

# PATTERN TONG-IL

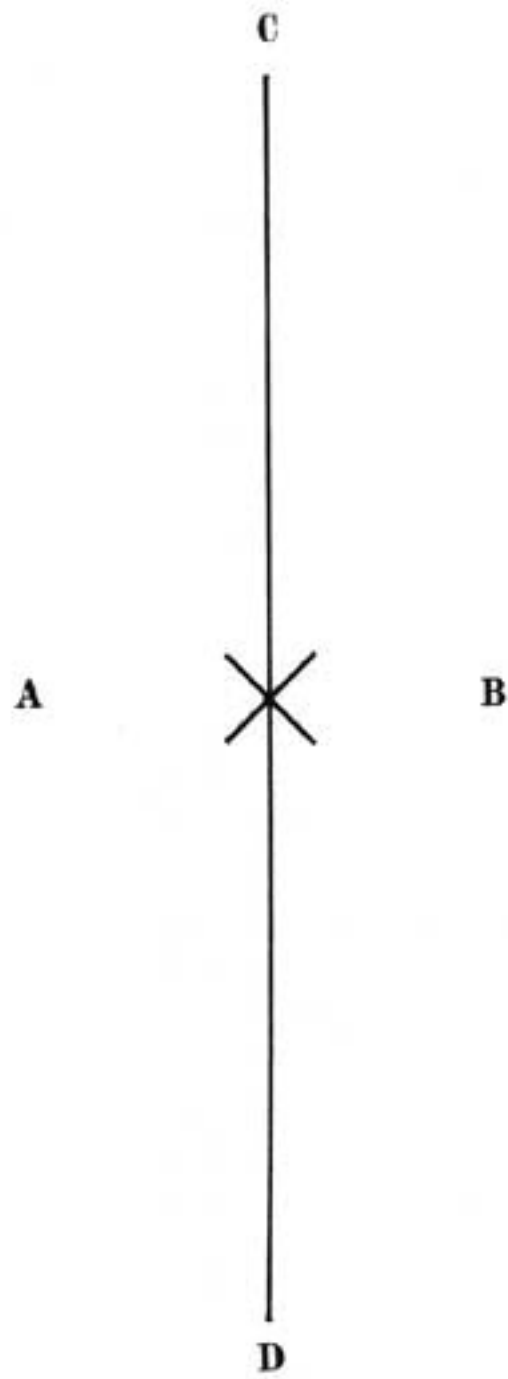
This pattern is practised by the  
6th degree.

DIAGRAM: |

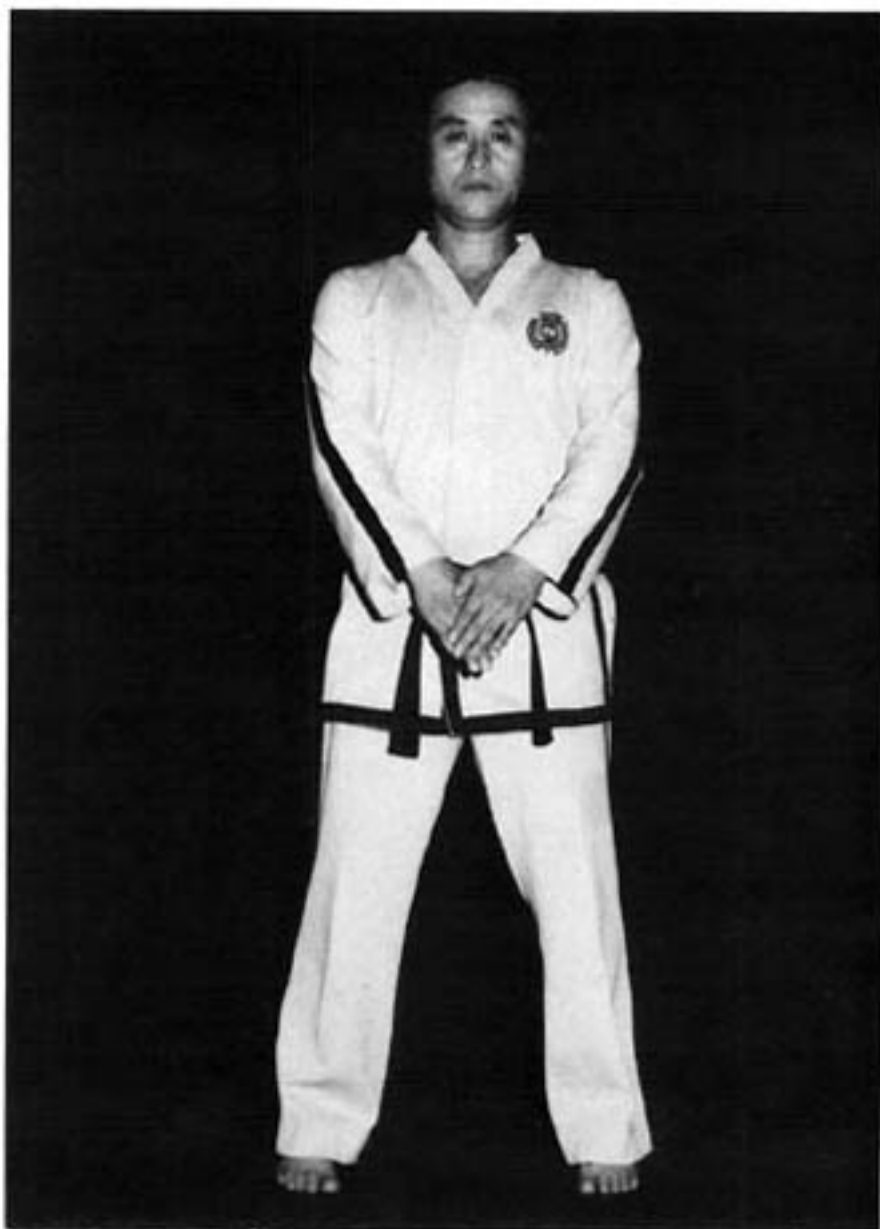
MOVEMENTS: 56

READY POSTURE: SEE PICTURE

**DIAGRAM** (*Yon Moo Son*)



**Ready Posture (*Junbi Jase*)**



**Parallel stance toward D**



1. Move the right foot to C to form a left walking stance toward D while executing a middle punch with a twin fist to D.  
Perform in a slow motion.



Left walking stance middle punch  
with a twin fist toward D.

Previous Posture



Application



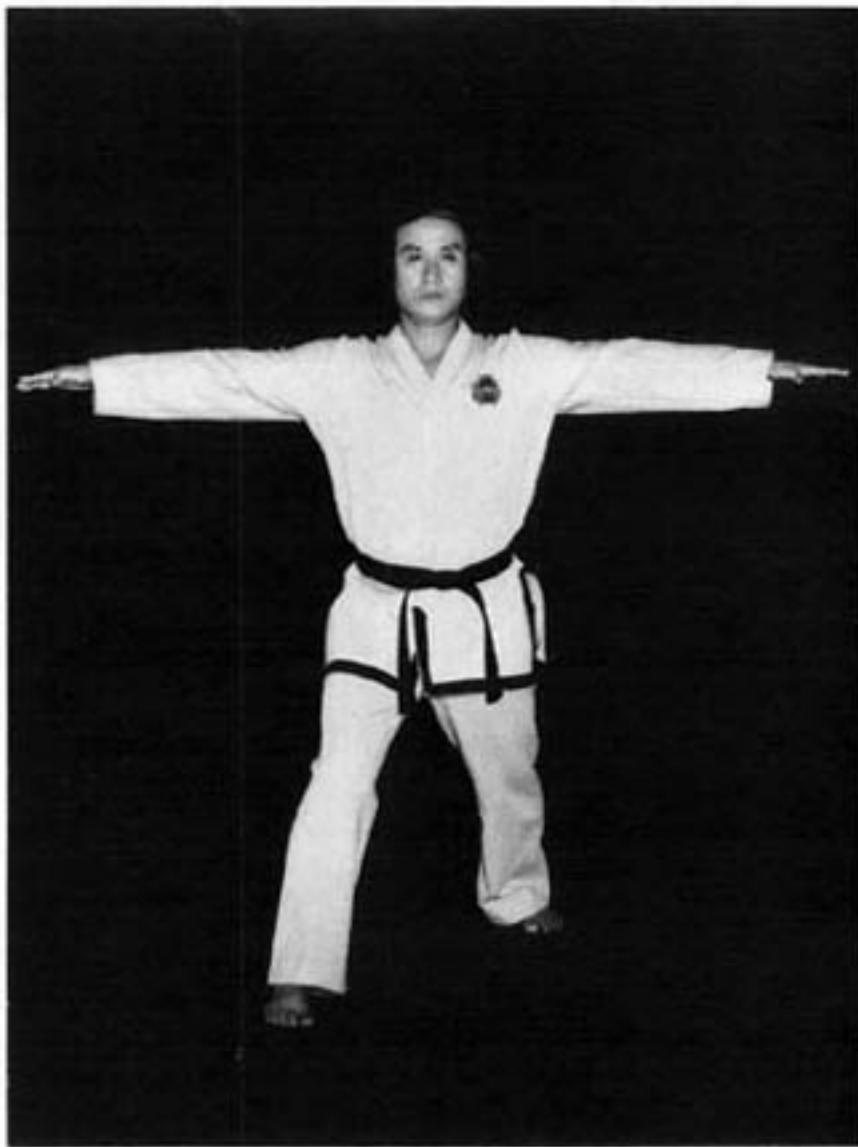
Top View



Side View



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 a slow motion.



