

BLACK BELT



PATTERN WORKOUT

The Reason for 24 Patterns

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

General Choi, Hong Hi

The following points should be considered while performing patterns:

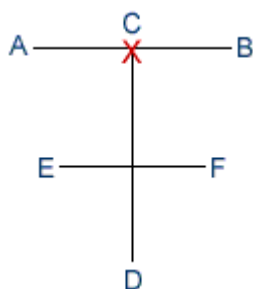
1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defence techniques should be equally distributed among right and left hands and feet.

All patterns listed are performed under the assumption the student is facing "D" (see pattern diagrams). There are a total of twenty-four patterns in Taekwon-Do. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolize either heroic figures in Korean history or instances relating to historical events.

	PAGES
KWANG-GAE.....	4 to 6
PO- EUN	7 to 9
GE-BAEK	10 to 12
EUI-AM	13 to 16
CHOONG-CHANG	17 to 19
JUCHE	20 to 22
KO-DANG	23 to 24
SAM IL	25 to 27
YOO-SIN	28 to 31
CHOI-YONG	32 to 34
YON-GAE	35 to 37
UL-JI	38 to 41
MOON-MOO	42 to 45
SO-SAN	46 to 50
SE-JONG	51 to 53
TONG-IL	54 to 56
 Demonstration Pattern	
DALE COPE	57 to 61

KWANG-GAE

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



KWANG-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.

Black Belt Pattern Workout

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.

The Life of Kwang-Gae

King Kwang-Gae-Toh-Wang (meaning "broad expander of territory") was born in 374 AD and ascended to the throne in 391, at the age of just seventeen, to become the 19th king of the Koguryo Dynasty. He ruled over Koguryo at the time in Korea's history known as The Three Kingdoms, so called because during this time the Korean peninsula was constantly being fought over by the three Koguryo, Silla and Paekche dynasties. He is sometimes referred to as Great King Yeongnak, after the era name selected by him.

He expanded Koguryo's territories far into the Korean peninsula by advancing southward at the expense of the Paekche dynasty to occupy the north of the Han River, and occupied Manchurian territory to the east of Liaohe. On his death in 413, at just 39 years of age, Koguryo ruled everything between the Sungari and Han Rivers. This gave it control over two thirds of what is now modern Korea as well as a large part of Manchuria. In addition, the chieftains of Silla submitted to the northern kingdom's authority in 399 to receive protection from Japanese raids. Only Paekche continued to resist Koguryo domination during this period, thereby preventing what would have been the first recognised unification of the Korean peninsula.

During his reign, King Kwang-Gae conquered 65 walled cities and some 1,400 villages, in addition to aiding Silla when it was attacked by the Japanese. In 392 he built nine Buddhist temples in Pyongyang. His accomplishments are recorded on a monument which was erected in 414 in southern Manchuria.

PO-EUN

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



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.

Black Belt Pattern Workout

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.

The Life of Po-Eun

Chong, Mong-Chu was born in 1337, at the time when the Koryo dynasty ruled the Korean peninsula. At the age of 23 he took three different Civil Service literary examinations and received the highest marks possible on all three, and in 1367 he became an instructor in Neo-Confucianism at Songgyungwan University whilst simultaneously holding a government position, and was a faithful public servant to King U. The king had great confidence in his wide knowledge and good judgement, and so he participated in various national projects and his scholarly works earned him great respect in the Koryo court. He was most knowledgeable about human behaviour, and visited China and Japan as a diplomat for the king, securing promises of Japanese aid in defeating pirates and managing to secure peace with Ming dynasty China in 1385. He also founded an institute devoted to the theories of Confucianism.

During the beginning of the eleventh century Mongol forces had advanced into China and the Korean peninsula, and by the year 1238 Koryo was fully under Mongol domination and would remain so for the next full century. The Ming Dynasty in China had grown extremely powerful during the 14th century, however, and began to beat back the Mongol armies, so that by the 1350s Koryo had regained its independence, although China garrisoned a large number of troops in the north-east of Koryo, effectively occupying part of the country.

General Yi, Sung-Gae had grown in power and respect during the late 1370s and early 1380s, and many of Chong's contemporaries plotted to dethrone then-King U and replace him with General Yi. In 1388, General Yi, Sung-Gae was ordered to use his armies to push the Ming armies out of the Korean peninsula. The general, however, was no fool. He realised the strength of the Ming forces when he came into contact with them at the Yalu River, and made a momentous decision that would alter the course of Korean history. Knowing of the support he enjoyed both from high-ranking government officials and the general populace, he decided to return to the capital, Kaesong, and secure control of the government instead of possibly destroying his army by attacking the Chinese.

Yi marched his army into the capital, defeated the forces loyal to the king (commanded by General Choi Yong) and removed the government, but did not ascend the throne right away. King Gongyang and his family were sent into exile in 1392 (where they would later be secretly murdered), but Chong, Mong-Chu faithfully supported the king, leading the opposition to Yi's claim to the throne. Chong was revered throughout Koryo, even by Yi himself, but he was seen to be an obstacle and as such had to be removed. Yi threw a party for him and afterward, on his way home, Chong was murdered by five men on the Sonjukkyo Bridge in Kaesong. This bridge has now become a national monument, and a brown spot on one of the stones is said to be a bloodstain of his which turns red when it rains.

The 474-year-old Koryo Dynasty effectively ended with the death of Chong, Mong-Chu, and was followed by the Lee Dynasty. His noble death symbolises his faithful allegiance to the king. He was honored in 1517, 125 years after his death, when he was canonised into the national academy alongside other Korean sages such as Yul-Gok and Toi-Gye.

Even if I may die, die a hundred times
 Even if my skeleton may become dust and dirt,
 And whether my spirit may be there or not,
 My single-hearted loyalty to the lord will not change.

Chong, Mong-Chu (Po-Eun)

GE-BAEK

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



GAE-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.

Black Belt Pattern Workout

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.

The Life of Ge-Baek

Little is known of the life of Ge-Baek, including the year and location of his birth, apart from the fact that he was a great general in the Paekche dynasty in the early to mid-7th century AD.

The Paekche dynasty flourished for six centuries from 18 BC until it was defeated by Silla in 660. Paekche was established by refugees from Koguryo in the southwest corner of the Korean peninsula, close to the site of present-day Seoul. It expanded southward and set up a trading relationship with China. A major Paekche expedition to Kyushu, Japan, led to the creation of the Yamato Kingdom and the beginnings of a new cultural legacy.

In 655, Paekche and Koguryo joined forces to attack Silla, although they were eventually driven back when Silla received aid from Tang Dynasty China. In 660, when a huge united army of Silla and the Chinese invaded Paekche, General Ge-Baek organised 5,000 soldiers of the highest morale and courage to meet them in battle. He knew before he set out that his army was outnumbered and that his efforts would be futile, but nonetheless he did not hesitate to try to defend his country, reportedly stating

"I would rather die than be a slave of the enemy."

He then killed his wife and family to prevent them from falling into the hands of opposing forces, and to prevent the thought of them to influence his actions or cause him to falter in battle.

His forces won four small initial battles, but then he was forced to move his forces to block the advance of General Kim, Yoo-Sin on the Paekche capital, Puyo. The two generals met on the plains of Hwangsan Field, in present day Hamyang, near Chiri Mountain. Ge-Baek's forces fought bravely but they were outnumbered ten to one and, in the end, he and his men were completely defeated.

The Paekche dynasty was destroyed after 678 years of rule, but the name of Ge-Baek is still recognised for his bravery and his fierce loyalty to his country.

