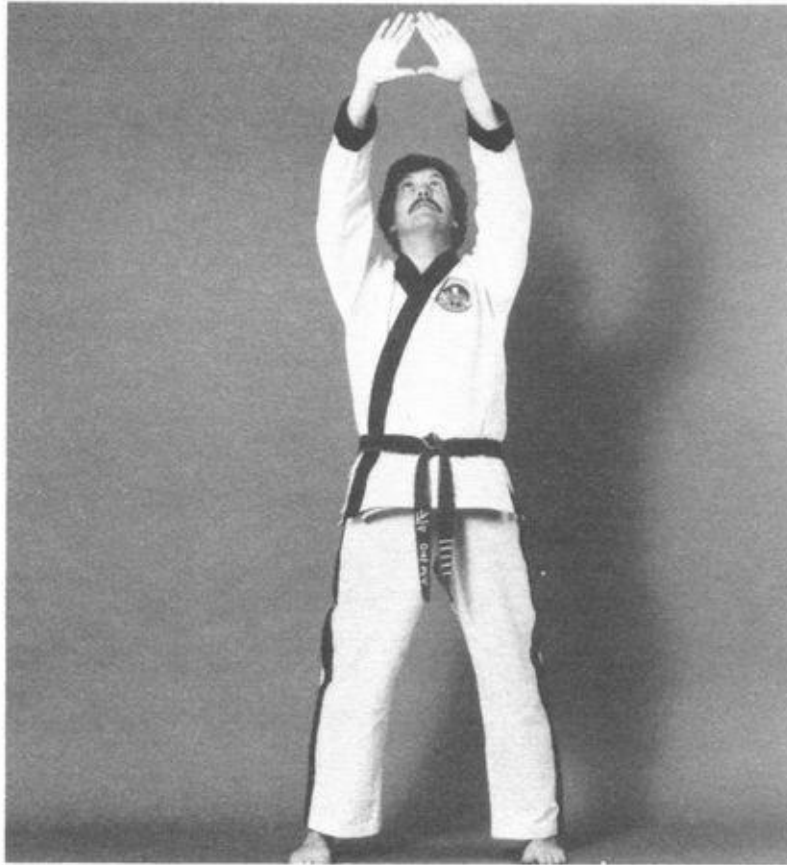
KWANG-GYE

The name of the famous Kwang Gye T'o Wang, 19th King of the Koguryo Dynasty who regained the lost territories including the greater part of Manchuria. The 39 steps indicate his reign of 39 years.

Ready stance.



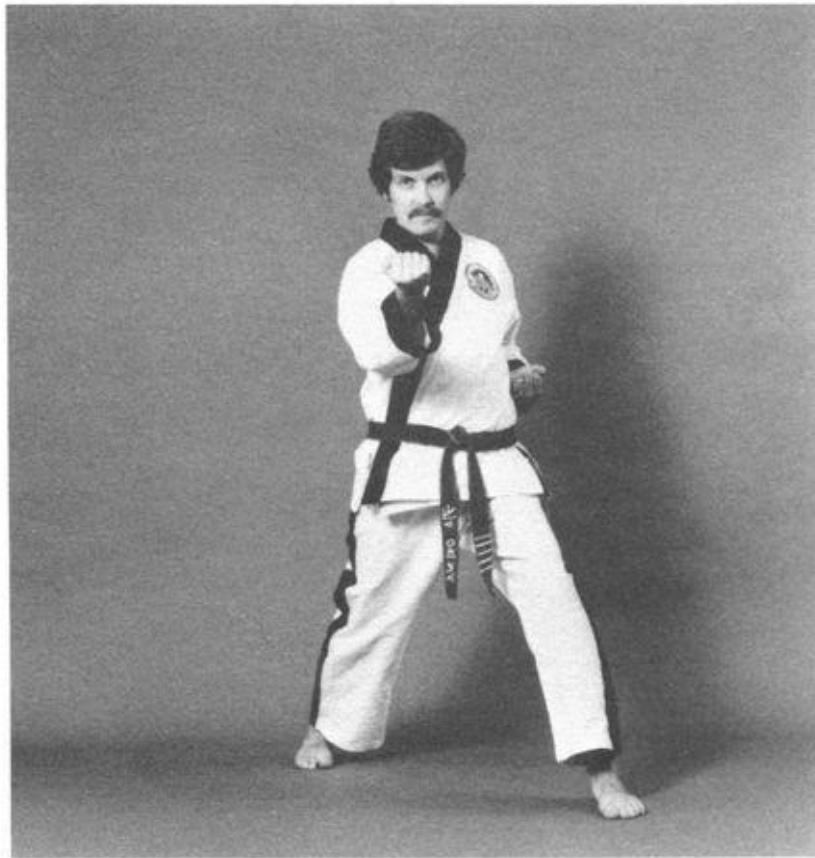
Raise hands over head.



Bring left foot to right knee, lower foot and hands together. Right hand chops into left palm.



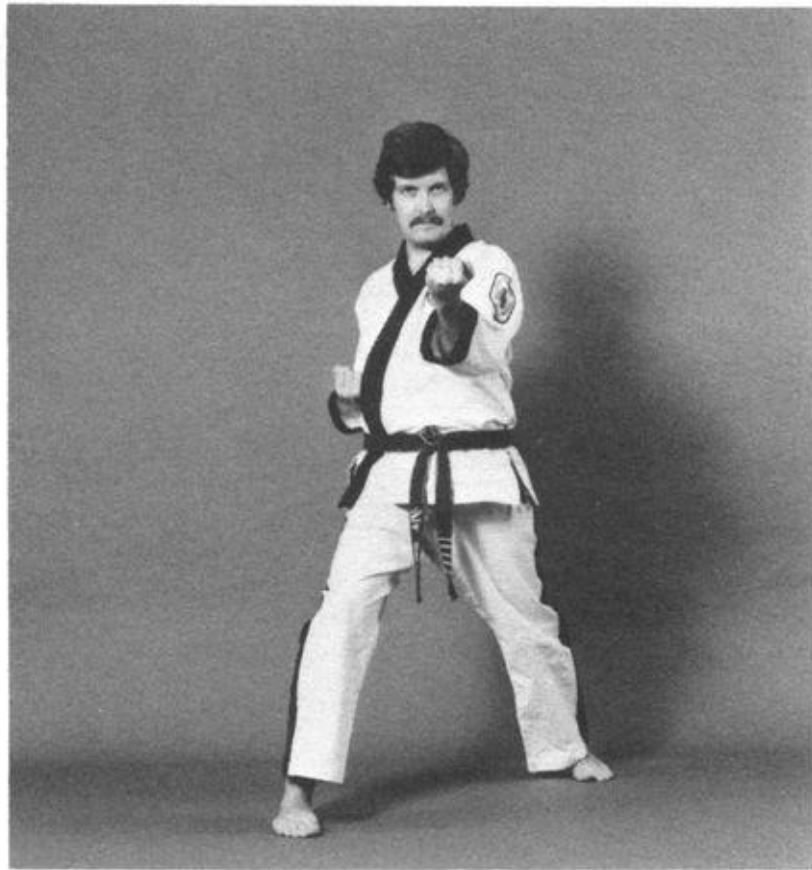
Step out, slow tension right upset punch.



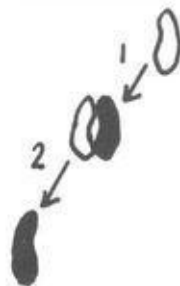
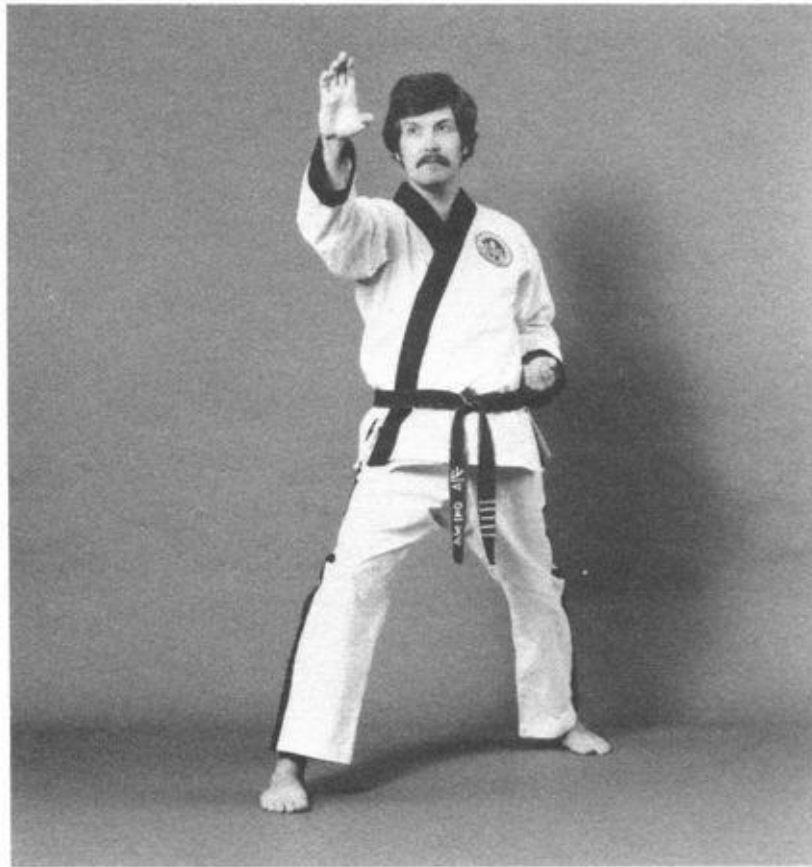
0:00 1:00



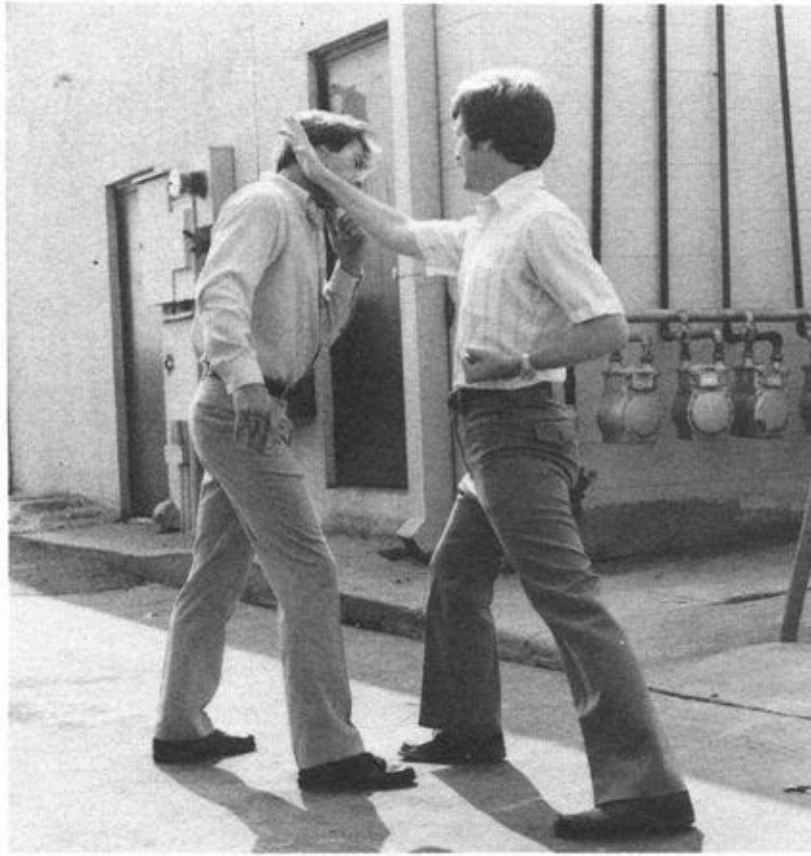
Step, slow tension left upset punch.



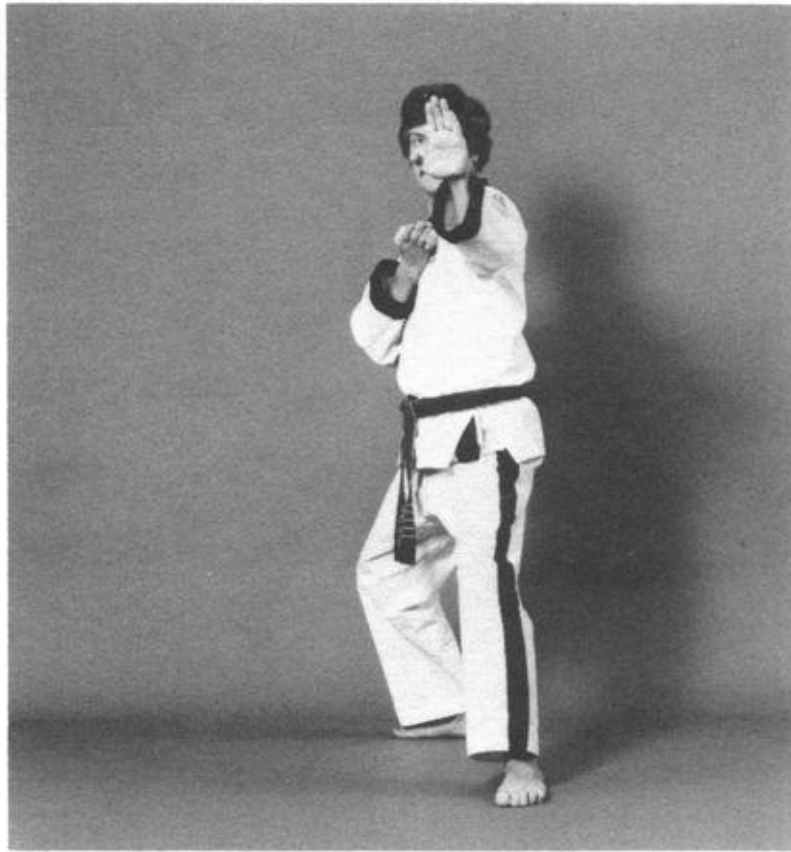
Left foot to right, slide right foot out and chop.



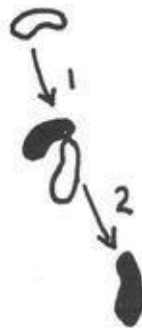
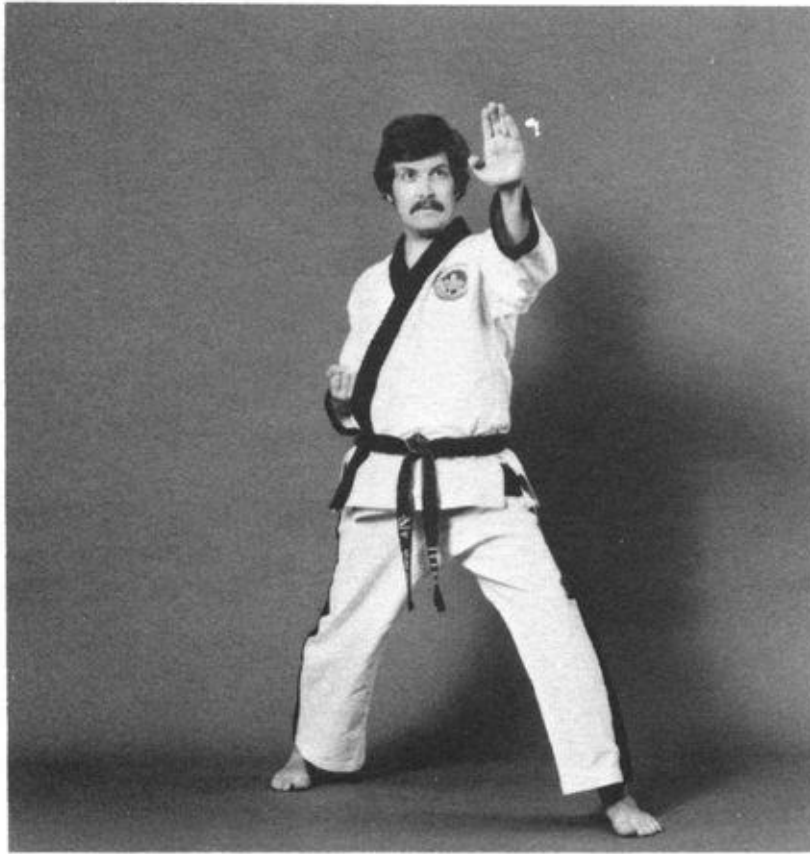
APPLICATION.



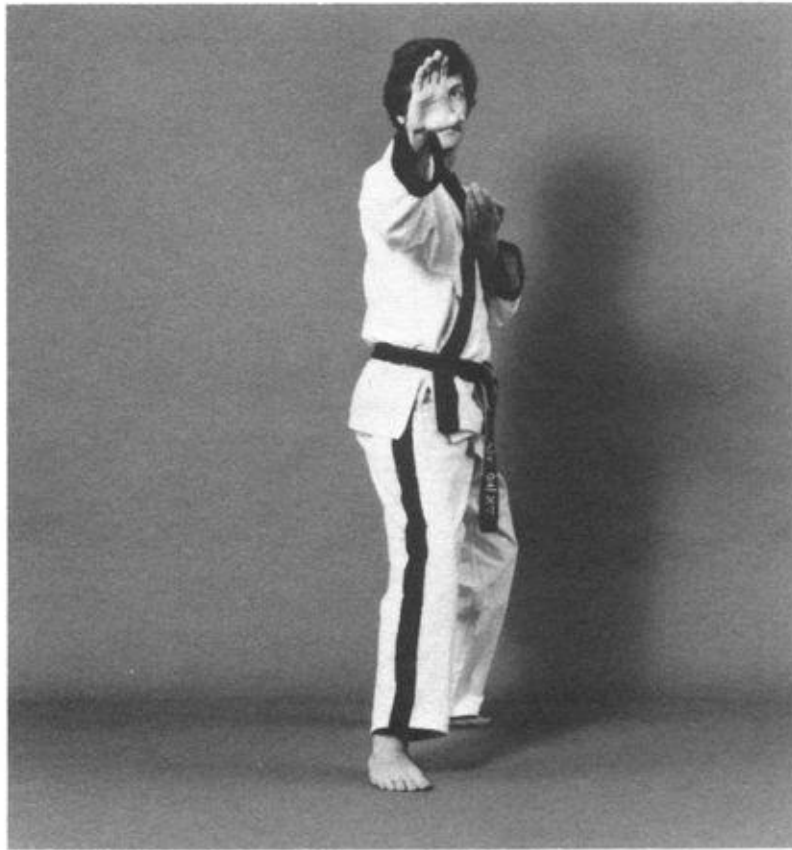
Step back into sudo.



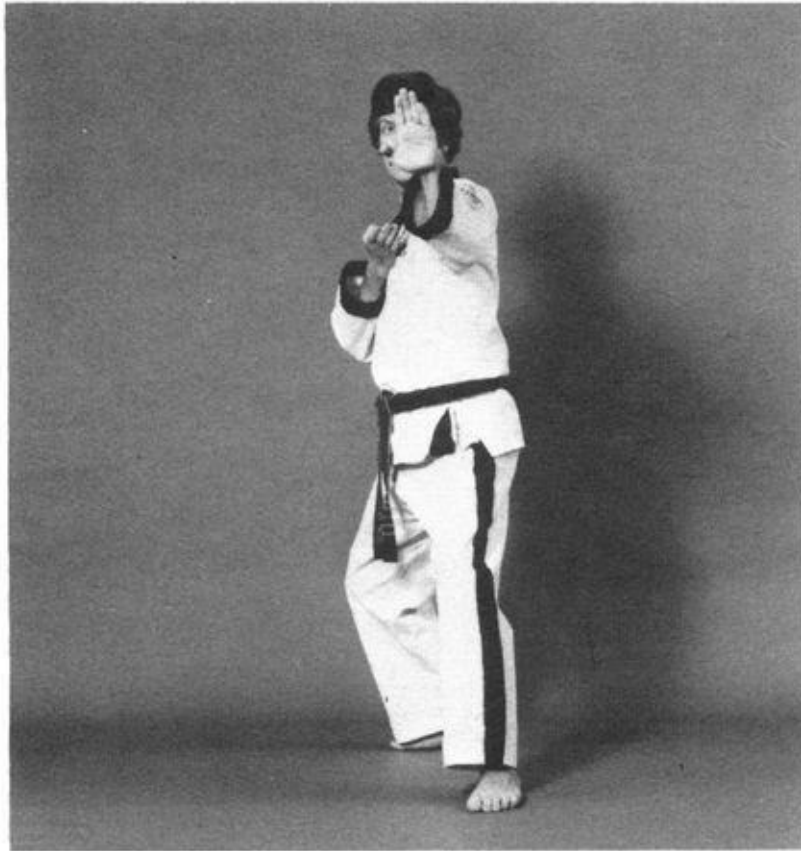
Right foot to left, slide out and chop.



Step back into sudo.



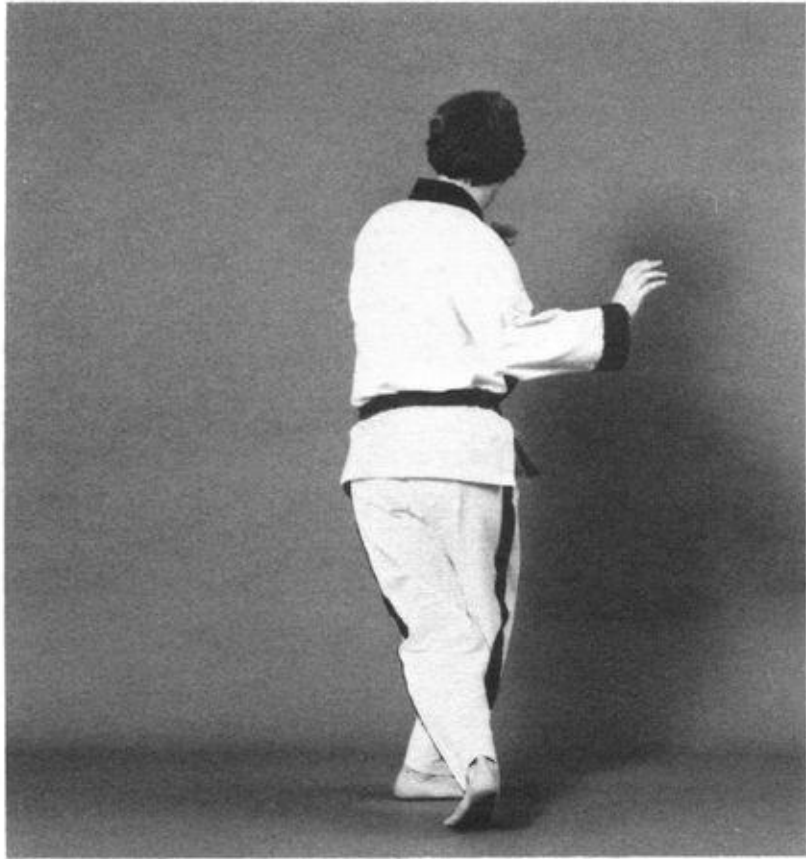
Step forward, sudo.



Step forward into cat stance and sudo, *yell*.



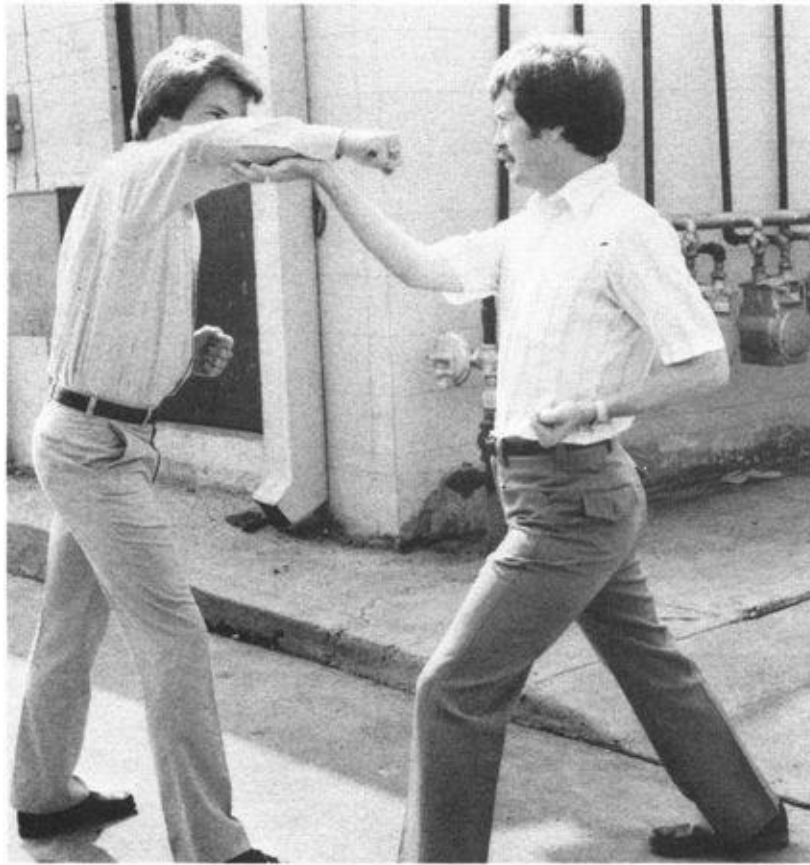
Cross left foot behind right.



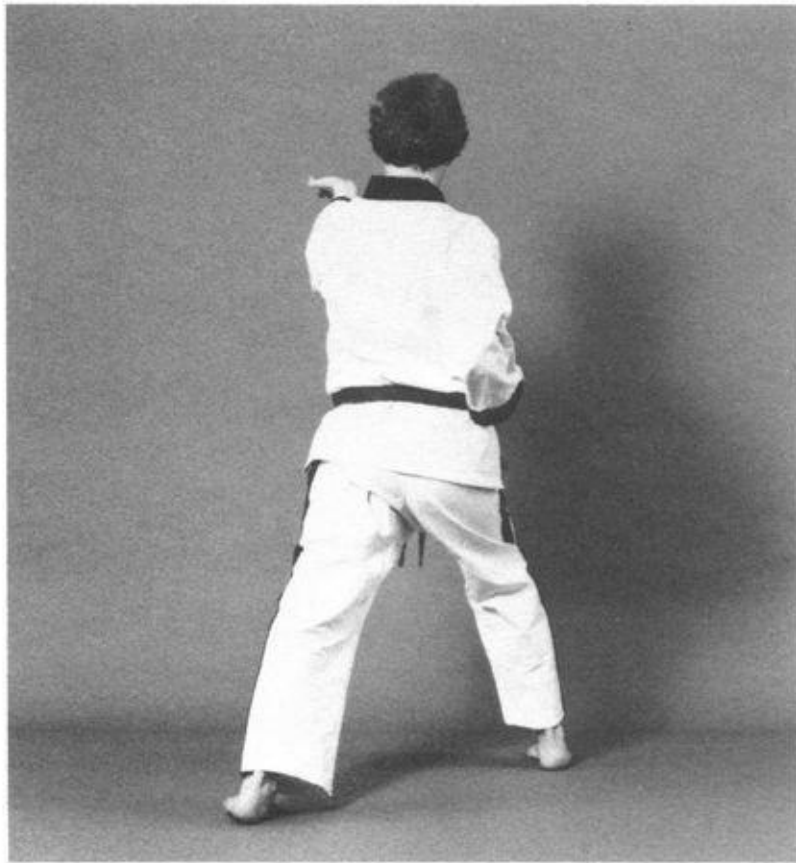
Step back with right, rising palm.



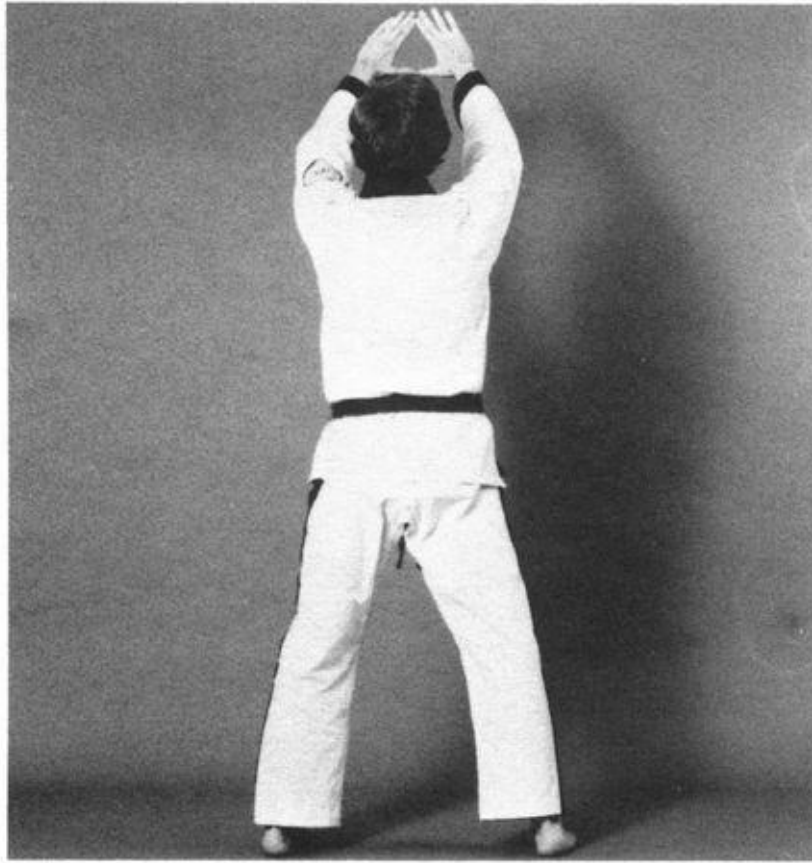
APPLICATION - Block.



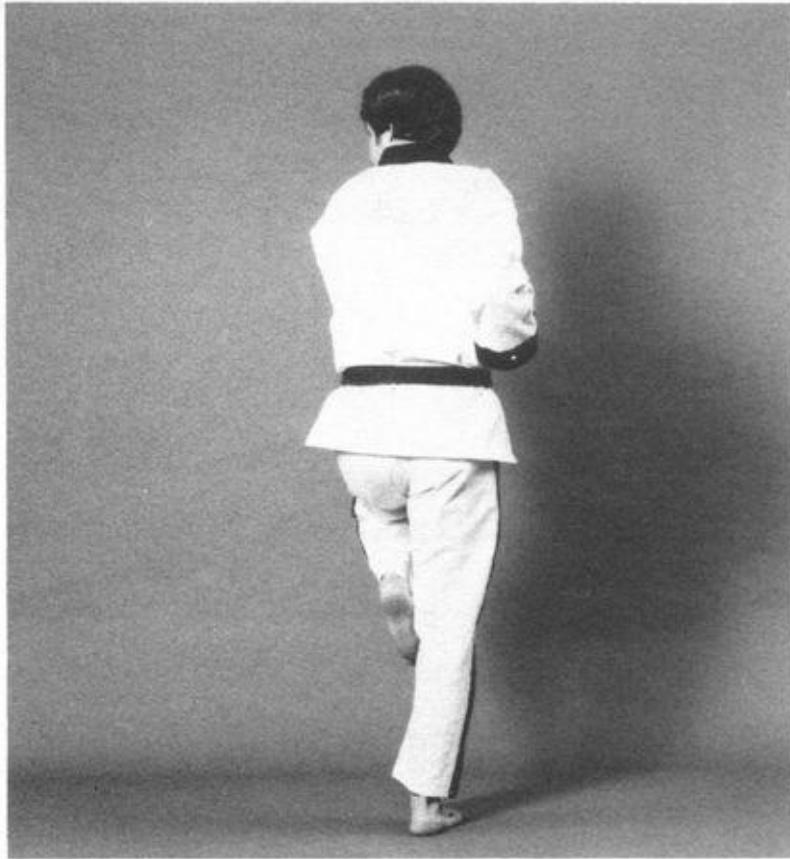
Step and left rising palm.



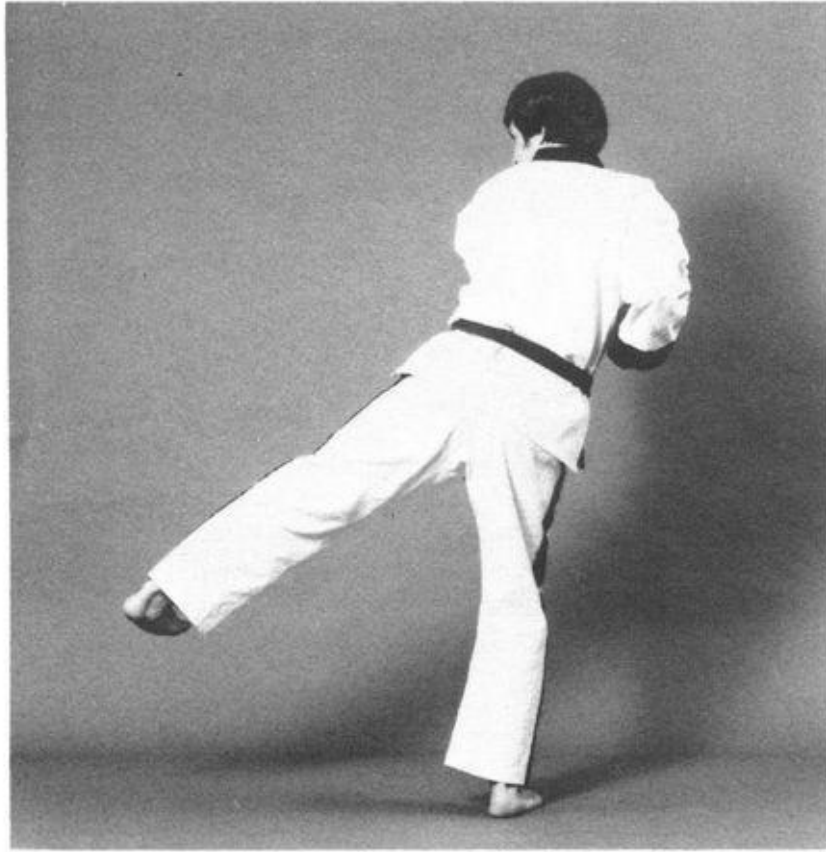
Step forward, hands over head.



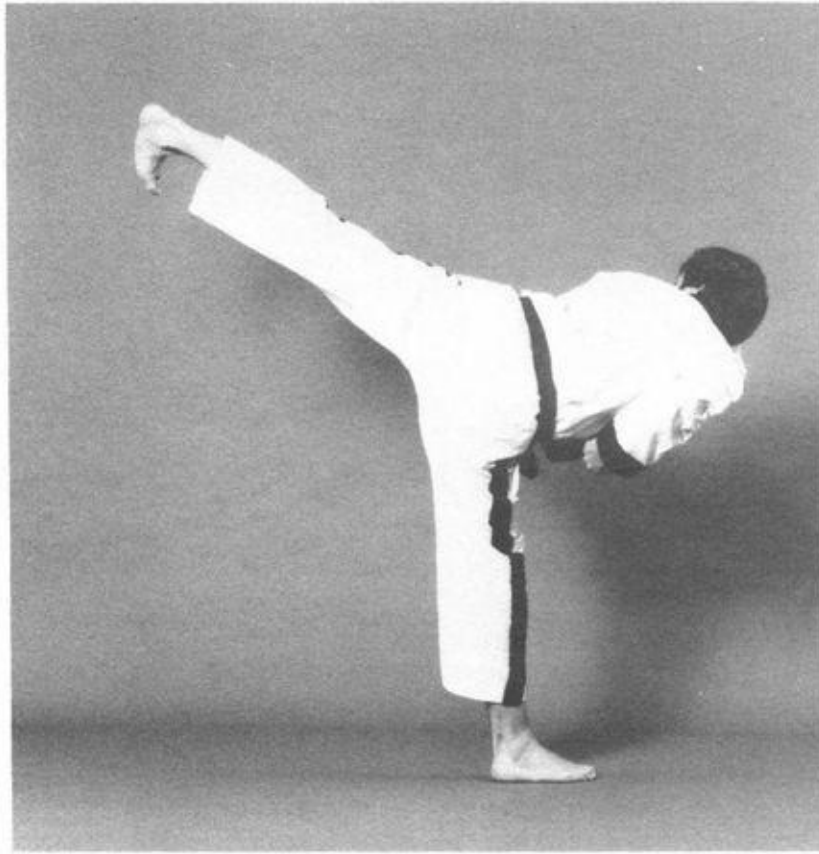
Bring left foot up as before, lower hands and foot. Now bring left foot up again pulling right fist to hip, left hand on top.



Slow pressing knee kick.



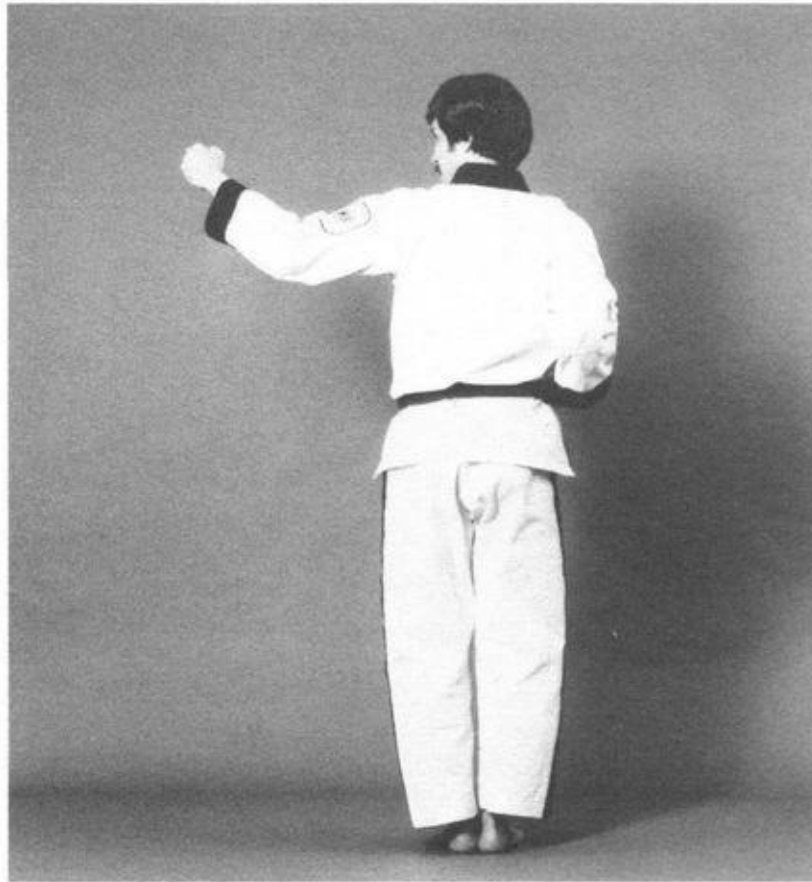
High snapping side kick.



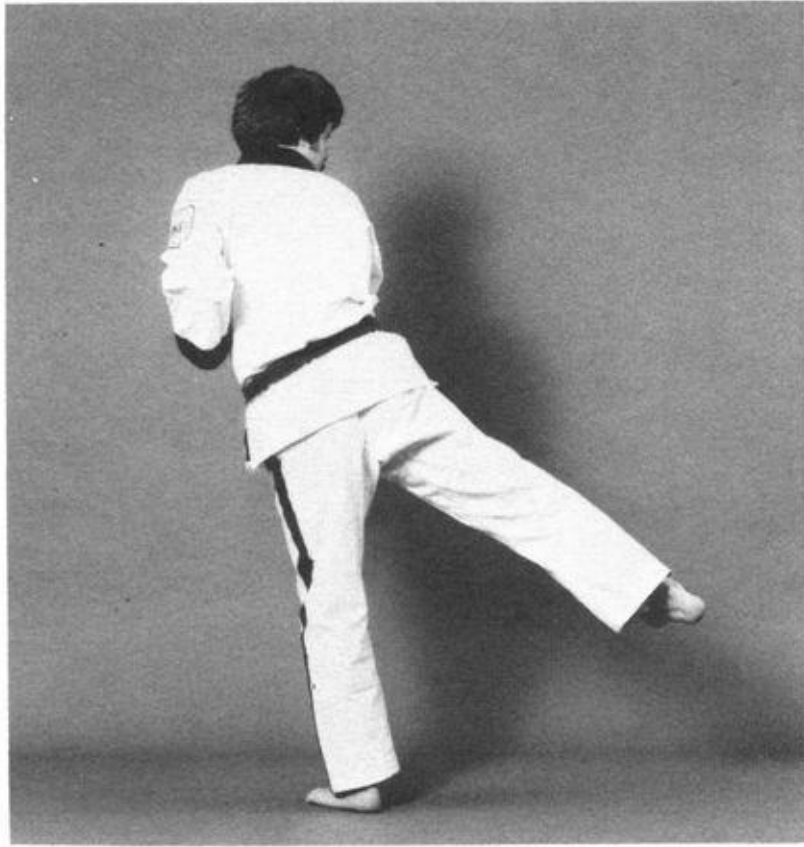
Set foot down, arm break.



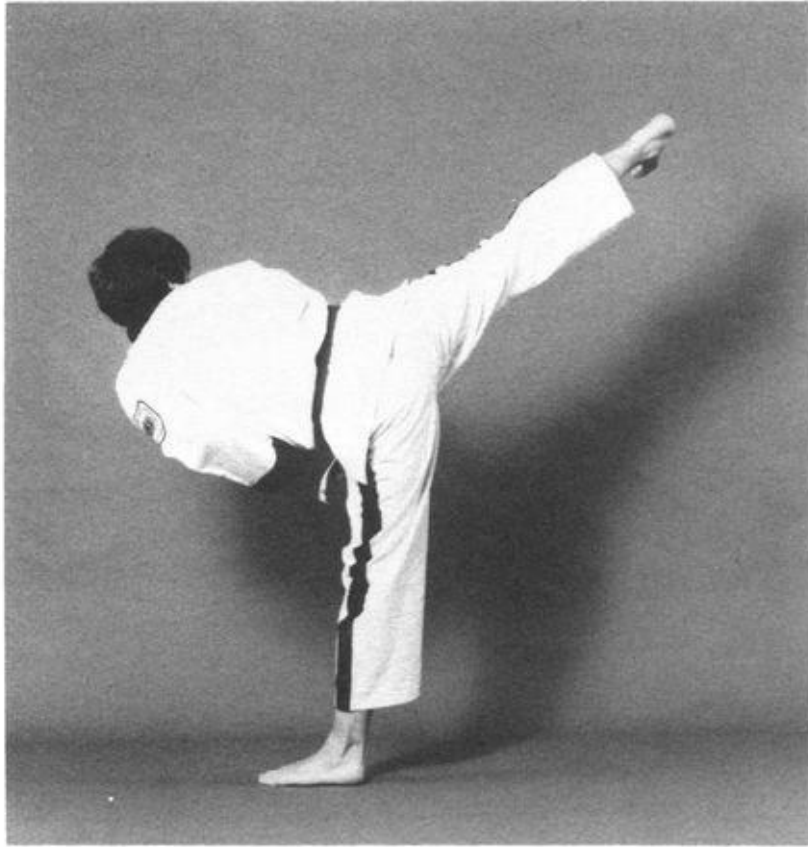
Pull left foot in, backfist.