Right walking stance toward D with a twin knife-hand horizontal strike.

**Previous Posture**



**Application**



**Side View**



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.



Right rear foot stance middle inward block with a left outer forearm toward D.



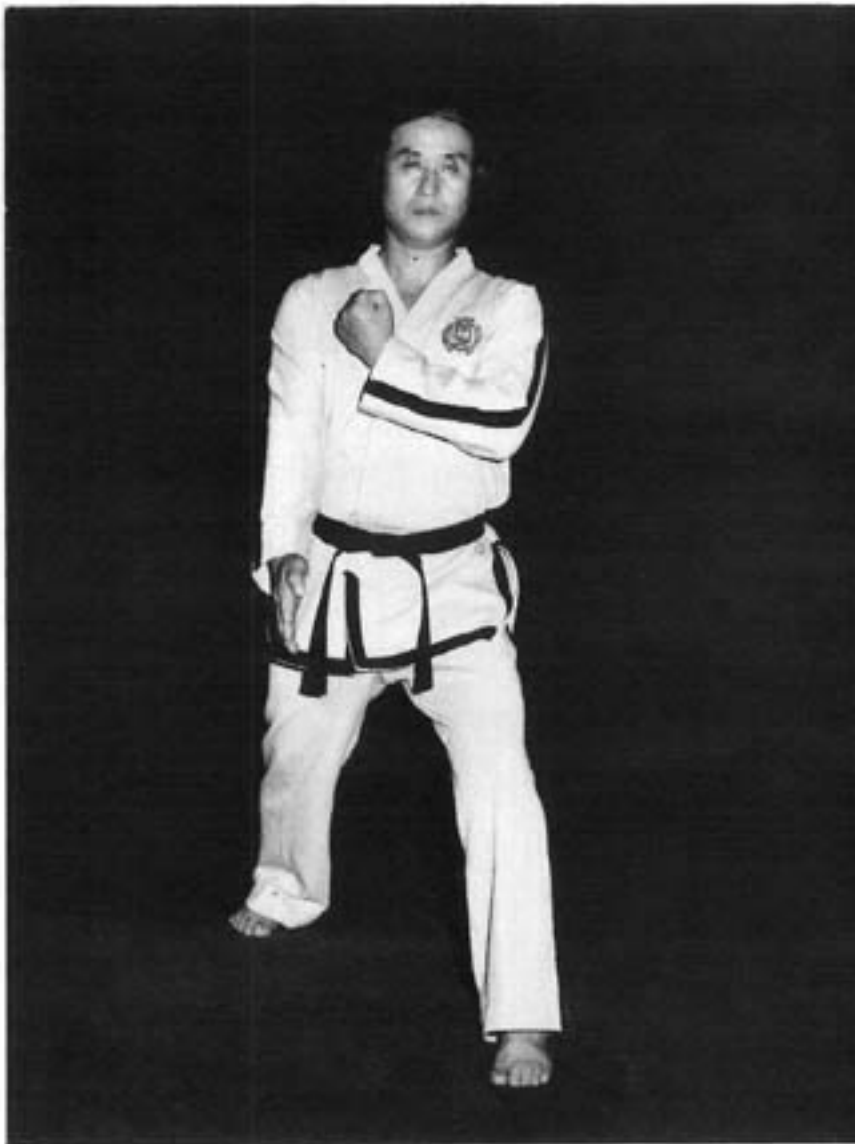
Application

Previous Posture



Side View

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.



Left walking stance low inward block with the right palm toward D.

Previous Posture



Application



Side View



Side View



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.



Left L-stance middle punch with the right fist toward D.

Application

Previous Posture



Side View



Side View

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.



Left L-stance middle punch with the left fist toward D.

Previous Posture



Raise the body slightly



Side View



7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left back hand.



Right L-stance high strike with the left back hand toward D.



Previous Posture



Application



Side View



Side View

8. Execute an inward vertical kick to the left palm with the right reverse footsword.



Inward vertical kick to D with the right reverse footsword.

Application

Previous Posture



Side View

9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high strike to D with the right back hand.



Left L-stance high strike with the right back hand toward D.



**Previous Posture**



**Top View**



**Application**



**Top View**

10. Execute an inward vertical kick to the right palm with the left reverse footsword.



Inward vertical kick to D with the left reverse footsword.



Previous Posture



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.



Right L-stance toward **D** with a twin palm horizontal block.



**Previous Posture**



**Application**



**Top View**



**Side View**



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.



Right walking stance high side block with the right reverse knife-hand toward **D**.

**Previous Posture**



**Application**



**Side View**



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.



Right walking stance middle side block with the left reverse knife-hand toward D.



**Previous Posture**

**Keep the left heel slightly off the ground.**



**Side View**



**14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.**



**Right walking stance middle punch  
with the right fist toward D.**



Previous Posture

Keep the left heel slightly off the ground.



Side View



15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 14 and 15 in a fast motion.



Right walking stance middle punch  
with the left fist toward D.





**Previous Posture**

Keep the left heel slightly off the ground.



**Side View**



**Application**



16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.



Downward kick to AC with the right foot.

Previous Posture



Application



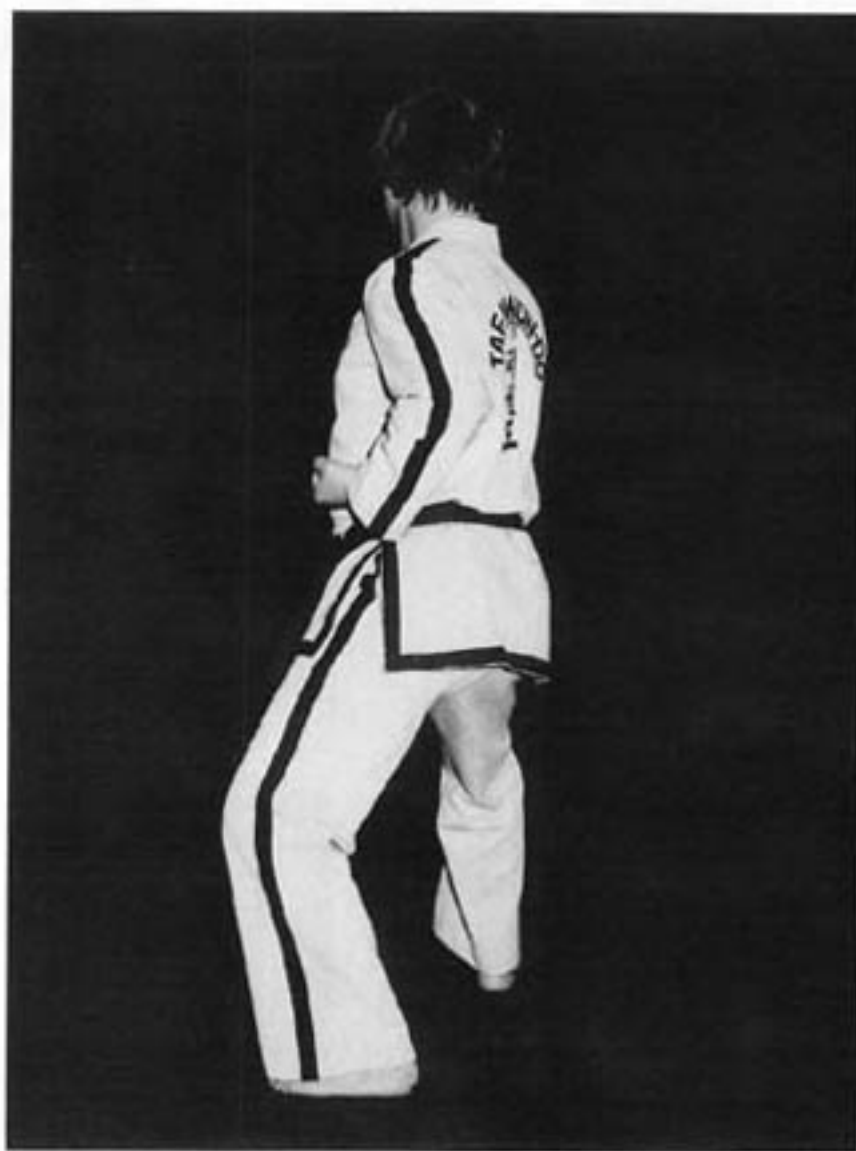
Side View



Other View



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.