EUI-AM

EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.



EUI-AM

Movements - 45

Ready Posture - CLOSED READY STANCE D

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
9. Execute a middle reverse turning kick to AC with the right foot.
10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.

Black Belt Pattern Workout

17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
 18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
 19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
 20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
 21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
 22. Execute a middle reverse turning kick to AD with the left foot.
 23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
 24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
 25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
 26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
 27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
 28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
 29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
 30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
 31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
 32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
 33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
 34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
 35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
 36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
 37. Execute a high reverse turning kick to BD with the right foot.
 38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
 39. Execute a high reverse turning kick to AD with the left foot.
 40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
 41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
 42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
 43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
 44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
 45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.

The Life of Eui-Am

Son, Byong-Hi was born in 1861 in Chungcheong Province. In 1884 he heard of the Dong Hak religion* and its ideals of supporting the nation and comforting the people, and decided to become a member.

After joining Dong Hak, Son entered into a period of profound training that included reading and reciting the Dong Hak "Incantation of Twenty-One Letters" thirty thousand times a day. In addition he made straw sandals, which he sold at the market in Cheongju. He is thought to have lived in this manner for roughly three years.

After this period Son, Byong-Hi became the student of Ch'oe, Si-Hyung, who was the 2nd Great Leader of Dong Hak, and entered a life of devoted study. In 1894 Ch'oe, Si-Hyung led the Gabo Dong Hak Revolution in protest at the corruption of the Korean Joseon government, and Son, Byong-Hi served as a commander. This revolution quickly grew into a resistance struggle against foreign invasion and occupation, in which Japan was the principal target. Ch'oe's forces met defeat in 1895, however, and the revolution was put down at the hands of Japan's superior modern weaponry. After living for some years as a fugitive Ch'oe, Si-Hyung was captured by pursuing government troops in 1898 and executed, although he had foreseen that his time was marked, and on December 24, 1897 he had ordained Son, Byong-Hi as the 3rd Great Leader of Dong Hak.

In 1898, following the execution of Ch'oe, Si-Hyung, Son, Byong-Hi sought political asylum in Japan. After the Russo-Japan War in 1904, he returned to Korea and established the Chinbohoe ("progressive society"), a new cultural and reformist movement designed to reverse the declining fortunes of the nation and to create a new society. Through Dong Hak he conducted a nationwide movement that aimed at social improvement through the renovation of old customs and ways of life. Hundreds of thousands members of Dong Hak cut their long hair short and initiated the wearing of simple, modest clothing. Non-violent demonstrations for social improvement organised by members of Dong Hak took place throughout 1904. This coordinated series of activities was known as the Kapjin reform movement.

Members of Dong Hak were severely persecuted by the Japanese government, and so, on December 1, 1905, Son decided to modernise the religion and usher in an era of openness and transparency in order to legitimise it in the eyes of the Japanese. As a result he officially changed the name of Dong Hak to Chondo Kyo ("Heavenly Way"). The following year, Chondo Kyo was established as a modern religious organisation. Its central headquarters were based in Seoul.

Over the years of Japanese colonial rule since the annexation in 1910, Son, Byong-Hi, like all Koreans, longed for freedom and independence. As a result of these years of oppression, he helped to set up a systematic underground anti-Japanese movement throughout 1918 which saw unprecedented cooperation between Chondo Kyo, Christians and Buddhists as they united under a common cause. Son's Chondo Kyo gave financial support to the movement, and he insisted that the independence movement must be popular in nature and non-violent. A Declaration of Independence was prepared and 33 national leaders selected, 15 of which were members of Chondo Kyo. Son, Byong-Hi was the most prominent of these.

The climax came on March 1, 1919 when, during a period of public mourning for the recently deceased Emperor Ko-Jong, the Declaration of Independence was publicly proclaimed at Pagoda Park in Seoul. This spark ignited the public, who took to the streets and demonstrated, calling for Korean independence. This initiated a nationwide movement in which many people

Black Belt Pattern Workout

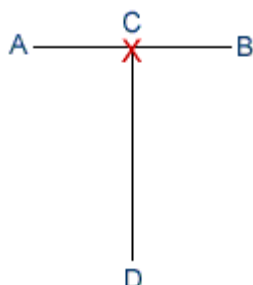
took part, regardless of locality and social status, but the Japanese immediately mobilised their police and army and brutally put down the demonstrations, despite their peaceful nature. More than 6,000 Koreans were killed, some 15,000 wounded, and around 50,000 arrested, including Son, Byong-Hi.

While in prison Son became ill and was eventually released from custody on sick bail. His illness worsened, however, and in 1922 he died at home in Sangchunweon. Son, Byong-Hi selflessly devoted his life, both in terms of his spiritual ideals and his political ideals, to the oppressed Korean masses and the Korean nation.

* Dong Hak ("Oriental Culture") was a Korean religion founded in 1860 by Ch'oe Suun. Dong Hak venerated the god "Hanulnim" ("Lord of Heaven"), and believed that man is not created by a supernatural God, but man is instead caused by an innate God. Koreans have believed in Hanulnim from ancient times, so Dong Hak could be seen to be a truly Korean religion, unlike Buddhism or Christianity.

CHOONG-JANG

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.



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.

Black Belt Pattern Workout

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.

The Life of Choong-Jang

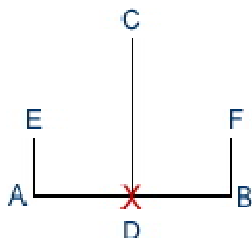
Kim Duk Ryang was born in 1567, in Lee Dynasty Korea. He joined the army and rose to become a commander of the royal troops.

When Japan invaded in 1592, he was promoted to the rank of general and, in 1594, he was appointed as commander-in-chief of the Honam district. He was immediately called upon to defend his district, and succeeded in repelling the Japanese invaders. He and another commander, Ja, Woo-Kwak, followed the routed Japanese troops and destroyed their camps. As a result of this his reputation grew, and the Japanese forces became afraid of him. He was nicknamed General Ho-Ik ("tiger wing") as a result of his bravery.

He was regarded jealously by King Sonjo's subordinates, and they engineered his arrest and imprisonment in 1595 on falsified charges relating to the killing of a slave girl, but he was later released by decree of the king. He was eventually implicated in the rebellion orchestrated by Lee, Mong-Hak in 1596 and sentenced to death by poisoning, although he was later exonerated and absolved of any dishonour.

JUCHE

JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.



JUCHE

Movements - 45

Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW

1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse foot sword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.

Black Belt Pattern Workout

18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.
40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.

44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.

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

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

The History of Juche

The Juche Idea was improvised in the 1950s by Kim, Il-Sung, and became the official state ideology of the Democratic People's Republic of Korea (DPRK) in 1972.

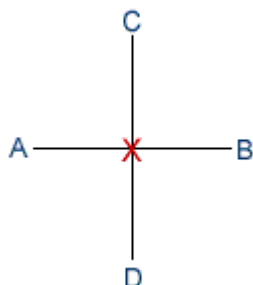
Juche is often described as "self-reliance". When applied to an individual this can be interpreted as meaning that man is the master of his own self, his own world and his own destiny. The true meaning of Juche is more nuanced, however, as it was devised as a political rather than a personal philosophy. Kim, Il-Sung explained:

"Establishing Juche means, in a nutshell, being the master of revolution and reconstruction in one's own country. This means holding fast to an independent position, rejecting dependence on others, using one's own brains, believing in one's own strength, displaying the revolutionary spirit of self-reliance, and thus solving one's own problems for oneself on one's own responsibility under all circumstances."

