

RIVERBEND

TAE KWON DO ACADEMY



Muscatine & Wilton, IA

STUDENT MANUAL

RIVERBEND TAE KWON DO ACADEMY

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Riverbend Tae Kwon Do Academy Students

In regards to: Riverbend Tae Kwon Do Academy Student Manual

Dear Riverbend Tae Kwon Do Academy Students:

Welcome to Riverbend Tae Kwon Do Academy. Enclosed are articles and requirements that we feel are essential to your growth as students and future leaders in this school and the martial arts community.

Please note that this manual is **NOT** designed to teach you specific requirements. **IT IS INTENDED TO BE USED AS A REFERENCE GUIDE ONLY.** Students must still learn from a black belt all required forms and step sparring. Please review the pages that correlate with your current rank. Do not try and jump ahead or you're missing the point of this manual.

I speak for all the black belts when I say that we are very proud of all our students, past, present, and future. We feel that this is just another tool to help in your success as a martial artist.

Respectfully,

Mr. Jamie Cavazos
4th Degree Black Belt
Riverbend Tae Kwon Do Academy

RIVERBEND TAE KWON DO ACADEMY

HISTORY OF TAE KWON DO

Before I get into the history of Tae kwon do, I would like to define what it means. I read the definition from many books and the one that I like best comes from the book Comprehensive Asian Fighting Arts written by Donn F. Draeger and Robert W. Smith. "Tae kwon do is an empty-hand combat form that entails the use of the whole body. Tae means "to Kick" or "Smash with the feet," Kwon implies "punching" or "destroying with the hand or fist," and Do means "way" or "method." Tae kwon do thus, is the technique of unarmed combat for self defense that involves the skillful application of techniques that include punching, jumping kicks, blocks, dodges, parrying actions with hands and feet. It is more than a mere physical fighting skill, representing as it does a way of thinking and a pattern of life requiring strict discipline. It is a system of training both the mind and the body in which great emphasis is placed on the development of the trainee's moral character."

Tae kwon do is a martial art that in "today's" form of self defense has evolved by combining many different styles of martial arts that existed in Korea over the last 2,000 years and some martial arts styles from countries that surround Korea. Tae kwon do incorporates the abrupt linear movements of Karate and the flowing, circular patterns of Kung-fu with native kicking techniques. Over fifty typically Chinese circular hand movements can be identified in modern Tae kwon do. A few of the earlier martial arts styles that contributed to Tae kwon do are: T'ang-su, Taek Kyon, also known as Subak, Tae Kwon, Kwonpup and Tae Kwonpup. There are also influences from Judo, Karate, and Kung-fu. Three ancient kingdoms have been identified as central to the origin of Tae Kwon Do: Koguryo, Baekjae and Silla. The Koguryo Kingdom, founded by Kojoomong, existed from approximately 37 BC to 668 AD. Paintings of men engaging in what appears to be martial arts have been discovered in Korea, and have been dated back to the Koguryo Kingdom.

Although Tae kwon do first appeared in the Koguryo kingdom, it is the Silla's Hwarang warriors that are credited with the growth and spread of Tae kwon do throughout Korea. Silla was the smallest of the three kingdoms and was always under attack by Japanese Pirates. Silla got help from King Gwanggaeto and his soldiers from the Koguryo kingdom to drive out the pirates. During this time a few select Sillan warriors were given training in Taek Kyon by the early masters from Koguryo. The Taek Kyon trained warriors then became known as the Hwarang. The Hwarang set up a military academy for the sons of royalty in Silla called Hwarang-do, which means "The way of flowering manhood." The Hwarang studied Taek Kyon, history, Confucian Philosophy, ethics, Buddhist Morality, and military tactics. The guiding principles of the Hwarang warriors were loyalty, filial duty, trustworthiness, valor, and justice. The makeup of the Hwarang-do education was based on the Five Codes of Human Conduct written by a Buddhist scholar, fundamental education, Taek Kyon and social skills. Taek Kyon was spread throughout Korea because the Hwarang traveled all around the peninsula to learn about the other regions and people.

Today, the original Five Codes of Human Conduct have been correlated into the so-called Eleven Commandments of modern day Tae kwon do, which are:

HISTORY OF TAE KWON DO

(CONTINUED)

Loyalty to your country	Respect your parents
Faithfulness to your spouse	Loyalty to your friends
Respect your brothers and sisters	Respect your elders
Respect your teachers	Never take life unjustly
Indomitable spirit	Loyalty to your school
Finish what you begin	

During the Silla dynasty (A.D. 668 to A.D. 935) Taek Kyon was mostly used as a sport and recreational activity. Taek Kyon's name was changed to Subak and the focus of the art was changed during the Koryo dynasty (A.D. 935 to A.D. 1392). When King Uijong was on the throne from 1147 through 1170, he changed Subak from a system that promotes fitness to primarily a fighting art.

The first widely distributed book on Tae kwon do was during the Yi dynasty (1397 to 1907). This was the first time that Subak was intended to be taught to the general public, in previous years the knowledge was limited to the military. During the second half of the Yi dynasty, political conflicts and the choice to use debate instead of military action almost lead to the extinction of Subak. The emphasis of the art was changed back to that of recreational and physical fitness. The lack of interest caused Subak as an art, to become fragmented and scarcely practiced throughout the country.

In 1909 the Japanese invaded Korea and occupied the country for 36 years. To control Korea's patriotism, the Japanese banned the practice of all military arts, Korean language and even burned all books written in Korea. This ban was responsible for renewed interest in Subak. Many Koreans organized themselves into underground groups and practiced the martial arts in remote Buddhist temples. Other people left Korea to study the martial arts in other countries like China and Japan. In 1943 Judo, Karate and Kung-fu were officially introduced to the Korean residents and the martial arts regained popularity. In 1945 Korea was liberated. In the last few years before liberation, there were many different variations of Subak/Taek Kyon in Korea. This was due to all of the other martial arts influence on it.

The first Tae kwon do school (Kwan) was started in Yong Chun, Seoul, Korea in 1945. Many different schools were opened from 1945 through 1960. Each school claimed to teach the traditional Korean martial art, but each school emphasized a different aspect of Taek Kyon/Subak. This caused different names to emerge from each system, some of them were: Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Kang Soo Do.

The Korean Armed Forces were also formed in 1945 and in 1946 Second lieutenant Hong Hi Choi began teaching Taek Kyon at a Korean military base called Kwang Ju. Americans were first introduced to Taek Kyon when Choi instructed Korean Army troops and some American soldiers stationed with the 2nd Infantry Regiment. Later in 1949 Hong Hi Choi attended Ground General School at Ft. Riely near Topeka, Kansas in the United States. While in the U.S., Choi gave public Taek Kyon demonstrations for the troops. This was the first display of Taek Kyon in America.