Left L-stance downward strike with the right back fist toward **C**.

**Application**

**Previous Posture**



**Other View**



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



Outward vertical kick to BC with the left foot.

**Application**



**Side View**

**Previous Posture**



**Other View**



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.



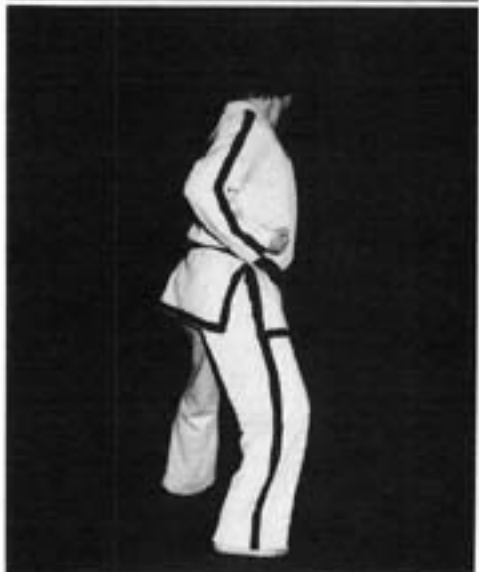
Right L-stance downward strike with the left back fist toward C.



Previous Posture



Side View



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



Right walking stance high punch with the left fist toward D.



Previous Posture



Side View



- 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.**



**Right walking stance high punch  
with the right fist toward D.**

**Previous Posture**



**Keep the left heel slightly off the ground.**



**Side View**

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.



Right rear foot stance toward **D**  
with a left bow wrist upward block.

Previous Posture



Application



Side View



Side View

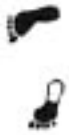


23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.



Left rear foot stance toward D with a right bow wrist upward block.





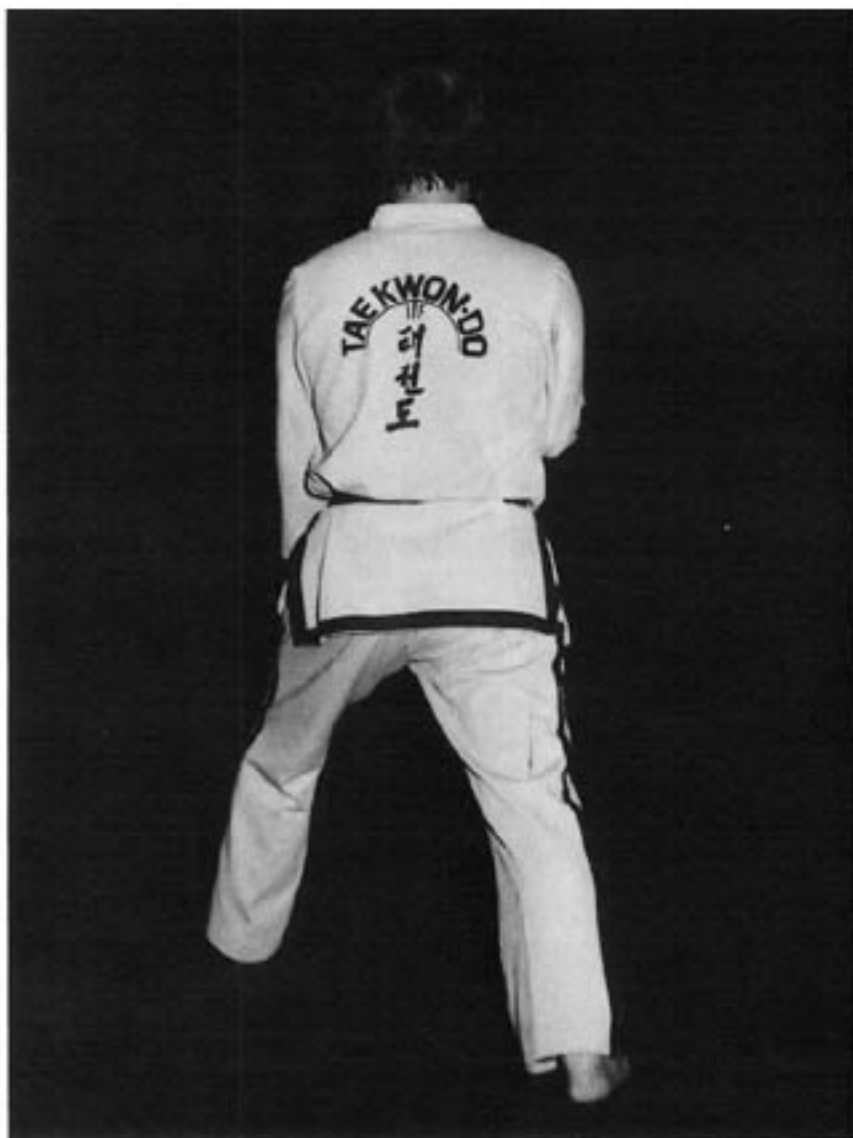
Previous Posture



Side View



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



Left walking stance toward C with a left palm pressing block.

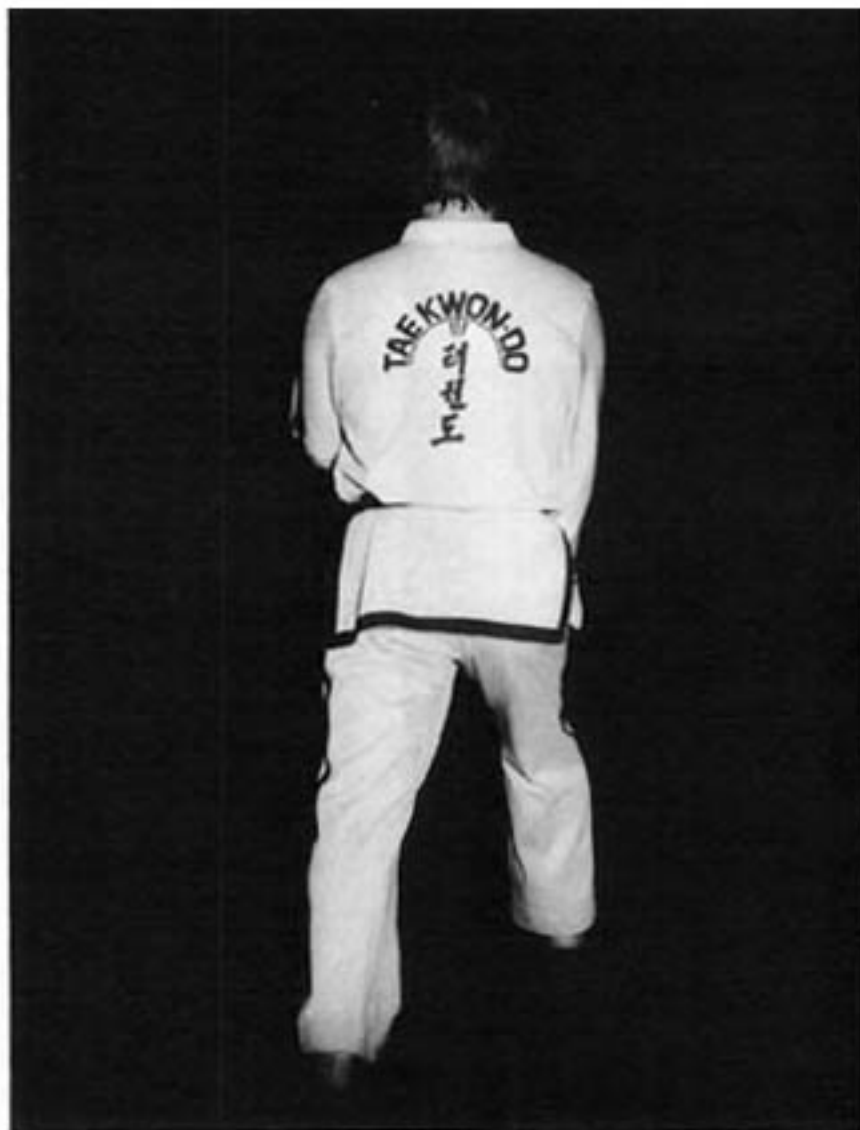
**Previous Posture**



**Other View**



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



Right walking stance toward C with a right palm pressing block.