The Juche philosophy carries a great deal of controversy with it due to its political purpose and application in North Korea by Kim, Il-Sung and subsequently Kim, Jong-Il, and full understanding of it would require extensive exploration of its many aspects.

KO-DANG

Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.



KO DANG

Movements - 39

1. Move the right foot to AC to form a sitting stance toward AD, at the same time executing a middle pushing block to AD with the left palm.
2. Execute a middle punch to AD with the right fist, maintaining a sitting stance toward AD.
3. Move the right foot on line CD, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a low block to AD with the right outer forearm and a middle side block to D with the left inner forearm, maintaining a right L-stance toward D.
5. Move the left foot to BC forming a sitting stance toward BD, at the same time executing a middle pushing block to BD with the right palm.
6. Execute a middle punch to BD with the left fist, maintaining a sitting stance toward BD.
7. Move the left foot on line CD, forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
8. Execute a low block to BD with the left outer forearm and a middle side block to D with the right inner forearm, maintaining a left L-stance toward D.
9. Turn the face toward C forming a left bending ready stance B toward D.
10. Execute a middle back piercing kick to C with the right foot.
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block to D with the left knife hand
12. Turn the face toward C forming a right bending ready stance B toward D.
13. Execute a middle back piercing kick to C with the left foot.
14. Lower the left foot to C, forming a left L-stance toward D while executing a middle block to D with the right knife hand
15. Move the right foot to C, forming a right L-stance toward D while executing a downward thrust to D with the left straight elbow.
16. Move the left foot to C, forming a left L-stance toward D while executing a downward thrust to D with the right straight elbow.
17. Move the left foot to D to form a left walking stance toward D while executing a pressing block to D with the right palm.
18. Move the right foot to D to form a right walking stance toward D while executing a pressing block to D with the left palm.
19. Move the right foot to C forming a right L-stance toward D, while executing a downward block to D with the left outer forearm.
20. Move the right foot to D forming a left L-stance toward D, while executing a downward block to D with the right outer forearm.
21. Move the left foot to D, forming a right rear foot stance toward D, at the same time executing an upward block to D with the left palm.
22. Move the right foot to D, forming a left rear foot stance toward D, at the same time executing an upward block to D with the right palm.

Black Belt Pattern Workout

23. Move the right foot to C, forming a right rear foot stance toward D, and then execute a middle side front snap kick to D with the left foot, keeping the position of the hands as they were in 22.

Perform 24 and 25 in a continuous motion:

24. Lower the left foot to D, forming a left walking stance toward D while executing a high inward strike to D with a twin knife-hand.

25. Execute a rising block with the left knife hand, maintaining a left walking stance toward D

26. Execute a low guarding block to D with a knife hand, while forming a right L-stance toward D, pulling the left foot.

27. Execute a downward punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.

28. Move the left foot to the side rear of the right foot and then slide to C, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.

29. Jump and land on the same spot, forming a right L-stance toward D while executing a middle guarding block to D with a knife hand.

30. Jump to D to form a right X-stance toward BD, while executing a high side strike to D with the right back fist.

31. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high side block to C with the left outer forearm.

32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block to D with the right outer forearm.

33. Move the left foot to D, forming a right L-stance toward D, at the same time executing an upset punch to D with the right fist and bringing the left side fist in front of the right shoulder.

34. Execute a middle hook kick to A with the right foot.

35. Lower the right foot to A, forming a left L-stance toward A while executing a high cross cut to A with the right flat finger tip.

36. Bring the right foot to the left foot and then execute a middle hook kick to B with the left foot.

37. Lower the left foot to B, forming a right L-stance toward B, at the same time executing a high cross cut to B with the left flat finger tip.

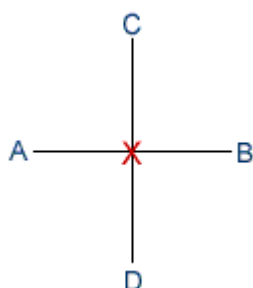
38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance toward A, at the same time executing a high guarding block to A with a knife hand.

39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance toward B, at the same time executing a high guarding block to B with a knife hand.

END: Move the left foot to a ready stance C facing D.

SAM-IL

SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.



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 forefist 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.

The History of Sam-II

One of the earliest displays of Korean nationalism under the Japanese occupation of Korea came in the form of the Sam-II (meaning literally "three-one", referring to the first day of the third month) Movement, which occurred on the 1st of March 1919.

The inspiration for these actions came from the "Fourteen Points" and the right of national "self-determination of weak nations" proclaimed by President Woodrow Wilson at the Paris peace talks earlier that year. After hearing news of the Wilson's talk and realising its consequences, Korean students studying in Tokyo published a statement that demanded Korean independence. When this news reached the underground movement in Korea that had been secretly forming throughout 1918, composed of 33 Chondo Kyo, Buddhist and Christian leaders including Son, Byong-Hi (Eui-Am), it was decided that the time to act was nearing. Secret plans were drawn up and information disseminated by word of mouth throughout the towns and villages of Korea.

It was decided that the movement should be staged two days before the funeral of Emperor Ko-Jong. From a Korean point of view this funeral brought to an end not only the Lee Dynasty but also one of the last symbols of the Korean nation. With the death of their Emperor, Koreans realised that any possibility of an independently ruled nation was lost, and that Korea lay solely in the hands of the colonial Japanese. This situation provided the necessary momentum for the Korean independence movements to mobilise themselves.

At 2pm on the 1st of March, the 33 patriots who formed the core of the Sam-Il movement assembled at Pagoda Park in downtown Seoul to read the Declaration of Independence that they had drawn up, and the crowds that had assembled in the park to hear it formed into a procession. The leaders of the movement signed the document and sent a copy to the Japanese Governor General, with their compliments. They then telephoned the central police station to inform them of their actions. As such, the Japanese police fell upon the procession and it was soon crushed and the leaders of the movement arrested. It is said that the crowd was fired upon by the officers. According to reports issued by the Yon-Hap news agency, "...more than 6,000 demonstrators were killed and about 15,000 wounded. Some 50,000 others were arrested by the Japanese police". According to another report the crowd cheered the arrested men.

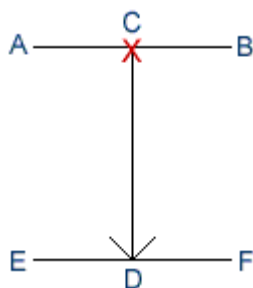
Coinciding with these events, special delegates associated with the movement also read copies of the proclamation from appointed places throughout the country at 2pm on that same day, but the nationwide uprisings that resulted were also brutally put down by the Japanese police and army.

As international response to the incident was virtually non-existent, one of the most important teachings resulting from the Sam-Il Movement for the nationalists was that they essentially needed to rely solely on their own efforts. They could not expect assistance from other, foreign nations to fight a battle that was not their own.

It is said that the Sam-Il Movement was one of the most extraordinary examples of passive resistance to foreign domination that the world has ever seen.

YOO-SIN

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



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.

Black Belt Pattern Workout

- 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

Black Belt Pattern Workout

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.

The Life of Yoo-Sin

Kim, Yoo-Sin was born in Gyeyang, Jincheon in 595 AD, became a Hwa-Rang warrior at just 15 and was an accomplished swordsman and a Kuk-Son (Hwa-Rang leader) by the time he was 18 years old. By the age of 34 he had been given total command of the Silla armed forces.

