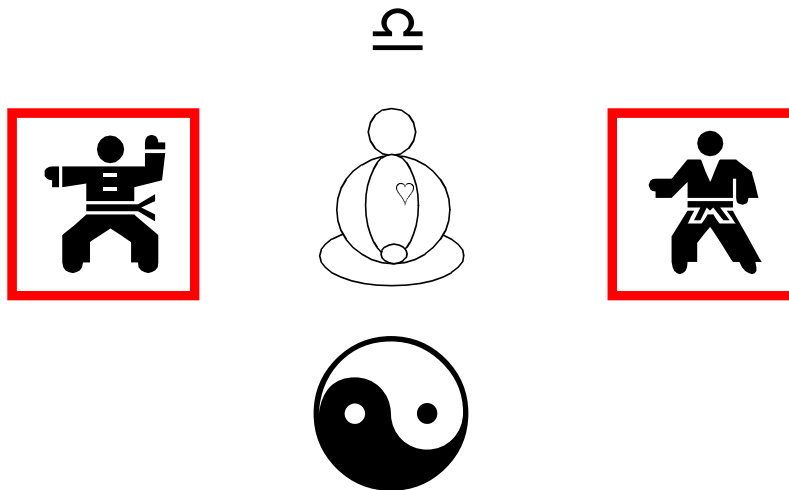


Tae Kwon Do Notes

Disclaimer: Use these notes at your own risk. They were compiled to assist the author in remembering the techniques. Errors are possible. The best use is in conjunction with training in Tae Kwon Do by an authorized school. Otherwise, Enjoy! -Rich



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Compiled by
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Tae Kwon Do Class Notes - All Techniques (rev. date 5/30/05)

as compiled by Rich Diesslin

WHITE BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

BASIC FORM 1

<ol style="list-style-type: none"> 1. West-1/4 Turn (left), Low Block (left) 2. W-step, middle punch 3. East-1/2 turn, low block 4. E-step, middle punch 5. North-1/4 turn, low block 6. N-middle punch 7. N-middle punch 8. N-middle punch <YELL>^a 9. E-3/4 turn, low block 10. E-middle punch 11. W-1/2 turn, low block 12. W-middle punch 13. South-1/4 turn, low block 14. S-middle punch 15. S-middle punch 16. S-middle punch<YELL> 17. W-3/4 turn, low block 18. W-middle punch 19. E-1/2 turn, low block 20. E-middle punch <p style="text-align: center;">N-Return to Ready</p> <p>Note: All stances are Front Stance</p>	
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a. <YELL> is used for a Tae Kwon Do Ki-yapp or shout (shows spirit)

BASIC FORM 2

<ol style="list-style-type: none"> 1. E-1/4 turn, Low Block 2. E-High Punch 3. W-1/2 turn, low block 4. W-high punch 5. N-1/4 turn, low block 6. N-High Block 7. N-high block 8. N-high block <YELL> 9. E-3/4 turn, low block 10. E-high punch 11. W-1/2 turn, low block 12. W-high punch 13. S-1/4 turn, low block 14. S-high block 15. S-high block 16. S-high block <YELL> 17. W-3/4 turn, low block 18. W-high punch 19. E-1/2 turn, low block 20. E-high punch <p style="margin-left: 40px;">N-Return to Ready</p> <p>Note: All stances are Front Stance</p>	
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BASIC FORM 3

<ol style="list-style-type: none"> 1. E-1/4 Turn, in-to-out Middle Block (Back Stance) 2. E-middle punch (Front Stance) 3. W-1/2 turn, in-to-out middle block (Back Stance) 4. W-middle punch (Front Stance) 5. N-1/4 turn, low block (Front Stance) 6. N-middle punch (Horse Stance) 7. N-middle punch (Horse Stance) 8. N-middle punch (Horse Stance) <YELL> 9. E-3/4 turn, in-to-out middle block (Back Stance) 10. E-middle punch (Front Stance) 11. W-1/2 turn, in-to-out middle block (Back Stance) 12. W-middle punch (Front Stance) 13. S-1/4 turn, low block (Front Stance) 14. S-middle punch (Horse Stance) 15. S-middle punch (Horse Stance) 16. S-middle punch (Horse Stance) <YELL> 17. W-3/4 turn, in-to-out middle block (Back Stance) 18. W-middle punch (Front Stance) 19. E-1/2 turn, in-to-out middle block (Back Stance) 20. E-middle punch (Front Stance) N-Return to Ready 	
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ONE

THREE-STEP SPARRING

ONE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Front	• in-to-out middle block (L)
Step forward L Middle Punch	Step back L	R Front	• in-to-out middle block (R)
Step forward R Middle Punch	Step back R	L Front	• front kick (R) <YELL>

TWO

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	• in-to-out middle block (R)
Step forward L Middle Punch	Step back R	L Front	• in-to-out middle block (L)
Step forward R Middle Punch	Step back L	R Front	• front kick (L) <YELL>

THREE

Attack	Defense	Stance	Action
Step forward R Low Punch	Step back R	L Front	• low block (L)
Step forward L Low Punch	Step back L	R Front	• in-to-out middle block (R)
Step forward R Middle Punch	Step back R	L Front	• front kick (R), side kick (L) <YELL>

FOUR

FOUR

Attack	Defense	Stance	Action
Step forward R Low Punch	Step back L	R Front	• low block (R)
Step forward L Low Punch	Step back R	L Front	• low block (L)
Step forward R Middle Punch	Step back L	R Front	• side kick (L), side kick (R) <YELL>

FIVE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Front	• in-to-out middle block (L)
Step forward L Low Punch	Step back L	R Front	• low block (R)
Step forward R Middle Punch	Step forward R (45*)	R Horse	• punch(L) • chamber L palm over R fist at R hip • punch (R) and knifehand block (L) <YELL>

BREAKING KICK

Side Kick

YELLOW BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE IL JANG (1)

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Forward	R front	R-middle out-to-in block
E	Right	R front	R-low block
	Forward	L front	L-middle out-to-in block
N	Left	L front	L-low block
	Forward	R back	R-middle out-to-in block
	Forward	L back	L-middle out-to-in block
	Forward	R front	R-middle punch <YELL>
E	Left	L back	reinforced knifehand block
	Forward	R back	R-middle out-to-in block
W	Right	R back	reinforced knifehand block
	Forward	L back	L-middle out-to-in block
S	Left	L front	L-low block
	Forward	R front	R-high knifehand strike
	Forward	L front	L-high knifehand strike
	Forward	R front	R-middle punch <YELL>
W	Left	L front	L-low block
	Forward	R front	R-middle out-to-in block
E	Right	R front	R-low block
	Forward	L front	L-middle out-to-in block
N	Left	Pull left foot to the right, into ready position	

TAE GEUK IL JANG (1) // HEAVEN

Direction	Move	Stance	Action
W	CCW (90*)	L front	L-low block
	Forward	R front	R-middle punch
E	CW (180*)	R front	R-low block
	Forward	L front	L-middle punch
N	CCW (90*)	L front	L-low block
	<fixed>	L front	R-middle reverse punch
E	CW (90*)	R front	L-middle out-to-in block
	Forward	L front	R-middle reverse punch
W	CCW (180*)	L front	R-middle out-to-in block
	Forward	R front	L-middle reverse punch
N	CW (90*)	R front	R-low block
	<fixed>	R front	L-middle reverse punch
W	CCW (90*)	L front	L-rising upper block
	Forward		R-middle front kick
	Land	R front	R-middle punch
E	CW (180*)	R front	R-rising upper block
	Forward		L-middle front kick
	Land	L front	L-middle punch
S	CW (90*)	L front	L-low block
	Forward	R front	R-middle punch<YELL>
N	Left	Pulling the left foot into Attention.	

ONE

TWO-STEP SPARRING

ONE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Sparring	<ul style="list-style-type: none">• knifehand middle block (L)
Step forward L Middle Punch	step-around L 180* (front foot outside to the back)	R Sparring	<ul style="list-style-type: none">• R front kick (front foot)• R in-to-out middle knifehand block and L middle punch. <YELL>

TWO

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Sparring	<ul style="list-style-type: none">• knifehand middle block (R)
Step forward L Middle Punch	step-around L 180* (front foot outside to the back)	L Sparring	<ul style="list-style-type: none">• L front kick (front foot)• R in-to-out middle knifehand block and L middle punch. <YELL>

THREE

Attack	Defense	Stance	Action
Step forward R low Punch	Step back R	L Sparring	<ul style="list-style-type: none">• knifehand low block (L)
Step forward L Middle Punch	step-around L 180* (front foot outside to the back)	R Sparring	<ul style="list-style-type: none">• R front kick (front foot) / L side kick• R in-to-out middle knifehand block and L middle punch. <YELL>

FOUR

FOUR

Attack	Defense	Stance	Action
Step forward R low Punch	Step back L	R Sparring	<ul style="list-style-type: none">• knifehand low block (R)
Step forward L Middle Punch	step-around L 180* (front foot outside to the back)	L Sparring	<ul style="list-style-type: none">• L round house, R back spinning side kick• R in-to-out middle knifehand block and L middle punch. <YELL>

FIVE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Sparring	<ul style="list-style-type: none">• knifehand middle block (L)
Step forward L low Punch	step-around L 180* (front foot outside to the back)	R Sparring	<ul style="list-style-type: none">• R in-to-out low knifehand block L middle punch. <YELL>

BREAKING KICK

Back-spinning Side-kick

ORANGE BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE YEE JANG (2)

Direction	Move	Stance	Action
W	Left	L front	L-high block
	Forward		R-high front kick
	NOTE: Maintain high block while kicking. Do this throughout the form. Or, you may grab opponent with blocking hand and pull him into the kick.		
	Land	R front	R-middle punch
E	Right	R front	R-high block
	Forward		L-high front kick
	Land	L front	L-middle punch
N	Left	L back	L-low reinforced knifehand block
	Forward	R back	reinforced knifehand block
	Forward	L front	L-high block
	Forward	R front	R-middle punch <YELL>
E	Left	L front	L-high block
	Forward		R-high front kick
	Land	R front	R-middle punch
W	Right	R front	R-high block
	Forward		L-high front kick
	Land		L-middle punch

Direction	Move	Stance	Action
S	Left	L back	L-low reinforced knifehand block (close-fisted this time)
	Forward	R back	R-middle in-to-out middle block (L-fist midway between solar-plexus and supporting the elbow.)
	Forward	L back	L-middle out-to-in block (R-fist @ belt)
	Forward	R front	R-middle punch <YELL>
W	Left	L front	L-high block
	Forward		R-high front kick
	Land	R front	R-middle punch
E	Right	R front	R-high block
	Forward		L-high front kick
	Land	L front	L-middle punch
N	Left	Pull left foot to the right, ready position	

TAE GEUK YEE JANG (2) // JOYFULNESS

Direction	Move	Stance	Action
W	CCW (90*)	L front	L-low block
	Forward	R front	R-middle punch
E	CW (180*)	R front	R-low block
	Forward	L front	L-middle punch
N	CCW (90*)	L front	R-middle out-to-in block
	Forward	R front	L-middle out-to-in block
W	CCW (90*)	L front	L-low block
	Forward		R-high front kick
	Land	R front	R-high punch

Direction	Move	Stance	Action
E	CW (180*)	R front	R-low block
	Forward		L-high front kick
	Land	L front	L-high punch
N	CCW (90*)	L front	L-rising upper block
	Forward	R front	R-rising upper block
E	CCW (270*)	L front	R-middle out-to-in block
W	CW (180*)	R front	L-middle out-to-in block
S	CCW (90*)	L front	L-low block
	Forward		R-middle front kick
	Land	R front	R-middle punch
	Forward		L-middle front kick
	Land	L front	L-middle punch
	Forward		R-middle front kick
	Land	R front	R-middle punch<YELL>
N	CCW	Pull left foot to the right, into Attention.	

