

Reference Guide for
Master Martial Arts Black Belts
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Introduction

There is a myth that achieving a black belt is the ultimate goal in martial arts training. We quickly learn that the 1st degree black belt, while a significant milestone, is just one more step in our journey. There is much more to learn. Black belt students are also expected to help teach color belt students.

This book is an informal and unofficial guide for black belt students at Master Martial Arts. It is **not** a training manual. The purpose of this guide, as with the previous guide, is to serve as a reference for practice between classes. It includes a summary of color belt requirements, to aid in helping teach color belt students and for review in preparation for 4th degree black belt.

This information represents only my understanding of what I have observed as a student; whenever you have a question, ask Master Um for the official word. If you are new to Master Martial Arts, it may be helpful for you also to review the basic Guide to Master Martial Arts.

Test requirements for black belt students are subject to change. For the record, the most recent promotion requirements have been:

from 1st to 2nd degree (generally requires at least 2 years preparation; minimum 1 year):

- forms: Koryo, Keumgang, Taebaek
- self-defense: focus-mitt drills, basic attack/defense
- sparring: 2-on-1 and 1-on-1
- board break: two boards in speed-breaks (boards held only at bottom) or four boards stacked

from 2nd to 3rd degree (Instructor; generally requires at least 3 years; minimum 2 years):

- forms: Koryo, Keumgang, Taebaek, Pyongwon
- self-defense: advanced attack/defense or other self-defense demonstration
- sparring: Hapkido or other sparring may be required
- board break: palm strike through multiple tiles, or three boards in speed-breaks

from 3rd to 4th degree (Master; generally requires at least 4 years; minimum 3 years):

- forms: all color belt forms from Taeguk Iljang on; all black belt forms through Ship Jin
- kicking combinations: all combinations
- self-defense: 15 one-step sparring techniques plus 15 self-defense techniques
- sparring: Hapkido or other sparring may be required
- board breaks as arranged with Master

Note: Only five such tests have occurred among Master Um's many thousands of students. The formal test may include only a subset of these requirements, but the student must demonstrate all to Master's satisfaction before the formal test.

Juniors (students under 16, who are ranked *Poom* rather than *Dan*) may have somewhat modified requirements. Juniors cannot attain rank above 3rd *Poom*. At their first test at or above age 16, they test as adults and receive *Dan* ranking.

We each progress at our own rate at Master Martial Arts. The more classes we attend, and the more we practice outside of class, the more quickly we are likely to advance. However, it is true that “Practice doesn’t make perfect; perfect practice makes perfect.” When you practice outside of class, if you become confused on some point, stop and check a book or this manual or a video, or just wait for the next class to ask. (In fact, even if you think you’ve found the answer in book or manual or video, it’s a good idea to ask Master the question in the next class.)

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Forms

A *poomsa*, or form, is a basic part of our martial arts training. As we progress in rank, we are expected to perform each new form, as well as all previous forms, with increasing strength and precision. Attention must be paid to each stance, each kick, each block, each *ki-hap*. The forms covered in this book are:

- **Kicho Ilbo:** This is an older form, used in many martial arts. Simpler than the Taeguk forms, it is the starting form for adult students at Master Martial Arts.
- **Taeguk Iljang – Taeguk Paljang:** These are the official WTF forms for Kup grade (pre-black-belt) students. Each is a detailed pattern of defense-and-attack motions and techniques in increasingly complex form. The names just mean First Form, Second Form, etc. Black belt forms Koryo, Keumgang, Taebaek, Pyongwon, and Shipjin are considered part of the Taeguk series of forms.
- **Chung Mu:** This ITF form is the last form learned for 1st degree black belt. It is named for Admiral Yi Sun-sin, reputed to have invented the first armored battleship in 1592.
- **Koryo:** This is the official WTF 1st degree form. The name means Korea. The form has the shape of a Chinese character meaning a learned man.
- **Keumgang:** This is the official WTF 2nd degree form. The name means “diamond,” symbolizing hardness. The form has the shape of a Chinese character meaning a mountain.
- **Taebaek:** This is the official WTF 3rd degree form. The name means “lightness.” The form has the shape of a Chinese character meaning an artisan.
- **Pyongwon:** This is the official WTF 4th degree form. The name means “stretch, vast plain.”
- **Shipjin:** This is the official WTF 5th degree form. The name stands for the ten symbols of longevity: Sun, Moon, Mountain, Water, Stone, Pine tree, Herb of eternal youth, Turtle, Deer, and Crane.
- **Jitae:** This is the official WTF 6th degree form. The name means “earth.” The earth is the beginning and the end of life, as reelected through the Yin and Yang.

*Note: Information for this summary of forms comes from the Wikipedia article on *hyeong* and (for WTF forms) from the Kukkiwon website.*

The following charts represent my best approximation of the forms as performed at Master Martial Arts. Note that step counts are arbitrary, not an inherent part of the forms; the numbering at Master Martial Arts may differ from that in various books and websites. Terms are defined in the glossary, except for those given in italics (which generally describe movements seen only in one form, or give additional details to assist the student).

Color Belt Forms

white belt form: Kicho Ilbo

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	front (L)	L low block	R fist at belt	
2		W	front (R)	R middle punch	L out, then fist at belt	
3	R 180	E	front (R)	R low block	L fist at belt	
4		E	front (L)	L middle punch	R out, then fist at belt	
5	L 90	N	front (L)	L low block	R fist at belt	
6		N	front (R)	R middle punch	L out, then fist at belt	
7		N	front (L)	L middle punch	R fist at belt	
8		N	front (R)	R middle punch	L fist at belt	yes
9	L 270	E	front (L)	L low block	R fist at belt	
10		E	front (R)	R middle punch	L out, then fist at belt	
11	R 180	W	front (R)	R low block	L fist at belt	
12		W	front (L)	L middle punch	R out, then fist at belt	
13	L 90	S	front (L)	L low block	R fist at belt	
14		S	front (R)	R middle punch	L out, then fist at belt	
15		S	front (L)	L middle punch	R fist at belt	
16		S	front (R)	R middle punch	L fist at belt	yes
17	L 270	W	front (L)	L low block	R fist at belt	
18		W	front (R)	R middle punch	L out, then fist at belt	
19	R 180	E	front (R)	R low block	L fist at belt	
20		E	front (L)	L middle punch	R out, then fist at belt	yes
ba-ro	L 90	N	ready	<i>(L foot swings around)</i>		

Note: Junior students do not learn Kicho Ilbo.

yellow belt form: Taeguk Iljang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	walking (L)	L low block	R fist at belt	
2		W	walking (R)	R middle punch	<i>L out, then</i> fist at belt	
3	R 180	E	walking (R)	R low block	L fist at belt	
4		E	walking (L)	L middle punch	<i>R out, then</i> fist at belt	
5 a	L 90	N	front (L)	L low block	R fist at belt	
5 b		N	[same]	R middle punch	<i>L out, then</i> fist at belt	yes
6	R 90	E	walking (R)	L middle block	R fist at belt	
7		E	walking (L)	R middle punch	<i>L out, then</i> fist at belt	
8	L 180	W	walking (L)	R middle block	L fist at belt	
9		W	walking (R)	L middle punch	<i>R out, then</i> fist at belt	
10 a	R 90	N	front (R)	R low block	L fist at belt	
10 b		N	[same]	L middle punch	<i>R out, then</i> fist at belt	yes
11	L 90	W	walking (L)	L high block	R fist at belt	
12 a		W	---	front kick R	[same L, R]	
12 b		W	walking (R)	R middle punch	<i>L out, then</i> fist at belt	
13	R 180	E	walking (R)	R high block	L fist at belt	
14 a		E	---	front kick L	[same R, L]	
14 b		E	walking (L)	L middle punch	<i>R out, then</i> fist at belt	
15	R 90	S	front (L)	L low block	R fist at belt	
16		S	front (R)	R middle punch	<i>L out, then</i> fist at belt	yes
ba-ro	L 180	N	ready	<i>(L foot swings around)</i>		

Note: Junior students do not learn Taeguk Iljang.

orange belt form: Taeguk Ejang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	walking (L)	L low block	R fist at belt	
2		W	front (R)	R middle punch	L out, then fist at belt	
3	R 180	E	walking (R)	R low block	L fist at belt	
4		E	front (L)	L middle punch	R out, then fist at belt	
5	L 90	N	walking (L)	R middle block	L fist at belt	
6		N	walking (R)	L middle block	R out, then fist at belt	
7	L 90	W	walking (L)	L low block	R fist at belt	
8 a		W	--	front kick R		
8 b		W	front (R)	R high punch	L fist at belt	
9	R 180	E	walking (R)	R low block	[same]	
10 a		E	--	front kick L		
10 b		E	front (L)	L high punch	R fist at belt	
11	L 90	N	walking (L)	L high block	[same]	
12		N	walking (R)	R high block	L fist at belt	
13 a	L 270	E	walking (L)	R middle block	[same]	
13 b	R 180	W	walking (R)	L middle block	R fist at belt	
14	L 90	S	walking (L)	L low block	[same]	
15 a		S	--	front kick R		
15 b		S	walking (R)	R middle punch	L fist at belt	
16 a		S	--	front kick L		
16 b		S	walking (L)	L middle punch	R fist at belt	
17 a		S	--	front kick R		
17 b		S	walking (R)	R middle punch	L fist at belt	yes
ba-ro	L 180	N	ready	(L foot swings around)		

Note: Junior students learn only the first 12 steps of Taeguk Ejang for their orange belt test; all steps are required for their black belt test.

