

Taekwondo Textbook

Tae Kwon Do Teaching Manual

崔弘熙 著

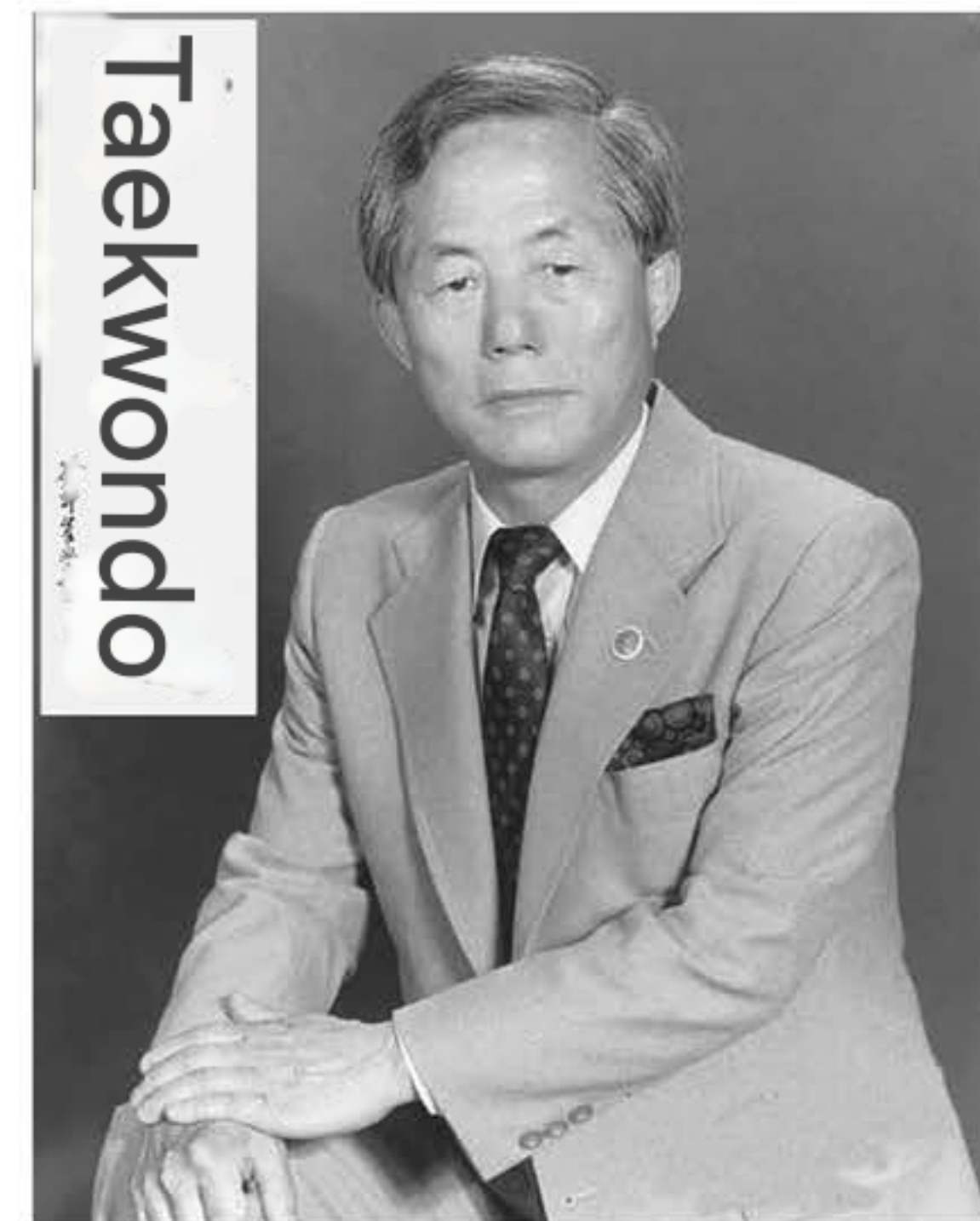
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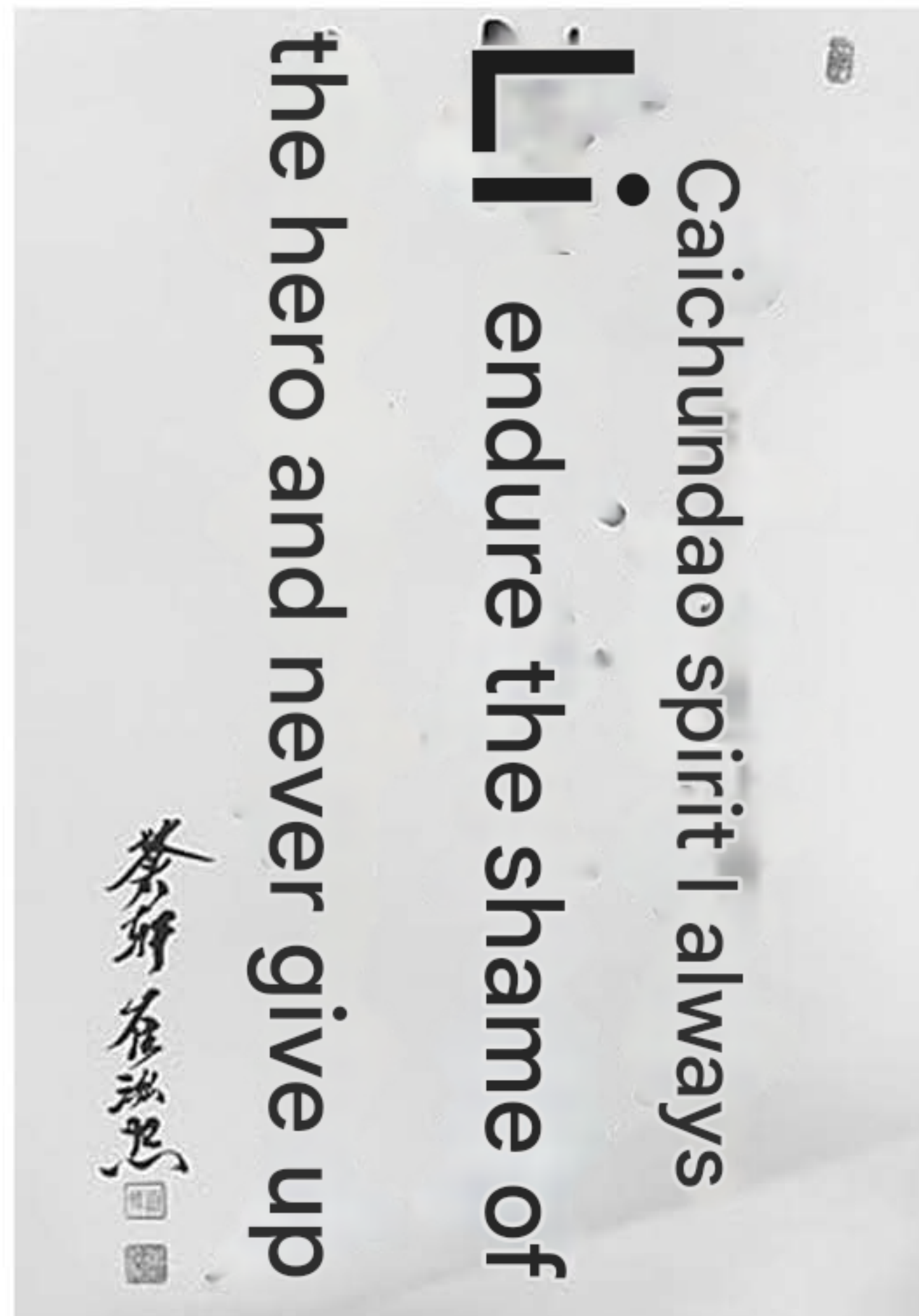
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Taekwondo Textbook