Application

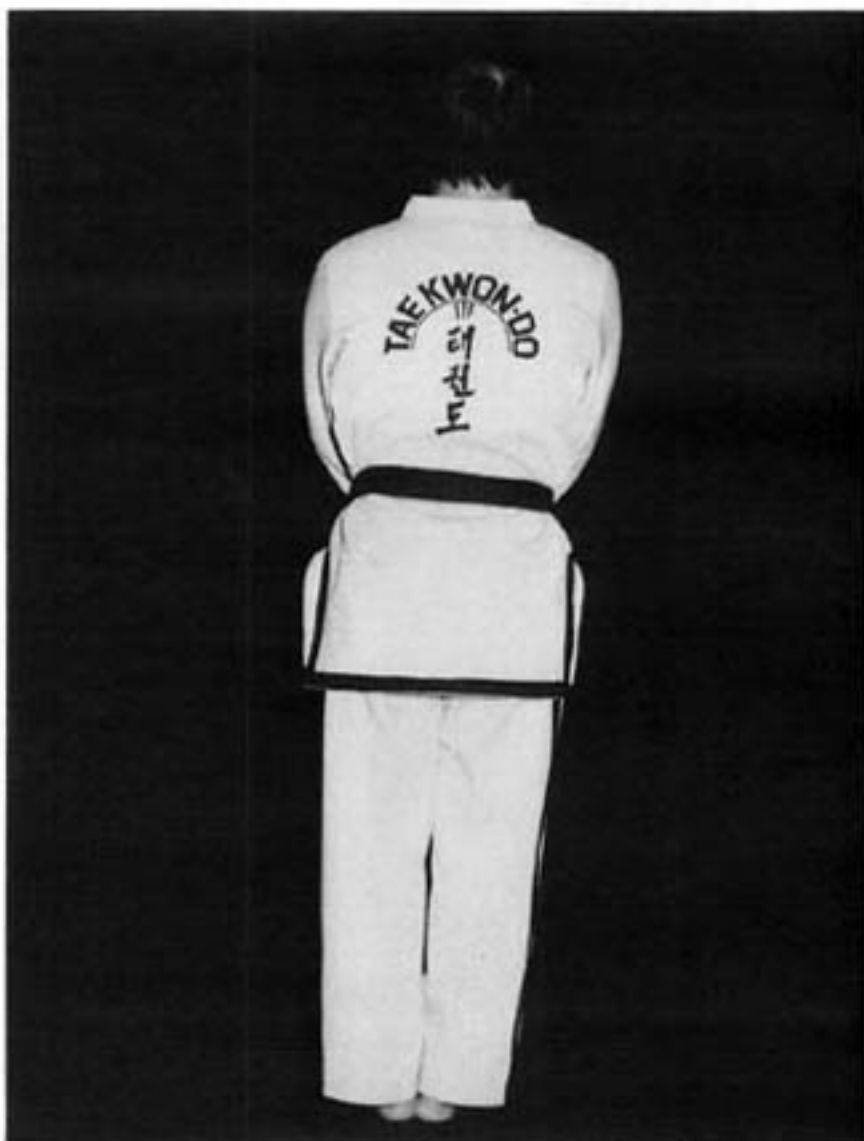
Previous Posture



Side View



26. Bring the left foot to the right foot to form a close 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.



Close stance low front block with the right knife-hand toward C.

Previous Posture



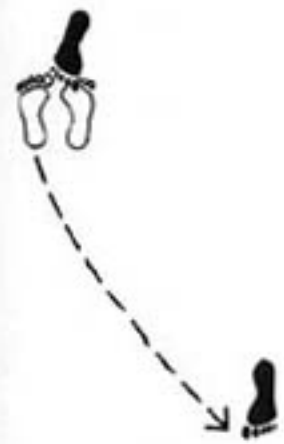
Application



Other View



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



Left walking stance toward D with a left knife-hand rising block.



Previous Posture



Side View



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



Left walking stance high punch  
with the right fist toward D.

**Previous Posture**



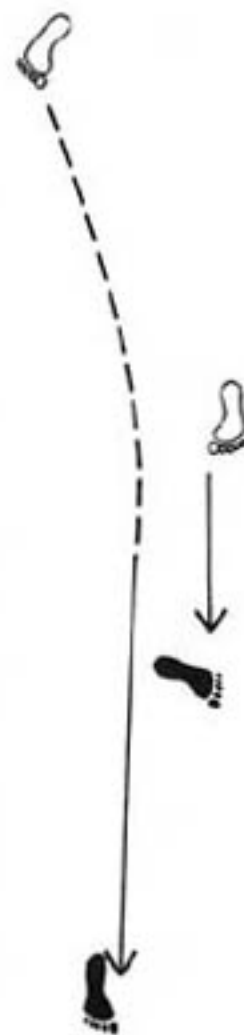
**Keep the right heel slightly off the ground.**



**Side View**



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



Left L-stance upset punch with the left fist toward D.

Previous Posture



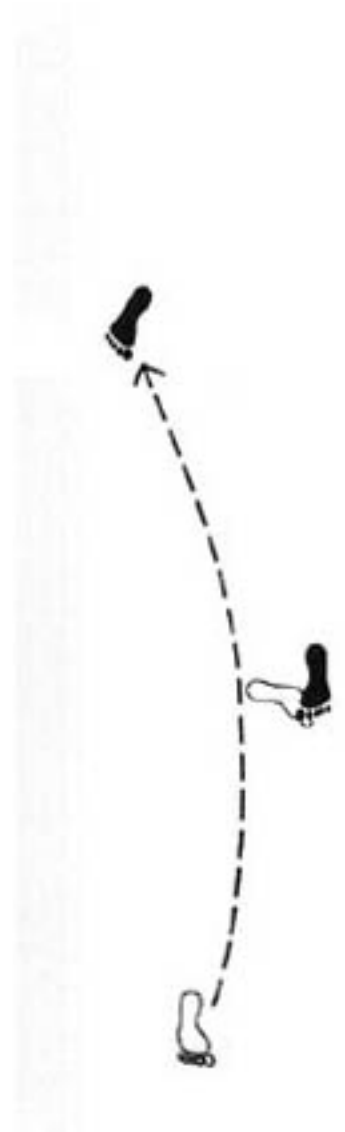
Application



Side View



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



Left walking stance toward D with a right angle fingertip high thrust.

Previous Posture



Application



Side View



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.



Right walking stance toward C with a right knife-hand rising block.



**Previous Posture**



**Application**



**Side View**

**Keep the left heel slightly off the ground.**

**Other View**



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



Right walking stance high punch  
with the left fist toward C.



