

KI BON

Ki Bon (Korean Translation): "Basic Foundation"

Taekwondo (Korean Translation): "The Art of the Hand & Feet"

17 Moves 2 Kihaps
Kihaps- #10 & #17

ALL PUNCHES- MIDDLE SECTION

Ready Position	L Low Block	R Punch	R Low Block	L Punch	L Low Block	R Punch	L Front Kick	L Punch
	1	2	3	4	5	6	7	8
	L FRONT	R FRONT	R FRONT	L FRONT	L FRONT	R FRONT		L FRONT

R Front Kick	R Punch	L Single Inner Forearm Block	L Knifehand Strike	R Single Inner Forearm Block	R Knifehand Strike	L High Bock	R High Block	L High Block
9	10	11	12	13	14	15	16	17
R FRONT		MIDDLE		MIDDLE		L FRONT	R FRONT	L FRONT

R Foot Steps To...



Ready Position

(KI BON) ONE-STEP #1

1	2	3	4	5
L High Block	R Punch- Mid. Section	L Punch- Mid. Section	R Punch- High Section	L Double Outer Forearm Block

(KI BON) ONE-STEP #2

1	2	3
L Outer Crescent Kick	R Side Kick	R Double Outer Forearm Block

(KI BON) ONE-STEP #3

1	2	3	4	5	6
L Palm Block	R Punch- Mid. Section	L Punch- Mid. Section	R Punch- High Section	R Round Kick	R Double Outer Forearm Block

DAN GUN

DAN GUN was the legendary hero who founded Korea in the year 2333 B.C.

21 Moves 2 Kihaps
Kihaps- #8 & #17

ALL PUNCHES- HIGH SECTION

Ready Position	L Double Knifehand Block	R Punch	R Double Knifehand Block	L Punch	L Low Block	R Punch	L Punch	R Punch
1	2	3	4	5	6	7	8	9
R BACK	R FRONT	L BACK	L FRONT	L FRONT	R FRONT	L FRONT	R FRONT	
L Square Block	R Punch	R Square Block	L Punch	L Low Block	L High Block	R High Block	L High Block	R High Block
10	11	12	13	14	15	16	17	18
R BACK	R FRONT	L BACK	L FRONT	L FRONT	R FRONT	L FRONT	R FRONT	
L Knifehand Strike	R Punch	R Knifehand Strike	L Punch	L Foot Steps To...				
19	20	21	22	23				
R BACK	R FRONT	L BACK	L FRONT	Ready Position				

(DAN GUN) ONE-STEP #1

1	2	3	4	5	6
R Jump Front Kick	R Backfist Strike- High	L Punch- Mid. Section	R Punch- High Section	R Round Kick	R Double Outer Forearm Block

(DAN GUN) ONE-STEP #2










1	2	3	4	5	6
L Inner Fore. Block	L Side Kick- Mid. Section	L Knifehand Strike- High	R Punch- High Section	R Round Kick- High	R Double Outer Forearm Block










(DAN GUN) ONE-STEP #3









1	2	3	4	5	6
L Outer Crescent Kick	R Side Kick	L Spinning Backfist- High	L Knifehand Strike- High	R Round Kick	R Double Outer Forearm Block

DO SAN 24 Moves 2 Kihaps Kihaps- #6 & #24	DO SAN was a noted teacher who devoted his entire life towards improving the education system in Korea.
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ALL PUNCHES- MIDDLE SECTION

Ready Position	L Single Outer Forearm Block	R Punch	R Single Outer Forearm Block	L Punch	L Double Knifehand Block	R Speahand Strike	L Spin Backfist Strike	R Backfist Strike
								
	1	2	3	4	5	6	7	8
	L FRONT		R FRONT		R BACK	R FRONT	L FRONT	R FRONT





L Single Outer Forearm Block	R Punch	R Single Outer Forearm Block	L Punch	Twin Outer Forearm Blk.	R Front Kick	R Punch	L Punch	Twin Outer Forearm Blk.	
									
	9	10	11	12	13	14	15	16	17
L FRONT		R FRONT		L FRONT		R FRONT		R FRONT	

L Front Kick	L Punch	R Punch	L High Block	R High Block	L Knifehand Strike	R Knifehand Strike	R Foot Steps To...
							