ONE

(ONE) STEP SPARRING

ONE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Horse	<ul style="list-style-type: none">• R out-to-in middle block• R middle elbow strike• R back fist to face• R side kick <Yell>

TWO

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Horse	<ul style="list-style-type: none">• L out-to-in knifehand attack• L grab wrist, twist up and around
	Step forward and behind attacker's front leg	R Horse	<ul style="list-style-type: none">• R sweep, use R hand to attacker's sholder and push down• Kneel (don't bend) R punch to the face <YELL>

THREE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none">• R knifehand middle block• R wrist wrist-lock, twist down and out while ...
	Step forward and inside of attacker's front leg	L Front	<ul style="list-style-type: none">• ... and with L hand grab elbow (or sholder) while bending attacker over forward• R overhead karate chop to the back of the neck (while keeping their arm locked with L hand <YELL>

FOUR

FOUR

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Front	<ul style="list-style-type: none">• L knifehand middle block• L grab wrist, twist up and out
	Step forward and behind attacker's front leg	R Front	<ul style="list-style-type: none">• R sweep, use R hand to attacker's sholder and push down• extend attacker's arm and R kick to ribs <YELL>

FIVE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none">• R high block (hold it there)• L middle punch• L reach up and grab wrist pulling across and in front (to inside)• R punch to the face <YELL>

BREAKING KICK

Roundhouse Kick

LT. BLUE BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE SAM JANG (3)

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Forward	R front	R-middle punch
E	Right	R front	R-low block
	Forward	L front	L-middle punch
N	Left	L front	L-low block
	Forward	R front	R-high block
	Forward	L front	L-high block
	Forward	R front	R-high punch <YELL>
E	Left	L back	reinforced knifehand block
	Forward	R back	reinforced knifehand block
W	Right	R back	reinforced knifehand block
	Forward	L back	reinforced knifehand block
S	Left	L back	L-in-to-out middle block
N	Right	R back	R-in-to-out middle block
	Backward	L back	L-out-to-in middle block
	Backward	R back	R-out-to-in middle block
	Backward	L back	L-out-to-in middle block
S	Right	R back	R-in-to-out middle block
W	Left (270*)	L front	L - high block
	Forward	R front	R-high punch
E	Right	R front	R-high block
	Forward	L front	L-high punch <YELL>

Direction	Move	Stance	Action
N	Left	Pulling the left foot into the right, ready position	

TAEGEUK SAM JANG (3) // FIRE

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Forward		R-middle front kick
	Land	R front	R-middle punch
	<fixed>	R front	L-middle reverse punch
E	Right	R front	R-low block
	Forward		L-middle front kick
	Land	L front	L-middle punch
	<fixed>	L front	R-middle reverse punch
N	Left	L front	R-high knifehand strike (palm up)
	Forward	R front	L-high knifehand strike (palm up)
W	Left	L back	L-middle knifehand block (R-fist @ belt)
	<shift>	L front	R-middle reverse punch
E	Right	R back	R-middle knifehand block (L-fist @ belt)
	<shift>	R front	L-middle reverse punch
N	Left	L front	R-middle out-to-in block
	Forward	R front	L-middle out-to-in block
E	Left	L front	L-low block
	Forward		R-middle front kick
	Land	R front	R-middle punch
	<fixed>	R front	L-middle reverse punch

Direction	Move	Stance	Action
W	Right	R front	R-low block
	Forward		L-middle front kick
	Land	L front	L-middle punch
	<fixed>	L front	R-middle reverse punch
S	Left	L front	L-low block
	<fixed>	L front	R-middle reverse punch
	Forward	R front	R-low block
	<fixed>	R front	L-middle reverse punch
	Forward		L-middle front kick
	Land	L front	L-low block
	<fixed>	L front	R-middle reverse punch
	Forward		R-middle front kick
	Land	R front	R-low block
	<fixed>	R front	L-middle reverse punch <YELL>
N	Left	Pull left foot to the right, into Attention	

PYONG-AN IL JANG (1)

Direction	Move	Stance	Action
W	Left (90*)	L front	L low block
	Forward	R front	R middle punch
E	Right (180*)	R front	R low block
	<fixed>	R front	Pull the right arm down sharply then up sharply in a clockwise direction.
	Draw the right foot back slightly,....		Then do a downward hammer fist strike against opponent's grabbing arm. This is a defense against a grab.
	Forward	L front	L middle punch

Direction	Move	Stance	Action
N	Left (90*)	L front	L low block
	<fixed>	L front	L rising knifehand block
	Forward	R front	R high block (fist closed)
	Forward	L front	L high block (fist closed)
	Forward	R front	R high block (fist closed) <YELL!>
E	Left (270*)	L front	L middle punch
	Forward	R front	R middle punch
W	Right	R front	R low block
	Forward	L front	L middle punch
S	Left (90*)	L front	L low block
	Forward	R front	R high punch
	Forward	L front	L high punch
	Forward	R front	R high punch <YELL!>
W	Left 270*	L Back	Low reinforced knifehand block
NW	forward 45*	Forward (along NW) into R back	modified middle reinforced knifehand block
E	Right 135*	R Back	Low reinforced knifehand block
NE	Right (45*)	Forward (along NE) into L back	Modified middle reinforced knifehand block
N	Lf -> Rf		

ONE

STEP SPARRING

ONE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Horse	<ul style="list-style-type: none">• R knifehand middle punch• R grab hand (lead with it) ...
	Step forward	R Front	<ul style="list-style-type: none">• ... L grab lapel• <u>throw</u> down• punch to face <YELL> Note: no sweep needed

TWO

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none">• R high block (arm stay extended)• L middle punch• L grab elbow and R grabs wrist...
	Step forward	L Front	<ul style="list-style-type: none">• ... push elbow behind their head and down (keep control)• take down• R punch to face <YELL>

THREE (ALL THESE KICKING ATTACKS BEGIN WITH THE RIGHT FOOT)

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Sparring	<ul style="list-style-type: none">• R round house kick,• L back spinning side kick <YELL>

FOUR

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Horse	<ul style="list-style-type: none">• R jump side kick <YELL>

FIVE

FIVE

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back R	L Horse	• R jump side kick <YELL>

BREAKING KICK

Jump Side-Kick

GREEN BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE SAH JANG (4)

Direction	Move	Stance	Action
W	Left	L back	<ul style="list-style-type: none"> chamber to right hip, left hand over right (N) stepping 90 degrees into back stance left hand in-to-out middle block - right hand overhead punch
	<fixed>		right high circular upper-cut punch
	Pull Lf inward	Front (N) facing ready stance	L-knifehand strike to W
E	Right	R back	<ul style="list-style-type: none"> chamber to right hip, left hand over right (N) stepping 90 degrees into back stance right hand in-to-out middle block - left hand overhead punch
	<fixed>		left high circular upper-cut punch
	Pull Rf inward	Front (N) facing ready stance	R-knifehand strike to E
N	Rf -> Lf	Lf slides into L back	reinforced knifehand block
	Forward		R-high front kick
	Land	R front	R-middle spearhand (L-hand guards under R-elbow)
	360-degrees N	L front	L-high hammer-fist strike (folding & tucking hand under arm) (palm should face down)
	Forward	R front	R-middle punch <YELL>

Direction	Move	Stance	Action
E	Left	L back	<ul style="list-style-type: none"> chamber to right hip, left hand over right stepping 90 degrees into back stance left hand in-to-out middle block - right hand overhead punch
	<fixed>		right high circular upper-cut punch
	Pull Lf inward	Front (S) facing ready stance	L-knifehand strike to E
W	Right	R back	<ul style="list-style-type: none"> chamber to right hip, left hand over right stepping 90 degrees into back stance right hand in-to-out middle block - left hand overhead punch
	<fixed>		left high circular upper-cut punch
	Pull Rf inward	Front (S) facing ready stance	R-knifehand strike to W
S	Left	L back	reinforced knifehand block
	Forward		R-high front kick
	Land	R front	R-middle spearhand
	360-degrees S	L front	L-high hammerfist strike
	(L-fist under R-arm, but this time, R-fist @ right side of head) (palm of fist- face down)		
	Forward	R front	R-middle punch <YELL>
W	Left	L horse (chest faces N)	L-low block (R-fist @ belt)
	<Shift>Lf	L front	R-middle reverse punch
	Pull Lf to the Rf, then step out with the Rf into...		
E	Right	R horse (chest faces N)	R-low block (L-fist @ belt)
	<Shift>Rf	R front	L-middle reverse punch
N	Left	Pulling the Rf to the Lf, ready position	

TAEGEUK SAH JANG (4) // THUNDER

Direction	Move	Stance	Action
W	Left	L back	reinforced knifehand block
	Forward	R front	R-spear hand
E	Right	R back	reinforced knifehand block
	Forward	L front	L-spear hand
N	Left	L front	L-knifehand high block R-knifehand attack to the neck
	Forward		R-high front kick
	Land	R front	L-middle reverse punch
	Forward		L-side kick
	Land	L back	reinforced knifehand (Optional move) (swiftly into next kick)
	Forward		R-side kick
	Land	R back	reinforced knifehand block
E	Left	L back	L-middle in-to-out block (palm out)
	Forward		R-middle front kick
	<fixed>	L back	R-middle out-to-in block
W	Right	R back	R-middle in-to-out block (palm out)
	Forward		L-middle front kick
	<fixed>	R back	L-middle out-to-in block
S	Left	L front	L-knifehand high block, R-knifehand attack to the neck
	Forward		R-middle front kick
	Land	R front	R-high backfist strike
E	Left	L front	L-middle out-to-in block
	<fixed>	L front	R-middle reverse punch
W	Right	R front	R-middle out-to-in block
	<fixed>	R front	L-middle reverse punch

Direction	Move	Stance	Action
S	Left <fixed> <fixed>	L front L front L front	L-middle out-to-in block R-middle reverse punch L-middle punch
	Forward <fixed> <fixed>	R front R front R front	R-middle in-to-out L-middle reverse punch R-middle punch <YELL>
N	Left	Pull left foot to right, into ready position	

PYONG-AN EE JANG (2)

Direction	Move	Stance	Action
W	Left (90*)	L back	L in-to-out middle block (palm-out) with R reverse high block
	<fixed>	L back	R-uppercut, while pulling left fist to the right shoulder
N	<pivot>	L horse	L side punch
E	Right (180*)	R back	R in-to-out middle block (palm-out) with L reverse high block
	<fixed>	R back	L-uppercut, while pulling right fist to the left shoulder
N	<pivot>	R horse	R side punch
E	Shift Lf halfway to the Rf... then lift and chamber the fists at the left hip, pivot R as you lift R leg into a chambered position. You should be in a left crane stance (like ready stance only with right leg at chest) with the chest facing E.		
	<fixed>	L-crane	R side kick (S) w/ right side punch
N	<drop>Rf back- ward into a ...	L back	Middle knifehand reinforced block
	Forward	R back	Middle knifehand reinforced block
	Forward	L back	Middle knifehand reinforced block
	Forward	R front	R spearhand thrust (w/ left hand blocking at elbow) <YELL!>
SE	Left (225*)	L back	Middle knifehand reinforced block
	Forward (along SE)	R back	Middle knifehand reinforced block

Direction	Move	Stance	Action
SW	Right (90*)	R back	Middle knifehand reinforced block
	Forward (along SW)	L back	Middle knifehand reinforced block
S	Left (45*)	L front (wide!) (chest-E)	R "scooping" outside middle block
	Forward		R front kick
	<drop> Rf	R front	L middle reverse punch
	<fixed>	R front (wide!) (chest-W)	L "scooping" outside middle block
	Forward		L front kick
	<drop> Lf	L front	R middle reverse punch
	Forward	R front	R middle in-to-out reinforced blocks
W	Left	L front	L low block
	<fixed>	L front	L rising knifehand block
NW	Forward (225*)	R front	R high block
E	Right (90*)	R front	R low block
	<fixed>	R front	R rising knifehand block
NE	Forward (225*)	L front	L high block <YELL!>

ONE (begins like orange #3)

STEP SPARRING

All left stepping except the last.