green belt form: Taeguk Samjang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	walking (L)	L low block	R fist at belt	
2 a		W	--	front kick R		
2 b		W	front (R)	R middle punch	L fist at belt	
2 c		W	[same]	L middle punch	R fist at belt	
3	R 180	E	walking (R)	R low block	L fist at belt	
4 a		E	--	front kick L		
4 b		E	front (L)	L middle punch	R fist at belt	
4 c		E	[same]	R middle punch	L fist at belt	
5	L 90	N	walking (L)	R high knife strike	[same]	
6		N	walking (R)	L high knife strike	R <i>out, then</i> fist at belt	
7 a	L 90	W	back (L)	L <i>slow out</i> middle knife block	R fist at belt	
7 b		W	front (L)	R middle punch	L fist at belt	
8 a	R 180	E	back (R)	R <i>slow out</i> middle knife block	L fist at belt	
8 b		E	front (R)	L middle punch	R fist at belt	
9	L 90	N	walking (L)	R middle block	L fist at belt	
10		N	walking (R)	L middle block	R <i>out, then</i> fist at belt	
11	L 270	E	walking (L)	L low block	R fist at belt	
12 a		E	--	front kick R		
12 b		E	front (R)	R middle punch	L fist at belt	
12 c		E	[same]	L middle punch	R fist at belt	
13	R 180	W	walking (R)	R low block	L fist at belt	
14 a		W	--	front kick L		
14 b		W	front (L)	L middle punch	R fist at belt	
14 c		W	[same]	R middle punch	L fist at belt	
15 a	L90	S	walking (L)	L low block	R fist at belt	
15 b		S	[same]	R middle punch	L fist at belt	
16 a		S	walking (R)	R low block	[same]	
16 b		S	[same]	L middle punch	R fist at belt	
17 a		S	--	front kick L	[same L, R]	
17 b		S	walking (L)	L low block	[same R]	
17 c		S	[same]	R middle punch	L fist at belt	
18 a		S	--	front kick R	[same R, L]	
18 b		S	walking (R)	R low block	[same L]	
18 c		S	[same]	L middle punch	R fist at belt	yes
ba-ro	L 180	N	ready	(L foot swings around)		

blue belt form: Taeguk Sajang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	back (L)	L double knife hand	--	
2 a		W	front (R)	L push-down palm block	[same R]	
2 b		W	[same]	R middle spear strike	[same L]	
3	R 180	E	back (R)	R double knife hand	--	
4 a		E	front (L)	R push-down palm block	[same L]	
4 b		E	[same]	L middle spear strike	[same R]	
5	L 90	N	front (L)	R high knife strike	L high knife block	
6 a		N		front kick R		
6 b		N	front (R)	L middle punch	R fist at belt	
7 a		N	--	side kick L		
7 b		N	--	side kick R		
7 c		N	back (R)	R double knife hand	--	yes
8	L 270	E	back (L)	L out forearm block	R fist at belt	
9 a		E		front kick R <i>land back</i>		
9 b		E	back (L)	R middle block	L fist at belt	
10	R 180	W	back (R)	R out forearm block	[same]	
11 a		W		front kick L <i>land back</i>		
11 b		W	back (R)	L middle block	R fist at belt	
12	L 90	S	front (L)	R high knife strike	L high knife block	
13 a		S		front kick R		
13 b		S	front (R)	R high back fist	L fist at belt	yes
14 a	L 90	E	walking (L)	L middle block	R fist at belt	
14 b		E	[same]	R middle punch	L fist at belt	
15 a	R180	W	walking (R)	R middle block	[same]	
15 b		W	[same]	L middle punch	R fist at belt	
16 a	L 90	S	front (L)	L middle block	[same]	
16 b		S	[same]	R middle punch	L fist at belt	
16 c		S	[same]	L middle punch	R fist at belt	
17 a		S	front (R)	R middle block	L fist at belt	
17 b		S	[same]	L middle punch	R fist at belt	
17 c		S	[same]	R middle punch	L fist at belt	yes
ba-ro	L180	N	ready	<i>(L foot swings around)</i>		

purple belt form: Taeguk Ojang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	front (L)	L low block	R fist at belt	
2	R 90	N	T (R) (face W)	L hammer fist	[same R]	
3	R 90	E	front (R)	R low block	L fist at belt	
4	L 90	N	T (L) (face E)	R hammer fist	[same L]	
5 a		N	front (L)	L middle block	R fist at belt	
5 b		N	[same]	R middle block	L out, then fist at belt	
6 a		N	--	front kick R		
6 b		N	front (R)	R high back fist	L fist at belt	
6 c		N	[same]	L middle block	R out, then fist at belt	
7 a		N	--	front kick L		
7 b		N	front (L)	L high back fist	R fist at belt	
7 c		N	[same]	R middle block	L out, then fist at belt	
8		N	front (R)	R high back fist	L fist at belt	yes
9	L 270	E	back (L)	L slow out middle knife block	R fist at belt	
10 a		E	[same]	L palm over R fist	--	
10 b		E	front (R)	R middle elbow strike	[same L]	
11	R 180	W	back (R)	R slow out middle knife block	L fist at belt	
12 a		W	[same]	R palm over L fist	--	
12 b		W	front (L)	L middle elbow strike	[same R]	
13 a	L 90	S	front (L)	L low block	R fist at belt	
13 b		S	[same]	R middle block	L out, then fist at belt	
14 a		S	--	front kick R		
14 b		S	front (R)	R low block	L fist at belt	
14 c		S	[same]	L middle block	R out, then fist at belt	
15	L 90	E	front (L)	L high block	R fist at belt	
16 a		E	--	side kick R	R middle back fist	
16 b		E	front (R)	L middle elbow strike to R palm		
17	R 180	W	front (R)	R high block	L fist at belt	
18 a		W		side kick L	L middle back fist	
18 b		W	front (L)	R middle elbow strike to L palm		
19 a	L 90	S	front (L)	L low block	R fist at belt	
19 b		S	[same]	R middle block	L out, then fist at belt	
20 a		S	--	front kick R		
20 b		S	jump forward twist (R)	R high back fist	L fist at R elbow	yes
ba-ro	L 180	N	ready	(L foot swings around)		

brown belt form: Taeguk Yookjang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1	L 90	W	front (L)	L low block	R fist at belt	
2 a		W	--	front kick R <i>land back</i>		
2 b		W	back (L)	L out forearm block	R fist at belt	
3	R 180	E	front (R)	R low block	L fist at belt	
4 a		E	--	front kick L <i>land back</i>		
4 b		E	back (R)	R out forearm block	L fist at belt	
5	L 90	N	front (L)	R out high knife strike	[same]	
6a		N	--	roundhouse R		yes
6b		N	fighting (R)			
7	L 90	W	front (L)	L out forearm block	R fist at belt	
8		W	[same]	R middle punch	L fist at belt	
9 a		W	--	front kick R		
9 b		W	front (R)	L middle punch	R fist at belt	
10	R 180	E	front (R)	R out forearm block	L fist at belt	
11		E	[same]	L middle punch	R fist at belt	
12 a		E	--	front kick L		
12 b		E	front (L)	R middle punch	L fist at belt	
13 a	L 90	N	open	middle X knife block		
13 b		N	[same]	double open knife block		
14		N	front (R)	L out high knife strike	R fist at belt	
15 a		N		roundhouse L		yes
15 b		N	fighting (L)			
16	R 270	W	front (R)	R low block	L fist at belt	
17 a		W	--	front kick L <i>land back</i>		
17 b		W	back (R)	R out forearm block	L fist at belt	
18	L 180	E	front (L)	L low block	R fist at belt	
19 a		E	--	front kick R <i>land back</i>		
19 b		E	back (L)	L out forearm block	R fist at belt	
20	L 90	N	<i>step back to back (L)</i>	L double knife hand		
21		N	<i>step back to back (R)</i>	R double knife hand		
22 a		N	<i>step back to front (L)</i>	R cup and saucer		
22 b		N	[same]	L inside palm block	R fist at belt	
22 c		N	[same]	R middle punch	L fist at belt	
23 a		N	<i>step back to front (R)</i>	L cup and saucer		
23 b		N	[same]	R inside palm block	L fist at belt	
23 c		N	[same]	L middle punch	R fist at belt	yes
ba-ro		N	ready	(<i>L foot swings around</i>)		

red belt form: Taeguk Chiljang

count	turn	dir	stance (front)	action	other hand	yell
0		N	ready			
1	L 90	W	cat (L)	R inside palm block	L fist at belt	
2 a		W	--	front kick R <i>land back</i>		
2 b		W	cat (L)	L middle block	R fist at belt	
3	R 180	E	cat (R)	L inside palm block	R fist at belt	
4 a		E	--	front kick L <i>land back</i>		
4 b		E	cat (R)	R middle block	L fist at belt	
5	L 90	N	back (L)	L double low knife block	--	
6		N	back (R)	R double low knife block	--	
7 a	L 90	W	cat (L)	R inside palm block	<i>L palm facing down under R elbow</i>	
7 b		W	[same]	R high back fist	[same]	
8 a	R 180	E	cat (R)	L inside palm block	<i>R palm facing down under L elbow</i>	
8 b		E	[same]	L high back fist	[same]	
9	L 90	N	closed	<i>arms trace circle from above head down, out, up to L palm over knuckles of R fist at chin level</i>		
10		N	front (L)	L, R scissor block	--	
11		N	front (R)	R, L scissor block	--	
12	L 270	E	front (L)	double out forearm block	--	
13 a		E	[same]	double high knife strike	--	
13 b		E	--	<i>mid section knee strike R to both palms, belt level</i>		
13 c		E	<i>jump forward to twist (R)</i>	double uppercut punch	--	
13 d		E	<i>step back L, then front (R)</i>	low X block	--	
14	R 180	W	front (R)	double out forearm block	--	
15 a		W	[same]	double high knife strike	--	
15 b		W	--	<i>mid section knee strike L to both palms, belt level</i>		
15 c		W	<i>jump forward to twist (L)</i>	double uppercut punch	--	
15 d		W	<i>step back R, then front (L)</i>	low X block	--	
16	L 90	S	walking (L)	L high back fist	R fist at belt	
17 a		S	--	<i>inside crescent kick R to L palm outstretched</i>		
17 b	L 90	E	horse	<i>R middle elbow strike to L palm outstretched</i>		
17 c	R 90	S	walking (R)	R high back fist	L fist at belt	
18 a		S	--	<i>inside crescent kick L to R palm outstretched</i>		
18 b	R 90	W	horse	<i>L middle elbow strike to R palm outstretched</i>		
19		W	[same]	L <i>slow out middle knife block to S</i>	R fist at belt	
20 a		W	[same]	<i>close L to fist</i>	[same R]	
20 b	L 180	E	horse	R middle punch to S (<i>face S</i>)	L fist at belt	yes
ba-ro	L 90	N	ready	<i>(L foot swings around)</i>		

red/white stripe form: Taeguk Paljang

count	turn	dir	stance (front leg)	action	other hand	yell
0		N	ready			
1 a		N	ready	L cup and saucer		
1 b		N	back (L)	L out forearm block	<i>R fist at L elbow</i>	
2		N	front (L)	R middle punch	L fist at belt	
3 a		N	--	<i>leap in air, executing</i>	jump front kick L	yes
3 b		N	front (L)	L middle block	R fist at belt	
3 c		N	[same]	R middle punch	L fist at belt	
3 d		N	[same]	L middle punch	R fist at belt	
4		N	front (R)	R middle punch	L fist at belt	yes
5 a	L 90	W	front (R)	<i>R reach down knife hand</i>	<i>L start at waist, slide up in front of R arm</i>	
5 b		W	[same]	<i>R pull to out high block (face E)</i>	L back low block	
6	swivel L 180	E	front (L)	R uppercut punch	<i>L fist palm down on R upper arm</i>	
7 a		E	<i>step across R foot with L foot</i>			
7 b		E	front (L)	<i>L reach down knife hand</i>	<i>R start at waist, slide up in front of L arm</i>	
7 c		E	[same]	<i>R pull to out high block (face W)</i>	R back low block	
8	swivel R 180	W	front (R)	L uppercut punch	<i>R fist palm down on L upper arm</i>	
9	L 270	N	back (L)	L double knife hand	--	
10		N	front (L)	R middle punch	L fist at belt	
11 a		N		front kick R <i>land back</i>		
11 b		N	<i>step back to cat (R)</i>	R inside palm block	L fist at belt	
12	L 90	W	cat (L)	L double knife hand	--	
13 a		W		front kick L		
13 b		W	front (L)	R middle punch	L fist at belt	
14		W	<i>slide back to cat (L)</i>	L inside palm block	R fist at belt	
15	R 180	E	cat (R)	R double knife hand	--	
16 a		E		front kick R		
16 b		E	front (R)	L middle punch	R fist at belt	
17		E	<i>slide back to cat (R)</i>	R inside palm block	L fist at belt	
18	R 90	S	back (R)	R double low block		
19 a		S		front kick L	<i>(keep L foot in air)</i>	
19 b		S		jump front kick R		
19 c		S	front (R)	R middle block	L fist at belt	
19 d		S	[same]	L middle punch	R fist at belt	
19 e		S	[same]	R middle punch	L fist at belt	yes
20	L 270	W	back (L)	L out middle knife block	R fist at belt	
21 a		W	front (L)	R high elbow strike	L fist at belt	
21 b		W	[same]	R high back fist	[same]	
21 c		W	[same]	L middle punch	R fist at belt	