Written by Cui Hongxi



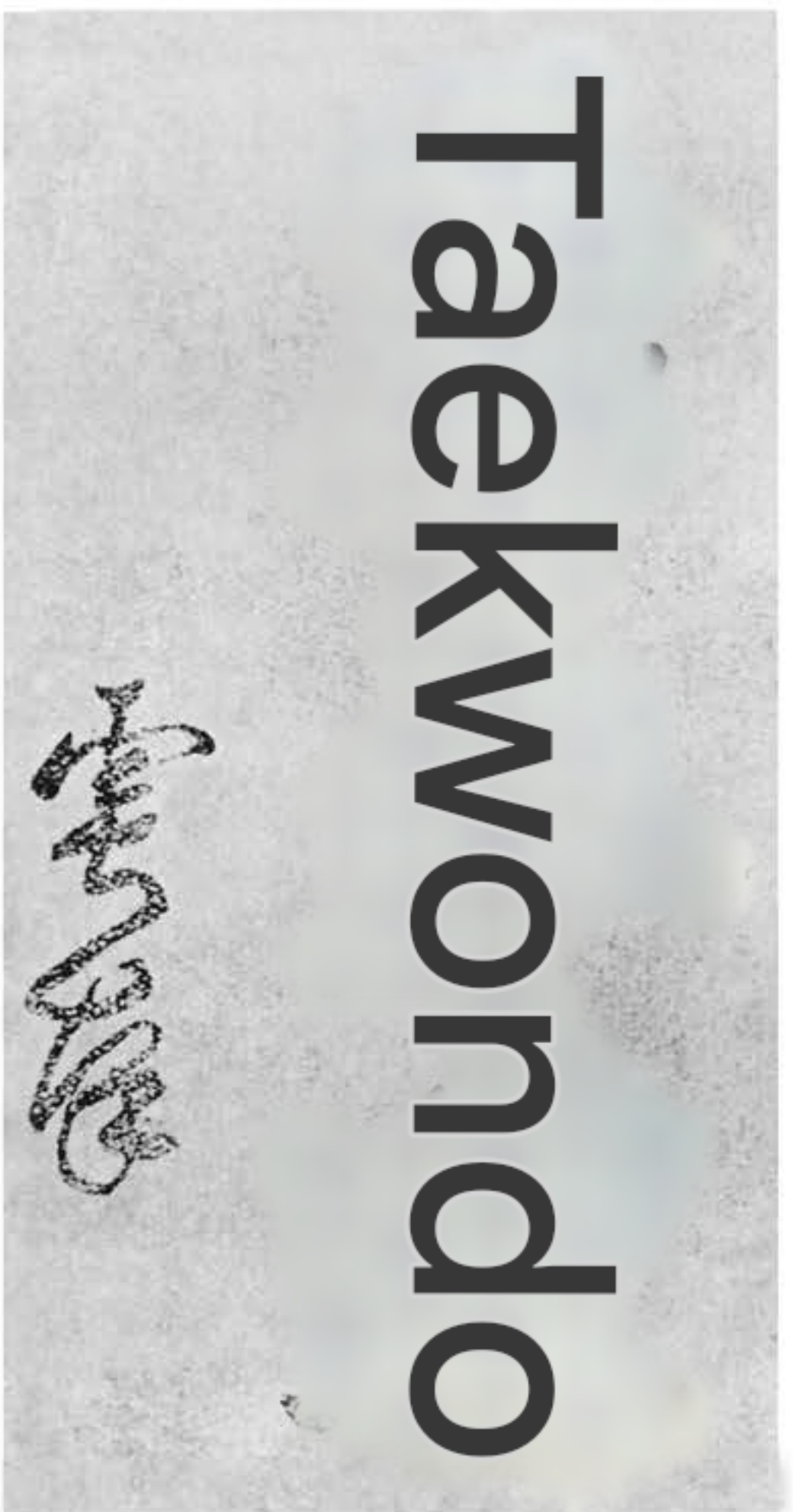
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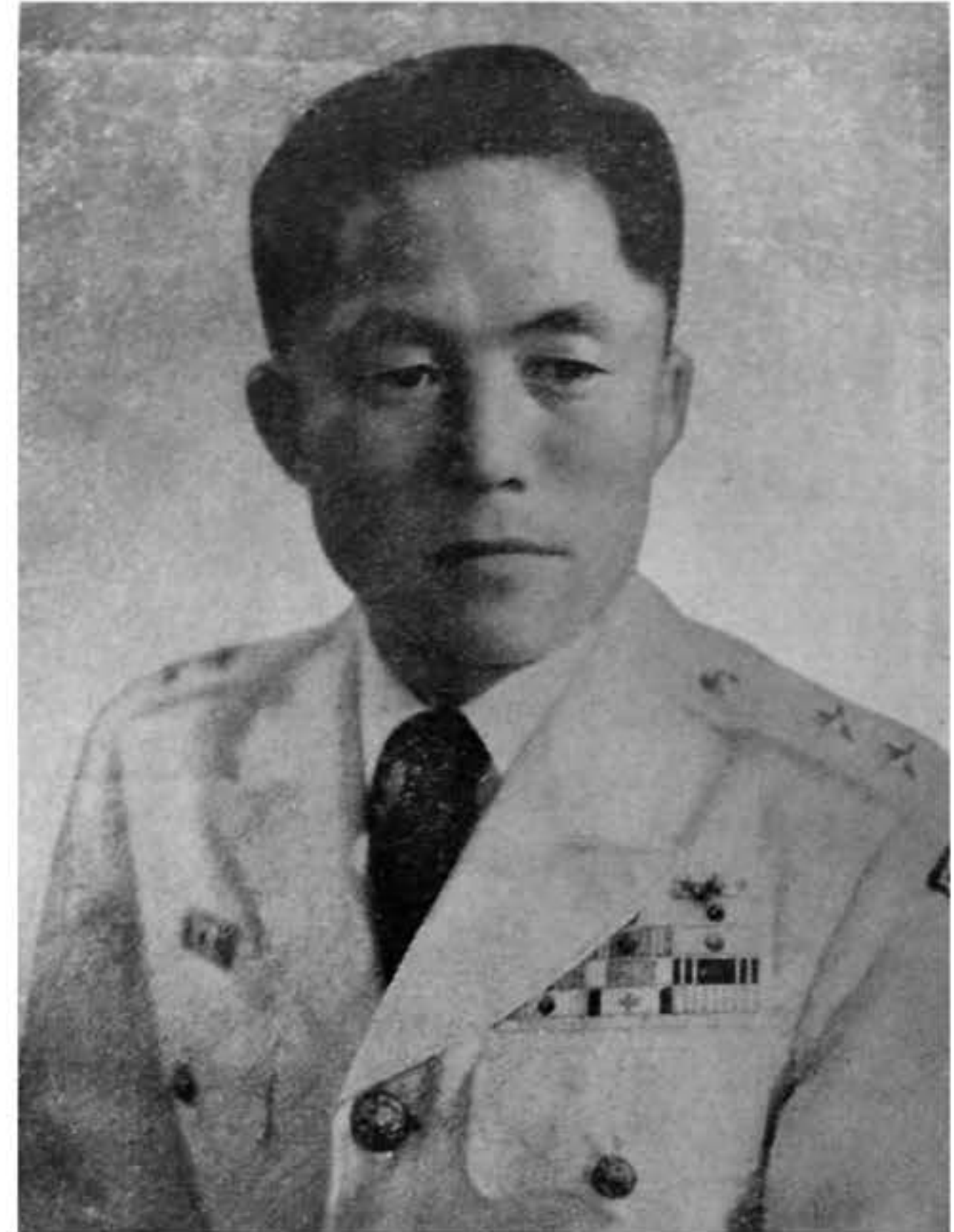
Taekwondo Textbook

Written by Cui Hong Xi

Chenghe Culture Society



Written by President Lee



Author close-up

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 昭卷道
 青

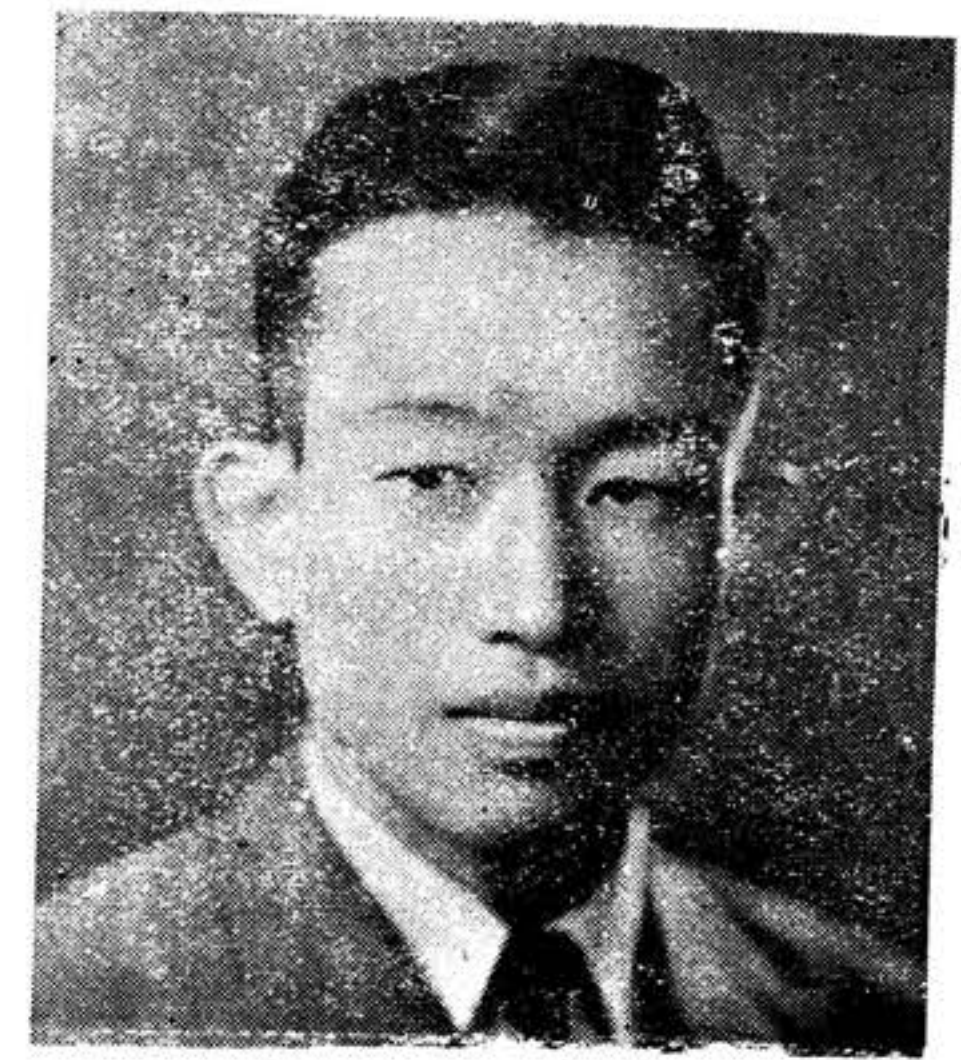
bamboo Essence of Chicken

蒼軒卷道

雅志
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god

Author's calligraphy



Yan Yunkui (Director of Qingwan Museum)



Captain Nan Taizhao (Head of the Wudao Hall)

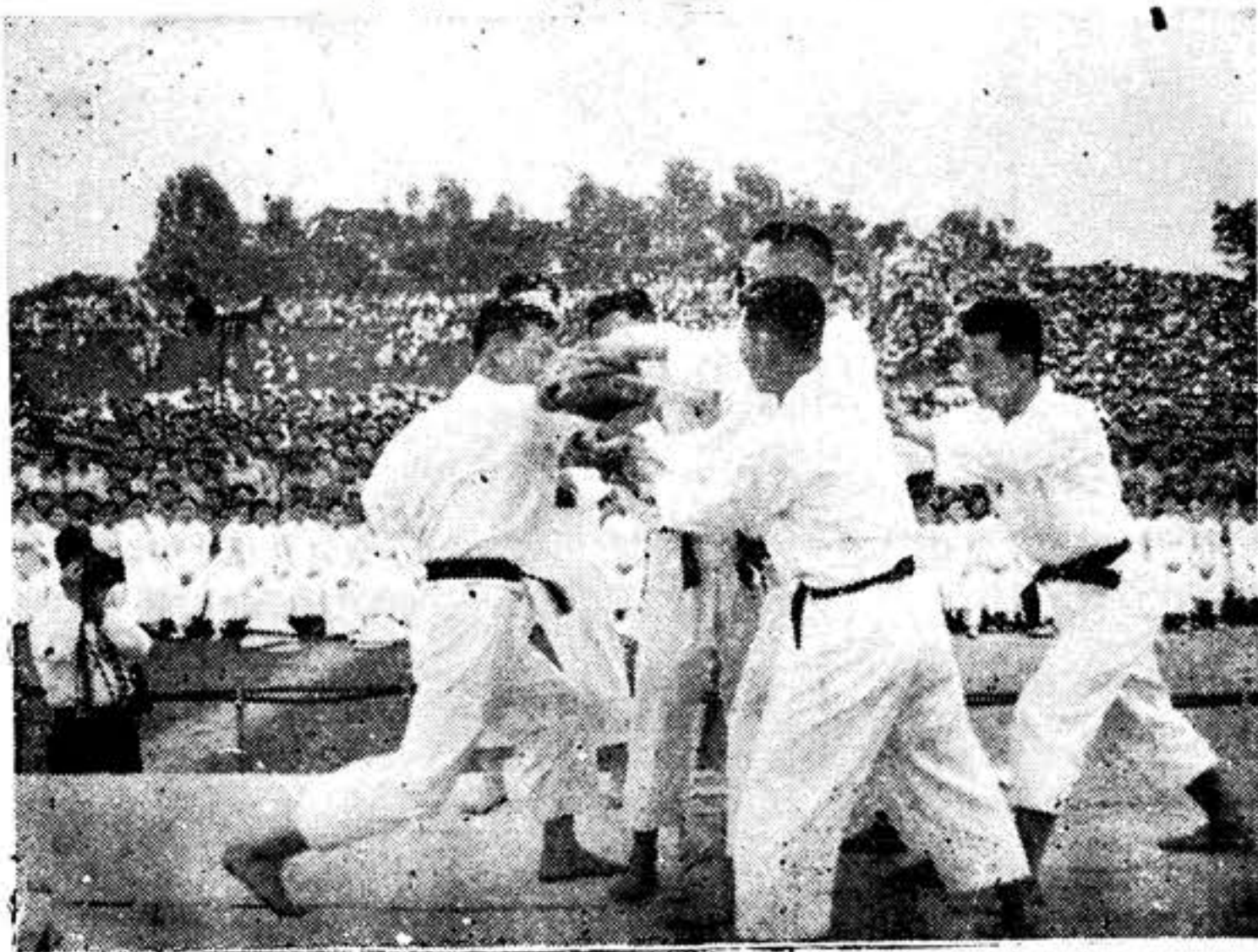


Hyun Jong-myeong (President of the Student Union)