	18	19	20	21	22	23	24
L FRONT			L FRONT	R FRONT	MIDDLE	MIDDLE	Ready Position




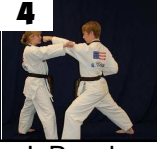


(DO SAN) ONE-STEP #1

			
R Inner Crescent Kick	R Side Kick	L Reverse Side Kick	L Double Outer Forearm Block

(DO SAN) ONE-STEP #2










			
R Side Kick	L Reverse Crescent Kick	R Round Kick	R Double Outer Forearm Block










(DO SAN) ONE-STEP #3










					
R Inner Crescent Kick	L Reverse Side Kick	R Punch-High Section	L Punch-High Section	R Jumping Front Kick	R Double Outer Forearm Block




WON HYO 28 Moves 2 Kihaps Kihaps- #12 & #26	WON HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
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ALL PUNCHES- MIDDLE SECTION

Ready Position	L Square Block	R Upset Knifehand Strike	L Side Punch	R Square Block	L Upset Knifehand Strike	R Side Punch	L Double Outer Forearm Block	L Side Kick
								
	1	2	3	4	5	6	7	8
	R BACK		R EX. BACK	L BACK		L EX. BACK	CLOSED	

L Double Knifehand Block	R Double Knifehand Block	L Double Knifehand Block	R Spearhand Strike Mid. Section	L Square Block	R Upset Knifehand Strike	L Side Punch	R Square Block	L Upset Knifehand Strike
								
	9	10	12	13	14	15	16	17
R BACK	L BACK	R BACK	R FRONT	R BACK		R EX. BACK	L BACK	

R Side Punch	R Single Inner Forearm Block	R Front Kick	L Reverse Punch	L Single Inner Forearm Block	L Front Kick	R Reverse Punch	R Double Outer Forearm Block	R Side Kick
								
	18	19	20	21	22	23	24	26
L EX. BACK	L FRONT		R FRONT			L FRONT	1-LEGGED	










L Double Outer Forearm Block	R Double Outer Forearm Block	R Foot Steps To...
		
	27	28
R BACK	L BACK	Ready Position










YUL GOK







YUL GOK is the pseudonym of a great philosopher and scholar nicknamed the "Confucius of Korea" The 38 movements refer to his birthplace on the 38th latitude.










38 Moves 2 Kihaps
Kihaps- #21 & #36





ALL PUNCHES- MIDDLE SECTION

Ready Position	L Tension Punch	R Punch	L Punch	R Tension Punch	L Punch	R Punch	R Single Inner Forearm Block	L Front Kick
								
	MIDDLE			MIDDLE			R FRONT	

L Punch	R Punch	L Single Inner Forearm Block	R Front Kick	R Punch	L Punch	R Tension Hooking Block	L Tension Hooking Block	R Punch
								
L FRONT		L FRONT		R FRONT		R FRONT		

L Tension Hooking Block	R Tension Hooking Block	L Punch	R Punch	L Double Outer Forearm Block	L Side Kick	R Forward Elbow Strike	R Double Outer Forearm Block	R Side Kick
								
L FRONT			R FRONT	1-LEGGED		L FRONT	1-LEGGED	

L Forward Elbow Strike	L Knifehand Square Block	R Spearhand Strike	R Knifehand Square Block	L Spearhand Strike	L Single Outer Forearm Block	R Punch	R Single Outer Forearm Block	L Punch
								
R FRONT	R BACK	R FRONT	L BACK	L FRONT	L FRONT		R FRONT	










L Downward Backfist Strike	R Sang Soo Block	L Sang Soo Block	L Foot Steps To...
			
X STANCE	R FRONT	L FRONT	Ready Position










JUN GUN










32 Moves 2 Kihaps
Kihaps- #12 & #32








JUN GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. The 32 movements in this pattern represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

ALL PUNCHES- HIGH SECTION

Ready Position	L Ridgehand Block	L Front Kick	R Upset Palm Block	R Ridgehand Block	R Front Kick	L Upset Palm Block	L Double Knifehand Block	R Upward Elbow Strike
								
	1	2	3	4	5	6	7	8
	R BACK	L REAR	L BACK	R REAR	R BACK	L FRONT		

R Double Knifehand Block	L Upward Elbow Strike	Twin Punch-High Section	Twin Upset Punch	X Block-High Section	L Backfist Strike	L Wrist Release Move	R Reverse Punch	R Backfist Strike
								
9	10	11	12	13	14	15	16	17
L BACK	R FRONT	L FRONT	R FRONT	L FRONT	R BACK	L FRONT	L BACK	

R Wrist Release Move	L Reverse Punch	L Sang Soo Block	L Side Punch	R Side Kick	R Sang Soo Block	R Side Punch	L Side Kick	L Double Outer Forearm Block
								
18	19	20	21	22	23	24	25	26
R FRONT	L FRONT	R BACK	R FRONT	L BACK			R BACK	










L Tension Double Palm Press Block	R Double Outer Forearm Block	R Tension Double Palm Press Block	Balance Move with R Punch	R U-Shaped Block	L U-Shaped Block	L Foot Steps To...
						