Yoo-Sin felt that Paekche, Koguryo and Silla should not be separate countries, but should instead be united because all the people had the same ethnic background. He is regarded as the driving force in the unification of the Korean peninsula, and is the most famous of all the generals in the unification wars of the Three Kingdoms, but his victories were tempered by his regret that they had to be at the expense of people he considered to be ethnically the same as him.

His first military engagement is believed to have occurred around 629, and through it he quickly proved his capabilities as a warrior. Silla was in a constant struggle with its neighbor to the west, Paekche, over territory. There had been gains and losses on both sides, and the struggle lasted for many years. It was during this period that Kim rose through the ranks of the military, rising to the position of general and becoming a skilled field commander.

Many stories exist about General Kim, Yoo Sin. It is told that once he was ordered to subdue a rebel army, but his troops refused to fight as they had seen a large shooting star fall from the sky and believed it to be a bad omen. To regain control, the General used a large kite to carry a ball of fire into the sky. The soldiers, seeing the "star" return to heaven, rallied and defeated the rebels. It is also said that General Kim ingeniously used kites as a means of communication between his troops when split between islands and the mainland.

Another story tells that once, while Silla was allied with China against Paekche, an argument broke out between Yoo-Sin's commander and a Chinese general. As the argument escalated into a potentially bloody confrontation, Yoo-Sin's sword was said to have leaped from its scabbard into his hand. Because the sword of a warrior was believed to be his soul, this occurrence so frightened the Chinese general that he immediately apologized to the Silla officers. Incidents such as this kept the Chinese in awe of the Hwa-Rang, and meant that in later years, when asked by the Chinese emperor to attack Silla, the Chinese generals refused, claiming that although Silla was small, it could not be defeated.

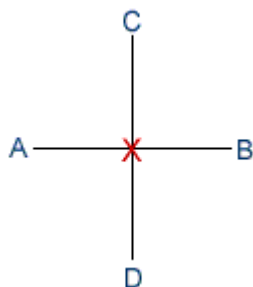
When Koguryo and Paekche attacked Silla in 655, Silla joined forces with Tang Dynasty China to battle the invaders. Although it is not clear when Kim first became a general, he was certainly commanding the Silla forces at this time. Eventually, with the help of the Silla navy and some 13,000 Tang forces, Kim attacked the Paekche capital, Puyo, in 660 in one of the most famous battles of the 7th century. The Paekche defenders were commanded by none other than General Ge-Baek, although the Paekche forces consisted of about 5,000 men and were no match for Kim's warriors, which numbered about ten times as many. Paekche, who had been experiencing internal political problems, crumbled. Kim's Silla forces and their Tang allies now moved on Koguryo from two directions, and in 661 they attacked the seemingly impregnable Koguryo Kingdom but were repelled. The attack had weakened Koguryo, though, and in 667 another offensive was launched which, in 668, destroyed Koguryo forever. Silla still had to subdue various pockets of resistance, but their efforts were then focused on ensuring that their Chinese allies did not overstay their welcome on the peninsula. After some difficult conflicts, Silla eventually forced out the Tang and united the peninsula under their rule.

Kim was rewarded handsomely for his efforts in these campaigns. He reportedly received a village of over 500 households, and in 669 was given some 142 separate horse farms, spread throughout the kingdom. He died four years later at the age of 78, leaving behind ten children.

General Kim, Yoo-Sin lived to the age of 78 and is considered to be one of Korea's most famous generals of all time. Following his death in 673, General Kim was posthumously awarded the honorary title of King Heungmu, and was buried at the foot of Mt. Songhwasan, near Kyongju on the southeast coast of Korea, in a tomb as splendid as that of kings.

CHOI-YONG

CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.



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.

Black Belt Pattern Workout

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.

The Life of Choi-Yong

Choi Yong was born in 1316 in Ch'orwon, Kangwon Province. His beginnings were humble, and his lifestyle would best be described as spartan. He paid little heed to his own clothes and meals, and eschewed fine garments or other comforts even when he became famous and could easily have enjoyed them. He disliked men who desired expensive articles, and he viewed simplicity as a virtue. His motto, inherited from his father, was "Do not be covetous of gold".

Such a man was well suited for military service, and Choi quickly gained the confidence of both his men and his king during numerous battles with Japanese pirates who began raiding the Korean coast around 1350.

At 36 years of age he became a national hero when he successfully put down a rebellion by Cho, Il-Shin after his insurgents had surrounded the palace and killed many officials and Cho had proclaimed himself king. Then, in 1355, an armed rebellion took place in the troubled Mongol Yuan Dynasty that occupied part of China. Choi Yong was sent to help the Mongols quash the rebellion, and his success in nearly thirty different battles won him even more fame and favour at home. Upon returning to Korea, he dutifully reported to King Kongmin the internal problems experienced by the dying Yuan Dynasty, which gave the king the idea that the time was right to reclaim some of the northern territories previously lost to the Mongols. Choi commanded his troops well and recovered many towns west of the Yalu River, to the great delight of his king.

He served briefly as the Mayor of Pyongyang, where his efforts at increasing crop production and mitigating famine won him even more attention as a national hero. Then, in 1363, he distinguished himself further when a powerful government official named Kim, Yon-An tried to take control of the government and Choi was forced to defeat a 10,000-man Mongol force that attacked Koryo in support of the rebellion.

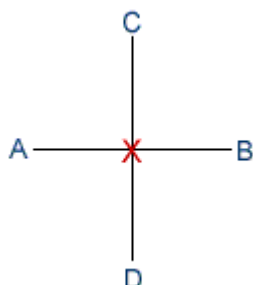
Meanwhile, following a dream that he thought predicted that a Buddhist monk would save his life, King Kongmin promoted a monk named Shin Ton to a lofty position within his court, and allowed him considerable influence. Shin Ton, though, was ruthless and corrupt, and Choi – who vigorously opposed corruption in the kingdom – found himself at odds with him. Shin Ton engineered false accusations of misconduct against Choi that resulted in a punishment of six years in exile, and brought him dangerously close to the death penalty. When Shin Ton died, though, Choi Yong was restored to his previous position and was immediately asked to prepare a fleet to fight the Japanese pirates and eliminate the remaining Mongol forces on Cheju Island. He engaged the Mongols first, who fought tenaciously, but Choi's forces eventually freed the island. Then, in 1376, the Japanese pirates advanced into Koryo and captured the city of Kongju. Chong, Mong-Chu (Po-Eun) secured assistance from the Japanese Shogun to eliminate these pirates, but the Japanese were of little help and General Choi Yong and his subordinate Yi, Sung-Gae managed to rout and eventually defeat them and reclaim Kongju.

The Ming Dynasty in China had become powerful during the 14th Century, and had driven back the Mongols and occupied part of north-eastern Koryo. In 1388, General Yi, Sung-Gae was ordered to use his armies to push the Ming armies out of the Korean peninsula. Knowing of the support he enjoyed both from high-ranking government officials and the general populace, however, he decided to return to the capital, Kaesong, and secure control of the government instead of possibly destroying his army by attacking the Chinese. When Yi returned, the loyal Choi Yong put up a gallant fight at the palace but was overwhelmed. Records differ as to what happened next, although it seems likely that he was banished to Koyang and later beheaded.

Choi Yong is remembered as a great general who was wholeheartedly devoted to the protection of his country. He risked his life many times for Koryo, and his unswerving loyalty eventually cost him his life.