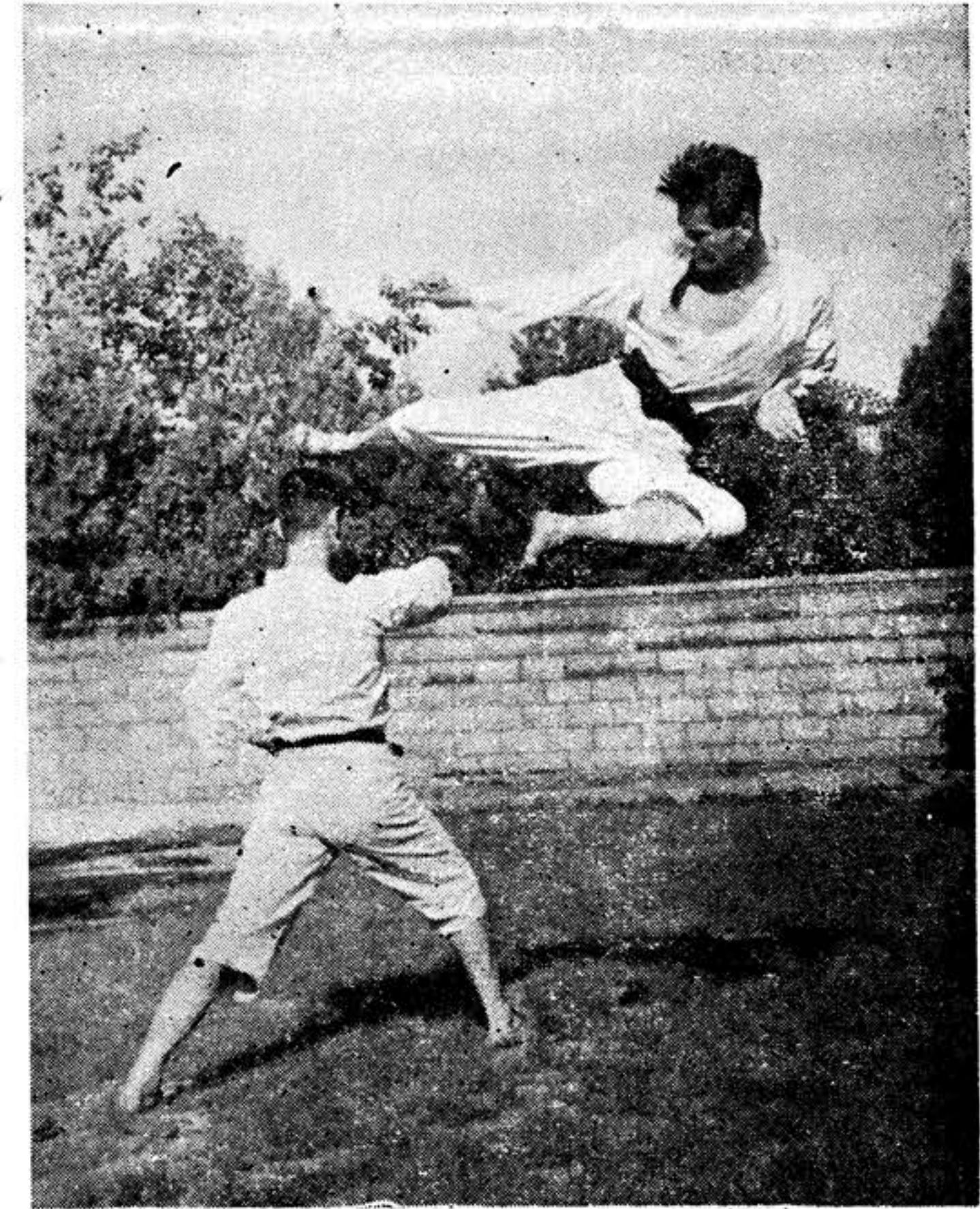


His Excellency President Lee

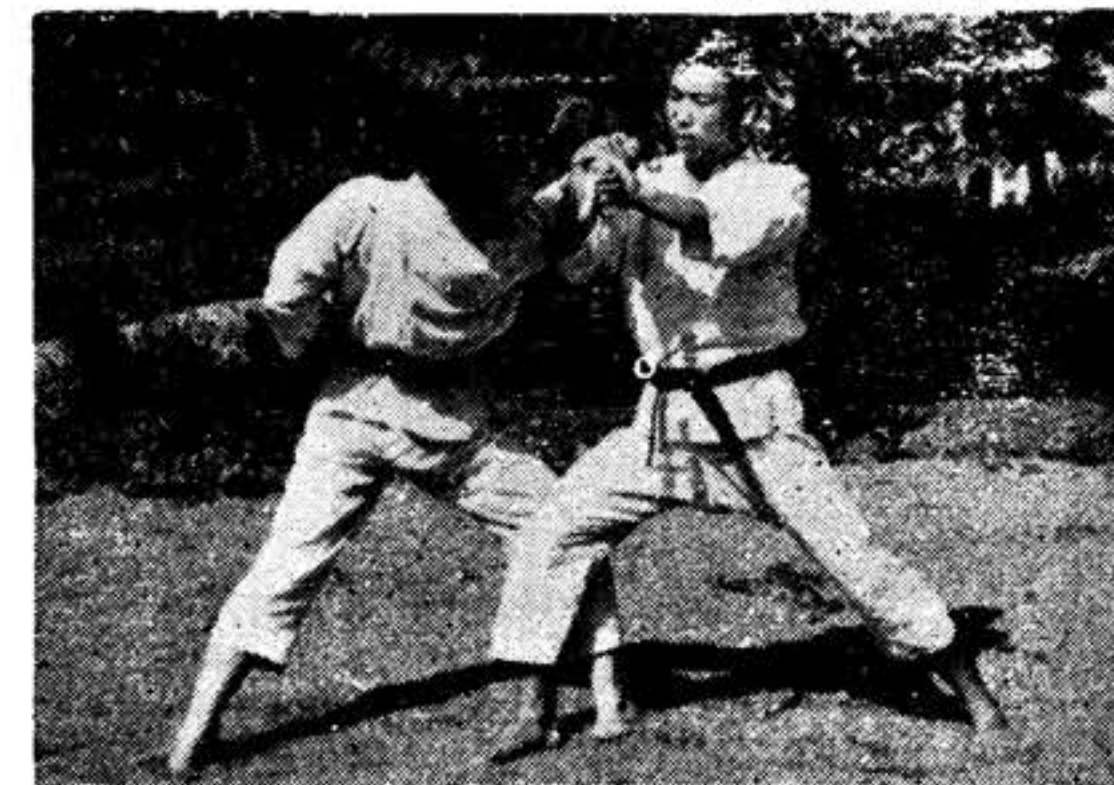
(Ceremony to commemorate the first anniversary of the establishment of the 29th Infantry Division)



(Vietnam's military performance during the expedition),



(Second-stage 열차기의 Demonstration, Korean Chakkyo Normal School)





preface

Li Qipeng, Speaker of the People's Congress

I would like to say a few words of congratulations to General Choi Yeong-hee, whom I know well in Pyeongso, on the publication of the textbook on Taekwondo.

Tai Chi is our unique martial art with lofty spirit and amazing power.

Since ancient times, a country that revered martial arts prospered, while a country that despised martial arts perished. From this perspective, General Choi devoted his heart and soul to popularizing Si-do among the military and the general public for a long time, and as a result, today, tens of thousands of soldiers and civilians from all over the country are training their hearts and minds in Si-do, which cannot but be considered a celebratory event for the advancement of the nation.

I heard that General Choi has been working hard to unify the names and sects of Siddhartha, which had been called by various names since liberation, and has finally achieved results, which is a significant milestone in the development of Siddhartha. In addition, he recently toured several Southeast Asian countries with the participation of the Korean National Army Taekwondo Selection Team, thereby widely showing our friendly countries that Siddhartha is our unique martial art. This is seen as the culmination of General Choi's passion for life, which he has achieved through twenty years of questioning, training, and study.

Taekwondo is now one of the national martial arts and is at a universal level for the entire nation. I believe that it is a martial art that is particularly useful for the spiritual and physical training of our people who stand at the forefront of the destruction of North Korea and its unification.

In this textbook, General Choi has developed his long experience and creativity to systematize Si-do theoretically. I have every confidence that this will become a guideline for military and civilian practitioners, and I hope that it will become a stepping stone for Si-do to advance as a national skill.

Recommended words

chief of army staff

Army Lieutenant General Song

堯 讚

I would like to offer my congratulations and some recommendations on the publication of General Choi Yeong-hee's "Tae-Kun Do Kyo-Do Manual."

The saying, "If you see an enemy, you must kill him," which ultimately expresses the military spirit, is in line with the spirit of Taekwondo. It is said that the spirit of Taekwondo lies in defense, but if you choose to attack for the sake of justice, then it is a martial art that is in line with the democratic spirit that can destroy any kind of enemy under attack.

The fact that so many generals are currently arming their minds and bodies with this martial art is truly a cause for celebration for the future of the military, and I once again highly appreciate the achievements of General Choi, who is leading the battle line in this way.

Furthermore, in this book, General Choi took advantage of military service to create new types such as "Hwarang," "Chungmu," "Eulji," "Samil," and "Nonam" that depicted the actual battle scenes of our nation's great generals of the past, thereby further solidifying our unique martial arts, raising the spirit of our nation, and also systematizing it theoretically, which brought about a great revolution in the development of the martial arts.

3. I see it as a high school diploma.

The development of Taekwondo in our army has already been recognized by our friendly countries, and 選手國 in the past, we invited many Southeast Asian countries to demonstrate our power and skills, thereby astonishing the soldiers of those friendly countries.

Thus → Under the guidance of General Choi, a Sigye pioneer who has been practicing martial arts for over twenty years, I am now following the natural path. 에 서

As he is making great strides, I am certain that all the generals of our Army will be able to perform brilliantly in any battlefield. I strongly urge all the generals to do this, and at the same time, I recommend widely distributing this teaching book, which will serve as a guideline for the training of the Sido.

October 4292

Recommended words

Lieutenant General Zhang, Commander

of the Second Army

Du Ying

I wholeheartedly congratulate General Choi Yeong-hee for publishing the Taekwondo teaching book and I recommend it widely to Taekwondo enthusiasts.