red/white stripe form: Taeguk Paljang, continued

count	turn	dir	stance (front leg)	action	other hand	yell
22 a		W	<i>step behind R foot with L foot, then turn</i>			
22 b	R 180	E	back (R)	R out middle knife block	L fist at belt	
23 a		E	front (R)	L high elbow strike	R fist at belt	
23 b		E	[same]	L high back fist	[same]	
23 c		E	[same]	R middle punch	L fist at belt	yes
ba-ro	L 90	N	ready	<i>(L foot swings around)</i>		

black/white stripe form: Chung Mu

count	turn	dir	stance (front)	action / kick	other hand	yell
0		N	ready			
1	L 90	W	back (L)	L double knife hand	--	
2		W	front (R)	R high knife strike	L high knife block	
3	R 180	E	back (R)	R double knife hand	--	
4		E	front (L)	L high knife strike	R fist at belt	
5	L 90	N	back (L)	L double knife hand	--	
6 a		N	--	back kick R		
6 b		N	back (L)	L double knife hand	--	
7 a		N	--	<i>step forward R</i>		
7 b		N	--	<i>step forward L</i>		
7 c		N	--	jump side kick R		yes
7 d		N	back (R)	R double knife hand	--	
8	L 270	E	back (L)	L low block	R fist at belt	
9		E	front (L)	double high knife strike	--	
10 a		E	--	<i>mid section knee strike R to both palms, belt level</i>		
10 b	L 180	W	front (L)	L elbow jab	<i>then</i>	
10 c		W	[same]	R middle spear block	<i>(L hand palm down under R elbow)</i>	
11 a		W	--	roundhouse kick R		
11 b	L 180	E	--	back kick L		
11 c		E	back (R)	R double knife hand		
12 a		E	--	roundhouse kick L		
12 b	R 90	S	back (R)	R cup over L saucer		
12 c		S	[same]	<i>L staff hold over head, palm down</i>	<i>R staff hold, palm up, belt level</i>	
13 a	L 360	S	back (R)	<i>jump spin, land same place</i>		
13 b		S	[same]	R double knife hand	--	yes
14		S	front (L)	R groin strike and pull	L back low block	
15 a		S	front (R)	L push-down palm block		
15 b		S	[same]	R middle spear strike	[same L]	yes
16	L 270	W	front (L)	L out high block	<i>R fist at L elbow</i>	
17 a	L 90	S	horse	R middle block	<i>L fist at R elbow</i>	
17 b		S	[same]	R high back fist	L fist at belt	
18	L 90	E	front (L)	R high knife strike	[same L]	
19 a		E	--	side kick R		
19 b		E	front (R)	L high knife strike	R fist at belt	
19 c		E	--	side kick L		
19 d	R 180	W	cat (R)	middle X knife block	--	
20		W	front (L)	double upward palm block	--	
21 a	R 180	E	front (R)	R high block	L fist at belt	
21 b		E	[same]	L high punch	R fist at belt	yes
ba-ro	L 90	N	ready	<i>(L foot swings around)</i>		

Black Belt Forms

Koryo

count	turn	dir	stance (front)	action / kick	other hand	yell
0 a		N	ready			
0 b		N	[same]	Koryo joon-bi		
1	L 90	W	back (L)	L double knife hand	--	
2 a		W	--	low side kick R		
2 b		W	--	side kick R		
2 c		W	front (R)	R out knife strike	L fist at belt	
2 d		W	[same]	L reverse punch	R fist at belt	
3		W	<i>slide R to back (R)</i>	R middle block	L fist at belt	
4	R 180	E	back (R)	R double knife hand	--	
5 a		E	--	low side kick L		
5 b		E	--	side kick L		
5 c		E	front (L)	L out knife strike	R fist at belt	
5 d		E	[same]	R reverse punch	L fist at belt	
6		E	<i>slide R to back (L)</i>	L middle block	R fist at belt	
7 a	L 90	N	front (L)	L low knife block	R fist at belt	
7 b		N	[same]	R high arc hand strike	L fist at belt	
8 a		N	--	front kick R		
8 b		N	front (R)	R low knife block	L fist at belt	
8 c		N	[same]	L high arc hand strike	R fist at belt	
9 a		N	--	front kick L		
9 b		N	front (L)	L low knife block	R fist at belt	
9 c		N	[same]	R high arc hand strike	L fist at belt	yes
10 a		N	--	front kick R		
10 b		N	front (R)	<i>sweep R hand across body until forearm horizontal while executing L down arc hand strike (knee break)</i>		
11	R 180	S	<i>pivot on R to front (R)</i>	double out forearm block	--	
12 a		S	--	front kick L	--	
12 b		S	front (L)	<i>sweep L hand across body until forearm horizontal while executing R down arc hand strike (knee break)</i>		
13		S	<i>draw back L to cat (L)</i>	double out forearm block	--	
14	R 90	W	back (L)	L <i>slow</i> out middle knife block	R fist at belt	
15 a		W	[same]	<i>flex L wrist so palm is turned in</i>	--	
15 b		W	[same]	R reverse punch <i>to L hand</i>	--	

Koryo, continued

count	turn	dir	stance (front)	action / kick	other hand	yell
16 a	R 90	N	<i>step R across L to twist (R)</i>	side kick L	--	
16 b	R 90	E	<i>step down with L and rotate to front (R)</i>	<i>L palm-up spear strike to groin</i>	<i>R palm about 1" in front of and facing L shoulder</i>	
17		E	<i>slide R back to walking (R)</i>	R low block	<i>L pull to fist at belt</i>	
18	R 90	S	<i>swing L to horse</i>	L inside palm block	R fist at belt	
19 a	L 180	N	<i>swing R to horse</i>	<i>R fist into L palm</i>	--	
19 b		N	[same]	R supported elbow jab	--	
20		N	[same]	R out middle knife block <i>slow</i>	L fist at belt	
21 a		N	[same]	<i>flex R wrist so palm is turned in</i>	--	
21 b		N	[same]	L reverse punch to R hand	--	
22		N	<i>step L across R to twist (L)</i>	side kick R	--	
22	L 90	W	<i>step down with R and rotate to front (L)</i>	<i>R palm-up spear strike to groin</i>	<i>L palm about 1" in front of and facing R shoulder</i>	
23		W	<i>slide L back to walking (L)</i>	L low block	<i>R pull to fist at belt</i>	
24	L 90	S	<i>swing R to horse</i>	R inside palm block	L fist at belt	
25 a	R 180	N	<i>swing L to horse</i>	<i>L fist into R palm</i>	--	
25 b		N	[same]	L supported elbow jab	--	
26		N	<i>slide R to ready</i>	<i>raise palms straight up (facing each other), then circle outward, meeting towards floor as L hand becomes fist</i>		
27 a	L 180	S	front (L)	L out high knife strike	R fist at belt	
27 b		S	[same]	L low knife block	[same]	
28 a		S	front (R)	R high knife strike	L fist at belt	
28 b		S	[same]	R low knife block	[same]	
29 a	L 180	S	front (L)	L high knife strike	R fist at belt	
29 b		S	[same]	L low knife block	[same]	
30		S	front (R)	R high arc hand strike	L fist at belt	yes
ba-ro a		N	ready	<i>bring L foot back</i>		
ba-ro b		N	[same]	Koryo joon-bi		

Keumgang

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1		N	front (L)	double out middle block	--	
2		N	front (R)	R palm strike	L fist at belt	
3		N	front (L)	L palm strike	R fist at belt	
4		N	front (R)	R palm strike	L fist at belt	
5		N	<i>back to back</i> (L)	L middle knife strike	R fist at belt	
6		N	<i>back to back</i> (R)	R middle knife strike	L fist at belt	
7		N	<i>back to back</i> (L)	L middle knife strike	R fist at belt	
8		N	<i>balance on</i> (R)	R diamond block	--	
9 a		N	[same]	L cup over R saucer (<i>look L</i>)	--	
9 b		N	<i>step L to horse</i>	R side punch (<i>look L</i>)	L back elbow jab	
10 a		N	horse	L cup over R saucer (<i>look L</i>)	--	
10 b	L 360	N	horse	R side punch (<i>look L</i>)	L back elbow jab	
11	L 90	W	<i>pivot L to horse</i>	mountain block	--	yes
12	R 180	E	<i>pivot R fwd to horse</i>	double out middle block	--	
13 a		E	<i>move L to closed</i>	middle X block	--	
13 b		E	[same]	double open block	--	
14	R 180	W	<i>pivot R fwd to horse</i>	mountain block	--	
15	R 90	N	<i>balance on</i> (L)	L diamond block	--	
16 a		N	[same]	R cup over L saucer (<i>look R</i>)	--	
16 b		N	<i>step R to horse</i>	L side punch (<i>look R</i>)	R back elbow jab	
17 a		N	horse	R cup over L saucer (<i>look R</i>)	--	
17 b	R 360	N	horse	L side punch (<i>look R</i>)	R back elbow jab	
18		N	<i>balance on</i> (L)	L diamond block	--	
19 a		N	[same]	R cup over L saucer (<i>look R</i>)	--	
19 b		N	<i>step R to horse</i>	L side punch (<i>look R</i>)	R back elbow jab	
20 a		N	horse	R cup over L saucer (<i>look R</i>)	--	
20 b	R 360	N	horse	L side punch (<i>look R</i>)	R back elbow jab	
21	R 90	E	<i>pivot R to horse</i>	mountain block	--	yes
22	L 180	W	<i>pivot L fwd to horse</i>	double out middle block	--	
23 a		W	<i>move R to closed</i>	middle X block	--	
23 b		W	[same]	double open block	--	
24	L 180	E	<i>pivot L fwd to horse</i>	mountain block	--	
25	L 90	N	<i>balance on</i> (R)	R diamond block	--	
26 a		N	[same]	L cup over R saucer (<i>look L</i>)	--	
26 b		N	<i>step L to horse</i>	R side punch (<i>look L</i>)	L back elbow jab	
27 a		N	horse	L cup over R saucer (<i>look L</i>)	--	
27 b	L 360	N	horse	R side punch (<i>look L</i>)	R back elbow jab	yes
ba-ro		N	ready	<i>bring L foot in</i>		

Note: *Ki-hap* in this form is especially loud and threatening.