YONG-GAE

YONG-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



YONG-GAE

Movements - 49

Ready Posture - WARRIOR READY STANCE A

1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in slow motion.
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.
12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
13. Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in slow motion.
14. Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
15. Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.
16. Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.
17. Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.

Black Belt Pattern Workout

18. Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.
19. Jump to D forming a right X-stance toward BD while executing a high side strike to D with the right back fist.
20. Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.
21. Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.
22. Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.
23. Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
24. Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.
25. Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
26. Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.
27. Execute a high reverse hooking kick to B with the right foot.
28. Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.
29. Lower the left foot to B in a jumping motion to form a left X-stance toward BD while executing a downward strike to B with the left backfist.
30. Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.
31. Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.
32. Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.
33. Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.
34. Execute a high reverse hooking kick to A with the left foot.
35. Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.
37. Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
38. Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
39. Move the right foot to C slightly and then 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 knife-hand.
40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
41. Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
42. Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.
43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
45. Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

Black Belt Pattern Workout

- 46.** Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.
- 47.** Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.
- 48.** Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.
- 49.** Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.
- END:** Bring the right foot back to a ready posture.

The Life of Yon-Gae

Yon-Gae Somoon was a famous general who lived in 7th century Koguryo.

Koguryo was an aggressive and warlike nation with wide territories. It had developed a horse-riding culture and placed great emphasis on its military. These circumstances led to the formation of the Koguryo "Sunbae", an organisation of strong warriors that served to protect and strengthen the state and its centralised authoritarian ruling system. Both Yon-Gae Somoon and his son Namsang were known to have been members of the Sunbae.

In 612, Sui China had attempted to invade Koguryo, and would have done so if it had not been for the efforts of the great General Ul-Ji Moon Dok. The Sui Dynasty in China was overthrown by the Tang Dynasty in 618, and the new regime held greedy expansionist ambitions. When Emperor Taizong took over the Tang throne in 627 he dispatched troops to northern Koguryo to dismantle Koguryo monuments at the sites of Sui Dynasty soldiers' mass graves.

In 642, General Yon-Gae Somoon seized power from King Jianwu, and over the next few years the Chinese attacks grew more and more successful so that by 645 they had conquered a number of fortresses and towns, including Liaodong, the main base on the frontline. Taizong was serious enough about his conquest to have had 500 ships built to support it. In 645, though, the Tang offensive reached the fortress at Ansi.

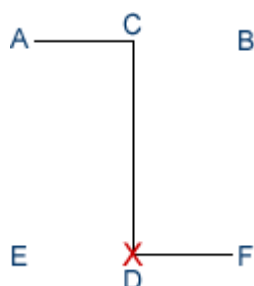
At the fortress the army and general population of Koguryo, led by Yon-Gae, made a great stand and fiercely confronted the invading Tang, managing to resist the concentrated attack for 60 days. They fought valiantly, injuring Emperor Taizong himself, and the combination of their valour and the inclement winter forced the Chinese to retreat.

Taizong continued his campaign against Koguryo for two years, but was unable to deal the killer blow and, in 647, he withdrew. His death in 649 and the subsequent confusion in the Tang Dynasty allowed Yon-Gae to consolidate his forces and retake much of the territory conquered by the Tang.

After the death of Yon-Gae Somoon in 654, bitter dissent gradually began to arise amongst the leading Koguryo generals. When Silla and Tang came to learn of this internal turmoil, they took advantage and attacked Koguryo. After resisting the attack for a year, Pyongyang fell and the Kingdom grew weaker and weaker, until it was eventually destroyed in 668.

UL-JI

UL- JI is named after general UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., UI-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.



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.

Black Belt Pattern Workout

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.

The Life of UI-Ji

It is not known exactly when or where this great man was born, and unfortunately it is also not known exactly when he died. The best that can be said is that he was born in the mid-6th century and died in the early 7th century, sometime after 618.

He was born and raised in the kingdom of Koguryo, in a turbulent era of Korean history. It was a powerful and warlike kingdom, constantly warring with its neighbours, Silla to the southeast and Paekche to the southwest. The balance of power was roughly equal between the three kingdoms, however, and it took the injection of an outside influence to tip the balance. This influence was supplied by the kingdoms' much larger western neighbor, China. In 589 China had been united under the Sui Dynasty, and this new dynasty, hungry for power, would be the deciding factor in the struggles between Paekche, Koguryo and Silla. This was the background for UI-Ji Moon Dok as he grew up.

He was an educated man, and eventually became a Minister of Koguryo, with skills in both the political and military sciences. He was called upon to render service as a military leader, however, when the very existence of the kingdom became threatened by alliances between its rival neighbors.

The Sui Dynasty was suspicious of Koguryo and saw its aggressive ways as threatening, so in 612 Sui Emperor Yang Je decided to subdue this dangerous neighbour and prepared to attack. He mustered an army of over one million men and personally led them against Koguryo. They quickly overran Koguryo outposts, camped on the banks of the Liao River and prepared to bridge it. General UI-Ji Moon Dok was called upon to assist in the defence of the nation, and so he prepared to meet the superior Sui forces with a strategy of false retreat, deception and attack.

After the Sui forces crossed the Liao River, a small contingent was sent to attack the Koguryo city of Liaotung, but General UI-Ji sent his forces to meet them there and drove them out. As the rainy season progressed, the Sui forces tried other probing attacks, but these were not really of any significance, as they were mainly biding their time until the rainy season passed.

When the rains stopped, Yang Je moved his forces to the banks of the Yalu River in northwestern Korea and prepared for a major assault. General UI-Ji visited the Chinese camp under the pretense of surrender in an attempt to discover any Sui weaknesses. Emperor Yang Je listened to General UI-Ji and allowed him to leave the camp, but shortly after changed his mind and set out after him. But it was too late – the general had discovered what he needed to defeat the force. He had learned that the Sui forces were short of provisions and had overstretched their supply lines, and so he decided to pursue a strategy of gradual retreat, hoping to lure his enemy deeper and deeper into hostile territory. He drew the Sui on, fighting a kind of guerrilla warfare, picking when and where he fought and allowing the Sui forces to feel as though victory was close at hand, all the while luring them deeper into his trap.

A Sui advance force of over 300,000 men was sent to take the city of Pyongyang. General Ul-Ji continued to lure them closer and closer to the city, but led them to a strategic point where he could strike. His forces attacked from all sides, driving the Sui troops back in utter confusion. His troops pursued the retreating army, slaughtering them almost at will, so that it is said that only 2,700 troops successfully made it back to the main body of forces. This was the great battle of Salsu, and it has come to be known

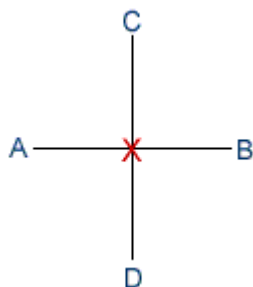
as one of the most glorious military triumphs in Korea's history. Following this defeat, winter began to set in and the Sui forces, short on provisions, were forced to return home.

The Sui Dynasty was beginning to disintegrate and Yang Je decided that he urgently needed to expand his empire in order to regain power, but the two more desperate attacks on Koguryo by Yang Je following spring met with similar disaster, and eventually internal rebellion in China forced the Sui to give up its desires on Koguryo. By 618, the relatively short-lived Sui Dynasty was replaced by the Tang Dynasty. General Ul-Ji Moon Dok's strategy and leadership had saved Koguryo from the Chinese.