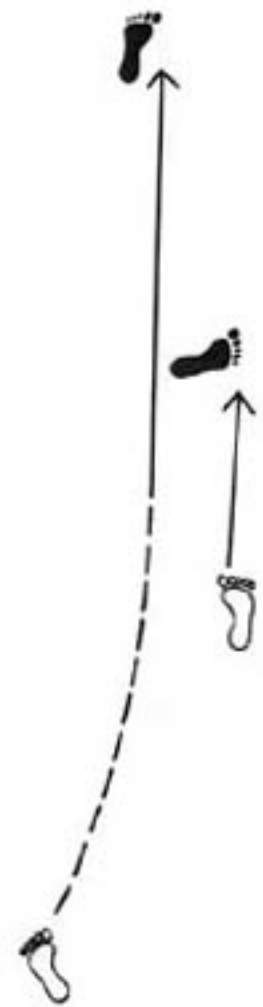
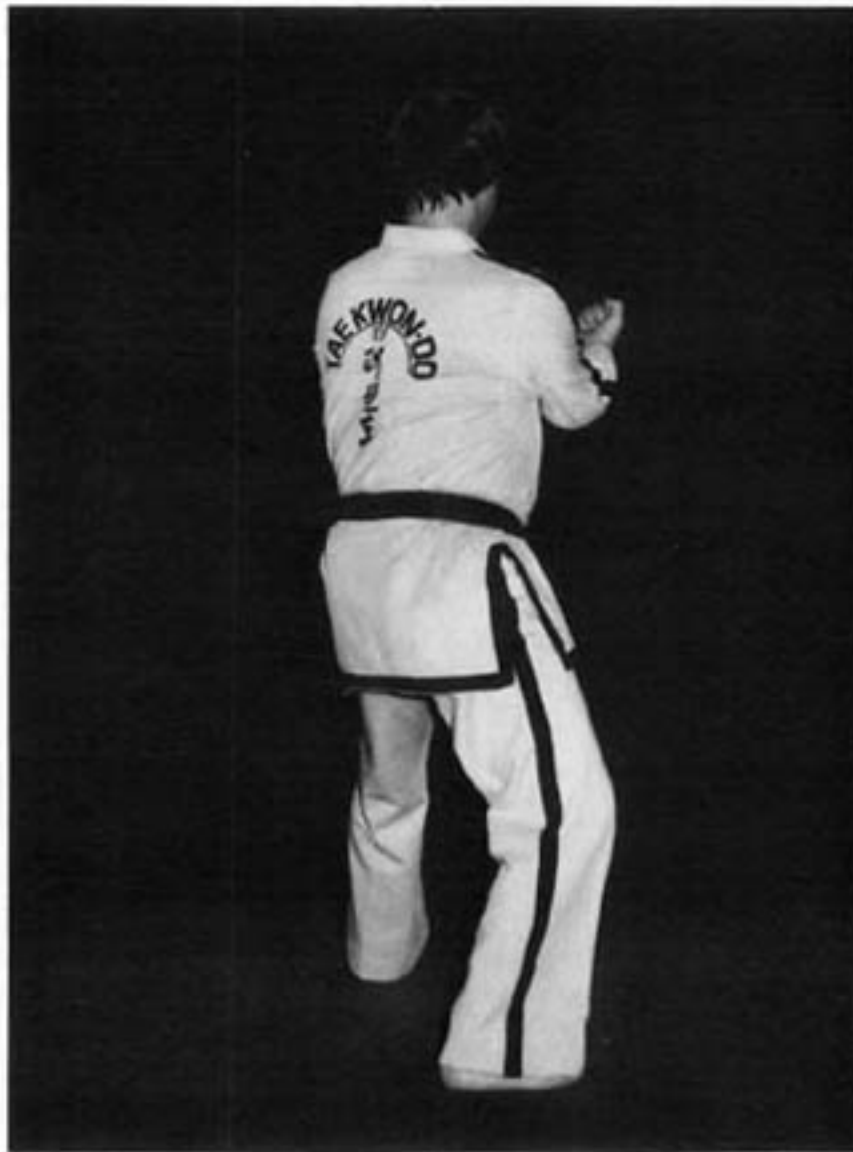
**Previous Posture**

**Keep the left heel slightly off the ground.**



**Side View**

33. Slide to C, forming 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.



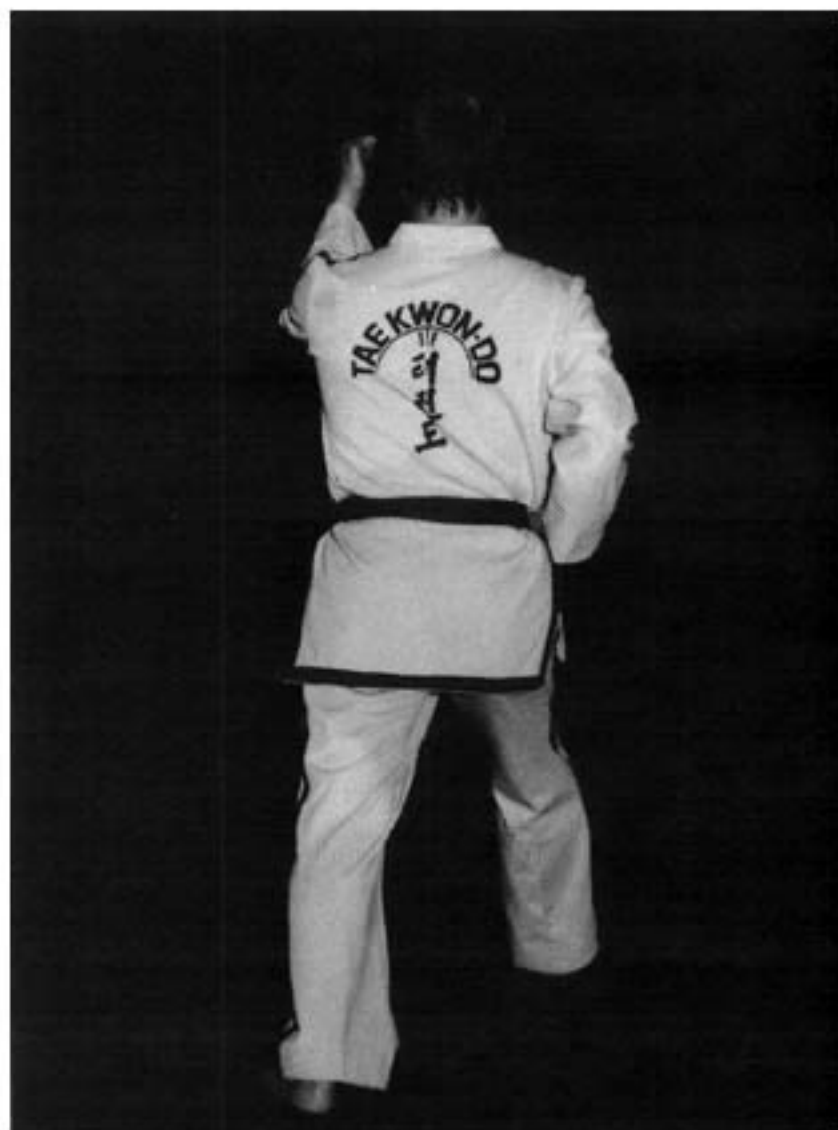
Right L-stance upset punch with the right fist toward D.

Previous Posture



Other View

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



Right walking stance toward C with a left angle fingertip high thrust.



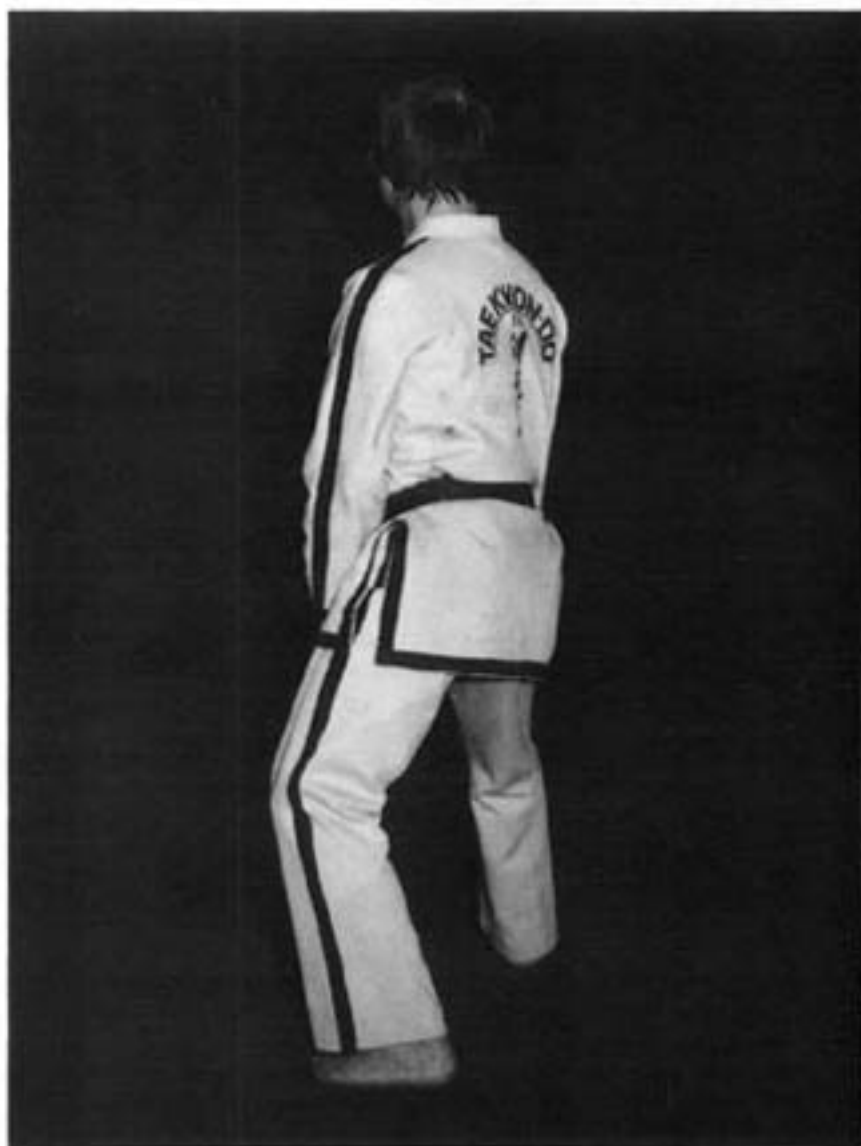
Previous Posture



Other View



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.