Note: “re-load” cup-and-saucer position in steps 10a, 17a, 20a, and 27a may be performed during the 360° turn of the “b” portion of the step.

Taebaek

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1 a	L 90	W	cat (L)	high X knife block	--	
1 b		W	[same]	double open knife block	--	
2 a		W		front kick R	(fighting stance) *	
2 b		W	front (R)	R middle punch	L fist at belt	
2 c		W	[same]	L middle punch	R fist at belt	
3 a	R 180	E	cat (R)	high X knife block	--	
3 b		E	[same]	double open knife block	--	
4 a		E		front kick L	(fighting stance) *	
4 b		E	front (L)	L middle punch	R fist at belt	
4 c		E	[same]	R middle punch	L fist at belt	
5	L 90	N	front (L)	R high knife strike	L high knife block	
6 a		N	[same]	R arc hand <i>rotating to outside pushing block</i>	L fist at belt	
6 b		N	front (R)	L middle punch	R fist at belt	
7 a		N	[same]	L arc hand <i>rotating to outside pushing block</i>	[same]	
7 b		N	front (L)	R middle punch	L fist at belt	
8 a		N	[same]	R arc hand <i>rotating to outside pushing block</i>	[same]	
8 b		N	front (R)	L middle punch	R fist at belt	yes
9 a	L 270	E	back (L)	L cup over R saucer	--	
9 b		E	[same]	R high block	L outside middle block	
10		E	[same]	L uppercut punch	<i>R fist palm down on L upper arm</i>	
11 a		E	[same]	R cup over L saucer	--	
11 b		E	[same]	L side punch	R fist at belt	
12 a		E	crane (R)	L cup over R saucer	--	
12 b		E		side kick L <i>with</i> L middle back fist	R fist at belt	
12 c		E	crane (R)	[L same]	[same]	
12 d		E	front (L)	R middle elbow strike <i>to L palm</i>		
13 a	R 180	W	back (R)	R cup over L saucer	--	
13 b		W	[same]	L high block	R outside middle block	
14		W	[same]	R uppercut punch	<i>L fist palm down on R upper arm</i>	

Taebaek, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
15 a		W	[same]	L cup over R saucer	--	
15 b		W	[same]	R side punch	L fist at belt	
16 a		W	crane (L)	R cup over R saucer	--	
16 b		W		side kick R with R middle back fist	L fist at belt	
16 c		W	crane (L)	[R same]	[same]	
16 d		W	front (R)	L middle elbow strike <i>to R palm</i>		
17 a		W	<i>step back to closed</i>			
17 b	L 90	S	<i>slide L forward to back (L)</i>	L double knife hand	--	
18 a		S	front (R)	L push-down palm block		
18 b		S	[same]	R middle spear strike	[same L]	
19 a	L 180	N	<i>pivot to front (L)</i>	<i>tuck R palm at back, elbow up</i>	L fist at belt	
19 b	L 180	S	<i>pivot on R to back (L)</i>	L high back fist	R fist at belt	
20		S	front (R)	R middle punch	L fist at belt	yes
21	L 270	W	front (L)	[L,]R scissor block †	--	
22 a		W		front kick R	(fighting stance) ‡	
22 b		W	front (R)	R middle punch	L fist at belt	
22 c		W	[same]	L middle punch	R fist at belt	
23	R 180	W	front (R)	[R,]L scissor block †	--	
24 a		W		front kick L	(fighting stance) ‡	
24 b		W	front (L)	L middle punch	R fist at belt	
24 c		W	[same]	R middle punch	L fist at belt	
ba-ro	L 90	N	ready	<i>bring L foot around</i>		

* From the fighting stance position at 2a and 4a, the hand about to punch is first brought to fist-at-belt position. *Instead of placing hands at fighting stance position, they may be left in the positions of 1b (for 2a) and 3b (for 4a) during the kick. Then the hand not about to punch goes out as a knife hand just before the punch.*

† Note that, during the turn to front stance, the arms move to the position shown in brackets; after the stance is established, the scissor block is made forcefully. Note also that the hand down at the end of the move is over the forward leg.

‡ From the fighting stance position at 22a and 24a, the hand about to punch is first brought to fist-at-belt position.

Pyongwon

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1 a		N	closed	<i>hands open flat, R over L, in front of solar plexus – move hands down until arms are straight and slightly in front of body</i>		
1 b		N	<i>step L to open</i>	<i>move hands slowly, deliberately out to sides in lower knife-hand blocks (palms face body)</i>		
1 c		N	[same]	<i>slowly bring palms together at fingertips, face level, then slowly push out before face</i>		
2	R 90	E	back (R)	R low knife block	L fist at belt	
3	L 180	W	back (L)	L out middle knife block	R fist at belt	
4		W	<i>slide L to front (L)</i>	R upward elbow strike (<i>fist palm faces head</i>)	L fist at belt	
5 a		W	--	front kick R		
5 b	L 180	E	--	back kick L		
5 c		E	back (R)	R double knife hand	--	
6		E	[same]	<i>circle arms up, back, to R double low knife hand</i>	--	
7	L 90	N	<i>shift R to horse (face E)</i>	R out middle block	<i>L fist palm up below R elbow</i>	
8 a		N	<i>lift R foot (face N)</i>	swing R fist behind head	<i>L fist out</i>	
8 b		N	<i>stamp R to horse</i>	R middle block <i>at midline</i>	<i>L fist palm down under R elbow</i>	yes
8 c		N	[same horse]	L middle block <i>at midline</i>	<i>R fist palm down under L elbow</i>	
9		N	<i>step L across R to twist (L) (face E)</i>	double elbow strike	--	
10		N	<i>step R to horse</i>	mountain block (<i>face E</i>)	--	
11		N	<i>balance on (L)</i>	L diamond block (<i>face E</i>)	--	
12 a		N	[same]	R cup over L saucer	--	
12 b		N	--	high side kick R	--	
12 c	R 90	E	<i>front (R)</i>	L upward elbow strike (<i>fist palm faces head</i>)	R fist at belt	
13 a		E	--	front kick L		
13 b	R 180	W	--	back kick R		
13 c		W	<i>back (L)</i>	L double knife hand	--	
14		W	[same]	<i>circle arms up, back, to L double low knife hand</i>	--	
15	L 90	N	<i>shift L to horse (face W)</i>	L out middle block	R fist palm up below L elbow	
16 a		N	<i>lift L foot (face N)</i>	<i>swing L fist behind head</i>	R fist out	
16 b		N	<i>stamp L to horse</i>	L middle block <i>at midline</i>	R fist palm down under L elbow	yes
16 c		N	[same horse]	R middle block <i>at midline</i>	L fist palm down under R elbow	

Pyongwon, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
17		N	<i>step R across L to twist (R) (face W)</i>	double elbow strike	--	
18		N	<i>step L to horse</i>	mountain block (face W)	--	
19		N	<i>balance on (R)</i>	R diamond block (face W)	--	
20 a		N	<i>[same]</i>	L cup over R saucer	--	
20 b		N	--	high side kick L	L middle back fist	
20 c	L 90	W	front (L)	R middle elbow strike <i>to L palm</i>		yes
ba-ro a	L 270	N	closed	<i>hands open flat, R over L, in front of solar plexus – move hands down until arms are straight and slightly in front of body</i>		
ba-ro b		N	ready	<i>(arms up, then down to ready)</i>		

Ship Jin

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1 a		N	[same]	<i>bring both fists slowly up along midline, palm-side in, to face level</i>		
1 b		N	[same]	<i>snap fists to palm-side out, above head</i>		
1 c		N	[same]	<i>sharply move fists apart a few inches</i>		
2 a		N	[same]	L cup over R saucer		
2 b	L 90	W	back (L)	L outer middle block	R palm support (palm down)	
3 a		W	[same]	<i>slowly open & turn L hand down in grasping motion</i>	[same]	
3 b		W	<i>slide L to front (L)</i>	R middle palm-down spear strike	L fist at belt	
3 c		W	[same]	L middle punch	R fist at belt	
3 d		W	[same]	R middle punch	L fist at belt	
4	L 90	S	<i>pivot on L to horse</i>	<i>swing both fists in circular motion across body and up to mountain block position</i>		
5 a	R 90	W	<i>L step across R to twist (L)</i>	<i>L across chest in grasping motion</i>	R fist at belt	
5 b	L 90	S	<i>move R to horse</i>	<i>R middle punch to right, looking right</i>	L fist at belt	yes
6	L 180	N	<i>pivot on L to horse</i>	<i>swing both fists across body, arms parallel to floor, then double elbow strike to sides, looking right</i>		
7 a		N	<i>slide L to closed</i>	R cup over L saucer		
7 b	R 90	E	<i>slide R to back (R)</i>	R outer middle block	L palm support (palm down)	
8 a		E	[same]	<i>slowly open & turn R hand down in grasping motion</i>	[same]	
8 b		E	<i>slide R to front (R)</i>	L middle palm-down spear strike	R fist at belt	
8 c		E	[same]	R middle punch	L fist at belt	
8 d		E	[same]	L middle punch	R fist at belt	
9	R 90	S	<i>pivot on R to horse</i>	<i>swing both fists in circular motion across body and up to mountain block position</i>		
10 a	L 90	E	<i>R step across L to twist (R)</i>	<i>R across chest in grasping motion</i>	L fist at belt	
10 b	R 90	S	<i>move L to horse</i>	<i>L middle punch to left, looking left</i>	R fist at belt	yes
11	R 180	N	<i>pivot on R to horse</i>	<i>swing both fists across body, arms parallel to floor, then double elbow strike to sides</i>		

Ship Jin, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
12 a	R 180	S	<i>slide R to back (R)</i>	R cup over L saucer		
12 b		S	[same]	R outer middle block	L palm support (<i>palm down</i>)	
13 a		S	[same]	<i>slowly open & turn R hand down in grasping motion</i>	[same]	
13 b		S	<i>slide R to front (R)</i>	L middle palm-down spear strike	R fist at belt	
13 c		S	[same]	R middle punch	L fist at belt	
13 d		S	[same]	L middle punch	R fist at belt	
14		S	back (L)	double low knife hand		
15 a		S	front (R)	L cup over R saucer		
15 b		S	[same]	<i>push block up and left</i>		
16	L 90	W	<i>swing L to horse</i>	double outward knife block (<i>palms up</i>)		
17 a		W	[same]	<i>slowly cross knife hands to down at sides</i>		
17 b		W	<i>slowly rise to open</i>	<i>as slowly make two fists</i>		
18 a	L 90	N	<i>lift L foot</i>	<i>block R across front</i>	<i>chamber L arm back</i>	
18 b		N	front (L)	<i>scooping block L</i>	R fist at belt	
19 a		S	[same]	L cup over R saucer		
19 b		S	[same]	<i>push block up and left</i>		
20 a		N	--	front kick R	R cup over L saucer	
20 b		N	front (R)	double punch, <i>R fist slightly ahead of L</i>		
21 a		N	--	front kick L	L cup over R saucer	
21 b		N	front (L)	double punch, <i>L fist slightly ahead of R</i>		
22 a		N	--	front kick R	R cup over L saucer	
22 b		N	<i>jump to twist (R)</i>	supported R out middle block		yes
23 a	L180	S	front (L)	L cup over R saucer		
23 b		S	[same]	<i>push block up and left</i>		
23 c		S	<i>bring L back to cat (L)</i>	low X block		
24 a		S	<i>slide L to closed</i>	R cup over L saucer		
24 b		S	<i>slide R to back (R)</i>	R outer knife hand middle block (<i>palm up</i>)	L palm support (<i>palm down</i>)	
25 a		S	back (R)	L cup over R saucer		
25 b		S	[same]	double punch, <i>R fist ahead of L</i>		
26 a		S	back (L)	R cup over L saucer		
26 b		S	[same]	double punch, <i>L fist ahead of R</i>		yes
ba-ro	L 180	N	ready	<i>both fists facing face, lower slowly to ready position</i>		

