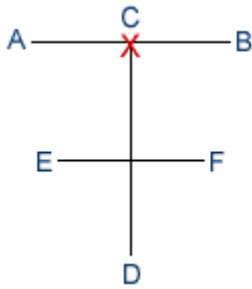


KWAN-GAE



Movements - 39

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.

- 15.** Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
- 16.** Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
- 17.** Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
- 18.** Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
- 19.** Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
- 20.** Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
- 21.** Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
- 22.** Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
- 23.** Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
- 24.** Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
- 25.** Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
- 26.** Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
- 27.** Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
- 28.** Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
- 29.** Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
- 30.** Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
- 31.** Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
- 32.** Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
- 33.** Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
- 34.** Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
- 35.** Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
- 36.** Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
- 37.** Execute a middle front snap kick to B with the left foot, keeping the

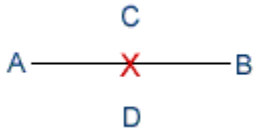
position of the hands as they were in 36.

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.

39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

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

PO-EUN.



PO-EUN

Movements - 36

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

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

downward.

17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.

18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.

19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.

20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.

21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.

22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.

23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.

24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.

25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.

26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.

27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.

28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.

29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.

30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.

31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.

32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.

33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.

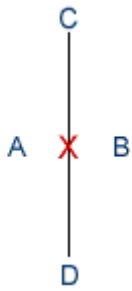
34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

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

GE-BAEK



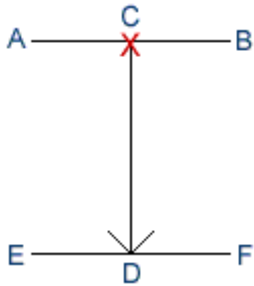
Movements - 44

Ready Posture - PARALLEL READY STANCE

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

21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
 22. Execute a middle turning kick to BC with the right foot and then lower it to C.
 23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
 24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
 25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
 26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
 27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
 28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
 29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
 30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
 31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
 32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
 33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
 34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
 35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
 36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
 37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
 38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
 39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
 40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
 41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
 42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
 44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.
- END:** Bring the right foot back to a ready posture.

YOO-SIN



Movements - 68

Ready Posture - WARRIOR READY STANCE B

1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to D with the right palm while standing up toward D.
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
6. Execute a middle hooking block to D with the left palm while standing up toward D.
7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
10. Execute a scooping block with the left palm while forming a sitting stance toward AD.
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.
12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.
14. Execute a scooping block with the right palm while forming a sitting stance toward BD.
15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion.
16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.
17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
18. Execute a high hooking block to AD with the left palm while forming a

right walking stance toward AD.

19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD.

Perform 16, 17, 18 and 19 in a continuous motion.

20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.

21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.

22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.

23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.

24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.

25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.

26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.

27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.

28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.

29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.

30. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.

35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.

36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.

37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.

38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.

40. Bring the right foot to the left foot to form a closed ready stance C toward C.

41. Move the right foot to CF in a stamping motion to form a right walking

stance toward CF at the same time executing an upset punch to CF with a twin fist.

42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.

43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.

44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.

45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.

46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.

47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.

48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.

49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.

50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.

51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.

52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.

53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.

54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.

55. Execute a middle crescent kick to the right palm with the left foot.

56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block.

Perform 55 and 56 in a consecutive kick.

57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.

58. Execute a middle crescent kick to the left palm with the right foot.

59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.

60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.

61. Change the position of the hands while maintaining a sitting stance toward A.

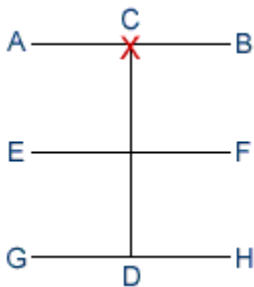
62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block.

63. Change the position of the hands while maintaining a sitting stance toward B.

64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot.

- 65.** Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist.
- 66.** Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist.
- 67.** Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand.
- 68.** Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand.
- END:** Bring the right foot back to a ready posture.

SE-JONG



Movements - 24

Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block.
3. Execute a middle side piercing kick to D with the right foot.
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left

forearm.

5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand.

6. Bring the right foot to the left foot, forming a closed ready stance B toward D.

7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.

8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.

9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.

10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip.

11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist.

12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.

13. Execute a middle turning kick to C with the left foot.

14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.

15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.

16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.

17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.

18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.

19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.

20. Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion.

21. Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.

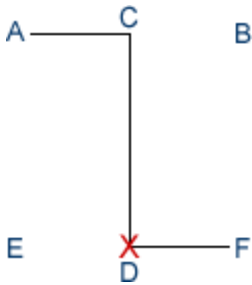
22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow.

23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.

24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.