HISTORY OF TAE KWON DO

(CONTINUED)

The greatest turning point for Korean martial arts started in 1952. During the height of the Korean War, President Syngman Rhee watched a 30 minute performance by Korean martial arts masters. He was especially impressed when Tae Hi Nam broke 13 roof tiles with a single punch. After the demonstration Rhee talked with Hong Hi Choi about the martial arts, he then ordered his military chiefs of staff to require all Korean soldiers to receive training in the martial arts. This caused a tremendous surge in Taek Kyon schools and students. President Rhee also sent Tae Hi Nam to Ft. Benning, Georgia for radio communications training. While there, Tae Hi Nam gave many martial arts demonstrations and received considerable media publicity.

During this same time period in Korea, special commando groups of martial arts-trained soldiers were formed to fight against the communist forces of North Korea. One of the most famous special forces was known as the Black Tigers. The Korean War ended in 1953. In 1954, General Hong Hi Choi organized the 29th Infantry on Che Ju Island, off the Korean Coast, as a spearhead and center for Taek Kyon training in the military.

On April 11, 1955 at a conference of kwan masters, historians, and Taek Kyon promoters, most of the kwan masters decided to merge their various styles for mutual benefit of all schools. The name "Tae Soo Do" was accepted by a majority of the kwan masters. Two years later the name was changed again, this time to "Tae kwon do" The name was suggested by General Hong Hi Choi (who is considered the father of Tae kwon do). "Tae kwon do" was suggested by Choi because of its resemblance to Taek Kyon, and so provides continuity and maintains tradition. Further, it describes both hand and foot techniques.

Today, over 30 million people practice Tae kwon do in more than 156 countries.

RIVERBEND TAE KWON DO ACADEMY

TERMINOLOGY

Basic Terminology

Cha Ryoth	Attention
Kyung Nae	Bow
Joon bee	Ready
Shi jak	Start
Ko Mahn	Stop
Barro	Return to Order
Pil Sung	Certain Victory
Do bok	Uniform
Do jang	School, Training Hall
Ki hap	Yell
Hyung	Form
Chun jin	Forward
Hoo tay	Retreat
Tee	Belt
Tito durah	About Face
Chayu daeryun	Free-sparring
Il bo daeryun	One Step Sparring
Sa ju kong bong	Four Directional Block & Attack

Stances

Chongul ja sac	Front Stance
Hugul ja sac	Back Stance
Kima ja sac	Riding Horse Back Stance
Yi Jung	X Stance

Technique Vocabulary

Ap	Front
Yope	Side
Dolye	Round
Sangdan	Upper
Jungdan	Middle
Handan	Lower
Chagge	Kick
Bal	Foot
Son	Hand
Kong Keok	Punch
Sudo	Knife
Yup	Ridge
Dee uh	Jumping
Kwan su	Spear Finger
Moke Chiki	Neck Attack
Maki	Block
Dwee	Reverse
Ha Oh rhi	Tornado
Ap hulyo	Crescent
Butah Oligi	Upper Rising
Ban Dahl	Twisting 45%

RIVERBEND TAE KWON DO ACADEMY

TERMINOLOGY

Counting

Ha na	One	Serun	Thirty
Dul	Two	Serun ha na	Thirty One
Set	Three	Serun dul	Thirty Two
Net	Four	Serun set	Thirty Three
Da sot	Five	Serun net	Thirty Four
Yo sot	Six	Serun da sot	Thirty Five
Il gope	Seven	Serun yo sot	Thirty Six
Yo jul	Eight	Serun il gope	Thirty Seven
Ah hup	Nine	Serun yo jul	Thirty Eight
Yuhl	Ten	Serun ah hup	Thirty Nine
		Ma hun	Forty
Yuhl ha na	Eleven	O ship	Fifty
Yuhl dul	Twelve	Yuk ship	Sixty
Yuhl set	Thirteen	Chil	Seventy
Yuhl net	Fourteen	Pal	Eighty
Yuhl da sot	Fifteen	Gu	Ninety
Yuhl yo set	Sixteen	Bek	One Hundred
Yuhl il gope	Seventeen	Chun	One Thousand
Yuhl yo jul	Eighteen	Man	Ten Thousand
Yuhl ah hup	Nineteen		
Soo mul	Twenty		
Soo mul ha na	Twenty One		
Soo mul dul	Twenty Two		
Soo mul set	Twenty Three		
Soo mul net	Twenty Four		
Soo mul da sot	Twenty Five		
Soo mul yo sot	Twenty Six		
Soo mul il gope	Twenty Seven		
Soo mul yo jul	Twenty Eight		
Soo mul ah hup	Twenty Nine		

RIVERBEND TAE KWON DO ACADEMY

RULES OF THE SCHOOL

- ☉ Bow before entering and leaving the Do-jang
- ☉ Acknowledge EACH Black Belt before entering the Do-jang
- ☉ Keep uniform clean and presentable at all times
- ☉ Keep fingernail and toenails neat and clean to prevent injury
- ☉ No Unnecessary talking while class is in session
- ☉ Do not leave class without permission from a Black Belt
- ☉ No chewing gum or candy in the Do-jang
- ☉ No rings, earrings, necklaces, or other jewelry that may cause injury
- ☉ No shoes or socks may be worn unless they are martial arts shoes
- ☉ No swearing or foul language
- ☉ Always be supportive and respectful of other students and their efforts
- ☉ Respect the fact that we are GUESTS of Wesley United Methodist Church
- ☉ Students should only be in the areas designated by Black Belts
- ☉ Always leave the areas as you found them and refrain from making a mess
- ☉ Teaching is done by black belts only unless specifically delegated by a Black Belt
- ☉ Students with any colored belt owe it to themselves to show discipline and manners at all times, especially in front of lower belt ranks. You are part of their example, be a good one.
- ☉ Students never ask when he/she will be receiving the results of their promotional testing.
- ☉ Be on time... When you come in late you are a disruption and it show disrespect to the Instructors and fellow students
- ☉ Tae Kwon Do should only be used as a last resort – Self Defense Only
- ☉ As children become involved in martial arts other rules apply at home, children:
 - ☉ must show respect to their parents and family members at all times.
 - ☉ shall greet their parents when they enter the house and tell them goodbye when they leave.
 - ☉ will be truthful at all times.
 - ☉ will maintain a good relationship with their brothers and sisters.
 - ☉ must help with household chores.
 - ☉ will keep their rooms neat and clean.
 - ☉ must go to adults when called – Not shout “yeah, what do you want?”
 - ☉ will not interrupt adult conversations.
 - ☉ will study their schoolwork at school and at home – Poor grades will suspend your TKD lessons
 - ☉ must show respect for teachers and peers at all times.

RIVERBEND TAE KWON DO ACADEMY

STUDENT OATH

I shall observe the tenets of Tae Kwon Do
I shall respect the instructor and seniors
I shall never misuse Tae Kwon Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

EXPLANATION OF TENETS

COURTESY (Ye Ui)

Tae Kwon Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To be polite to one another
- 2) To respect others' possessions
- 3) To handle matters with fairness and sincerity

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

INTEGRITY (Yom Chi)

One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Integrity is to be honest even when no one is looking.