Jitae

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1	L 90	W	back (L)	L out middle block	R fist at belt	
2 a		W	* front (R)	* R high block	* L fist at belt	
2 b		W	[same]	* L middle punch	* R fist at belt	
3	R 180	E	back (R)	R out middle block	L fist at belt	
4 a		E	* front (L)	* L high block	* R fist at belt	
4 b		E	[same]	* R middle punch	* L fist at belt	
5 a	L 90	N	front (L)	L low block	R fist at belt	
5 b		N	<i>slide L to back (L)</i>	L high knife hand block	[same]	
6 a		N	--	front kick R		
6 b		N	back (R)	L double low knife hand	--	
6 c		N	[same]	* R out forearm block	* L fist at belt	
7 a		N	--	front kick L		
7 b		N	back (L)	R double low knife hand	--	
7 c		N	<i>slide L to front (L)</i>	* L high block	* R fist at belt	
8		N	front (R)	R middle punch	L high block	yes
9 a		N	[same]	L middle block	R fist at belt	
9 b		N	[same]	R middle block	<i>L fist palm down under R elbow</i>	
10		N	<i>move R back to back (L)</i>	L low knife hand block	R fist at belt	
11 a		N	--	front kick R <i>land back</i>		
11 b		N	front (L)	R middle punch	L fist at belt	
11 c		N	[same]	L middle punch	R fist at belt	
12	L 90	W	<i>pivot on R to horse</i>	<i>bring both fists together at waist and raise, accelerating, to above head</i>		
13		W	[same]	L low block, <i>looking left</i>	R fist at belt	
14		W	[same]	R out middle knife block, <i>looking right</i>	L fist at belt	
15		W	[same]	L hammer fist strike to R palm, <i>looking right</i>		
16 a		W	crane (L)	R out low block, <i>looking right</i>	L fist at belt	
16 b		W	--	side kick R	R cup over L saucer	
16 c		W	crane (R)	L out low block, <i>looking left</i>	R fist at belt	
16 d		W	--	side kick L	L cup over R saucer	
16 e	L 90	S	front (L)	R middle punch	L fist at belt	
17		S	front (R)	R middle punch	L fist at belt	yes

Jitae, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
18	L 270	W	<i>pivot on R to back (L)</i>	L double low knife block	--	
19		W	back (R)	R double knife hand	--	
20	R180	E	back (R)	R double low knife block	--	
21		E	back (L)	L double knife hand		yes
ba-ro	L 90	N	ready	<i>both fists facing face, lower slowly to ready position</i>		

* signifies stance taken / action performed in exaggerated slow motion

Cheon Kwon

count	turn	dir	stance (front leg)	action / kick	other hand	yell
0		N	ready			
1		N	closed	<i>hands open flat, L over R, in front of solar plexus – move hands down until arms are straight and slightly in front of body</i>		
2 a		N	[same]	<i>* raise crossed hands to shoulder height, fingers pointing to opposite shoulders</i>		
2 b		N	[same]	<i>flex hands to point fingers up, then * push hands outward to both sides until arms are fully extended</i>		
3 a		N	[same]	<i>keeping upper arms in place, circle hands down, then up to face (palms face body)</i>		
3 b		N	[same]	<i>turn palms out, continue circle of hands up, then out</i>		
3 c		N	<i>step L back to cat (R)</i>	<i>simultaneous double uppercut knuckle-fist strikes (palms face body, middle knuckle raised)</i>		
4		N	<i>slide R forward to front (R)</i>	<i>circle L hand down, then up to L middle knife block with arm bent, elbow in</i>	R fist at belt	
5 a		N	[same]	<i>rotate L to palm up in grasping motion</i>	[same]	
5 b		N	<i>step L forward to front (L)</i>	<i>* pull L back to fist at belt</i>	* R middle punch	
6		N	[same]	<i>circle R hand down, then up to R middle knife block with arm bent, elbow in</i>	L fist at belt	
7 a		N	[same]	<i>rotate R to palm up in grasping motion</i>	[same]	
7 b		N	<i>step R forward to front (R)</i>	<i>* pull R back to fist at belt</i>	* L middle punch	
8		N	[same]	<i>circle L hand down, then up to L middle knife block with arm bent, elbow in</i>	R fist at belt	
9 a		N	--	side kick L	L cup over R saucer	yes
9 b		N	<i>step L down to front (L)</i>	L low block	R fist at belt	
10		N	front (R)	R middle punch	L fist at belt	
11	L 270	E	back (L)	supported L out middle block		

Cheon Kwon, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
12 a		E	[same]	<i>circle L fist down, up in front of body, out to front</i>	[R remains in front of body]	
12 b		E	[same]	<i>reach R hand out in grasping motion</i>	<i>chamber L fist back</i>	
12 c		E	[same]	L middle punch	R fist at belt	
13 a		E	<i>step forward to back (R)</i>	<i>L rising block with grasping motion</i>	[same]	
13 b		E	[same]	R middle punch	L fist at belt	
14	R 180	W	back (R)	supported R out middle block		
15 a		W	[same]	<i>circle R fist down, up in front of body, out to front</i>	[L remains in front of body]	
15 b		W	[same]	<i>reach L hand out in grasping motion</i>	<i>chamber R fist back</i>	
15 c		W	[same]	R middle punch	L fist at belt	
16 a		W	<i>step forward to back (L)</i>	<i>R rising block with grasping motion</i>	[same]	
16 b		W	[same]	L middle punch	R fist at belt	
17	L 90	S	front (L)	R out middle block	L fist at belt	
18		S	[same]	L middle punch	R fist at belt	
19 a		S	--	front kick R		
19 b		S	front (R)	R middle punch	L fist at belt	
20		S	<i>slide R back to back (R)</i>	double low knife hand		
21 a		S	[same]	<i>close R to fist</i>	[L remains knife hand at belt]	
21 b		S	<i>slide L forward to R heel</i>	<i>sweep R fist up to slap L open palm and continue to R out middle block</i>		
21 c		S	<i>slide R forward to back (R)</i>	<i>sweep R fist down to slap L open palm and continue to R low block</i>		
22 a	L 90	E	<i>shift R to horse (face S)</i>	R cup over L saucer		
22 b		E	[same]	R middle punch	L high block	
23 a	L 360	E		<i>jump back spinning crescent [tornado] kick R to L open palm</i>		
23 b		E	<i>land in horse (face S)</i>	R middle punch	L high block	
24	L 90	N	<i>pivot and shift into back (L)</i>	* L low knife block	* R high back knife block	
25	R 180	S	<i>pivot and shift into back (R)</i>	* R low knife block	* L high back knife block	
26 a	L 180	N	<i>pivot on R to closed</i>	<i>bring hands together low; circle hands slowly up, out, and around</i>		
26 b		N	<i>step forward R to cat (R)</i>	<i>* push outward strongly from body with open hands, L above R, and L moving gradually upward as R moves gradually downward</i>		

Cheon Kwon, continued

count	turn	dir	stance (front leg)	action / kick	other hand	yell
27 a		N	<i>slide R back to closed</i>	<i>bring hands together low; circle hands slowly up, out, and around</i>		
27 b		N	<i>step forward L to cat (L)</i>	<i>* push outward strongly from body with open hands, R above L, and R moving gradually upward as L moves gradually downward</i>		
ba-ro a		N	closed	<i>hands open flat, L over R, in front of solar plexus – move hands down until arms are straight and slightly in front of body</i>		
ba-ro b		N	ready	<i>(arms up, then down to ready)</i>		

* signifies stance taken / action performed in exaggerated slow motion

Drills

The following exercises are used to develop skill in defense and counter-attack moves. The one-step sparring is required for adults testing for 1st degree black belt. The focus mitt and basic attack/defense are generally required of those testing for 2nd degree black belt. The advanced attack/defense is now required of those testing for 3rd degree black belt.

One-Step Sparring

Partners measure distance by touching fists; then the attacker goes to right foot back, fighting stance, while the defender (the candidate) goes to ready position. The attacker ki-haps, then the defender ki-haps. The attacker steps forward with right foot and punches right. All moves described below are by defender. After completing each one-step, the step is repeated in mirror-image. There are hundreds of one-steps; here are a few examples.

1. step left
 right knife-hand block, grab attacker's right wrist
 right roundhouse kick
 wrist break to take down

2. step left
 right knife-hand block, grab attacker's right wrist
 side kick to back of attacker's right knee
 twist arm, ax kick
 step over arm and twist arm to take down

3. left high block, grab wrist
 right palm strike to attacker's chin
 reach behind attacker's right arm with right hand to lock arm
 elbow break
 right sweep kick to back of attacker's right leg and take down
 kneel and right punch to face

4. left high block, grab wrist
 right punch to midsection
 grab right ankle and push out on inside of right knee to take down
 stand up, continuing to hold attacker's right foot
 twist attacker's right leg
 right kick to groin

5. cross step (step with right foot behind attacker's right foot)
 right outside middle block
 grab back of attacker's left shoulder with right hand and pull
 right sweep kick to back of attacker's left leg and take down
 left punch to face

Focus Mitt Drill







In this drills, the holder has two shields or glove-targets. The holder’s role is primarily to cue the candidate by placement of the target. In all of the steps except 10, the holder goes first, either by prompting with a target or by initiating a punch or kick. In all steps, the candidate begins with right foot back, fighting stance. Land forward after a kick unless otherwise specified. Throughout the drills, the candidate gradually advances as the holder backs up.