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

UL- JI



Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND

1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
 2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
 3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
- Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
 5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
 6. Execute a middle crescent kick to the left palm with the right foot.
 7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
 8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
 9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
 10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.
 11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion.
 12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.
 13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.
 14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.
 15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
 16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
 17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
 18. Land to B forming a right walking stance toward B while executing a middle

block to B with the right double forearm.

19. Bring the left foot to the right foot to form a closed ready stance B toward D.

20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.

21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.

22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.

23. Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist.

24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.

25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.

26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.

27. Jump to execute a flying high kick to F with the right foot.

28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.

29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.

30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.

31. Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist.

32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.

33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.

34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.

35. Execute a middle turning kick to DF with the right foot.

36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.

37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.

38. Move the left foot to E forming a left I-stance toward F while executing an upward block to F with the right palm.

39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.

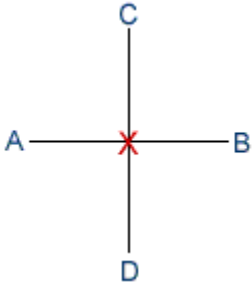
40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.

41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.

42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

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

SAM-IL



Movements - 33

Ready Posture - CLOSED READY STANCE C

1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.
12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.
16. Execute a sweeping kick to B with the right side sole and then lower it

to B forming a right fixed stance toward B while executing a U-shaped block to B.

17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.

18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.

19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.

20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forearm with the right palm and turning the face to C.

21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.

22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.

23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.

24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.

25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.

26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.

27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.

28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.

29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.

30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.

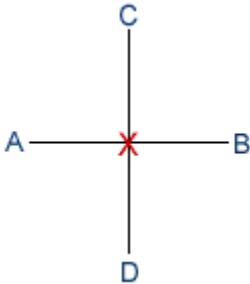
31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.

32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.

33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

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

CHOI-YONG



Movements - 46

Ready Posture - CLOSED READY STANCE C

1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to D with the left foot.
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
17. Execute a middle turning kick to AC with the left foot and then lower it

to the side front of the right foot.

18. Execute a high reverse hooking kick to C with the right foot.

19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.

20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.

21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.

22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.

23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.

24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.

25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.

27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.

28. Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.

31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.

32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.

33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.

34. Turn the face toward A while forming a left bending ready stance A toward A.

35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.

36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.

37. Execute a high reverse hooking kick to B with the right foot.

38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.

39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.

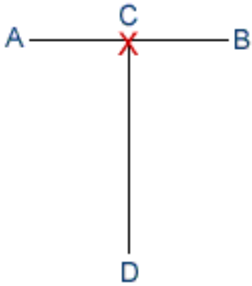
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.

41. Turn the face to B while forming a right bending ready stance A toward

B.

- 42.** Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.
 - 43.** Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
 - 44.** Execute a high reverse hooking kick to A with the left foot.
 - 45.** Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.
 - 46.** Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.
- END:** Bring the right foot back to a ready posture.

CHOONG-JANG



Movements - 52

Ready Posture - CLOSED READY STANCE A

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

- 16.** Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
- 17.** Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
- 18.** Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
- 19.** Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
- 20.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 21.** Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
- 22.** Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
- 23.** Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
- 24.** Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
- 25.** Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
- 26.** Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
- 27.** Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
- 28.** Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
- 29.** Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
- 30.** Punch the left palm with the right fist while maintaining a right L-stance toward C.
- 31.** Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
- 32.** Punch the right palm with the left fist while maintaining a left L-stance toward C.
- 33.** Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
- 34.** Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
- 35.** Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
- 36.** Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
- 37.** Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.

- 38.** Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
 - 39.** Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
 - 40.** Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
 - 41.** Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
 - 42.** Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
 - 43.** Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
 - 44.** Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
 - 45.** Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.
 - 46.** Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
 - 47.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
 - 48.** Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
 - 49.** Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
 - 50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
 - 51.** Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
 - 52.** Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.

TONG-IL



Movements - 56

Ready Posture - PARALLEL STANCE WITH AN OVERLAPPED BACK HAND

1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion.
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand.
8. Execute an inward vertical kick to the left palm with the right reverse footsword.
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand.
10. Execute an inward vertical kick to the right palm with the left reverse footsword.
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion.
12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion.
14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
16. Execute a downward kick to AC with the right foot, keeping the position of the

hands as they were in 15.

17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.

18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.

19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.

20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.

21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.

22. Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.

23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.

24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.

25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.

26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.

27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.

28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.

29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder.

30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip.

31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.

32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.

33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.

34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip.

35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.

36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.

37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot.

38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.

39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.

40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.

41. Lower the right foot to C to form a sitting stance toward A while executing a

W-shape block with the outer forearm.

42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.

43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.

44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.

45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.

46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.

47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.

48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.

49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.

50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.

51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD.

52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.

53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD.

54. Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward D while executing a twin side back elbow thrust.

55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.

56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.

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