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9

PERSEVERANCE (In Nae)

To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. One of the most important secrets in becoming a leader of Tae Kwon Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:4

SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

That each of you should learn to control your own body in a way that is holy and honorable. 1st Thessalonians 4:4

INDOMITABLE SPIRIT (Baekjool Boolgool)

It is shown when a courageous person and his principles are pitted against overwhelming odds. A serious student of Tae Kwon Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1st John 4:4

RIVERBEND TAE KWON DO ACADEMY

RANKING SYSTEM & MEANINGS

SIGNIFICANCE OF BELT COLORS

There are eight belts: white, yellow, orange, green, blue, brown, temporary black and black. White is given to beginners and black is given to students who have progressed through the grades and have a solid foundation for learning the techniques of Tae Kwon Do.

The definitions of the belts are as follows:

White Belt

Signifies **innocence**, as that of the beginning student who has no previous knowledge of Tae Kwon Do.

Yellow Belt

Signifies the earth from which a plant sprouts, like a **dandelion**, and takes root as the foundation of Tae Kwon Do is being laid.

Orange Belt

Signifies the plant's growth, now it is more noticeable. Like a **bush**.

Green Belt

Signifies the plant's continued growth as Tae Kwon Do skills begin to develop. Like a **tree**.

Blue Belt

Signifies the **sky** towards which the towering plant matures.

Brown Belt

Signifies **danger**, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt

Opposite of white, therefore signifying **knowledge, maturity and proficiency** in Tae Kwon Do, also indicates the wearer's imperviousness to darkness and fear.

Students must grade through the following belts in the following order:

white belt given to the beginner (10th gup)
yellow belt (9th gup)
orange belt (8th gup)
low green belt (7th gup)
high green belt (6th gup)
low blue belt (5th gup)
high blue belt (4th gup)
three stages of brown belt (3rd gup thru 1st gup)
Temporary Black Belt
through to Black Belt (1st dan/degree to 9th dan/degree)

RIVERBEND TAE KWON DO ACADEMY

AMERICAN FLAG



On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner (the canton).

In May of 1776, Betsy Ross reported that she sewed the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

- Act of January 13, 1794 - provided for 15 stripes and 15 stars after May 1795.
- Act of April 4, 1818 - provided for 13 stripes and one star for each state, to be added to the flag on the 4th of July following the admission of each new state, signed by President Monroe.
- Executive Order of President Taft dated June 24, 1912 - established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward.
- Executive Order of President Eisenhower dated January 3, 1959 - provided for the arrangement of the stars in seven rows of seven stars each, staggered horizontally and vertically.
- Executive Order of President Eisenhower dated August 21, 1959 - provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. **The stripes represent the original 13 colonies; the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor – The blood that has been shed for our country, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.**

The flag has been changed 26 times since the new, 13-state union adopted it. The 48-star version went unchanged for 47 years, until the 50-star version became official on July 4, 1960 (the first July 4 following Hawaii's admission to the union on August 21, 1959); the 47-year-record of the 48-star version was the longest time the flag went unmodified until July 4, 2007, when the current 50-star version of the Flag of the United States broke the record.

RIVERBEND TAE KWON DO ACADEMY

KOREAN FLAG (T_aegukki)



The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called *Taeguk* and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag means peace.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

For the Korean people their flag of T_aeguk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T_aeguk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

KOREAN FLAG

(Continued)

The symbols

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin with respect to the summer and it is at the same time Yang with respect to the winter.



Kun Heaven

Yi Fire

Kam Water

Kon Earth

RIVERBEND TAE KWON DO ACADEMY

THEORY OF POWER

There are 6 principals used to make a technique as powerful as possible:

1. Reaction Force (Bandong Ryok)
2. Concentration/Focus (Jip Joong)
3. Equilibrium (Kyn Hyung)
4. Breath Control (Hohup Jojul)
5. Mass (Zilyang)
6. Speed (Sokdo)

1. **Reaction Force** - If you strike an opponent who is rushing towards you at speed, the force of the blow is the combination of your opponent's movement and your own. Techniques can be of considerable force if timed well. Another type of reaction force is to use the two sides of the body in harmony. If the right fist is used to execute a punch the left fist should be drawn backward to the hip to maximize the effectiveness of the blow.

2. **Concentration** - $\text{Pressure} = \text{Force}/\text{Area}$. As with high-heel shoes being more damaging than a bare foot, Tae Kwon-do techniques use the smallest surface area as possible when in contact with an opponent. For example, a Tae Kwon-do punch uses only the bottom two knuckles of the index and middle fingers where as a boxer would use the entire fist.

3. **Equilibrium** - Balance should be maintained at all times - when moving or stationary. The body is therefore able to respond quickly and to execute techniques as fast as possible.

4. **Breath Control** - The body must always have a good oxygen supply but sharp exhalations at the moment a technique is performed temporarily tense the body to make techniques more powerful and diminishing the impact of any blow received. There are claims that it helps release a person's chi, or life force.

5. **Mass** - $\text{Force} = \text{Mass} \times \text{Acceleration}$. By raising the body and dropping it at the moment of impact the force of a technique is dramatically increased.

6. **Speed** - Continuing with $\text{Force} = \text{Mass} \times \text{Acceleration}$, a technique should accelerate quickly and be at its maximum acceleration at the moment of impact.

Students should keep in mind the following secrets:

- 1) To study the theory of power and understand it.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breathe into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) Once the movement is in motion it should not be stopped before reaching the target.
- 8) To exhale briefly at the moment of each blow.

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 10th WHITE

PATTERN

Chon-Ji

Literally means "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

19 Movements Ki-hap on # 17

OTHER TESTING REQUIRMENTS

Board Breaking - Step Behind Side Kick

Free Sparring

Self Defense

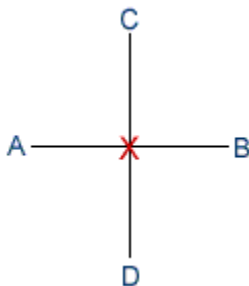
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

CHON-JI



The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a left front stance toward B while executing a low block to B with the left arm.
 2. Move the right foot to B forming a right front stance toward B while executing a middle punch to B with the right fist.
 3. Move the right foot to A, turning clockwise to form a right front stance toward A while executing a low block to A with the right arm.
 4. Move the left foot to A forming a left front stance toward A while executing a middle punch to A with the left fist.
 5. Move the left foot to D forming a left front stance toward D while executing a low block to D with the left arm.
 6. Move the right foot to D forming a right front stance toward D while executing a middle punch to D with the right fist.
 7. Move the right foot to C turning clockwise to form a right front stance toward C while executing a low block to C with the right arm.
 8. Move the left foot to C forming a left front stance toward C while executing a middle punch to C with the left fist.
 9. Move the left foot to A forming a right back stance toward A while executing a middle block to A with the left inner forearm.
 10. Move the right foot to A forming a right front stance toward A while executing a middle punch to A with the right fist.
 11. Move the right foot to B turning clockwise to form a left back stance toward B while executing a middle block to B with the right inner forearm.
 12. Move the left foot to B forming a left front stance toward B while executing a middle punch to B with the left fist.
 13. Move the left foot to C forming a right back stance toward C while executing a middle block to C with the left inner forearm.
 14. Move the right foot to C forming a right front stance toward C while executing a middle punch to C with the right fist.
 15. Move the right foot to D turning clockwise to form a left back stance toward D while executing a middle block to D with the right inner forearm.
 16. Move the left foot to D forming a left front stance toward D while executing a middle punch to D with the left fist.
 17. Move the right foot to D forming a right front stance toward D while executing a middle punch to D with the right fist.
- KI- HAP**
18. Move the right foot to C forming a left front stance toward D while executing a middle punch to D with the left fist.
 19. Move the left foot to C forming a right front stance toward D while executing a middle punch to D with the right fist.