Note: The illustrations are from the International Gongkwon Yusul Association, posted to their Facebook page in January, 2014.

	holder	candidate
1	a. left target in front of left shoulder, facing front b. left target low, facing out to left	a. jab (left) b. low right roundhouse kick (to holder's left knee), land back
2	a. right target in front of right shoulder, facing front b. left target facing right, to right of head	a. reverse (right) punch b. step forward right, high left roundhouse kick

	holder	candidate
3	a. left target in front of left shoulder, facing front b. right target in front of right shoulder, facing front c. left target facing right, to right of head	a. jab b. reverse punch c. step forward right, high left roundhouse kick
4	a. right target in front of right shoulder, facing front b. left target facing right, in front of midsection c. left target low, facing out to left	a. reverse punch b. left hook c. low right roundhouse kick, land back

	holder	candidate
5	<p>a. both targets facing down, one atop the other, tipped out</p> <p>b. right target in front of right shoulder, facing front</p> <p>c. left target facing right, in front of midsection</p> <p>d. right target facing left, to left of head</p>	<p>a. small step with right leg, then left front kick with ball of foot</p> <p>b. reverse punch</p> <p>c. left hook</p> <p>d. high right roundhouse kick, land back</p>
6	<p>a. low right roundhouse kick to left leg</p> <p>b. right target low body, facing out to right</p> <p>c. right target in front of right shoulder, facing front</p> <p>d. left target facing right, in front of midsection</p>	<p>a. block kick with raised left leg, foot flexed, and land back</p> <p>b. shuffle step forward right, low-body left roundhouse kick</p> <p>c. reverse punch</p> <p>d. left hook</p>

	holder	candidate
7	a. low right roundhouse kick to left leg b. right target in front of right shoulder, facing front c. left target facing right, to right of head	a. block kick with raised left leg, foot flexed, and land forward b. reverse punch c. step forward right, high left roundhouse kick
	 <p style="text-align: center;">a</p>	 <p style="text-align: center;">b</p>  <p style="text-align: center;">c</p>
8	a. high right roundhouse kick to body b. right target in front of right shoulder, facing front c. left target facing right, in front of midsection	a. block kick with left out forearm block b. reverse punch c. left hook
	 <p style="text-align: center;">a</p>	 <p style="text-align: center;">b</p>  <p style="text-align: center;">c</p>

	holder	candidate
9	a. jab to body b. reverse punch to body c. both targets facing down, one atop other d. ----- (will step back with push) e. right target facing left, to left of head	a. block jab with right palm push-down b. block reverse punch with left palm push-down c. right knee strike d. push holder back at shoulders e. step forward left, high right roundhouse kick, land back
	<p style="text-align: center;">a b c d e</p>	
10	a. ----- b. block jab with right target push-down c. block reverse punch with left target push-down d. high right roundhouse kick to head, land back e. left target facing right, to right of head	a. jab to body b. reverse punch to body c. ----- d. block kick with left out forearm block e. step forward right, high left roundhouse kick
	<p style="text-align: center;">a b d e</p>	

	holder	candidate
11	a. right target in front of right shoulder b. left target facing DOWN, in front of midsection c. right target facing left, to left of head	a. reverse punch b. left uppercut c. high right roundhouse kick, land back
12	a. jab to body b. right target straight out, facing down c. right target in front of right shoulder, facing front d. left target facing right, to right of head	a. move to right and block jab with left middle outside block b. left knee strike c. reverse punch d. step forward right towards left, high left roundhouse kick

	holder	candidate
13	a. step forward right, high roundhouse left b. right target straight out, facing down c. left target facing right, to right of head	a. block kick with right out forearm block b. right uppercut c. step forward right, high left roundhouse kick
	<p style="text-align: center;">a b c</p>	
14	a. step forward right, high roundhouse left b. left target facing right, in front of midsection c. left target low, facing out to left	a. block kick with right out forearm block b. left hook c. low right roundhouse kick, land back
	<p style="text-align: center;">a b c</p>	

	holder	candidate
15	a. left target straight out, facing right b. step back; continue to hold left target straight out, facing right c. (step back) d. left target straight out, facing right e. right target in front of right shoulder, facing left	a. left hook b. spinning right back fist c. low left roundhouse (no contact) d. right back spinning heel kick, land back e. right roundhouse kick
	<p style="text-align: center;">a b c d e</p>	

Basic Attack/Defense Drill

both face opponent and bow; then both assume fighting stance, double knife hand, left hands touching at wrists		
	attack	defense (candidate)
1	right reverse punch	a. left cat stance, left knife hand down block b. lunge to left front stance, right reverse punch
2	left jab	a. left cat stance, reverse (right) knife hand down block b. left low roundhouse kick with front foot
3	a. left jab b. right reverse punch	a. left cat stance, reverse (right) knife hand down block b. front (left) knife hand down block c. left front stance, reverse (right) punch to body d. left hook to body
4	right reverse punch	a. step back left with left foot into horse stance, right outside middle block b. reverse (left) punch to body
5	left jab	a. step back right with right foot into horse stance, left outside middle block b. reverse (right) punch to body
6	high left hook	a. step back with left foot into horse stance, right high knife block b. front stance, reverse (left) uppercut to body
7	right hook to body	a. step back with right foot, left outside middle block b. reverse (right) uppercut to body
8	right foot steps forward, right jab	step back with left foot; right push-down palm block, left push-down palm block, and right backfist to face (put right elbow on attacker's forearm)
9	step forward to right foot back, fighting stance, double knife hand (as at start)	right foot back, fighting stance, double knife hand (as at start)
both face opponent and bow		

note: during each of steps 1-7, the attacker slides forward on left foot, then brings right foot to close; the defender backs up and goes back to fighting stance

Advanced Attack/Defense Drill

This drill is performed using a mat to prevent injury during the take-downs in steps 3 and 8.

both face opponent and bow; then both assume fighting stance, double knife hand, left hands touching at wrists		
	attack	defense (candidate)
1	right reverse punch	a. left cat stance, left knife hand down block b. lunge to left front stance, right reverse punch c. step forward right, left high roundhouse kick
2	left jab	a. left cat stance, reverse (right) knife hand down block b. left low roundhouse kick with front foot, land back c. right middle roundhouse kick, land back
3	a. left jab b. right reverse punch	a. left cat stance, reverse (right) knife hand down block b. front (left) knife hand down block c. reverse (right) punch to body d. left uppercut to body e. left low roundhouse kick with front foot f. left wrist break to take-down g. reverse punch to face
	attacker gets up, right foot back, fighting stance, double knife hand (as at start)	right foot back, fighting stance, double knife hand (as at start)
4	right reverse punch (attacker ducks or steps back during crescent kick)	a. step back left with left foot into horse stance, right outside middle block b. reverse (left) punch to body c. left high inside crescent kick, spin into right foot back, fighting stance

	attack	defense (candidate)
5	left jab (attacker ducks or steps back during back spinning heel kick)	a. step back right with right foot into horse stance, left outside middle block b. reverse (right) punch to body c. right back spinning heel kick
6	high left hook	a. step back with left foot into horse stance, right high knife block b. reverse (left) uppercut to body c. head clinch*, left and right knee strike, land right foot back
7	right hook to body	a. step back with right foot, left outside middle block b. reverse (right) uppercut c. head clinch*, left knee strike, land forward
8	right foot steps forward, right jab	a. step back with left foot; right push-down palm block, left push-down palm block, and right backfist to face b. grab attacker's right hand, right shoulder or hip throw c. right reverse punch to face
9	get up into right foot back, fighting stance, double knife hand (as at start)	right foot back, fighting stance, double knife hand (as at start)
both face opponent and bow		

note: during each of steps 1-7, the attacker slides forward on left foot, then brings right foot to close; the defender backs up.

*: "head clinch" (in steps 6 and 7) means the defender's hands are behind the attacker's head, with defender holding one wrist with the other hand

Kicking Combinations

Combinations in **bold** include an automatic repeat in the description; no further repeat is needed.

white belt:

1. front kick, front kick, switch
2. front kick, roundhouse kick, reverse punch, switch
3. side kick, side kick, switch

yellow belt:

4. skipping roundhouse, skipping roundhouse, switch
5. skipping sidekick, switch, skipping sidekick
6. step forward, ax kick, switch, step forward, ax kick

orange belt:

7. front kick, step forward, ax kick
8. back kick, roundhouse kick, switch
9. step back, roundhouse kick, reverse punch, switch

green belt:

10. skipping front kick, side kick, reverse punch
- 11. step forward, back kick, step back, step forward, back kick, step back**
12. skipping front kick, ax kick

blue belt:

13. front kick, roundhouse kick, switch, front roundhouse kick
14. front kick, spinning fake, roundhouse kick
15. roundhouse kick, back kick, switch

purple belt:

16. roundhouse kick, back kick, jump roundhouse kick
17. inside crescent, back spinning crescent, step outside crescent, step outside crescent
18. front kick, step back, back kick, step back, roundhouse kick

brown belt:

- 19. front kick land back, roundhouse kick, front kick land back, roundhouse kick**
20. tornado kick, back spinning crescent kick, switch
- 21. skipping fake into jump roundhouse kick, skipping fake into jump roundhouse kick**

red belt:

22. lift front leg, jump inside crescent kick, skipping side kick
23. step back, skipping outside crescent kick, step forward, back spinning crescent kick
24. roundhouse kick, hook kick

red/white stripe belt:

25. jump spinning roundhouse kick, back spinning heel kick, switch
26. skipping side kick, skip back, 360 degree jump back kick, switch
27. step forward, jump back kick, switch

black/white stripe belt:

- 28. step forward, back spinning heel kick, step forward, back spinning heel kick**
- 29. 360 degree jump back kick, switch, 360 degree jump back kick**
30. (to be determined)

Note: The original kicking combinations 29-30 involved sweep kicks determined to be unsafe on our current flooring.

Vocabulary

	English	Korean
white	Attention	<i>Cha-Ryot</i>
	Bow	<i>Kyung-Rye</i>
	Ready	<i>Joon-Bi</i>
	Begin	<i>Si-Jak</i>
	End (Stop)	<i>Ku-Man</i>
	At Ease	<i>Si-O</i>

yellow	Kick	<i>Cha-Ki</i>
	Front	<i>Ap</i>
	Round	<i>Dol-Yo</i>
	Side	<i>Yop</i>
	Turn	<i>Do-Ra</i>
	Return	<i>Ba-Ro</i>

orange	Back Kick	<i>Di-Cha-Ki</i>
	Practice Hall	<i>Do-Jang</i>
	Uniform	<i>Do-Bok</i>
	Belt	<i>Tee</i>
	One	<i>Ha-Na</i>
	Two	<i>Dool</i>
	Three	<i>Set</i>
	Four	<i>Net</i>
	Five	<i>Da-Sut</i>
	Six	<i>Yu-Sut</i>
	Seven	<i>Il-Gop</i>
	Eight	<i>Yu-Dur</i>
	Nine	<i>A-Hop</i>
Ten	<i>Yul</i>	

green	Block	<i>Mak-Ki</i>
	Punch	<i>Ji-Ru-Ki</i>
	High	<i>Sang-Dan</i>
	Middle	<i>Jung-Dan</i>
	Low	<i>A-Ra</i>
	Jump	<i>Tee-O</i>

	English	Korean
blue	Sparring	<i>Kyo-Ru-Ki</i>
	Form	<i>Poom-Sa</i>
	Horse Stance	<i>Ki-Ma Jha-Sa</i>
	Front Stance	<i>Ap Su-Ki</i>
	Yell	<i>Ki-Hap</i>
	Continue	<i>Ke-Sok</i>

purple	Fist	<i>Joo-Mok</i>
	Knife Hand	<i>Son-Kal</i>
	Foot	<i>Bal</i>
	Body (Middle Section)	<i>Mom (Mom-Tong)</i>
	Face	<i>Ol-Gool</i>
	Elbow	<i>Pal-Koom-Chi</i>

brown	Modesty	<i>Kym-Son</i>
	Respect	<i>Jong-Kyung</i>
	Patience	<i>In-Nae</i>
	Courtesy	<i>Yea Ui</i>
	Loyalty	<i>Choong-Song</i>
	Honesty	<i>Jin-Sim</i>

red	Self Defense	<i>Ho-Sin-Sool</i>
	Defense	<i>Bong-O</i>
	Attack	<i>Kong-Kyuk</i>
	Breathing Control	<i>Dan-Jun Ho-Hup</i>
	Falling Method	<i>Nak-Bup</i>
	Throw	<i>Dun-Ji-Ki</i>

Glossary

I cannot guarantee that the terms used in this Guide are the same terms used by Master. I have, however, tried to be consistent in terminology within the Guide, and offer the following descriptions for the terms used.