Left L-stance reverse knife-hand  
low guarding block toward C.



**Application**

**Previous Posture**



**Side View**



**Other View**



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.



Right L-stance reverse knife-hand  
low guarding block toward D.

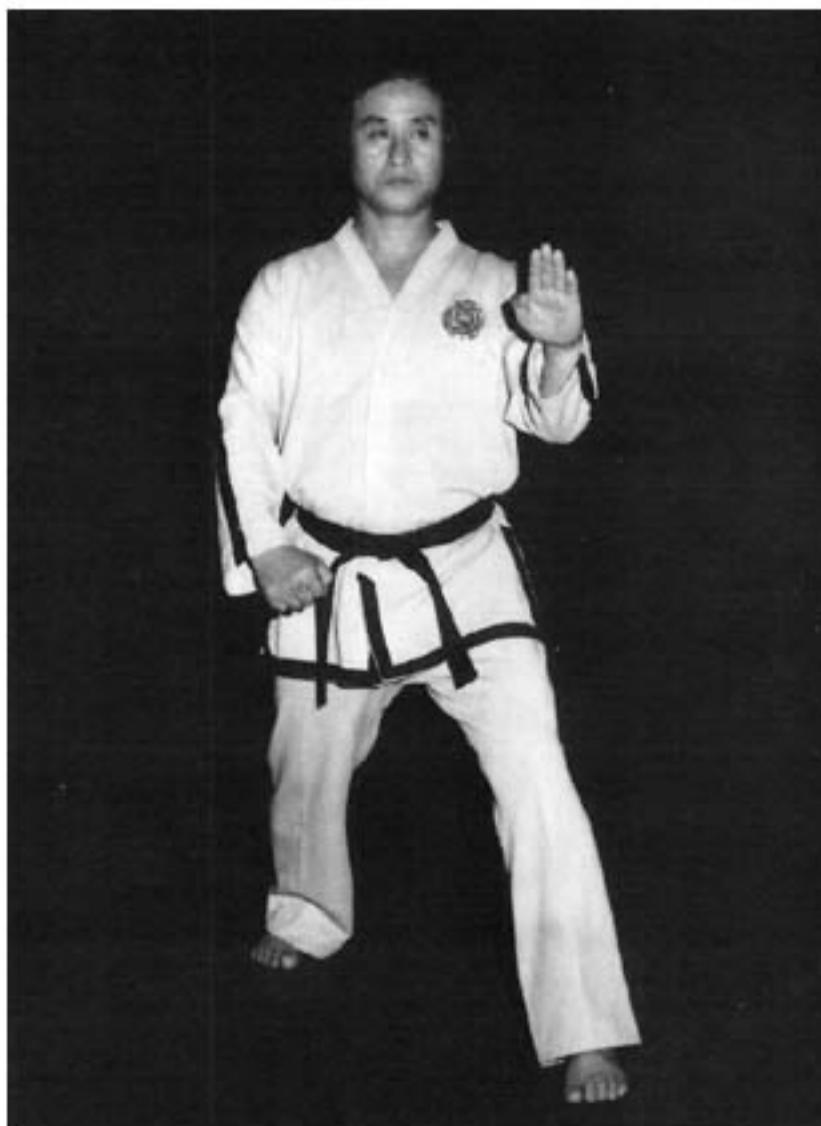
**Previous Posture**



**Side View**



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



Left walking stance forearm low block and knife-hand middle side front block toward D.

**Previous Posture**



**Application**



**Side View**

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.



Right walking stance twin fist  
high vertical punch toward D.

**Previous Posture**



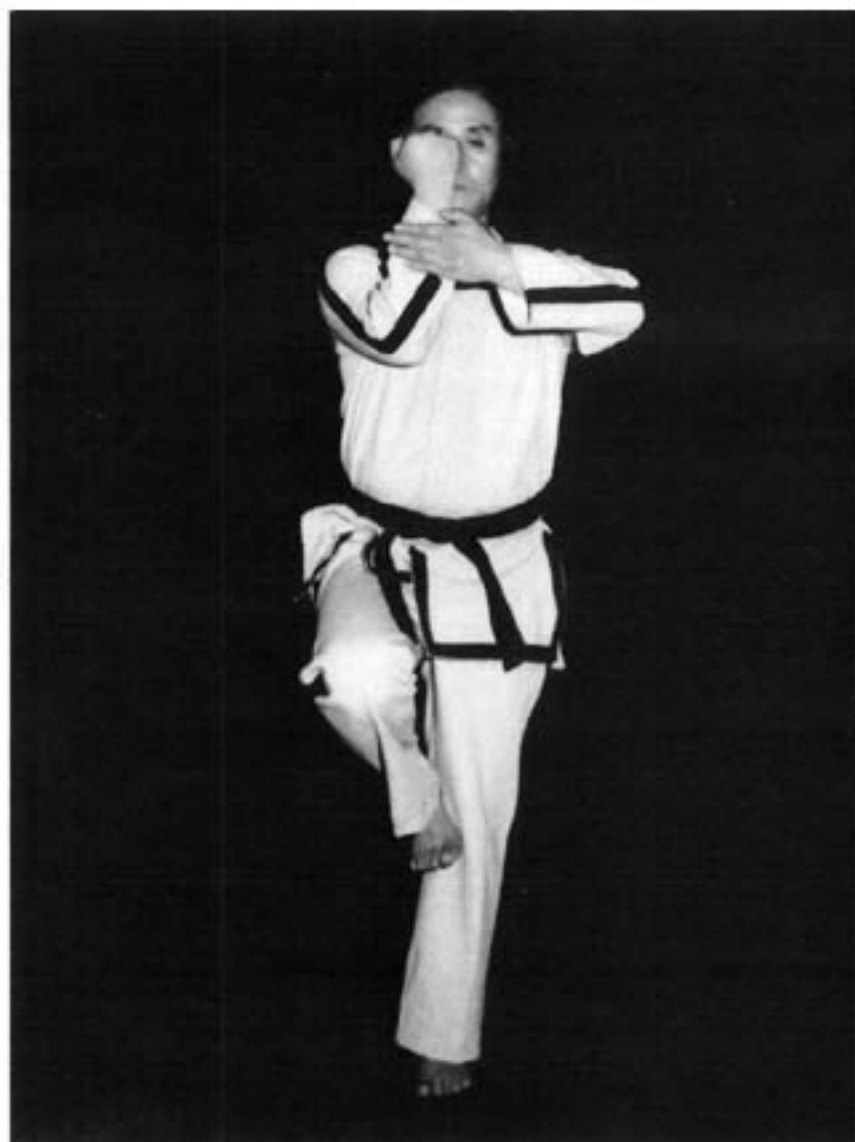
**Application**



**Side View**



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.



Left one-leg stance side front strike with a right back fist toward D.