General Choi is an authority in Taekwondo who has devoted all his energy to the study and practice of Taekwondo for over twenty years, from his middle school days to the present.

The current general Taekwondo teachings are based on his experience and creativity, scientifically analyzing the pros and cons of various styles and systematizing them to fit the unique physical strengths of our people, while also unifying the terminology, so I am confident that they will become the pinnacle of Taekwondo.

Furthermore, the writer is a warrior who has put the spirit of Taekwondo into practice, and not only is his great military achievements achieved through the general's six and two-five movements unquestionable, but he also has achievements such as the Pyongyang Student Soldiers Incident in which he fought the Japanese with an empty fist and the powder of the Student Soldiers' Alliance that became left-wing after the release. In addition, his calligraphy, which he has practiced in calligraphy for the past thirty years along with martial arts, is already recognized as a master both at home and abroad. Since he is receiving favorable reviews, we can clearly see that General Choi is a man of both civil and military skills.

In addition, General Choi blocked the Si-do faction's sect of martial arts in the national territory and established a unified martial art. He is also working hard to popularize it among the military generals. Currently, many generals from the front and rear are practicing the new martial art.

It is something that is completely trustworthy that it is already being widely spread at a reasonable speed in the general public. In addition, the general, as the leader of the National Army Taekwondo Selection Group, toured several countries in Southeast Asia and demonstrated Taekwondo, and returned with widespread recognition among friendly countries that Taekwondo is our country's unique martial art. This can be seen as a great tribute to the development of Taekwondo. The author has created a new model by incorporating the special martial arts of our country's famous generals and the fighting spirit of the people of the past into the general Kung Fu teachings, thereby inspiring the patriotic spirit in practitioners, and has no doubt that this teachings, which are the culmination of his energy devoted to the training and refinement of Kung Fu, will serve as a guide for the training of Kung Fu.

October 4292

self order

Many years have passed since I wrote the original text of the Taekwondo teachings, which had been a long-standing topic, but after hesitating day after day due to various circumstances, I have now published it with the encouragement and cooperation of many fellow practitioners, and I consider it fortunate to be able to present it to all of you who love and encourage the Taekwondo.

Taekwondo sprouted about 1,200 years ago, when this country was divided into three kingdoms, and internally, the powerful factions were threatening us, and externally, enemies were watching us with fear as they watched us, waiting for an opportunity to invade. At that time, the Hwarang disciples, led by the famous General Kim Yu-sin who built the Geumjatap Pagoda, were training to overcome these obstacles and accomplish the sacred feat of unifying Silla.

In order to overcome national difficulties, they first strengthened the spirit and martial arts of the people, and at the same time, they promoted the smelting character of the warriors and the unyielding spirit, and at the same time, they fostered courtesy, integrity, patience, self-conquest, and iron courage, and thus further solidified the power of justice based on the belief in never giving up in battle and the view of righteousness, and they honored this with the only martial art.

Therefore, it goes without saying that this is our country's unique martial art that only we can possess and be proud of.

Tai Fist is a martial art that does not have even an inch of iron in its body, but is a formidable weapon-like martial art that uses only the fists and feet of a person born with a total of 16 forged parts of the body to freely attack and defend against 72 urgent points in the opposite direction, and can easily take away someone's life if necessary. However, it is a martial art that is similar to the democratic spirit of Siddhartha, the founding principle of our country.

Readers will easily be able to see that it is being combined.

Because judging from the saying that “there is no first mover in Taekwondo,” it is neither combative nor aggressive, but it can be seen as a “gentleman’s way” that protects oneself, helps the weak, and also does not take action in times of proper defense, or it can be seen as based on the principle of equality that allows one to train in combat without being restricted by strength or weight, and it has the characteristics and characteristics that do not allow other martial arts or “sports” to follow. The point is that it is a martial art that can be studied and practiced by the general public.

As mankind reproduces and competes for survival, it cannot be said that there is no invasion by external enemies at all. In this case, the weak eat the strong and the lawlessness is invited. As such, it is said that “be prepared, worry not,” and as those who develop spiritual flesh from the basics and possess the confidence and ability to kill the enemy in sight, they should contribute to the nation at all times. This is the duty of the citizens, the hope of the nation, and the sacred mission of the youth of this country, who are the livelihood of the people. At this time, thanks to the deep interest of President Lee Myung-bak and the utmost support from the Gangho scholars, many young scholars are asking questions from all over the country, from the highlands at the front to the remote villages in the back. When we see this, we believe that this is not an accidental fact, but a good omen for the unification of the South and the North, which is the long-cherished wish of our people.

In particular, this textbook includes the five major types of “Hwarang,” “Chungmu,” “Eulji,” “Sam-Il,” and “Nonam” that the author created. These new types are suitable for the physique of our people and utilize the principles of nature, and it is believed that they will contribute to the future development of Taekwondo.

I hope that this book will be a good medicine for those who are devoted to the Way to make time and effort to achieve great success, and it will become a guide for many martial artists who are searching for the right way, and it will help those who are struggling with innate weakness.

If I can help give new courage to people in life, I consider it a great happiness for a writer.

Lastly, I would like to express my deepest gratitude to General Choi Deok-sin, the Ambassador to Vietnam, and Cho Cheol-dong, and to everyone at Cheongtae Hall and Godo Hall who worked hard to publish this book.

Mid-Autumn of the 4292nd Year of the Tanji Era

author



Table of Contents of the Stringed Instruments

Book

Written by President Lee

Author's calligraphy

序 文.....Li Qipeng, Speaker of the People's Congress
Recommended words Song Yaozan,
Chief of the Army General Staff
Recommended words Second Army
Commander "Lieutenant General Zhang Duying

preface

Part 1 General Introduction

Chapter 1 The Origin of Taekwondo...	(29)
Chapter 2 The significance of the name change.....	(32)
Chapter 3 Taekwondo: Importance.....	(34)
Section 1 Features	(34)
Section 2 Values.....	(36)
Chapter 3 Training Notes	(38)

Part II Composition Exercise

Chapter 1 Taekwondo Structure.....	(43)
Section 1 Use of Parts	(43)
Section 2: The Civil	War (55)
Section 3 Taekwondo	Skills (61)
Chapter 2 Exercise	Tools (73)
Section 1 Type	(73)
Section 2 Exercise Methods	(78)

Part 3 Basics

Chapter 1 Attack Skills (95)

Section 1 Hand 技 (95)

Second leg 技 (112)

Chapter 2 Defense Techniques (118)

Section 1 Hand 技 (113)

2nd articulation technique (122)

The fourth pattern

The Meaning of the First Chapter (125)

Chapter 2 Type Name (126)

Section 1 Kobayashi Ryu (127)

Chapter 2: Zhaoling Style (128)

Chapter 3 Cang Xuan Liu (129)

Chapter 3: Chain Grinding Notes(129)

Chapter 4 Basic Type..... (132)

Section 1 Tai Chi Form 1 (132)

Section 2 Type 2 (139)

Section 3 #Type 3 (140)

Section 4 Ping An Type 1 (143)

Section 5 Type 2 (148)

Section 6 Type 3 (155)

Section 7 刀 Type 4 (159)

Section 8 刀 Type 5 (165)

Section 9 Hwarang Style (171)

Section 10: Iron Cavalry (176)

Section 11 刀 Type II (184)

Chapter 12 刀 Type Three (190)

Chapter 13: Loyal and Martial Type (197)

Section 14 plug type (202)

Section 15 Ten Hands (211)

Section 16: Yizhi Type (217)

Chapter 17: Flying Swallow Type (226)

Chapter 18 Calm Type (233)

Section 19: Observation of Emptiness (233)

Section 20 Trinity Type (250)

Chapter 21 Half Moon (257)

Chapter 22: Rock Crane Type (265)

Section 23: Kindness (273)

Section 24 Zero Style (281)

The fifth part of the chain

Chapter 1 Significance... (291)

Chapter 2 Value (291)

Chapter 3: Pay attention to your practice (292)

Chapter 4 Types (295)

Section 1 Constraint Pair Chain (295)

Section 2 Free Chaining (296)

Section 3 Application Chain (296)

Chapter 5 Phenotype (297)

Section 1 Three Chains (298)

Section 2: One-pronged Martial Arts (305)

Section 3 Self-preservation training... (316)

Section 4 Seat to Chain (321)

Section 5 Nanofa Chain (325)

Chapter 6: Gun and Blade Chain (326)

Section 7 Short Knife Against Chain (328)

appendix

Human body emergency (331)

口合法 (335)

Examination and promotion criteria (337)

Part 1

Summary

Chapter 1 The Origin of Taekwondo

✎ Fist fighting, which was once called "Taekwon," took root in the Silla Dynasty and developed steadily through the Goryeo Dynasty and the early Yi Dynasty. However, at the end of the Yi Dynasty, when the national fortunes were declining, the corrupt scholars' ideas of valuing women and belittling martial arts, blinded by the factional strife, finally spread to Sindo.

Furthermore, during the previous Japanese rule, the Japanese, who almost hid their attitude, called Sidogyo "Kongshudo" as if it were their own martial way, and we, due to the difference between strength and weakness, had no choice but to have to be called that way, which was our sad fate.

However, even today, 15 years after his release, there are still many people in the streets who have forgotten this painful past and call it "Tangshu" or even "karate" in Japanese openly. Isn't this a sad thing?

Therefore, the author wishes to clarify the origin of Taekwondo and thereby encourage their self-reflection and national consciousness.

In tracing the traces of the so-called "Konasumi Do" in Japan, I believe that by first looking at the birthplace, growth, and training of Mr. Jinyi Tomei (Sunset) whom they praise as the founder of Japanese Karate Do, Ryukyu (Okko) and his "hand" and going one step further, looking at China, where Ryukyu was a part of, and his martial arts, we will better understand the three-cornered relationship.

Of course, the Japanese avoided this by saying that it was their own unique martial art, and that the national "fist method" and the Okinawa "hand" were fundamentally different. 中

It is argued that “hand” was nothing more than a simple technique, and thus was completely different from today’s Japanese “kunshu” who had acquired moral and spiritual training.

However, this is nothing more than the bluff of nationalists who ignore the flow of history.

Because if you analyze it historically or phonetically, Japanese karate is Okinawa “hand” and Okinawa “hand” is a branch of Chinese martial arts.

First, from a historical perspective, in China, there was a technique called the 36th or 18th strategy that used only the upper half of the body, and it was widely practiced to this day. In addition, Chinese martial arts such as “Xiaolin” and “Beiknan school” directly became the seeds of the “hand” of the rope.

to the Japanese Chronicles, one of the Chinese martial arts introduced by Mr. Chen Yuanji between 1860 and 1861 was influenced by the old Japanese style of Yudo, which developed into today’s Yudo, and the other was ingested and digested as a nutritional element of the rope “hand” to become the current Japanese Kusatsu-do. The master of Mr. Ma Bun-in, who is said to be the ancestor of the revival of the rope “hand” and the chief figure of the Kusatsu-do world in the western part of Japan, was Dong-eon Na-kan-yu, a member of the Chinese Futsal school. Isn’t it called the Tang who inherited the lineage?