27	28	29	30	31	32	
L FRONT	L BACK	R FRONT	CLOSED	L BACK	R BACK	Ready Position








TAE GAE








37 Moves 2 Kihaps
Kihaps- 21 & #37









TAE GAE 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 the 37th latitude in Korea.








ALL PUNCHES- MIDDLE SECTION

Ready Position	L Inner Forearm Block	R Upset Spearhand Strike	R Outer L Low Blocks	R Inner Forearm Block	L Upset Spearhand Strike	L Outer R Low Tension Blks	X Block- Low Section	Twin High Punch
								
	R BACK	L FRONT	CLOSED	L BACK	R FRONT	CLOSED	L FRONT	

R Front Kick	R Punch	L Punch	Twin Tension Elbow Strike Mid. Section	Twin Inner Forearm Block & Foot Stomp	Twin Inner Forearm Block & Foot Stomp	Twin Inner Forearm Block & Foot Stomp
						
	R FRONT		CLOSED	MIDDLE	MIDDLE	MIDDLE

Twin Inner Forearm Block & Foot Stomp	Twin Inner Forearm Block & Foot Stomp	Twin Inner Forearm Block & Foot Stomp	L Sang Soo Block- Low Section	Twin Head Grab	R Pull Down with Knee Strike	L Double Knifehand Block
						
	MIDDLE	MIDDLE	MIDDLE	R BACK	L FRONT	R BACK

L Spearhand Strike- High Section	R Double Knifehand Block	R Front Kick	R Spearhand Strike- High Section	R Downward Backfist & L Low Block	X Block- Low Section	R Sang Soo Block	L Double Knifehand Block- Low
							
	L FRONT	L BACK	R FRONT	R BACK	X STANCE	R FRONT	R BACK










R Single Inner Forearm Block	R Double Knifehand Block- Low	L Single Inner Forearm Block	R Single Inner Forearm Block	L Single Inner Forearm Block	R Punch	R Foot Steps To...
						
L FRONT	L BACK	R FRONT	L FRONT	R FRONT	MIDDLE	Ready Position










HWA RANG










29 Moves 2 Kihaps
Kihaps- #14 & #25









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 Taekwondo developed into maturity.

ALL PUNCHES- MIDDLE SECTION

Ready Position	L Palm Block Mid. Section	R Punch	L Punch	R Square Block	L Single Upset Punch	R Side Punch	R Downward Knifehand Strike	L Punch
	 1	 2	 3	 4	 5	 6	 7	 8
MIDDLE				L BACK		L EX. BACK	WALKING BACK	L FRONT

L Low Block	R Punch	L Hand Grabs R Fist...	L Foot Slides Up...	Supported Hand Release...	R Side Kick...	R Knifehand Strike	L Punch	R Punch
 9	 10				 11	 12	 13	 14
L FRONT	R FRONT		PARALLEL			L BACK	L FRONT	R FRONT

L Double Knifehand Block	R Spearhand Strike-Mid. Section	L Double Knifehand Block	R Round Kick...	L Round Kick	L Double Knifehand Block	L Low Block	R Reverse Punch	L Reverse Punch
 15	 16	 17	 18		 19	 20	 21	 22
R BACK	R FRONT	R BACK			R BACK	L FRONT	R EX.BACK	L EX. BACK










R Reverse Punch	X Block-Low Section	R Back Elbow Strike	R Inner Forearm & L Low Block	L Inner Forearm & R Low Block	L Double Knifehand Block	R Double Knifehand Block	R Foot Steps To...
 23	 24	 25	 26	 27	 28	 29	
R EX. BACK	L FRONT	R BACK	CLOSED		R BACK	L BACK	Ready Position



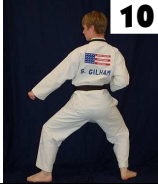






CHOONG MU










Choong Mu 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 in 1592, which is said to be the precursor of the present day submarine.