Previous Posture



Top View

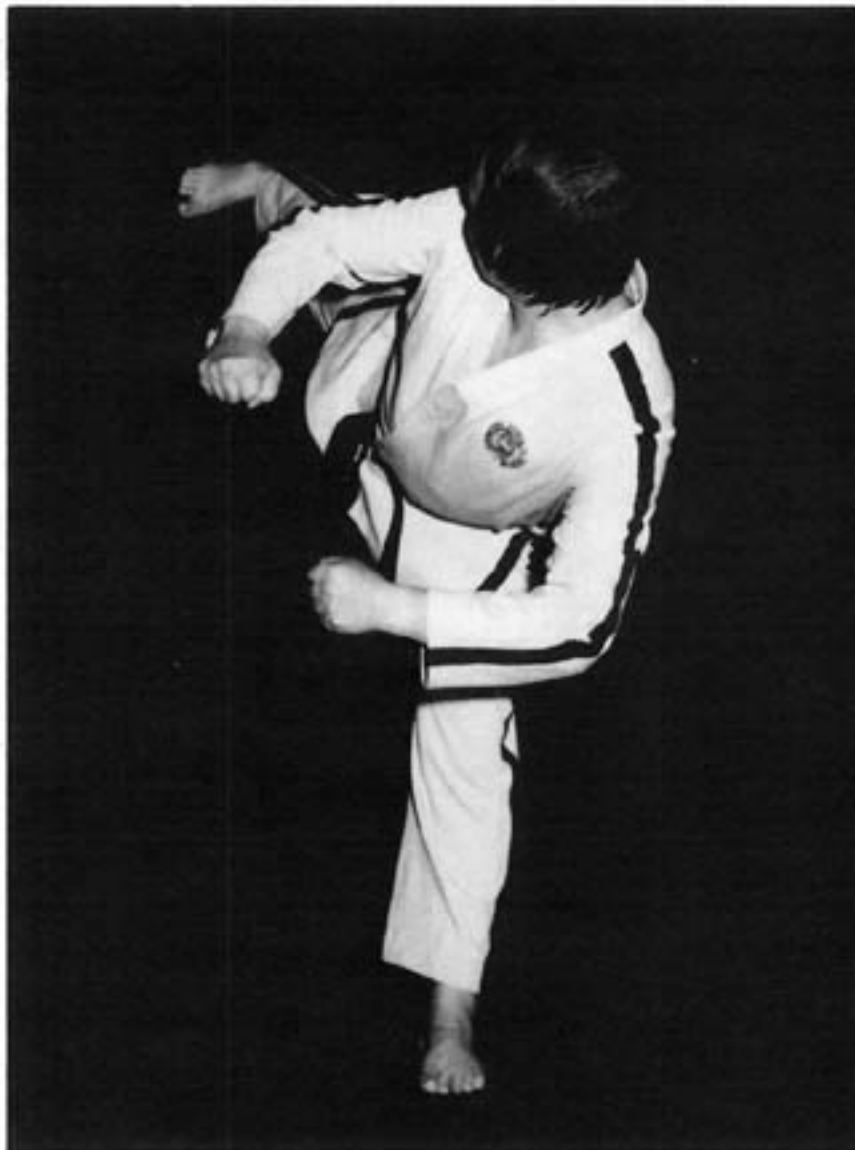


Application

Side View



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

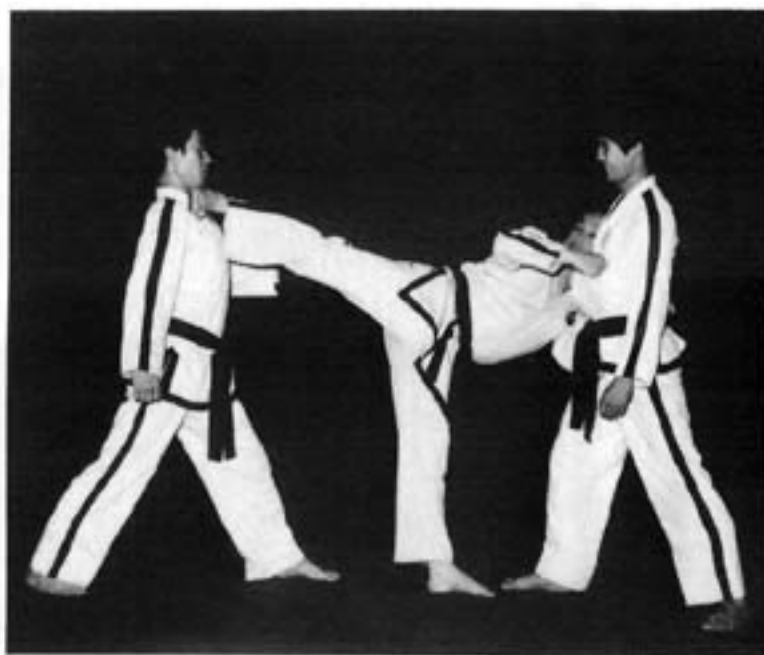


Middle back piercing kick to C with the right foot.

**Previous Posture**



**Side View**



**Application**



**Side View**



41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.



Sitting stance toward A with outer forearm W-shape block.

**Previous Posture**



**Application**

**Front View**



**Keep forearms half facing.**

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

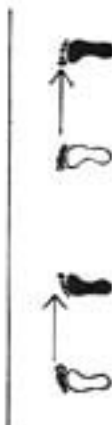


Sitting stance toward A with the outer forearm W-shape block.



**Previous Posture**

**Raise the body slightly.**



**Front View**

**Keep forearms half facing.**

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.



Sitting stance toward B with the outer forearm W-shape block.



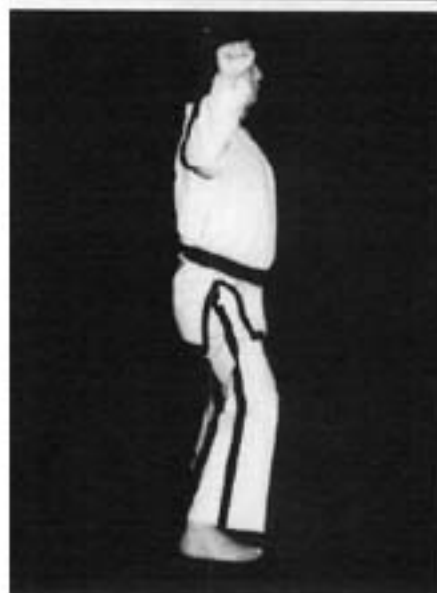
**Previous Posture**



**Application**



**Keep the forearms straight with  
the outer forearms faced B.**



**Front View**

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



Sitting stance toward B with the outer forearm W-shape block.



**Previous Posture**

**Raise the body slightly**



**Front View**

**Keep the forearms half facing.**

45. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time striking the right palm with the left back forearm.



Right one-leg stance with a left back fist side front strike toward C.

Previous Posture



Front View



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



Middle back piercing kick to D  
with the left foot.

Previous Posture



Side View

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.



Left X-stance toward C with an X-fist pressing block.



**Previous Posture**



**Application**

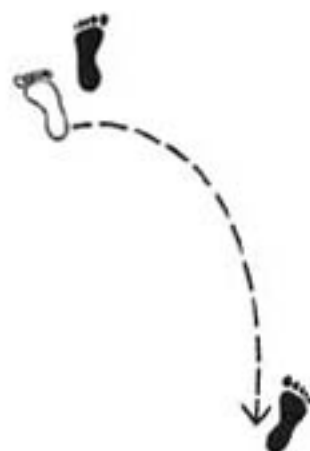
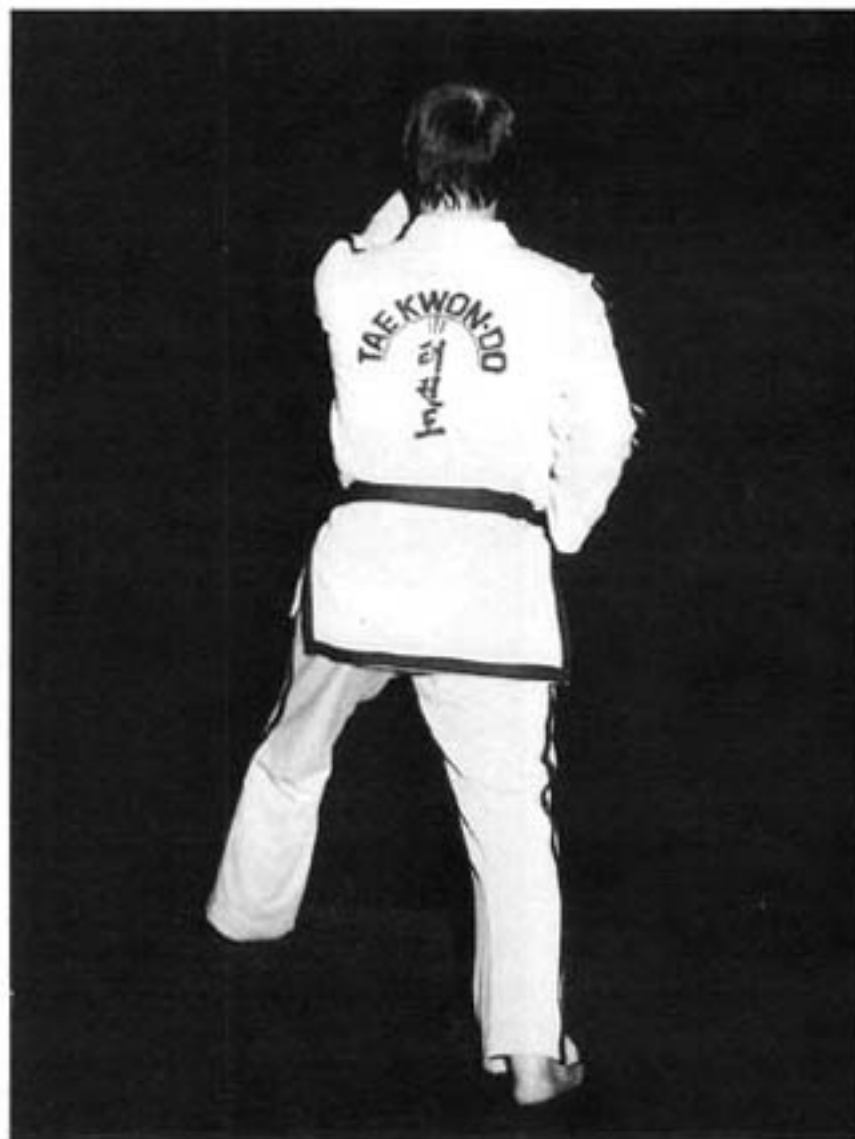


**Side View**



**Other View**

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



Left walking stance toward C with a left under fist front strike.