Stances

attention (*cha ryot*) – Stand with legs together, hands at sides, palms in.

back stance – Back foot is turned out 90°, heel in line with front foot and about 12 inches behind it. Weight is somewhat more on the back leg. Body is turned about 45°.

cat stance – Front foot points forward, only toes and ball of foot touching floor, no weight on foot. Back foot is turned out 90°, heel about a foot behind front foot.

closed stance – Legs together, straight.

crane stance – Balance on specified leg. Bring other foot up to supporting-leg knee, with foot parallel to floor.

fighting stance – Front leg facing forward, back leg about a foot behind and facing out to the side, heel in line with front foot; both legs slightly bent. Body turned about 45°, fists up in front of chest. Note: This is the starting position for kicking exercises and kicking combinations, as well as sparring. In exercises, Master may specify open position or closed position. Closed position means facing towards the target, while open position means facing away from the target.

front stance – Front leg bent to a significant degree, back leg straight, feet widely separated front-to-back and at least shoulder width apart side-to-side. Back straight, shoulders squared towards front.

horse stance – Both feet point forward, widely separated, knees bent (as if riding a horse).

open stance – Legs straight, about shoulder width apart.

ready (*joon-bi*) – Move left leg to left, about shoulder width apart, weight evenly on both feet. Arms should be angled out, then back to fists in front of mid-section. Note: This is the starting position for forms and for some group exercises. It is also the position to which we return after forms.

T stance – Back foot is turned out 90°, heel next to the heel of the front foot. Weight is evenly balanced between legs.

twist stance – Back foot is crossed behind front foot, touching on the ball of the foot. Weight is mainly on the front leg.

walking stance – As it sounds, one foot is ahead of the other, about shoulder-width apart. The body is facing front.

Kicks

Note: All kicks should be at belt level or higher, unless described as “low” or “sweep.”

360° jump back kick – Step forward onto the front leg and jump up with that leg while rotating to bring the back leg forward. As the body is rotated 180°, land with what had been the back leg and perform a back kick with the other leg, then complete the rotation to face the original direction, landing forward.

ax kick – Swing the leg straight up (to face level), then bring it down forcefully.

back kick – Lift kicking leg while swiveling on the supporting leg (turning toward the kicking leg) to face away from the target. Look at the target over the shoulder on the kicking leg side. Kick straight back at the target, leaning forward slightly for balance. Foot should strike target with heel, leg turned so that the toes are somewhat below the heel. To “land forward,” retract the kicking leg while continuing to turn towards it, then land facing target, kicking leg forward. This has been described as a mule kick.

back spinning crescent kick – Kick is performed from closed position, kicking with back leg. Begin in fighting stance. Twist body and head 180° away from target, until target can be seen over other shoulder. Lift kicking leg in a high arc to hit target, completing the rotation to land back at the starting position.

back spinning heel kick – Rotate on the front (supporting) leg while drawing up back leg, then sticking it out. Lean over somewhat on the supporting foot for balance while continuing to spin, so that the kicking leg strikes the target with the back of the heel. Continue the spin to land in the starting position, kicking leg back.

back spinning sweep kick – From closed position, drop to crouch on front leg, sticking back leg straight out while rotating away from target (which is at knee level or lower). Push off from floor with both hands about halfway through the 360° rotation to maintain velocity.

fake back spin kick – Turn on the front leg towards the back leg as that leg is lifted so that the upper leg is horizontal. Continue to spin to face forwards again and set the lifted leg down.

flying side kick – Begin several steps away from target, kicking leg forward. Take three running steps and jump into air off of the non-kicking leg. You should travel toward the target while in the air. Turn body sideways and execute a side kick into the target while in the air. The non-kicking leg should be raised up as high as possible during kick.

flying side kick with palm strike – While completing a flying side kick, simultaneously execute a palm strike into the hand target using the arm on the same side of the body as the kicking leg. (e.g., side kick with right leg and palm strike with right hand). When correctly executed, the body (leg and arm) should coil in the air, then spring open into the hand and foot targets at the same time.

front kick (*ap cha-ki*) – Lift leg until upper part is parallel with the floor, then snap-kick straight ahead. The kicking leg is usually the back leg.

high side kick – Side kick to opponent's head.

hook kick – Kick is performed with front leg. Step behind front leg with back leg. Swing front leg out, then straight across the body, striking the target with the heel. The kicking leg bends (hooks) just after impact, and lands back.

inside crescent kick – From open position, back leg swings up and forward in an arc, striking the target with the inner side of the foot. (Use closed position to kick with front leg.)

jump front kick – Jump up with both legs, and perform a front kick with the front leg while in the air.

jump inside crescent kick – From open position, jump up with both legs and perform an inside crescent kick with the back leg while in the air.

jump roundhouse kick – From open position, jump up with both legs, and perform a roundhouse kick with the back leg while in the air.

jump side kick – Jump up with both legs and perform a sidekick with the back leg while in the air.

low side kick – Side kick to opponent's knee.

outside crescent kick – From open position, front leg swings up and away from the target, then in an arc towards the target, striking it with the outer side of foot. (Use closed position to kick with the back leg.)

roundhouse kick (*dolyo cha-ki*) – Lift kicking leg while pivoting on supporting leg so that the supporting foot is pointed almost to the back. Rotate kicking leg so that kick is parallel to the floor, then snap-kick the target, making contact with top of foot (not toes!). The kicking leg is usually the back leg.

side kick – Lift kicking leg so that heel is next to supporting knee, while pivoting on supporting leg so that the supporting foot is pointed to the side. Kick straight out with heel at the target. The kicking leg is usually the back leg.

skipping front kick – Shift weight onto the front leg. Hop forward with the back leg while performing a front kick with the front leg.

skipping front kick fake – Shift weight onto the front leg. Hop forward with the back leg while lifting the front leg so that the upper part is parallel to the floor (but no kick is performed).

skipping roundhouse kick – Step forward slightly with the front leg. Step in front of that leg with the other leg while raising the front leg. Perform a roundhouse kick with the front leg.

skipping sidekick – Step forward slightly with the front leg. Step behind that leg with the other leg while raising the front leg. Perform a side kick with the front leg.

tornado kick – Kick is performed from closed position, kicking with back leg. Begin in fighting stance. Twist body and head 180° away from target, until target can be seen over other shoulder. Feet should not move, but merely pivot on floor. Lift front leg at knee to waist level so that it is pointing forward. At same time, jump off rear leg and complete an inside crescent kick while in the air. Land in fighting stance.

Actions

arc hand – Arc hand (thumb stands off from remaining fingers, all tightly together, to make a slot to catch the opponent's throat) moves, palm down, straight out at midlevel.

back elbow jab – Forearm is horizontal throughout. Elbow moves from in line with shoulder sharply toward the back, fist with palm side up.

back low block – Arm begins across upper body, fist with palm facing opposite shoulder. Bring fist down and forward so that the arm is straight down and somewhat in front of the body, fist palm facing body.

cup and saucer – “Cup” forearm is across body at belt level, fist with palm side facing body. “Saucer” arm is in fist at belt position, so fist is palm side up and just below the “cup” fist.

diamond block – Begin with weight evenly on both legs, looking straight ahead. Given-side forearm is across front of body at belt level, fist palm side up. Other forearm is across front of body at shoulder level, fist palm side down. Simultaneously do the following:

- Shift weight to given-side leg.
- Bring other foot up to supporting-leg knee, foot parallel to floor.
- Rotate given-side arm to high block.
- Bring other arm to out low block.
- Snap head to side away from given side.

double elbow strike – Bring arms in front of chest, parallel to the floor, fists down, elbows out. Then sharply and simultaneously move both elbows out to the sides.

double high knife strike – Both knife hands go up from near belt (palms facing down and forward) forward at about a 45° angle, hands above head and shoulder width apart.

double knife hand – Both hands are flat, all fingers together. Begin with the arm of the back leg straight back, palm down, and the other hand behind the back ear, palm up. Rotate the forward arm to bring the forearm vertical (upright) and towards the front, snapping wrist so that the palm faces away from the body. Simultaneously, rotate the back arm to bring the forearm horizontal, palm up, just above midsection.

double low block – Both hands are fists. Begin with the arm of the back leg back, palm side down and high, and the other hand behind the back ear, palm up. Rotate the forward arm to bring

the forearm down and in line with front leg, palm side down. Simultaneously, rotate the back arm to bring the forearm horizontal, palm up, just above midsection.

double low knife block – Begin with front arm in knife hand near opposite side ear, back arm in knife hand straight back from shoulder, palm facing down. Simultaneously bring front arm straight down from shoulder and somewhat in front of the body, palm facing down, and back arm next to body, forearm straight out, palm up.

double low knife hand – Begin with the arm of the back leg straight back, palm down, at head level, and the other hand behind the back ear, palm up. Rotate the forward arm to bring the arm in front of the body, palm down, below belt level. Simultaneously, rotate the back arm to bring the forearm horizontal, palm up, just above midsection.

double open block – Simultaneously bring both fists down so that each hand ends up on its own side, perhaps a foot out from the body, fist palm side down.

double open knife block – Simultaneously bring both knife hands down so that each hand ends up on its own side, perhaps a foot out from the body, palm side down.

double out forearm block – Start with arms up in front of body, fists with palm side toward body. Rotate both forearms out, ending at shoulder width apart, fists with palm side out.

double out middle block – Begin with forearms crossed across body, fists at belt level, palm side down. Pivot arms at the elbow to bring forearms vertical, palms facing body.

double outward knife block – Begin with arms down, knife hands pointed towards body. Sweep hands up, crossing in front of body, and out so that the arms are out, hands at face level and forearms angled out.

double punch – Simultaneous middle punch and reverse middle punch.