Pull hands to left hip, slow pressing kick.



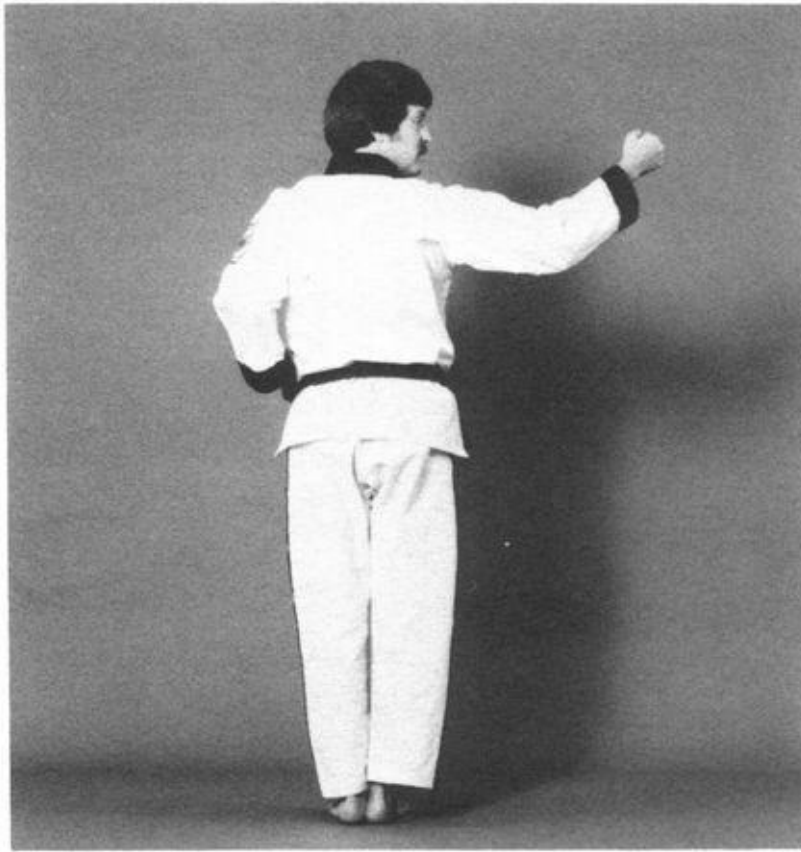
High side kick.



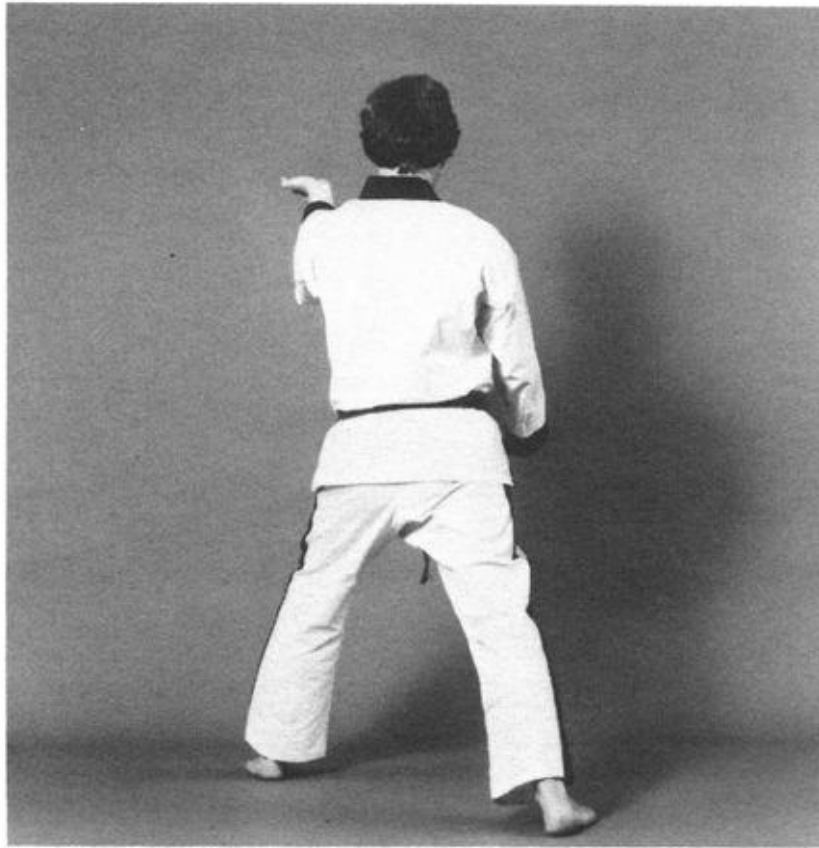
Arm break.



Backfist.



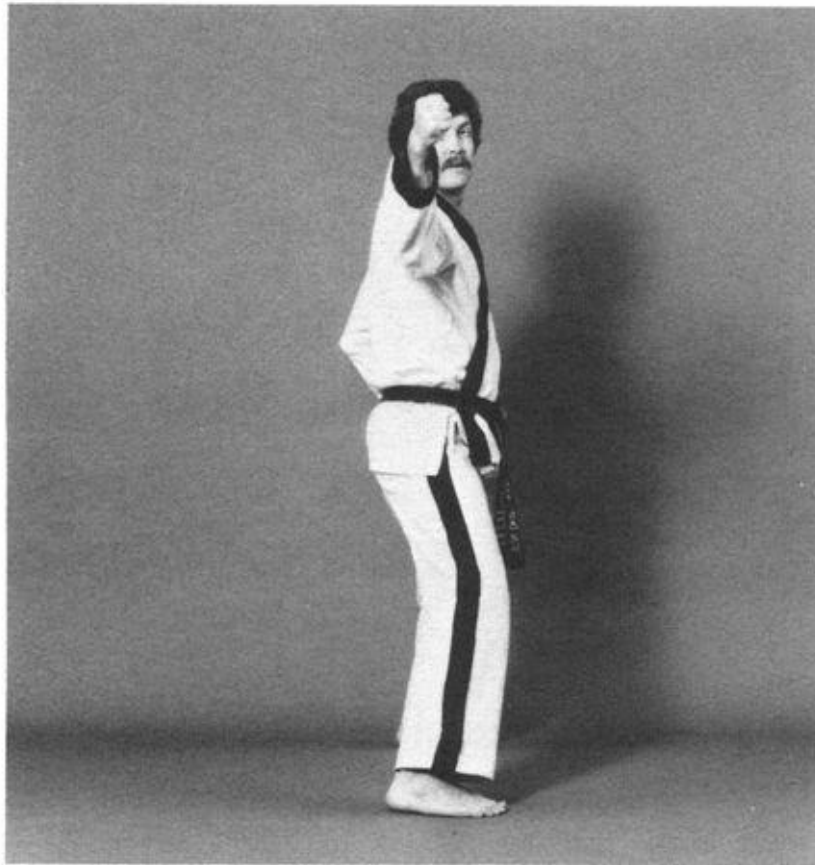
Step out, pressing palm blocks.



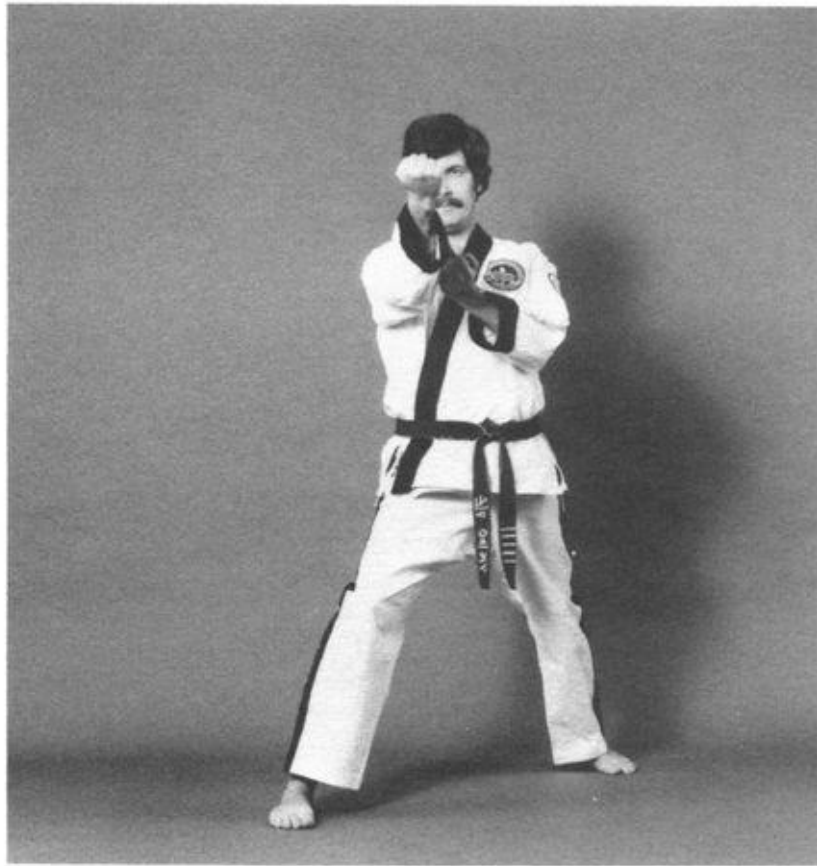
Step, pressing palm blocks.



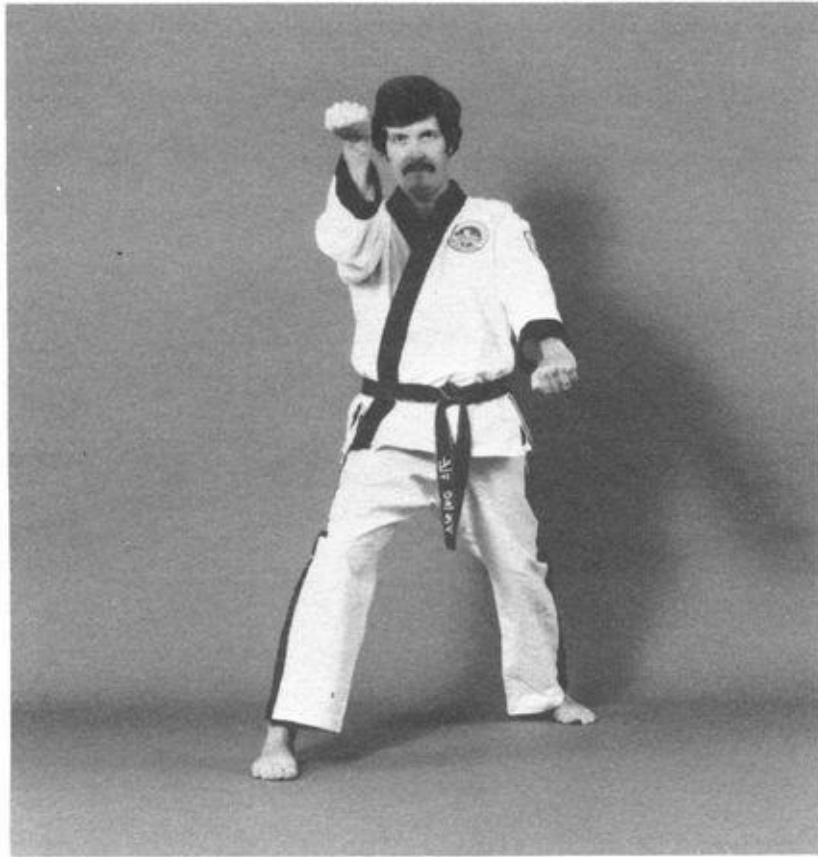
Bring right foot around 180° in stomping motion, backfist.



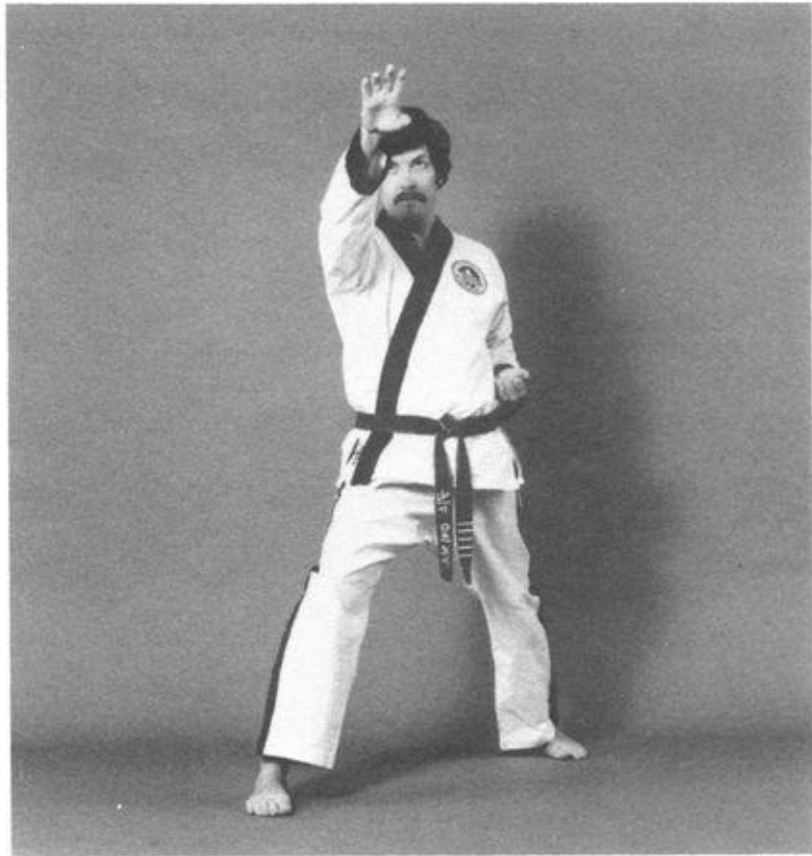
Shift into front stance, twin fist block.



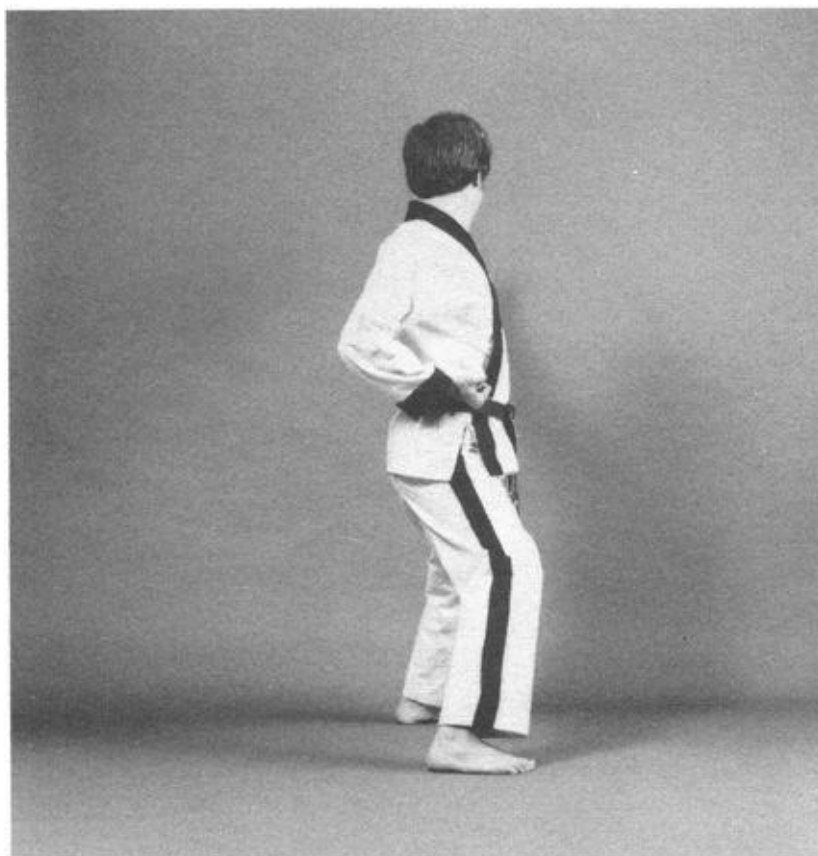
Pulling both feet back, double fist block.



Slow spear thrust to eyes.

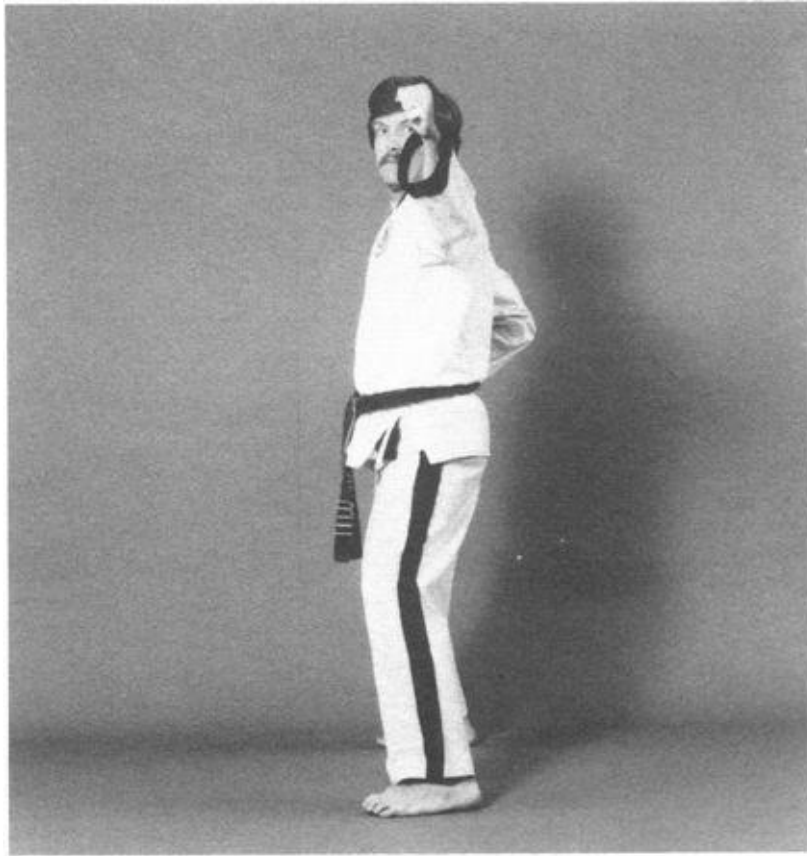


Pick left foot up and stomp, turning 180°, backfist.

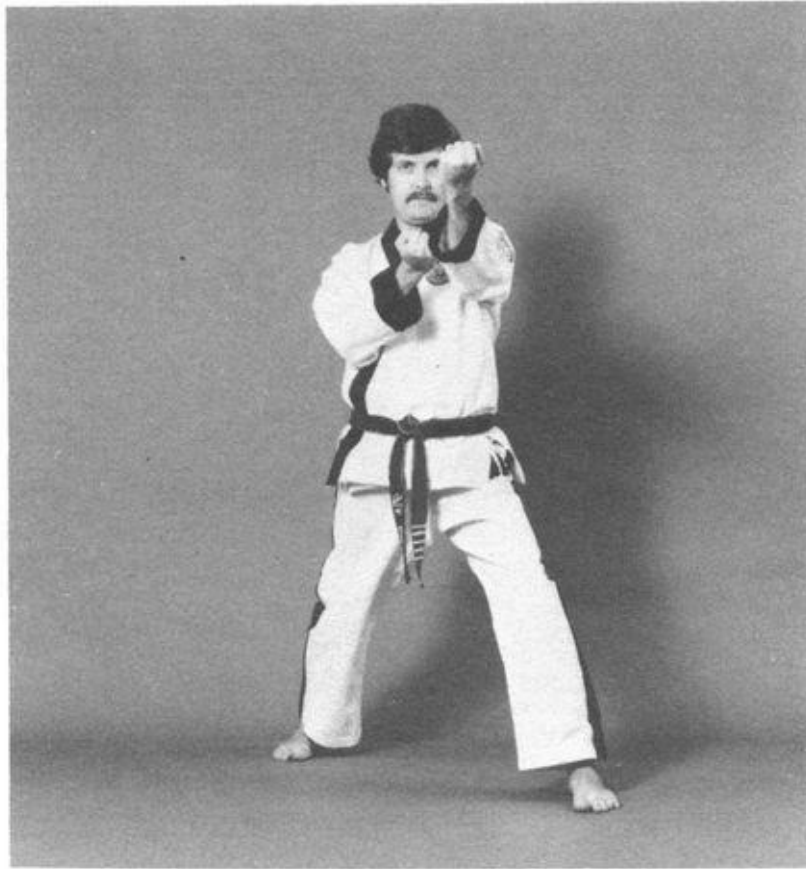


Camera angle changes 180° for better view.

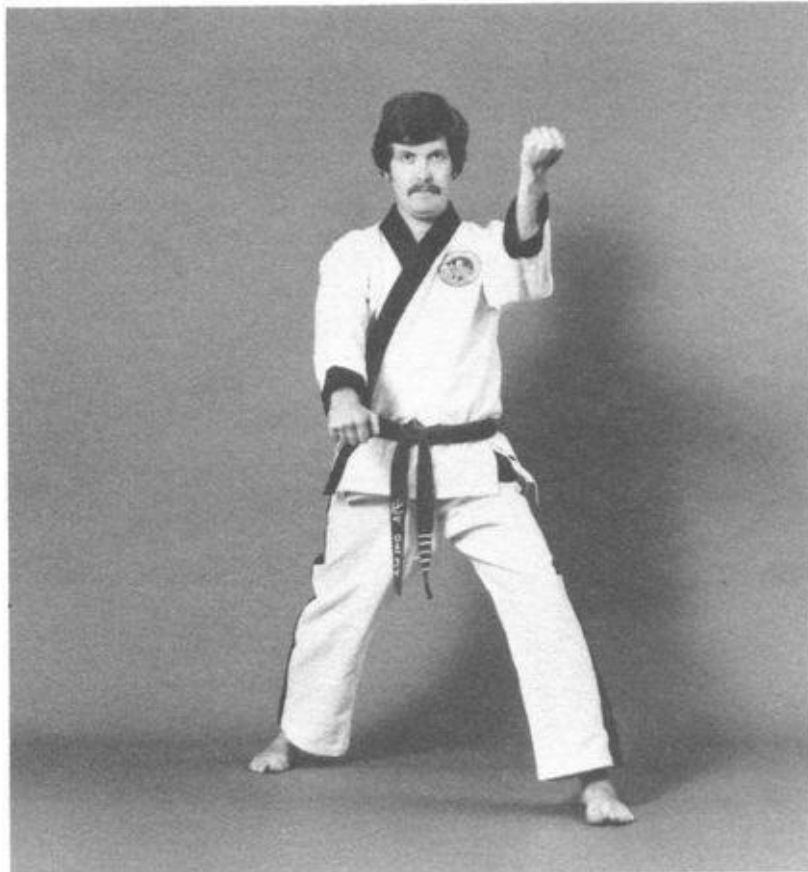
(Foot diagrams do not change position in order to make them easier to follow.)



Shift into front stance, twin fist block.



Pulling both feet back, double block.



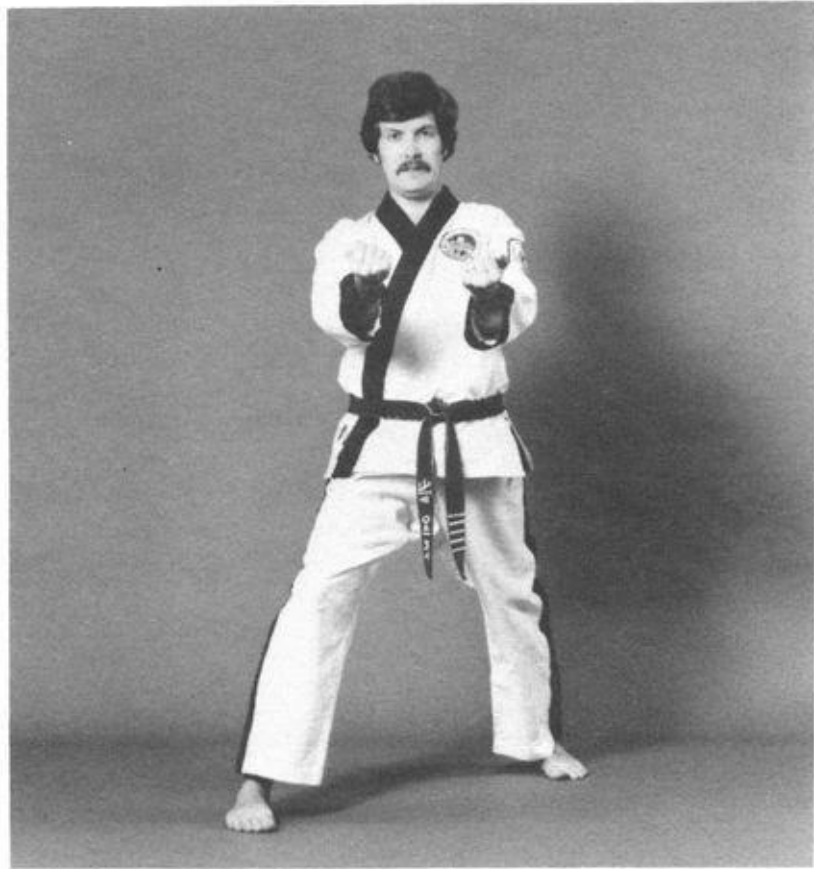
APPLICATION - Step back and block.



Slow spear.



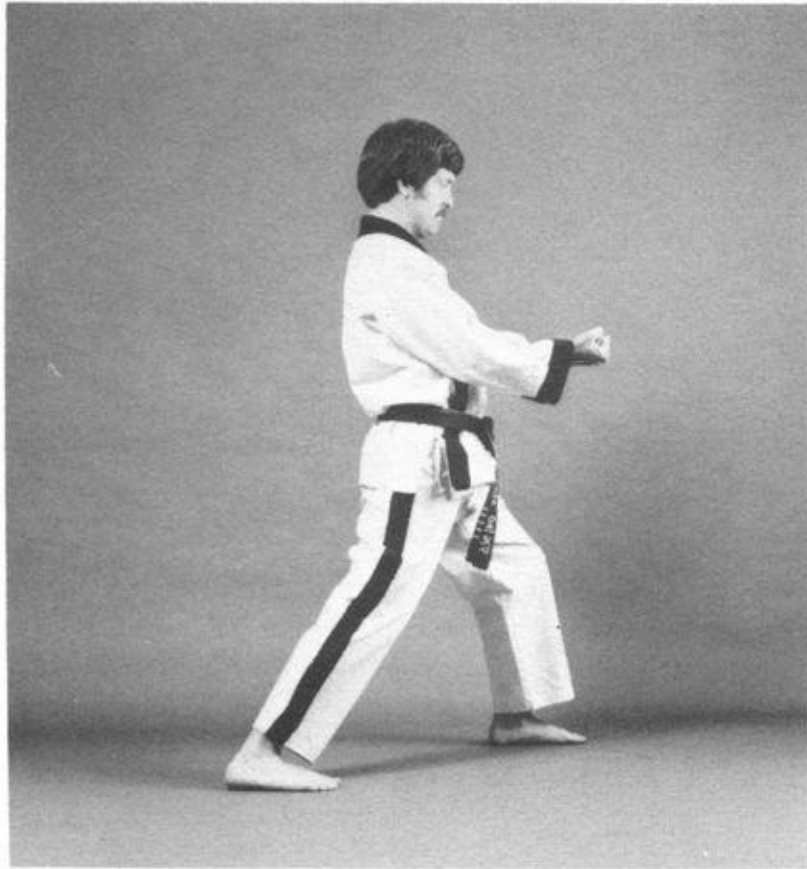
Double upset punch.



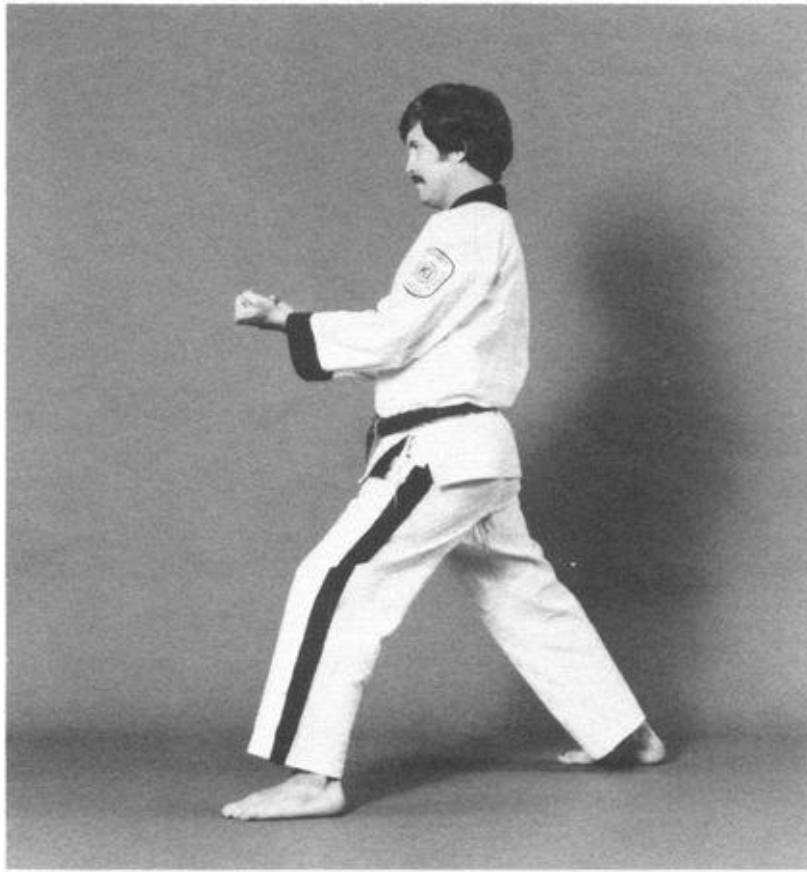
APPLICATION.



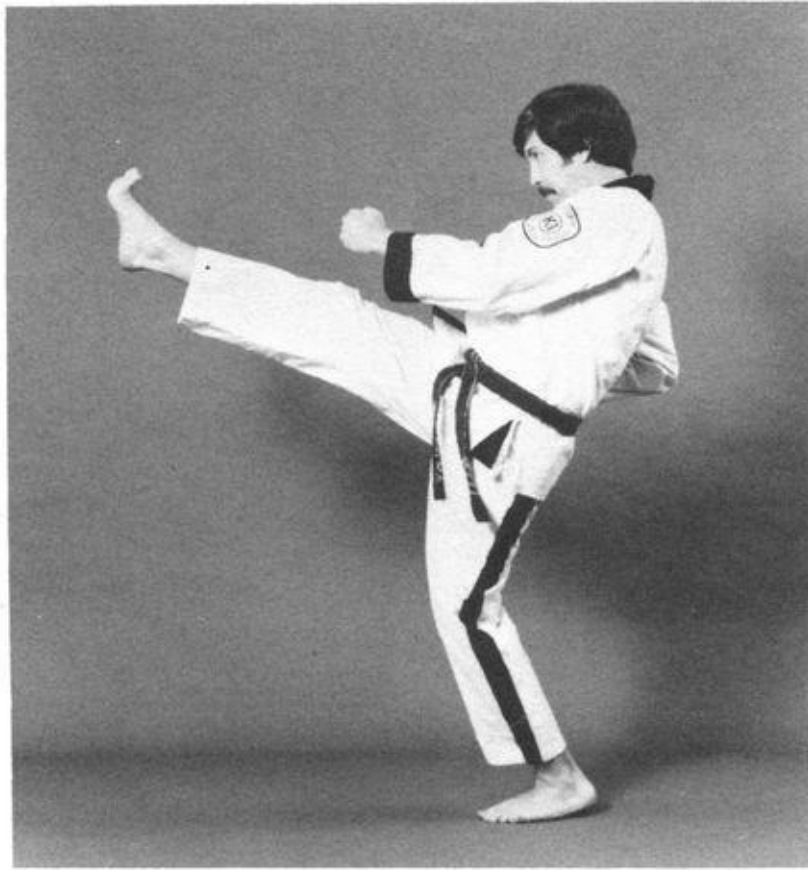
Bring left foot to right knee, set foot down 90° to left, double punch.



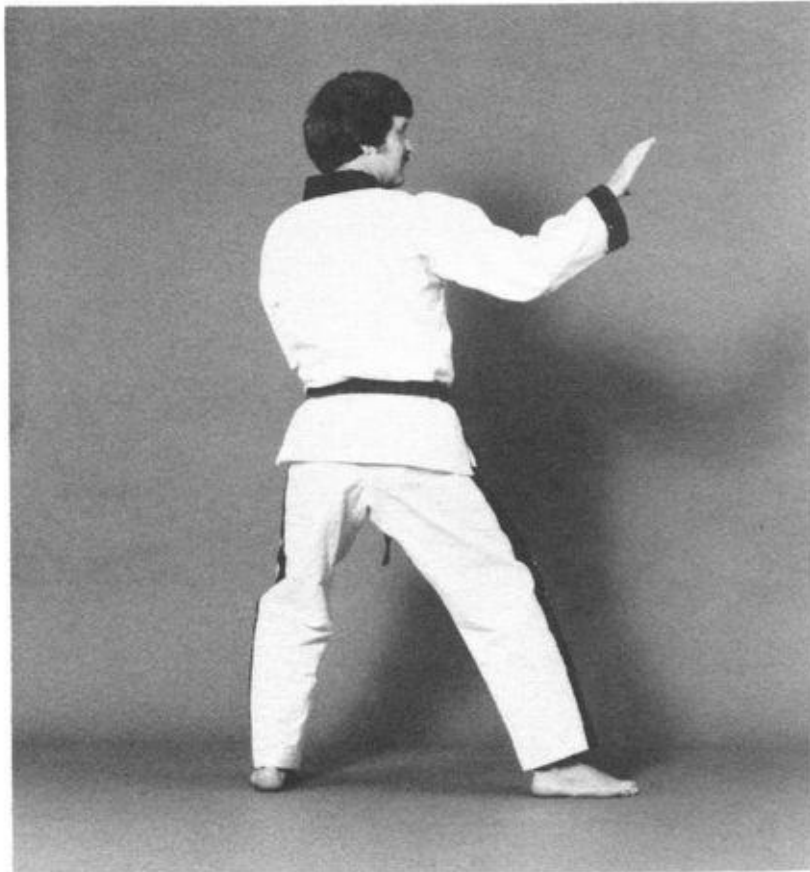
Camera angle changes back to original position.



Front kick.



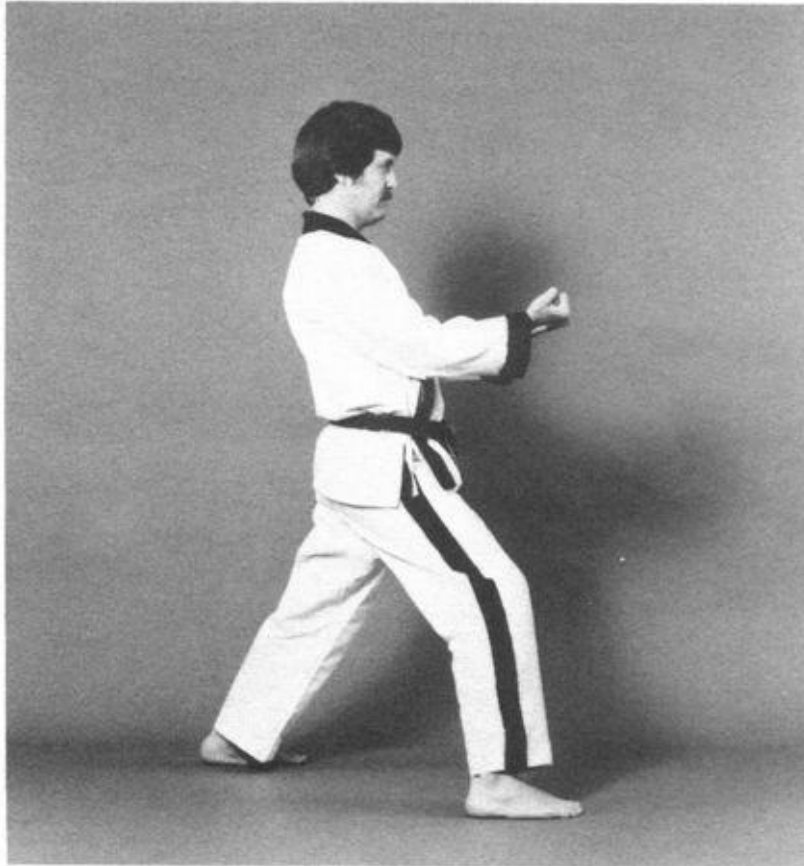
Set right foot next to left, step back with left turning 180°, sudo.



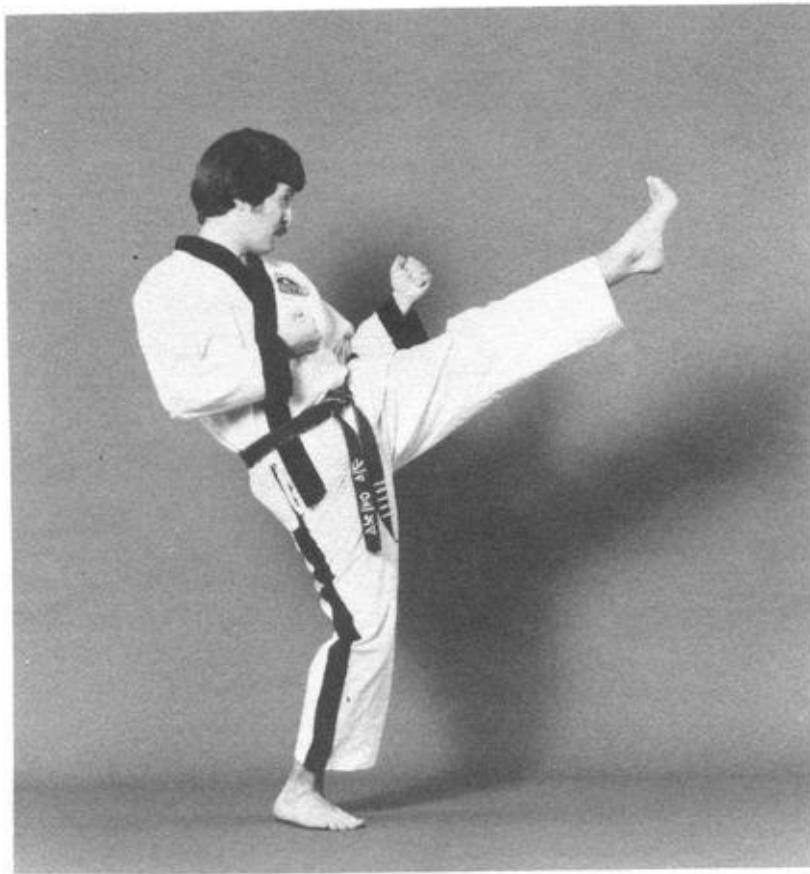
Step and high punch.



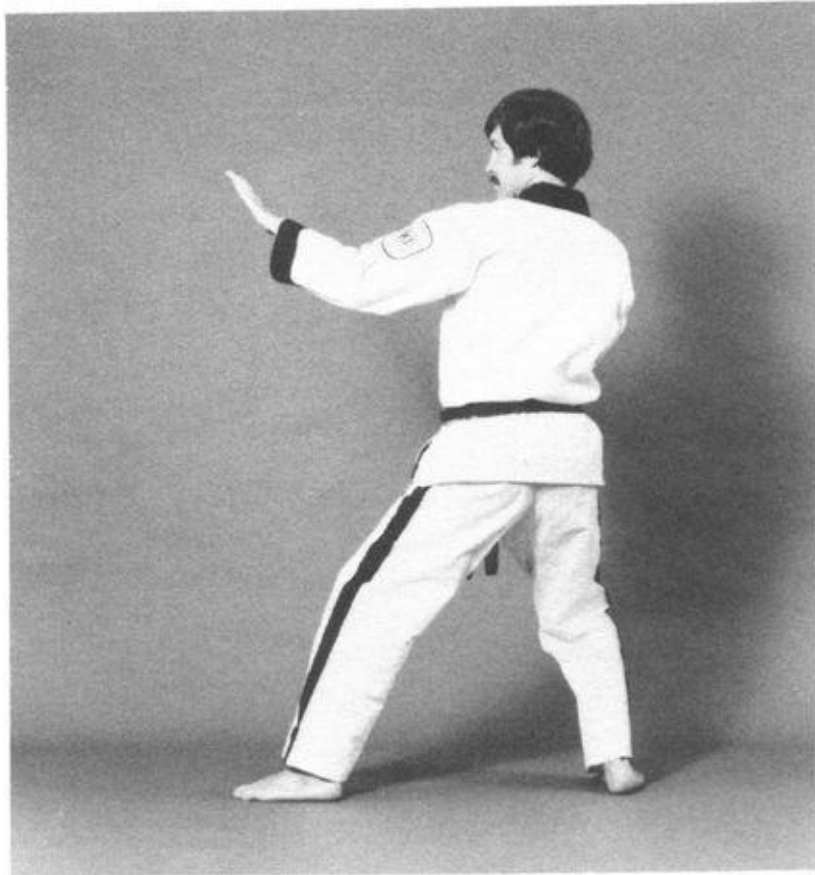
Bring right foot high, set in down in stomping motion, double punch.



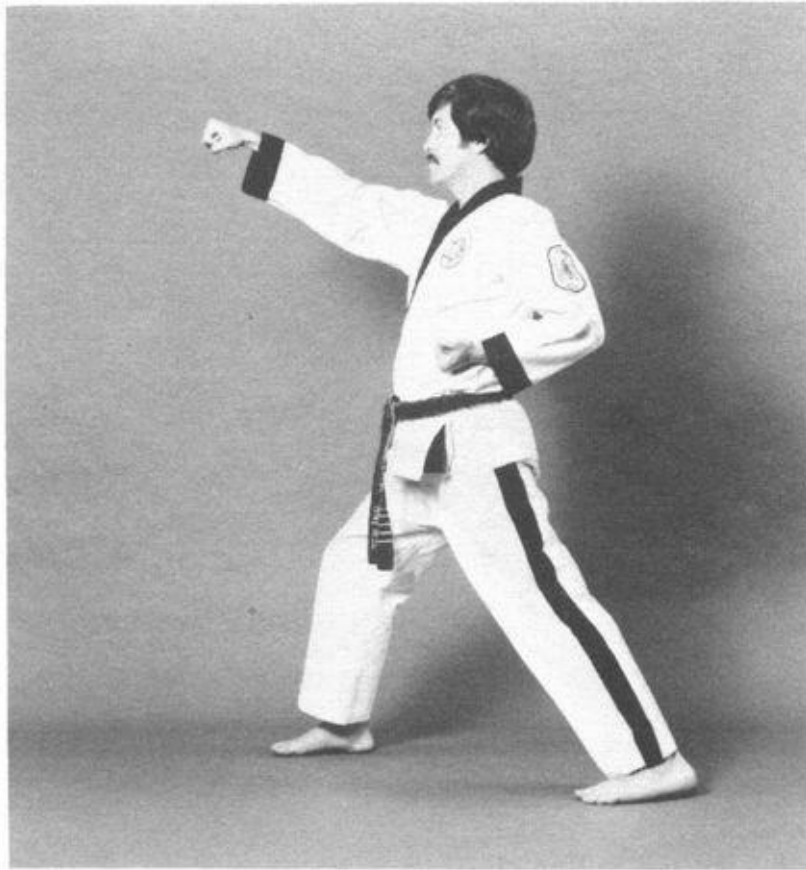
Front kick.