In addition, if you look at the Wang Ji type or the Gong Xiangjun (Gwan Gong) type, 鍾 the former is named after the Chinese military official Zhu Ji, and the latter is also named after the Chinese ambassador Gong Xiangjun.

Looking at the pronunciation of the second type, “十八” is called “se bai”, “三十六” is called “san se il lu”, and “鎮定” is called “jjin de”, etc. There are countless cases of Japanese words being pronounced in Chinese without being familiar with them.

With this, the reader is confident that the origin of the Cho-jo “hand” is Chinese martial arts, and next we will examine the relationship between the Cho-jo “hand” and the Japanese “empty hand.”

As the ancient poem goes, “青出於藍” and “勝於藍”, the “沖繩” hand is derived from Chinese martial arts, but it is true that it was more prosperous than that of China.

The reason why Ryukyu's "hand" became like that was because in 1609, after he had been defeated by the Satsuma clan of Japan and had even been stripped of his military equipment, he turned his attention to his fist, the only natural power for self-defense.

Thus, they have achieved achievements that make many people think that a fist is as strong as a rope by training their hands with the passionate national spirit of adversity and bitter hatred for the enemy, 拳 which is like making a fist at the top of a hundred-foot pole.

On the other hand, due to the strict supervision of the colonial forces at the time, it was impossible to recruit new members by putting up a public signboard, and there was no way to do anything but teach in secret to those who wanted to learn, based on their character. As a result, it was truly unfortunate that so many sects were created that were difficult to control in later generations.

Here, if we were to list the famous greats of the Sisi period by reference, they would be Songmura Jongsu, Song Moryang, his disciple, and Suzhu Ankang, who formed the main stream of Suori-shu, Dong-eun Na Gwan-yu, known as the ancestor of Na Ha-shu and also the teacher of Ma Mun-in, and An-ri Ankang, the teacher of Bu-myeong Hee-jin-ui, and many others.



Chapter 2: The significance of the name change

The issue of changing the name of this road is a matter of great concern.

This is because Siddha is historically our country's unique martial art and the various names given to it up to now were not entirely appropriate names in terms of technique.

If we analyze the various names that have been used so far, there are names such as “Tangshu,” “kongshu,” “hwasu,” or “fist method,” but these are all names that only focus on the hand (手).

However, in the way of the Buddha, not only the hands are used. In fact, the feet, which have three times more power than the hands, are used more often, and it is not an exaggeration to say that the strange and wonderful things that come out of the feet are actually expressed through the feet.

For example, breaking a seven-foot board 89 feet high with a single kick, or easily breaking a seven-foot board with a two-stage side kick, and other powers and tricks of the feet can only be seen in fists.

The three major elements of Si-do are first, “type,” second, “practice,” and third, “strike and break.” If these three techniques are not equipped, it cannot be considered complete. Therefore, it can be seen that this is a martial art that is accomplished with great strength and technique from the whole body, so how can it be called a proper name when it focuses only on the upper half of the body (the hands)?

Despite the fact that there are historical and technical inconsistencies, even after the liberation, there were unavoidable circumstances during the 36 years of the Emperor's reign.

It is truly regrettable that nearly ten long years have passed without a definite name being found.

From this point of view, I have always insisted on his speedy renaming, and this issue has become a subject of discussion among meaningful and thoughtful people of the Way.

However, there were many difficulties and dark clouds blocking the selection of a name to be included in the historical and technical literature, and finally, the honor of sitting under President Lee's cabinet at the 29th Infantry Division's first anniversary ceremony was held.

The teacher's group is one of his pride and joys, and he has added a layer of color to the colorful ceremony venue with the wonderful techniques of Siddha, a traditional art.

The President, who has seen the trustworthy and courageous performance of these brave and hopeful men,

“I like this! This is essential for the unification of the South and the North,” he said, concluding his remarks.

From these words, I gained new courage and a special “hint,” and after conducting serious research, I discovered the two-character “跆拳道” that is widely used and familiar to many people today.

These two characters were then submitted along with many other names to the Sichuan Name Settlement Conference held in 1955, and “Taifu” was ultimately chosen.

After a while, President Lee Myung-bak gave a personal letter called “Tae-Kun-Do”, which effectively put an end to the old names that had been used in the past, and this gave it its original name that it had lost. In particular, he toured Southeast Asian countries including the Free South in March of several years to demonstrate Tae-Kun-Do.

It was widely recognized that Si Dao was our country's unique martial art. In this way, Si Dao, which was beginning to receive praise not only domestically but also from abroad, was bound to promise the strength of a thousand horses and the belief in never retreating and defeating the enemy in the coming holy war to unify the country. This cannot be anything but a celebratory event for the nation.

Chapter 3 Importance of Taekwondo

Section 1 Features

Article 1 Anyone can do it.

Taekwondo is similar to gymnastics in some ways, and since it is a sport that can be done mostly alone, you only need to train according to your strength.

Furthermore, since Taekwondo is mainly about technique rather than strength, if a strong person performs heavy moves, a weaker person can perform light moves until their body is trained.

In addition, you can freely select the type and adjust the number of turns, and you can perform mutual training without distinction between strong and weak.

Since training can be increased or decreased according to one's strength, anyone, regardless of age or gender, can train.

People who have been called masters of Taekwondo since ancient times are mostly people who have trained Taekwondo since childhood and have acquired strength and skills rather than being born with natural talent.

An example of a person who was originally weak but became strong through practicing Taekwondo is Bu Ji-gi-su.

Article 2: You can do it anywhere.

Taekwondo is ideal if you have a gym, but even if you don't have a special gym, any place, whether indoors or outdoors, can be a great place to practice.

Even simple structures can be built as long as there is an empty lot of one to two pyeong in size.

For example, the 29th Infantry Division, known both domestically and internationally as a Taekwondo training ground, initially practiced freely anywhere, such as at high ground, outposts, or plazas where they were stationed, without any special circumstances, and eventually laid the foundation for becoming the birthplace of military Taekwondo.

Article 3 Valuable equipment is not required.

Taekwondo is a martial art that literally features empty-handed fists, so if you only practice the form, you don't even need a dobok. (Of course, it would be ideal if you had one) Pants and a jeogori would be good, and if you don't have those, "pants" and "running shorts" will suffice.

There is no rule that you must have a scroll pillar, a stick, a bell, or an iron wheel to train your fist, sword, leg, grip, and other parts. You can just tie a rope around a tree or a standing tree that is easy to obtain, or fill a hemp bag with sand and place it anywhere to kick, receive, and thrust.

If even this is not available, two people can practice together or even alone.

Article 4 It does not require much time.

Taekwondo forms consist of from 20 to 70 movements.

Each form takes from 30 seconds to a minute.

Even if it is a body preservation training to prepare for an emergency, 20 to 30 minutes is enough.

Therefore, the issue with Taekwondo training is not the length of time it takes to train, but whether or not you continue to practice without stopping.

Article 5 It can be done by an individual or by multiple people.

Taekwondo is a flexible martial art that can be practiced alone or with others.

For example, if you are alone, you can do drills or forms, if there are two people, you can do 1-on-1 drills, if there are three people, you can do 1-on-2 drills, and if there are four people, you — can do 1-on-3 or 2-on-2 drills. You can practice regardless of the number of people.

Article 6: One teacher can guide many people.

Taekwondo is not a martial art that can only be practiced with an opponent. A master can teach dozens of people at once with one command. For example, during the revival of Taekwondo in the 29th Infantry Division, there were many people and the gym was small, so about 300 students were gathered in the square of the Odogwan (吾道館) and Master Nam (南泰熙) alone commanded through a "microphone."

Section 2 Value

Spiritual Cultivation No. 1

Taekwondo is a scary martial art that cannot be practiced in competitions, so anyone can do it.

It cannot be taught.

Therefore, if you accept just anyone without strictly examining the person's personality, mental state, and background relationships before initiation and focusing on people or money, it could result in something like handing a gun to a robber.

In terms of promotion, emphasis should be placed on character and culture rather than skills.

This is because Taekwondo respects manners and shame and has as its fundamental spirit the cultivation of a true and complete personality based on a sense of justice.

Taekwondo is a martial art that, depending on the degree of training, increases the degree of humility, patience, and self-denial, and at the same time, allows one to build up the spirit of "no retreat, no fear, even against ten million people" and the power of "one strike, sure kill" by drawing one's sword for justice and humanity.

Therefore, it is absolutely necessary for a people with a low moral standard or for soldiers whose purpose is to wage war.

Item 2: Protect your body and strengthen your courage

There is a saying, "Be prepared, don't worry."

In fact, if you train your body and learn skills on a regular basis, you have nothing to fear in any unexpected situation.

From this perspective, I would like to recommend Taekwondo to those who want to gain calm, courage, and confidence when faced with an unexpected situation.

Article 3: Achieve health and longevity.

Patriotism is the greatest asset of mankind and the only factor that can foster patriotism.

Life is limited, so longevity is something everyone desires, but not being able to do so at will may be a common regret among humans.

Taekwondo is also called the "Longevity Method".

It is because Taekwondo can be practiced from the age of 15 to 60 without any harm to the body, and it develops balanced muscles, so it keeps the body healthy and helps people live long lives. We can see many people in the Taekwondo world who live long lives.

Section 3: Practice Tips

In this section, we will describe the important situations that practitioners must be aware of and use them as a motto for their practice.

Item 1: Taekwondo Spirit

Judging from the saying that "there is no first mover in Taekwondo" which succinctly expresses the spirit of Taekwondo, it is completely different from the wrong idea of using it as a tool for personal fighting or as a warlike miscellaneous art, and is the way of a gentleman who seeks only to protect himself and help the weak.

If one forgets this noble spirit, no matter how outstanding his skills are, he cannot be called a true great man.

"A virtuous man has no enemies, and a strong man has no words," but those who call themselves high-ranking practitioners and threaten others by showing off their certificates they prepared in front of a fairy or other places where many people gather are not even Taekwondo practitioners, but rather delinquents who run wild needlessly after hearing about the power of Taekwondo.

Etiquette 2

Taekwondo begins with a salute and ends with a bow.

Although all martial artists respect manners, in particular, in Taekwondo, saluting to the instructor and seniors before and after practice, as well as to fellow practitioners, is an absolute requirement. I believe this is a special characteristic that originated in our country, which is famous for being the land of courtesy in the East.

Item 3: Practice attitude

In Taekwondo, no matter what the history, you cannot become a black belt as soon as you start.

Moreover, it is not possible to achieve great perfection in a short period of time.

Therefore, from the beginning, do not be obsessed with the desire for fame and do not harm your body through reckless practice, nor be impatient in learning new forms or techniques. Instead, simply follow the guidance of your teacher or senior with an open mind, and repeat from the easy to the difficult until you completely master one form. At the same time, persistently continue training with recommendations or other aids. This is the key to becoming a master.