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 9th YELLOW

PATTERN

Dan-Gun Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

21 Movements Ki-hap on # 8 & 17

OTHER TESTING REQUIRMENTS

Board Breaking - Reverse Side Kick

Free Sparring

Self Defense

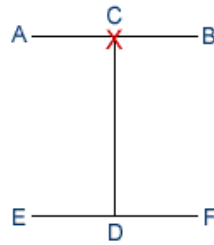
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

DAN-GUN



1. Move the left foot to B forming a right back stance toward B, at the same time executing a middle block to B with a knife-hand.
 2. Move the right foot to B forming a right front stance toward B while executing a high punch to B with the right fist.
 3. Move the right foot to A turning clockwise to form a left back stance toward A, at the same time executing a middle block to A with a knife-hand.
 4. Move the left foot to A forming a left front stance toward A while executing a high punch to A with the left fist.
 5. Move the left foot to D forming a left front stance toward D while executing a low block to D with the left arm.
 6. Move the right foot to D forming a right front stance toward D while executing a high punch to D with the right fist.
 7. Move the left foot to D forming a left front stance toward D while executing a high punch to D with the left fist.
 8. Move the right foot to D forming a right front stance toward D while executing a high punch to D with the right fist. **KI-HAP**
 9. Move the left foot to E, turning counter clockwise to form a right back stance toward E while executing a "C" block to E.
 10. Move the right foot to E forming a right front stance toward E while executing a high punch to E with the right fist.
 11. Move the right foot to F turning clockwise to form a left back stance toward F while executing a "C" block to F.
 12. Move the left foot to F forming a left front stance toward F while executing a high punch to F with the left fist.
 13. Move the left foot to C forming a left front stance toward C while executing a low block to C with the left arm.
 14. Execute a rising block with the left arm, maintaining the left front stance toward C. Perform 13 and 14 in a continuous motion.
 15. Move the right foot to C forming a right front stance toward C, at the same time executing a rising block with the right arm.
 16. Move the left foot to C forming a left front stance toward C, at the same time executing a rising block with the left arm.
 17. Move the right foot to C forming a right front stance toward C, at the same time executing a rising block with the right arm. **KI-HAP**
 18. Move the left foot to B turning counter clockwise to form a right back stance toward B while executing a middle strike to B with the left knife-hand.
 19. Move the right foot to B forming a right front stance toward B while executing a high punch to B with the right fist.
 20. Move the right foot to A turning clockwise to form a left back stance toward A while executing a middle outward strike to A with the right knife-hand.
 21. Move the left foot to A forming a left front stance toward A while executing a high punch to A with the left fist.
- END:** Bring the left foot back to a ready posture.

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 8th ORANGE

PATTERN

Do-Son is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

24 Movements Ki-hap on # 6 & 22

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

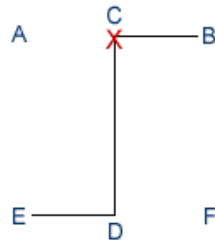
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

DO-SAN



1. Move the left foot to B, forming a right back stance toward B while executing a block to B with the left outer forearm.
 2. Execute a middle punch to B with the right fist while sliding out to a left front stance toward B.
 3. Move the left foot on line AB, and then turn clockwise to form a left back stance toward A while executing a block to A with the right outer forearm.
 4. Execute a middle punch to A with the left fist while sliding to a right front stance toward A.
 5. Move the left foot to D, forming a right back stance toward D while executing a middle block to D with a knife-hand.
 6. Move the right foot to D forming a right front stance toward D while executing a middle thrust to D with the right hand spear-finger. **KI-HAP**
 7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left front stance toward D while executing a high strike to D with the left back fist.
 8. Move the right foot to D forming a right front stance toward D while executing a high strike to D with the right back fist.
 9. Move the left foot to E, turning counter clockwise to form a right back stance toward E while executing a block to E with the left outer forearm.
 10. Execute a middle punch to E with the right fist while sliding out to a left front stance toward E.
 11. Move the left foot on line EF, and then turn clockwise to form a left back stance toward F while executing a block to F with the right outer forearm.
 12. Execute a middle punch to F with the left fist while sliding out to a right front stance toward F.
 13. Move the left foot to CE forming a left front stance toward CE while executing a double temple strike.
 14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
 15. Lower the right foot to CE forming a right front stance toward CE while executing a middle punch to CE with the right fist.
 16. Execute a middle punch to CE with the left fist while maintaining a right front stance toward CE. Perform 15 and 16 in a fast motion.
 17. Move the right foot to CF forming a right front stance toward CF while executing a double temple strike.
 18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
 19. Lower the left foot to CF forming a left front stance toward CF while executing a middle punch to CF with the left fist.
 20. Execute a middle punch to CF with the right fist while maintaining a left front stance toward CF. Perform 19 and 20 in a fast motion.
 21. Move the left foot to C forming a left front stance toward C while executing a rising block with the left arm.
 22. Move the right foot to C forming a right front stance toward C while executing a rising block with the right arm. **KI-HAP**
 23. Move the left foot to B, turning counter clockwise to form a horse back stance toward D while executing a middle side strike to B with the left knife-hand.
 24. Bring the left foot to the right foot and then move the right foot to A forming a horse back stance toward D while executing a middle side strike to A with the right knife-hand.
- END:** Bring the right foot back to a ready posture.

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 7th (LOW) GREEN

PATTERN

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D

28 Movements Ki-hap on # 12 & 26

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

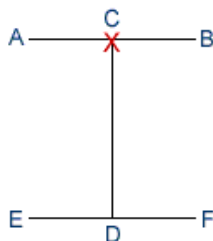
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