Probably the most distinguished military leader of the Koguryo period and one of the most well-known generals in Korean history, General Ul-Ji Moon Dok's leadership and tactical acumen was the decisive factor in saving Koguryo from destruction at the hands of the invading Chinese. He faced forces of far superior numbers and not only turned them back but was able to pursue and destroy them with such vigor that they were not able nor inclined to return. His life was filled with enough spectacular success to earn him a permanent place among Korea's most remembered. He is still celebrated as a great Korean hero, and a main street in downtown Seoul, Ulji-ro, is named after him.

MOON-MOO

Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.



MOON-MOO

Movements - 61

Ready Posture - PARALLEL READY STANCE

1. Turn the face to B while forming a right bending ready A toward B. Perform in a slow motion.
2. Execute a high side piercing kick to B with the left foot. Perform in a slow motion.
3. Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in slow motion.
10. Lower the left foot to the right foot and then turn the face to A while forming a left bending ready stance A toward A. Perform in slow motion.
11. Execute a high side piercing kick to A with the right foot. Perform in a slow motion.
12. Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to a to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.
14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.
15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.
16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.
17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.

Black Belt Pattern Workout

18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in slow motion.
19. Turn the face to C while forming a left bending ready stance B toward D.
20. Execute a high back piercing kick to C with the right foot. Perform in slow motion.
21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.
22. Turn the face to C while forming a right bending ready stance B toward D.
23. Execute a high back piercing kick to C with the left foot. Perform in slow motion.
24. Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.
25. Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm.
26. Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.
27. Lower the left foot to D and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.
28. Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
32. Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.
33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
34. Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm.
35. Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.
36. Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist.
37. Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm.
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion.
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.
41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.
42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.
43. Move the left foot to D and then execute a high twisting kick to AD with the right foot.
44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.
45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.
46. Move the right foot to D and then execute a high twisting kick to BD with the left foot.
47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.

- 48.** Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D.
- 49.** Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 50.** Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick.
- 51.** Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.
- 52.** Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
- 53.** Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick.
- 54.** Lower 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.
- 55.** Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.
- 56.** Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.
- 57.** Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.
- 58.** Jump to execute a mid-air kick to D with the right foot while spinning clockwise.
- 59.** Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 60.** Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.
- 61.** Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.

The Life of Moon-Moo

Moon-Moo was born Prince Bubmin, and was the son of King Mu-Yal, 29th king of the Silla Dynasty. He took the name Moon-Moo when he succeeded his father to the throne in 661.

He ascended to the Silla throne in the midst of the long conflict against Paekche and Koguryo, shortly after General Ge-Baek and Paekche had been defeated at Puyo by General Kim, Yoo-Sin. The first years of his reign were spent trying to defeat Koguryo, following an abortive attempt in 661. Finally, in 667, he ordered another attack which led, in 668, to the defeat of Koguryo. After the small isolated pockets of resistance were eliminated, King Moon-Moo was the first ruler ever to look upon the Korean peninsula and see it completely unified.

King Moon-Moo ruled over unified Silla for 20 years, until he fell ill in 681. On his deathbed, he left his last will and testament, and abdicated to his son, Prince Sin-Moon. Before he died he said

"A country should not be without a king at any time. Let the Prince have my crown before he has my coffin. Cremate my remains and scatter the ashes in the sea where the whales live. I will become a dragon and thwart the Japanese invasion."

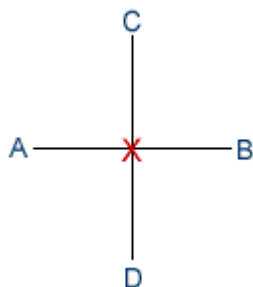
King Sin-Moon did as his father asked and scattered his ashes over Daewangam (the Rock of the Great King), a small rocky islet a hundred metres or so off the Korean coast. Moreover, King Sin-Moon built the Gomun Temple (the Temple of Appreciated Blessing) and dedicated it to his father, he built a waterway for the sea dragon to come to and

from the sea and land, and he built a pavilion, Eegun, overlooking the islet so that future kings could pay their respects to the great King Moon-Moo.

In a dream, King Moon-Moo and the famous general Kim, Yoo-Sin appeared to King Sin-Moon and told him that blowing on a bamboo flute would calm the heavens and the earth. King Sin-Moon awoke from the dream, rode out to the sea and received the bamboo flute Monposikjuk. It was said that the blowing of the bamboo flute invoked the spirits of King Moon-Moo and General Kim, Yoo-Sin and would push back enemy troops, cure illnesses, bring rain during drought and halt the rains in floods.

SO-SAN

SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



SO-SAN

Movements - 72

Ready Posture - CLOSED READY STANCE A

1. Slide to C to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.
3. Slide to C to form a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle vertical punch to D with the left fist while forming a right walking stance toward D, slipping the right foot.
5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.
6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD. Perform 5 and 6 in a fast motion.
7. Execute a high side block to BD with the left knife-hand while forming a right walking stance toward BD.
8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD. Perform 7 and 8 in a fast motion.
9. Move the right foot to C turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.
10. Execute a high side piercing kick to C with the right foot keeping the position of the hands as they were in 9.
11. Execute a high turning kick to D with the right foot. Perform 10 and 11 in a continuous kick.
12. Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.
13. Move the left foot to C forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.
14. Execute a high side piercing kick to C with the left foot keeping the position of the hands as they were in 13.
15. Execute a high turning kick to D with the left foot. Perform 14 and 15 in a continuous kick.
16. Lower the left foot to D in a jumping motion to form a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.

Black Belt Pattern Workout

17. Move the left foot to A forming a right L-stance toward A executing a low punch to A with a left double fist.
18. Bring the right palm on the left fore fist and then twist them counter clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot. Perform in a releasing motion.
19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A.
20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.
21. Bring the left palm on the right fore fist and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.
22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.
23. Slide to B to form a right L-stance toward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.
24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.
25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.
26. Execute a front strike to A with the left back fist while forming a right walking stance toward A, slipping the left foot.
27. Move the left foot to D forming a right walking ready stance toward C.
28. Jump to execute a flying front snap kick to C with the right foot.
29. Land to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
30. Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.
31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward C.
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.
33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.
34. Execute a middle block to BC with a double arc-hand while forming a left walking stance toward BC and looking through the hands.
35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.
36. Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.
37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
38. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 37.
39. Lower the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
40. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D. Perform 39 and 40 in a fast motion.
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.
42. Execute a middle block to AC with a double arc-hand while forming a right walking stance toward AC and looking through the hands.
43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.
44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.

Black Belt Pattern Workout

45. Execute a high punch to D with the left fist while maintaining a left walking stance toward D.
 46. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 45.
 47. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
 48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 47 and 48 in a fast motion.
 49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D.
 50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.
 51. Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
 52. Execute a low block to D with the right knife-hand and a middle outward block to D with the left inner forearm while forming a left walking stance toward D, slipping the left foot.
 53. Execute a high punch to D with the right fist while maintaining a left walking stance toward D. Perform 52 and 53 in a continuous motion.
 54. Execute a middle punch to D with the left fist while forming a right L-stance toward D, pulling the left foot.
 55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.
 56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.
 57. Execute a low block to D with the left knife-hand and a middle outward block to D with the right inner forearm while forming a right walking stance toward D slipping the right foot.
 58. Execute a high punch to D with the left fist while maintaining a right walking stance toward D. Perform 57 and 58 in a continuous motion.
 59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.
 60. Move the right foot to the side rear of the left foot, and then slide to C, forming a left L-stance toward D at the same time executing a scooping block with the right palm.
 61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.
 62. Turn clockwise while forming a left bending ready stance A toward C.
 63. Execute a high side piercing kick to C with the right foot, keeping the position of the hands as they were in 62.
 64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
 65. Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
 66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.
 67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.
 68. Turn counter-clockwise while forming a right bending ready stance A toward C.
 69. Execute a high side piercing kick to D with the left foot, keeping the position of the hands as they were in 68.
 70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.
 71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
 72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot. Perform 71 and 72 in a continuous motion.
- END:** Bring the right foot back to a ready posture.