ONE (BEGINS LIKE ORANGE #3)

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none"> • R in-to-out knifehand middle block • L middle punch • R grab blocked wrist, twist, pull back ...
	Step forward	L Front	<ul style="list-style-type: none"> • ... placing left hand on elbow, bend over • R overhead knifehand chop to the head - grab collar ...
	Step around attacker's front leg for sweep	R Front	<ul style="list-style-type: none"> • ... pull forward - R sweep (take down) • L punch to the face <YELL>

TWO (CLOTHES LINE)

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none"> • R in-to-out knifehand middle block • L in-to-out knifehand block (no step) • L grab blocked wrist, twist, pull down and around ...
	Step over and around attacker's front leg for sweep	R Front	<ul style="list-style-type: none"> • ... R sweep with right foot (take down) • R punch to face<YELL>

THREE (triple-kick)

THREE (TRIPLE-KICK)

Attack	Defense	Stance	Action
Step forward R Middle Punch	L Stepping forward wide left (NE)	L Front 45* from attacker	<ul style="list-style-type: none"> R side kick (to ribs)
	Step down facing W	R Front (back to attacker)	<ul style="list-style-type: none"> L back spinning side kick to the back of their front knee (take down)
	Step down turnin 180* until facing E	L Sparring	<ul style="list-style-type: none"> R round house kick to the face <YELL>

FOUR (IN AND DOWN)

Attack	Defense	Stance	Action
Step forward R Middle Punch	Step back L	R Front	<ul style="list-style-type: none"> R knifehand reinforced middle block grab wrist (both hands)
	Step with L foot to the inside and sweep back leg with R foot	L Front turning 180* to R Front	<ul style="list-style-type: none"> Raise hands and step inside Throw attacker forward while sweeping their back leg finish by locking their elbow against leg in simulated “break”<YELL>

FIVE (1/2 NELSON CHOKE HOLD)

Attack	Defense	Stance	Action
Step forward R Middle Punch	R Stepping Backward	L Front (N)	<ul style="list-style-type: none"> L middle reinforced knifehand block grab wrist - both hand
	2 - Steps forward to L side and under attacker’s arm	Turning about 225* into a ready stance facing SE	<ul style="list-style-type: none"> Raising hands - twist arm behind their back into a 1/2 Nelson grab throat with free hand <YELL>

BREAKING KICK

Jump Backspinning Side-kick

PURPLE BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE OH JANG (5)

Direction	Move	Stance	Action
N	<Slide>Lf backward into:	R front	scissors block (L-up, R-down)
W	<Shift>Lf	L back	low reinforced knifehand block
	Forward	R back	reinforced knifehand block
	Backward	L back	L-downward pressing palm block (right fist @ belt)
	Forward	R front	R-middle punch
E	Right	R back	low reinforced knifehand block
	Forward	L back	reinforced knifehand block
	Backward	R back	R-downward pressing palm block (left fist @ belt)
	Forward	L front	L-middle punch
N	Left	L front	scissors block (R-up, L-down)
	Forward	R front	R-in-to-out middle block (L-fist supporting at elbow)
	Forward	L front	L-in-to-out middle block (R-fist supporting at elbow)
	Forward	R front	R-middle spearhand <YELL>

Direction	Move	Stance	Action
E	(folding and tucking the spearhand,...)		
	Left	L front	L-in-to-out middle block
	<fixed>	L front	R-reverse middle punch
	<fixed>	L front	L-middle punch
	Keeping the Rf fixed, pull Lf into a crane stance on the right foot Chamber the fists to your right hip		
		Crane	L-side kick
	Land	L front	R-elbow strike to left palm
	Forward	R back	reinforced knifehand block
W	Right	R front	R-in-to-out middle block
	<fixed>	R front	L-reverse middle punch
	<fixed>	R front	R-middle punch
	Keeping the Lf fixed, pull Rf into a crane stance on the left foot Chamber the fists to your left hip		
		Crane	R-side kick
	Land	R front	L-elbow strike to right palm
	Forward	L back	reinforced knifehand block
S	Left	L front	scissors block (R-up, L-down)
	Forward	R back	Close-fist low reinforced block (but both fists-palm up!)
	Forward	L back	Close-fist low reinforced block (as above)
	Forward	R front	R-middle punch <YELL>
W	Left	L back	low reinforced knifehand block (open-handed)
	Forward	R back	reinforced knifehand block
	Backward	L back	L-downward pressing palm block (right fist @ belt)
	Forward	R front	R-middle punch

Direction	Move	Stance	Action
E	Right	R back	low reinforced knifehand block (open-handed)
	Forward	L back	reinforced knifehand block
	Backward	R back	R-downward pressing palm block (left fist @ belt)
	Forward	L front	L-middle punch
N	Left	Pulling the Lf into the R, ready position	

TAEGEUK OH JANG (5) // WIND

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Lf -> Rf	Feet together	L-hammer fist (circular motion)
E	Right	R front	R-low block
	Rf -> Lf	Feet together	R-hammer fist (circular motion)
N	Forward	L front	L-middle out-to-in block
	<fixed>	L front	R-middle out-to-in block
	Forward		R-high front kick
	Land	R front	R-high backhand strike
	<fixed>	R front	L-middle out-to-in block
	Forward		L-high front kick
	Land	L front	L-high backfist strike
	<fixed>	L front	R-middle out-to-in block
	Forward	R front (stomp floor) R-high backfist strike	
E	Left	L back	L-knifehand block (L-fist @ belt)
	Forward	R front	R-elbow strike
	(Pivot all the way around so that the "point" of the elbow points toward E. The left hand should be covering the right fist & knuckles.)		

Direction	Move	Stance	Action
W	Right	R back	R-knifehand block (L-fst @belt)
	Forward	L front	L-elbow strike (as above)
S	Left	L front	L-low block
	<fixed>	L front	R-middle out-to-in block
	Forward		R-middle front kick
	Land	R front	R-low block
	<fixed>	R front	L-middle out-to-in block
E	Left	L front	L-upper defense
	Forward		R-side kick
	Land	R front	L-elbow strike into right hand
W	Right	R front	R-upper defense
	Forward		L-side kick
	Land	L front	R-elbow strike into left hand
S	Left	L front	L-low block
	<fixed>	L front	R-middle out-to-in block
	Forward		R-middle front kick
	(hop -->)	Rf x'd in front of L	R-high backhand strike (palm up) <YELL> (left fist at belt) (high strike shouldn't be TOO high.)
N	Left	Pivoting on R foot into ready position	

PYONG-AN SAM JANG (3)

Direction	Move	Stance	Action
W	Left (90*)	L back	L middle in-to-out block
	Rf -> Lf	feet together (chest-W)	Scissor blocks (R-middle, L-low)
	<fixed>	feet together	Scissor blocks (L-middle, R-low)

Direction	Move	Stance	Action
E	Right (180*)	R back	R middle in-to-out block
	Lf -> Rf	feet together (chest-E)	Scissor blocks (L-middle, R-low)
	<fixed>	feet together	Scissor blocks (R-middle, L-low)
N	Left (90*)	L front	L middle in-to-out reinforced blocks
	Forward	R front	R spearhand thrust (L hand blocking under right elbow)
	Forward (360*) pivoting on the ball of the right foot...	L back	L hammerfist strike (done at shoulder level. Should be striking your opponent's back)
	Forward	R front	R middle punch <YELL!>

Direction	Move	Stance	Action
S	Pivot 180* left,	[Begin Loop 1] keeping the Rf fixed and pulling the Lf back into the Rf. You are in a 'feet together' stance (chest-S), both fists are at the belt w/ elbows in the same plane as the torso and chest. These are blocks. These are to be done SLOWLY while EXHALING.	
	Forward (along S)	R horse (chest-E)	R out-to-in crescent kick. Maintain hand position and STOMP as you enter the stance, and snap the elbow around to block.
	<fixed>	R horse (chest-E)	Bring R fist up and do a downward back-fist strike to the face. (The should follow a vertical plane.)
	<fixed>	R horse (chest-E)	<Quickly> the R fist is brought back to the R hip so that you are in the "blocking" (starting) position again. [End of Loop 1]
	Forward (along S)	L horse (chest-W)	Repeat Loop 1 for this side.
	Forward	R horse (chest-E)	Repeat Loop 1 on this side again
	Forward	L front	L middle punch <YELL!>
	With the Lf fixed, pull the Rf forward into a ...	horse stance (chest-S), ...	and maintain the L-middle punch as you do this.
N	With the Rf fixed, pivot left 180*	Horse stance (chest-N)	R hook punch over left shoulder (eyes should look over left shoulder at the target.)
	Take a "dodging step" toward E	still Horse (chest-N)	L hook punch over right shoulder (eyes should look over right shoulder at the target.)
	Rf -> Lf	ready position.	

ONE (side-push)

STEP SPARRING: (TWO-BLOCK STYLE)

ONE (SIDE-PUSH)

Attack	Defense	Stance	Action
Step forward R Middle Punch L Middle Punch	Step back L	R Front	<ul style="list-style-type: none">• R knifehand middle block• L Reverse knifehand middle block• R side-kick (pushing back attacker)<YELL>

TWO (PUSH SIDE)

Attack	Defense	Stance	Action
Step forward R Middle Punch L Middle Punch	Step back R	L Front	<ul style="list-style-type: none">• L knifehand middle block• R Reverse knifehand middle block
	Forward	R Front	<ul style="list-style-type: none">• 2-hand push• R side-kick <YELL>

THREE (KNOCK NUTS)

Attack	Defense	Stance	Action
Step forward R Middle Punch L Middle Punch	Step back L	R Horse	<ul style="list-style-type: none">• R out-to-in middle block and R in-to-out middle block (same hand palm out)• R Elbow Attack, back-fist (face), and growing punch
	R step 180* around	L Horse	<ul style="list-style-type: none">• L side kick<YELL>

FOUR (wheel kick)

FOUR (WHEEL KICK)

Attack	Defense	Stance	Action
Step forward R Middle Punch L Middle Punch	Step back R	L Front	<ul style="list-style-type: none"> • R reverse out-to-in middle block • L out-to-in middle block
	Spin 180*	L Sparring	<ul style="list-style-type: none"> • R wheel kick
	Jump	R Sparring	<ul style="list-style-type: none"> • R jump roundhouse kick to the face <YELL>

FIVE (ELBOW BREAK)

Attack	Defense	Stance	Action
Step forward R Middle Punch L Low Punch	Step back L	R Horse (N)	<ul style="list-style-type: none"> • R out-to-in middle block and R low block • grab with both hands and rotate are out and up
	Move back foot (L) forward and to the R	R Horse (S)	<ul style="list-style-type: none"> • while rotating up switch hands placing L outside and R on elbow (lock) and take attacker to the mat • Palm strike to elbow (break) <YELL>

BREAKING KICK

Jump Front Kick

BROWN BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGWE YOOK JANG (6)

Direction	Move	Stance	Action
W	Left	L back	reinforced knifehand block
	Forward		R-high front kick
	Land	R front	R-middle punch
E	Right	R back	reinforced knifehand block
	Forward		L-high front kick
	Land	L front	L-middle punch
N	Left	L front	L-low block
	<pivot>	L front	L-knifehand high block, R-knifehand attack to the neck, then,
			(maintaining block).. R-high front kick
	<Hop forward..>	Rf x'd in front of L	R-high reinforced backfist <YELL>
E	Left	L back	low reinforced knifehand block
	<Shift>Lf	L front	Double middle wedging blocks (palms face down!)
	Forward		R-high front kick
	<fixed>	R front	L-middle reverse punch
W	Right	R back	low reinforced knifehand block
	<Shift>Rf	R front	Double middle wedging blocks (palms face down!)
	Forward		L-high front kick
	<fixed>	L front	R-middle reverse punch

Direction	Move	Stance	Action
S	Left	L back	reinforced knifehand block
	<Shift>Lf	L front <pivot>	L-knifehand high block, R-knifehand attack to the neck
	(This time, the strike is with palm-heel rather than knifehand.) (Fingers point upward) Maintaining block...		
	Forward		R-high front kick
	Land	R front	R-high backfist (Left fist at belt)
	Forward		L-high front kick
	Land	L front	L-high block
	Lift the Rf into a crane stance on the left leg, chamber fists to the left hip, chamber right leg for the kick		
	Forward		R-side kick
	Land	R back	reinforced knifehand block
N	Left	L back	reinforced knifehand block <YELLYELL>
	Pull Rf -> Lf	ready position	

TAEGEUK YOOK JANG (6) // WATER

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Forward		R-middle front kick
	<drop>	L back	L-middle in-to-out block (palm-out)
E	Right	R front	R-low block
	Forward		L-middle front kick
	<drop>	R back	R-middle in-to-out block (palm-out)
N	Left	L front	R-reverse in-to-out middle block
	Forward		R-roundhouse kick