WON-HYO



1. Move the left foot to B forming a right back stance toward B while executing a "C" block.
2. Execute an inward strike to B with the a right hand punch while bringing the left side fist in front of the right shoulder, maintaining a right back stance toward B.
3. Execute a middle punch to B with the left fist while forming a horse back stance toward D.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left back stance toward A while executing a "C" block.
5. Execute an inward strike to A with the left hand punch while bringing the right side fist in front of the left shoulder, maintaining a left back stance toward A.
6. Execute a middle punch to A with the right fist while forming a horse back stance toward D.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side kick to D with the left foot.
9. Lower the left foot to D forming a right back stance toward D while executing a middle block to D with a knife-hand.
10. Move the right foot to D forming a left back stance toward D while executing a middle block to D with a knife-hand.
11. Move the left foot to D forming a right back stance toward D while executing a middle block to D with a knife-hand.
12. Move the right foot to D forming a right front stance toward D while executing a middle thrust to D with spear finger strike. **KI-HAP**
13. Move the left foot to E turning counter clockwise to form a right back stance toward E while executing a "C" block.
14. Execute an inward strike to E with the right hand punch while bringing the left side fist in front of the right shoulder, maintaining a right back stance toward E.
15. Execute a middle punch to E with the left fist while forming a horse back stance toward C.
16. Bring the left foot to the right foot and then move the right foot to F, forming a left back stance toward F while executing a "C" block.
17. Execute an inward strike to F with the left hand punch while bringing the right side fist in front of the left shoulder, maintaining a left back stance toward F.
18. Execute a middle punch to F with the right fist while forming a horse back stance toward C.
19. Bring the right foot to the left foot and then move the left foot to C forming a left front stance toward C while executing a circular block to C with the right inner forearm.
20. Execute a front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right front stance toward C while executing a middle punch to C with the left fist.
22. Execute a circular block to C with the left inner forearm while maintaining a right front stance toward C.
23. Execute a front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left front stance toward C while executing a middle punch to C with the right fist.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side kick to C with the right foot. **KI-HAP**
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right back stance toward B, at the same time executing a fighting stance
28. Bring the left foot to the right foot and then move the right foot to A forming a left back stance toward A while executing a fighting stance.

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 6th (HIGH) GREEN

PATTERN

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

38 Movements Ki-hap on # 21 & 36

OTHER TESTING REQUIREMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

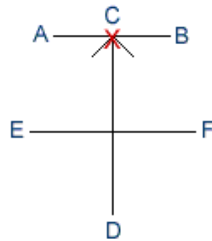
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

YUL-GOK



1. Move the left foot to B forming a horse back stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a horse back stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a horse back stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a horse back stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a horse back stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a horse back stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to AD forming a left back stance toward AD while executing a middle block to AD with the right inner forearm.
8. Execute a front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left front stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left front stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a right back stance toward BD at the same time executing a middle block to BD with the left inner forearm.
12. Execute a front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right front stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right front stance toward BD. Perform 13 and 14 in a fast motion.
15. Execute a "scraping" block to D with the right palm while forming a right front stance toward D, pivoting with the left foot.
16. Execute a "scraping" block to D with the left palm while maintaining a right front stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right front stance toward D. Execute 16 and 17 in a connecting motion.
18. Move the left foot to D forming a left front stance toward D while executing a "scraping" block to D with the left palm.
19. Execute a "scraping" block to D with the right palm while maintaining a left front stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left front stance toward D. Execute 19 and 20 in a connecting motion.
21. Move the right foot to D forming a right front stance toward D at the same time executing a middle punch to D with the right fist. **KI-HAP**
22. Turn the face toward D forming a right bending ready stance A toward D.
23. Execute a middle side kick to D with the left foot.
24. Lower the left foot to D forming a left front stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side kick to C with the right foot.
27. Lower the right foot to C forming a right front stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E forming a right back stance toward E while executing an open hand "C" block.
29. Move the right foot to E forming a right front stance toward E while executing a middle thrust to E with the right spear finger strike.
30. Move the right foot to F turning clockwise to form a left back stance toward F while executing an open hand "C" block.
31. Move the left foot to F forming a left front stance toward F while executing a middle thrust to F with the left spear finger strike.
32. Move the left foot to C forming a right back stance toward C while executing a block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while sliding out to a left front stance toward C.
34. Move the right foot to C forming a left back stance toward C while executing a block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while sliding out to a right front stance toward C.

YUL-GOK

(Continued)

36. Jump to C forming a right X-stance toward B while executing a strike to C with the left back fist. **KI-HAP**
37. Move the right foot to A forming a right front stance toward A at the same time executing a twin forearm block to A.
38. Bring the right foot to the left foot and then move the left foot to B forming a left front stance toward B while executing a twin forearm block to B.
END: Bring the left foot back to a ready position.

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 5th (LOW) BLUE

PATTERN

Chung- Gun is named after the patriot Ahn Chung-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

32 Movements Ki-hap on # 12

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

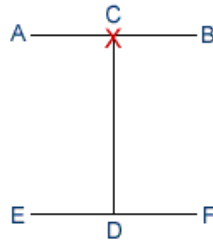
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

CHUNG-GUN



1. Move the left foot to B forming a right back stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left back stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right back stance toward D while executing a middle block to D with a knife-hand.
8. Execute a right upper elbow strike while sliding out into a left front stance toward D.
9. Move the right foot to D forming a left back stance toward D while executing a middle block to D with a knife-hand.
10. Execute a left upper elbow strike while sliding out into a front stance toward D.
11. Move the left foot to D forming a left front stance toward D while executing a double temple strike to D.
12. Move the right foot to D forming a right front stance toward D while executing a reverse punch to D with a twin fist.
KI-HAP
13. Move the right foot on line CD and then turn counter clockwise to form a left front stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right back stance toward E while executing a middle block with the outer forearm to E.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left front stance toward E.
16. Execute a high punch to E with the right fist while maintaining a left front stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left back stance toward F while executing a middle block with the outer forearm to F.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right front stance toward F.
19. Execute a high punch to F with the left fist while maintaining a right front stance toward F. Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C forming a right back stance toward C while executing a block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a horse stance toward B/F.
22. Execute a middle side kick to C with the right foot.
23. Lower the right foot to C forming a left back stance toward C while executing a block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a horse back stance toward A/E.
25. Execute a middle side kick to C with the left foot.
26. Lower the left foot to C forming a right back stance toward C while executing a fighting stance.

CHUNG-GUN

(Continued)

27. Execute a pressing block with the right palm while forming a left front stance toward C. Perform in slow motion.
28. Move the right foot to C forming a left back stance toward C while executing a fighting stance.
29. Execute a pressing block with the left palm while forming a right front stance toward C. Perform in a slow motion.
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
31. Move the right foot to A forming a horse back stance toward D while executing a pole block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a horse back stance toward D, at the same time executing a pole block to B.

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 4th (HIGH) BLUE

PATTERN

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

37 Movements Ki-hap on # 21 & 37

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

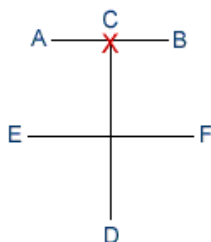
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

TOI-GYE



1. Move the left foot to B forming a right back stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left front stance toward B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left back stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right front stance toward A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left front stance toward D while executing a pressing block with an X-fist.
8. Execute a double temple strike to D with a twin fist while maintaining a left front stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right front stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right front stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right back stance toward D while executing a low knife hand block to D.
20. Extend both hands upward as if to grab the opponent's head while forming a left front stance toward D.
21. Execute an upward kick with the right knee while pulling both hands downward. **KI-HAP**
22. Lower the right foot to the left foot and then move the left foot to C forming a right back stance toward C while executing a middle block to C with a knife-hand.
23. Execute a front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left front stance toward C while executing a high thrust to C with the left flat finger tip.