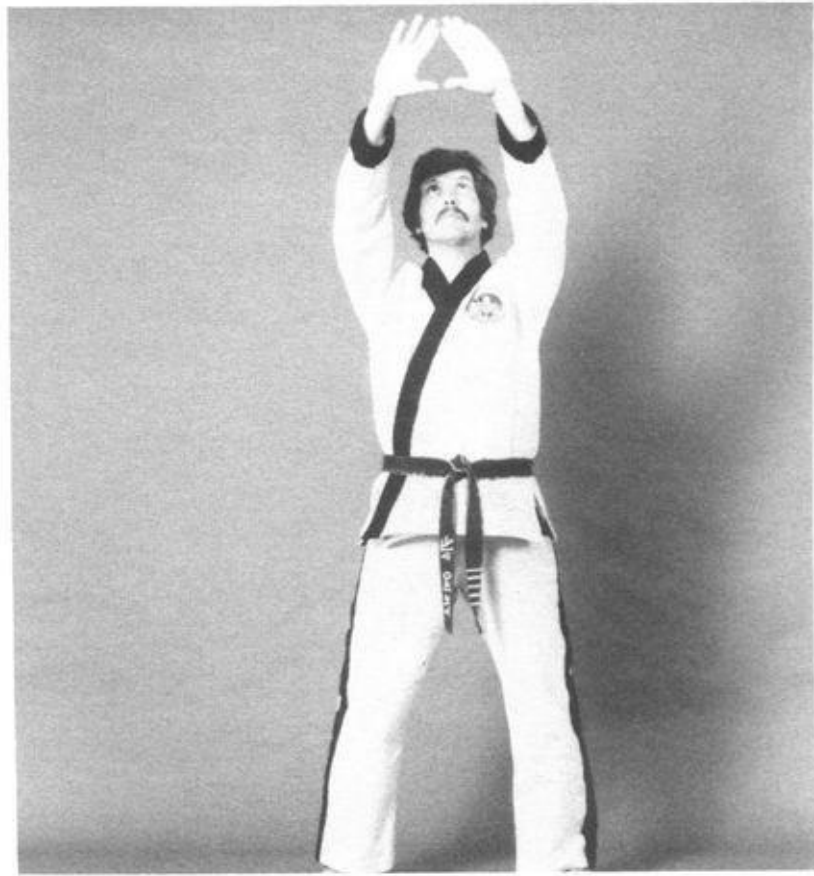
Set left foot next to right, step back with right, turn and sudo.



Step and punch, *yell*.



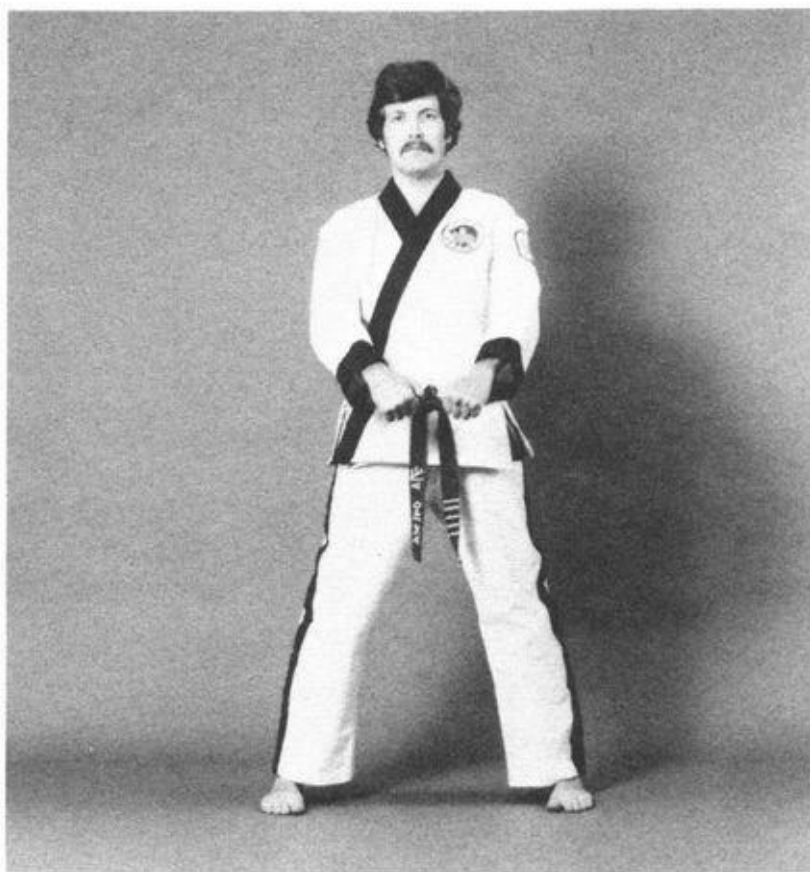
Raise hands over head.



Raise left foot to right knee, lower foot and hands.



Ready stance.

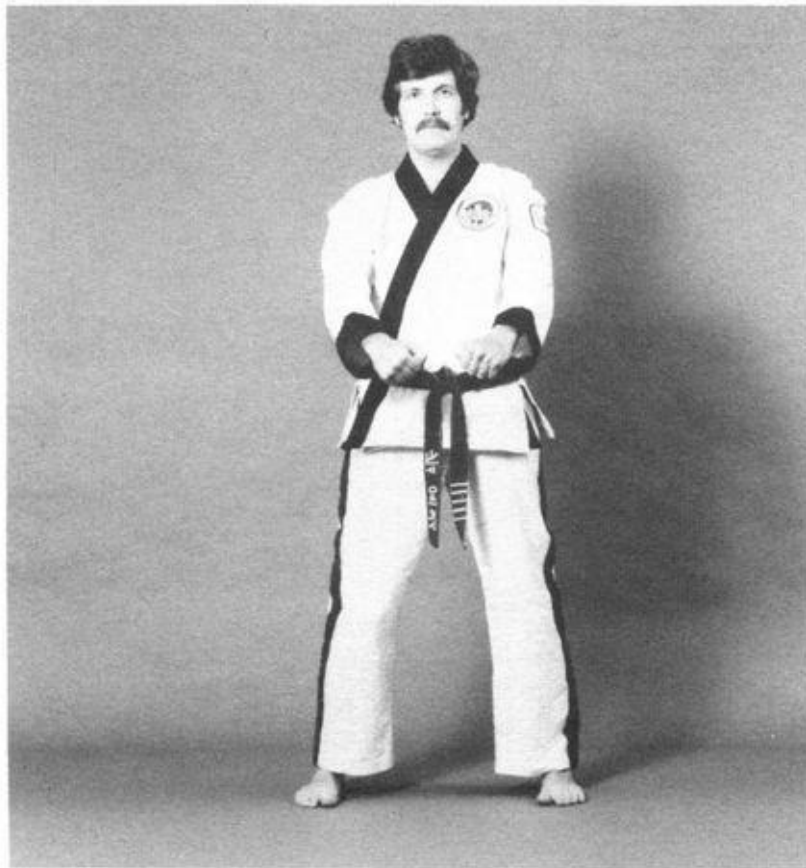


3-0

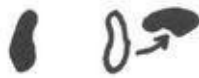
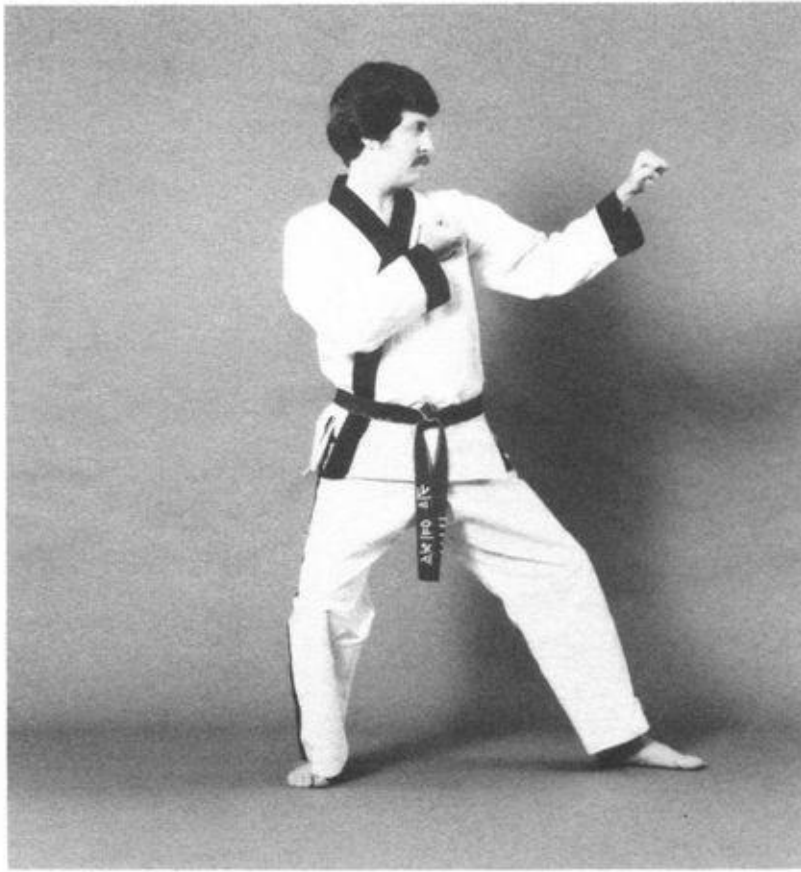
PO-UN

Pseudonym of a loyal subject, Chong Mong Chu (1400 A.D.), whose famous poem, “I Will not serve a Second Master though I be crucified a Hundred Times,” is known to every Korean.

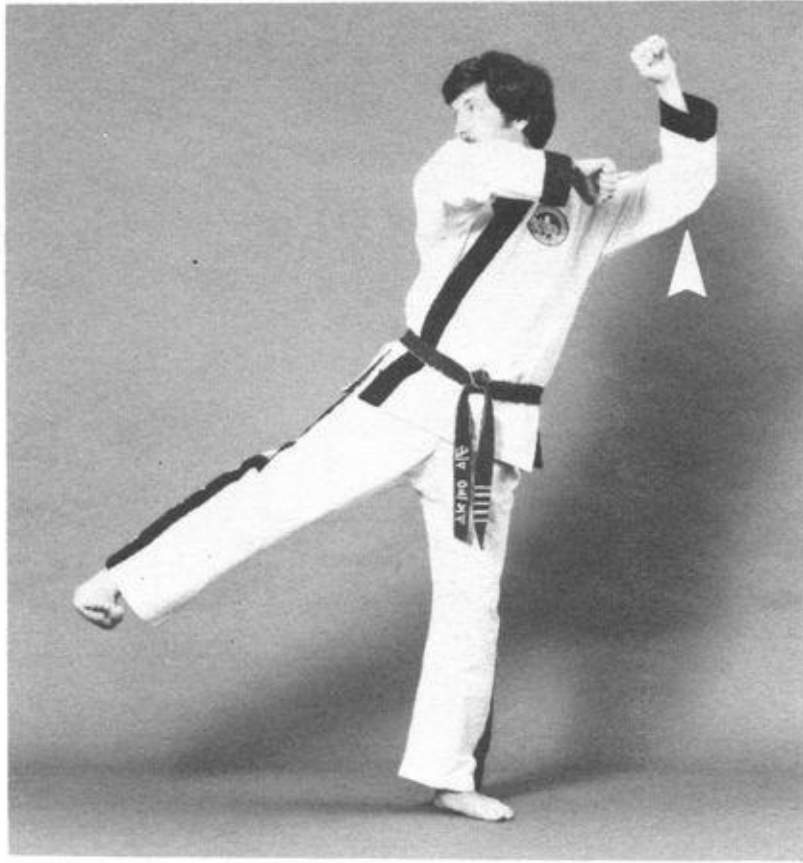
Ready stance.



Step to left, twin fist block.



Face opposite direction, low side kick pushing hands up to left.

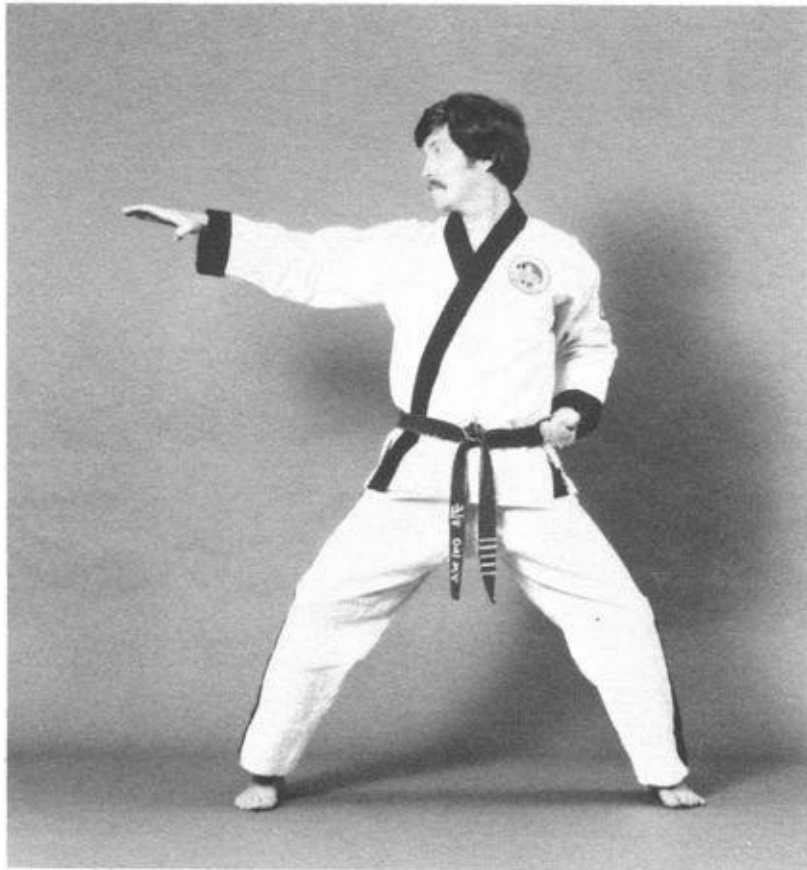


02

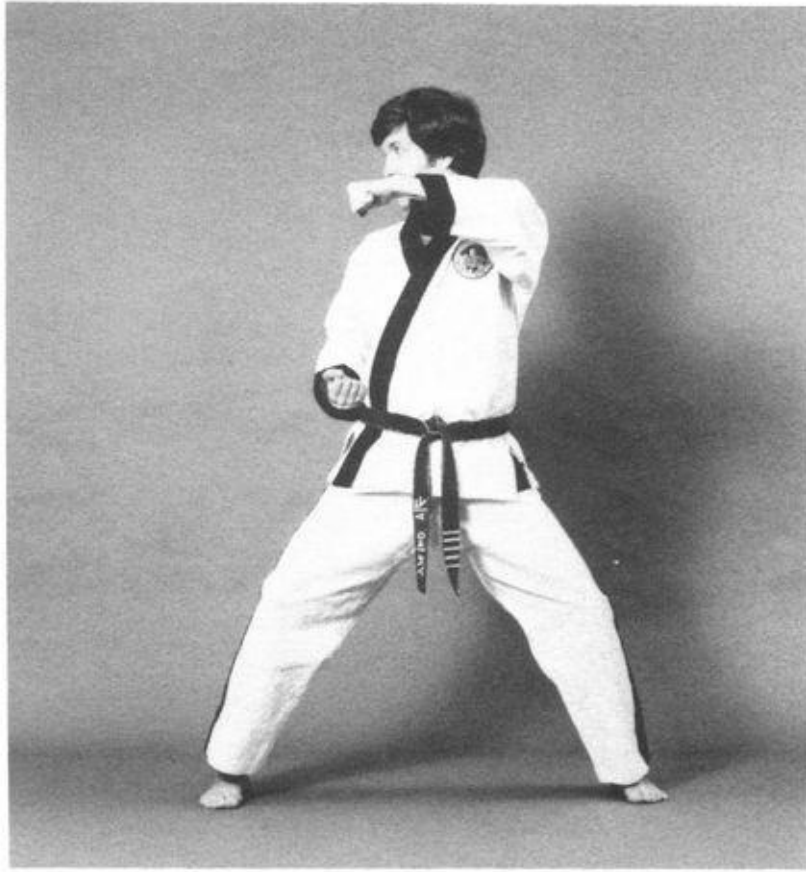
APPLICATION - Break leg.



Set foot down, chop.



Cross body punch.



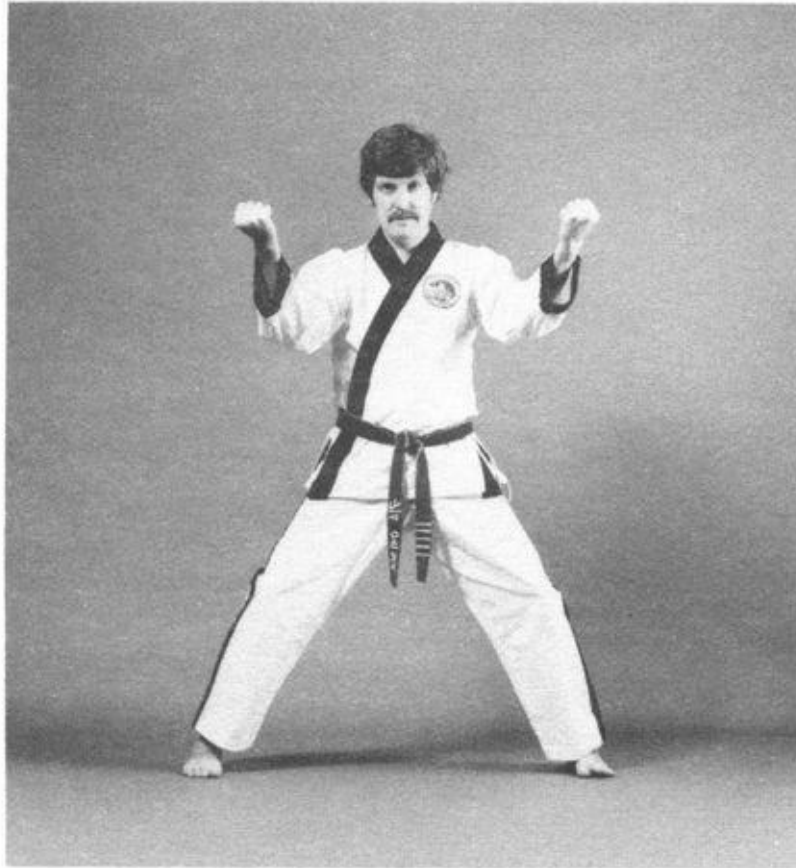
High/low block.



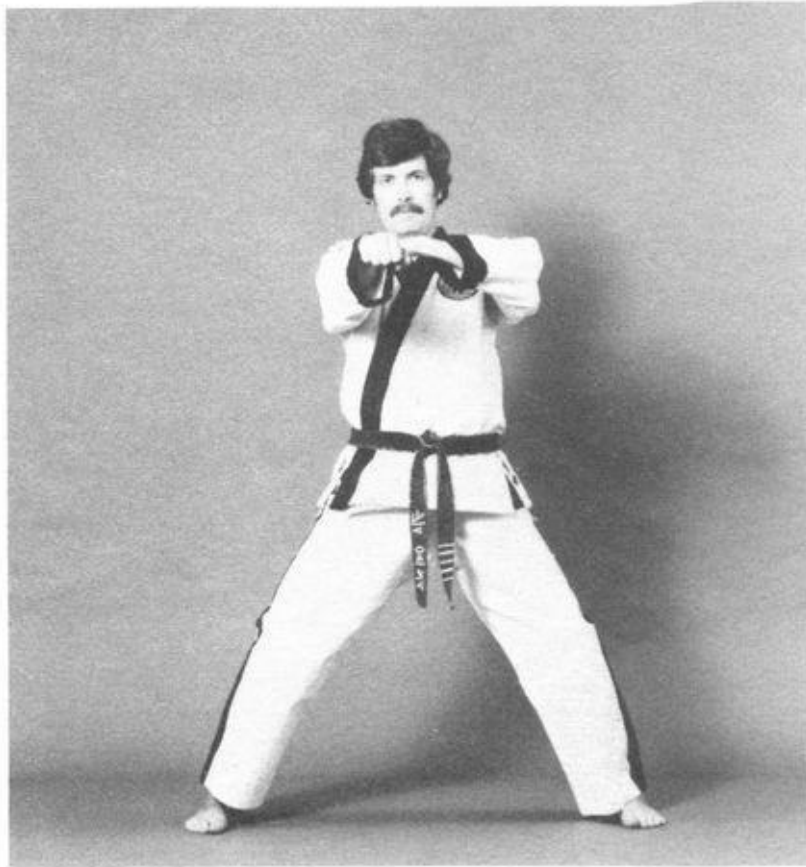
High/low block.



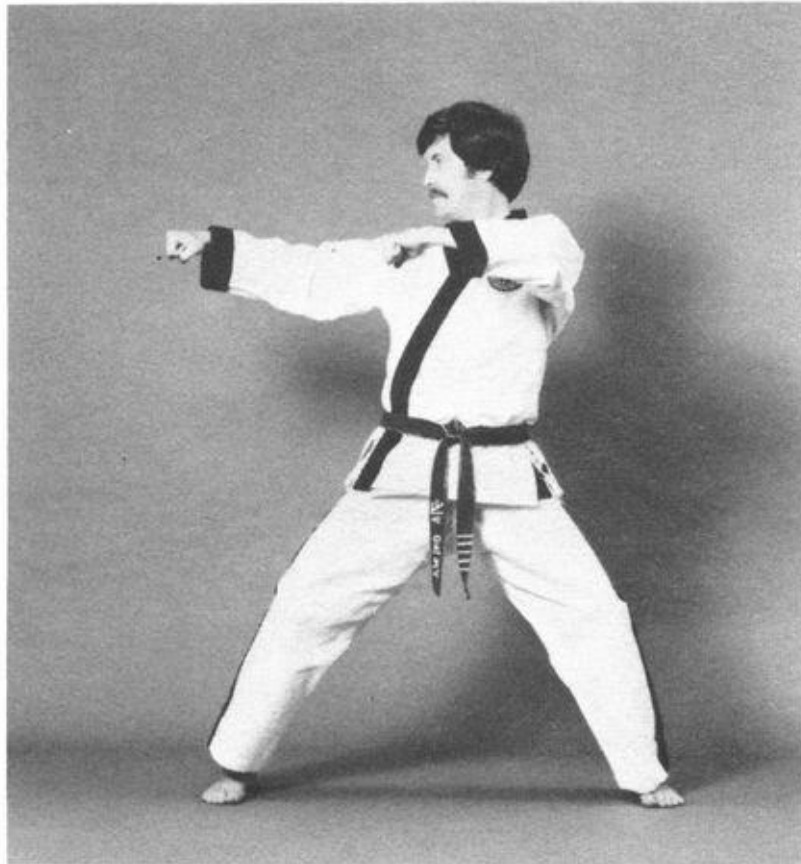
Double high block.



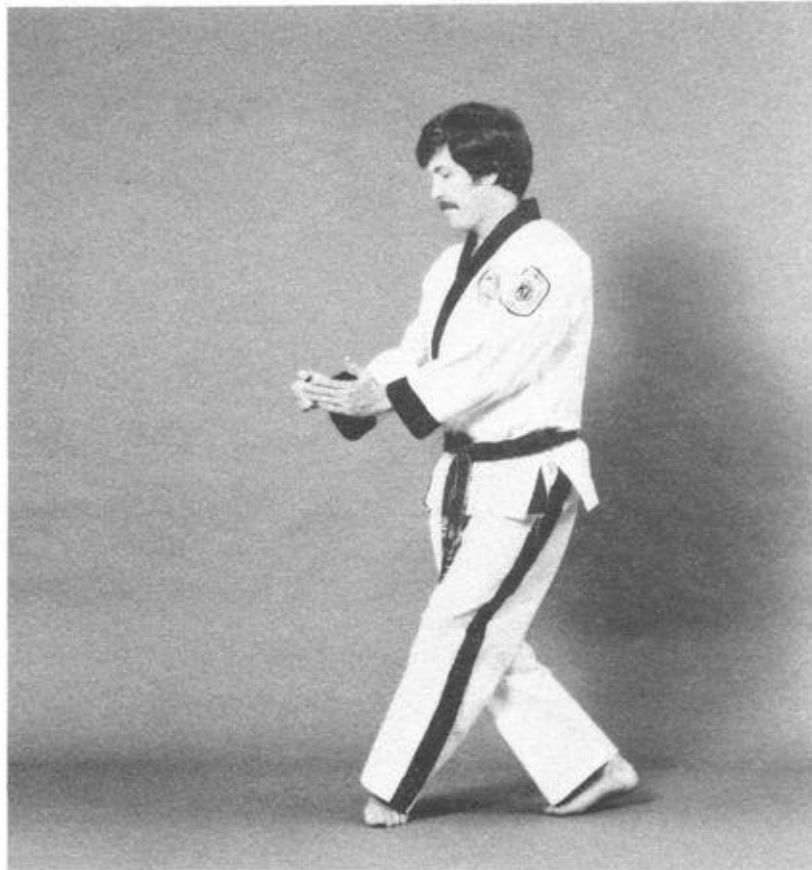
Left punch, right palm over right elbow.



Twin fists to right.



Cross left foot over, right fist strikes left palm.



Step out, high/low open hands.



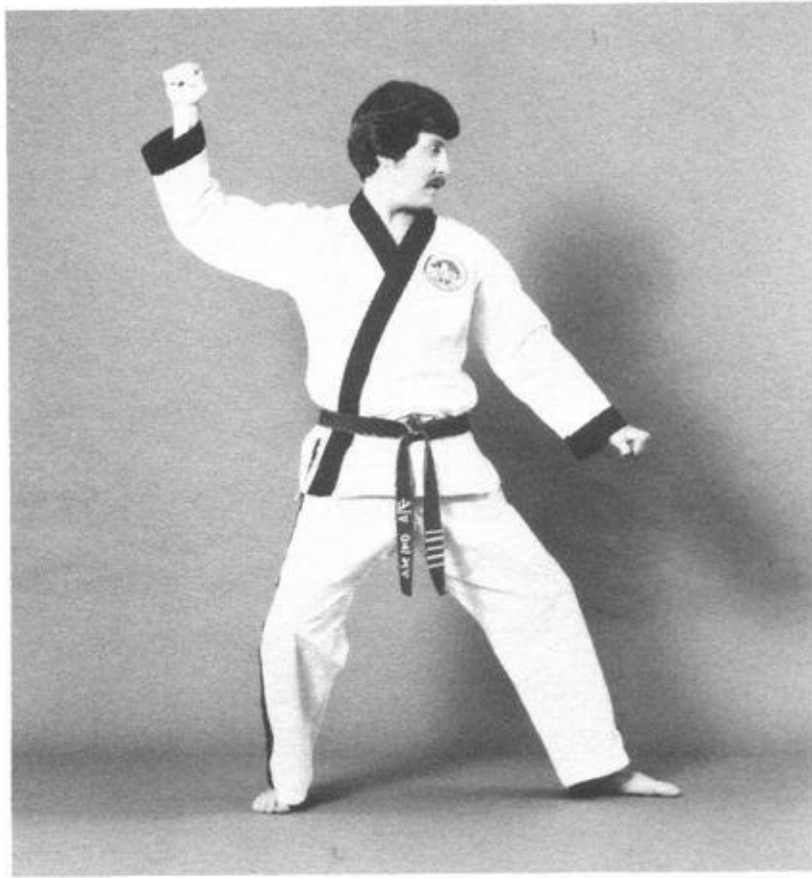
APPLICATION - Stick blocks.



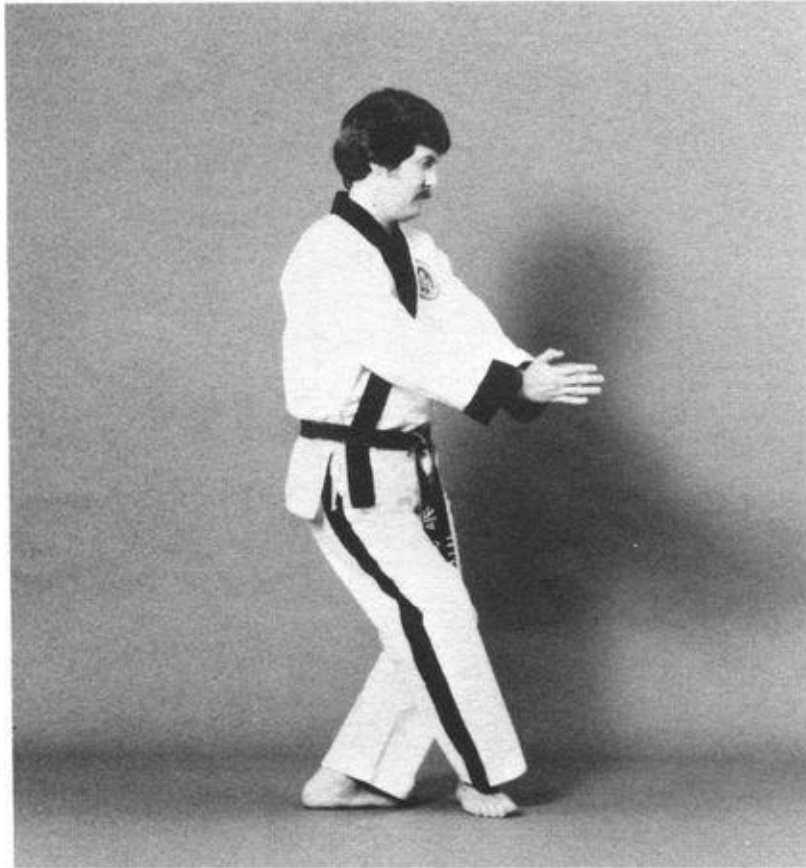
Bring left foot to right, double horizontal elbows.



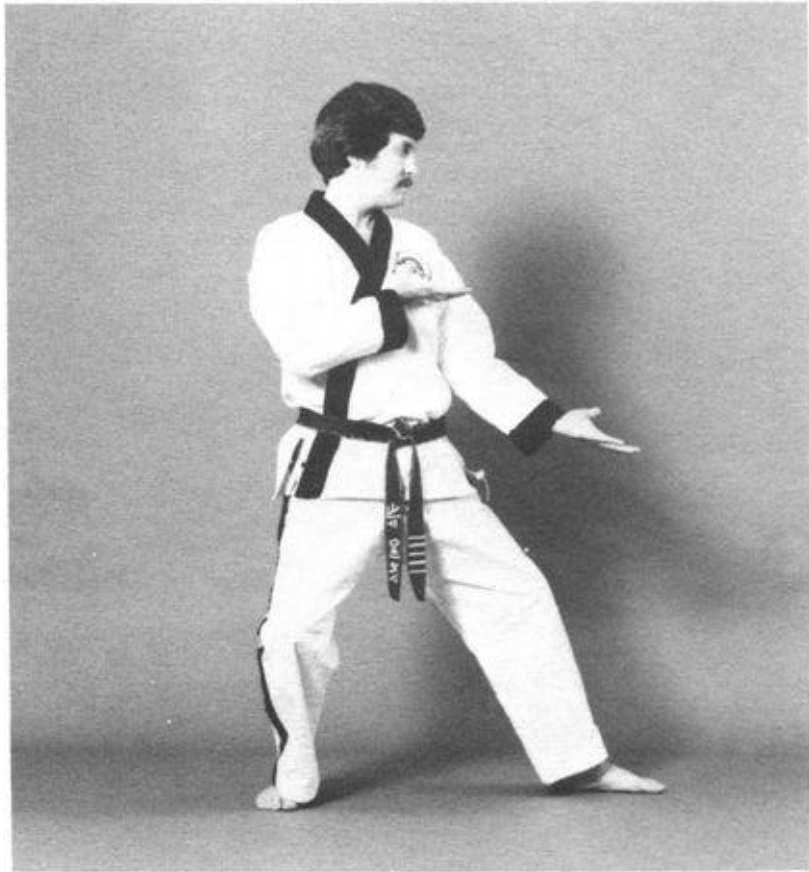
Step out, low block with left, backfist with right.



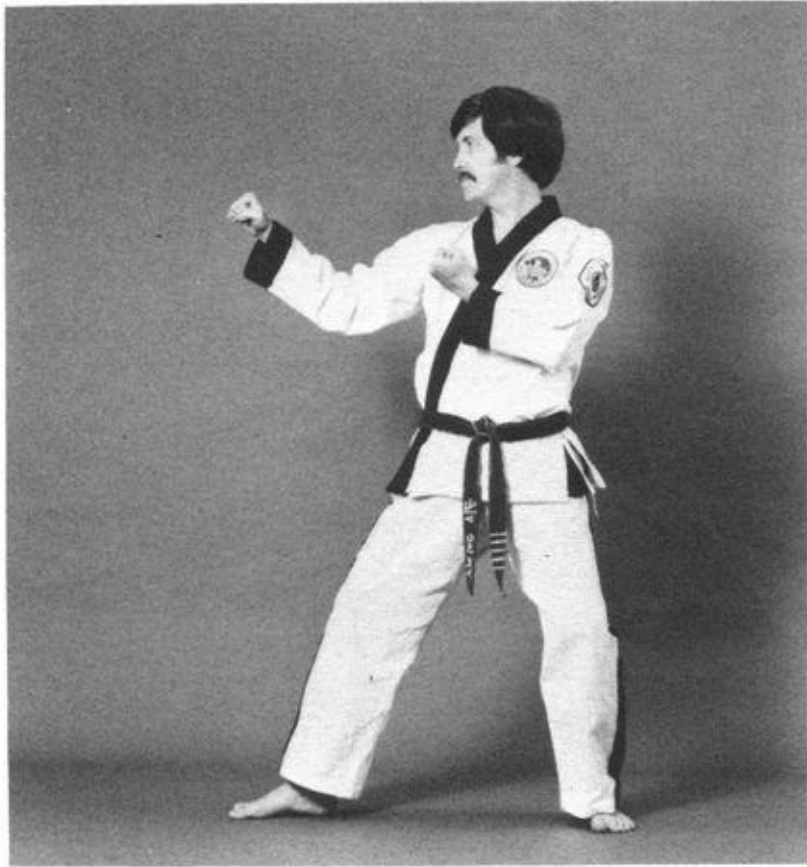
Cross right foot over, left fist strikes right palm.



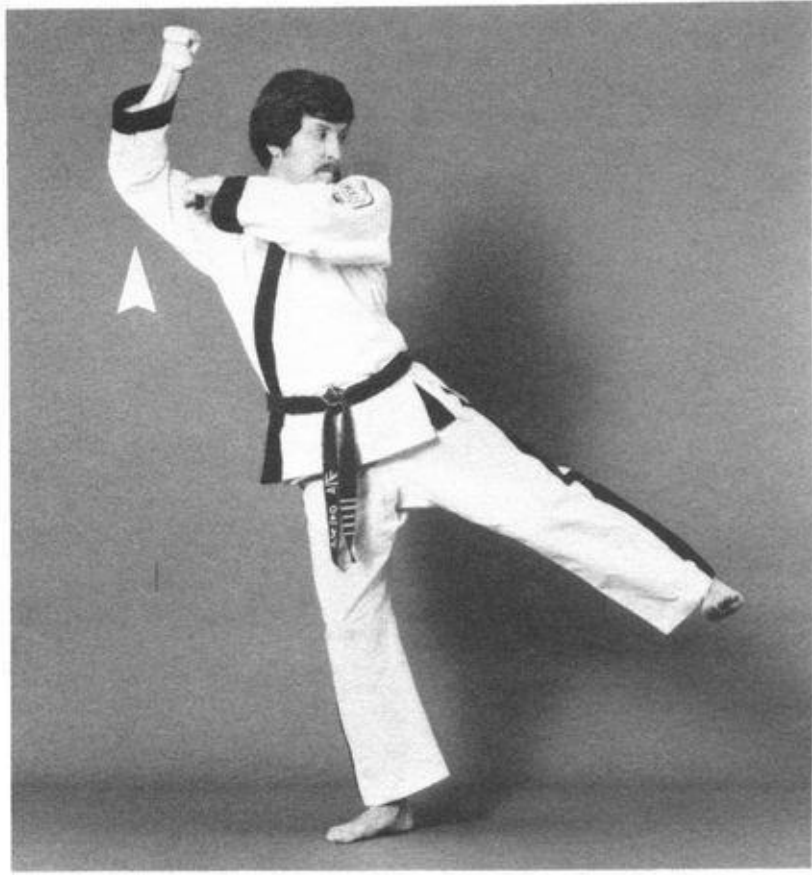
Step out, low reverse knife hand block.



Turn 180° twin fist block.

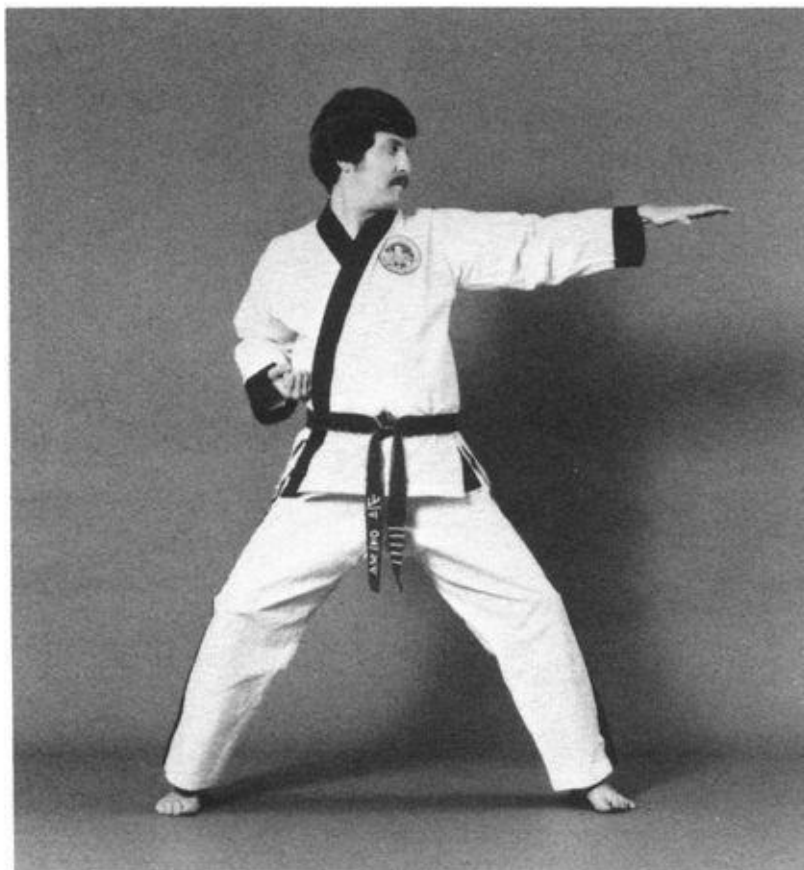


Low kick, push hands up to right.

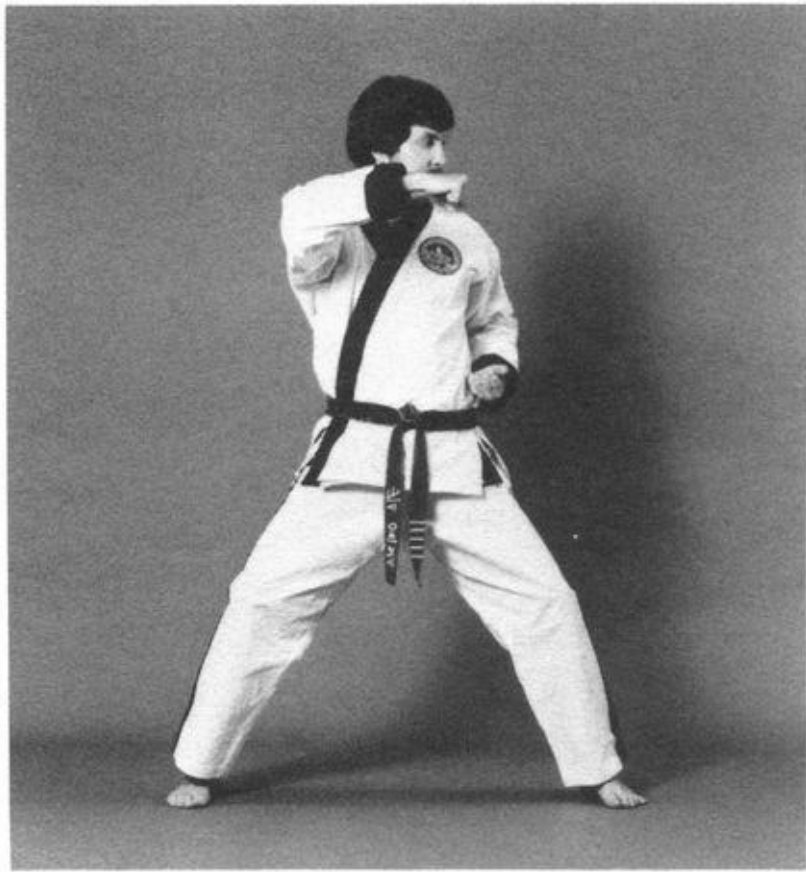


85

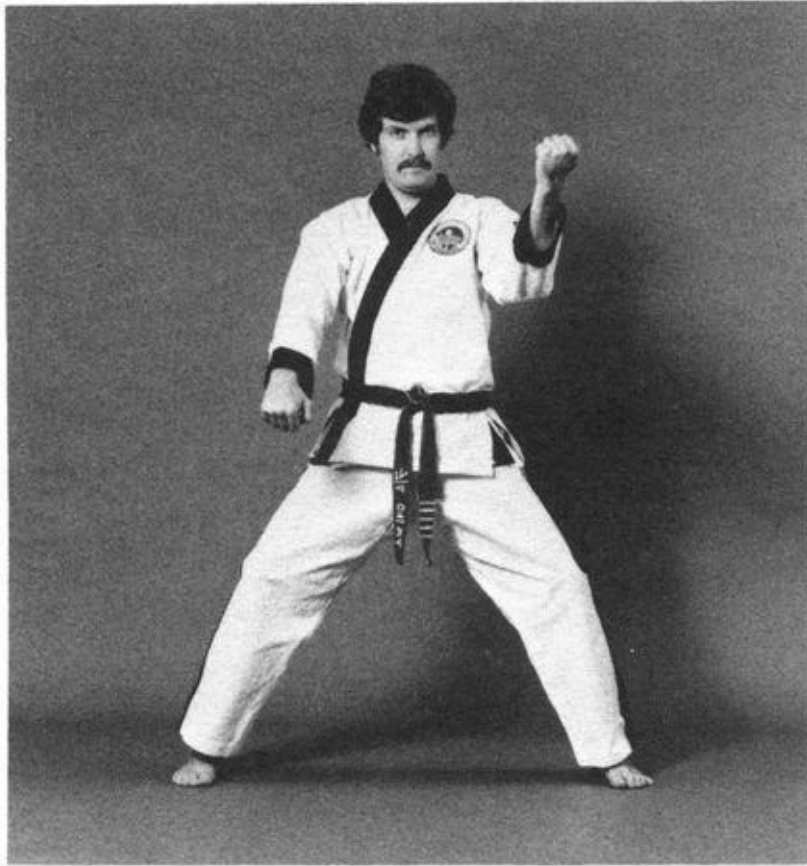
Chop.