Part 2

Composition Exercise

Chapter 1 Taekwondo Structure

Section 1 Use Part

1. Types of Fist

1. Right Fist

go. How to hold

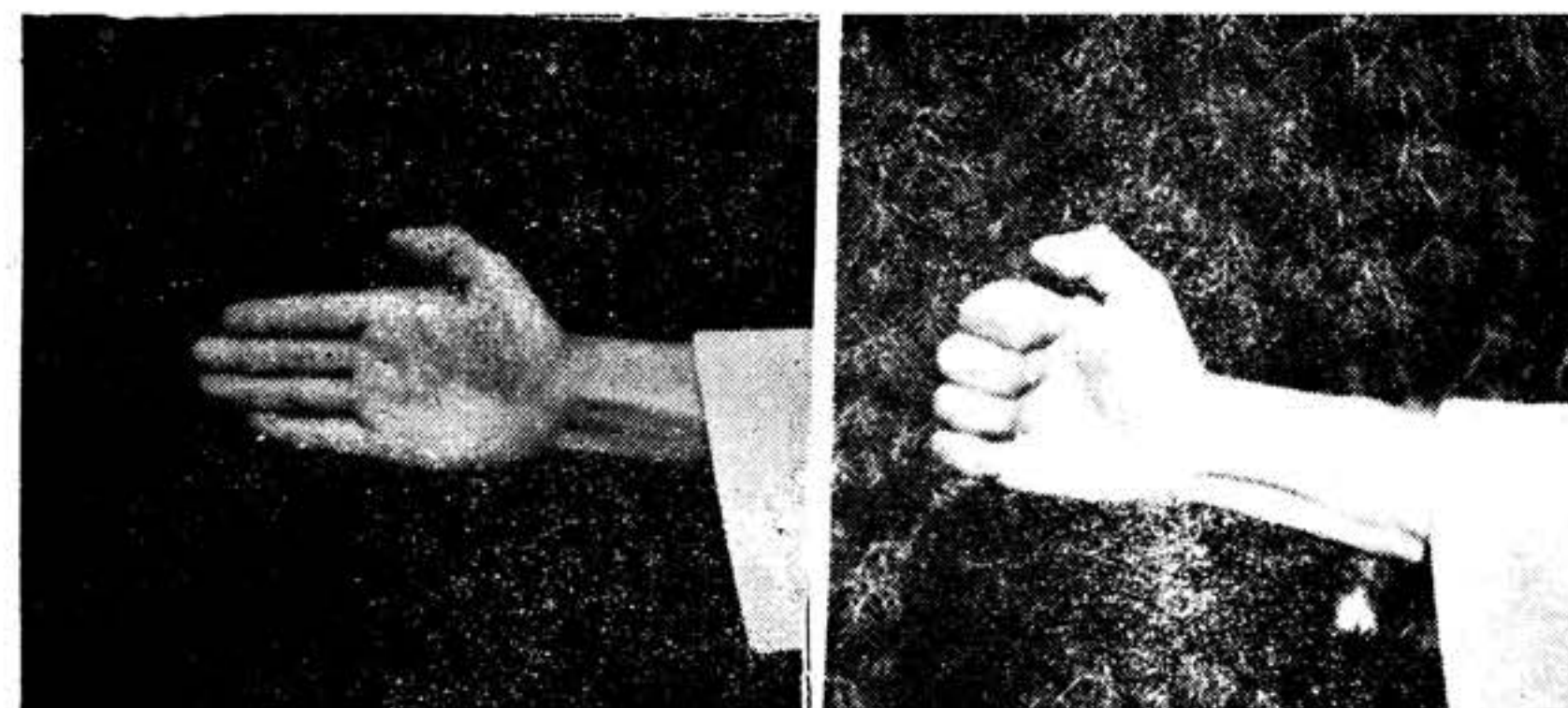
The ten points of strength for the whole body and the fist for justice are so important that they can be said to be the lifeblood of Taekwondo.

As in the method of holding (Figure 1), spread out your palm, bring the tips of your four fingers together, place them on the first joint, and then curl them inward. Then, lightly place your thumb on your index finger.

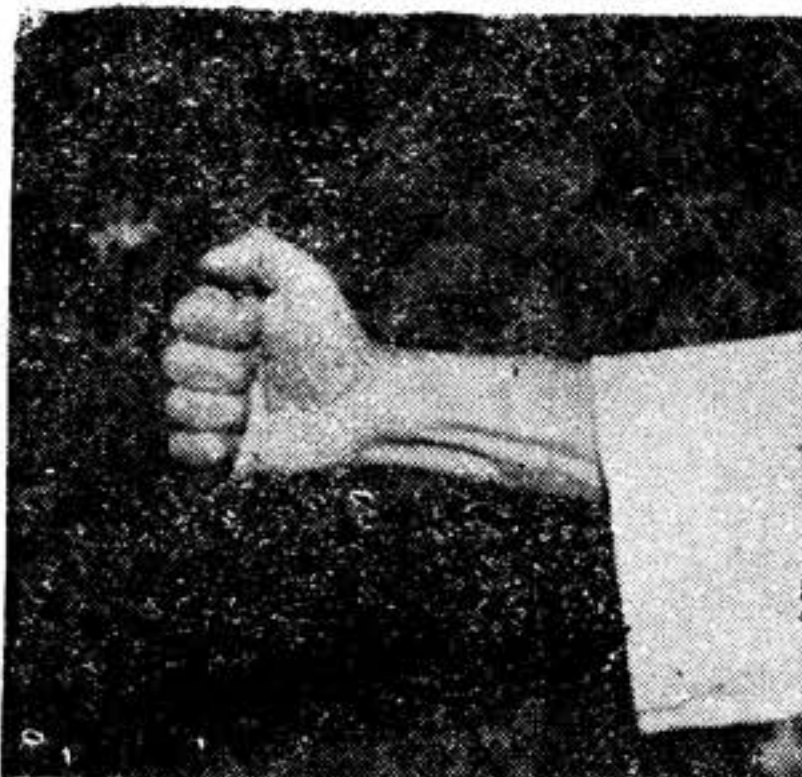
※ In addition, there are methods such as (D-1) pressing hard with the index finger and middle finger and (D-2) pressing with the thumb while stretching the third joint of the index finger. However, D-1 weakens the fist because the fist shape is not correct and excessive force is applied to the shoulder. D-2 weakens the strength of the index finger and makes the fist unnatural.

(1st degree-A)

(1st degree-B)



(1st degree-C)



(1st degree-D)



(D-1)



(D 2)



me. Used part

The part of the use of the regime is the first of the three, the recognition and the middle of the great fist.

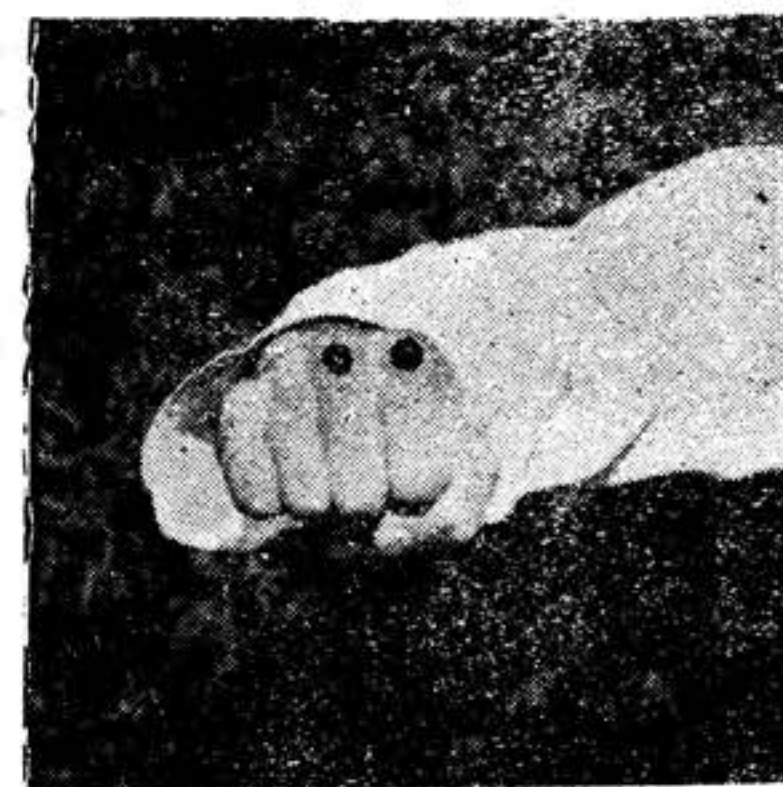
It's a joint. (Second degree)

all. How to use

Usually, the back of the hand is facing upwards, as in the second degree stabbing. However, sometimes, as in the third degree A and B, the back of the hand is not facing upwards.

Heading down or sideways.

(Island 2)



(3rd degree-A)



la. name of the fist

(E-1), (E-2)

The fist can be divided into five parts and named as follows.

7. Soft fist

right hand is the

My  pointed side of my

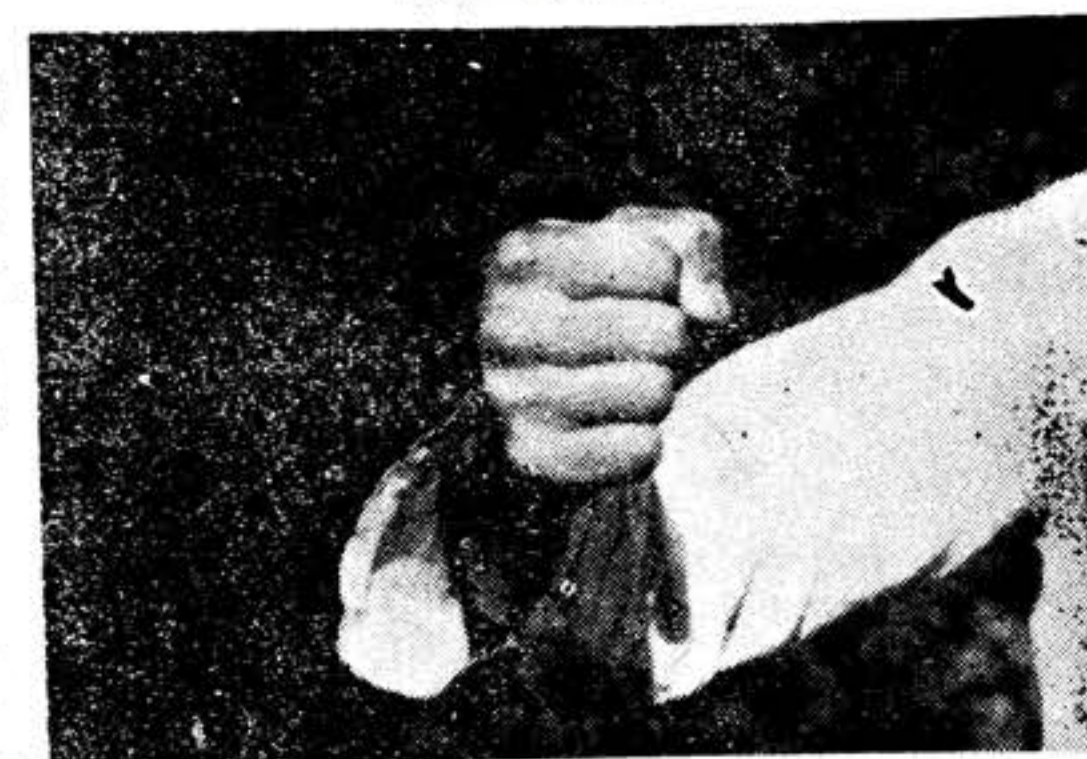
fist. It is used for attacks on the head, face, abdomen, and joints.