TOI-GYE

(Continued)

25. Move the right foot to C forming a left back stance toward C while executing a middle block to C with a knife-hand.
26. Execute a front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C forming a right front stance toward C while executing a high thrust to C with the right flat finger tip.
28. Move the right foot to D forming a right back stance toward C while executing a back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C forming a right front stance toward C while executing a block to C with the right double forearm.
31. Move the left foot to B forming a right back stance toward B while executing a low block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a horse back stance toward D.
33. Bring the left foot to the right foot and then move the right foot to A forming a left back stance toward A, at the same time executing a low block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a horse back stance toward D.
35. Execute a circular block to CE with the right inner forearm while forming a horse back stance toward D.
36. Execute a circular block to AD with the left inner forearm while forming a horse back stance toward D.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

KI-HAP

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 3rd BROWN

PATTERN

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.

29 Movements Ki-hap on # 14 & 25

OTHER TESTING REQUIREMENTS

Board Breaking - Hand and Foot Technique

Free Sparring

Self Defense

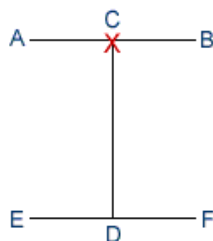
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

HWA-RANG



1. Move the left foot to B to form a horse back stance toward D while executing a palm heel strike to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a horse back stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a horse back stance toward D.
4. Execute a "C" block while forming a left back stance toward A.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left back stance toward A.
6. Execute a middle punch to A with the right fist while forming a sitting stance toward D.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to D forming a horse back stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left front stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right front stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left back stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D forming a left front stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right front stance toward D at the same time executing a middle punch to D with the right fist. **KI-HAP**
15. Move the left foot to E turning counter clockwise to form a right back stance toward E while executing a middle block to E with a knife-hand.
16. Move the right foot to E forming a right front stance toward E while executing a middle thrust to E with the right hand spear finger.
17. Move the right foot on line EF forming a right back stance toward F while executing a middle block to F with a knife-hand.
18. Execute a round house kick to DF with the right foot and then lower it to F.
19. Execute a round house kick to CF with the left foot and then lower it to F forming a right back stance toward F while executing a fighting stance to F. Perform 18 and 19 in a fast motion.
20. Move the left foot to C forming a left front stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right back stance toward C.
22. Move the right foot to C forming a left back stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C forming a right back stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left front stance toward C.
25. Move the right foot to C in a sliding motion forming a right back stance toward D while thrusting to C with the right side elbow. **KI-HAP**

HWA-RANG

(Continued)

26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
28. Move the left foot to B forming a right back stance toward B at the same time executing a fighting stance toward B.
29. Bring the left foot to the right foot and then move the right foot to A forming a left back stance toward A while executing a fighting stance toward A.

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 2nd BROWN

PATTERN

Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.

29 Movements Ki-hap on # 14 & 25

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique - Multiple Stations

Free Sparring - Multiple Opponents

Self Defense

Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS 1st BROWN

PATTERN

Chung-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

30 Movements Ki-hap on # 12 & 30

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique - Multiple Stations

Free Sparring - Multiple Opponents

Self Defense

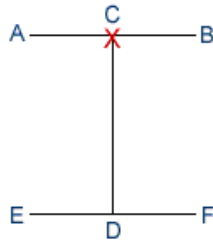
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

CHUNG-MOO



1. Move the left foot to B forming a right back stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right front stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left back stance toward A while executing a middle block to A with a knife-hand.
4. Move the left foot to A forming a left front stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right back stance toward D while executing a middle block to D with a knife-hand.
6. Turn the face to C forming a left ready stance A toward C.
7. Execute a side kick to C with the right foot.
8. Lower the right foot to C forming a right back stance toward D while executing a middle block to D with a knife-hand.
9. Execute a flying side kick to D with the right foot soon after moving it to D and then land to D forming a left back stance toward D while executing a middle block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a left front stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while staying in a left front stance toward E.
12. Execute an upward kick to E with the right knee pulling both hands downward. **KI-HAP**
13. Lower the right foot to the left foot and then move the left foot to F forming a left front stance toward F while executing a high strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a back leg round house kick to DF with the right foot and then lower it to the left foot.
15. Execute a turning side kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left back stance toward E while executing a fighting stance.
17. Execute a back leg round house kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a sitting stance toward A/E while executing a pole block toward C.
19. Jump and spin around clockwise, landing on the same spot to form a left back stance toward C while executing a middle block to C with a knife-hand.
20. Move the left foot to C forming a left front stance toward C at the same time executing a low thrust to C with the right hand spear finger.
21. Execute a back strike to D with the right back fist and a low block to C with the left forearm while forming a right back stance toward C.
22. Move the right foot to C forming a right front stance toward C while executing a middle thrust to C with the right hand spear finger.
23. Move the left foot to B turning counter clockwise to form a left front stance toward B while executing a twin fore arm block to B.
24. Move the right foot to B forming a sitting stance toward C while executing a middle block to C with the right forearm and then a strike to B with the right back fist.
25. Execute a side kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a side kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a block to B with an X-knife-hand while forming a right front stance toward B.

CHUNG-MOO

(Continued)

28. Move the left foot to B forming a left front stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right front stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right front stance toward A. **KI-HAP**

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

RIVERBEND TAE KWON DO ACADEMY

REQUIREMENTS TO LEARN AS TEMPORARY BLACK

PATTERN

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

39 Movements Ki-hap on # 31

OTHER TESTING REQUIRMENTS

Board Breaking - Hand and Foot Technique - Multiple Stations

Free Sparring - Multiple Opponents

Self Defense

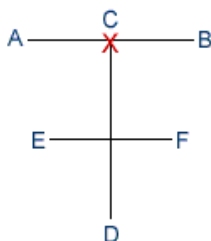
Student Oath

Tenets of Tae Kwon Do

Basic Korean Language and Counting

You will be asked to perform tasks not on this list - This is not a complete list!!!

KWANG-GAE



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left front stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right front stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right front stance toward D, at the same time executing a hooking block to D with the right palm.
5. Move the right foot to C in a sliding motion to form a right back stance toward D, at the same time executing a low block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left front stance toward D while executing a hooking block to D with the left palm.
7. Move the left foot to C in a sliding motion forming a left back stance toward D while executing a low block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a middle block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a middle block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left front stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right front stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a low side kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right back stance toward E while executing an inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a low side kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left back stance toward F while executing an inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a right back stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a left back stance toward C while executing a pressing block with the left palm. Perform in a slow motion.

KWANG-GAE

(Continued)

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right front stance toward D.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right front stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right front stance toward D. Perform in slow motion.
27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left front stance toward C.
29. Execute a low block to C with the right forearm while shifting to D, maintaining a left front stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left front stance toward C. Perform in slow motion.
31. Move the right foot to C in a stamping motion, forming a right front stance toward C while executing a temple strike to C with a twin fist. **KI-HAP**
32. Move the left foot to A in a stamping motion, forming a left front stance toward A while executing an upset punch to A with a twin fist.
33. Execute a straight leg kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left back stance toward B while executing a middle block to B with a knife-hand.
35. Move the left foot to B, forming a left front stance toward B while executing a punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right front stance toward B while executing an upset punch to B with a twin fist.
37. Execute a straight leg kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right back stance toward A at the same time executing a middle block to A with a knife-hand.
39. Move the right foot to A, forming a right front stance toward A while executing a punch to A with the right fist.

