



Interpretation

WON-HYO was the noted monk who introduced Buddhism into the Silladynasty in the year 686 A.D.

No:	Move	Stance	Action	Section
	Begin:		closed ready stance 'A'	
1	Turn West	L	twin forearm block	h/m
2		L	r/h inward knifehand strike	h
3	slip left foot	fixed	side punch	m
4	step east	L	twin forearm block	h/m
5		L	l/h inward knifehand strike	h
6	slip right foot	fixed	side punch	m
7	turn north	bending ready	guarding block	m
8			side piercing kick	m
9		L	knifehand guarding block	m
10	step north	L	knifehand guarding block	m
11	step north	L	knifehand guarding block	m
12	step north	walking	straight fingertip thrust	m
13	turn west	L	twin forearm block	m/h
14		L	r/h inward knifehand strike	h
15	slip left foot	fixed	side punch	m
16	step east	L	twin forearm block	m/h
17		L	l/h inward knifehand strike	h
18	slip right foot	fixed	side punch	m
19	step south	walking	circular block	l/m
20	step south		front snap kick	m
21		walking	reverse punch	m
22		walking	circular block	l/m
23	step south		front snap kick	m
24		walking	reverse punch	m
25		bending ready	guarding block	m
26			side piercing kick	m
27	turn west	L	forearm guarding block	m
28	step east	L	forearm guarding block	m
End	right ft moves	close ready stance	'A'	

Korean Terminology applicable to the pattern



Interpretation

Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the 'Confucious of Korea). The 38 movements of the pattern refer to his birthplace on the 38th degree of latitude and the diagram represents 'scholar'.

No.	Move	Stance	Action	Section
	To begin	parallel ready		
1	left foot moves	sitting	left fist, measure	mid
2		sitting	right punch fast	mid
3		sitting	left punch fast	mid
4	step east	sitting .	right fist, measure	mid
5		sitting	left punch fast	mid
6		sitting	right punch fast	mid
7	turn N.E	walking	inner forearm block	high
8	step N.E		front snap kick	low
9		walking	obverse punch fast	mid
10		walking	reverse punch fast	mid
11	turn N/W	walking	inner forearm block	high
12	step N/W		front snap kick	low
13		walking	obverse punch fast	mid
14		walking	reverse punch fast	mid
15	turn north	walking	obverse palm hooking block	high
16		walking	reverse palm hooking block	high
17		walking	obverse punch	mid
18	step north	walking	obverse palm hooking block	high
19		walking	reverse palm hooking block	high
20		walking	obverse punch	mid
21	step north	walking	obverse punch	mid
22		bending ready	outer forearm guarding block	mid
23			side piercing kick	mid
24		walking	front elbow strike	
25	turn south	bending ready	outer forearm guarding block	mid
26			side kick	mid
27		walking	front elbow strike	
28	turn east	L	twin knifehand block	h/m
29	step east	walking	straight fingertip thrust	mid
30	turn west	L	twin knifehand block	h/m
31	step west	walking	straight fingertip thrust	mid
32	turn south	walking	outer forearm block	high
33		walking	reverse punch	mid
34	step south	walking	outer forearm block	high
35		walking	reverse punch	mid
36	jump south	X	left back fist strike	high
37	turn east	walking	double forearm block	high
38	step west	walking	double forearm block	high
	To end	parallel ready	left foot moves	



Interpretation

Joong Gun was named after the Patriot Ahn Joong Gun, who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea who was known as a man who played a leading part in the Korean-Japanese merger.

The 32 moves of the pattern represent Mr Ahns age when he was executed in the Lui Shung prison in 1910.

No.	Move	Stance	Action	Section
	To begin	closed	Ready position 'B'	
1	turn west	L	reverse knifehand block	mid
2			frontkick	low
3	step west	rear foot	upward palm heel block	mid
4	turn east	L	reverse knifehand block	mid
5			front kick	low
6	step east	rear foot	upward palm heel block	mid
7	turn north	L	knife hand guarding block	mid
8		walking	upper elbow strike	high
9	stepnorth	L	knife hand guarding block	mid
10		walking	upper elbow strike	high
11	step north	walking	twin vertical punch	high
12	step north	walking	twin upset punch	mid
13	turnsouth	walking	'X' fist risingblock	high
14	turn east	L	back fist fast	high
15			left fist releast fast	
16		walking	reverse punch	high
17	stepwest	L	backfist fast	high
18			right fist release fast	
19		walking	reverse punch	high
20	step south	walking	double forearm block	high
21		L	side punch	mid
22	step south		side piercing kick	mid
23		walking	double forearm block	high~
24		L	sidepunch	mid
25	step south		side piercing kick	mid
26		L	outer forearm guarding block	mid
27		low	pressingblockslow	low/mid
28	step south	L	outer forearm guarding block	mid
29		low	pressing block slow	low/mid
30	turn east	closed	right fist turning punch (slow)	
31		fixed	U-shaped block	
32	step west	fixed	U-shaped block	
	To end	close ready B	left foot moves	