Cross body punch.



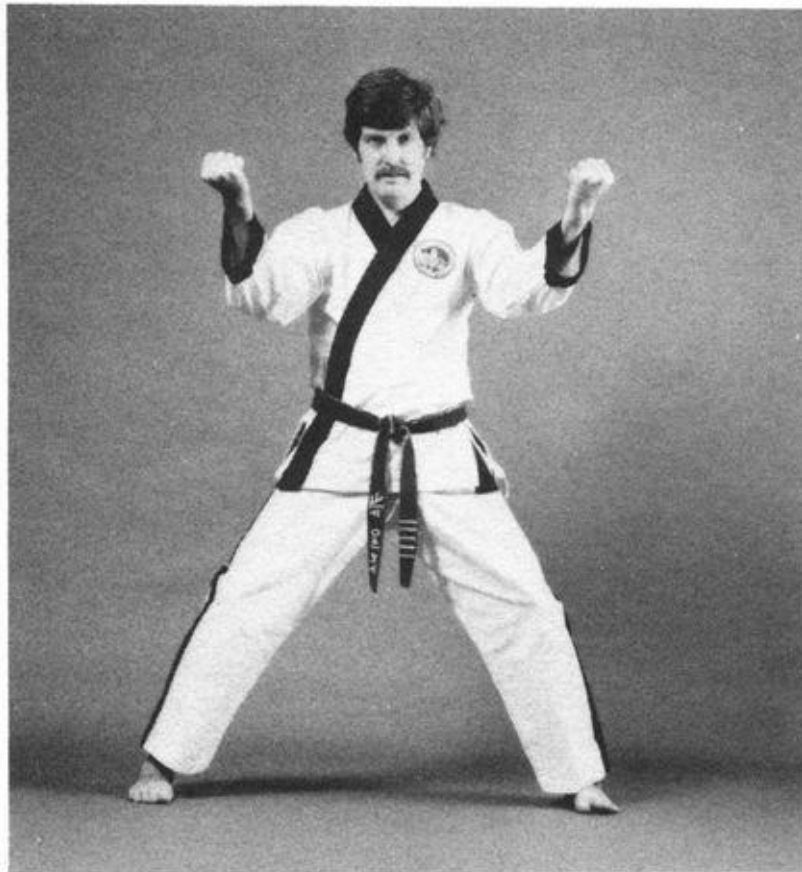
High/low block.



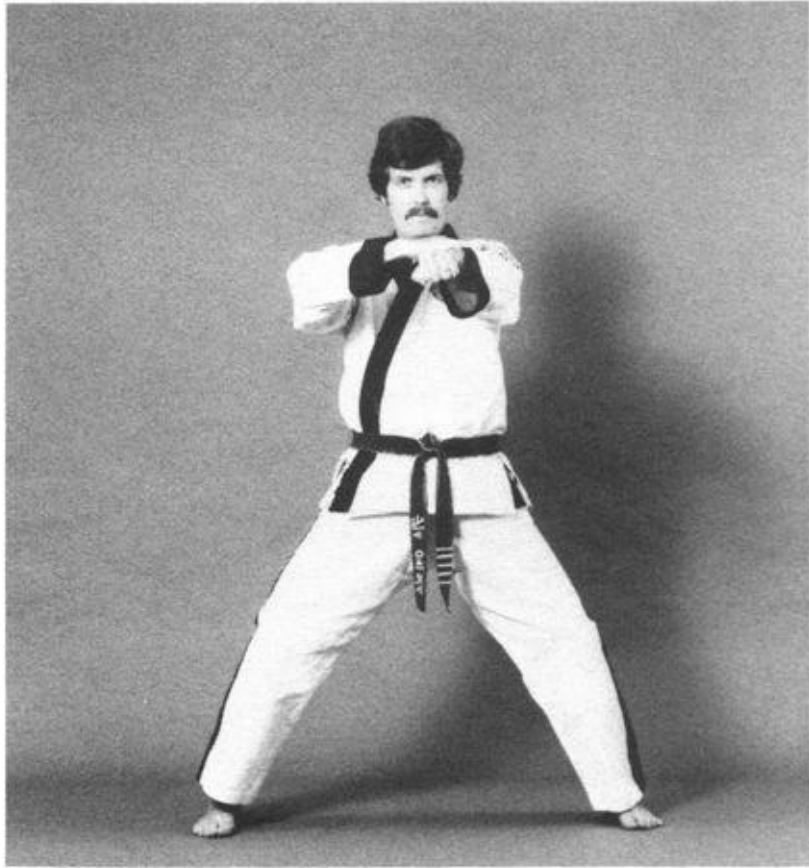
High/low block.



Double high block.



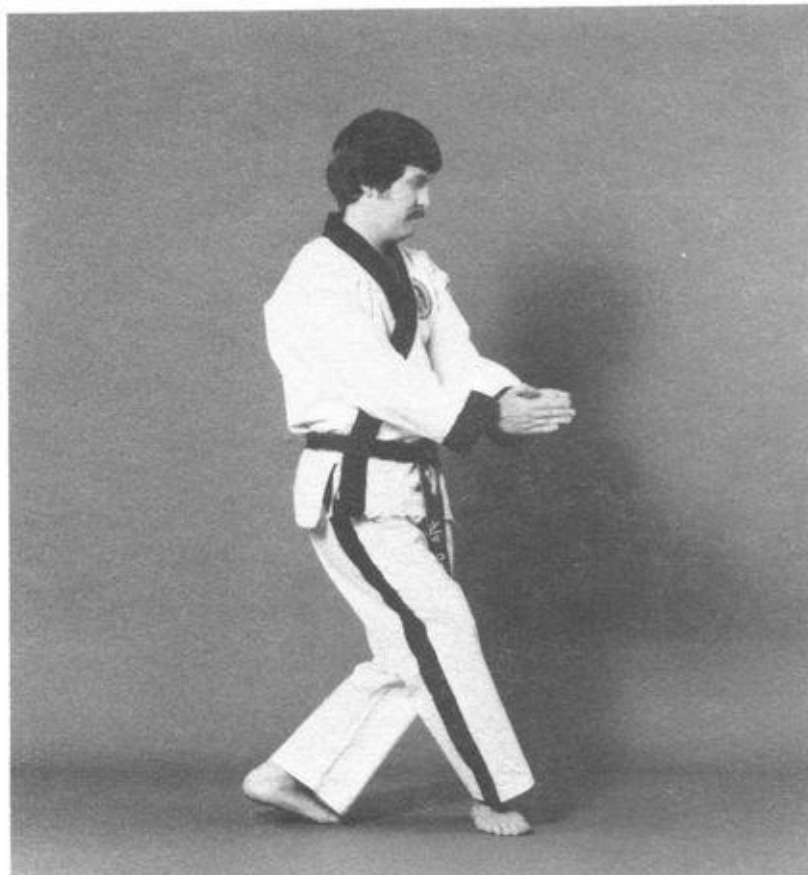
Right punch.



Twin fists.



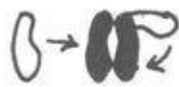
Cross right foot over, left fist strikes right palm.



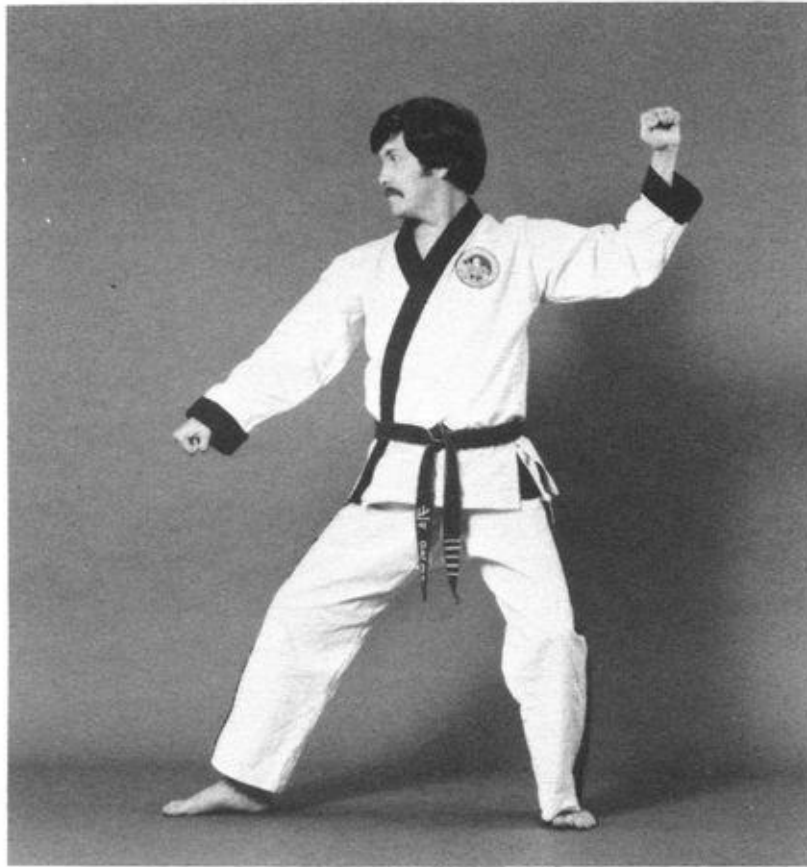
High/low open hands.



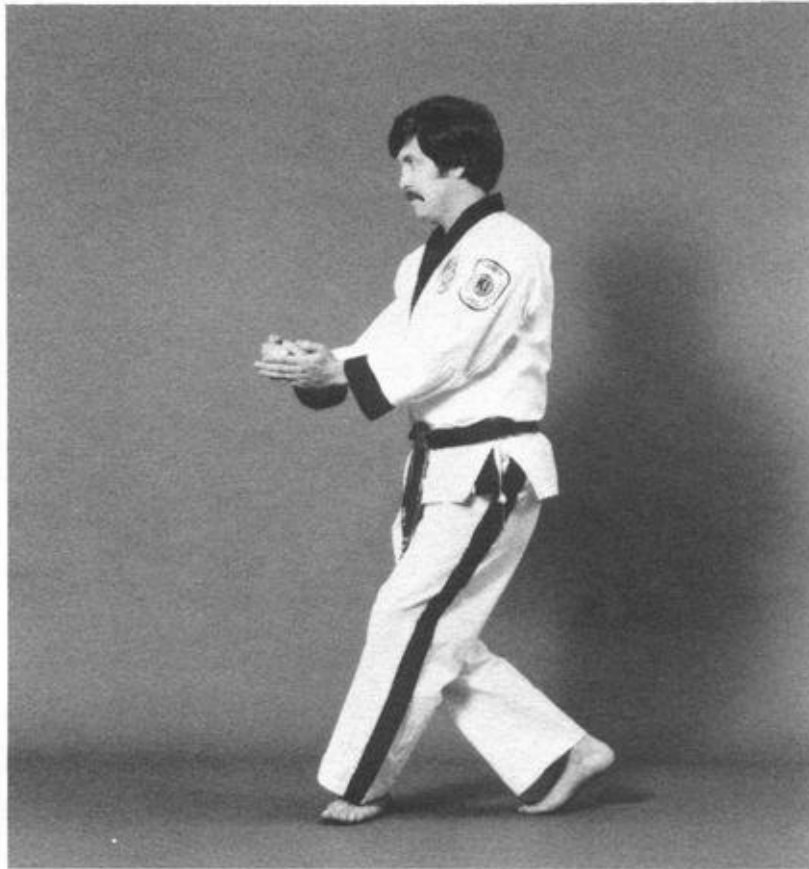
Right foot to left, double elbow.



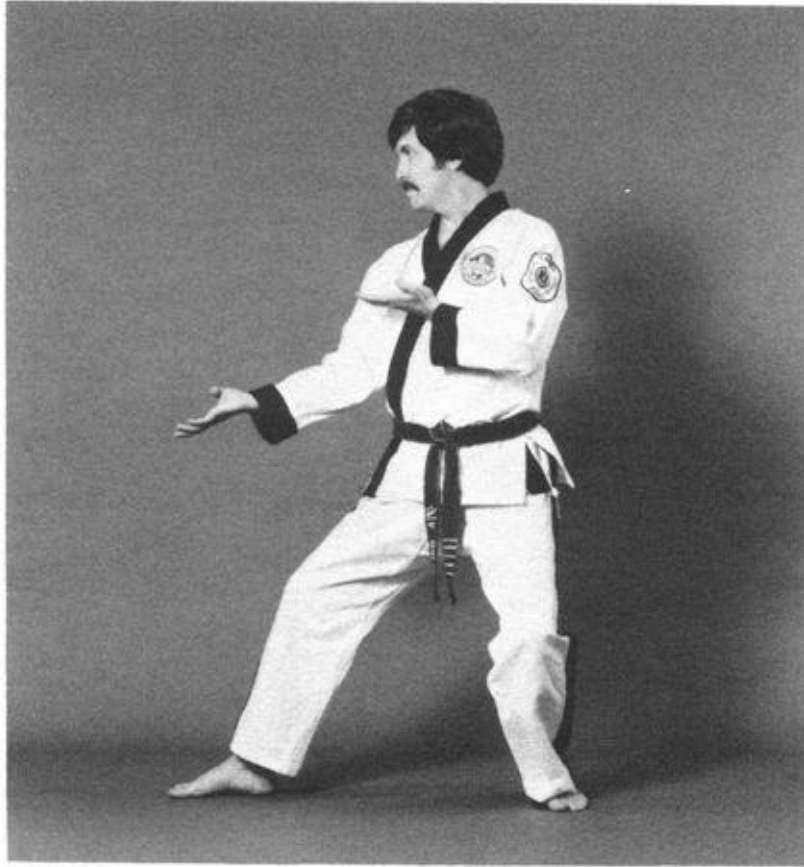
Step out, low block and high backfist.



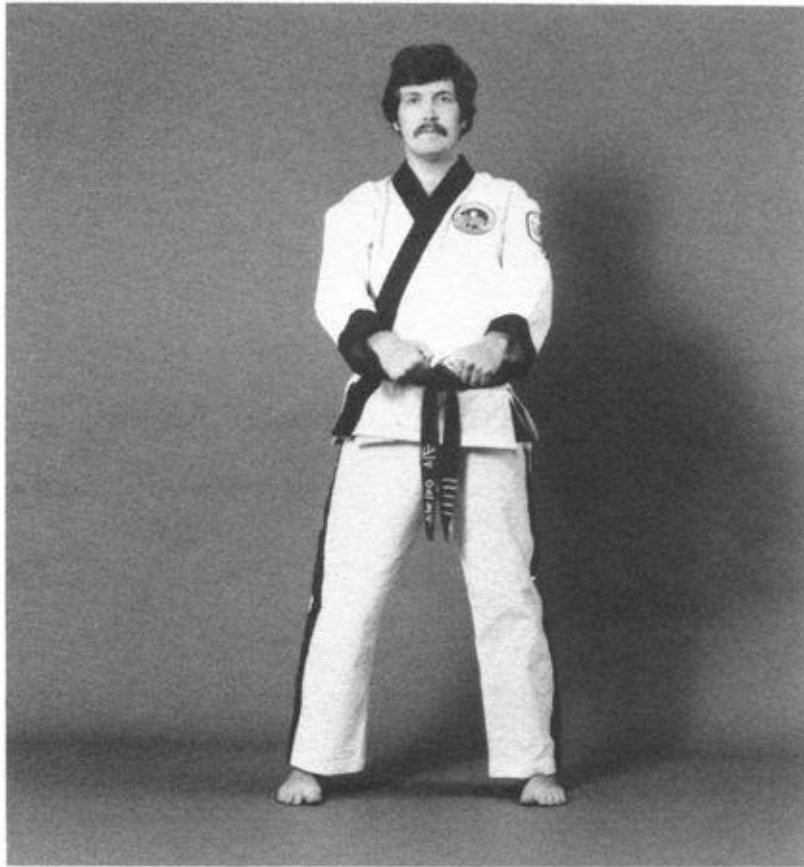
Cross left foot over, right fist strikes left palm.



Low reverse knife hand block, *yell.*



Ready stance.

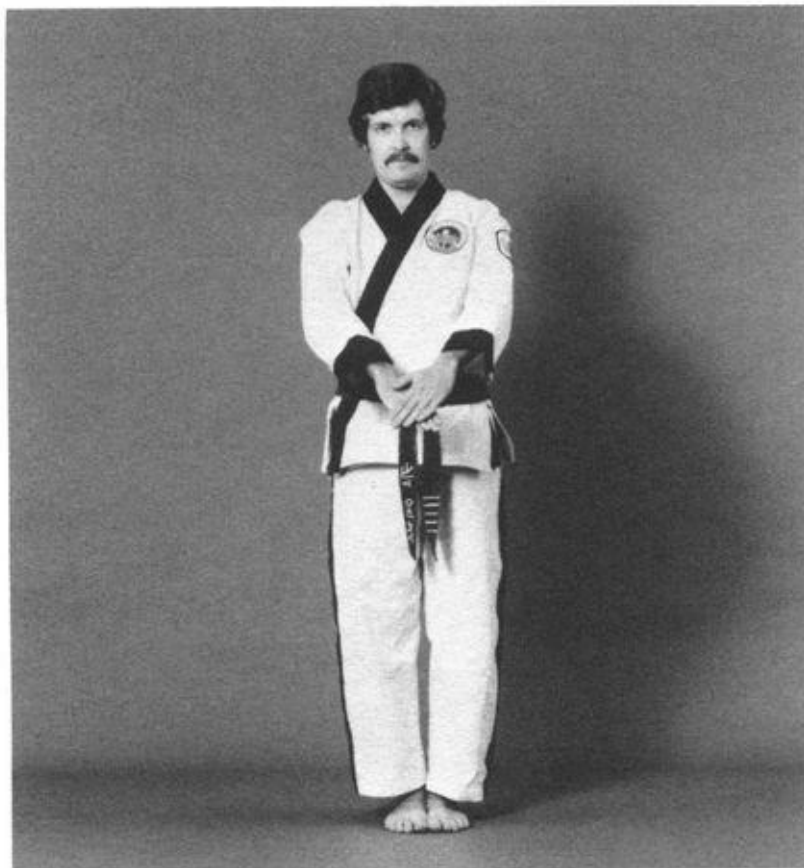


CHUL-GI

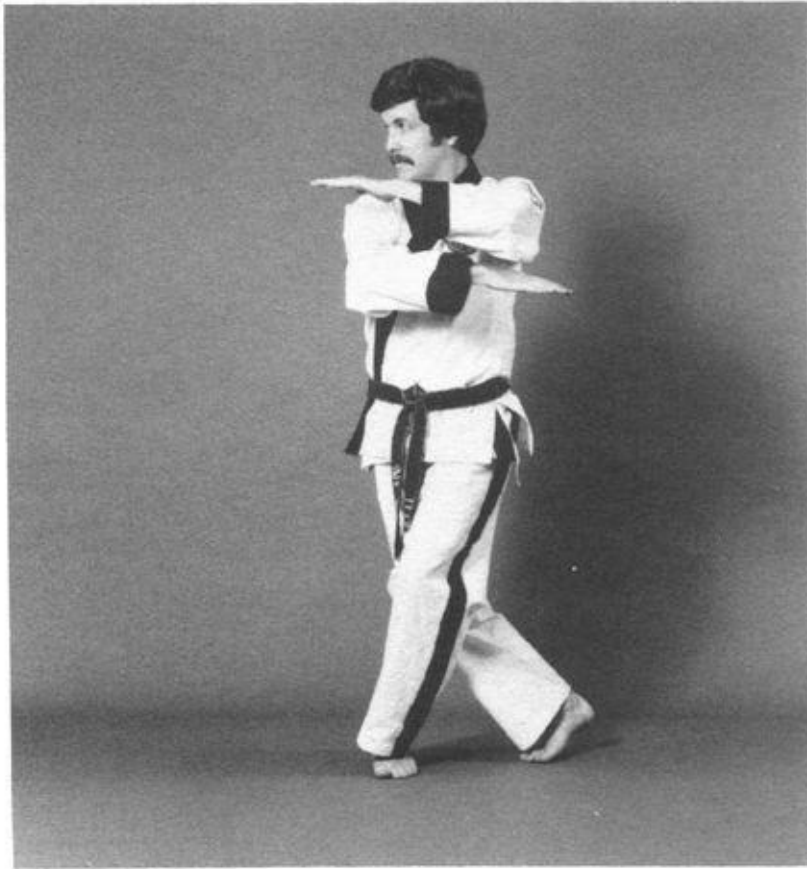
Although this form is Japanese in origin, it is a popular pattern among Korean stylists as well and thus is included in this text.

The name literally means “Iron Horse” (number one), which indicates the force with which the form should be done and the horse stance used throughout.

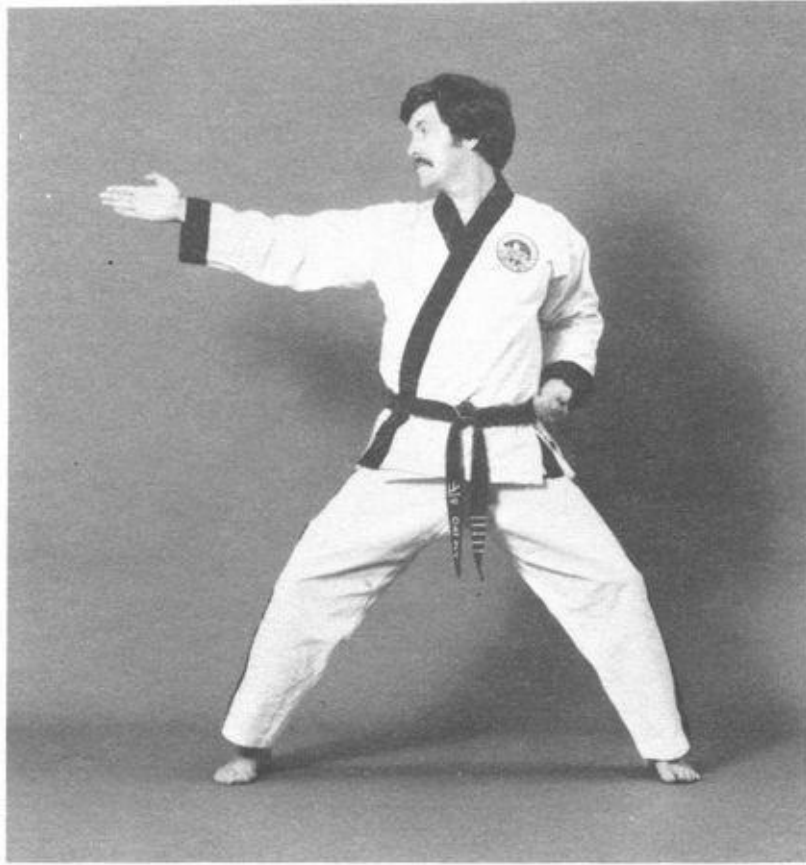
Ready stance.



Cross over with left foot, fold right hand under.



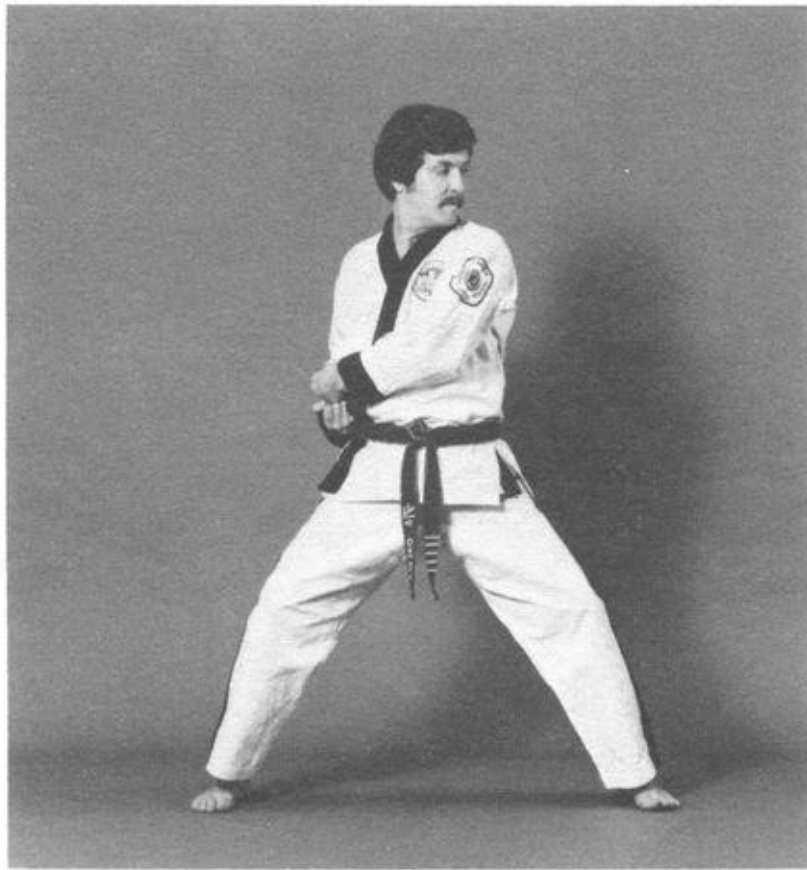
Open back hand.



Left elbow.



Pull hands to right hip.



Low block.



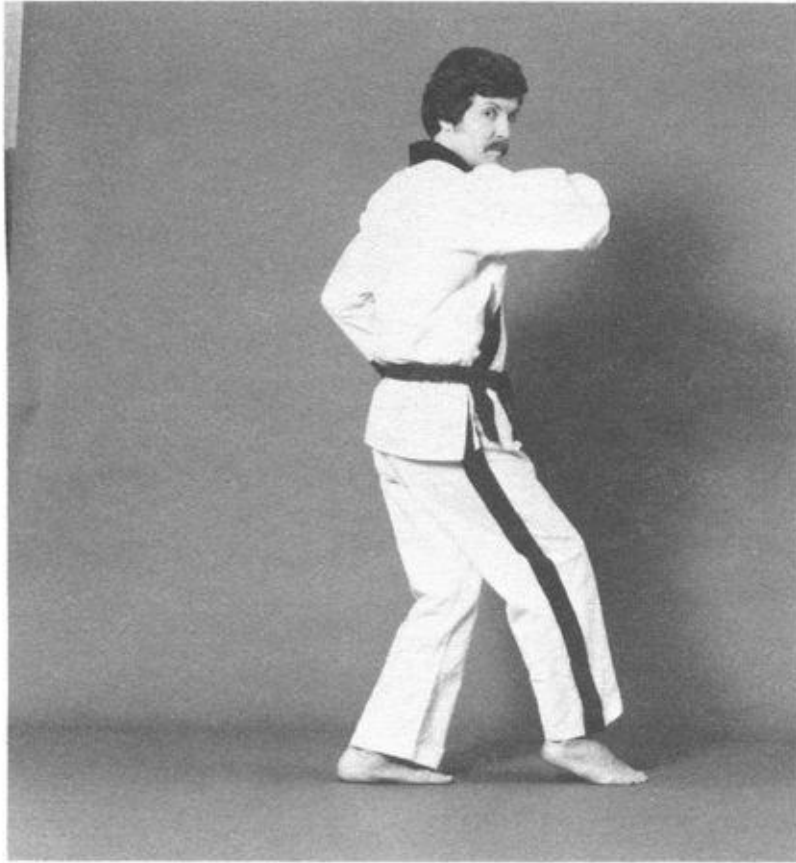
APPLICATION.



Cross body punch.



Step across with right foot, pull right fist back.



Set into straddle stance, backfist.



Reach out left hand.



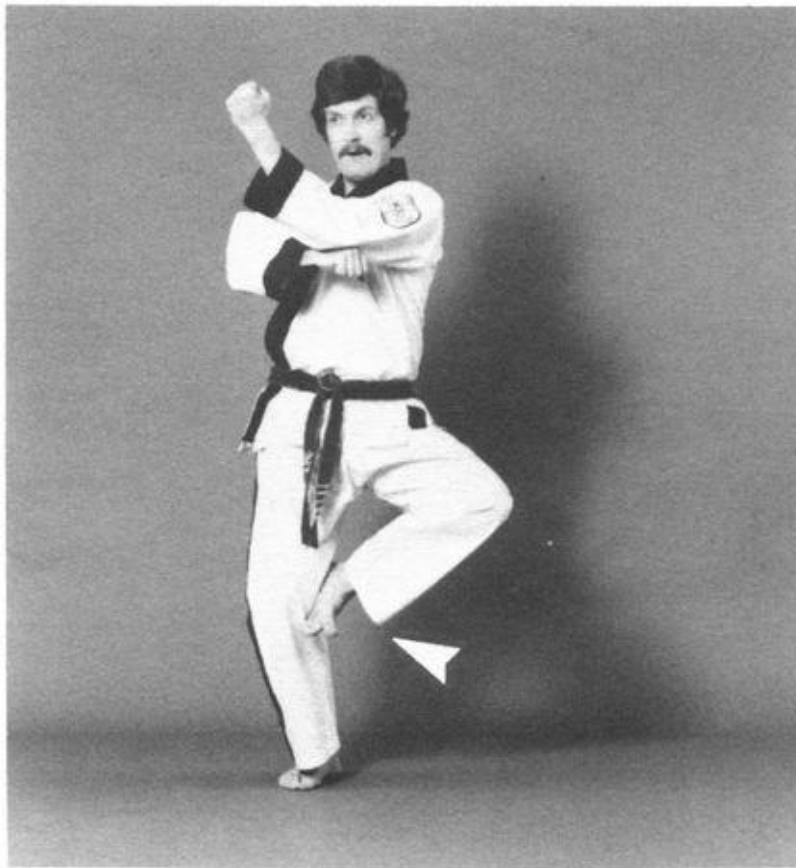
Pull left hand back.



Left inside block, bringing right fist under left elbow.



Left foot to right knee.



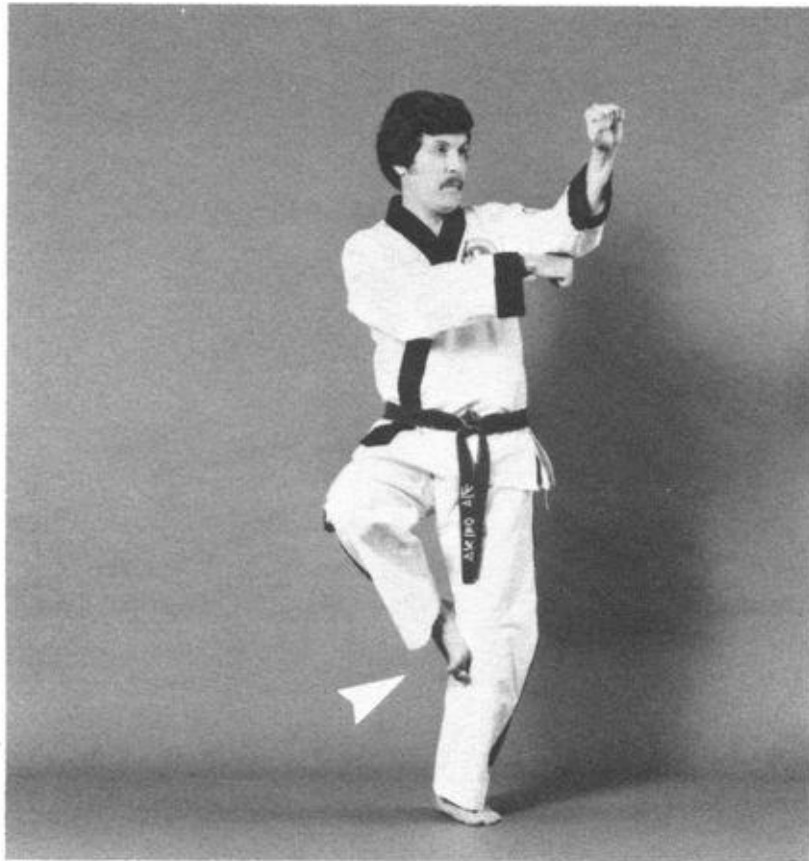
APPLICATION - kick block.



Left outside block.



Right foot to knee.



Left inside block.



Twin fists, *yell*.



Diagram 1. Backhand strike.



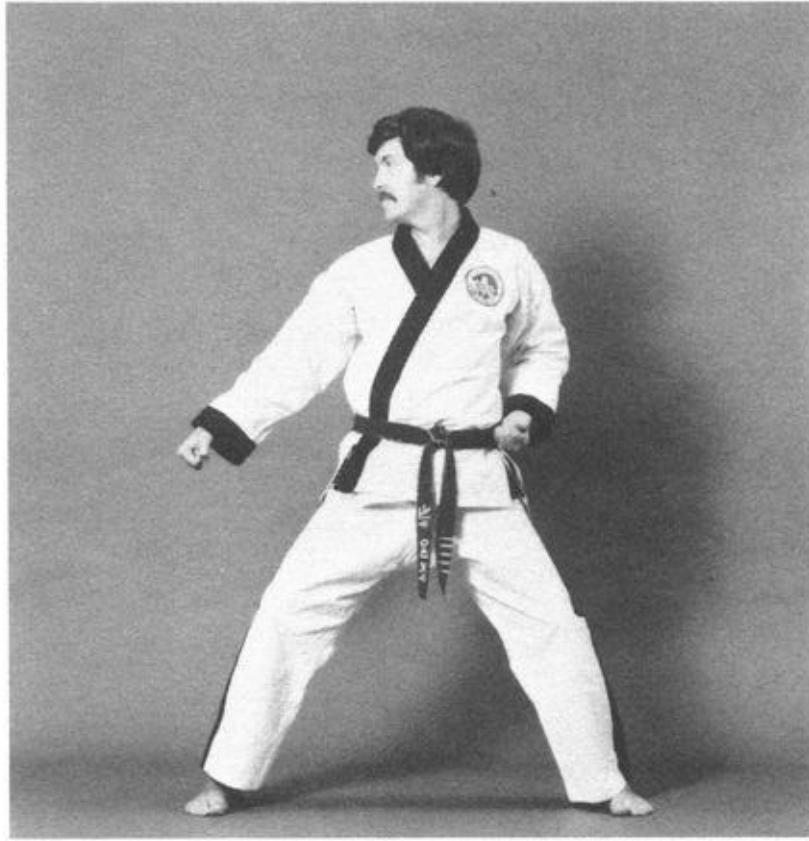
Fold left hand under right armpit, left backhand strike.



Right elbow.



Right low block.



Cross body punch.



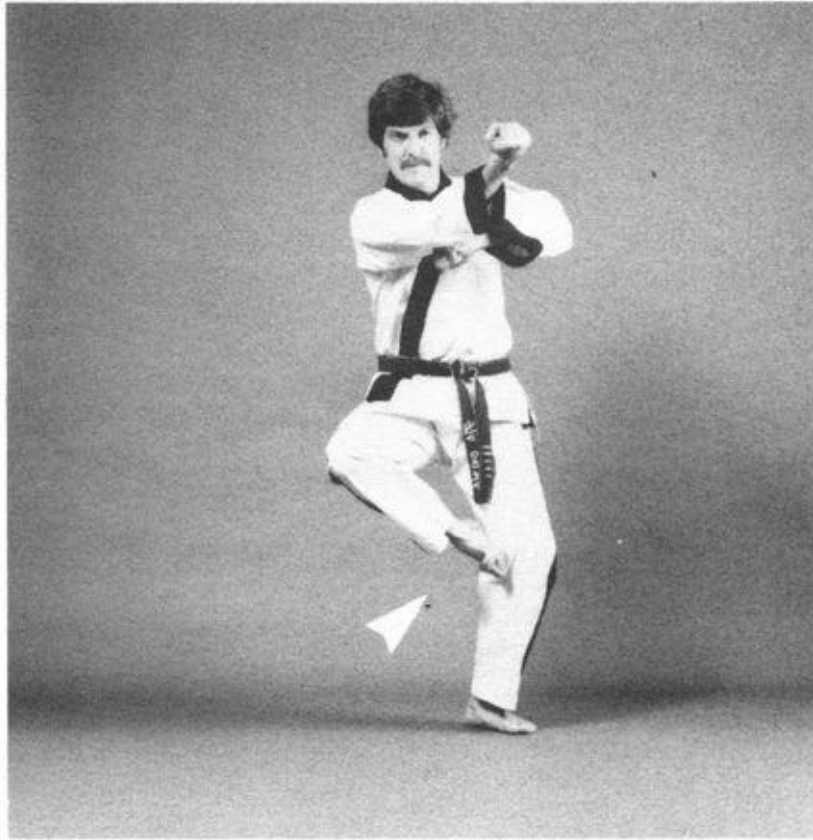
Cross over with left foot, left backfist.



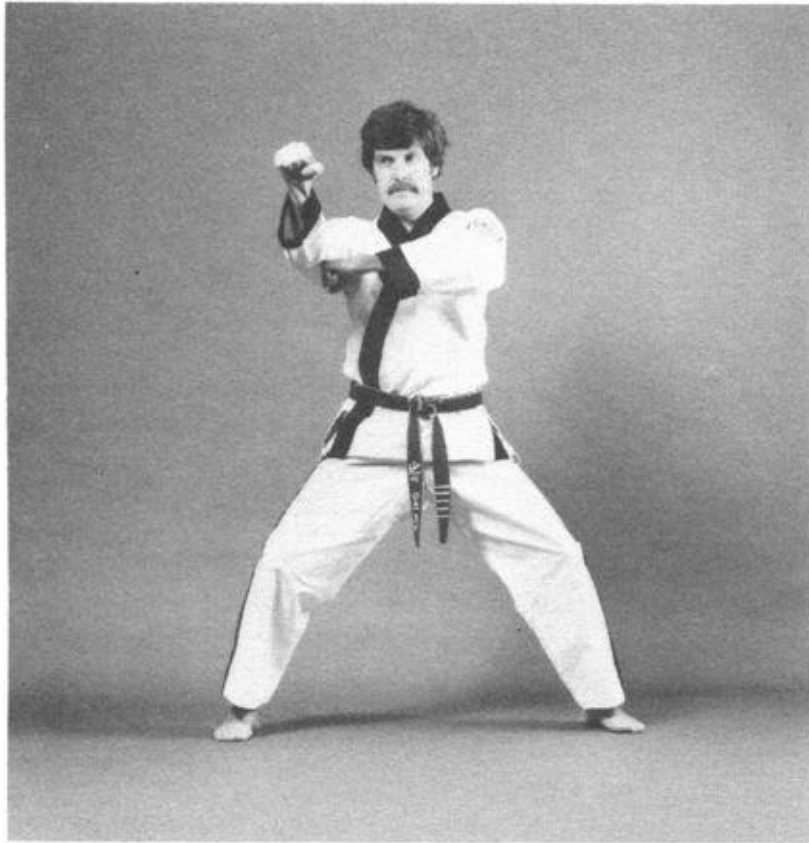
Reach out with right hand, pull back and block.



Right foot to knee.



Right outside block.



Left foot to knee.



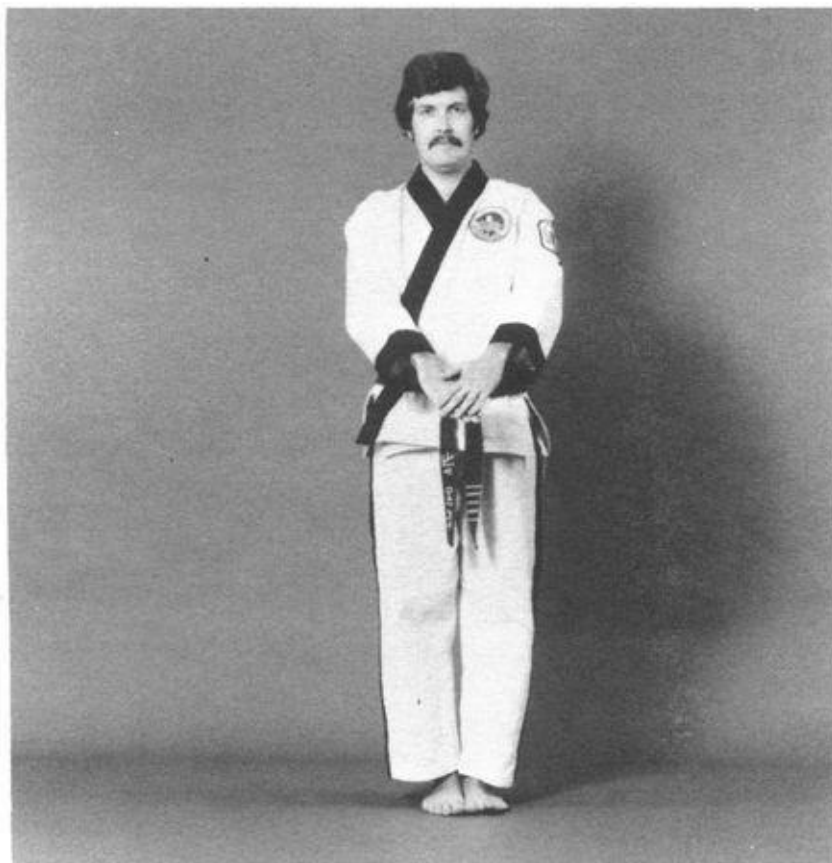
Right inside block.



Twin fists, *yell*.



Ready stance.



**We must utilize the skills and
abilities that God gives us.
Not to do so, is as a sin.**

BASAI

This is originally a Japanese form but is also included here because of its widespread use among Taekwon Do practitioners.

The name means “To break through the fortress,” indicating the power demonstrated in this pattern.