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

RIVERBEND TAE KWON DO ACADEMY

BLACK BELT PATTERNS & MEANINGS

Requirements to learn as 1st Black

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Requirements to learn as 2nd Black

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

KORYO is the name of an ancient Korean dynasty (AD918 - 1392). The English word Korea is derived from the name Koryo. Koryo's legacy to the Korean people is very significant, as they successfully defeated and thus defended Korea from the attacking aggression of the Mongolian Empire, who were sweeping the known world at the time.

Requirements to learn as 3rd Black

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

TAEBAEK Taebaek is the name of a mountain with the meaning of "bright mountain", where Dangun, the founder of the nation of Korean people, reigned the country, and the bright mountain symbolizes sacredness of soul and Dangun's thought of "hongik ingan"[humanitarian ideal]. There are numerous sites known as Taebaek, but Mt. Paektu, which has been typically known as the cradle of Korean people, is the background naming the Taebaek poomsae

Requirements to learn as 4th Black

PYONGWON Pyongwon means a plain that is a vast stretched-out land. It is the source of life for all the creatures and the field where human beings live their life. The poomsae Pyongwon was based on the idea of peace and struggle resulting from the principles of origin and use.

RIVERBEND TAE KWON DO ACADEMY

BLACK BELT PATTERNS & MEANINGS

Requirements to learn as 5th Black

SIPJIN The word "Sipjin" derived from the thought of 10 longevity, which advocates there are ten creatures of long life, namely, sun, moon, mountain, water, stone, pine-tree, herb of eternal youth, tortoise, deer, and crane. They are 2 heavenly bodies, 3 natural resources, 2 plants and 3 animals, all giving human beings faith, hope and love. The poomsae Sipjin symbolizes those things.

Requirements to learn as 6th Black

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

Requirements to learn as 7th Black

CHONKWON The word "Chonkwon" means the Heaven's Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion. Human beings have used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's mighty. Over 4,000 years ago, the founder of the Korean people, "Hwanin" meant the heavenly King. He settled down in the "heavenly" town as the capital near the heavenly sea and heavenly mountain, where the Han people as the heavenly race gave birth to the proper through and action from which Taekwondo was originated. The poomsae Chonkwon is based on such sublime history and thoughts.

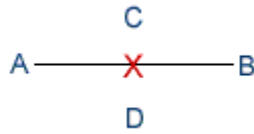
Requirements to learn as 8th Black

HANSU The word "Hansu" means water is the source of substance preserving the life and growing all the creatures. Hansu symbolizes birth of a life and growth, strength & weakness, magnanimity & harmony, and adaptability. Especially, "han" has the various meanings, namely, the name of a country, numerousness, largeness, evenness, length and even the heaven and the root of evening, among others.

Requirements to learn as 9th Black

ILYEO Ilyeo means the thought of a great Buddhist priest of Silla Dynasty, Saint Wonhyo, which is characterized by the philosophy of oneness of mind [spirit] and body [material]. It teaches that a point, a line or a circle ends up all in one. Therefore, the poomsae Ilyeo represents the harmonization of spirit and body, which is the essence of martial art, after a long training of various types of techniques and spiritual cultivation for completion of Taekwondo practice.

PO-EUN



1. Move the left foot to B, forming a right back stance toward B while executing a middle block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a low side kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion. **KI-HAP**
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left back stance toward A at the same time executing a pole block to A.
15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a back strike to C with the right back fist and extending the left arm to the side downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low block to B with a reverse knife-hand.
19. Execute a forearm middle block to A while forming a left back stance toward A pivoting with left foot.
20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle strike to B with the left knife-hand.
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.

PO-EUN

(Continued)

29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion. **KI-HAP**
31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B forming a right back stance toward B at the same time executing a pole block to B.
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
34. Move the right foot to A to form a sitting stance toward D while executing a back strike to C with the left back fist and extending the right arm to the side downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low block to A with a reverse knife-hand.

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

GE-BAEK



1. Move the right foot to C forming a right back stance toward D while executing a block to D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right front stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right front stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left front stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left front stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a block to AD with a double arc hand while looking through it maintaining a left front stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right back stance toward C while executing a middle block to C with a knife-hand.
13. Execute a front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a right back stance toward C while executing a high thrust to C with the left flat finger tip.
15. Execute a high thrust to C with the right flat finger tip while maintaining a right back stance toward C.
16. Execute a side kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right back stance toward D while executing a middle block to D with the forearm.
18. Move the right foot to D turning counter clockwise to form a right back stance toward C while executing a middle block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right back stance toward D while executing a middle block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left front stance toward C while executing a low block to C with the left knife-hand.
22. Execute a round house kick to BC with the right foot and then lower it to C.
23. Execute a flying side kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right front stance toward C while executing a double temple strike to C with a twin fist.
25. Execute a block to AC with a double arc-hand while looking through it maintaining a right front stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right front stance toward C.
27. Move the right foot on line CD, forming a left front stance toward D while striking the left palm with the right front elbow.

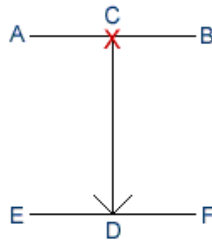
GE-BAEK

(Continued)

28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm. **KI-HAP**
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left front stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a round house kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left front stance toward D, pivoting with the right foot while executing a double temple strike to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right back stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
37. Execute a low block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right front stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right front stance toward C.
43. Move the right foot on line CD forming a left front stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left front stance toward D.

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

YOO-SIN



1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally. **KI HAP.**
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a horseback stance toward D.
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a horseback stance toward D. Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to D with the right palm while standing up toward D.
5. Execute a middle punch to D with the left fist while forming a horseback stance toward D.
6. Execute a middle hooking block to D with the left palm while standing up toward D.
7. Execute a middle punch to D with the right fist while forming a horseback stance toward D.
8. Move the left foot to BD to form a left front stance toward BD while executing a high middle block to BD with the left outer forearm.
9. Execute a circular block to D with the right inner forearm while maintaining a left front stance toward BD.
10. Execute a scooping block with the left palm while forming a horseback stance toward AD.
11. Execute a middle punch to AD with the right fist while maintaining a horseback stance toward AD. Perform 10 and 11 in a connecting motion.
12. Bring the left foot to the right foot, and then move the right foot to AD to form a right front stance toward AD while executing a high middle block to AD with the right outer forearm.
13. Execute a circular block to D with the left inner forearm while maintaining a right front stance toward AD.
14. Execute a scooping block with the right palm while forming a horseback stance toward BD.
15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion.
16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.
17. Execute a middle punch to BD with the left fist while forming a horseback stance toward BD.
18. Execute a high hooking block to AD with the left palm while forming a right front stance toward AD.
19. Execute a middle punch to BD with the right fist while forming horseback stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.
20. Move the right foot to C, forming a left front stance toward D at the same time executing a pressing block with an X-fist.
21. Execute a rising block with an X-knife-hand while maintaining a left front stance toward D. Perform 20 and 21 in a continuous motion.
22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left front stance toward D.
23. Execute a front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
24. Lower the right foot to D, forming a right front stance toward D while executing a middle punch to D with the left fist.
25. Execute a pressing block with an X-fist while maintaining a right front stance toward D.
26. Execute a rising block with an X-knife-hand while maintaining a right front stance toward D. Perform 25 and 26 in a continuous motion.
27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right front stance toward D.
28. Execute a front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
29. Lower the left foot to D to form a left front stance toward D while executing a middle punch to D with the right fist.