Interpretation

No.	Move	Stance	Action	Section
	To begin		close ready B	
1	turn west	L	inner forearm block	mid
2		walking	upset fingertip thrust	low
3	turn north	close	left forearm block slow	low
			right rear backfist slow	high
4	turn east	L	inner forearm block	mid
5		walking	upset fingertip thrust	low
6	turn north	close	right forearm block slow	low
			left rear backfist slow	high
7	step north	walking	x-fist pressing block	low
8		walking	twin vertical punch	high
9			front snap kick	mid
10	step north	walking	obverse punch fast	mid
11		walking	reverse punch fast	mid
12	turn west		close fists simultaneously slow to hips	
13	turn south	sitting	W-shaped outer forearm block	high
14	step west	sitting	W-shaped outer forearm block	high
15	step east	sitting	W-shaped outer forearm block	high
16	step east	sitting	W-shaped outer forearm block	high
17	step east	sitting	W-shaped outer forearm block	high
18	step west	sitting	W-shaped outer forearm block	high
19	step north	L	double inner forearm pushing block	low
20		walking	hands up to grab opponents	head
21			knee strike pull hands down	mid
22	turn south	L	knifehand guarding block	mid
23			front leg front snap kick	low
24		walking	flat fingertip thrust	high
25	step south	L	knifehand guarding block	mid
26			front leg front snap kick	low
27		walking	flat fingertip thrust	high
28	step north	L	rear back fist	high
29	jump south	X	cross fist pressing block	low
30	turn south	walking	double forearm block	high
31	turn west	L	knifehand guarding block	low
32		walking	circular block	low/mid
33	step east	L	knifehand guarding block	low
34		walking	circular block	low/mid
35	turn N/W	walking	circular block	low/mid
36	turn east	walking	circular block	low/mid
37	step north	sitting	right punch	mid
	To end	close ready B	right foot moves	



Interpretation

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

No.	Move	Stance	Action	Section
	To begin	close ready C		
1	left foot moves	sitting	left palm pushing block	mid
2		sitting	right punch fast	mid
3		sitting	left punch fast	mid
4	turn east	L	twin forearm guarding block	high/mid
5		L	left upward punch	high
6	slide east	fixed	side punch	mid
7	pull right foot	vertical	knifehand downward strike	high
8	step east	walking	obverse punch	mid
9	turn north	walking	outer forearm block	low
10	step north	walking	obverse punch	mid
11	(Pull left foot to right, bringing left palm onto right forefist bending right elbow slightly)			
12			front leg sidekick	mid
		L	knifehand strike	mid
13	step north	walking	obverse punch	mid
14	step north	walking	obverse punch	mid
15	turn east	L	knifehand guarding block	mid
16	step east	walking	straight fingertip thrust	mid
17	turn west	L	knifehand guarding block	mid
18			right turning kick fast	high
19			left turning kick fast	high
		L	knifehand guarding block	mid
20	turn south	walking	outer forearm block	low
21	pull left foot	L	reverse punch	mid
22	step south	L	reverse punch	mid
23	step south	L	reverse punch	mid
24	left foot slips	walking	cross fist pressing block	low
25	step south	L	right side elbow thrust to south	mid
26	turn west	close	right inner forearm block	mid
		close	left outer forearm block	low
27		close	(change position of hands)	
28		L	knifehand guarding block	mid
29	step east	L	knifehand guarding block	mid
	To end	close ready C	right foot moves	



Interpretation

Choong Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (kobukson) which was the precursor of the present day submarine in 1592 A.D.

The reason why this pattern ends up with left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

No.	Move	Stance	Action	Section
	To begin	parallel ready		
1	turnwest	L	twinknifehandguardingblock	mid
2	step west	walking	inward knifehand strike	high
3	step east	L	knifehand guarding block	mid
4	step east	walking	flat finger-tip thrust	high
5	turnnorth	L	knifehandguardingblock	mid
6	turnsouth	bendingreadyA		
7			right foot side piercing kick	mid
8	turnnorth	L	knifehand guarding block	mid
9	jump north	L	right flying side kick, knifehand guarding block	mid
10	turn east	L	outer forearm block	low
11	slip leftfoot	walking	hands up as to grab opponent's head	
12			kick upward with right knee while pulling both hands down	mid
13	turnwest	walking	right reverse knifehand strike	high
14			right turning kick fast	high
15			left back piercing kick fast	mid
16	turn east	L	outer forearm block	mid
17			leftturning kick (to NIE)	mid
18	turn south	fixed	U-shaped block	
19	jump	L	knifehand guarding block	mid
20	stepsouth	walking	right upset fingertip thrust	low
21	pull left foot	L	right rear back fist strike	high
		L	left outer forearm block	low
22	stepsouth	walking	right straight fingertip thrust	mid
23	turn west	walking	left double forearm block	high
24	step west	sitting	right outerforearm block	mid
		sitting	right rear back fist strike	high
25	kick east		right side piercing kick	mid
26	kick east		leftside piercing kick	mid
27	turn west	L	cross knifehand side block	mid
28	step west	walking	twin upward palm hand block	mid
29	turn east	walking	right rising block	high
30		walking	reverse punch	mid
	To end	parallel ready	left foot moves	