double uppercut punch – Both fists start by belt on respective sides, then punch forward and up to bring elbows by belt. Fists are palm side up throughout.

double upward palm block – Both knife hands go forward from near belt (palms facing up and forward) to about a foot in front of body, hands a few inches apart, still palm up.

elbow jab – Forearm is horizontal throughout, knife hand palm down. Elbow moves from in line with shoulder sharply toward outside.

fist at belt – The hand not performing action during a step of a form is normally brought back to be next to the waist, palm up. **Note:** It is often brought to this position in a balancing motion to the active hand. For example, after a low block, that fist is raised to straight out (palm side down), then brought back to the waist while the other fist performs a reverse middle punch.

groin strike and pull – Reach down sharply with knife hand, palm up, then pull fist up, out, and back to high block.

hammer fist – Fist swings on straight arm from opposite elbow, up above head, then straight down to the side.

hammer fist strike to palm – Palm is knife hand. Strike palm with heel of other fist.

high arc hand strike – Arc hand (thumb stands off from remaining fingers, all tightly together, to make a slot to catch the opponent's throat) rises, palm down, from belt level out to throat level.

high back fist – Fist comes from near belt on opposite side of body from striking arm, up to face level, striking with back of fist.

high block – Start with upper part of the specified arm hanging down from shoulder, forearm horizontal in front of body, with palm side of fist facing up. As the arm is forcefully raised to bring the fist just above the forehead, snap the wrist so that the palm side of the fist is facing away from the body. This block is a defense against a high punch or kick.

high elbow strike – From fist at belt position, bring elbow forcefully up toward opponent's face.

high knife block – Start with upper part of the specified arm hanging down from shoulder, forearm horizontal in front of body, hand flat, all fingers together, palm facing body. As the arm is forcefully raised to bring the hand just above the forehead, snap the wrist so that the palm is facing away from the body.

high knife strike – Begin with the knife hand (hand flat, all fingers pressed together) in back of the neck, palm side towards neck. Rotate arm at elbow to bring arm out in front at opponent's head level, palm up.

high punch – Hand is in a fist. Usually starts with fist at belt, palm side facing up. Punch to opponent's face level, rotating the wrist with a snap just before the point of contact so that fist is palm-down at contact.

high X knife block – Simultaneously bring both upper arms straight out from the shoulders, forearms tilted towards each other at about a 45° angle to cross about the wrists in front of face. Both hands are knife hand, thumb edge towards body.

inside palm block – Knife hand moves from near belt to front of chest, hand vertical, palm facing to side.

Koryo joon-bi – Begin in ready stance. Slowly raise both hands face level (palms towards you, thumbs almost touching). Swing palms away from you, thumbs touching and index fingers touching to make a triangle. [Meaning: Grabbing a large wooden pike, pushing it away firmly.]

low block (*a-ra mak-ki*) – Hand is in fist, thumb in front of fingers. Bring specified arm up in front of body until fist is just in front of opposite shoulder. Forcefully bring fist down in front of body. Note: This block is a defense against a low kick.

low knife block – Bring specified fist from opposite shoulder, palm side facing body, forcefully down to side, palm side facing back.

low X block – Start with both knife hands near belt, palms facing body. Bring hands diagonally down in front of body, so that the arms are crossed at about the wrists.

middle back fist – Fist comes from near opposite shoulder across at shoulder level, striking with back of fist.

middle block – Hand is in a fist. Bring specified fist behind the neck, palm side facing neck. Forcefully snap the wrist as the fist is brought out in front, palm side facing one's body, forearm vertical, upper arm nearly straight out from shoulder. This block is a defense against a middle punch.

middle elbow strike – From fist at belt position, bring elbow forcefully forward, while twisting fist to palm down.

middle knife strike – Begin with knife hand in back of the neck, palm side towards neck. Rotate arm at elbow to bring arm out in front at opponent's neck level, palm up.

middle palm-down spear strike – Begin with palm-down knife hand near body, and forcefully straighten arm forward.

middle punch – Hand is in fist. Start with fist palm up, next to waist ("fist at belt"). Punch straight out, snapping the wrist at last moment so that fist is palm down. This move is called a middle punch (or just punch) when standing with feet side by side, or when using the forward arm when standing with one foot in front of the other.

middle spear block – Begin with forearm horizontal, knife hand palm down. Swing arm to straight out in front of body, still palm down.

middle spear strike – Striking hand is flat, all fingers together, palm vertical. Hand goes from "cocked" position (elbow back, next to body, and hand at belt) out until arm is straight.

middle X block – Simultaneously bring both upper arms straight out from the shoulders, forearms tilted towards each other at about a 45° angle to cross about the wrists. Both hands are fists, thumb side towards body.

middle X knife block – Simultaneously bring both upper arms straight out from the shoulders, forearms tilted towards each other at about a 45° angle to cross about the wrists. Both hands are knife hand, thumb edge towards body.

mountain block – Begin by pivoting on one foot into low horse stance, while pointing fist of pivot-leg side straight forward, palm side down, and putting other fist behind neck, palm facing neck. As moving foot hits floor (some do so with a "stomp"), bring both upper arms straight out to the sides. Forearms are vertical upward from elbows, fists with palms facing head.

out forearm block – Blocking forearm begins across front of body, fist near opposite shoulder, palm side of fist facing body. Rotate forearm at elbow so that forearm is vertical, palm side facing away from body.

out high block – Arm begins across midsection, fist with palm facing body. Bring fist up and back so that upper arm is straight out and forearm is almost vertical up, fist with palm facing front, somewhat behind body.

out high knife strike – Begin with knife hand above opposite shoulder, palm side down, upper arm horizontal to front. Rotate arm at elbow to bring arm out and up to head level, palm down.

out knife strike – Begin with knife hand above opposite shoulder, palm side down, upper arm horizontal to front. Rotate arm at elbow to bring arm straight out, palm down.

out low block – Bring specified fist from opposite shoulder, palm side facing body, forcefully down to side, palm side facing back.

out middle block – Begin with forearm across body, fist at belt level, palm side down. Pivot arm at the elbow to bring forearm vertical, palm facing body.

out middle knife block – Start with forearm horizontal in front of body, with palm side of knife hand facing body near opposite shoulder. Bring knife hand to a position in front of its own shoulder, palm facing out. (Often done in slow motion.)

outer knife hand middle block – Start with forearm horizontal in front of body, with palm side of knife hand facing down. Bring knife hand to a position in front of its own shoulder, palm facing up, forearm bent at about 45°.

palm strike – Bring open hand (slightly cupped, heel of palm leading) forcefully out and slightly upward from belt until arm is fully extended.

push-down palm block – Blocking forearm begins vertical (upright); palm flat, all fingers together. Rotate forearm at elbow so that the forearm is horizontal, palm down.

reverse middle punch – Same motion as middle punch, but made with the rear arm when standing with one foot in front of the other. Also termed **reverse punch**.

scissor block – Begin with both forearms in front of body at belt level, fists with palms facing body. Pivot first-specified arm up at the elbow to bring forearm vertical; simultaneously pivot other arm down at the elbow to bring the forearm vertical. For each successive specification, simultaneously bring the “up” fist down and the “down” fist up. In all cases, fists remain with palms facing body.

side punch – Bring fist straight across in front of body towards opposite side at belt level.

supported elbow jab – Forearm of specified side is horizontal throughout, fist palm down. Other hand covers fist and presses against it to increase force as specified elbow moves from in line with shoulder sharply toward outside.

supported out middle block – While performing out middle block, bring other fist to elbow of blocking arm.

switch – Jump straight up in the air and reverse the position of the feet (so that if the left foot was forward, now the right foot is).

uppercut punch – Swing fist in arc up from lower body to a point about a foot in front of face, fist with palm facing body.

upward elbow strike – From fist at belt position, bring elbow forcefully upward, while twisting fist to palm towards face.

Master Martial Arts Adult Black Belt Testing Since 2003

note: italics signify students tested as Juniors (Poom) during adult test

date	1st Dan / Poom	2nd Dan / Poom	3rd Dan
4/25/03	Mike Sweatt	John Chronis Gary Gould Courtney Novak	Robert Collins Rue Olsen Dwyer
11/14/03	Sue Ricket Caldwell <i>Katherine Bell</i>	Jae Won So	
5/21/04	Carolyn Allen Sutton Hamlin Tracey Lazorik	<i>Stephanie Powling</i>	
11/19/04	Catherine Sansbury Kerry-Lynn Smith		Mark Thornton
5/13/05	Josh Abramowitz Laura Abramowitz Patrick Beathard Dennis Bell Mike Durkin Sandy Kyle Dustin Leifheit <i>Jonathan Bell</i>	Sue Ricket Caldwell Mahani Zubedi	Lamar Brown
11/11/05		Kerry-Lynn Smith	
5/12/06	Karen Meyer Kim Pfeiffer Lisa Parrish Jo Thornton <i>Jackson Greulich</i>	Carolyn Allen Tracey Lazorik	
12/8/06	Lauren Dunnigan Paula Nelson <i>Brock Jones</i>	Josh Abramowitz Laura Abramowitz Dennis Bell Dustin Leifheit	
12/7/07		Jackson Greulich Kate MacDonald Karen Meyer	
5/16/08	Donald Kelley		Sue Ricket Caldwell Mahani Zubedi
12/12/08	Mary Lutz Wendy Williamson	Catherine Sansbury	

date	1st Dan / Poom	2nd Dan / Poom	3rd Dan / Poom
4/3/09			Josh Abramowitz Laura Abramowitz Carolyn Allen Dennis Bell Wendy Jones
5/15/09	Kala Malini Rangathan Tom Thornton Tami Vanderwilt		
12/11/09		Christina Shin Angela Horton	Gene Jung Michael Horton
5/21/10	Yuliya Balabon Katherine Reay <i>Ankita Ghoshal</i> <i>Shelley Smith</i> <i>Jake Underbrink</i>		
10/22/10	Cherie Mueller		
11/18/10		Jo Thornton Tom Thornton	
4/29/11	Ashika Ganguly Gina Lee		
5/13/11		Zach Metcalf	Karen Meyer <i>Cord Meyer</i>
10/28/11	Brad Fleet Teresa Munn		
11/18/11		Shelley Smith	
4/26/12	Marjorie Presley Burciaga Soozi Graf		
5/24/12		Cherie Mueller Wendy Williamson	
5/10/13		Brad Fleet Soozi Graf Teresa Munn	Angela Horton
10/24/13	Catherine Chen		
5/15/14			Cherie Mueller
5/31/14	Daniel Ley Michael Ley		
10/24/14		Catherine Chen	
4/24/15	Jim Scarborough Raul Calvoz Raquel Cordón Emily McKaskle Ruby Rose Pierce Lesly		

date	1st Dan / Poom	2nd Dan / Poom	3rd Dan / Poom
5/14/15			Brad Fleet

4th Dan

12/11/09	Mark Thornton
5/13/11	Sue Ricket Caldwell
11/18/11	Dr. Steven Metcalf
5/10/13	Carolyn Allen
5/31/14	Cord Meyer