The Life of So-San

Little is known of the early life of Choi, Hyong Ung, other than that he was born in 1520 and that he became a monk. As was common for monks in this time, he travelled from place to place, living in a succession of monasteries. Buddhist monks had been forced to keep a low profile since the end of the Koryo period, as General Yi, Sung-Gae had been forced to eject Buddhism from its state of total permeation of government, in order to gain the support of Neo-Confucian scholar-officials to consolidate his position against his Buddhist political opponents when he overthrew King Gongyang in 1392. This was the beginning of the suppression of Buddhism, which came into full flower during the succeeding Lee Dynasty.

Before ever having tested his hand as a military commander, So-San was a first-rate Seon (Korean Buddhism) master and the author of a number of important religious texts, the most important of which is probably his "Seon gugam", a guide to Seon practice which is studied by Korean monks even today. Like most monks of the Lee Dynasty, So-San had been initially educated in Neo-Confucian philosophy. Dissatisfied, though, he wandered through the mountain monasteries. Later, after making a name for himself as a teacher, he was made arbiter of the Seon school by queen Munjeong, who was sympathetic towards Buddhism. He soon resigned from this responsibility, returning to the itinerant life, advancing his Seon studies and teaching at monasteries all around Korea.

The mountains where the monasteries were located were dangerous, and so the monks had to learn to defend themselves. So-San recognised that the development of armour made striking and kicking much less effective, but he also noticed that wherever the armour bends, so does the body. He saw that by manipulation of these joints one could defeat an armoured opponent on the battlefield. He also applied this same principle to the use of a rope or belt as a weapon, which he discovered can be wrapped around the body of your attacker, trapping weapons and, when necessary, breaking joints as it wraps. It was used by So-San and the soldiers he trained to immobilise, carry and even kill their opponents. Wrapped around the mouth and nose the rope would prevent the opponent from breathing, bringing about unconsciousness and allowing them to be taken as a prisoner. Many of these techniques were adopted and developed to give birth to the modern art of Hapkido.

At the beginning of the 1590s, Japanese Shogun Toyotomi Hideyoshi, after stabilising Japan during this era of warring nations, made preparations for a large scale invasion of Korea. Korea was unaware of the situation in Japan, however, and was unprepared for the Japanese aggression. In 1592, after rebuffing Japan's request for aid in conquering China, approximately 200,000 Japanese soldiers invaded Korea, and the Waeran (Japanese War) began. At the beginning of the invasion, King Sonjo fled the capital, leaving a weak, poorly-trained army to defend the country. In desperation he called on Master So-San to organise monks into guerilla units. Even at 73 years of age he managed to recruit and deploy some 5,000 of these warrior monks, who enjoyed some instrumental successes.

At first, the Korean armies suffered repeated defeats, and the Japanese marched north up to Pyongyang and the Hamgyong provinces. At sea, however, the Korean navy, under the command of Admiral Yi, Soon-Sin, enjoyed successive victories. Throughout the country, loyal volunteer armies formed and fought against the Japanese together with the warrior monks and the government armies of Korea.

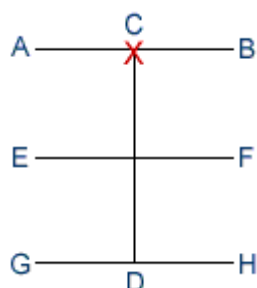
Black Belt Pattern Workout

The presence of So-San's monks' army, operating out of the Heungguksa temple deep in Mt. Yeongchwan, was a critical factor in the eventual expulsion of the Japanese invaders in 1593 and again in 1598.

So-San died in 1604 leaving behind some 1,000 disciples, 70 of whom were monks and nuns, and many of whom held a prominent role in the later transmission of Korean Buddhism. One of the most important reasons for the restoration of Buddhism to a position of minimal acceptance in Lee Dynasty Korea was the role of So-San's monks in repelling the Japanese invasion. So-San is also known for his efforts in the continuation of the project of the unification of Buddhist doctrinal study and practice, and in his works strong influence can be seen from Won-Hyo. He is considered the central figure in the revival of Korean Buddhism, and most major streams of modern Korean Seon trace their lineages back to him through one of his four main disciples, all four of whom were lieutenants of his during the war with Japan.

SE-JONG

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The digram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



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.

The Life of Se-Jong

Se-Jong was born Yi Do on the 15th of May 1397, the third son of Prince Chong-An and a grandson of Taejo (Yi, Sung-Gae), who started the Lee Dynasty in 1392. He was born near the royal palace in the capital Hanyang (now Seoul).

Yi Do's older brother was in line to become king, which suited him, as the young Yi Do was apparently not concerned with becoming king. He was instead interested from an early age in learning and spent most of his time reading books, although at the age of just 12 he found the time to marry Sim On, a young girl two years older than himself.

Prince Chong-An ascended to the throne in 1400 and took the name Taejong. He watched his young son grow in wisdom as he continued his studies, and by the time Yi Do was 22 years old King Taejong decided to make him Crown Prince and successor to the throne over his older brother. Soon afterward, his father decided to abdicate in favour of his son. Many in the king's court (including Yi Do himself) protested that the young man was not yet ready to shoulder such responsibility, but the king insisted and so in 1418 Yi Do became king and took the name Se-Jong.

King Se-Jong believed that good government could only come when a king recognised and trained talented men and installed them into influential governmental positions to administrate the various branches of government. To this end he established the Chipyonjon (Jade Hall of Scholars), an amalgamation of the Hall of Art and the Hall of Literature that he made sure included an extensive library. King Se-Jong then chose twenty of his most able scholars and made them Masters of Learning, a position that freed them to devote themselves full time to advanced learning. He also set up a system that encouraged local governors throughout the country to report to the king any individuals who distinguished themselves. These individuals were then given the chance to become government officials, or other positions according to their talents.

One of King Se-Jong's goals – the one for which he is most famous – was to make his people more educated by making it easier for them to become literate. At that time the Koreans used the Chinese script to document their spoken language, but Chinese writing consisted of thousands of individual characters that takes significant effort to master. King Se-Jong recognised that this was a barrier to learning, and threw his efforts into

developing a system of writing that was simple and effective, and by 1443 he had completed the Hangul alphabet. He was so concerned with its perfection that he kept it for another three years so that he could test and modify it until he was satisfied. There was much resistance to the language, when it was first unveiled, from scholars who

thought it would, among other things, limit the scholarly study of the Chinese classics. The king insisted, however, and ordered many of his scholars to begin translating classic books and Buddhist scriptures into Hangul. This greatly increased the ability of the layperson to become educated. In addition, he ordered that books be written that would be of help to the common man, such as the Farmers' Handbook, which provided guidance on farming methods and techniques to increase production. He also ordered more technical books to be written, such as a complete medical dictionary, and an 85-volume pharmaceutical encyclopaedia that contained medical therapies, acupuncture techniques and herbal prescriptions to treat 959 different diseases.

King Se-Jong also had some impressive political achievements. It was during his reign he was able finally to subjugate the Japanese pirates who had been raiding the Korean coastline for so many years. He extended the territory of Korea as far north as the Yalu River, and, domestically, he tried to control corruption and raise the moral standards of the entire country.