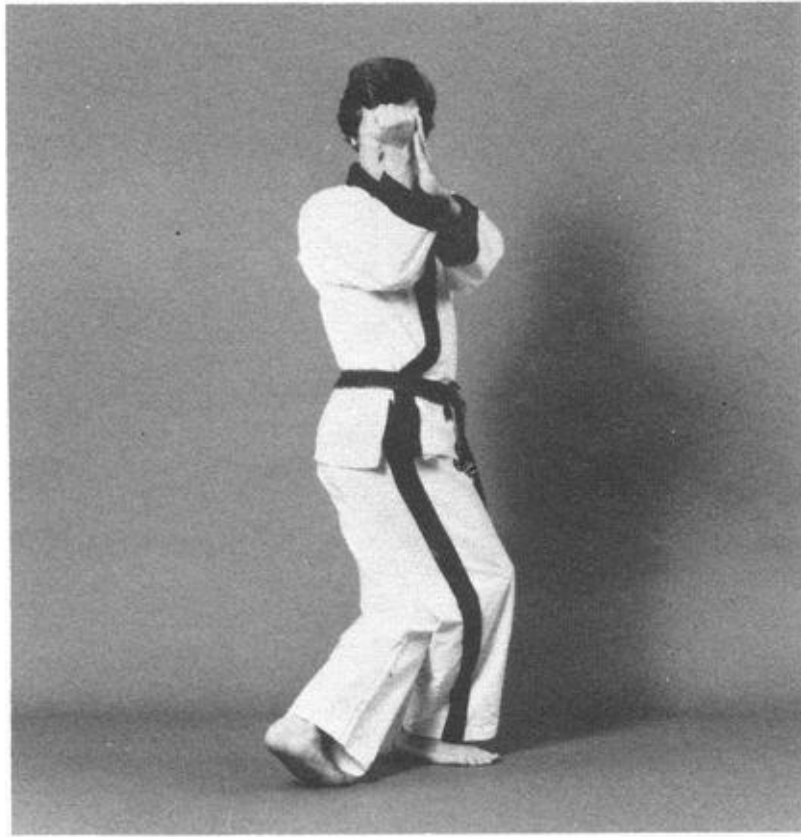
Ready stance.



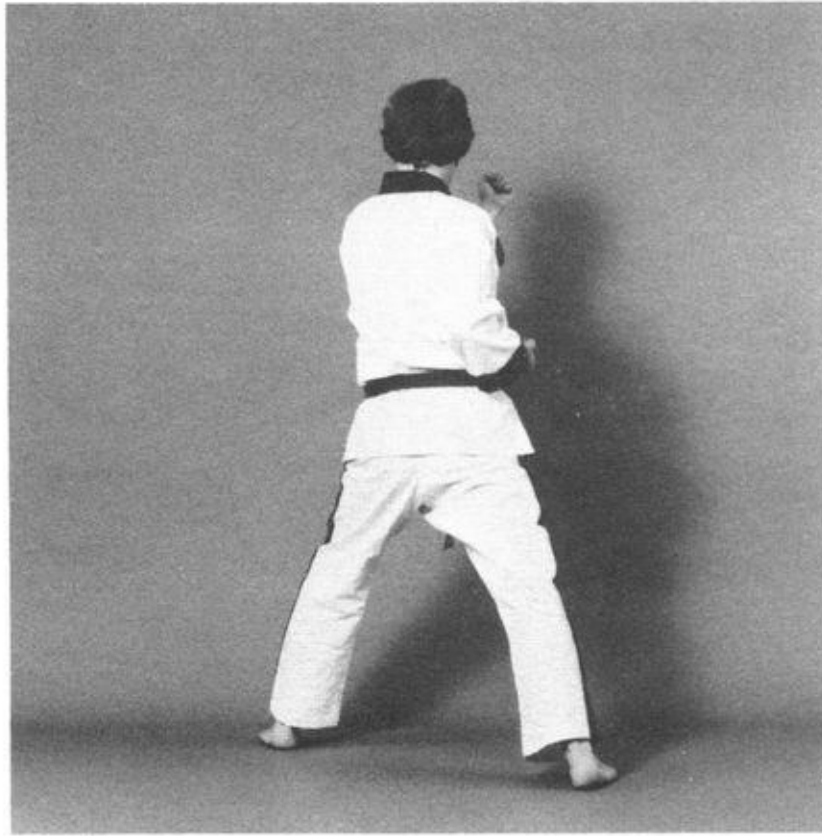
Raise up on toes, twist to left.



Fall forward on right foot, bring left foot behind and forward while backfisting, *yell*.



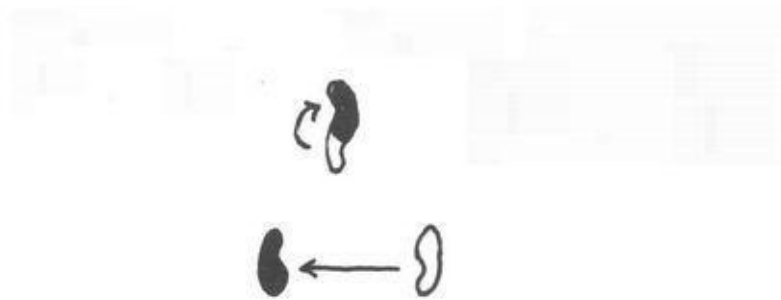
Pivot and left inside block.



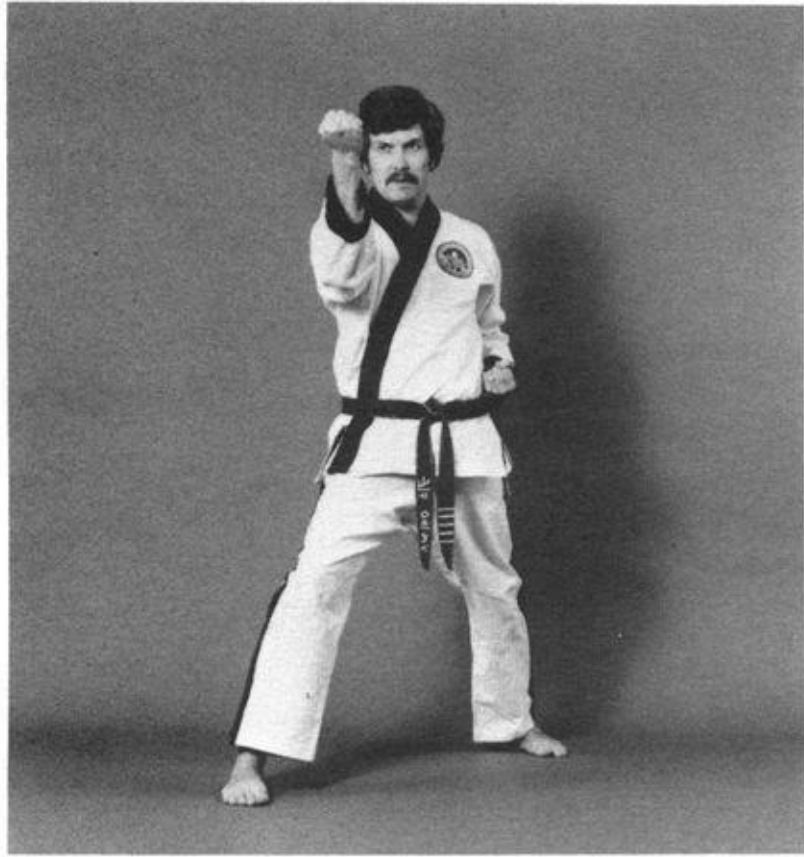
Right scoop block.



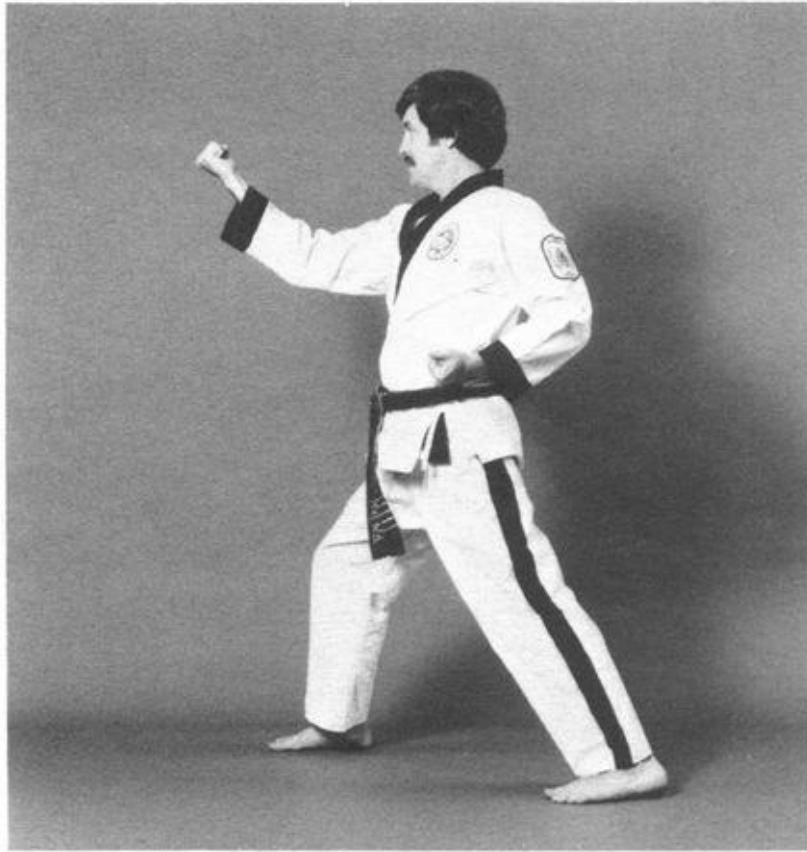
Bring right foot across, pivot and left inside block.



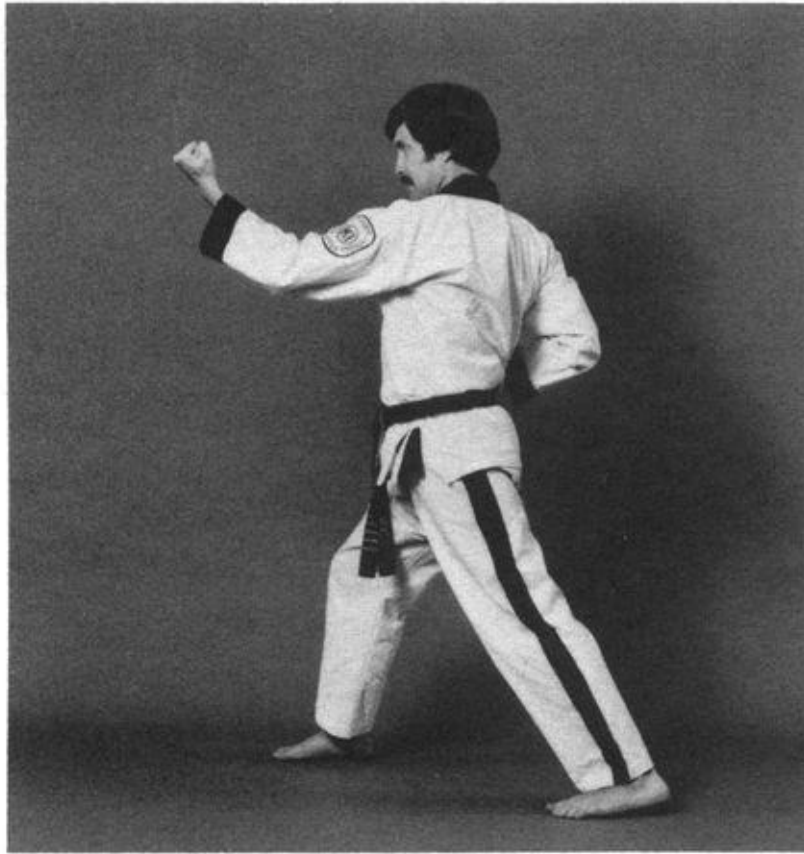
Right scoop block.



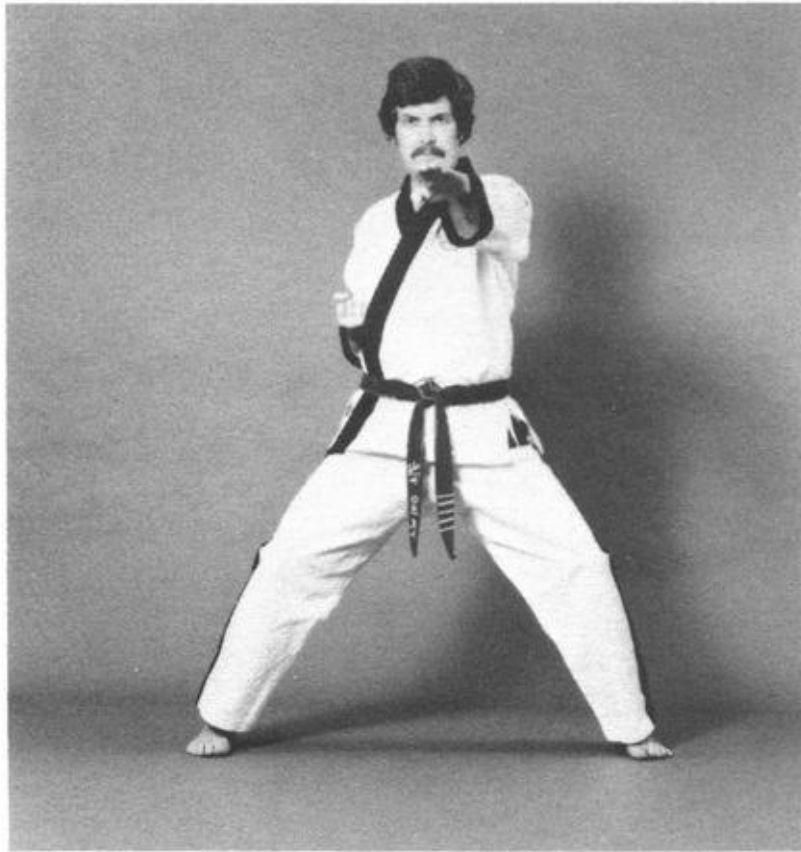
Pull right foot around to right 90°, right inside block.



Left scoop block.



Slide forward in straddle stance, left chop.



Right punch.

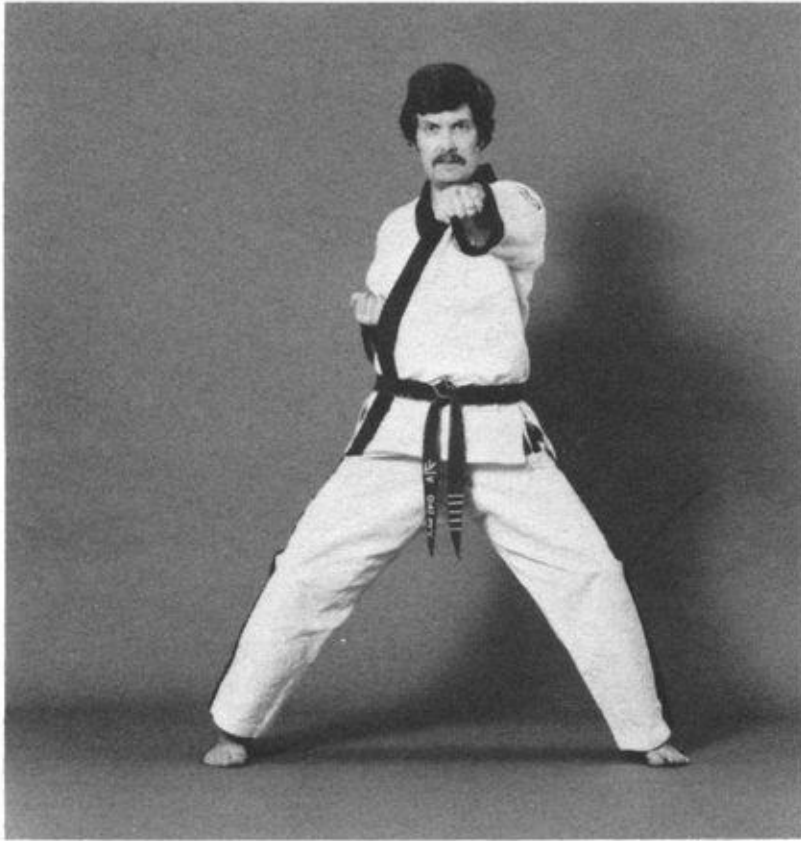


“ ”

Right scoop.



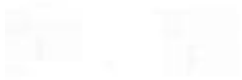
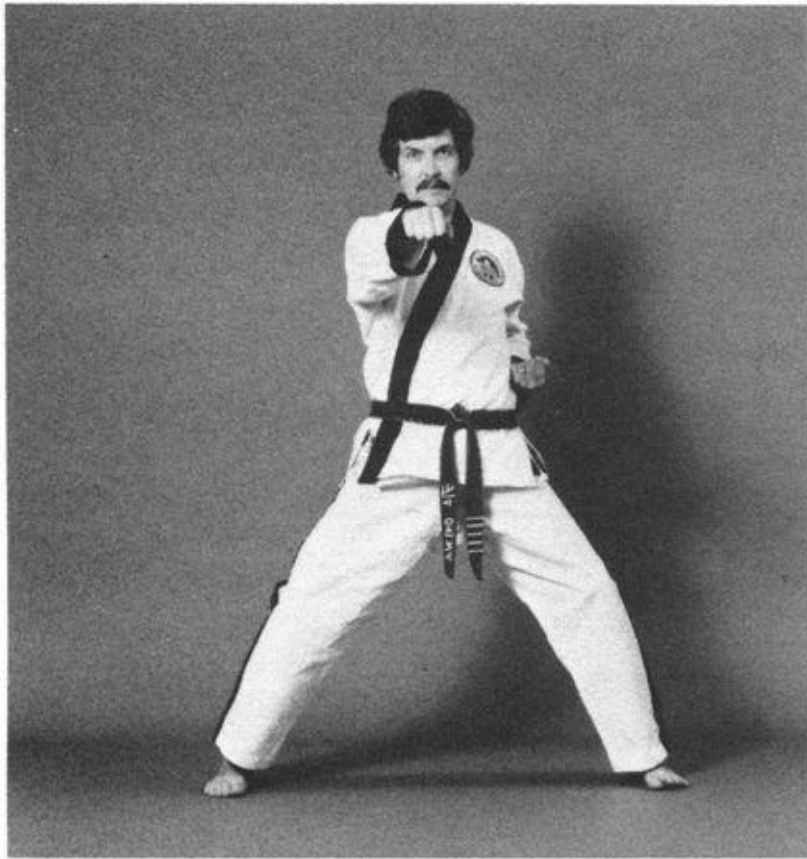
Left punch.



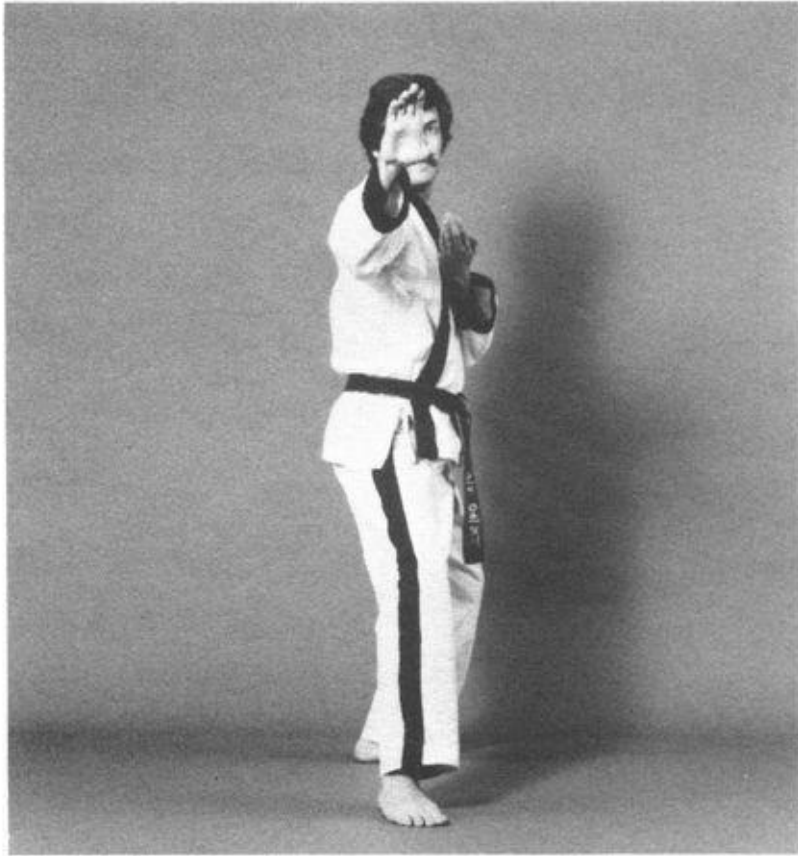
Left scoop.



Right punch.



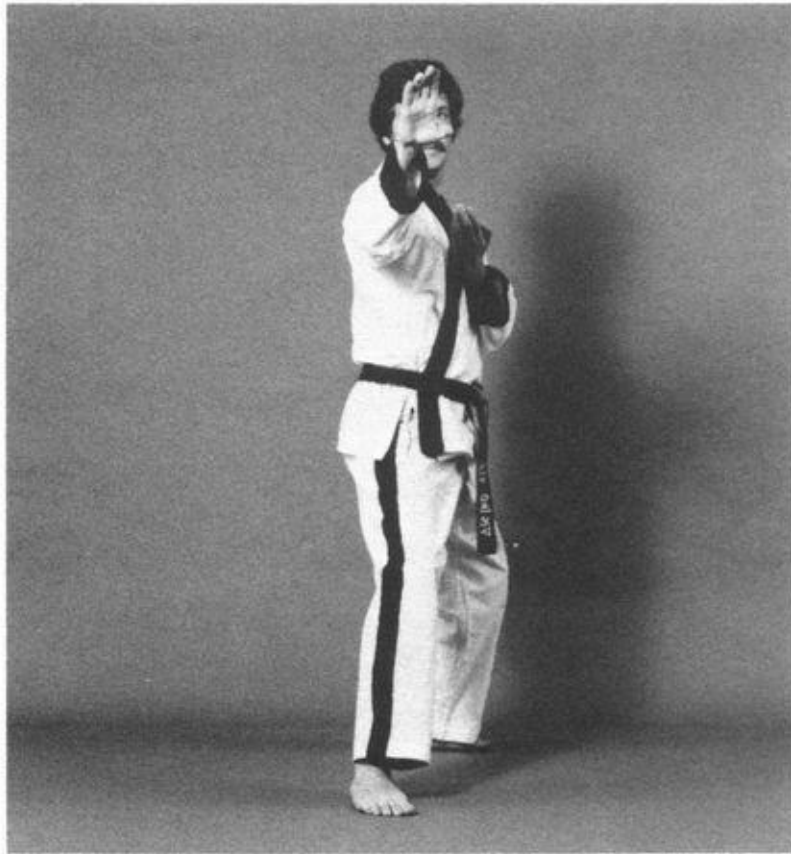
Step forward, sudo.



Sudo.



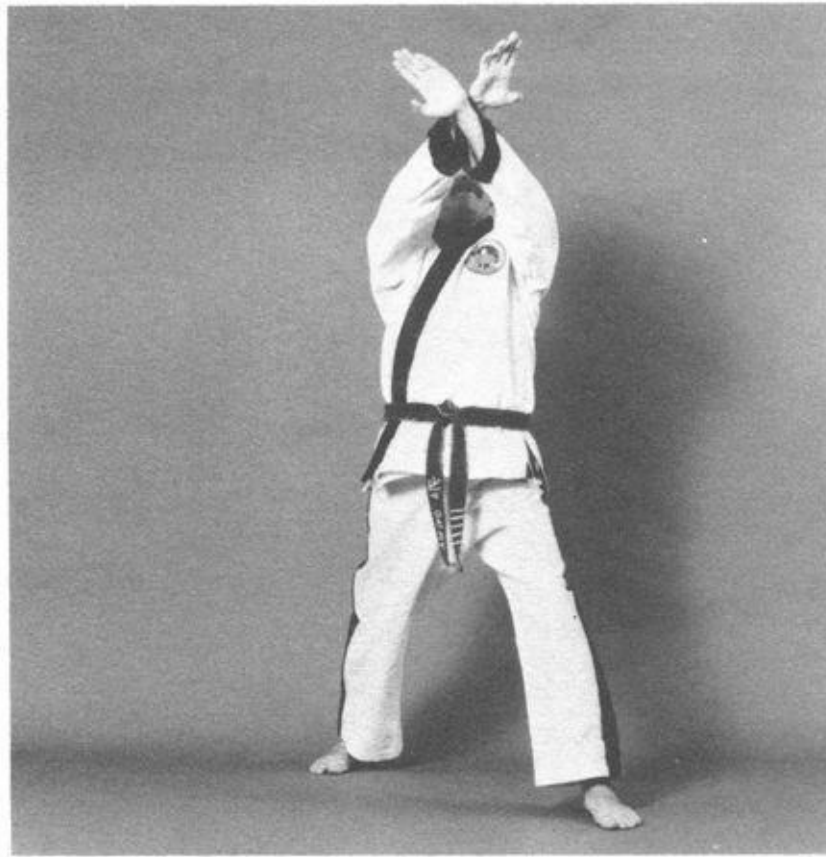
Sudo.



Step backwards, sudo.



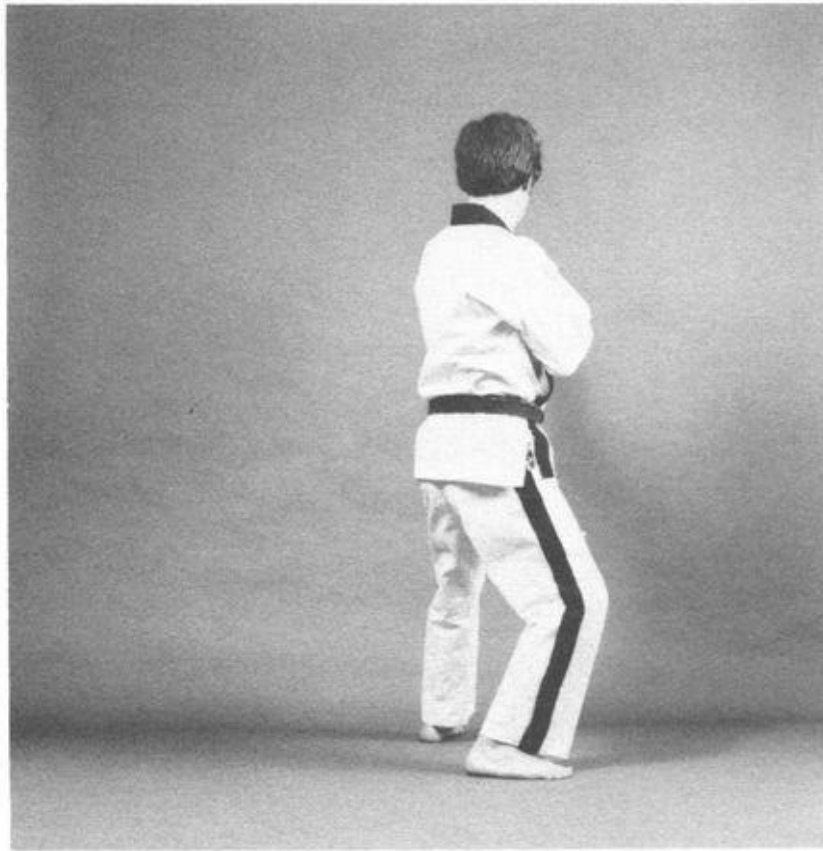
Shift into front stance, high open hand X-block.



Pulling hands to left hip, right side kick.



Sudo.



Camera angle changes 180° for better view.

(Foot diagrams do not change position in order to make them easier to follow.)



Sudo.



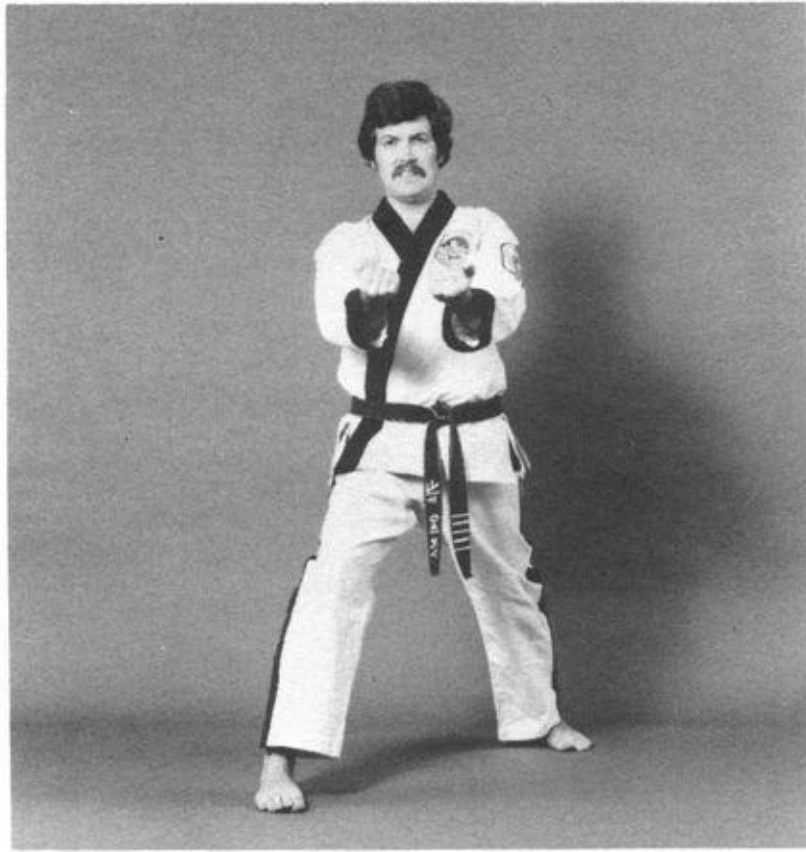
Pull right foot back, bring fists in front of forehead.



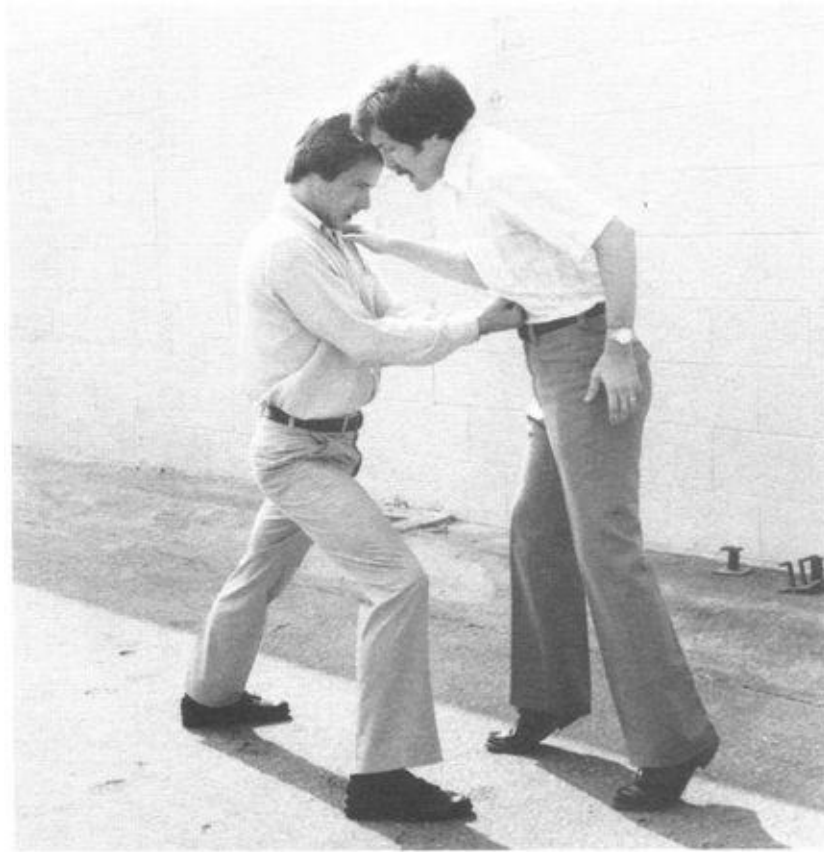
Hands circle to hips, lift right knee.



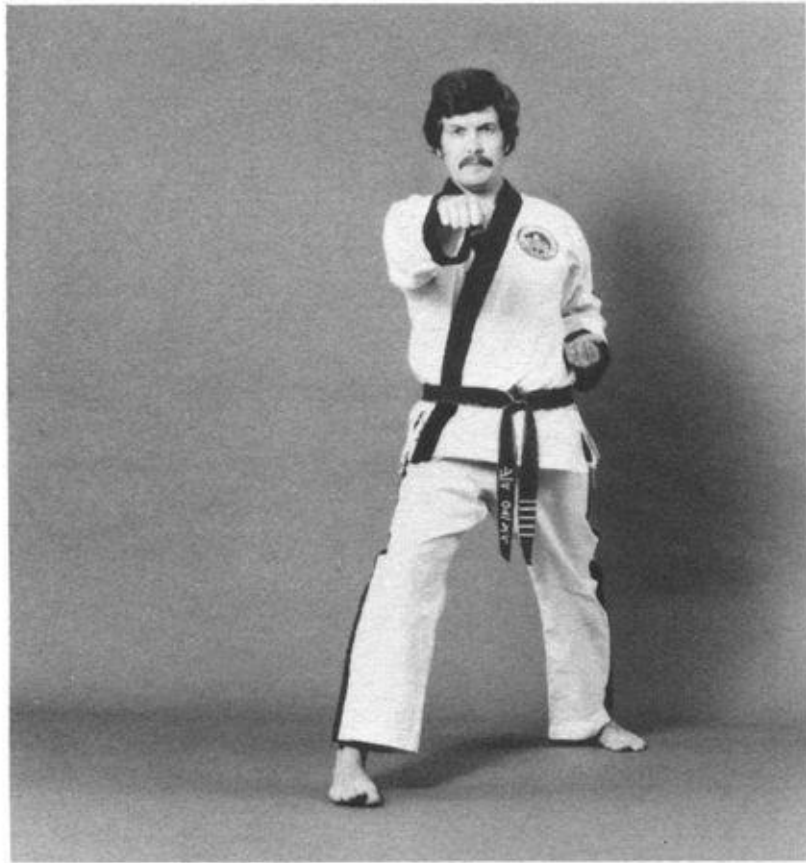
Step into double upset punch.



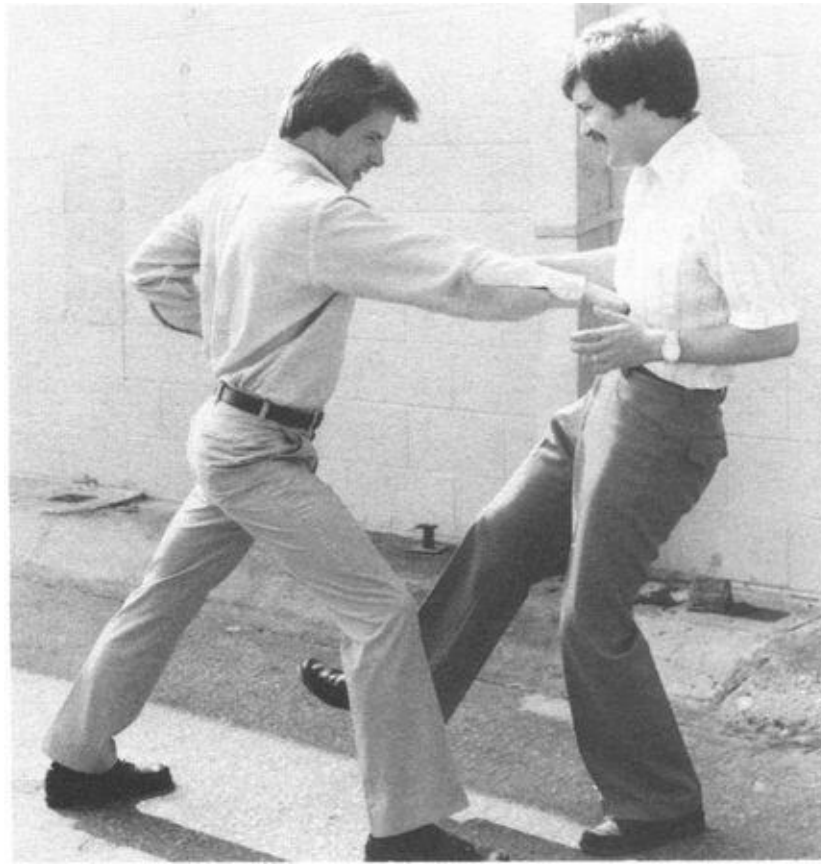
APPLICATION.



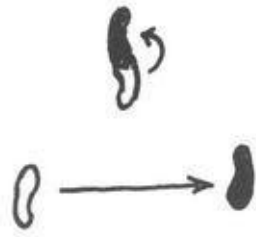
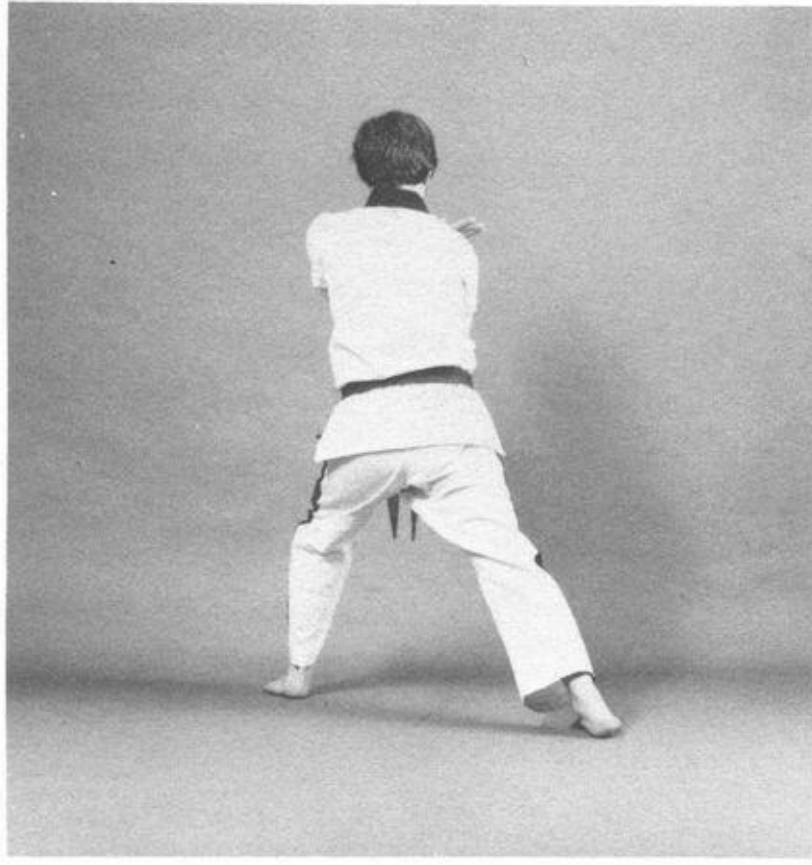
Shift both feet forward, middle punch, *yell*.



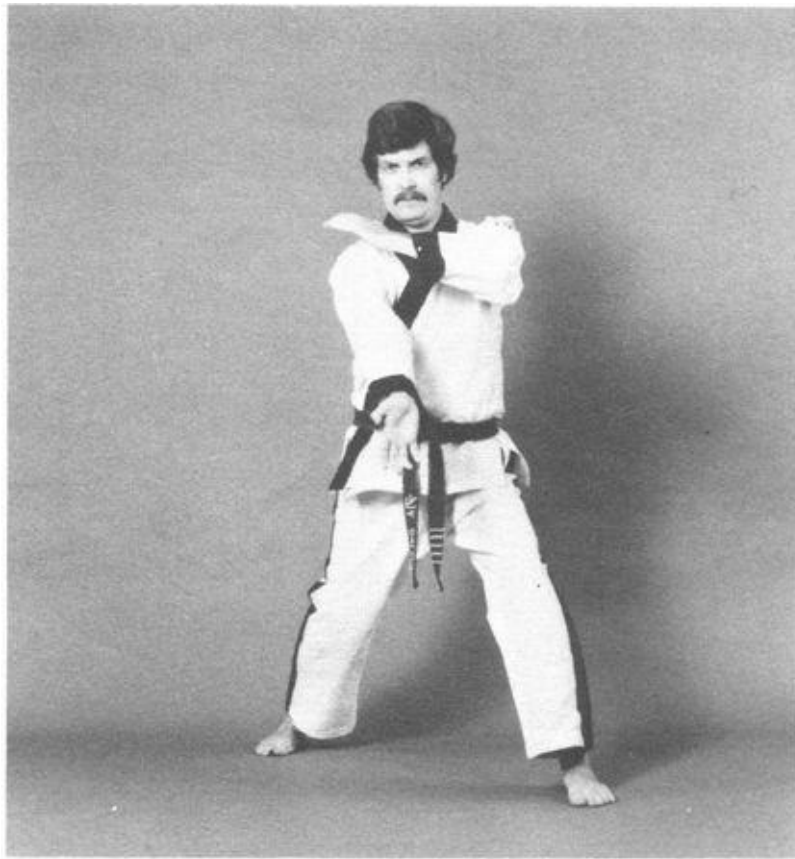
APPLICATION.



Left foot crosses to right, pivot 180° to left, groin strike.



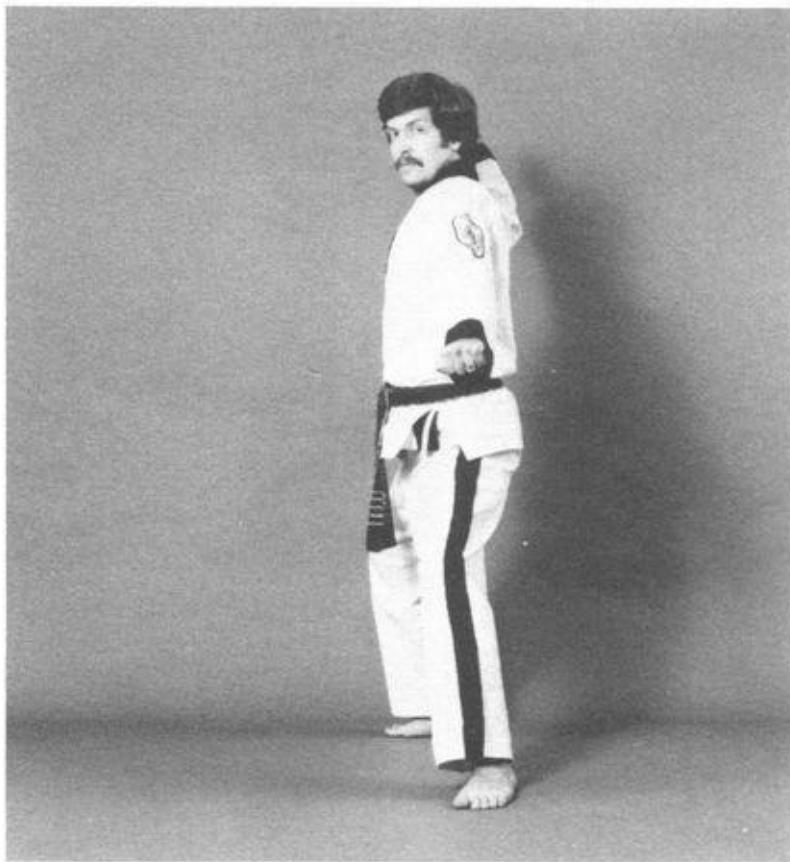
Camera shifts back to original position.