YOO-SIN

(Continued)

30. Move the right foot to D, forming a left back stance toward D while executing a middle guarding block to D with a knife-hand.
31. Move the left foot to D to form a right back stance toward D while executing a middle guarding block to D with a knife-hand.
32. Move the left foot to C, forming a left back stance toward D while executing a middle guarding block to D with a knife-hand.
33. Move the right foot to C to form a right back stance toward D while executing a middle guarding block to D with a knife-hand.
34. Move the right foot to D, forming a right front stance toward D while executing a high block to D with the right double forearm.
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right front stance toward D.
Perform 34 and 35 in a fast motion.
36. Move the left foot to D to form a left front stance toward D while executing a high block to D with the left double forearm.
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left front stance toward D. Perform 36 and 37 in a fast motion.
38. Move the right foot to D, forming a right front stance toward D while executing a middle punch to D with the right fist.
KI HAP.
39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right back stance toward C while executing a high block to C with the left reverse knife-hand.
40. Bring the right foot to the left foot to form a closed ready stance C toward C
41. Move the right foot to CF in a stamping motion to form a right front stance toward CF at the same time executing an upset punch to CF with a twin fist.
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left front stance toward CE while executing an upset punch to CE with a twin fist.
43. Bring the left foot to the right foot, and then move the right foot to F to form a left back stance toward F while executing a middle block to F with the right inner forearm.
44. Execute a middle punch to F with the left fist while maintaining a left back stance toward F.
45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.
46. Move the left foot to E to form a right back stance toward E while executing a middle block to E with the left inner forearm.
47. Execute a middle punch to E with the right fist while maintaining a right back stance toward E.
48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
51. Move the right foot on line CD in a stamping motion to form a horseback stance toward E while executing a front strike to E with the right back fist.
52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a horseback stance toward E.
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a horseback stance toward E.
54. Execute a horizontal strike to C with the right back hand while maintaining a horseback stance toward E.
55. Execute a middle crescent kick to the right palm with the left foot.
56. Execute a middle side kick to C with the left foot forming a forearm guarding block.
Perform 55 and 56 in a consecutive kick.

YOO-SIN

(Continued)

57. Lower the left foot to C to form a horseback stance toward B while executing a horizontal strike to C with the left back hand.
58. Execute a middle crescent kick to the left palm with the right foot.
59. Execute a middle side kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
60. Lower the right foot to C, forming a horseback stance toward A while executing a right 9-shape block.
61. Change the position of the hands while maintaining a horseback stance toward A.
62. Move the left foot to C, turning clockwise to form a horseback stance toward B while executing a right 9-shape block.
63. Change the position of the hands while maintaining a horseback stance toward B.
64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.
65. Move the right foot to A to form a left front stance toward B while executing a high vertical punch to B with a twin fist.
66. Move the right foot to B, turning counter-clockwise to form a left front stance toward A while executing a high vertical punch to A with a twin fist.
67. Bring the right foot to the left foot, and then move the left foot to BD to form a right back stance toward BD while executing a middle guarding block to BD with a knife-hand.
68. Bring the left foot to the right foot, and then move the right foot to AD to form a left back stance toward AD while executing a middle guarding block to AD with a knife-hand. **KI HAP**

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

TONG-IL



1. Move the right foot to C to form a left front stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion.
2. Move the left foot to C to form a right front stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
4. Execute a low inward block to D with the right palm while forming a left front stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
5. Move the right foot to D, forming a left back stance toward D while executing a middle punch to D with the right fist.
6. Execute a middle punch to D with the left fist while maintaining a left back stance toward D. Perform 5 and 6 in a fast motion.
7. Move the left foot to D in a stamping motion to form a right back stance toward D while executing a high outward strike to D with the left back hand.
8. Execute an inward vertical kick to the left palm with the right reverse foot sword.
9. Lower the right foot to D in a stamping motion, forming a left back stance toward D while executing a high outward strike to D with the right back hand.
10. Execute an inward vertical kick to the right palm with the left reverse foot sword.
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right back stance toward D, slipping the left foot. Perform in a slow motion.
12. Move the right foot to D, forming a right front stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right front stance toward D. Perform in a slow motion.
14. Execute a middle punch to D with the right fist while maintaining a right front stance toward D.
15. Execute a middle punch to D with the left fist while maintaining a right front stance toward D.
16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.
17. Lower the right foot to C in a stamping motion, forming a left back stance toward C while executing a downward strike to C with the right back fist.
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to C in a stamping motion to form a right back stance toward C while executing a downward strike to C with the left back fist.
20. Execute a high punch to D with the left fist while forming a right front stance toward D, pivoting with the left foot.
21. Execute a high punch to D with the right fist while maintaining a right front stance toward D. Perform 20 and 21 in a fast motion.
22. Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.
23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.

TONG-IL

(Continued)

24. Move the left foot to C, forming a left front stance toward C while executing a pressing block with the left palm.
25. Move the right foot to C to form a right front stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.
26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
27. Move the left foot to D, forming a left front stance toward D while executing a rising block with the left knife-hand.
28. Execute a high punch to D with the right fist while maintaining a left front stance toward D.
29. Slide to D to form a left back stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder.
30. Move the right foot to C, forming a left front stance toward D while executing a high thrust with the right angle fingertip.
31. Move the left foot on line CD to form a right front stance toward C while executing a rising block with the right knife-hand.
32. Execute a high punch to C with the left fist while maintaining a right front stance toward C.
33. Slide to C to form a right back stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.
34. Move the left foot to D, forming a right front stance toward C while executing a high thrust with the left angle fingertip.
35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left back stance toward C, pivoting with the left foot.
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right back stance toward D, pivoting with the right foot.
37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left front stance toward D, slipping the left foot.
38. Move the right foot to D in a stamping motion to form a right front stance toward D at the same time executing a high vertical punch to D with a twin fist.
39. Pull the right reverse foot sword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.
40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.
42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.
43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.
44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.
45. Pull the left reverse foot sword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.
46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.
47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.
48. Move the right foot to D, forming a left front stance toward C while executing a front strike with the left under fist.
49. Move the right foot to C to form a right front stance toward C while executing a front strike with the right under fist.
50. Execute a middle pushing block to C with the left palm while maintaining a right front stance toward C.
51. Execute a circular block to A with the right knife-hand while forming a left front stance toward AD.
52. Move the left foot to C to form a left front stance toward C while executing a middle pushing block to C with the right palm.

TONG-IL

(Continued)

53. Execute a circular block to B with the left knife-hand while forming a right front stance toward BD.
54. Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward D while executing a twin side back elbow thrust.
55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.
56. Execute a middle punch to D with the right fist while forming a left front stance toward D, pivoting with the left foot.

END: Bring the right foot back to a ready posture