3. Pyeongkwon (Ltd.)

The famous book is a book in which the four fingers except the thumb are lightly curled and the tip of the thumb is

It is placed close to the cognition. (4th degree)

The part used is the second joint of the index and middle fingers, which are the small fist heads.



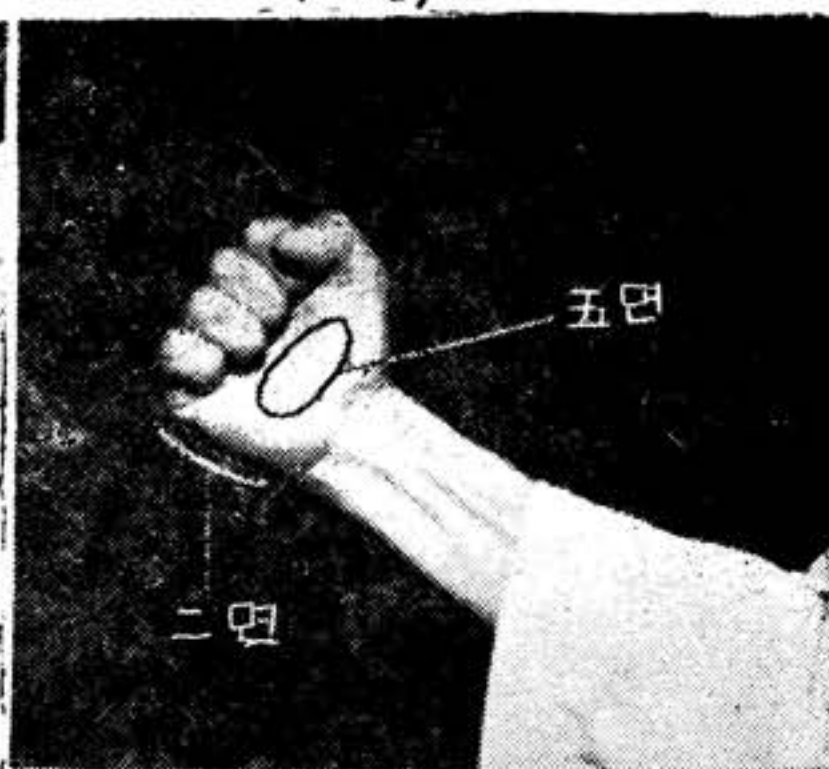
It is mainly used for facial attacks.

(E-1)



(Image 4)

(E-2)

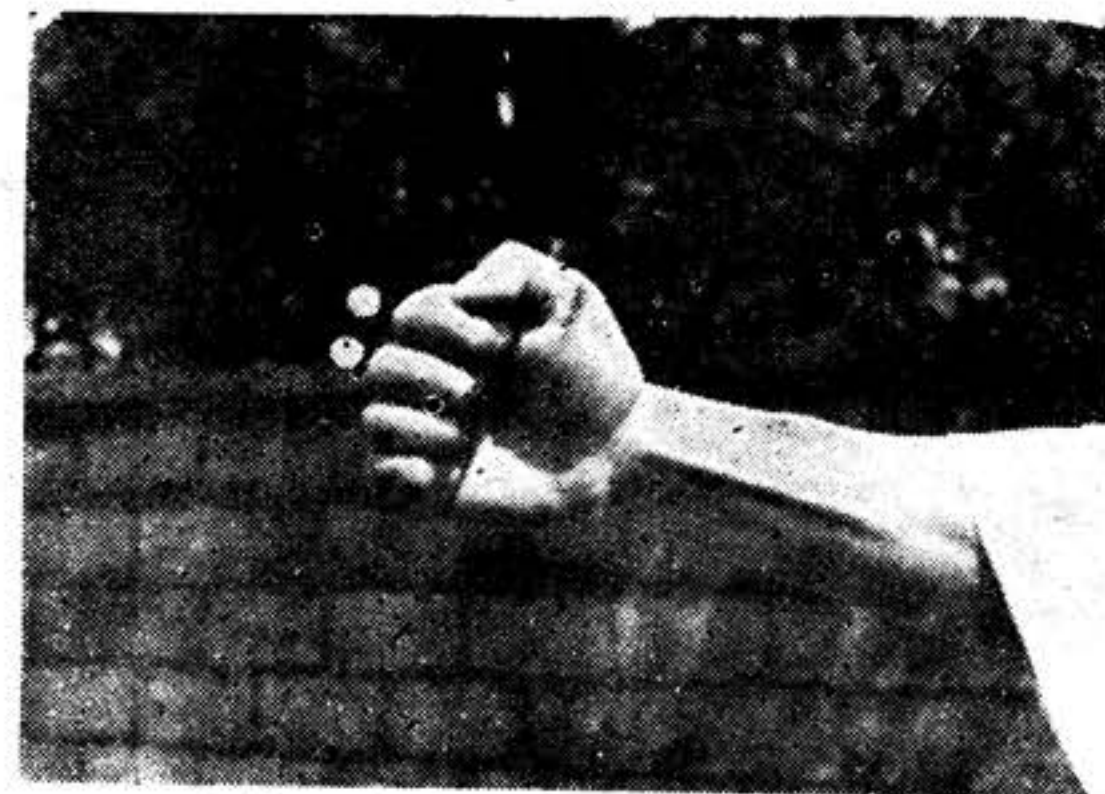


Back fist

The second fist refers to the four sides of the fist, and is mainly used to attack the face and the sphenoid bone.

5. Palm fist

The long fist refers to the outer surface of the fist.



It is used for face, shoulder attacks and lower-stage blocking.

※ When using, straighten the fingers that were gripped to the first joint.

6. Japanese martial arts (本拳)

There are two types of Japanese currency: Inji Japanese currency and Suji Japanese currency.

A. The Japanese Intangible Cultural (system) that only emphasizes the Intangible Cultural Property.

Property is a

B. Stop "The main power is the government that only protrudes the stop.

(Figure 6)

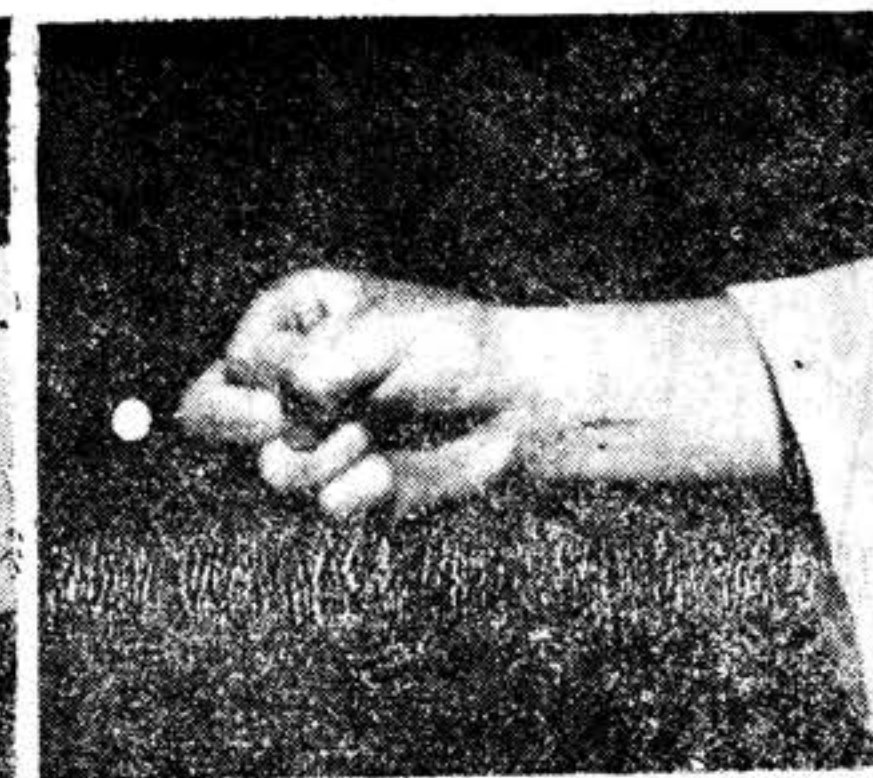
※1) Both are used to attack the middle and the life.

2) When attacking the forehead, stab upwards from below.

(Image 5)



(Figure 6)



2. Hand sword and thrust

1. Hand knife

go. How to hold

The hand grip is the most used part in Taekwondo along with the grip. The way to hold it is to bring the four fingers together, bend the middle and ring fingers, and bring the tips of the four fingers together completely, bend the thumb and the index finger, and bring them together from the thumb with a little distance between them. (17 degrees) ※ There is also a way to straighten the four fingers and slightly bend the thumb and close them, but this is weaker than the grip and is not suitable for the grip.

do it

me. Used part

Use the wrist joint of the hand. (Joint part of the hand minutes are not used)

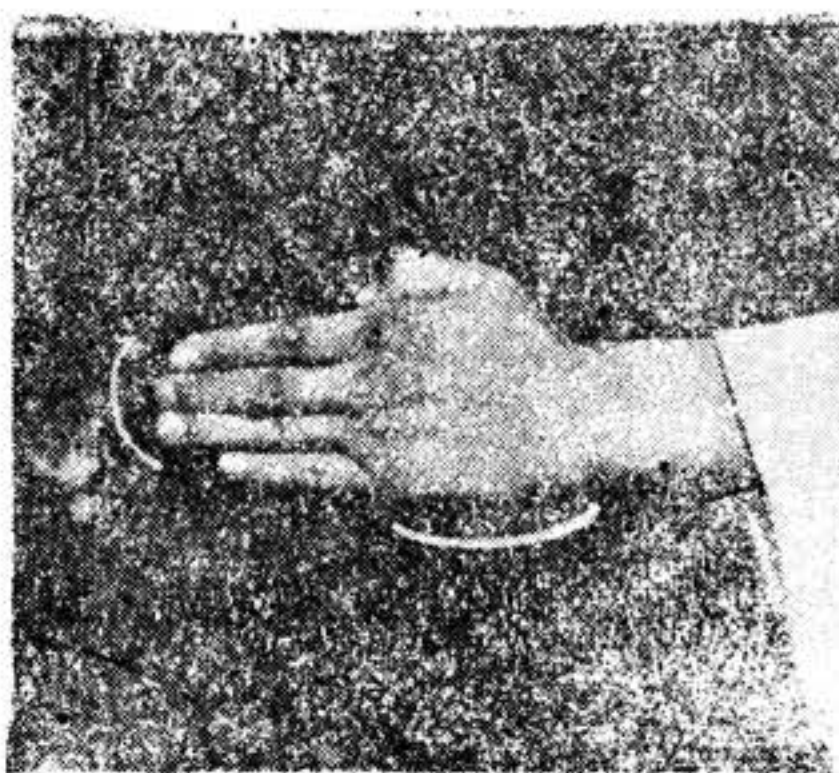
It is used for attacks and blockages on the head, face, carotid artery, abdomen, arms, feet and joints.