Towards the end of his life, King Se-Jong tragically (and somewhat ironically) became afflicted by a paralysis that prevented him from speaking more than a few words at a time. He later developed a cancer and died in 1450 at the age of 52, after nearly 30 years on the throne.

He is proudly remembered as a king who was concerned for his people and fully committed to their intellectual advancement. Today, the main thoroughfare running north to south in front of Kyongbok Palace in Seoul bears his name. In addition, two holidays are related to him: Hangul Day (9 October) and King Se-Jong Day (15 May).

TONG-IL

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



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.

Black Belt Pattern Workout

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.

The Origin of Tong-II

After Japan occupied Korea in 1910, the country remained part of the Japanese Empire until 1945. Following Japan's surrender at the end of World War II, Korea was liberated from the Japanese. As it was liberated by both Soviet and US forces, the responsibility for overseeing the rebuilding and rehabilitation of Korea was divided between the two sides, and the country was divided along the 38th parallel. The USSR occupied Korea north of this line, the USA occupied the south.

Under the auspices of the UN, a democratic government established the Republic of Korea (South Korea) in 1948, with its capital in Seoul. The Soviets established the communist Democratic People's Republic of Korea (North Korea) with its capital in Pyongyang. The peninsula remains divided in this way to this day.

Korea has not been truly free since Japan started to encroach in 1876, and has been divided since 1945, not just in terms of being two separate states - the ideologies and politics of the two countries are also vastly different.

It was the dream of General Choi, Hong Hi to see a unified Korea.

DEMONSTRATION PATTERN

DALE-COPE



Dale Cope is named for the legendary artist and scholar Dale Copeland. The 56 movements of this pattern refer to her age when she started Taekwon-Do. The pattern diagram represents indomitable spirit, evident in her undying dedication to Taranaki Taekwon-Do, its instructor and her fellow students

DALE-COPE

Movements - 56

Ready posture: Parallel Stance with Twin Side Elbow

1. Move the left foot to C forming a left L-stance while executing a low reverse knifehand block.
2. Jump to D to form a left X-stance while executing a high inward strike to D with the left knifehand while bringing the right side fist in front of the left shoulder.
3. Move the right foot back to C forming a left walking stance while executing a middle front punch with the right fist.
4. Step forward with the right foot toward D forming a right rear foot stance while forming a right elbow thrust to D.
5. Slip the left foot to C forming a right L-stance while executing a low knifehand guarding block.

Black Belt Pattern Workout

6. Jump to C to form a right X-stance to C while executing a high inward strike to C with the right knifehand while bringing the left side fist in front of the right shoulder.
7. Move the left foot back to D forming a right walking stance while executing a middle front punch with the left fist.
8. Step forward with the left foot towards C forming a left rear foot stance while executing a left elbow thrust to C.
9. Execute a middle side kick to D (pulling hands back) retract right leg.
10. Jump to D to form a right X-stance toward BD while executing a low front punch with the left vertical fist toward D, bringing the right fist onto the left shoulder.
11. Jump to C to form a left X-stance toward BC while executing a low front punch with the right vertical fist toward C, bringing the left fist onto the right shoulder.
12. Execute a right hooking kick to AC.
13. Place the right foot on the ground toward C in a right L-stance while forming a guarding block toward D.
14. Pivoting on the left foot anti-clockwise, placing the right foot on the ground toward D, forming a knifehand guarding block toward C.
15. Execute a middle front snap kick with the left foot toward C.
16. Place the left foot on the ground forming a left fixed stance toward C while executing a middle side punch to C with the left fist.
17. Execute a midair strike to D with the right knifehand, then landing toward D in a left L-stance with the right arm extended.
18. Move the right foot forward to form a right fixed stance toward D while executing a downward knifehand strike with the right hand toward D.
19. Jump to execute a flying front kick to D with the right foot.
20. Land to D forming a right walking stance while executing a twin fist vertical punch to D.

Black Belt Pattern Workout

21. Move the right foot on the CD line forming a sitting stance while executing a right nine-shape block toward B.
22. Pull the left reverse foot sword to the right knee joint forming a right one-leg stance toward B while executing a parallel block with the outer forearm.
23. Pivot on the right foot and execute a middle side piercing kick with the left leg toward D.
24. Place the left foot on the ground toward D and execute a high spinning reverse turning kick toward D.
25. Retract the right foot and jump toward D to form a right X-stance while executing a right knifehand strike to D.
26. Pivot on the right foot forming a right rear foot stance toward C on the CD line while executing a high guarding block toward C.
27. Move the right foot to C with a stamping motion to form a sitting stance facing A while executing a W-shape block.
28. Move the left foot to C with a stamping motion to form a sitting stance facing B while executing a W-shape block.
29. Pull the right reverse foot sword to the left knee joint forming a left one leg stance toward B while executing a parallel block with the outer forearm.
30. Pivot on the left foot and execute an middle side piercing kick with the right leg toward C.
31. Place the right foot on the ground towards C and execute an high spinning reverse turning kick toward C.
32. Retract the left foot and jump to C to form a left X-stance while executing a left knifehand strike to C.
33. Pivot on the left foot to face D while moving the right leg toward C forming a left walking stance and execute a back elbow strike with the left elbow to C while placing the finger belly on the left fist. Perform this in slow motion.

Black Belt Pattern Workout

34. Remain in a left walking stance and execute a middle left front punch toward D while placing right finger belly on top of left elbow.
35. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling the left foot.
36. Execute a right middle front punch to DA while forming a right L-stance toward D slipping the left foot.
37. Execute a low inward block to D with the left reverse knifehand while shifting to C maintaining a right L-stance toward D.
38. Execute a right turning kick toward AD.
39. Place the right foot on the CD line forming a sitting stance facing B and execute a high reverse right knifehand strike to B.
40. Remaining in sitting stance execute a open back hand strike toward D with the right hand.
41. Execute an inward vertical kick to the right palm with the left reverse foot sword.
42. Place the left foot on the CD line forming a sitting stance facing A and execute a high reverse left knifehand strike to A.
43. Remaining in sitting stance execute an open back hand strike toward D with the left hand.
44. Execute an inward vertical kick to the left palm with the right reverse foot sword.
45. Execute a middle side piercing kick to D with the right leg. (Perform 44 and 45 in a connecting motion).
46. Place the right foot toward D forming a right walking stance and execute a left front elbow strike toward D striking the right finger belly.
47. Move the right foot to the CD line and turn forming a left walking stance toward C and execute a right front elbow strike striking the left finger belly.
48. Execute a downward block with an alternate palm while forming a right rear foot stance toward C pulling the left foot.

Black Belt Pattern Workout

49. Execute a right high punch to CB while forming a right L-stance toward C.
50. Execute a low inward block toward C with the left reverse knifehand while shifting to D maintaining a right L-stance.
51. Execute a middle right turning kick to BC.
52. Execute a skipping high side piercing kick to C.
53. Move the right leg to C pivoting on the left foot and forming a left walking stance toward D and execute an right back elbow strike while placing the left finger belly over the right fist. Perform in slow motion.
54. Extend both hands upward as if to grab the opponents head while maintaining a left walking stance toward D.
55. Execute an upward kick with the right knee while pulling both hands downward.
56. Place the right foot down towards D forming a right walking stance while executing a left downward elbow strike in a stamping motion),
END : Bring the right foot back to the ready posture.