30 Moves 2 Kihaps
Kihaps- #9 & #30

ALL PUNCHES- MIDDLE SECTION

Ready Position	L Knifehand Square Block	L Knife.High Blk& R Upset Knife. Strike	R Double Knifehand Block	L Spearhand Strike-High Section	L Double Knifehand Block	R Double Outer Forearm Block	R Side Kick	L Double Knifehand Block
								
	1	2	3	4	5	6	7	8
	R BACK	R FRONT	L BACK	L FRONT	R BACK	1-LEGGED		R BACK

R Flying Side Kick...	R Double Knifehand Block	L Low Block	Twin Head Grab	R Knee Strike	R Supported Ridgehand Strike	R Round Kick	L Reverse Side Kick	R Double Outer Forearm Block
								
9	10	11	12	13	14	15	16	17
L BACK	R BACK	L FRONT		L FRONT				L BACK










L Round Kick	R U-shaped Block	R Double Knifehand Block	R Upset Spearhand Strike	R Downward Backfist & L Low Block	R Spearhand Strike-Mid. Section	L Sang Soo Block	R Inward Outer Forearm Block...	R Backfist Strike
								
17	18	19	20	21	22	23	24	25
L BACK	L BACK	L FRONT	R BACK	R FRONT	L FRONT	MIDDLE		










R Turning Side Kick	L Turning Side Kick	Twin Knife. X Block-Mid. Section	Twin Palm Upward Arm Block	R High Block	L Reverse Punch	R Foot Steps To...
						
25	26	27	28	29	30	
		L BACK	L FRONT	R FRONT		Ready Position










KWANG GAE
39 Moves 3 Kihaps
Kihaps at Ready
Position, #23 & #27










KWANG GAE is named after Kwang-Gae-To-Wong, the 19th King of the Koguryo Dynasty, who regained all the lost territories of Korea. The shape made by the form represent the expansion & recovery of lost territory. The 39 moves refer to the first two numbers in the year 391A.D., the year he came to the throne.









ALL PUNCHES- HIGH SECTION

Ready Position	Twin Downward Knifehand	Closed Ready Position	R Tension Upset Punch	L Tension Upset Punch	R Downward Hooking Block	L Double Knife. Block-Low Section	L Downward Hooking Block	R Double Knife. Block-Low Section
		1 	2 	3 	4 	5 	6 	7 
BALANCE		CLOSED	L FRONT	R FRONT	R FRONT	R BACK	L FRONT	L BACK

L Double Knifehand Block	R Double Knifehand Block	R Tension Upset Palm Block	L Tension Upset Palm Block	Upset Knife. Strike-Low Section	L Double Outer Forearm Block	L Side Kick-Knee Level	L Side Kick-High Section	R Upset Knifehand Strike
8 	9 	10 	11 	12 	13 	14 	15 	15 
R REAR	L REAR	L FRONT	R FRONT	CLOSED				R BACK

L Downward Hammerfist Strike	R Double Outer Forearm Block	R Side Kick-Knee Level	R Side Kick-High Section	L Upset Knifehand Strike	R Downward Hammerfist Strike	R Downward Tension Single Palm Block	L Downward Tension Single Palm Block	R Backfist Strike & Foot Stomp
16 	17 	17 	18 	19 	20 	21 	22 	23 
CLOSED				L BACK	CLOSED	L FRONT	R FRONT	MIDDLE

R Sang Soo Block-Mid. Section	R Inner Forearm & L Low Block	R Tension Spearhand Strike	L Backfist Strike & Foot Stomp	L Sang Soo Block-Mid. Section	L Inner Forearm & R Low Block	L Tension Spearhand Strike	Twin Punch-High Section	Twin Upset Punch
24 	25 	26 	27 	28 	29 	30 	31 	32 
R FRONT	R FRONT	EX. R FRONT	MIDDLE	L FRONT	L FRONT	EX. L FRONT	R FRONT	L FRONT

R Front Kick	R Double Knifehand Block	L Punch	Twin Upset Punch	L Front Kick	L Double Knifehand Block	R Punch	R Foot Steps To...
33 	34 	35 	36 	37 	38 	39 	39 
	L BACK	L FRONT	R FRONT		R BACK	R FRONT	Ready Position