Direction	Move	Stance	Action
W	Left	L front	L-high block
	<fixed>	L front	R-middle reverse punch
	Forward		R-middle front kick
	Land	R front	L-middle reverse punch
E	Right	R front	R-high block
	<fixed>	R front	L-middle reverse punch
	Forward		L-middle front kick
	Land	L front	R-middle reverse punch
N	Left	Pull Lf -> Rf	Cross forearms in front of chest
	<fixed>	(feet together)	Double low blocks
	Forward	R front	L-reverse knifehand middle block
	Forward		L-roundhouse kick <YELL>
W	Right	R front	R-low block
	Forward		L-middle front kick
	<drop>	R back	R-middle in-to-out block
E	Left	L front	L-low block
	Forward		R-middle front kick
	<drop>	L back	L-middle in-to-out block
N	Left & Back	L back	middle reinforced knifehand block
	Backward	R back	middle reinforced knifehand block
	Backward	L front	L-middle inside palm block
	<fixed>	L front	R-middle reverse punch
	Backward	R front	R-middle inside palm block
	<fixed>	R front	L-middle reverse punch <YELL>
	Pull right foot back to the left	ready position	

PYONG-AN SAH JANG (4)

Direction	Move	Stance	Action
W	Left (90*)	L back	L middle in-to-out knifehand block with R high reverse knifehand block
E	Right (180*)	R back	R middle in-to-out knifehand block with L high reverse knifehand block
N	Left (90*)	L front	Low X-block (R-fist over L-fist)
	Forward	R front	R middle in-to-out reinforced blocks
	Keep chest facing N, raise and chamber the left leg for side kick toward W while chambering both fists at the right hip.		
W		R crane	L side kick w/ L side punch (directed toward W)
	<drop> Lf	L front	R elbow strike into left palm chamber fists to L hip
E	Right (180*)	R back	
	Pull the Lf <u>halfway</u> to the Rf, then lift and chamber the Rf for side kick toward E. Maintain the chambered fists at the left hip.	L crane	R side kick w/ R side punch (directed toward E)
N	Pivot left (135*) on the balls of BOTH feet until chest faces NW.	Step out into: L front	Jebipoom Mok-Chigi (L-knifehand high block, R-knifehand attack to the neck)
	Forward (along N)		R front kick (maintain hand positions!)
	<drop>Rf, and immediately bring Lf up to the inside arch of Rf and	go into a crossed stance with the Rf x'd over the Lf (chest-W),	and do: R backfist strike (fist should travel along a vertical plane) (The L-fist should be chambered at the left hip) <YELL!>

Direction	Move	Stance	Action
SE	Pivoting on Rf, turn Left (225*) into:	L front	Middle wedging blocks (fists are palm down)
	Forward (along SE)		R front kick
	<drop>Rf	R front	R middle punch
	<fixed>	R front	L middle reverse punch
SW	Right (90*)	R front	Middle wedging blocks (fists are palm down)
	Forward (along SW)		L front kick
	<drop>Lf	L front	L middle punch
	<fixed>	L front	R middle reverse punch
S	Left (90*)	L front	L middle in-to-out reinforced blocks
	Forward	R front	R middle in-to-out reinforced blocks
	Forward	L front	L middle in-to-out reinforced blocks
SE	Pivoting on the balls of both feet, turn left (45*)	L front (chest-SE)	Reach out with open hands and grab the back of opponent's head and pull it into a R-knee strike. <YELL!>
NW	Drop Rf and pivot left (180*) to face NW	L back	Middle knifehand reinforced block
NE	Right (90*)	R back	Middle knifehand reinforced block
N	Pull Rf -> Lf	ready position.	

ONE (Pull Down and Chop)

STEP SPARRING: (GROUND EMPHASIS)

ONE (PULL DOWN AND CHOP)

Attack	Defense	Stance	Action
On Knees Step forward R R middle-punch	Step forward inside attacker's leg	R Front (on knees)	<ul style="list-style-type: none">• R knifehand in-to-out middle block• L middle punch (to ribs)• L hand holds elbow pulling forward - R hand pulls wrist down and under (half-nelson type effect) - twisting arm behind back• hold their arm with L hand, R knifehand chop to the back of the neck <YELL>

TWO (PULL OVER AND AND DOWN AND CHOP)

Attack	Defense	Stance	Action
On Knees Step forward R R middle-punch	Step forward inside attacker's leg	L Front (on knees)	<ul style="list-style-type: none">• L knifehand in-to-out middle block• R middle punch (solar plexus)• R hand reach over and lock attacker's wrist with both hands• pull attacker straight forward and down to the floor• pinning with L hand and knifehand chop to the back of the neck. <YELL>

THREE (Over and down - mostly a sweep)

THREE (OVER AND DOWN - MOSTLY A SWEEP)

Attack	Defense	Stance	Action
On Knees Step forward R R middle-punch	Step forward inside attacker's leg Note: strong sweep in this routine	R Front (on knees)	<ul style="list-style-type: none"> • R knifehand in-to-out middle block, • L middle punch (to ribs) • L hand reaches over and grabs the wrist, • bring wrist back over (to the left - strong semi-circular motion) • R step over and outside of attacker's leg and sweep (this drops the opponent to the mat - face up) • tuck their wrist behind head, punch to the face <YELL>

FOUR (HIGH BLOCK - ELBOW OVER AND AROUND AND PUNCH)

Attack	Defense	Stance	Action
On Knees Step forward R R middle-punch	Step forward inside attacker's leg	R Front (on knees)	<ul style="list-style-type: none"> • R high block • L reverse middle punch (to ribs) • L hand holds elbow - right hand holds arm near wrist and take the elbow over and behind the attacker's head (they spin to ground face up) • Punch to the face <YELL>

FIVE (JUST FOR KICKS)

Attack	Defense	Stance	Action
On Knees Step forward R R middle-punch Note: last move attacker should guard face	shift to the L	shifting Note: almost as one motion	<ul style="list-style-type: none"> • R side kick to the ribs • R "hook kick" attacker's front leg (drops them to mat - face up) • R round house to the face • roll-turn L drop kick to the face <YELL>

BREAKING KICK

Wheel Kick

RED BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE CHIL JANG (7)

Direction	Move	Stance	Action
N	Forward	L front	Double low blocks
	Forward		R-high front kick
	Land	R front	Double middle in-to-out blocks
	Forward		L-high front kick
	Land	L front	high X-block (R over L)
	Forward		R-side kick (w/o chambering)
	Land	R back	reinforced knifehand block
E	the following three techniques are performed in rapid sequence:		
	Left	L back	L-middle in-to-out blocks
	<Shift>Lf	L front	R-high reverse punch
	<fixed>	L front	L-high block
	the following three techniques are performed in rapid sequence:		
	Forward		R-side kick (w/o chambering)
	Land	R back	low reinforced knifehand block
	<Shift>Rf	R front	L-middle reverse punch

Direction	Move	Stance	Action
W	the following three techniques are performed in rapid sequence:		
	Right	R back	R-in-to-out middle block
	<Shift>Rf	R front	L-high reverse punch
	<fixed>	R front	R-high block
	the following three techniques are performed in rapid sequence:		
	Forward		L-side kick (w/o chambering)
	Land	L back	low reinforced knifehand block
	<Shift>Lf	L front	R-middle reverse punch
S	Left	L front	low X-block (R over L)
	<fixed>	L front	high X-block (R over L)
	Open hands, grab opponents attack, twist wrists (now, the left is over the right) twisting the opponent's arm.		
	<fixed>	L front	R-high reverse punch <YELL>
N	Pivot on ball of left foot 360 degrees counter clockwise, land in right horse stance, blocking toward N. Chest faces W.		R-low block (Right fist is over right knee, with left elbow at belt.)
S	Turning toward your left as in 'duiro dora' toward the direction S...		
	<Shift>Lf	L front	L-high knifehand strike
	Forward		R-inside crescent kick to L palm
	Land	R horse (chest-E)	R-elbow strike to left palm

Direction	Move	Stance	Action
N	Dodging step <back-ward>	L horse	L-low block guarding attack from N, and R-high outside block guarding attack from S.
	Dodging step <back-ward>	L back	reinforced knifehand block
	<Shift>Lf	L front	R-middle reverse punch <YELL>
	Pull left foot into the right	ready position	

TAEGEUK CHIL JANG (7) // MOUNTAIN

Direction	Move	Stance	Action
W	Left	L cat	R (reverse) out-to-in middle palm heel block (left fist @ belt)
	Forward		R-middle front kick
	<drop>	L cat	L-middle out-to-in block
E	Right	R cat	L (reverse) out-to-in middle palm heel block (right fist @ belt)
	Forward		L-middle front kick
	<drop>	R cat	R-middle out-to-in block
N	Left	L back	low reinforced knifehand block
	Forward	R back	low reinforced knifehand block
W	Left	L cat	R (reverse) middle out-to-in palm heel block (left fist under r-elbow ... almost like double, crossing out-to-in knifehand middle blocks)
	<fixed>	L cat	R-high backfist strike (to the face) (left fist remains under r-elbow)
E	Right	R cat	L (reverse) middle out-to-in palm heel block (right fist under l-elbow ... almost like double, crossing out-to-in knifehand middle blocks))
	<fixed>	R cat	L-high backfist strike (to the face) (left fist remains under l-elbow)

Direction	Move	Stance	Action
N	Lf -> Rf	Feet together	Right fist in left hand (at neck-level)
	Forward	L front	scissors block (L-up, R-down)
	<fixed>	L front	scissors block (R-up, L-down)
	Forward	R front	scissors block (L-up, R-down)
	<fixed>	R front	scissors block (R-up, L-down)
E	Left 270* turn	L front	Double middle in-to-out blocks (fists - palms down)
	Forward	Lf fixed	Grab opponent, pull both fists downward into R-knee strike
	Hop forward	Rf x'd in front of L	Squat rather low, and do double upset punches
	Lf slides backward into R front		low X-block (R fist over L)
W	Right 180* turn	R front	Double middle in-to-out blocks (fists - palms down)
	Forward	Rf fixed	Grab opponent, pull both fists downward into a L-knee strike
	Hop forward	Lf x'd in front of R	Squat rather low, and do double upset punches
	Rf slides backward into L front		low X-block (L fist over R)

Direction	Move	Stance	Action
S (Note: attacks are directed South but stances end with chest facing East or West)	Left	L ready (with chest W)	L-high backhand strike (to the temple) (R fist at belt)
	Forward		Open the blocking fist, and do
			R-inside crescent kick to L palm
	Land	Horse (chest E)	Now, do a R-elbow strike to the L-palm
	<Shift>Rf	R ready (chest E)	R-high backhand block (L fist at belt) (to the temple)
	Forward		Open the blocking fist, and do L-inside crescent kick to R-palm
	Land	Horse (chest-W)	Now, do a L-elbow strike to the R-palm
	<fixed>	Horse (chest-W)	L-middle knifehand block (open handed, and right fist @ belt)
	Forward	Horse (chest-E)	R-middle side punch <YELL> (left fist @ belt)
N	Left	Pull left foot into the right, ready position	

PYONG-AN OH JANG (5)

Direction	Move	Stance	Action
W	Left (90*)	L back	L middle in-to-out block
	<fixed>	L back	R reverse middle punch
	Rf -> Lf	Feet together (chest-N)	R fist comes to R hip, while left fist comes to R breast and is parallel to the floor. (This is a chamber of sorts. sometimes called a "trap" or a "catch".)
E	Step out toward E with Rf into:	R back	R middle in-to-out block
	<fixed>	R back	L horizontal punch
	Lf -> Rf	Feet together (chest-N)	[same "chamber" as above]

Direction	Move	Stance	Action
N	Rf -> forward	R front	R middle in-to-out reinforced blocks
	Forward	L front	Low X-block (R-fist x's over the L-fist)
	<fixed>	L front	High X-knifehand-block (L-wrist in front of R-wrist)
	Rf -> Lf	feet together	Grap opponent's wrist and twist as you rotate your wrists clockwise. Pull the hands to your L-hip.
	NOTE: the left wrist is in front so the attacker will be turned toward the upcoming punch, and not away from it.		
	Forward	R front	R middle punch <YELL!>
S	Left (180*)	L front	R fist is brought around from previous middle punch (parallel to the ground). This ends up looking like a reverse middle punch.
	Forward	R Horse (chest-E)	R crescent kick, low block over R leg.
N	<fixed>	Horse (chest-E)	L open-backhand strike (shoulder-level)
	Forward		R inside crescent kick into the L-palm.
	<Drop>Rf	Horse (chest-W)	R elbow strike into L-palm
	Pull Lf up to and just behind the Rf (so that the Lf is nearly touching the Rf's instep).	Rf x'd over L (chest-W)	R middle in-to-out reinforced blocks

Direction	Move	Stance	Action
S	<Slide>Lf	L back	Raise the blocking arms upward. (This gives the attacker from S an uppercut.)
	Forward		
	<JUMP> HIGH!, bringing knees in close to the chest, and pivot Left (180*) while in the air. At maximum altitude your legs should be tucked in tightly to the chest, your chest faces E, and both fists should be chambered tightly at their respective hips. [!] Be careful not to let the elbows flop around while in the air. The points of both elbows should be pointing backward (ie. toward W)		
	<Land> in a crossed stance (the Rf x'd over the Lf) bent DEEPLY at the knees, and do a low X-block with closed fists (R fist over the L) <YELL!>		
	Raise your body out of the deeply bent stance as you slide your Rf forward	R front	R middle in-to-out reinforced blocks
N	Left (180*)	L front	R groin-level spearhand thrust (meant to grab at groin)
	<Shift>Lf		Simultaneously do: <ul style="list-style-type: none"> • L low block (toward N) • R high outside block (toward S)
	Pull the Lf back to the Rf into a "feet together" stance (chest-E). Maintain the hand positions,.. let them relax as the Lf is drawn back, then tense them again as the feet come together. Rising on the balls of both feet, pivot Left (180*) until the Rf is x'd behind the Lf (relative to N). [i.e. both feet and chest point toward W; the right foot is flat while the left foot is up on its ball.]		
			From this stance do: Mountain block (both fists high, while both elbows are shoulder-level and on the same plane as the chest)
	<Slide>Rf ->	R front	L groin-level spearhand thrust (as above)
	<Shift>Rf	R back	Simultaneously do: <ul style="list-style-type: none"> • R low block (toward N) • L high outside block (toward S)
N	Rf -> Lf	ready position.	