Application



Previous Posture



Side View



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.

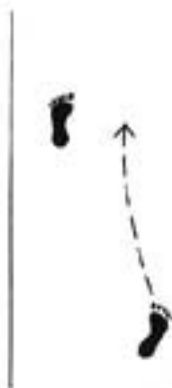


Right walking stance toward C with a right under fist front strike.

Previous Posture



Other View



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



Right walking stance middle pushing block with the left palm toward C.

Application

Previous Posture



Keep the left heel slightly off the ground.

Side View



Side View

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



**Left walking stance circular block with the right knife-hand toward AD.**



Side View



Previous Posture



Application

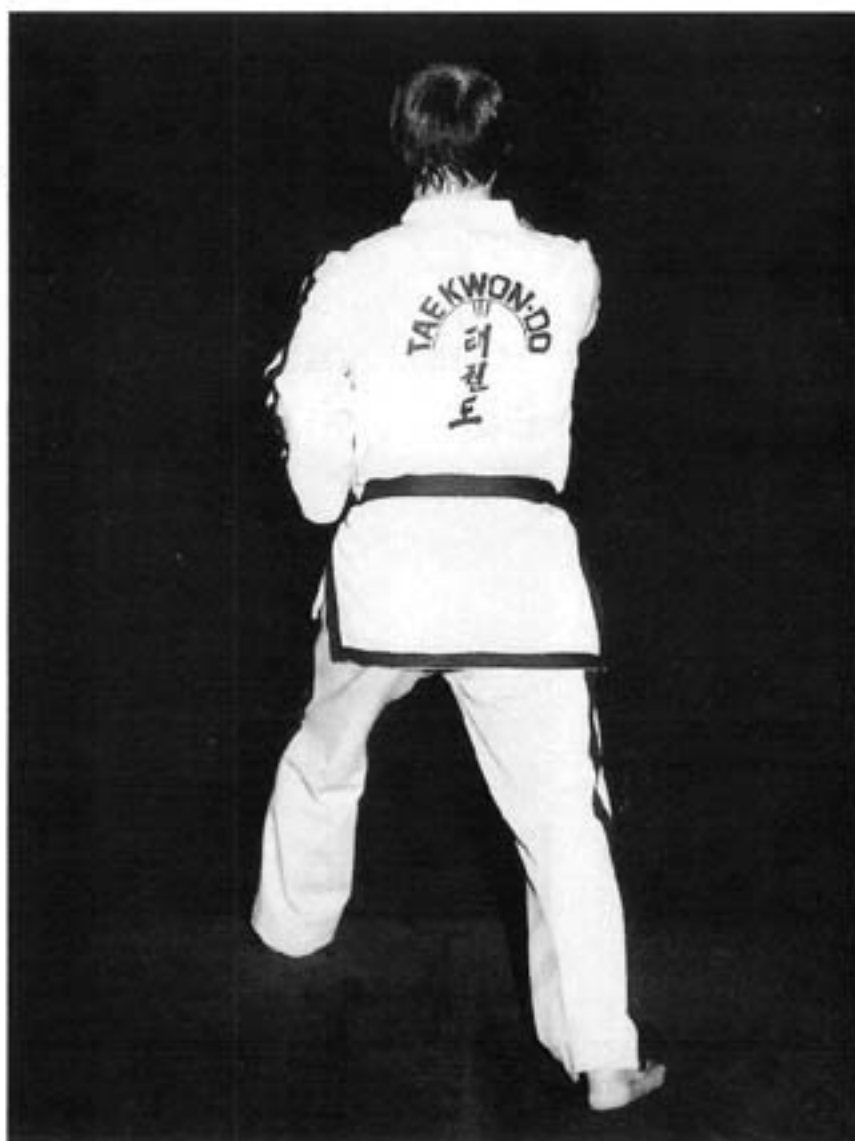


Keep both heels slightly off the ground.



Side View

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.



Right walking stance middle pushing block with the right palm toward C.



**Previous Posture**



**Other View**



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



Right walking stance circular block  
with the left knife-hand toward BD.



**Previous Posture**

**Keep both heels slightly off the ground.**



**Other View**

**54. Execute a middle 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 close stance toward D while executing a twin side back elbow thrust.**



**Previous Posture**



**Middle side piercing kick to D with the right foot.**



**Close stance toward D with a twin side back elbow thrust.**

Side View



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.



Sitting stance toward A with a left fist middle side punch to D.



**Application**

**Previous Posture**



**Back View**

**Front View**



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



Left walking stance middle punch with the right fist toward D.



Previous Posture



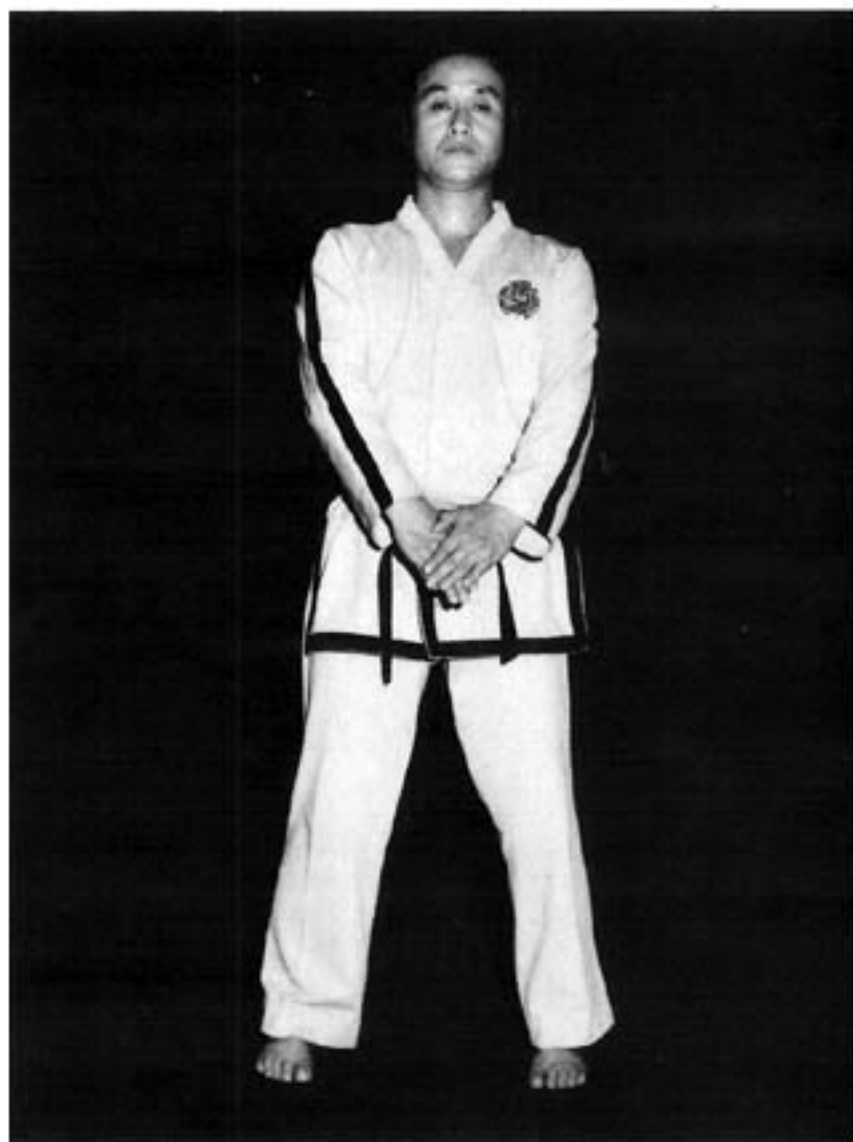
Side View



Application



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



**Parallel stance toward D.**

**Previous Posture**



**Top View**



**Side View**