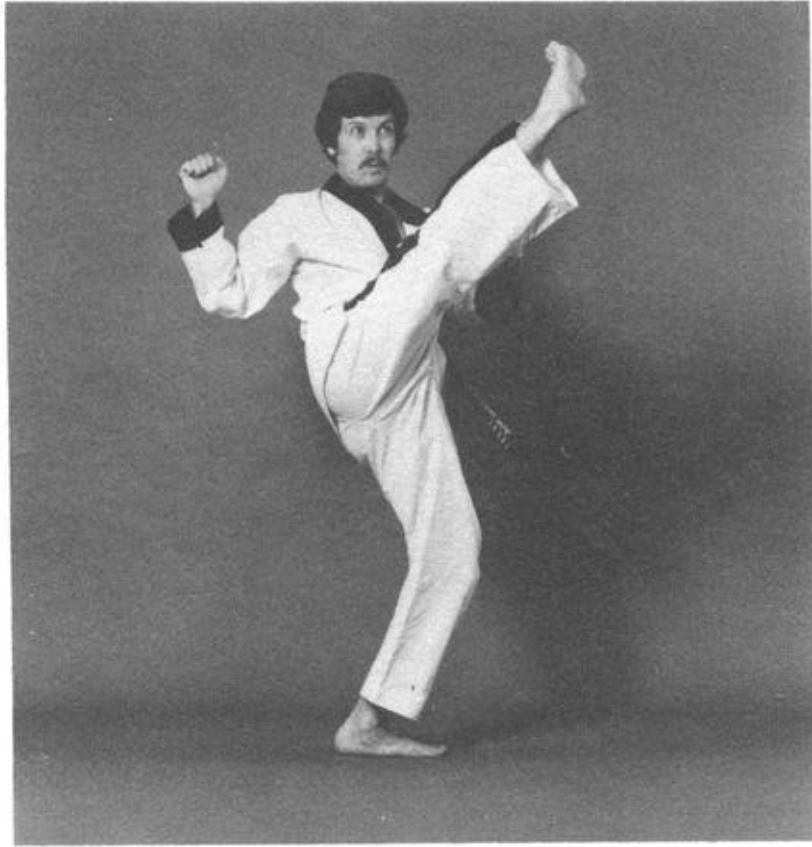
APPLICATION.



Pull back into low block, right rear backfist.



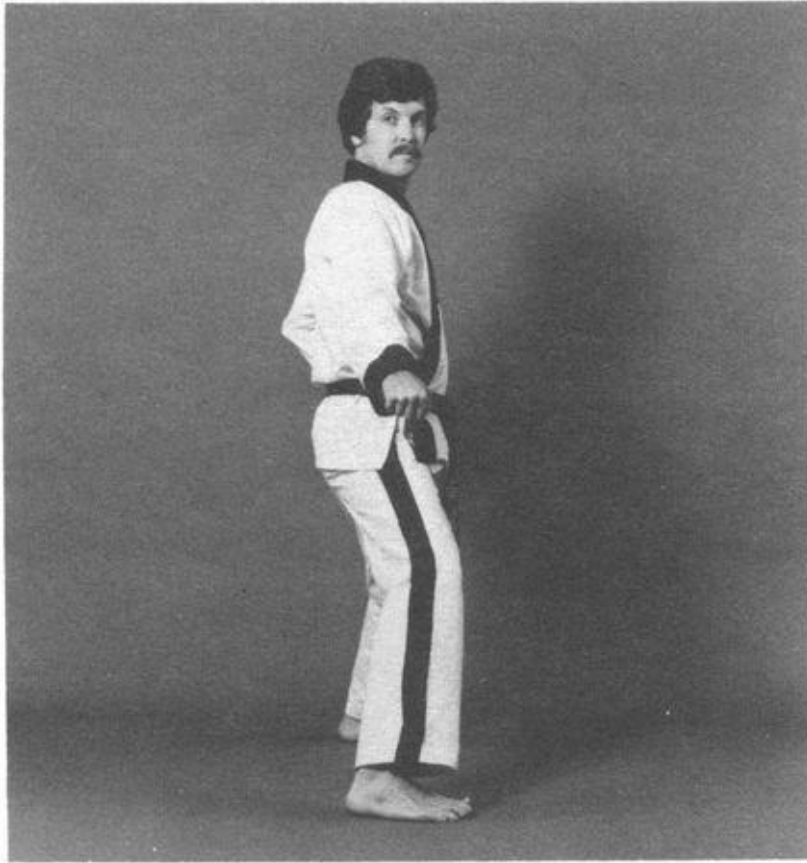
Right crescent kick.



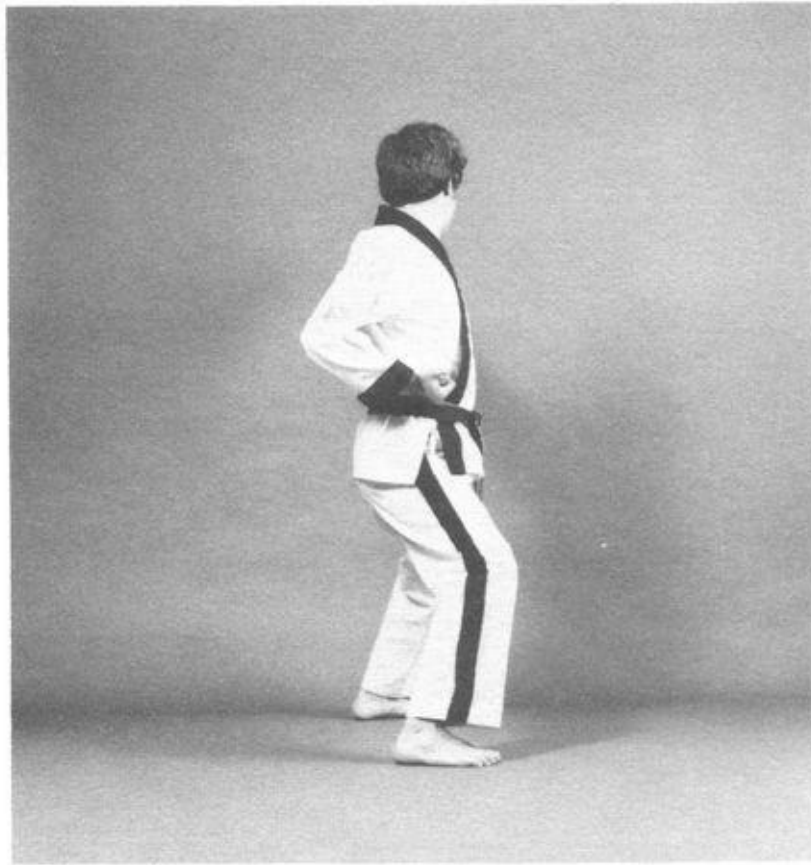
APPLICATION - Block.



Low block.

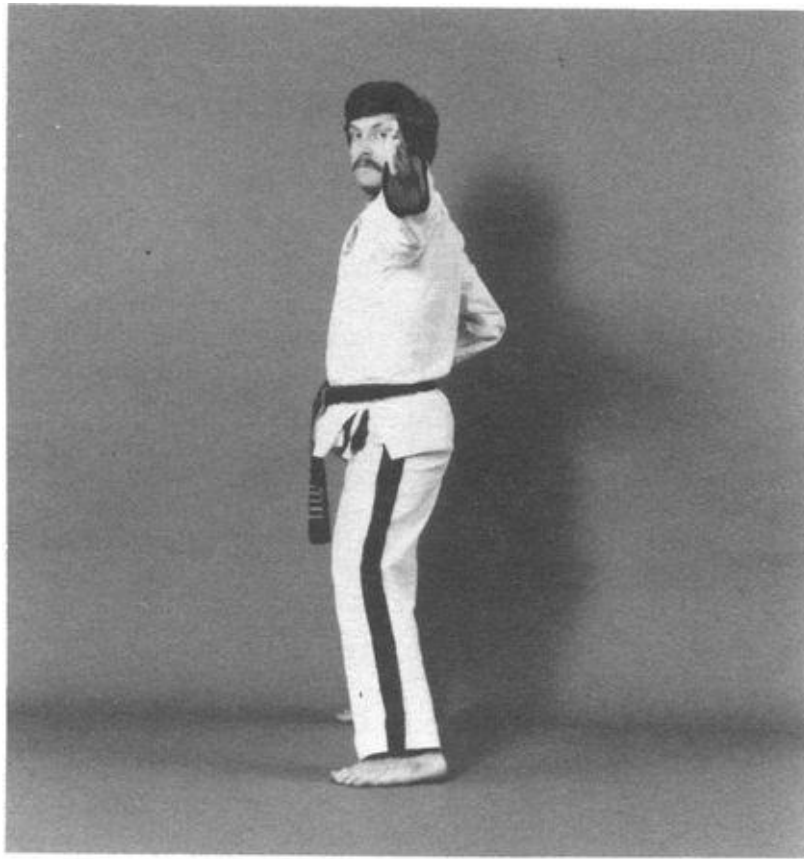


Open back hand strike 180° counterclockwise.



Camera angle changes 180° for better view.

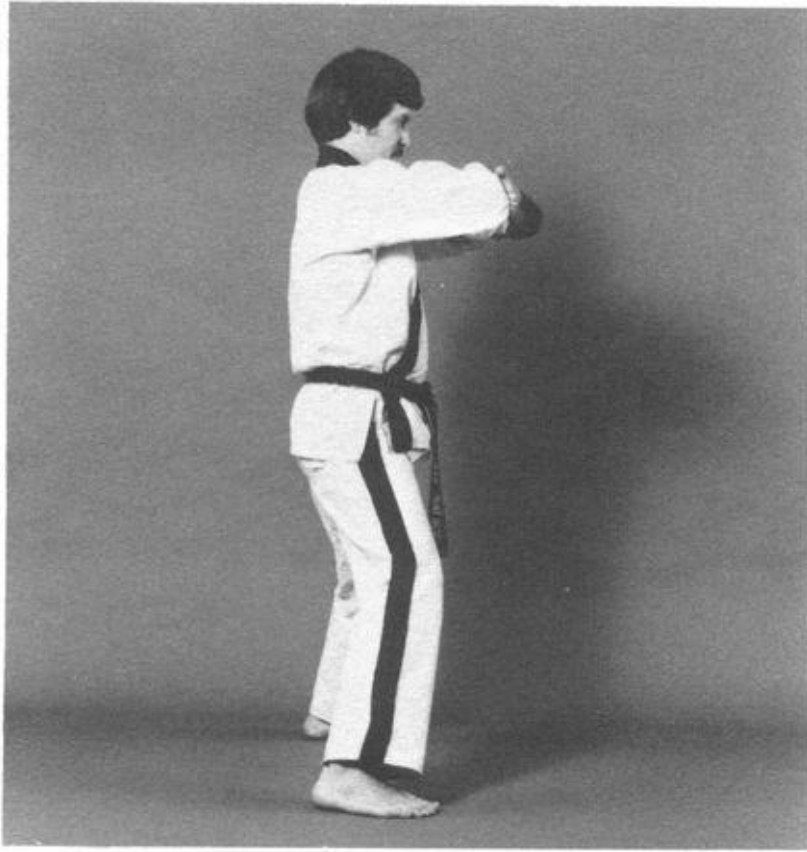
(Foot diagrams do *not* change position in order to make them easier to follow.)



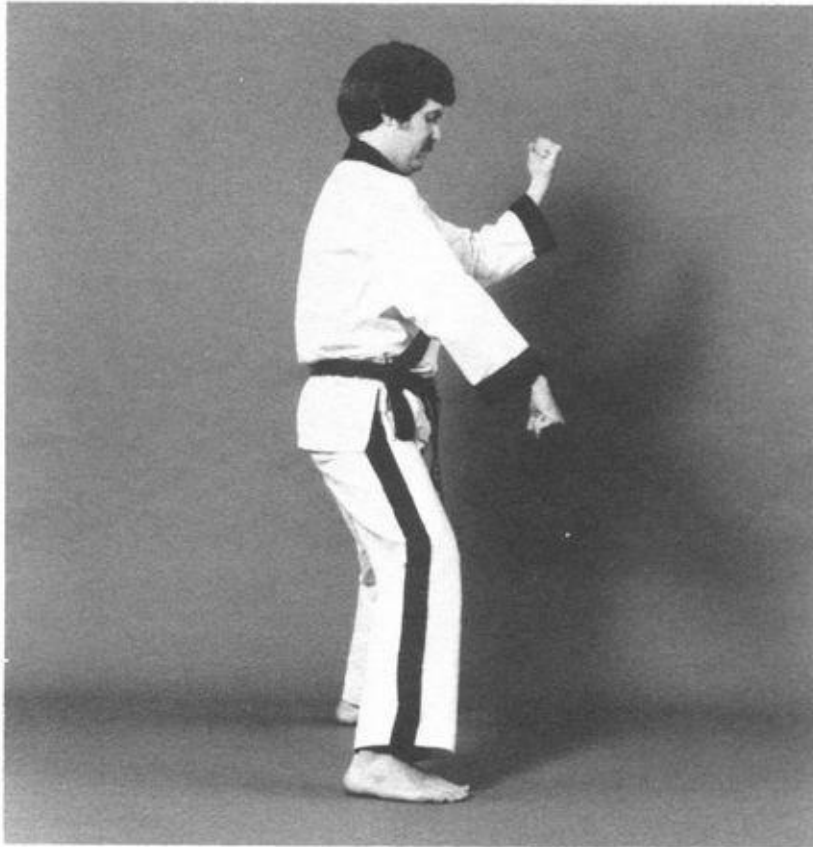
Crescent kick strikes left palm.



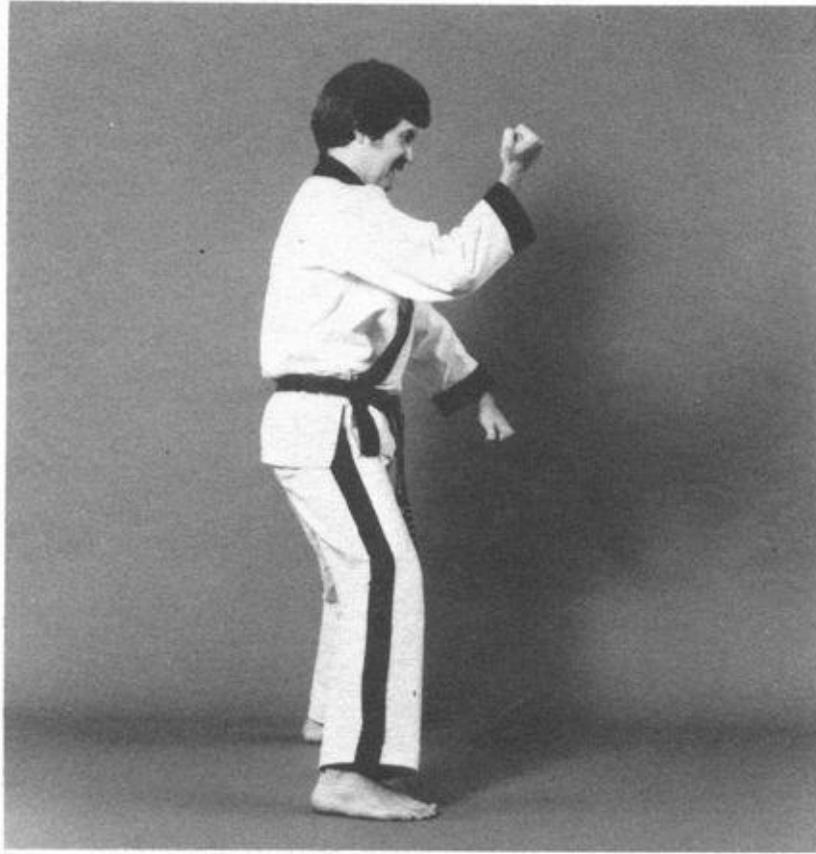
Right elbow.



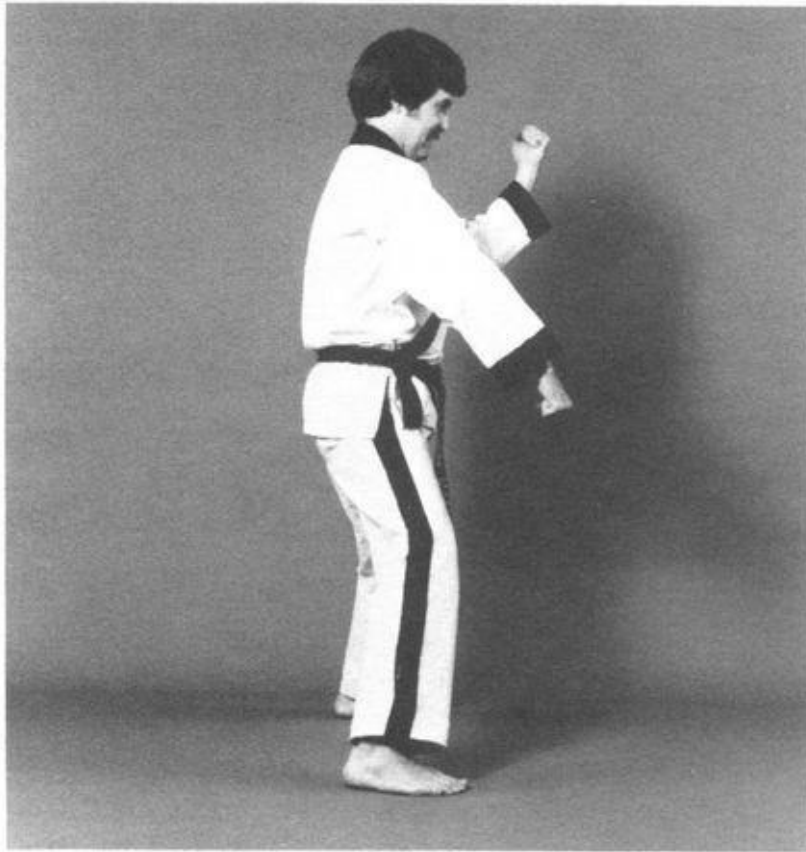
Double block.



Double block.



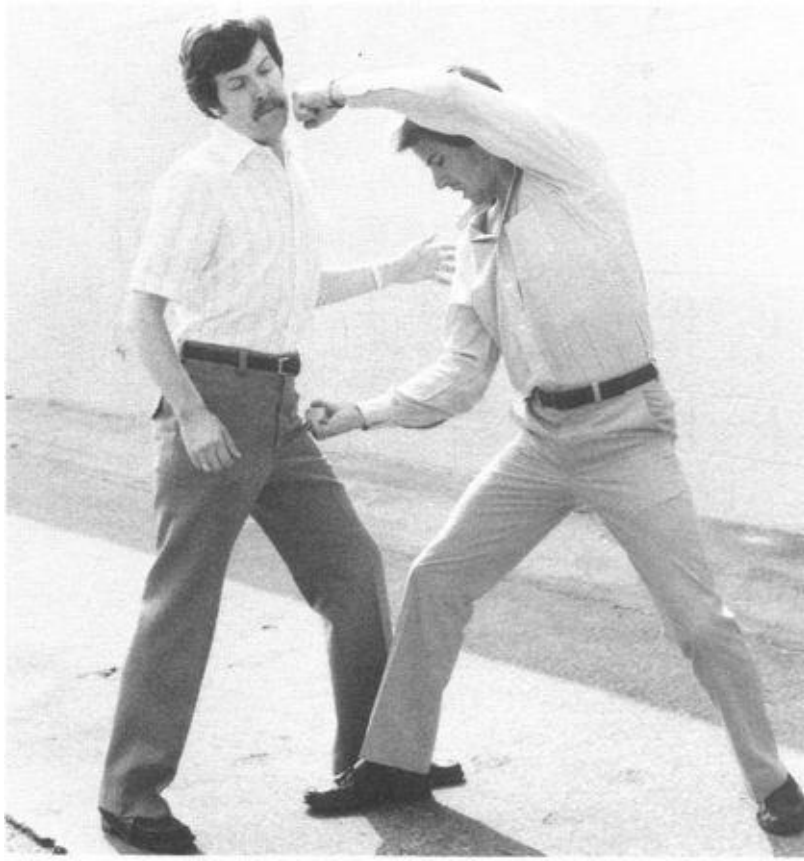
Double block.



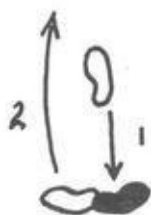
Pull right foot to left, then slide it out as double punching.



APPLICATION.



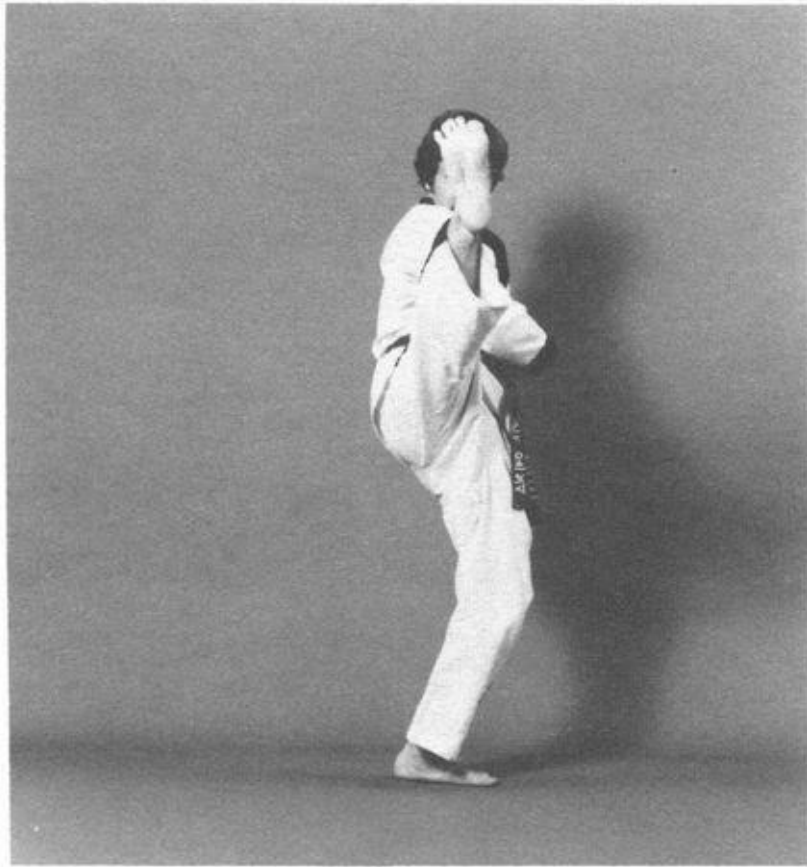
Front kick.



Double punch.



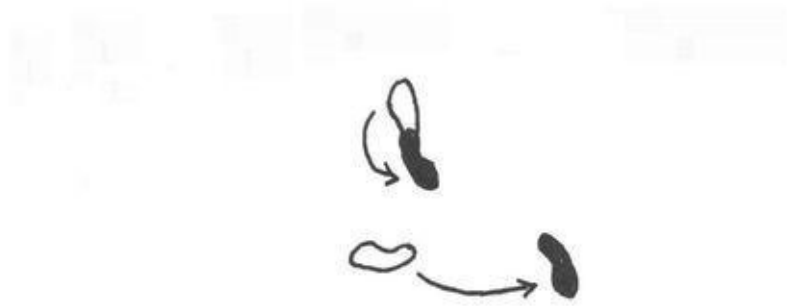
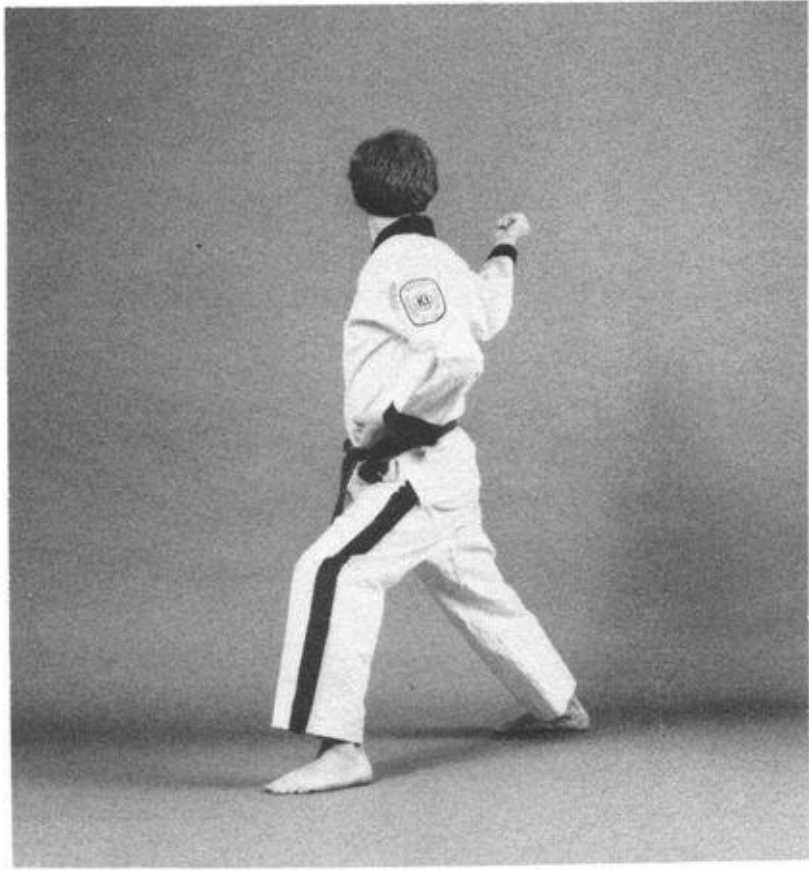
Front kick.



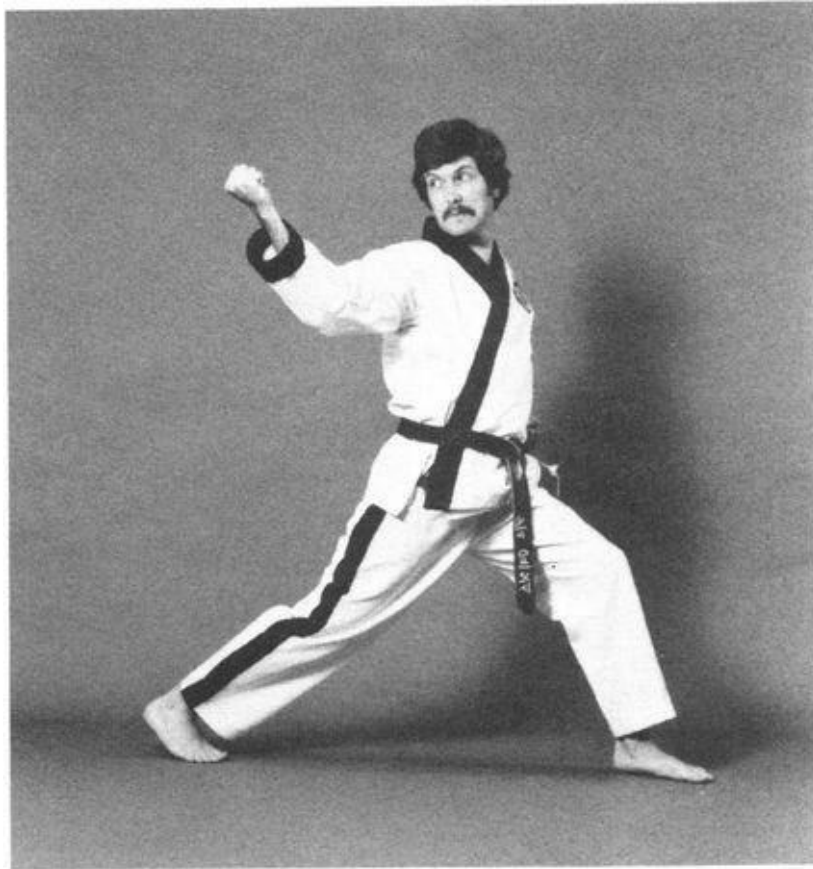
Double punch.



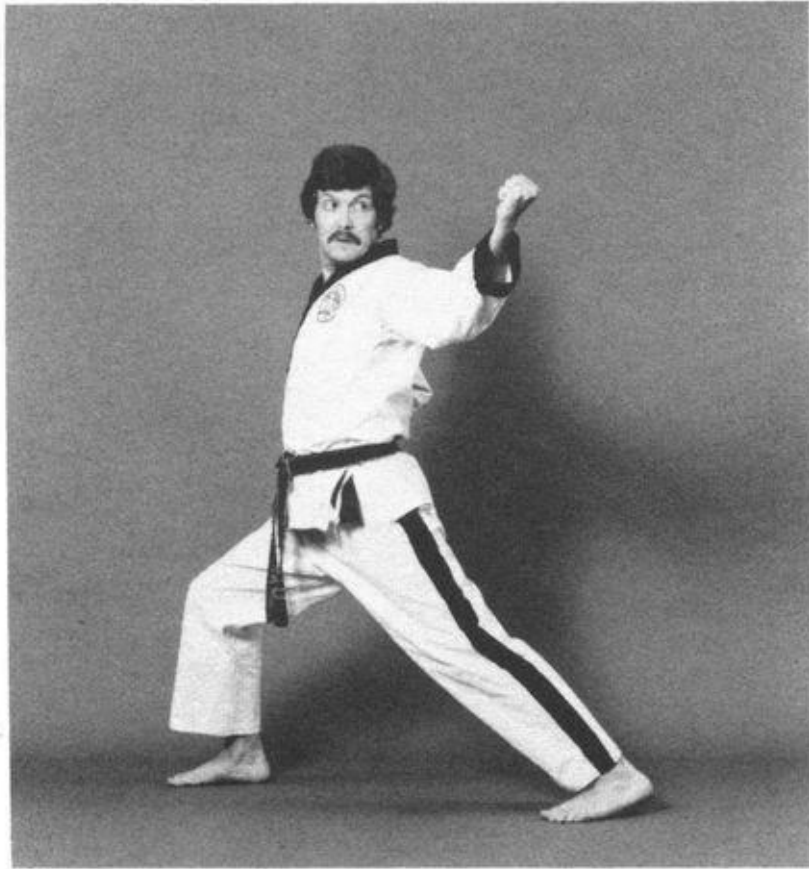
Slide left foot to right, pivot and right scoop block.



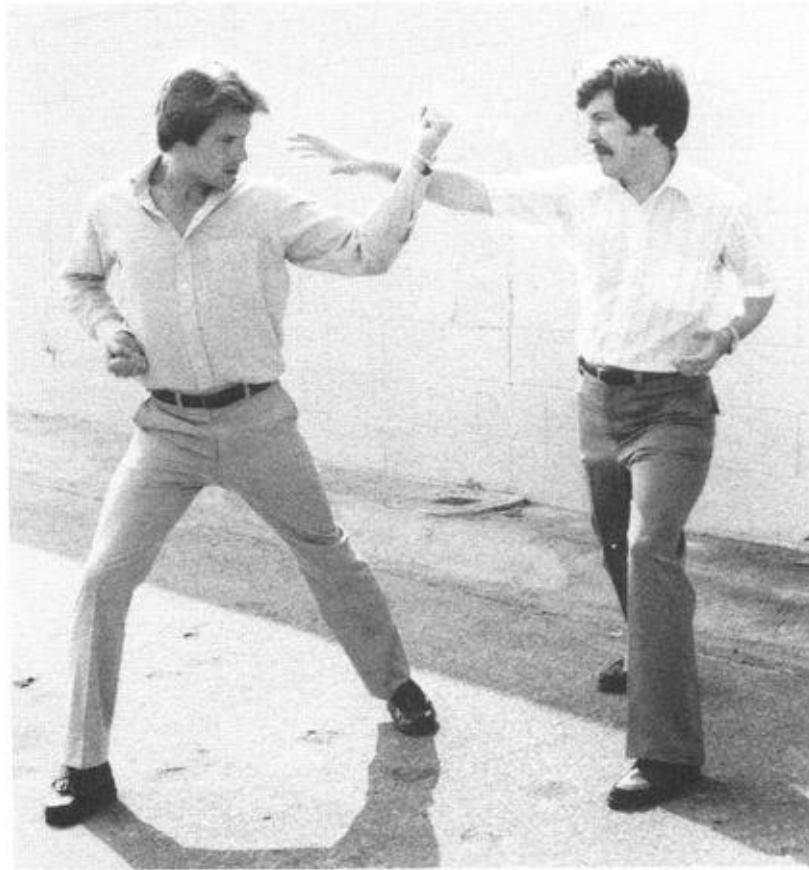
Camera changes back to original position.



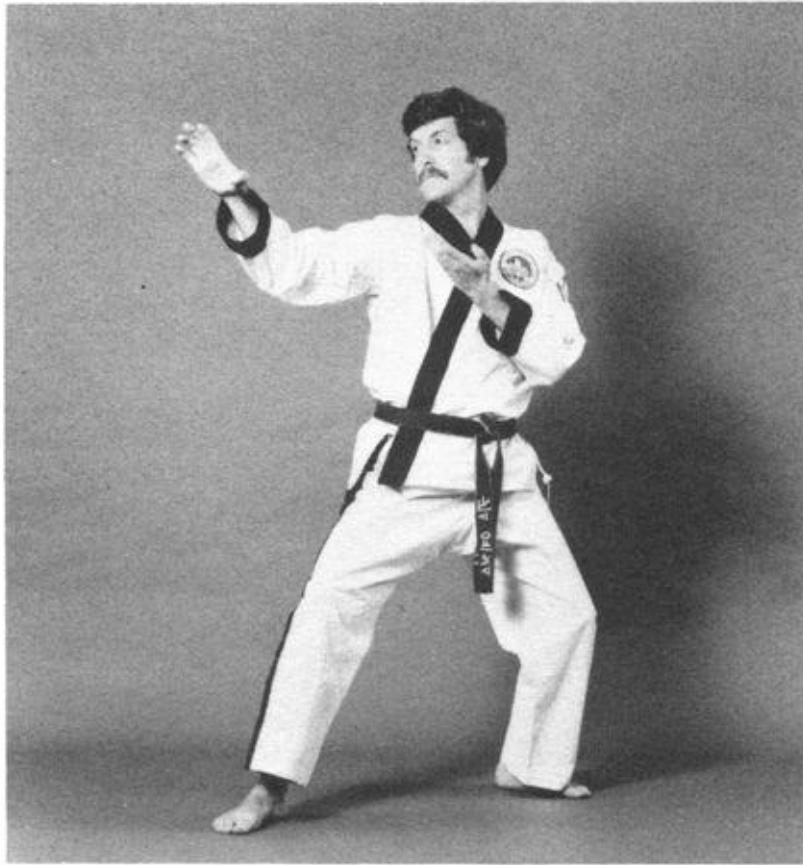
Pivot to opposite side and left scoop block.



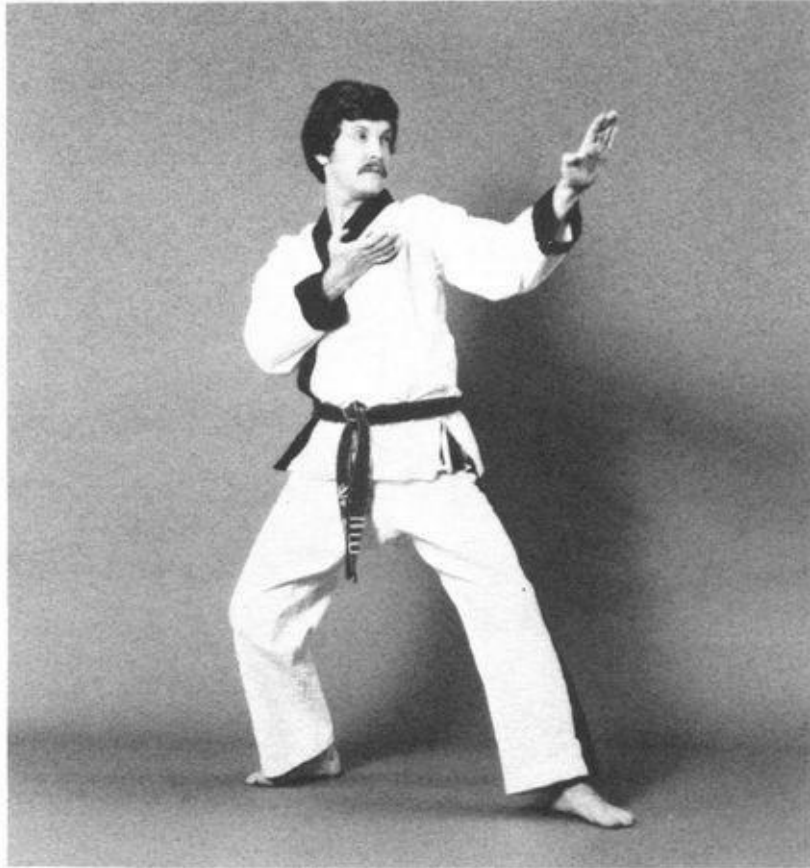
APPLICATION.



Sudo.



Sudo, yell.



Ready stance.



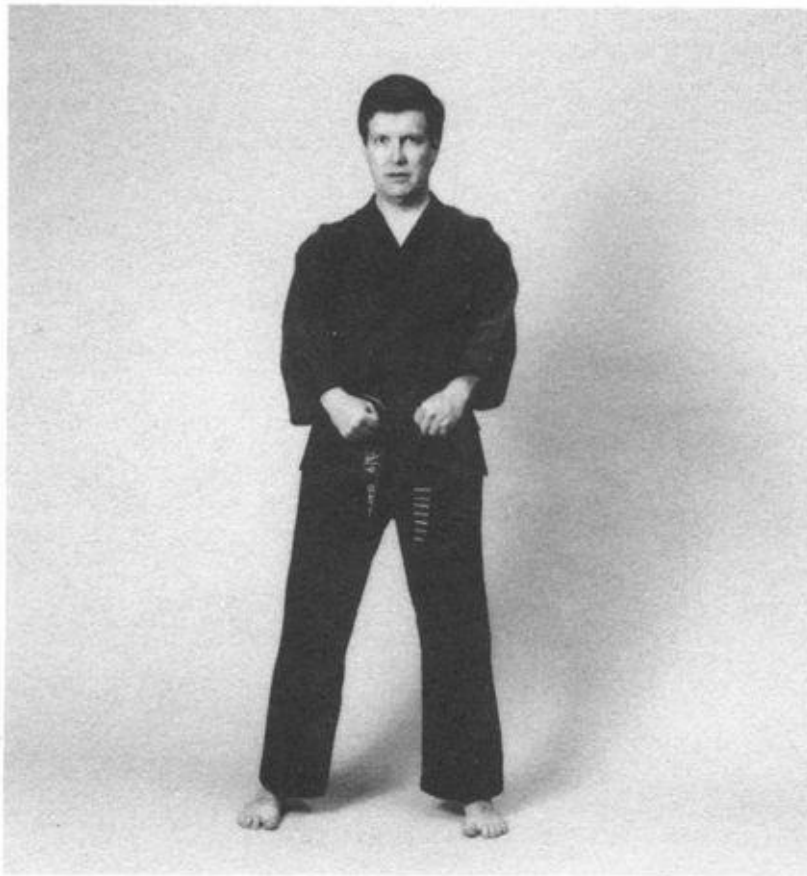
1. 2.



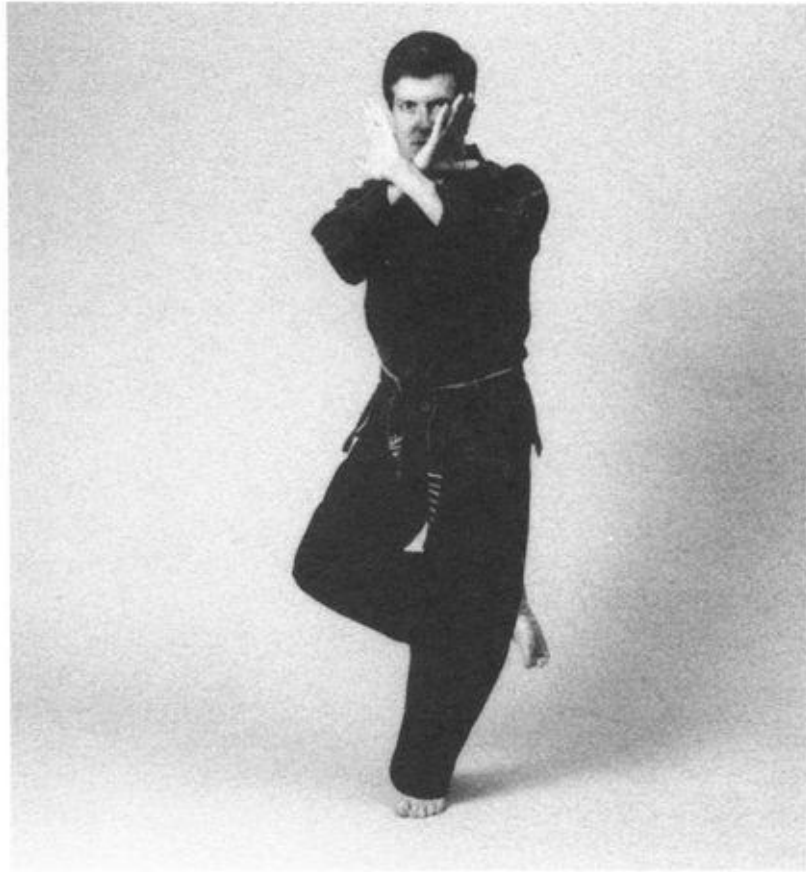
KAE-BECK

The general in charge of the forces at the end of the Bak Jai Dynasty. In 660 when the forces of Silla and Dang invaded Bak Jai, Kae Beck organized a fierce army of 5000 soldiers who were finally defeated signaling the end of 678 years of Bak Jai rule.

Ready Stance.