ONE (front knife attack)

STEP SPARRING - KNIFE DEFENSES

ONE (FRONT KNIFE ATTACK)

Attack	Defense	Stance	Action
Step forward R R middle stab with knife	Backward (R)	L Front	<ul style="list-style-type: none">• X low block• grab hand, twist clockwise, locking their wrist and arm• R kick to chest• push attacker backwards to the ground (steps as needed)• punch to the face <YELL> (always retrieve the weapon)

TWO (FRONT KNIFE ATTACK)

Attack	Defense	Stance	Action
Step forward R R middle stab with knife	Backward (R)	L Front	<ul style="list-style-type: none">• step to the side• R reverse knifehand in-to-out middle block• hold elbow with L hand• R knifehand attack (chop)
	Forward step- ping across attacker's front leg	R Front	<ul style="list-style-type: none">• fold arm - twisting wrist up and back• secure arm - punch to the face <YELL> (always retrieve the weapon)

THREE (OVERHEAD KNIFE ATTACK)

Attack	Defense	Stance	Action
Step forward R R overhead stab with knife	Backward (R)	L Front	<ul style="list-style-type: none">• R reverse high block• L punch to ribs• fold arm (wrist lock R while pulling down on elbow L) - twisting wrist and arm backward
	Forward step- ping across attacker's front leg	R Front	<ul style="list-style-type: none">• R sweep moving forward• secure arm - punch to the face• <YELL> (always retrieve the weapon)

FOUR (FRONT KNIFE ATTACK)

Attack	Defense	Stance	Action
Step forward R R middle stab with knife	Forward (R) stepping left away from the knife	R Front (N)	<ul style="list-style-type: none"> • R side kick • L hand circular in-to-out knifehand block grabbing wrist
	Forward step- ping clock- wise under attacker's arm	R Front (S) kneeling	<ul style="list-style-type: none"> • R sweep into a kneeling position • pull attacker forward to the ground, break elbow • <YELL> (always retrieve the weapon)

FIVE (FRONT KNIFE ATTACK)

Attack	Defense	Stance	Action
Step forward R R middle stab with knife Note: all these turns go under the attacker's arm	Backward (R)	L Front (N)	<ul style="list-style-type: none"> • L in-to-out knifehand middle block • R reach over grabbing hand into a wrist lock/break
	Forward clockwise 180* turn	R Front (S)	<ul style="list-style-type: none"> • change hold then circle under (to your R) bringing arm up into a locked position (pause)
	Forward counter- clockwise 180* return	R Front (N)	<ul style="list-style-type: none"> • circle back through (L), lock wrist up under their arm
	Forward counter- clockwise 180* behind attacker	R Front (SE)	<ul style="list-style-type: none"> • continue with another circle this time to the left and place attacker into a 1/2 Nelson
	circling clockwise in 2 180* turns	R Front (S) kneeling	<ul style="list-style-type: none"> • circle twice, sweeping on the last circle (throws attacker to mat), • break elbow • <YELL> (always retrieve the weapon)

BREAKING KICK

Wheel Kick or Hand Break

NAVY BLUE BELT

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

PALGUE PAL JANG (8)

Direction	Move	Stance	Action
W	Left	L front	L-low block
	Pull Lf->Rf	Feet together	L-circular hammer strike (striking downward)
	Forward	R front	R-middle punch
E	Right	R front	R-low block
	Pull Rf->Lf	Feet together	R-circular hammer strike (striking downward)
	Forward	L front	L-middle punch
N	Left	L back	reinforced knifehand block
	Forward	R front	R-middle spearhand
	Forward (pivoting 360* on ball of Rf)	L back	L-shoulder-level backfist strike
	Forward	R front	R-high punch <YELL>

Direction	Move	Stance	Action
E	Left	L back	L-knifehand strike (R fist @ belt)
	The following four techniques are performed in a rapid sequence:		
			<twist to the right, and pull the hand free from an imaginary grab>
			<Invert right hand and draw it to your chest>
	<Shift>Lf	L horse	L-middle elbow strike (done with "point" of elbow)
	<Shift>Lf	L front	L-middle in-to-out block
	<fixed>	L front	R-middle reverse punch
	<Shift>Lf	Horse (chest-S)	Chamber both fists to the L hip and look toward W.
W	Bring Lf->Rf, then slide the Rf out toward W	R back	R-knifehand strike (L fist @ belt)
	The following four techniques are performed in a rapid sequence:		
			<twist to the left, and pull the hand free from an imaginary grab>
			(Invert and cock left arm as above.)
	<Shift>Rf	R horse	R-middle elbow strike (as above)
	<Shift>Rf	R front	R-in-to-out middle block
	<fixed>	R front	L-middle reverse punch
	<Shift>Rf	Horse (chest-S)	Chamber both fists to R hip and look toward W.
S	Shift Rf into a horse stance; chest faces S; w/fists chambered at the right hip. Pull the Rf up to and behind the Lf, Lift and chamber the left leg toward S; (now, chest faces W.)		
	Forward		L-side kick
	Land	L front	R-elbow strike to left palm

Direction	Move	Stance	Action
N	<Shift>Lf into	R horse (chest-W)	Fists chambered at left hip and look toward S.
	Pull the Lf up to and behind the Rf Lift and chamber the right leg toward N		
	Forward		R-side kick
	Land	R front	L-elbow strike to right palm
S	Left	L front	Double middle wedging blocks (palms down!)
	<quickly chamber both fists to their respective hips>		
	<fixed>	L front	Double middle upset punches
	Forward	R front	Double middle in-to-out blocks (palms down!)
	<chambering fists once again,...>		
	<fixed>	R front	Double middle upset punches
	Forward	L back	out-to-in middle block
	Forward (pivoting 360* on ball of Lf)	R horse (chest-E)	R-elbow strike (left fist supporting)
(Both the strike and the eye contact should be directed toward an attacker behind you. I.e. West) (L-chambered elbow should be directed toward an attacker at N)			

Direction	Move	Stance	Action
N	Left	Lf->Rf, feet together	Cross the open hands, one atop the other, above or at head level - knee up. "Push" palms downward to block in front of groin while dropping the knee. (slowly & breathing...)
	NOTE: The movement of the hands from face to groin is optional. You may, instead, simply directly cross the open hands in front of groin.		
	Do the last three steps of this hyung in rapid succession.		
	<Shift>Lf	Horse (body faces N)	Double elbow release, i.e. raise both elbows sharply outward and up to shoulder level. (Hands are open, and at chest-height -- intending to block an attack.)
	Dodging step toward E,	Horse (chest-N)	L-punching attack over the right shoulder, w/ right fist at right hip.
	Dodging step toward W,	Horse (chest-N)	R-punching attack over the left shoulder, w/left fist at left hip. <YELL>
	(Both eye contact and the attacks should be directed to an attacker behind you.)		
Pull Lf to the Rf			

TAEGEUK PAL JANG (8) // EARTH

Direction	Move	Stance	Action
N	Backward	L back	L reinforced middle block (slow)
	<fixed>	<pivot>	R-middle reverse punch
	<JUMP>		L-jumping front kick <YELL>
	<drop>	L front	L-middle out-to-in block
	<fixed>		R-middle reverse punch
	<fixed>		L-middle punch
	Forward	R front	R-middle punch
E	Left	L rear defense	Modified horsestance/backstance L-low block R-outside block (back)
	<fixed>	Pivot into L front	R-high upset punch (upper cut with left arm remaining in place)

Direction	Move	Stance	Action
W	Lf x's over Rf <SLOWLY & BREATHING> (L-fist @ right shoulder)		
	Slide Rf, into R rear defense	R rear defense	Modified horsestance/backstance R-low block L-outside block (back)
	<fixed>	Pivot into R front	L-high upset punch (as above)
N	Left	L back	reinforced knifehand block
	<fixed>	<pivot>	R-middle reverse punch
	Forward		R-middle front kick
	2 steps Backward	R back	R-middle out-to-in palm block <SLOWLY & BREATHING>
W	Slide Lf	L cat	reinforced knifehand block
	Forward		L-middle front kick
	Land	L front	R-middle reverse punch
	Pull in Lf	L cat, again	L-middle out-to-in palm block (right fist cocked at belt)
E	Right	R cat	reinforced knifehand block
	Forward		R-middle front kick
	Land	R front	L-middle reverse punch
	Pull in Rf	R cat, again	R-middle out-to-in palm block (as above)
S	Right	R back	R-low close-fisted reinforced low block
	Forward		L-middle front kick
	w/o landing, <JUMP>		R-jumping front kick
	Land	R front	R-middle out-to-in block
	<fixed>		L-middle reverse out-to-in block
	<fixed>		R-middle punch <YELL!>

Direction	Move	Stance	Action
W	Left	L back	L-knifehand block (w/R fist @belt)
	<pivot>	L front	horizontal R-elbow strike (left fist @ belt)
	<fixed>		R-middle backfist strike (to the face)
	<fixed>		L-middle punch
E	Right	R back	R-knifehand block (as above)
	<pivot>	R front	horizontal L-elbow strike (right fist @ belt)
	<fixed>		L-middle backfist strike (to the face)
	<fixed>		R-middle punch <YELL!>
N	Left	Pull in right foot to ready position.	

BAL-SEK // A TRADITIONAL FORM OF JAPANESE ORIGIN (BASSAI)

Direction	Move	Stance	Action
N	Ready	Cup the right fist with the left hand at about shoulder/ chest level. You are in a 'feet together' stance.	
		Pivot left (90*) on the balls of both feet, twisting the body so that the chest faces W, but keep eye contact with N.	
N	Leaping step forward off of the L into a X'd stance on the right foot. The L should be on its ball and behind the R.	R backfist strike (to the face) <YELL!> (L-open palm should be against and flush with the R-fist/ forearm.)	
S	Pivot Left (180*) on the ball of the R		
	Forward	L front	L middle in-to-out block
	<fixed>		R middle in-to-out block
N	Right (180*)	R front	L middle out-to-in block
	<fixed>		R middle in-to-out block

Direction	Move	Stance	Action
E	Right (90*)	R front	R low block (slapping thigh on the way down)
			R middle out-to-in block
			L middle in-to-out block
N	<Shift L>	Horse (chest-N)	Chamber both fists to R-hip
	<fixed>		L knifehand block (@ shoulder/ chest level) (R fist is chambered)
	<fixed>		R middle punch
W	Pivot on balls of both feet 90* left and do:		R 'scoop' block
N	Pivot back into place with:		L middle punch
E	Pivot on balls of both feet 90* right and do:		L 'scoop' block
N	Pivot back into place with:		R middle punch
	Draw the L halfway to the R. Then step forward with the R into:	R back	Reinforced middle knifehand blocks
	Forward	L back	Reinforced middle knifehand blocks
	Forward	R back	Reinforced middle knifehand blocks
	Backward	L back	Modified Reinforced middle knifehand blocks
	<ul style="list-style-type: none"> • raise left knifehand head high • pivot and slap it with the back of right knifehand (palms up) • As you do this, place the R-arm in a position of R-rising knifehand block. 		
	<forward>		R side kick <YELL!> <Drop R>, then turn

Direction	Move	Stance	Action
S	Left (180*)	L back	Middle knifehand reinforced blocks
	Forward	R back	Middle knifehand reinforced blocks
	<ul style="list-style-type: none"> • Pull the Rf->Lf into a 'feet together' stance (chest-S). • The fists are drawn downward and slightly away from the hips. • Then, they are drawn up in a wide arc to rest slightly above and in front of the forehead, elbows bent. • Next, both fists are drawn sharply apart, then brought down and chambered to the sides. • And finally,... 		
	Forward	R front	Double upset punches
	<Dodging step forward> into:	R front	R middle punch <YELL!>
N	Left (180*)	L front	R low spearhand thrust (L open palm blocks above the R-shoulder.)
	<Shift Lf>	L back	Simultaneously do: <ul style="list-style-type: none"> • L low block (toward N) • R in-to-out block (toward S)
	<forward>		R inside crescent kick
	<Drop Rf>	Horse (chest-W)	R low block
		<STOMP!>	
	Turn head Left (180*)..		

Direction	Move	Stance	Action
S	<fixed>	Horse (chest-W)	L open-backhand strike
	<forward>		R inside crescent kick (into the L open palm)
	<drop Rf>	Horse (chest-E)	R elbow strike (into L palm)
	<fixed>	Horse (chest-E)	Scissor blocks (L-up, R-down)
	<fixed>	Horse (chest-E)	Scissor blocks (R-up, L-down)
	<fixed>	Horse (chest-E)	Scissor blocks (L-up, R-down)
	Pull the Rf->Lf, chambering both fists to the L-hip, chest-S...Step forward with the Rf into:	R back	"U" punches with both fists
	Pull Rf->Lf, chambering both fists to the R-hip, chest-S...		L-inside crescent foot sweep
	Step forward with the Lf into:	L back	"U" punches with both fists
	Pull Lf->Rf, chambering both fists to the L-hip, chest-S...		R-inside crescent foot sweep
	Step forward with the Rf into:	R back	"U" punches with both fists
N	Left (180*)	L front	R 'scoop' block
	Pivot on balls of both feet to do:		L 'scoop' block
NE	Step toward NE with the Lf, then follow forward with your Rf into:	R back	Middle knifehand reinforced blocks
NW	Cross the Rf over and in front of the left, toward NW, then follow forward with your Lf into:	L back	Middle knifehand reinforced blocks <YELL!>
N	Pull Lf->Rf	Ready	ready position.

ONE

STEP SPARRING

ONE

Attack	Defense	Stance	Action
Step forward R R front kick	Backward (L)	R Front	<ul style="list-style-type: none">• X-block
L side kick	Backward	L Front	<ul style="list-style-type: none">• counter clockwise push block (both hands)
R reverse middle punch	<fixed>		<ul style="list-style-type: none">• L in-to-out middle block• R reverse middle punch
	Forward	R Front	<ul style="list-style-type: none">• L grab attacker's arm while• R grab belt <insert hip>• throw down (now facing S)• R punch to face <YELL>

TWO

Attack	Defense	Stance	Action
Step forward R R roundhouse	Backward (L)	R Front	<ul style="list-style-type: none">• counter clockwise push block (both hands)
L backspinning side kick			<ul style="list-style-type: none">• counter clockwise push block (both hands)
R reverse middle punch	<fixed>		<ul style="list-style-type: none">• grab shirt (both hands)• put R foot on chest• drop• roll back and over while throwing attacker ... sort of a joint sommersault and• R punch to the face.<YELL>

THREE

THREE

Attack	Defense	Stance	Action
Step forward R R front kick	Backward (L)	R Front (N)	<ul style="list-style-type: none"> • X-block
L side kick	Backward	L Front (N)	<ul style="list-style-type: none"> • counter clockwise push block (both hands)
R reverse middle punch	<fixed>		<ul style="list-style-type: none"> • L in-to-out middle block • R reverse middle punch • grab right arm (both hands)
	Forward stepping across (L foot)	R Front (S)	<ul style="list-style-type: none"> • turn clockwise and under arm • throw down / sweep (now facing S) • break elbow <YELL>

FOUR

Attack	Defense	Stance	Action
Step forward R R roundhouse	Backward	R Front (N)	<ul style="list-style-type: none"> • R out-to-in middle block
L backspinning side kick	shuffle back if needed		<ul style="list-style-type: none"> • counter clockwise push block (both hands)
R reverse middle punch	<fixed>		<ul style="list-style-type: none"> • L in-to-out middle block • R reverse middle punch • R hand grabs R hand (high)
	Forward turning 180* counter-clockwise	R Front (S) on knees	<ul style="list-style-type: none"> • L hand grabs their L leg and throw (over your shoulder) • throw down / sweep (now facing S) • R punch to face <YELL>

FIVE

Attack	Defense	Stance	Action
Step forward R R middle punch	Backward	R Front (N)	<ul style="list-style-type: none"> • R in-to-out knifehand block • L reverse punch
L middle punch	Backward	L Front (N)	<ul style="list-style-type: none"> • L in-to-out knifehand block • R reverse punch • L side kick (off front foot)
R high wheel kick	duck		•
R low wheel kick (block face)	jump and land	R sparring	<ul style="list-style-type: none"> • R roundhouse to the face <YELL>

BREAKING TECHNIQUE

- All prior breaking techniques
- middle punch
- knifehand attack
- elbow attack

BLACK BELT

(forms for 2nd Dan)

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS**KORYO**

Direction	Move	Stance	Action
N	Koryo begin	Ready	<ul style="list-style-type: none"> Ready stance, hands facing palm back at the side bring hands up in a cupping motion (e.g. getting a drink of water from a stream) to front of face take knifehands and open toward the sky (looking through) (e.g. sun salute) with tension and focus
W	1/4 turn	back	<ul style="list-style-type: none"> left reinforced middle knifehand block
W	forward	front to back	<ul style="list-style-type: none"> <u>Chamber</u>: hands to left side (in a grabbing motion, e.g. taking away opponents pole or arm grab), double side kick low or middle with punch, middle or high (no punch) right knifehand attack (palm down) as setting foot into front stance reverse punch (left) shift into back stance O-I middle block (right)
E	1/2 turn, moving forward	front to back	<ul style="list-style-type: none"> <u>Chamber</u>: hands to rt side (in a grabbing motion, e.g. taking away opponents pole or arm grab), double side kick low or middle with punch, middle or high (no punch) left knifehand attack (palm down) as setting foot into front stance reverse punch (rt) shift into back stance O-I middle block (left)

Direction	Move	Stance	Action
N	1/4 turn, moving forward	front	<ul style="list-style-type: none"> • step out left • knifehand low block • right throat thrust (from hip to throat) • right front kick
	forward	front	<ul style="list-style-type: none"> • right knifehand low block, • left throat thrust (from hip to throat), • left front kick
	forward	front	<ul style="list-style-type: none"> • left knifehand low block, • right throat thrust (from hip to throat), • right front kick
	forward	front	<ul style="list-style-type: none"> • right hand grab opponents leg, • left hand break knee (palm thrust down)
S	pivot on right foot 180*	front	<ul style="list-style-type: none"> • double in-to-out blocks <YELL>
	forward	front	<ul style="list-style-type: none"> • left front kick, left hand grab opponents leg, • right hand break knee (palm thrust down)
	backward slide	front	<ul style="list-style-type: none"> • slide back, double in-to-out blocks
W	1/4 turn, stepping backwards	crane to horse	<ul style="list-style-type: none"> • Chamber: right foot behind left knee • pivot to the right, • step back into back stance, • reinforced middle knifehand block
	no move	horse	<ul style="list-style-type: none"> • right across-body punch into left palm
	forward	horse	<ul style="list-style-type: none"> • step across (right in front of left), side kick
E	1/2 turn	front	<ul style="list-style-type: none"> • growing grab 180* left hand, • slide right hand over left into a low block • while sliding back with the front foot
	forward	front	<ul style="list-style-type: none"> • step forward with a left low palm block
	forward	horse	<ul style="list-style-type: none"> • step across with the right foot into a horse stance, • reinforced elbow strike (right elbow)
	shift	horse	<ul style="list-style-type: none"> • reinforced middle knifehand block • left middle punch into right hand
	forward		<ul style="list-style-type: none"> • step across, side kick (E)

Direction	Move	Stance	Action
W	slide back-ward	front	<ul style="list-style-type: none"> • 180* turn growing grap • low block • slide back • right low palm block
N	step across	left foot into a horse stance	<ul style="list-style-type: none"> • reinforced elbow strike (right elbow)
	slide left leg into ready stance	ready	<ul style="list-style-type: none"> • circle arms outward, over-head and • meet at chest level in out front • (left hand open, right hand fist)
S	step to inside 180* with left foot	front	<ul style="list-style-type: none"> • left knifehand attack (palm down) to throat or head • left low block
	step forward	front stance	<ul style="list-style-type: none"> • right knifehand attack (palm up) to throat or head, • right low block
	step forward	front stance	<ul style="list-style-type: none"> • left knifehand attack (palm up) to throat or head, • left low block
	step forward	front stance	<ul style="list-style-type: none"> • right throat thrust <YELL>
N	Koryo End	turn 180* to ready stance	<ul style="list-style-type: none"> • sun salute (same as beginning).

BASSI-A

Per Navy Blue Belt Requirement.

BASSI-B

Direction	Move	Stance	Action
N	<ul style="list-style-type: none"> • Bassi-b begin 	wide ready to closed ready	<ul style="list-style-type: none"> • Ready stance with left palm over right • bring hands up through your chest, over your head, • sweep around and down until palms meet (low), bring right foot into left. • (e.g. like a modified breat stroke or snow-angel)

Direction	Move	Stance	Action
(W to) N	side to forward	spring to back	<ul style="list-style-type: none"> • Chamber: twist to the left (W), hands still low, • lean right (N), • step-out right (N) into back stance, • re-inforced (left hand touching right) right knifehand middle block (palm down).
SE	<ul style="list-style-type: none"> • 225 degree turn • back stance • 3 moves in rapid succession (A. - C.) 		<ul style="list-style-type: none"> • A. Chamber: turn 225* (SE) into a back stance (left forward), hands chambered for upper attack/defense on left • Move: left middle knifehand attack (left leg forward) - right knifehand upper defense
S	shift	front	<ul style="list-style-type: none"> • B. Chamber: upper right, shift to front stance (more S than SE) • Move: right (reverse) knifehand attack - left upper defense (fist)
	shift	extended front	<ul style="list-style-type: none"> • C. Chamber: arms low on left, shift deeper into front stance (due S) • Move: middle punch (left hand)
NW	<ul style="list-style-type: none"> • 135 degree turn • back stance • 3 moves in rapid succession (A. - C.) 		<ul style="list-style-type: none"> • A. Chamber: move left to the right foot facing right (W), step out (right foot) into back stance at 45* (NW), chamber hands for upper defense on the right side • Move: right middle knifehand attack - left knifehand upper defense
N	shift	front	<ul style="list-style-type: none"> • B. Chamber: upper left, shift to front stance (more N than NW), still right foot in front • Move: left (reverse) knifehand attack - right upper defense (fist)
	shift	extended front	<ul style="list-style-type: none"> • C. Chamber: arms low on left, shift deeper into front stance (due N) • Move: middle punch (right hand)
E	<ul style="list-style-type: none"> • 45 degree (1/4) turn • back stance • 3 moves in rapid succession (A. - C.) 		<ul style="list-style-type: none"> • A. Brush hip lightly on the way to the Chamber: turn 90* right (facing E) into a back stance (right forward), chamber hands for upper defense on the right side • Move: right middle knifehand attack - left knifehand upper defense