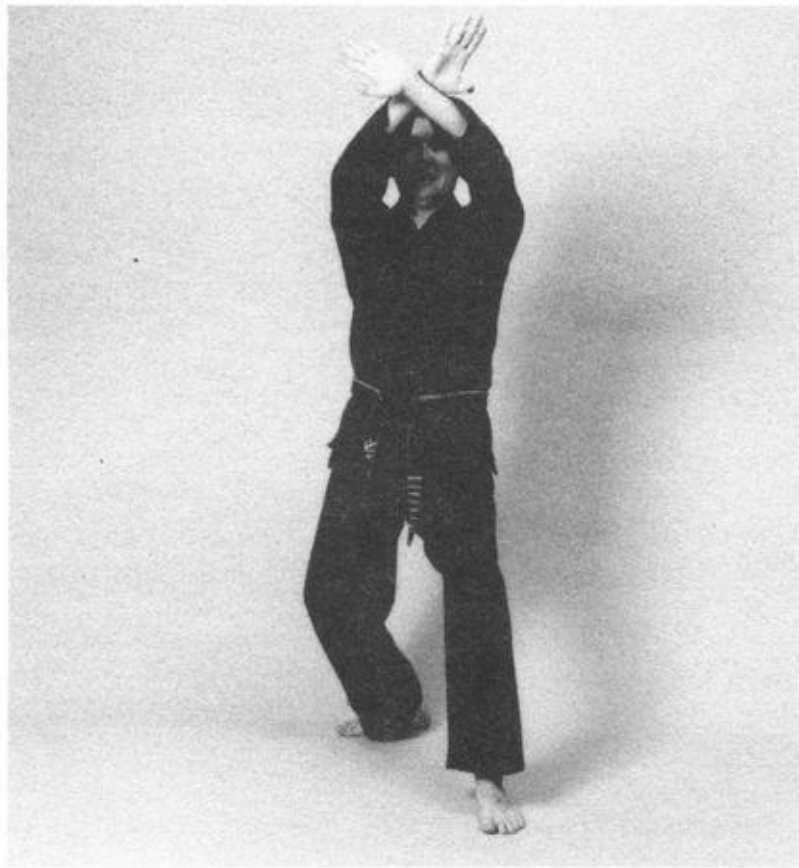


Bring right foot up and form X with open hands.



β → 1

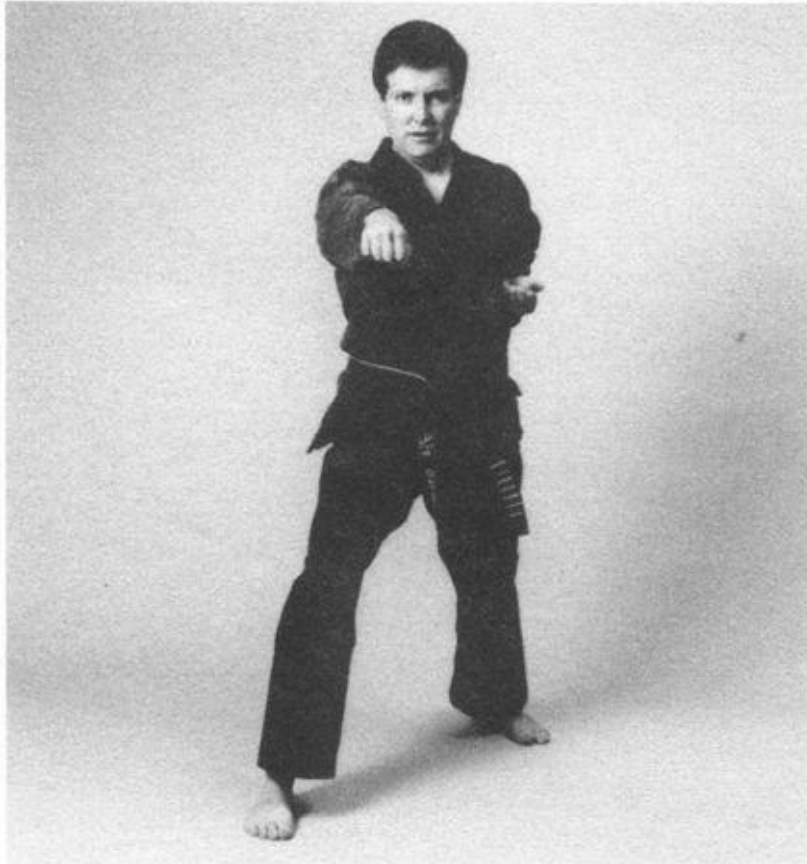
Step back into back balance and X block.



Right inside front kick.



Step forward and right punch.

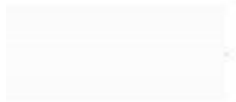
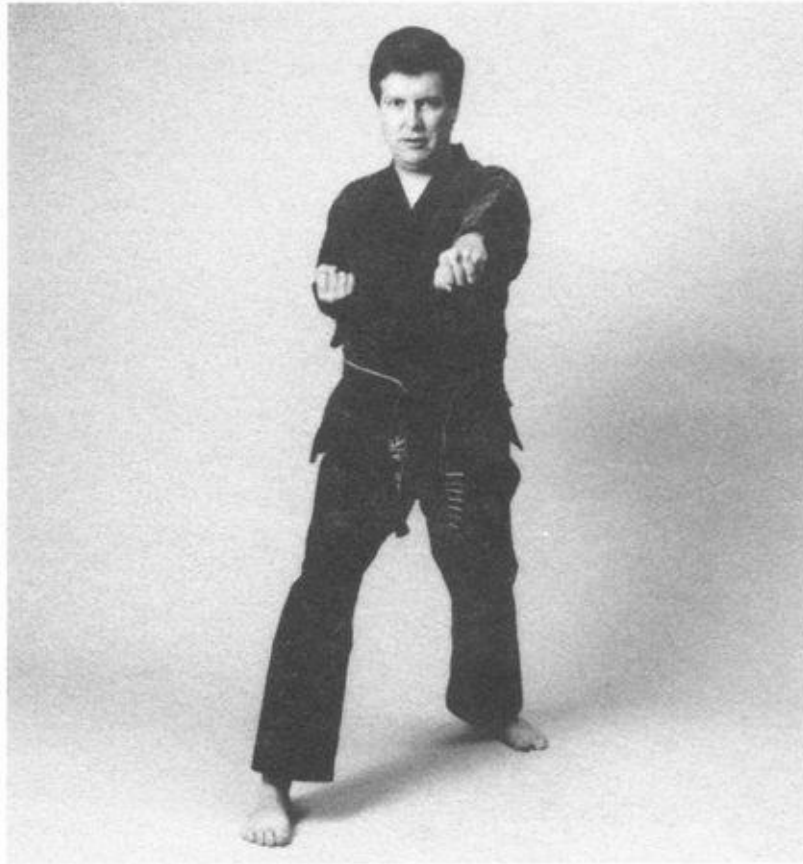


0000000000

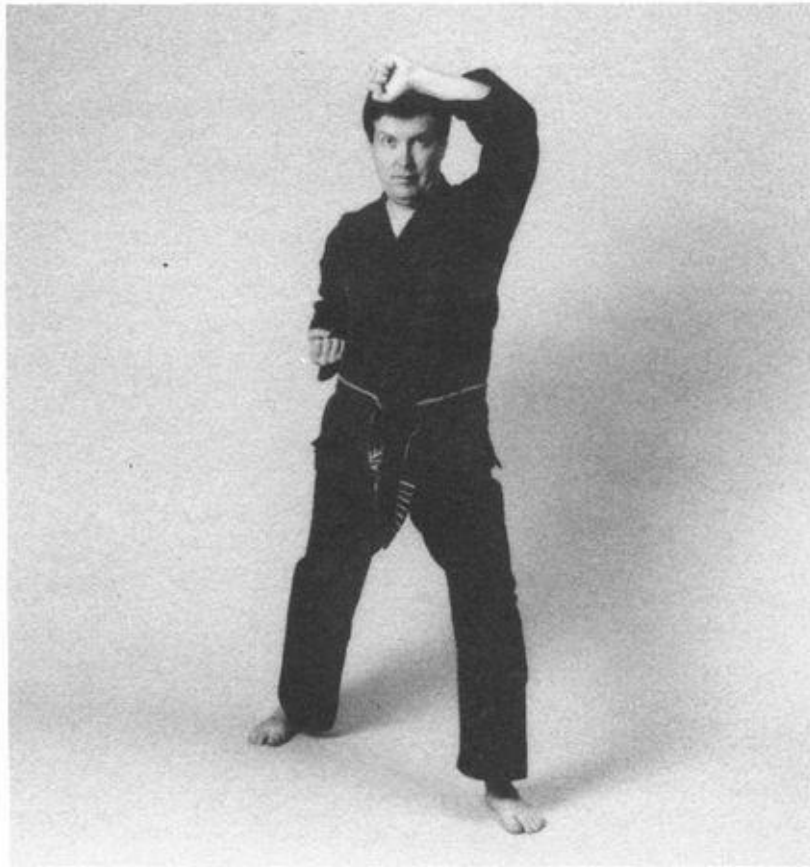
00



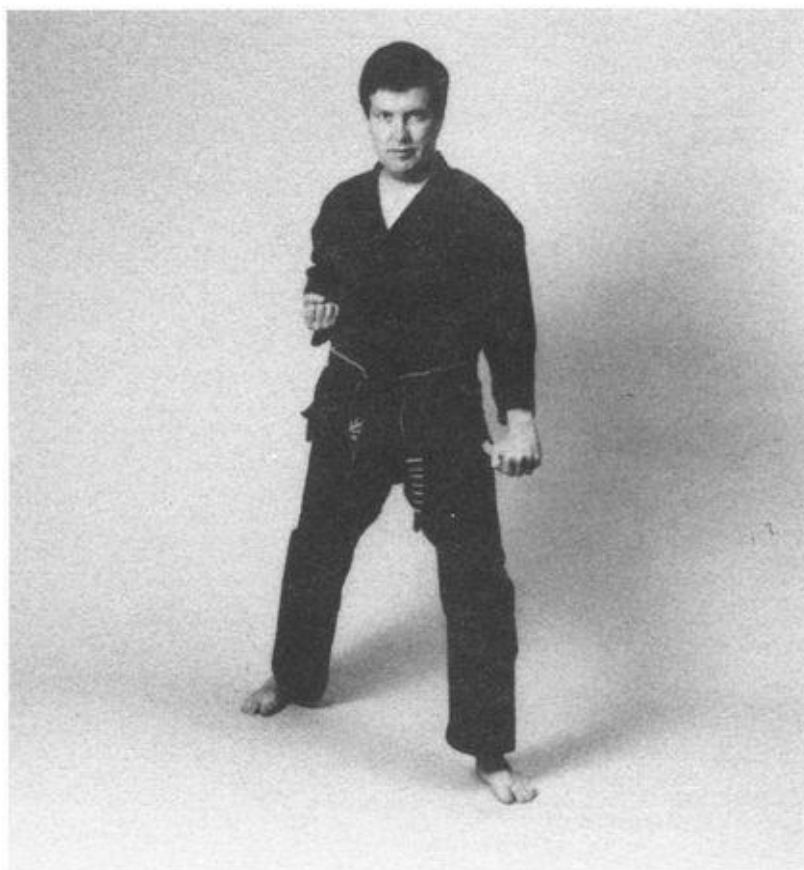
Left punch.



Step back with the right foot and do a rising block with the left hand.



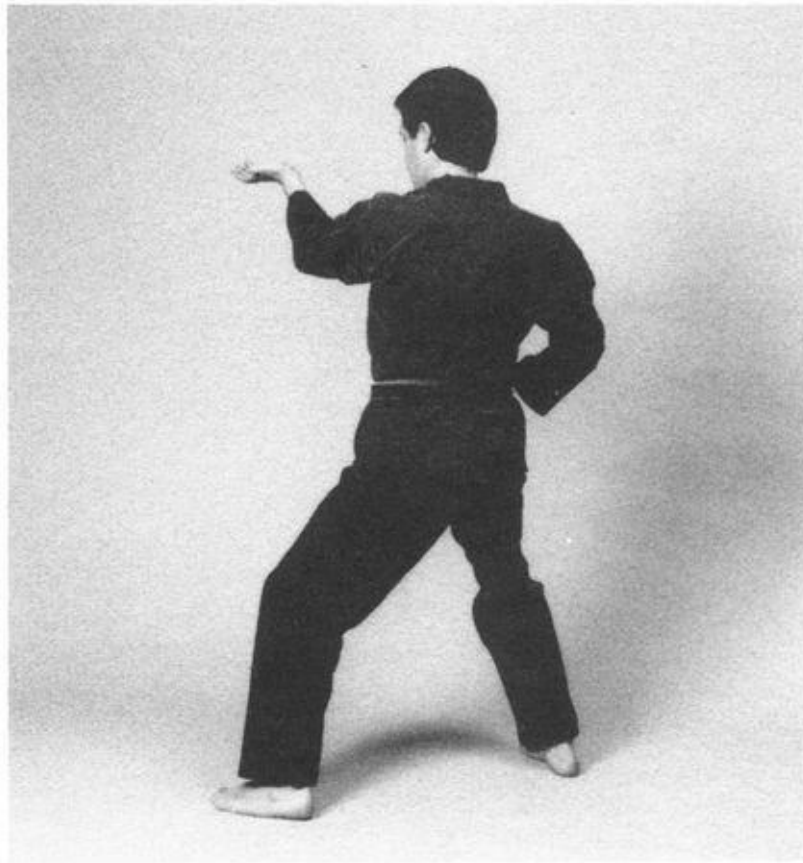
Immediately do a left down block.



Twin open hand pressing block to the right twisting the body slightly.



Pivot and do a left upward palm.



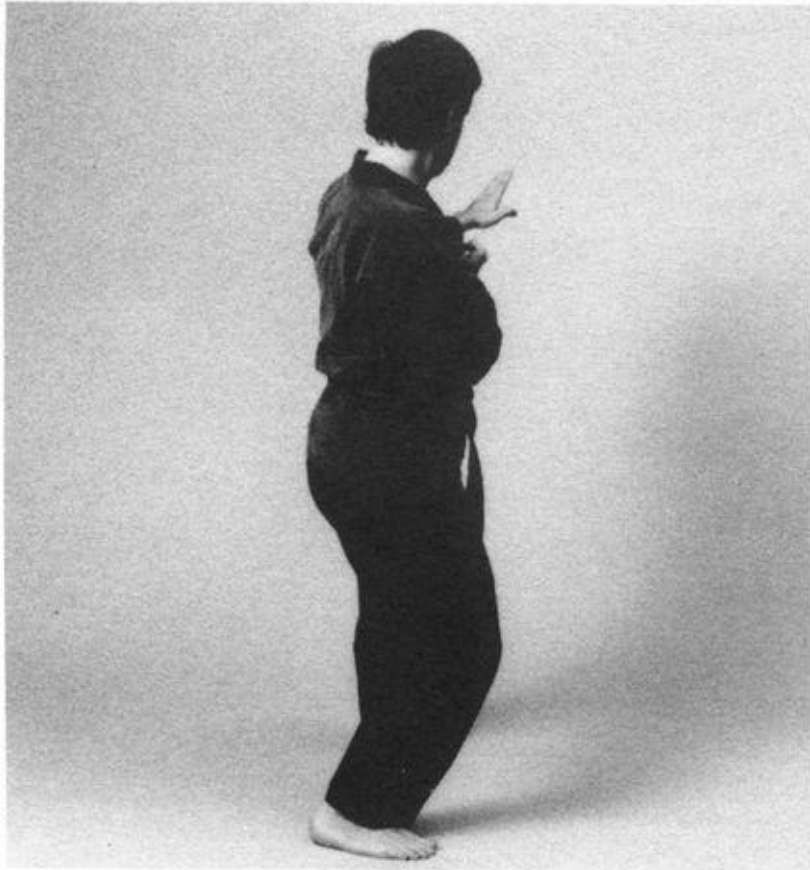
Right punch to solar plexus.



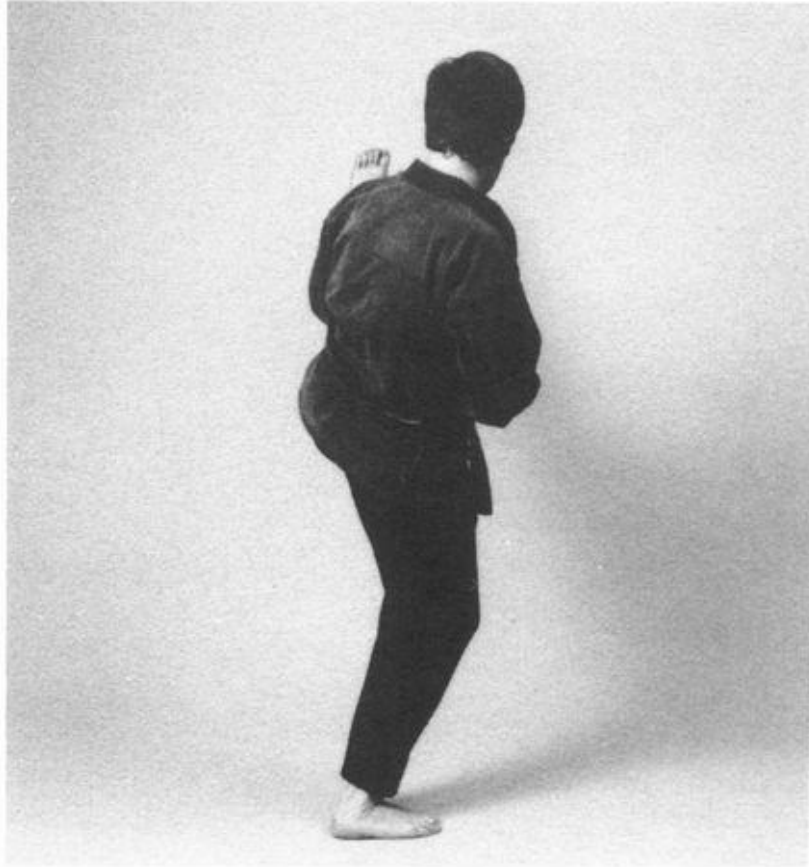
Left inside block keeping right fist under left elbow.



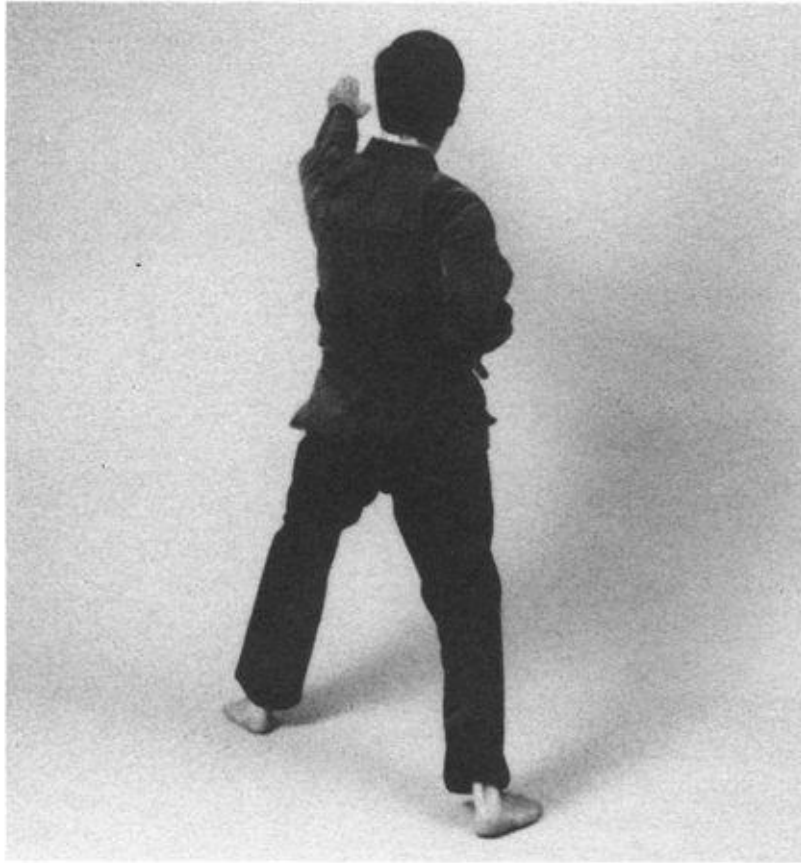
Moving left foot step into back balance and knife hand block.



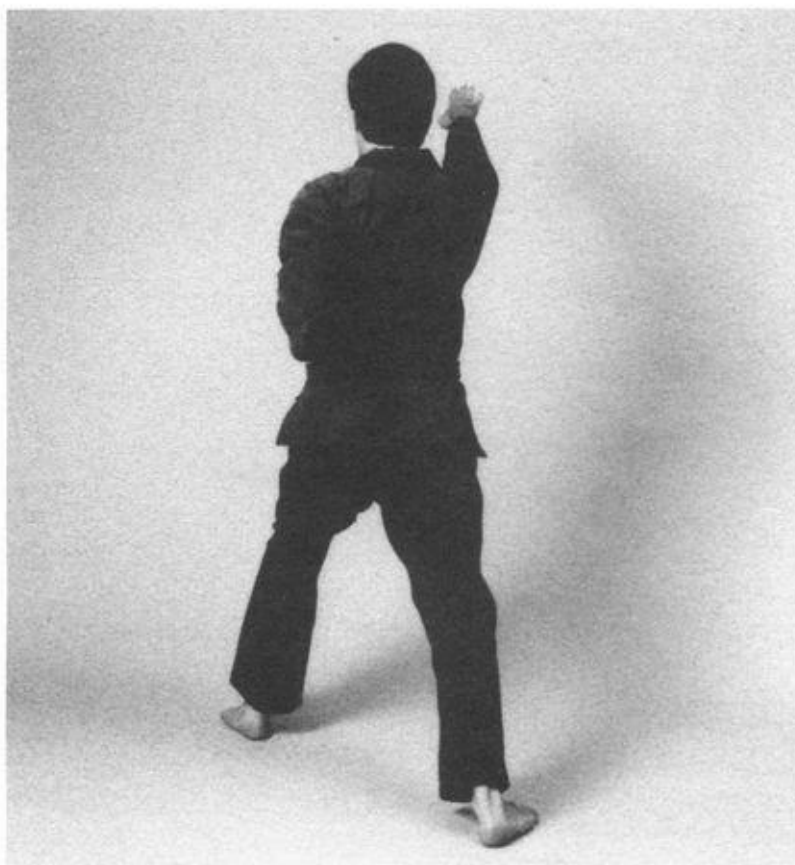
Front leg front kick.



Set the foot down into a front balance and left spear hand.



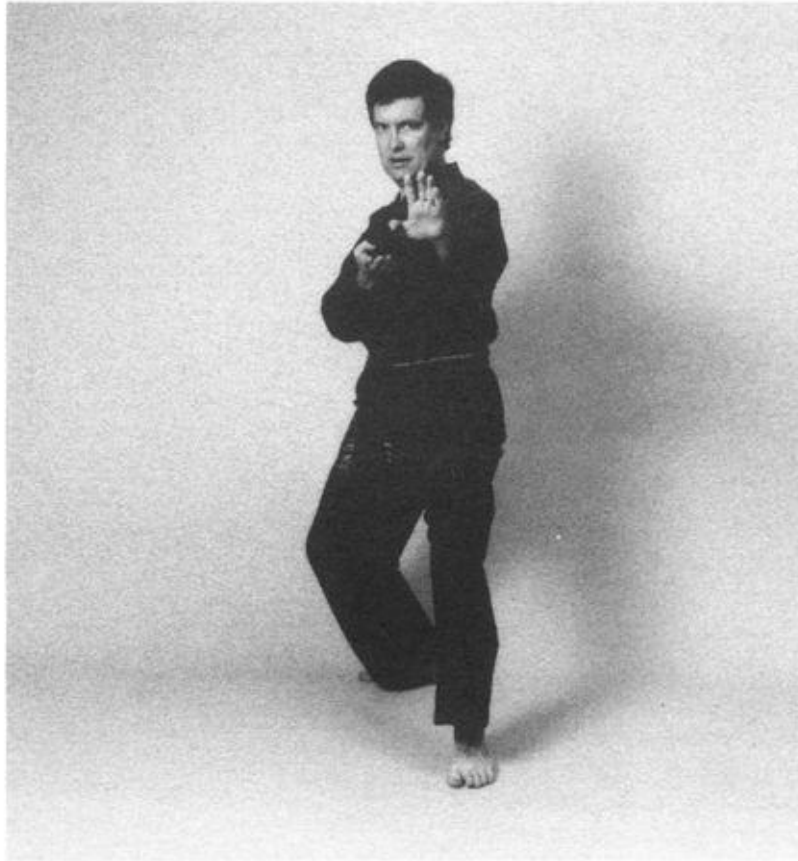
Right spear hand.



Turn into a right side thrust kick.



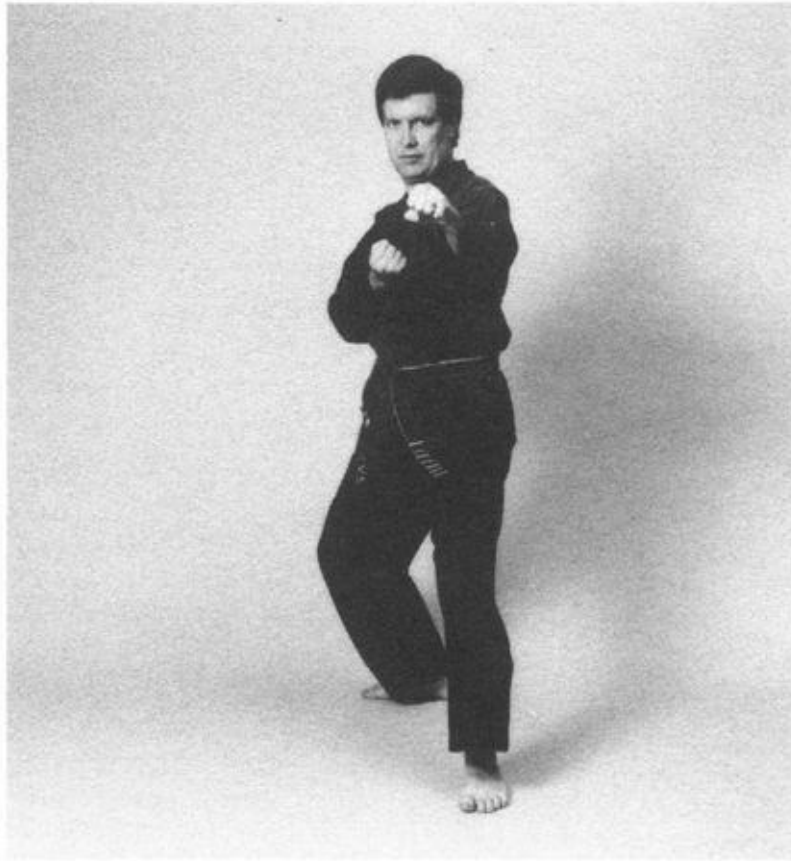
Set the foot down and step out into a back balance and a knife hand block.



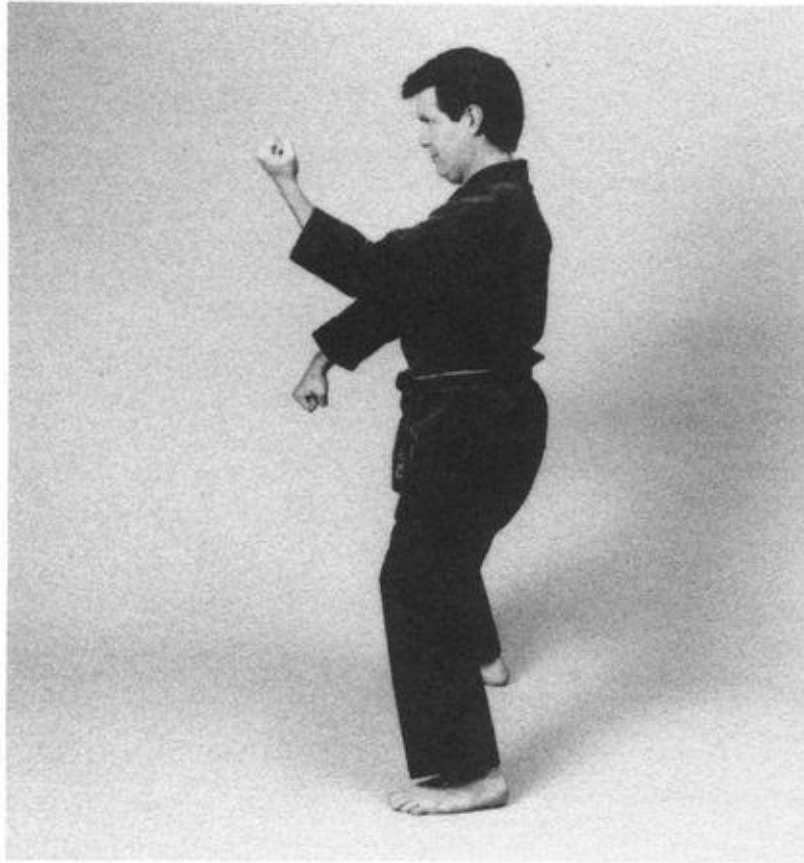
Step forward with the right foot into a rear facing back balance and knife hand block.



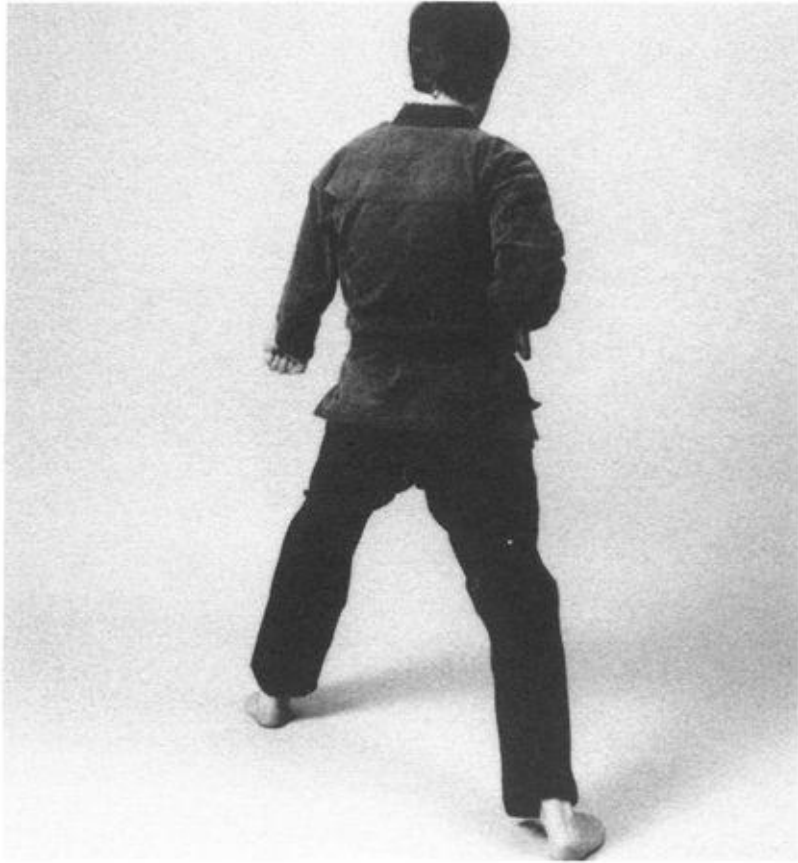
Slide the left foot behind you into a back balance and do a twin fist block and yell. This sequence of three blocks is done quickly.



The left foot just slides forward slightly into a horse stance and high/low block.



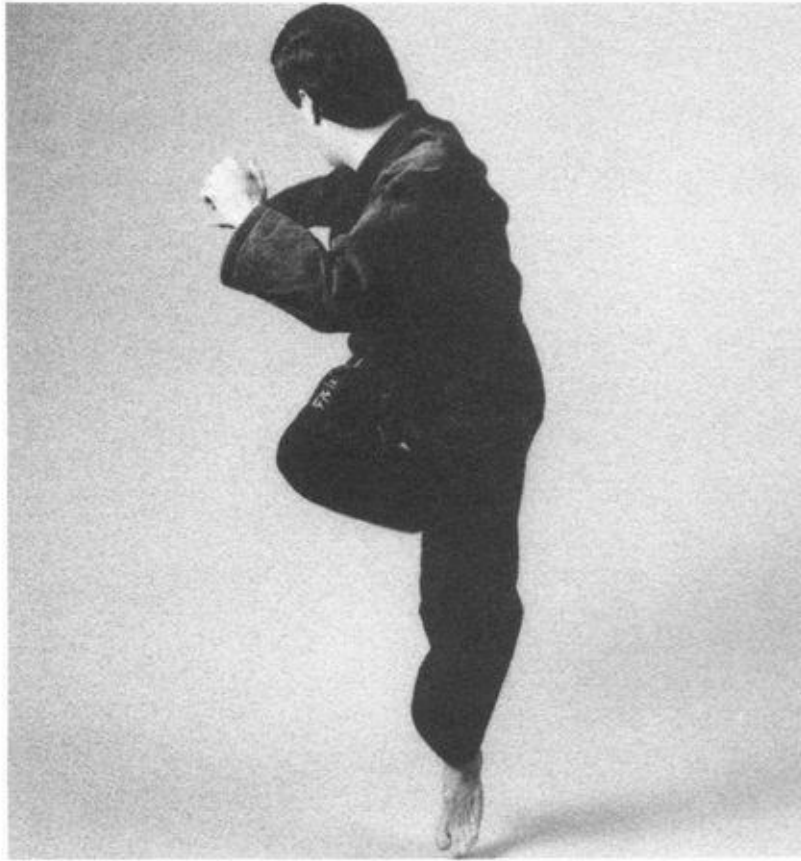
The right foot swings 270° counterclockwise and the left hand down blocks.



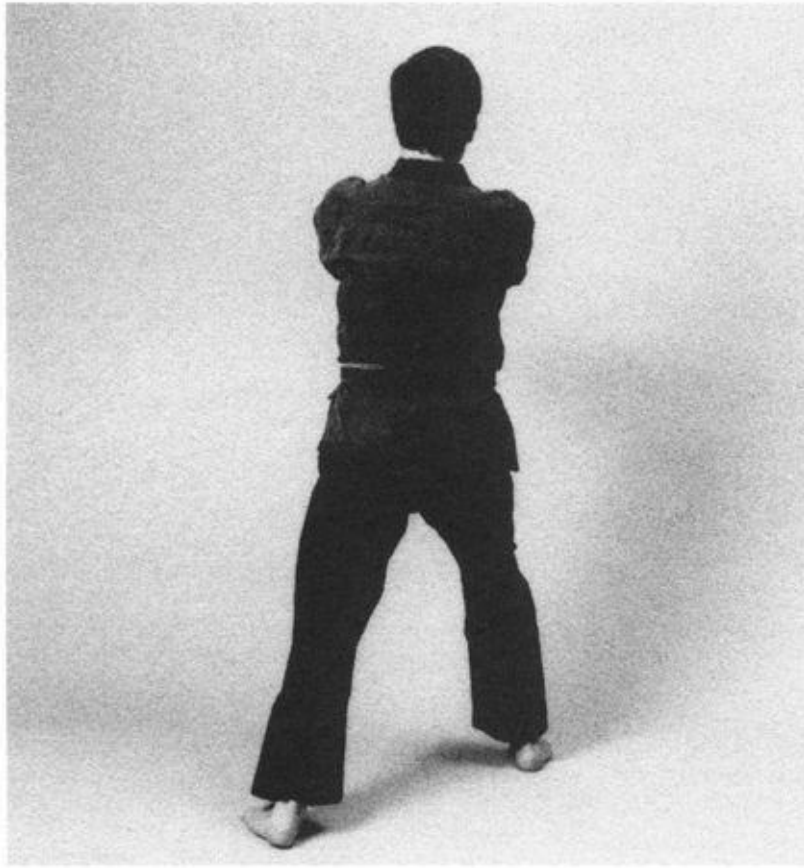
Do a right roundhouse kick.



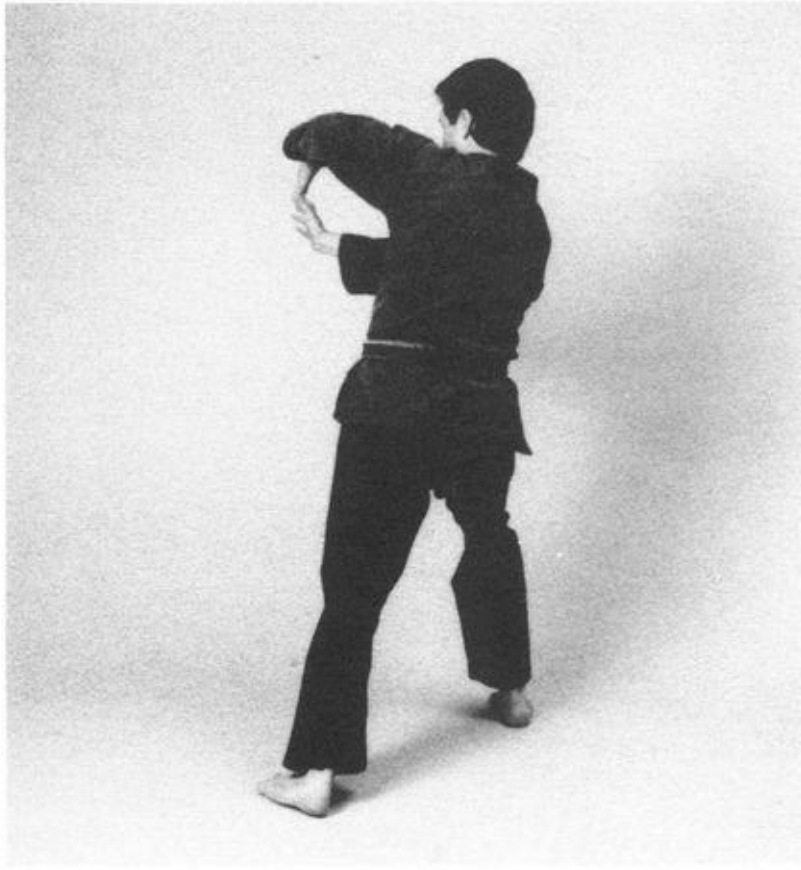
Immediately do a jumping side kick.



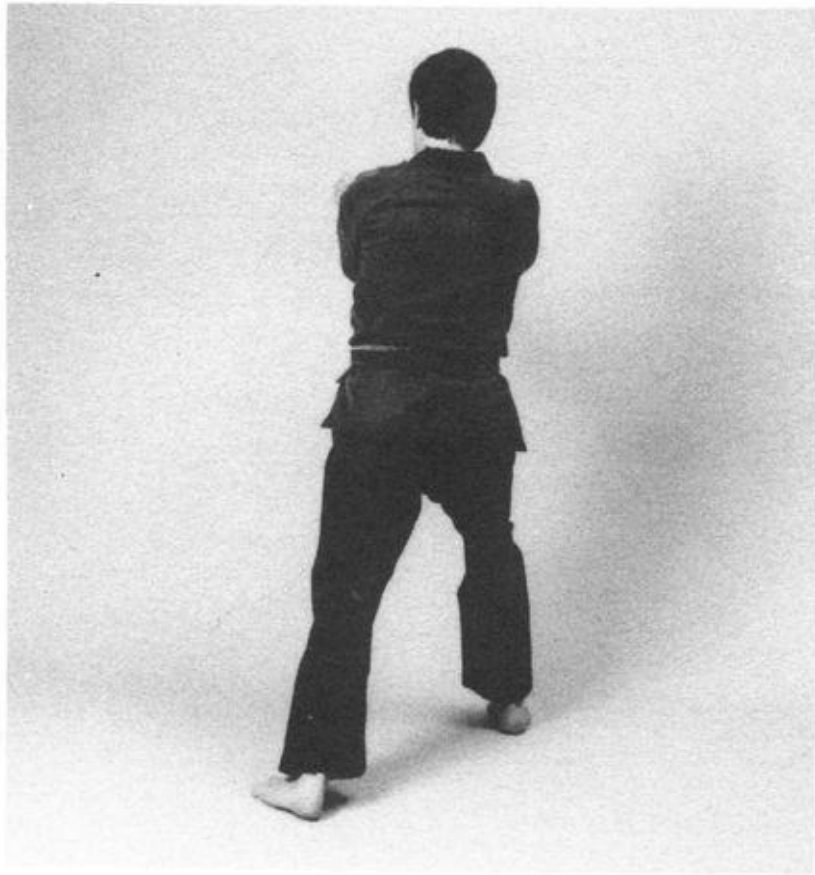
Land in a front balance and double punch to solar plexus.



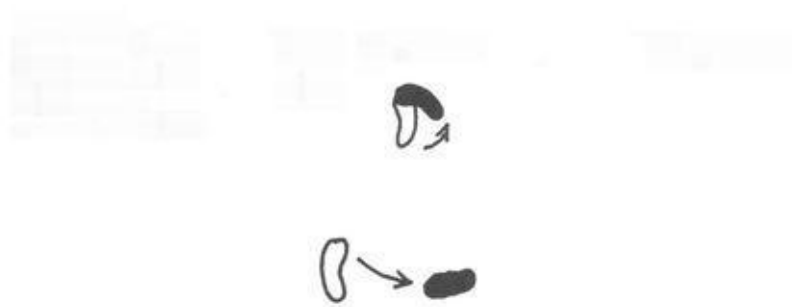
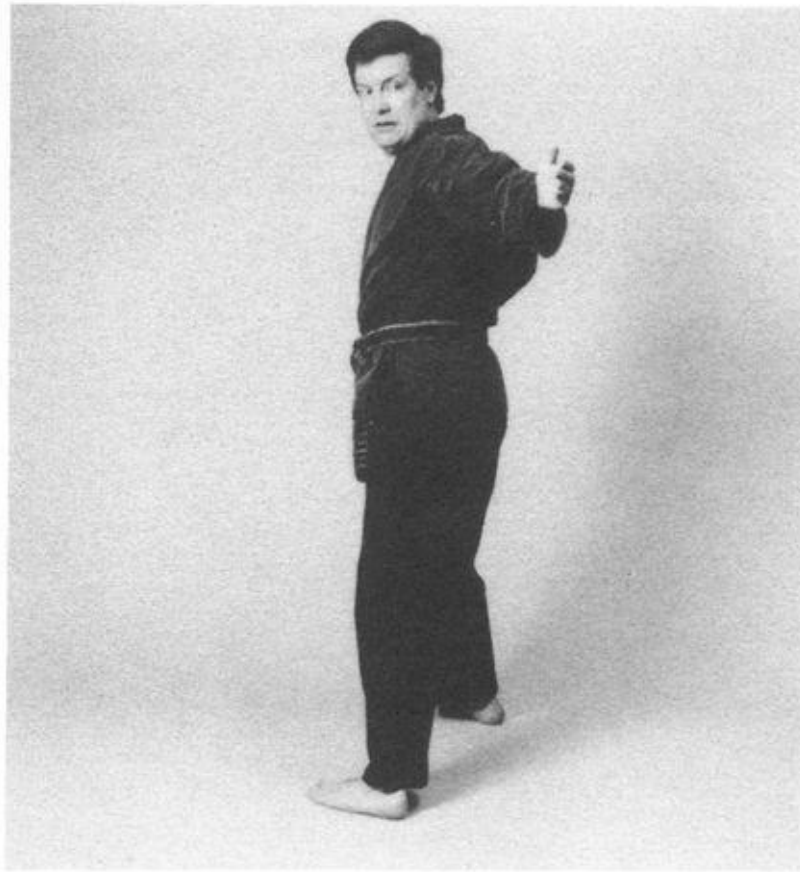
Twin open hand pressing block to left.