Direction	Move	Stance	Action
NE	shift	front	<ul style="list-style-type: none"> • B. Chamber: upper left, shift (more NE), still right foot in front • Move: left knifehand attack (45* or NE) - right upper defense (fist)
E	shift	extended front	<ul style="list-style-type: none"> • C. Chamber: arms low on left, shift deeper into front stance • Move: middle punch
N	step back	horse stance with turns (in place) to W and E.	<ul style="list-style-type: none"> • Chamber right, move left hand palm-down middle knifehand strike (slowly) • quick right middle punch, sink low and to the left side (W), • followed immediately by a circular hammer fist • shift to center of horse stance (N), left punch - circular knifehand (tension move - slow and tight, elbow down) facing right (E)
S	equivalent of a step back	ready	<ul style="list-style-type: none"> • Chamber: slide right foot back to the left (still facing E) Move: left foot side kick (N)
N	backward	back	<ul style="list-style-type: none"> • Chamber: facing right (S) Move: into right back kick (N)
	pivot	back	<ul style="list-style-type: none"> • pivot on around into a reinforced middle knifehand block (right foot, going N)
	step forward	back	<ul style="list-style-type: none"> • reinforced middle knifehand block (left)
	step forward	back	<ul style="list-style-type: none"> • reinforced middle knifehand block (right)
	step back	back	<ul style="list-style-type: none"> • modified reinforced middle knifehand block (left)
	shift out	front	<ul style="list-style-type: none"> • left knifehand attack - right knifehand high block
	in-place	ready	<ul style="list-style-type: none"> • front kick (right) <YELL>

Direction	Move	Stance	Action
S	1/2 turn	back	<ul style="list-style-type: none"> Chamber: bring feet together (bring right foot in), Move: <ol style="list-style-type: none"> step out 180*(S) into a reinforced middle knifehand block (left)
	forward	back	<ul style="list-style-type: none"> reinforced middle knifehand block (right)
	slide back	ready	<ul style="list-style-type: none"> (slow) double high blocks
	step forward (right)	front	<ul style="list-style-type: none"> double growing/stomach punch
E	jump forward	right horse stance (strike S, face E)	<ul style="list-style-type: none"> middle punch
N	step out left	front	<ul style="list-style-type: none"> into a growing grab
	slide back	back	<ul style="list-style-type: none"> left low block - right high fist chamber
	slide left into right foot		<ul style="list-style-type: none"> chamber as-is, chamber stomach
N to W	forward/turning	horse	<ul style="list-style-type: none"> right crescent kick (N) low block (now facing W)
W	in place	horse	<ul style="list-style-type: none"> right elbow attack
S	step back	back	<ul style="list-style-type: none"> low block (lt.) - high block (right)
E	<ul style="list-style-type: none"> pivot backward (counter-clockwise) on right foot 180* horse stance 		<ul style="list-style-type: none"> right elbow attack standing (in place) low X block (E) standing high knifehand X block
W	pivot on right foot 180*	horse	<ul style="list-style-type: none"> double inside knike hand spread block - palm up (like two in-to-out middle blocks with palms up)
N	1/4 turn - step	backstance	<ul style="list-style-type: none"> high double knifehand X block

Direction	Move	Stance	Action
S	pivot on right foot (feet together) 180*		<ul style="list-style-type: none"> fold hands, and chamber to right side
	step out (SE)	left back	<ul style="list-style-type: none"> left out-to-in crescent kick, low knifehand block (left palm down and parallel to floor) - high right knifehand block (protecting head)
	slide left foot back to right, hands at left side		<ul style="list-style-type: none"> right out-to-in crescent kick step-out (SW) right low palm block - left high palm block
W	pivot on right foot 270*	low front	<ul style="list-style-type: none"> circle hammer fist (right fist, left foot)
E	shift/step-out right foot 180*	low front	<ul style="list-style-type: none"> circle knifehand middle block (left hand, right foot) (tension move - slow and tight)
S	slide right foot to left	ready	<ul style="list-style-type: none"> side kick (N), set feet down together (facing S)
N	step 180* to right	back	<ul style="list-style-type: none"> reinforced middle knifehand block
E	step 1/4 turn	back	<ul style="list-style-type: none"> reinforced middle knifehand block
N	step BACK		<ul style="list-style-type: none"> reinforced middle knifehand block <YELL>
	Bassi-b return:		<ul style="list-style-type: none"> same as beginning, except left foot slides to right.

GENTO-A

Direction	Move	Stance	Action
N	step back (right)	ready to back	<ul style="list-style-type: none"> • Slow chamber
N	shift weight	back to front	<ul style="list-style-type: none"> • knifehand high X-block fold and pull down • knifehand attack (left) • reverse middle punch
S	180* pivot (on left foot)		<ul style="list-style-type: none"> • right spinning crescent kick (continuing ...)
E	plant kicking foot out	R horse	<ul style="list-style-type: none"> • low block (right - S)
N	shift	L front	<ul style="list-style-type: none"> • high X-block • chamber (pull back)
N	jump		<ul style="list-style-type: none"> • L jump front kick • low X-block
S	180* pivot step (R leg)	L front	<ul style="list-style-type: none"> • chamber L leg (raise pivot and lower) • low X-block
N	turn (shift R foot)	R back	<ul style="list-style-type: none"> • R reinforced low block
N	step L	L back	<ul style="list-style-type: none"> • L reinforced knifehand middle
N	step R	R front	<ul style="list-style-type: none"> • R knifehand high spread block
W	L step back	R horse ready	<ul style="list-style-type: none"> • double knifehand middle spread blocks (palms up) • double low blocks (fist)
S	step out L	L back	<ul style="list-style-type: none"> • L low block - R in-to-out block to back
S	R pivot 180* behind	R back	<ul style="list-style-type: none"> • R low block - L in-to-out block to back
S	step forward	L back	<ul style="list-style-type: none"> • L low block - R in-to-out block to back
W	step back R	L front	<ul style="list-style-type: none"> • turn into low X-block
W	shift feet together	ready	<ul style="list-style-type: none"> • double knifehand middle in-to-out blocks (palms up) • double knifehand low blocks

Direction	Move	Stance	Action
W	drop	into horse stance	<ul style="list-style-type: none"> • hands/fists on hips • R elbow strike (keeping hands on hips) • L elbow strike (keeping hands on hips)
E	pivot on R 180*	stand on R foot	<ul style="list-style-type: none"> • chamber L leg to R • pivot 180* remaining chambered • L knifehand meets R hammer fist in front of chest • L low block (N), R in-to-out middle block to back (S)
N	pivot on right 90*	L front	<ul style="list-style-type: none"> • pivot 90* • chamber fists at right hip • L hand aim/strike - L front kick
N	step forward	R front	<ul style="list-style-type: none"> • R middle punch
W	tuck R leg behind L knee	stand on L foot	<ul style="list-style-type: none"> • R low block, L in-to-out middle block to back
N	pivot on L 90*	R back	<ul style="list-style-type: none"> • chamber fists to L hip • R aim/strike - R front kick • L reverse middle punch
W	tuck L leg behind R knee	stand on R foot	<ul style="list-style-type: none"> • R in-to-out middle block to back (N), L low block (S)
S	pivot 90*	L back	<ul style="list-style-type: none"> • chamber fists to right hip • L fist aim/strike - L front kick • R reverse middle punch
N	180* turn	<ul style="list-style-type: none"> • R back • R front • R front 	<ul style="list-style-type: none"> • R middle in-to-out reinforced knifehand block • L elbow strike (into right hand)) • knifehand high X-block
S	180* pivot (tucking L leg behind R)	<ul style="list-style-type: none"> • stand on R foot • L front 	<ul style="list-style-type: none"> • chamber fists to L hip • L fist aim/strike - L front kick
S	step	R horse (chest E)	<ul style="list-style-type: none"> • R middle punch (S) <YELL>

GENTO-B

Direction	Move	Stance	Action
N	step back (R)	ready to L back	<ul style="list-style-type: none"> • Slow chamber
N	shift weight	L back to L front	<ul style="list-style-type: none"> • Slow knifehand high X-block fold and pull down • L knifehand attack • R reverse middle punch
S	L foot steps 180* back- wards	L front	<ul style="list-style-type: none"> • R spinning crescent kick (continuing ...)
E	plant kicking foot out	R horse	<ul style="list-style-type: none"> • R low block (S) chest (E)
N	shift	L back	<ul style="list-style-type: none"> • Slow high X-block • chamber (pull back)
N	jump	L front	<ul style="list-style-type: none"> • L jump front kick • low X-block
S	R foot steps 180* back- wards	R front to L front	<ul style="list-style-type: none"> • chamber L leg (raise pivot and lower) • low X-block
N	turn (shift R foot)	R back	<ul style="list-style-type: none"> • R reinforced low block
N	step L	L back	<ul style="list-style-type: none"> • L reinforced knifehand middle
N	step R	R front	<ul style="list-style-type: none"> • Slow knifehand high spread block
W	L step back	R horse to ready	<ul style="list-style-type: none"> • middle spread block (fist palms up) [slow until block] • double low blocks (fist)
S	forward step out L	L back	<ul style="list-style-type: none"> • L low block - R back in-to-out middle block • chamber, L side-kick (off front foot)
S	forward R (clock- wise) pivot 180* behind	R back	<ul style="list-style-type: none"> • R low block - L back in-to-out middle block • chamber, R side-kick (front foot)
S	forward	L back	<ul style="list-style-type: none"> • L low block - R back in-to-out middle block

Direction	Move	Stance	Action
W	step back R	L front	<ul style="list-style-type: none"> • very low, long chamber (down on R knee) • turn hips into low X-block
W	shift feet together	ready	<ul style="list-style-type: none"> • knifehand middle spread block (palms up) [slow til block] • double knifehand low blocks
SW NW	forward (L) shift	L front stance shift into R front	<ul style="list-style-type: none"> • R reverse high block • reverse <u>knifehand</u> high block
E	pivot L leg to R 45*	R single foot (L leg chambered to R)	<ul style="list-style-type: none"> • L knifehand meets R hammer fist in front of chest (away from the body) • L low block (N), R back in-to-out middle block (S)
N	pivot on R 90*	pivot and end in L front	<ul style="list-style-type: none"> • chamber fists at R hip • L hand aim/strike - L front kick
N	step forward	R front	<ul style="list-style-type: none"> • right middle punch
W	tuck R leg behind L knee	single foot (L)	<ul style="list-style-type: none"> • L low block (N) - R back in-to-out middle block (S)
W	kick & plant	chamber to ready	<ul style="list-style-type: none"> • chamber fists (L side of chest) • R side kick (N)
W	shift & tuck L leg behind R knee	single foot (R)	<ul style="list-style-type: none"> • L low block (S) - R back in-to-out middle block (N)
S	pivot 90*	chamber to L back	<ul style="list-style-type: none"> • chamber fists to R hip • L fist aim/strike - L front kick • R reverse middle punch
N	180* turn & shift	<ul style="list-style-type: none"> • R back • R front 	<ul style="list-style-type: none"> • R reinforced knifehand block • L reverse elbow strike • knifehand high X-block
S	180* pivot (tucking L leg behind R)	<ul style="list-style-type: none"> • single foot (R) • L front 	<ul style="list-style-type: none"> • chamber fists to L hip • L fist aim/strike - L front kick
S	forward	R back	<ul style="list-style-type: none"> • R side-kick • L reverse high block

Direction	Move	Stance	Action
S	step-out (R)	R horse (chest E)	• R middle punch <YELL>

SPARRING REQUIREMENTS

- free sparring as required
- 6-8 self-determined routines

4 GRAB DEFENSES

1. Attack: attacker grabs from behind with both hands into a bear hug
 - Sink into horse stance pushing elbows out (Polgue 8 inspired)
 - step R and do a L back elbow strike combined with right back high punch (over shoulder)
 - step around, grab shoulder, push attacker to the floor and punch to the face (orange belt inspired)
2. A double collar grab defense (Koryo and Pyong 4 inspired)
Attack: attacker grabs defender's doh bak or shirt collar with both hands
Defense:
 - double high block - double ear-box or neck punch
 - grab head, knee to head (or gut or growing)
 - step back, left hook kick to the back of the head (or jump crescent or wheel kick)
3. A single collar grab defense
Attack: attacker grabs the defender's doh bak or shirt collar with one hand
Defense:
 - grab wrist (right hand), lock by holding it to collar (w/right hand)
 - step back with right leg while breaking attacker's locked elbow with defender's left elbow
 - step through (underneath) throwing attacker to the floor (flips attacker)
 - finish with an elbow break using knee
4. Attack: R middle punch
 - R knife-hand in-to-out middle block (R back stance)
 - L reverse elbow strike (shifting to R front stance), L backfist to the face (taeguk 8 inspired)
 - Takedown (sweep if needed) and finish (punch, kick to ribs or other)

5 WEAPON DEFENSES

5. A knife grab defense
Attack: attacker jabs with the knife at defender's midsection
 - Step to the L - R side kick to ribs
 - grab the wrist and lock (R hand)
 - R roundhouse to the gut
 - step in, elbow break with a L palm strike (Master Saintignon move)
 - drop opponent to the floor spinning stomp to the head (get knife) (Master Saintignon move)
6. Another Knife grab defense (Master Hammond approach)
 - Step forward L front stance (R reverse knifehand middle in-to-out block and grab hand)

5 weapon Defenses

- spin around pushing their elbow into their back
 - take down over leg (while spinning)
 - punch to the face
7. An overhead club attack defense (Gento and Mr. Elliot inspired)
- Attack: attacker swings medium-lengthed club over their head attempting to hit defender's head
- Defense:
- X-block, grab club with right hand - left side kick to ribs
 - step in and around (clockwise) thrust club into ribs (similar to an elbow attack)
 - backhand hit with the club to the back of the attackers head (drops to the floor)

Some Extra Defenses (optional)

8. A side-to-side club defense

Attack: attacker takes side to side swings at defenders midsection or head

- after the completion of a stroke (club across attacker's chest), step in and lock wrist
- take attacker's arm over their head (tucking their hand behind their head)
- low hook kick sweep throwing attacker to the floor (carefully so club doesn't hit them in the head)
- take club and strike attacker's head or chest

9. A gun to the back defense (courtesy of Mr. Elliott)

Attacker: attacker comes up behind defender and puts the gun in the small of the defender's back

- 360* clockwise turn using a blocking-grab (both hands) lifting up and over defender's shoulder
- break elbow over shoulder (taking control of the gun)
- (reinforced) L elbow attack to the ribs (taegeuk 8 move)
- reach back through your own legs to grab attacker's leg and pull through to the floor
- twist to break attacker's leg between defender's legs
- turn and stomp to growling

SOME EXTRA DEFENSES (OPTIONAL)

10. A 2-handed Collar grab defense (palegue 7 - like)

- double grab, twist and lock
- front kick, front kick
- pulling sweep to floor
- break ribs

11. A grab from behind defense

- turning arm sweep/lock - punch to the face
- knee to the stomach
- elbow to the back
- take down, punch to the face

Some Extra Defenses (optional)

BREAKING REQUIREMENT

5 self-determined breaks (mine are) ... I may trim this down a bit ...:

- jump double front kick
- elbow break, middle punch (same arm)
- Wheel kick
- Roundhouse
- Front kick - side kick (same foot)
- Reverse knifehand speed break (2 boards)

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT
PURPLE BELT	BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT

See Song

Black Belt 2nd Dan

(forms for 3rd Dan)

WHITE BELT	YELLOW BELT	ORANGE BELT	LT. BLUE BELT	GREEN BELT	PURPLE BELT
BROWN BELT	RED BELT	NAVY BLUE BELT	BLACK BELT	Black Belt 2nd Dan	

FORMS

SEE SONG

Direction	Move	Stance	Action
N	step (L)	deep front	<ul style="list-style-type: none"> slow reinforced knife hand middle block extending palms out to each side (pushing out)
			<ul style="list-style-type: none"> left knifehand circle block (high to low, out to in) ... at the same time ... (ends in low block) --- right knifehand circle block (low to middle, in to out) (ends in reverse middle block) <p><u>Note:</u> This is a type of sissor block only starting higher (a bit more exaggerated).</p>
			<ul style="list-style-type: none"> regular closed fist sissor block (ends in left middle block, and right reverse low block)
			<ul style="list-style-type: none"> reverse punch
N	step (R)	deep front	<ul style="list-style-type: none"> slow reinforced knife hand middle block extending palms out to each side (pushing out)
			<ul style="list-style-type: none"> R knifehand circle block (high to low, out to in) ... at the same time ... (ends in low block) --- L knifehand circle block (low to middle, in to out) (ends in reverse middle block) <p><u>Note:</u> This is a type of sissor block only starting higher (a bit more exaggerated).</p>
			<ul style="list-style-type: none"> regular closed fist sissor block (ends in R middle block, and L reverse low block)
			<ul style="list-style-type: none"> reverse punch

Direction	Move	Stance	Action
N	step (L)	deep front	<ul style="list-style-type: none"> slow reinforced knife hand middle block extending palms out to each side (pushing out)
			<ul style="list-style-type: none"> left knifehand circle block (high to low, out to in) ... at the same time ... (ends in low block) --- right knifehand circle block (low to middle, in to out) (ends in reverse middle block) <p><u>Note:</u> This is a type of sissor block only starting higher (a bit more exaggerated).</p>
			<ul style="list-style-type: none"> regular closed fist sissor block (ends in left middle block, and right reverse low block)
			<ul style="list-style-type: none"> reverse punch
holding current stance			<ul style="list-style-type: none"> double high spear-knuckle thrust (make a fist but extend the index and middle finger knuckles as if to gouge an eye) double knifehand high spread block double knifehand low block
S	Turn 180* clockwise	R front	<ul style="list-style-type: none"> chamber for a knifehand sissor block (R high) turn and sissor knifehand block (R low, L middle)
			<ul style="list-style-type: none"> low knifehand block L, just slightly higher than Right hand.
	step (L)	L front	<ul style="list-style-type: none"> chamber for a knifehand sissor block (L high) turn and sissor knifehand block (L low, R middle)
			<ul style="list-style-type: none"> low knifehand block R, just slightly higher than L hand.
	step (R)	R front	<ul style="list-style-type: none"> chamber for a knifehand sissor block (R high) turn and sissor knifehand block (R low, L middle)
			<ul style="list-style-type: none"> low knifehand block L, just slightly higher than Right hand.

Direction	Move	Stance	Action
W	step L	back	• slow in to out block (L)
	step out (L)	front	• rapid reverse middle punch (R)
E	step R	back	• slow in to out block (R)
	step out (R)	front	• rapid reverse middle punch (L)
N	step L	back	• slow in to out block (L)
	step out (L)	front	• rapid reverse middle punch (R)
E	slide into	ready	• chamber R hand to side and extend L hand aiming forward (E)
		raise R knee (with punch)	• punching straight up with R hand
		horseriding R	• R low block (toward S)
S	slide step	R backstance	• middle spearhand R
	step across (behind)	• back R • front • back	• R side kick • L (reverse) middle punch • R high block Note: in rapid succession
E	slide into	ready	• chamber L hand to side and extend R hand aiming forward (E)
		raise L knee (with punch)	• punching straight up with L hand
		horseriding L	• L low block (toward N)
N	slide step	L backstance	• middle spearhand L
	step across (behind)	• back L • front • back	• L side kick • R (reverse) middle punch • L high block Note: in rapid succession
E	slide into	ready	• chamber R hand to side and extend L hand aiming forward (E)
		raise R knee (with punch)	• punching straight up with R hand
		horseriding R	• R low block (toward S)

See Song

Direction	Move	Stance	Action
S	slide step	R backstance	<ul style="list-style-type: none"> • middle spearhand R
	step across (behind)	<ul style="list-style-type: none"> • back R • front • back 	<ul style="list-style-type: none"> • R side kick • L (reverse) middle punch • R high block <p>Note: in rapid succession</p>
	slide step	back R	<ul style="list-style-type: none"> • reinforced low block R
	slide step	back R	<ul style="list-style-type: none"> • reinforced middle block R
	slide step	back R	<ul style="list-style-type: none"> • reinforced middle punch R
S	360* jump turn (counter clockwise)	back R	<ul style="list-style-type: none"> • jumping back, turning counter clockwise • reinforced knifehand middle block
S	step back	front (L)	<ul style="list-style-type: none"> • double high spear-knuckle thrust (make a fist but extend the index and middle finger knuckles as if to gouge an eye) • double knifehand high spread block
S	slide into	ready	<ul style="list-style-type: none"> • double knifehand low block

TAE BAEK

Direction	Move	Stance	Action
W	step 90*	L cat	<ul style="list-style-type: none"> double in-to-out knifehand low blocks (start high with knifehand blocks)
	forward	R front	<ul style="list-style-type: none"> R front kick R middle punch - L reverse middle punch
E	step 180*	R cat	<ul style="list-style-type: none"> double in-to-out knifehand low blocks
	forward	L front	<ul style="list-style-type: none"> L front kick L middle punch - R reverse middle punch
N	step 90*	L front	<ul style="list-style-type: none"> L knifehand high block with R reverse knifehand out-to-in strike (neck level) slowly turn R hand counter-clockwise and move in-to-out as if pushing something slightly to the side
	forward	R front	<ul style="list-style-type: none"> L reverse middle punch slowly turn L hand counter-clockwise and move in-to-out as above
	forward	L front	<ul style="list-style-type: none"> R reverse middle punch slowly turn R hand counter-clockwise and move in-to-out as above
	forward	R front	<ul style="list-style-type: none"> L reverse middle punch
E	270* turn	L back	<ul style="list-style-type: none"> L in-to-out middle block with R reverse high block
	<fixed>	L back	<ul style="list-style-type: none"> R-uppercut, while pulling L fist to the right shoulder L side punch L side kick
	<pivot>	L front	<ul style="list-style-type: none"> R reverse forearm strike (into L hand)

Direction	Move	Stance	Action
W	step in to ready stance as turning 180*	R back	<ul style="list-style-type: none"> • R in-to-out middle block with L reverse high block
	<fixed>	R back	<ul style="list-style-type: none"> • L-uppercut, while pulling R fist to the right shoulder • R side punch • R side kick
	<pivot>	R front	<ul style="list-style-type: none"> • L reverse forearm strike (into R hand)
S	step in R to L foot turn 90*	L back	<ul style="list-style-type: none"> • L in-to-out reinforced knifehand middle block
	forward	R back	<ul style="list-style-type: none"> • R middle knifehand strike (over left arm)
	forward 360* counter clock-wise turn with L foot	L back	<ul style="list-style-type: none"> • L hammerfist
	forward	R front	<ul style="list-style-type: none"> • R middle punch
W	270* turn counter clock-wise with L foot	L front	<ul style="list-style-type: none"> • sissor block (L low, R in-to-out middle) (make it a strong move beginning with hands fairly high)
	forward	R front	<ul style="list-style-type: none"> • R front kick • R middle punch • L reverse middle punch
E	180* turn clockwise with R foot	R front	<ul style="list-style-type: none"> • sissor block (R low, L in-to-out middle)
	forward	L front	<ul style="list-style-type: none"> • L front kick • L middle punch • R reverse middle punch <YELL>

Bo Staff Basics

Holding the Bo staff:

- at right side with one end at your feet, the other behind your shoulder with your arm at your side, thumb point toward the boy and behind the staff. Fingers resting lightly on top.

Twirling:

- Bring the staff up switching finger positions so that you are making a fist, palm-down directly in front.
- begin twirling in a clockwise motion until the thumb points down. Bring the left hand underneath palm-up and exchange hands
- continue clockwise motion until left hands thumb are down, reach over with right hand, with thumb down and exchange.
- repeat in a continuous motion like a propeller.

Twirling side to side:

- To the Left: in the rotation just after exchanging into the right hand, swoop to the left side down and around.
- To the Right: after the exchange bring left fist around front and swoop down to the right, changing the rotation to counter-clockwise. until the next exchange and go right again.

BO STAFF 30-STEP SPARRING

(Note: steps 16-30 are counters to steps 1-15 and vice versa)

Step	Move	Step	Move
1	R step forward - R strike (head)	16	L step forward - R reverse strike (head)
2	L reverse strike	17	L strike
3	R overhead (high) strike	18	high block (2 hands high)
4	low strike (on R side, bring L hand from down to up and R hand back)	19	low block (2 hands low)
5	L step - R reverse strike	20	step back block L
6	L middle strike	21	block R
7	R low strike	22	step/jump-over
8	high block	23	R overhead strike
9	step R strike low	24	strike low
10	<ul style="list-style-type: none"> • standing in place (feet in place) • circle around counter-clockwise • middle strike 	25	block L
11	return tap	26	block R
12	Lunging jab with the bo	27	circular block
13	<ul style="list-style-type: none"> • step L • hop into 360* turn • lunging jab 	28	circular block
14	circle and sweep feet	29	jump
15	high block	30	land with high strike
continue with 16 - 30		continue with 1-15	
End by moving back (360* hop) with guard up (staff behind with L knifehand middle block)			