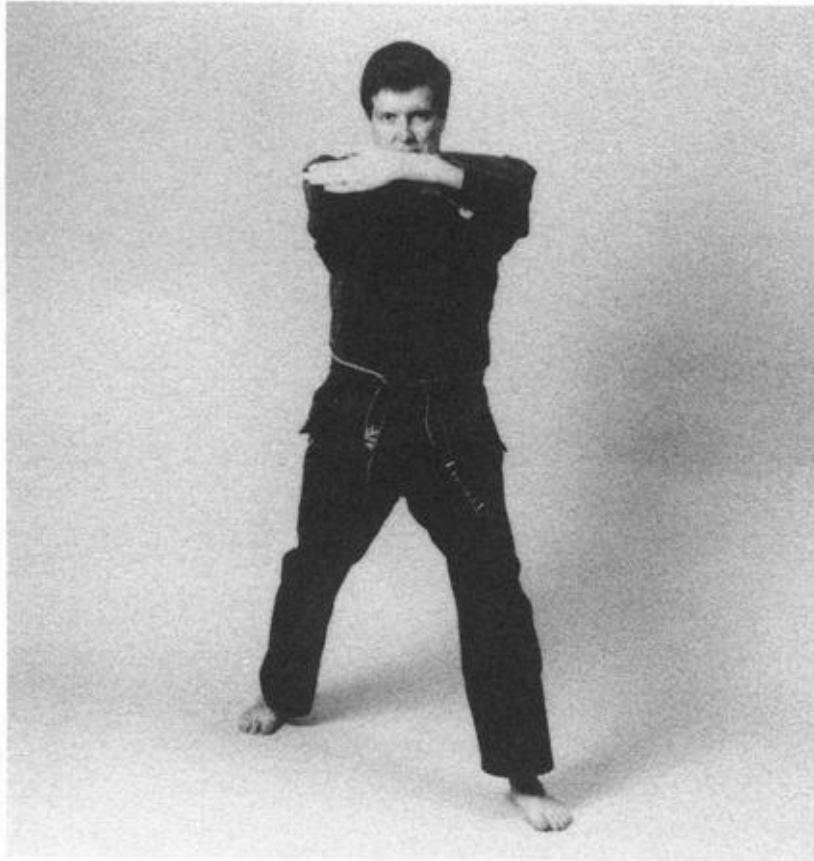
Pull the left fist back to the hip and do a inverted punch while pulling the right fist to the left shoulder.



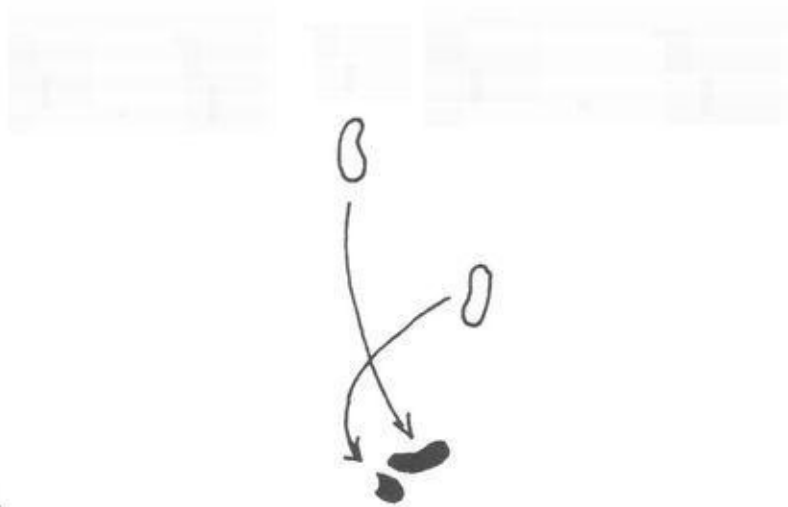
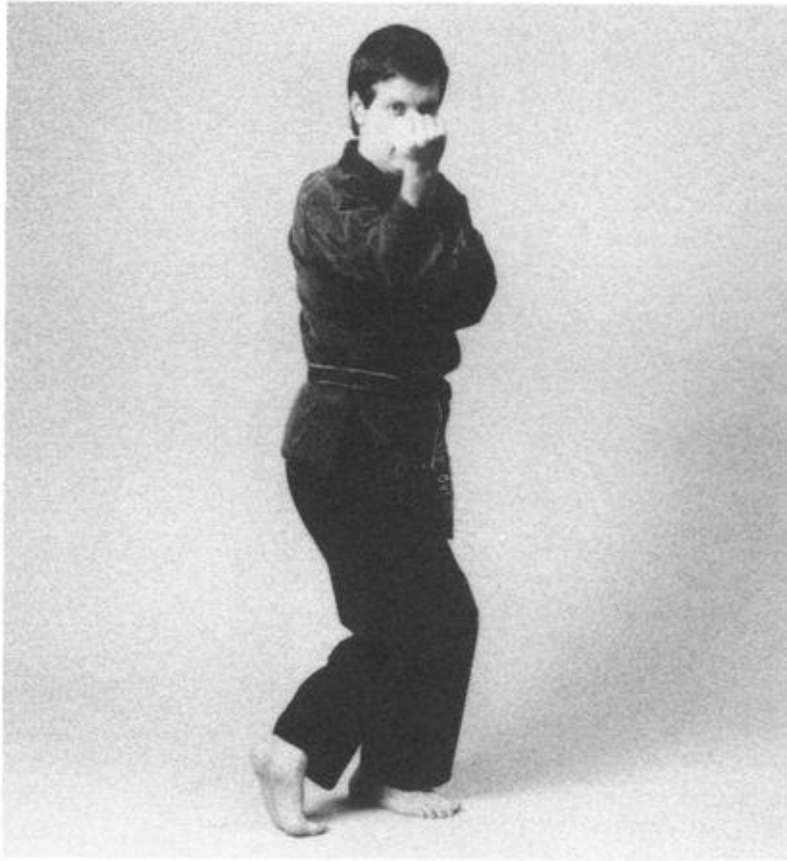
Slide the left foot back and reach behind with the left hand.



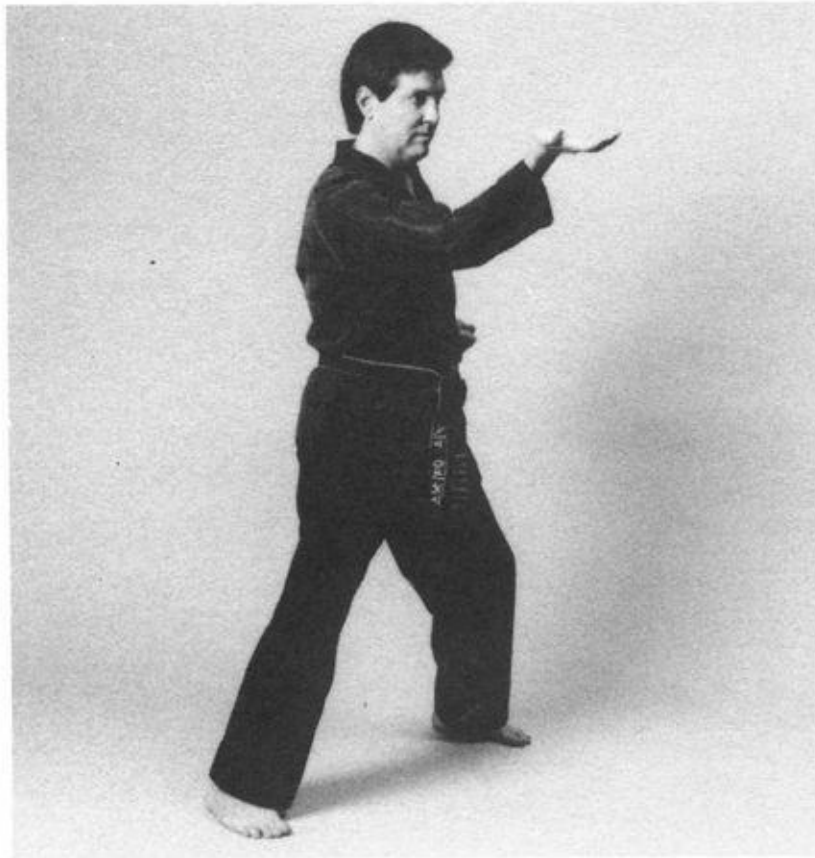
Twist around striking the open left hand with the right elbow.



Jump forward onto the right foot. Bring the left foot up for support. Do a right backfist and yell.



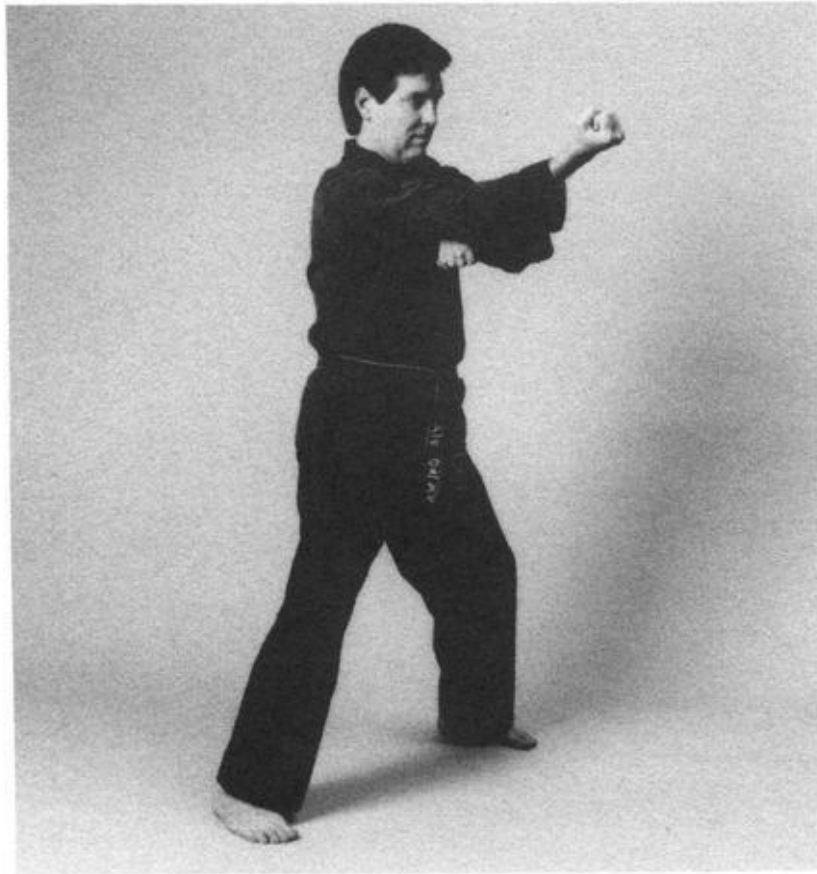
Move left foot into a horse stance and do a rising right palm.



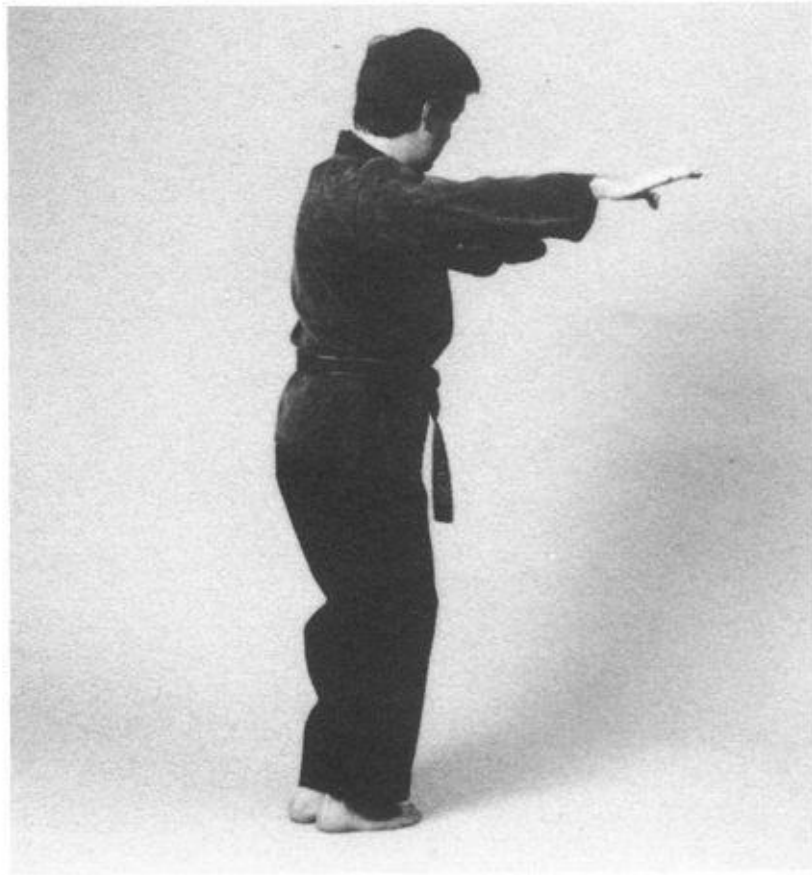
Left punch.



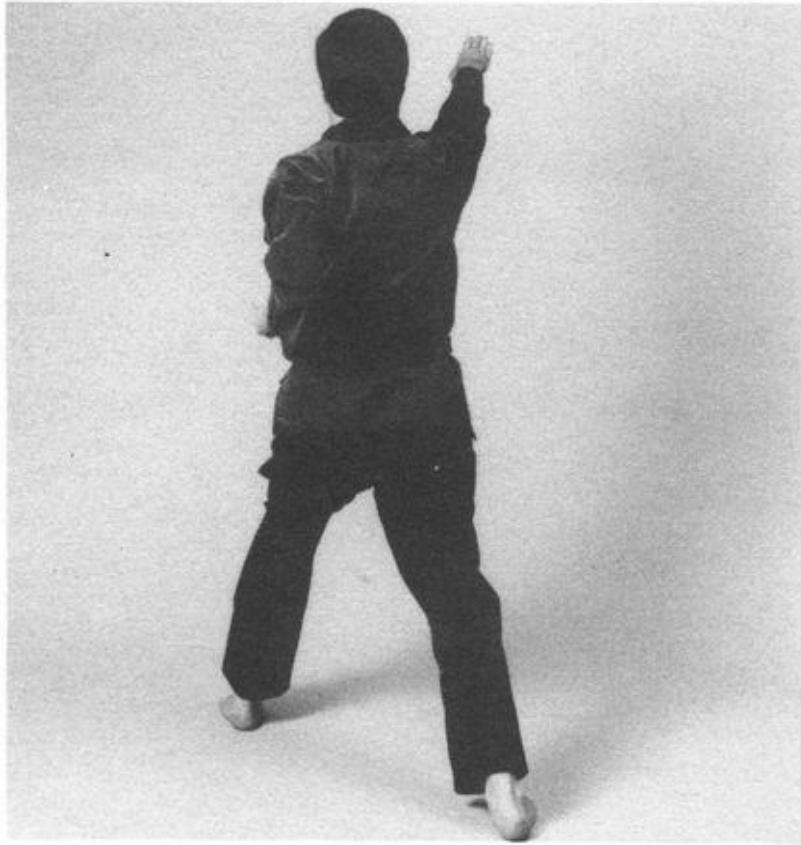
Right inside block while left fist goes under right elbow.



Bring right foot to left.



Slide left foot out into a forward stance and right ridge hand.



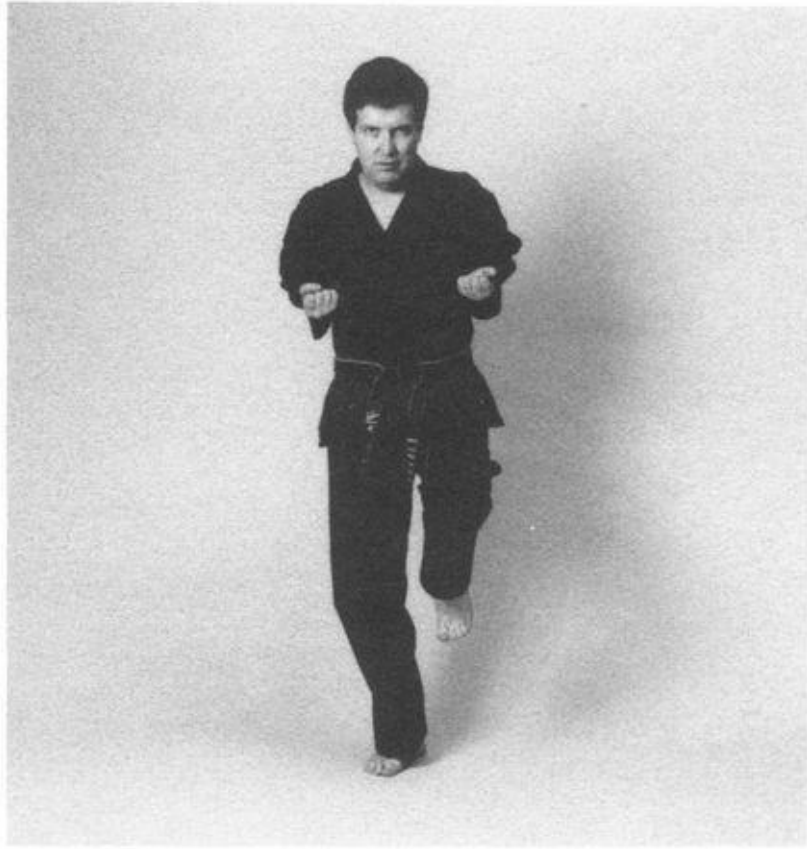
Step with the right and swing the left foot up for a right elevated roundhouse kick.



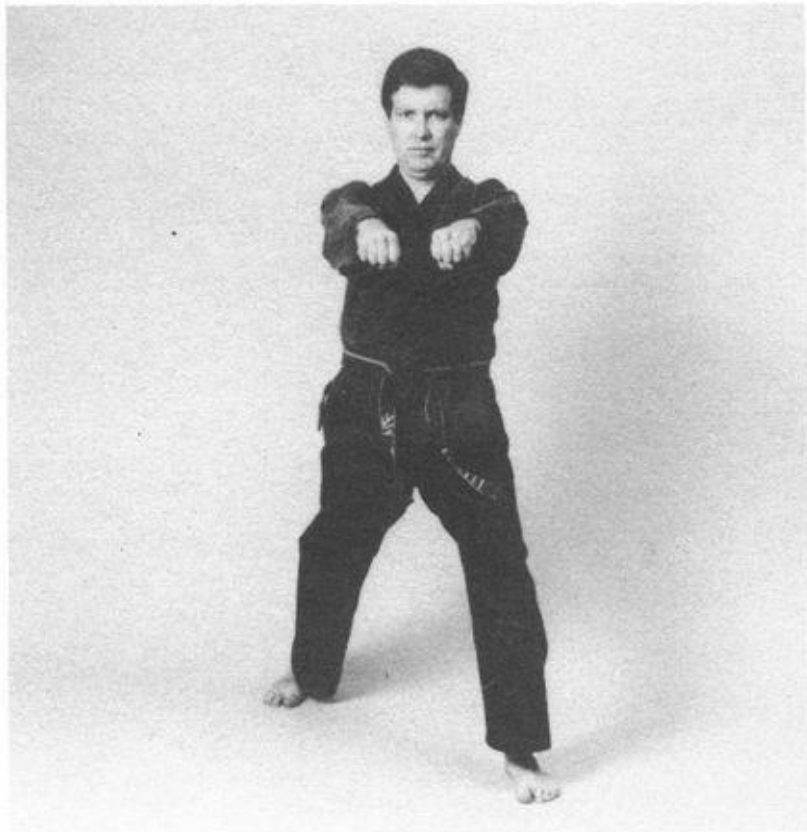
Elevated kick.



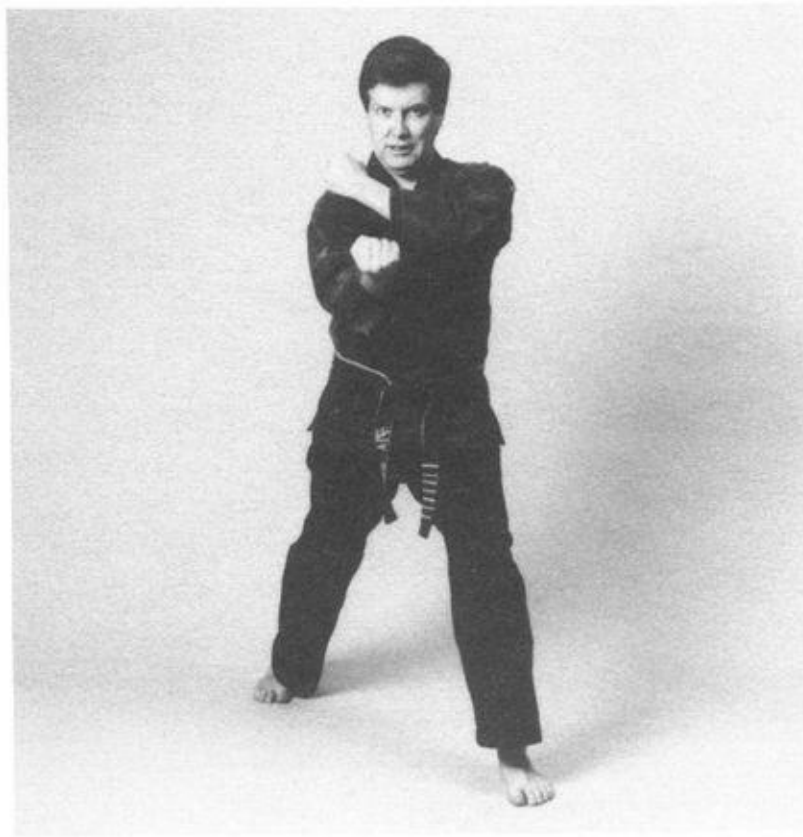
Land and pull the left foot up knee level and pull fists to sides.



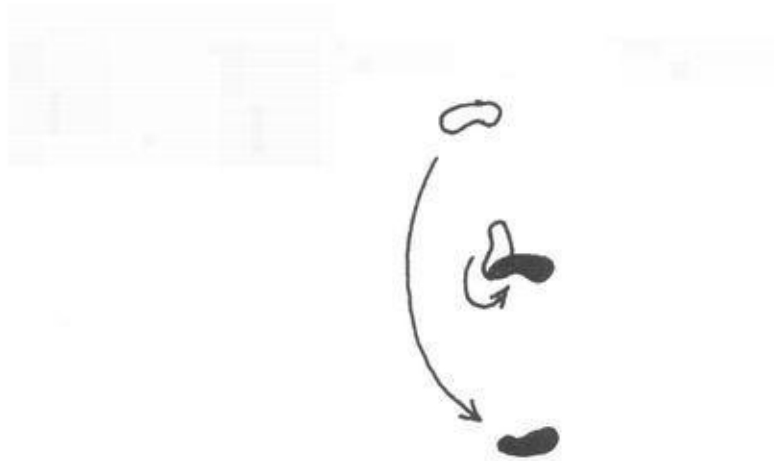
Step forward with the left and double punch to solar plexus.



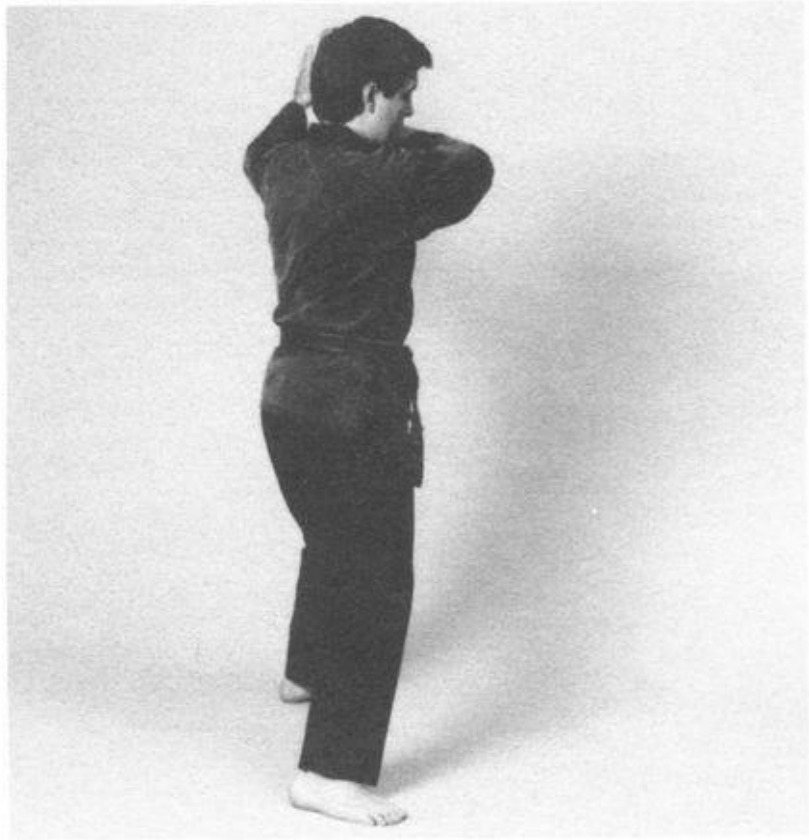
Move the left foot over into a back balance and inverted punch.



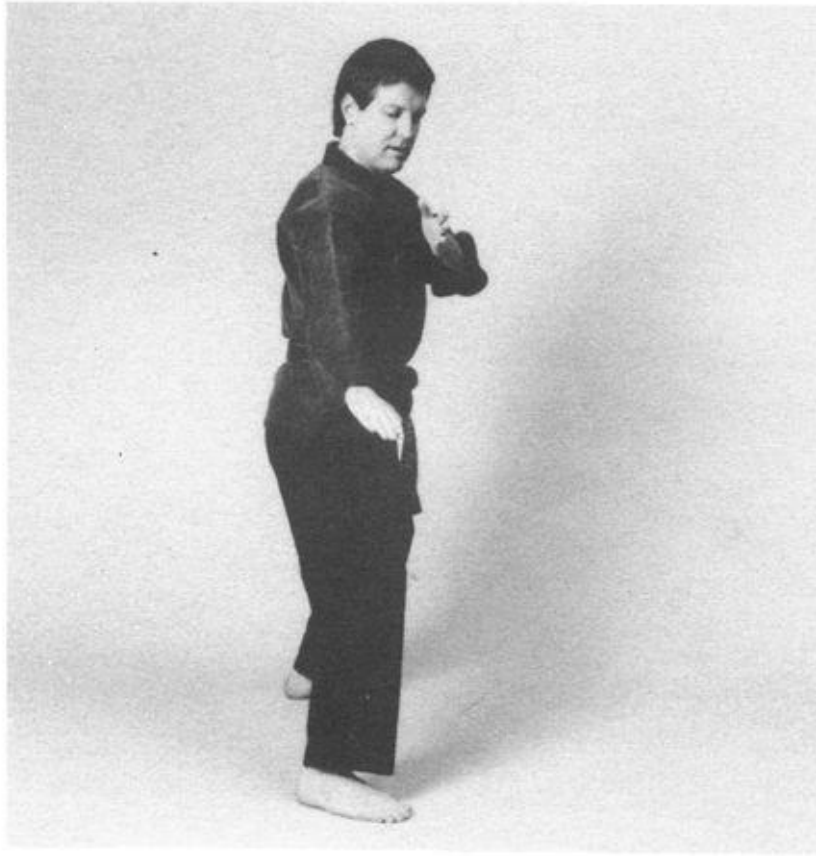
Step with right foot into horse stance and do a high/low block.



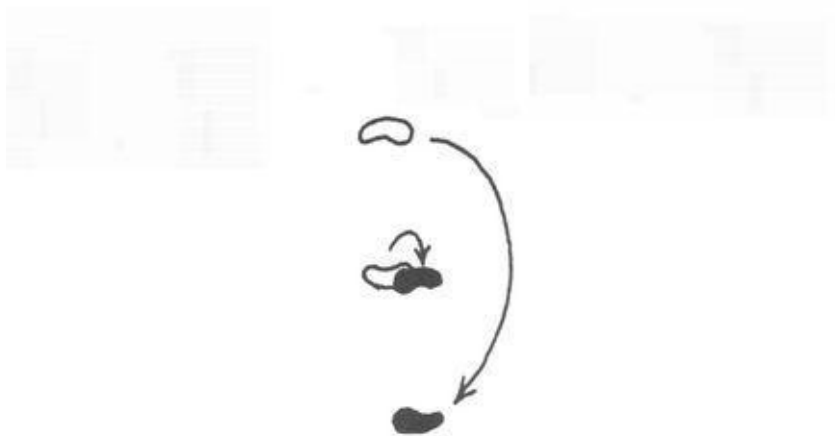
Do a figure eight motion with the open hands.



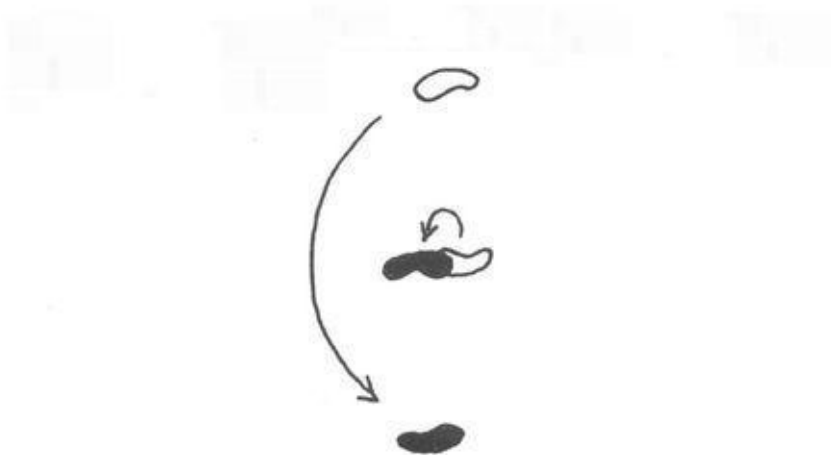
Finish with a low knife hand block.



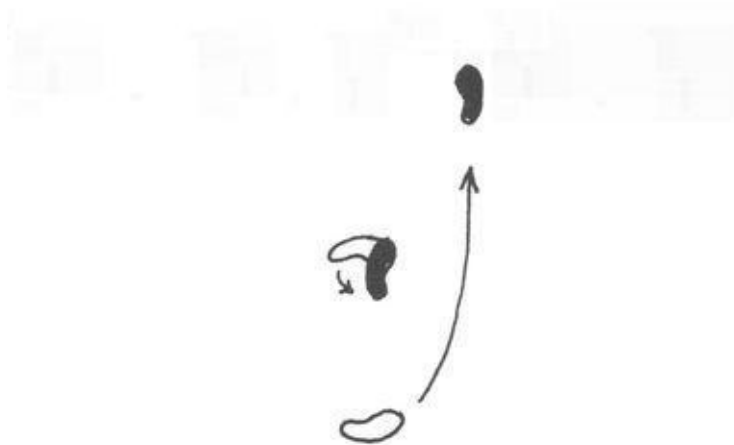
Bring left foot forward in a crescent kick block. Stomp the foot down into a horse stance and block with both fists.



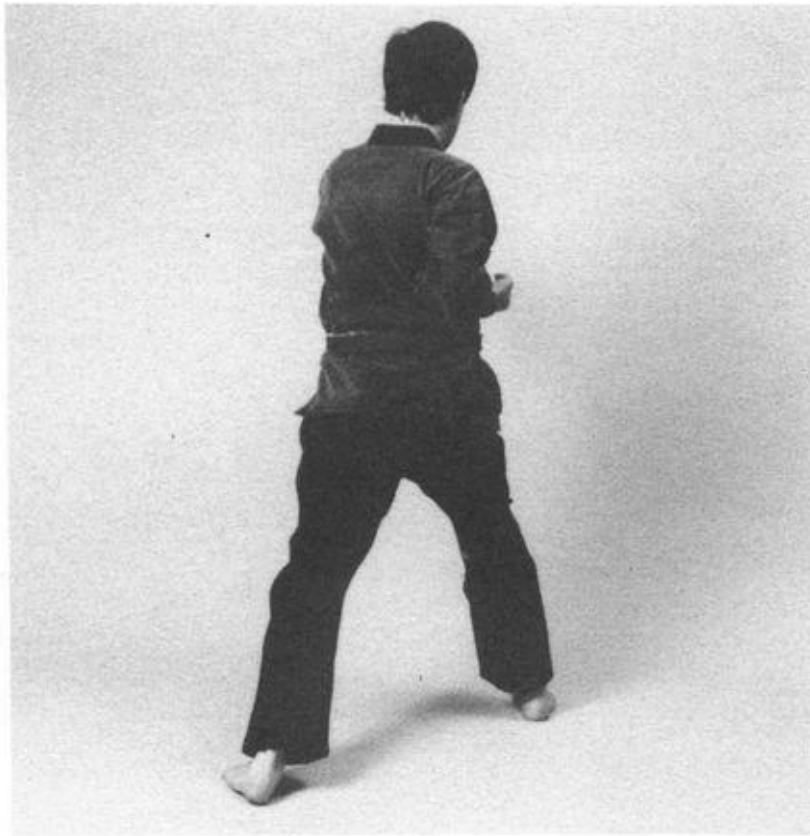
Right foot crescent kicks and stomps down as you block.



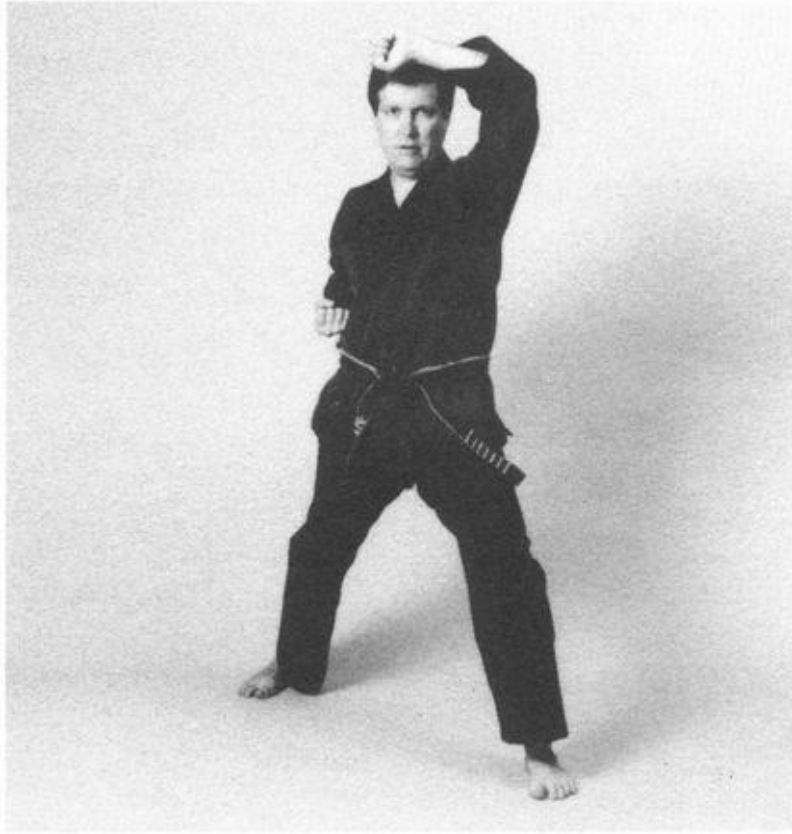
Step with right foot into forward balance and rising block with right.



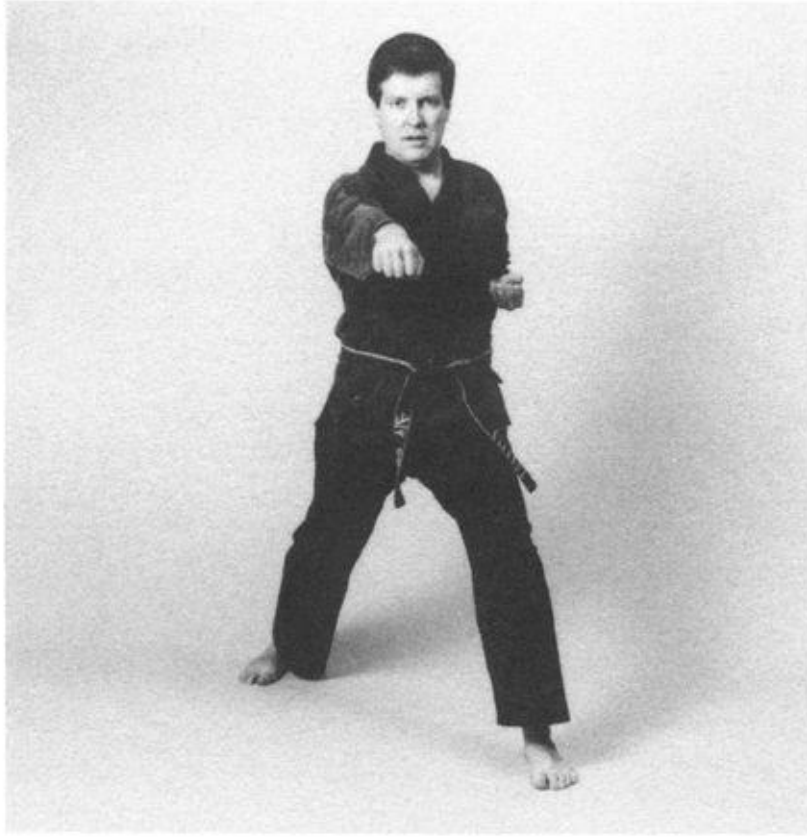
Left solar plexus level punch.



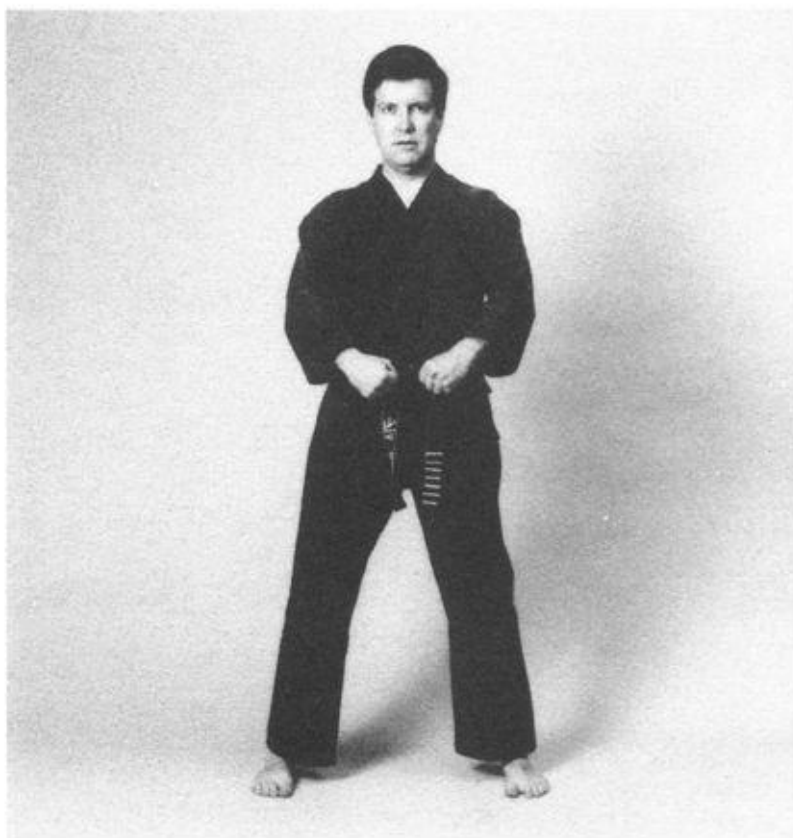
Cross left foot behind. Pivot and left rising block.



Right solar plexus level punch and yell.



Pull the left foot back into goman position.



GLOSSARY

In some American schools, Anglicized versions of oriental words are used, however it is customary to use Korean terminology in a Taekwon Do classroom. With some terms the Japanese word is more widely used in tournaments, magazines, etc. and in such cases is included in italics. Translations into English will differ since some sounds have no precise English equivalents.

About face

At ease

Attention

Begin

Block

End

Examination

Fighting Art

Form

Front Kick

High (face area)

Knife hand

Low (groin area)

Middle (solar plexus)

One Step sparring

Practice Hall

Punch

Ready

Round Kick

Salute (bow)

Side Kick

Sparring

Stances

Back Stance

Front Stance

Straddle Stance
Striking Board
Teacher
Uniform
Yell
Duiro Dora
Shio
Charyeeoh
Shi jak *Hajime*
Marki
Goman
Simsa
Taekwon Do *Karate*
Hyung *Kata*
Ap Chagee
Sangdan
Soodo
Hardan
Chungdan
Ilbo Taeryon
Dojang *Dojo*
Chirugi
Chunbee
Tolyo Chagee
Kyungye
Yop Chagee
Tae ryon *Kumite*
Fugul sugi
Chongul sugi
Kima sugi
Tal yon chu *Makiwara*
Sa Bum *Sensei*

Tobok *Gi*

Kiap *Kia*

Numbers

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut
Six	Yausut
Seven	Ilgope
Eight	Yaudul
Nine	Ahope
Ten	Yaul
Eleven	Yaul-Hana

GLOSSARY

In some American schools, Anglicized versions of oriental words are used, however it is customary to use Korean terminology in a Taekwon Do classroom. With some terms the Japanese word is more widely used in tournaments, magazines, etc. and in such cases is included in italics. Translations into English will differ since some sounds have no precise English equivalents.

About face

At ease

Attention

Begin

Block

End

Examination

Fighting Art

Form

Front Kick

High (face area)

Knife hand

Low (groin area)

Middle (solar plexus)

One Step sparring

Practice Hall

Punch

Ready

Round Kick

Salute (bow)

Side Kick

Sparring

Stances

Back Stance

Front Stance

Straddle Stance
Striking Board
Teacher
Uniform
Yell
Duiro Dora
Shio
Charyeeoh
Shi jak *Hajime*
Marki
Goman
Simsa
Taekwon Do *Karate*
Hyung *Kata*
Ap Chagee
Sangdan
Soodo
Hardan
Chungdan
Ilbo Taeryon
Dojang *Dojo*
Chirugi
Chunbee
Tolyo Chagee
Kyungye
Yop Chagee
Tae ryon *Kumite*
Fugul sugi
Chongul sugi
Kima sugi
Tal yon chu *Makiwara*
Sa Bum *Sensei*

Tobok *Gi*

Kiap *Kia*

Numbers

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Tasut
Six	Yausut
Seven	Ilgope
Eight	Yaudul
Nine	Ahope
Ten	Yaul
Eleven	Yaul-Hana