2. Reverse Sword

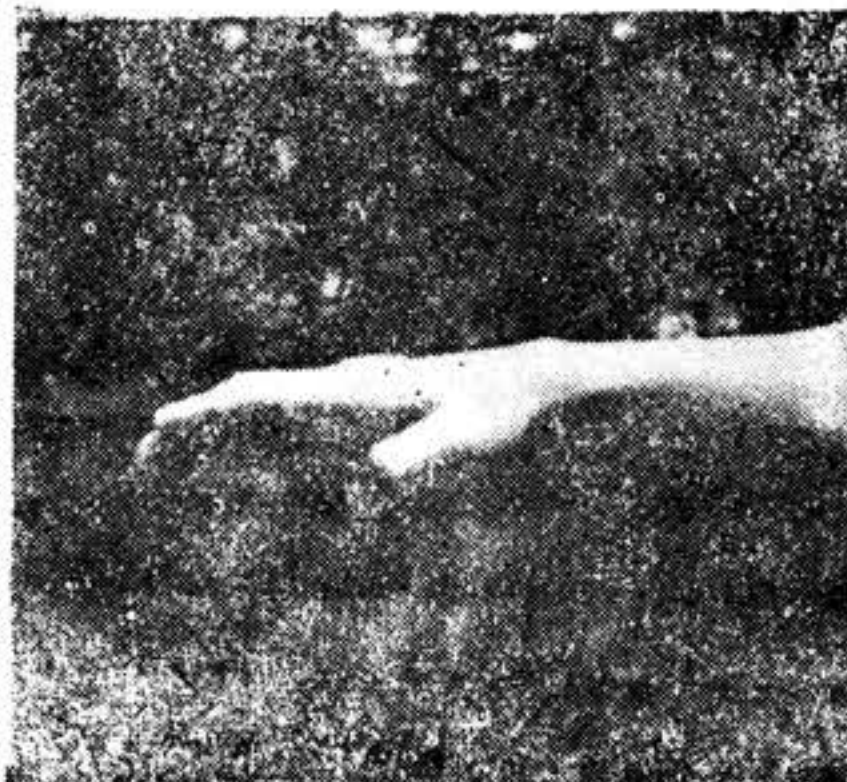
It refers to the third side of the fist opposite the capital, and at this time the tip is bent toward the hand. This is used for attacks on the carotid artery and jaw.

It is possible. (8th degree)

(Image 7)



(Figure 8)



3. Awarder

The gwansu is a weapon that can only be seen in taekwondo. In the recent demonstration of the Korean military taekwondo team that I led in Southeast Asia, Lee Hwa-seop, 2nd Dan, split three 7-piece pine boards with this gwansu and shattered eight Vietnamese flags, astonishing the audience.

There are three types of irrigation: four-main irrigation, two-main irrigation, and one-main irrigation.

The method of holding it is the same as in the 7th degree.

A. 4 Main building number

Unlike the capital, the vertical hand is used to attack the shin and abdomen, and the vertical hand is used to attack the back of the hand.

The flat hand is used for attacks on the chest, ribs, and saddle. (See Figure 7.)

※1) When performing the final examination, place the other hand down from above.

2) There are two types of attacks: stabbing and sideways slashing.

B. 2 Main building

Extend only the index and middle fingers, and keep the rest of your fingers still.

Used for double eye attacks. (9th degree)

1. Main building number

Open only the index finger and keep the rest of the fingers closed. Anbu and throat

(Throat) Used for attack. (10th degree)

(Image 9)



(Figure 10)



Article 3 Elbow

The elbow brace is widely used by weak women and young boys. It is used for attacks on the chest, abdomen and thorax.

1. Standing elbows

It refers to placing the fist on the waist and raising the arm.

Raising the elbow is called a left-right straight elbow. (Figure 11)

2. The elbow that was given

This refers to the elbow being lowered from above. (Figure 12)

3. Front elbow

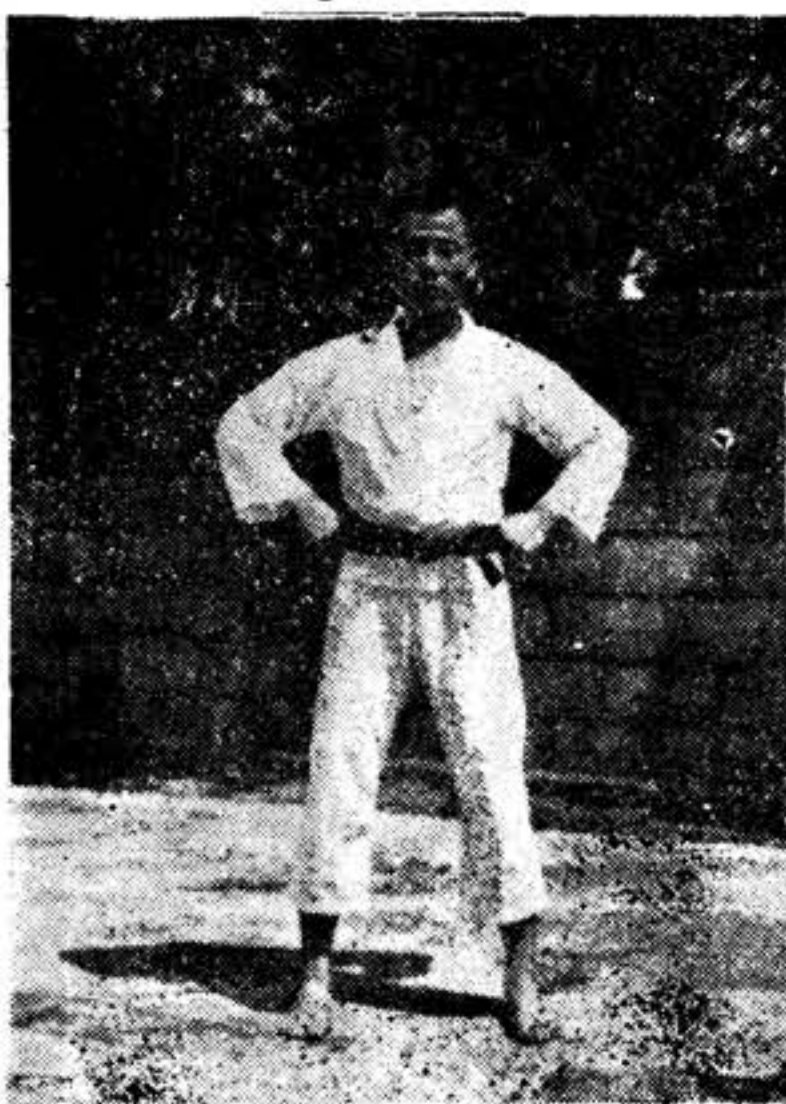
This is a move where the fist is raised close to the shoulder and the elbow is thrust forward. This is used to attack the spleen of an opponent coming from the front.

(Figure 13)

4. Rear elbow

This is a technique where you raise your fist close to your ear and pull it towards your waist while stabbing the back with your elbow. This is often used to attack the opponent's shin from behind. (Figure 14)

(Figure 11)



(Figure 12)



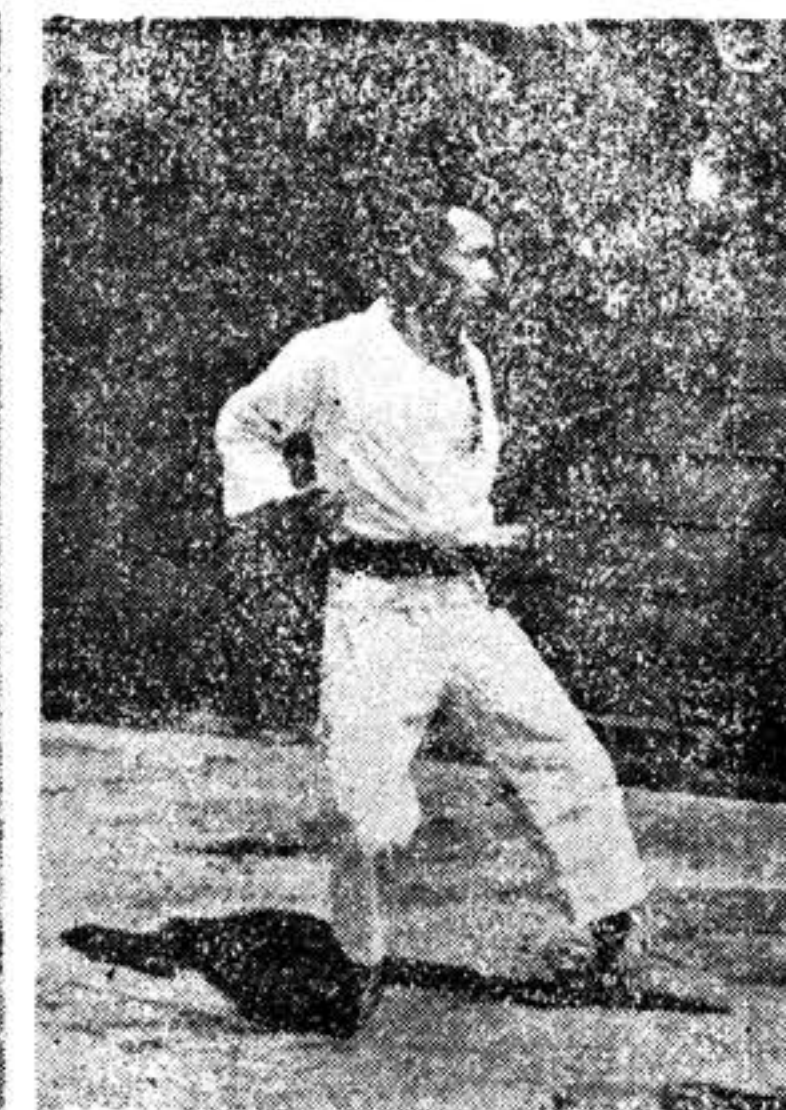
5. Front and back elbows

It is a technique that uses the front and back elbows simultaneously, and is used to attack opponents who are rushing from the front and rear at the same time.

(Figure 13)



(Figure 11)



6. Side elbow

Raise your fists in front of your chest and keep your elbows horizontal.

Raising both elbows at the same time is called a left and right elbow. (Figure 15)

7. Beaten elbow

Place your fist in front of your chest, twist your upper body, and attack the opponent's attack from the front with your elbow. (16th degree)

8. Side back elbow

It is used when many opponents are rushing from the left and right, using the side elbow and back elbow simultaneously.

9. Front heel

This refers to the front heel of the foot that is formed when the toes are bent upward. This corresponds to the main body and is the basic part of the kick.

(Figure 17)

(Figure 15)

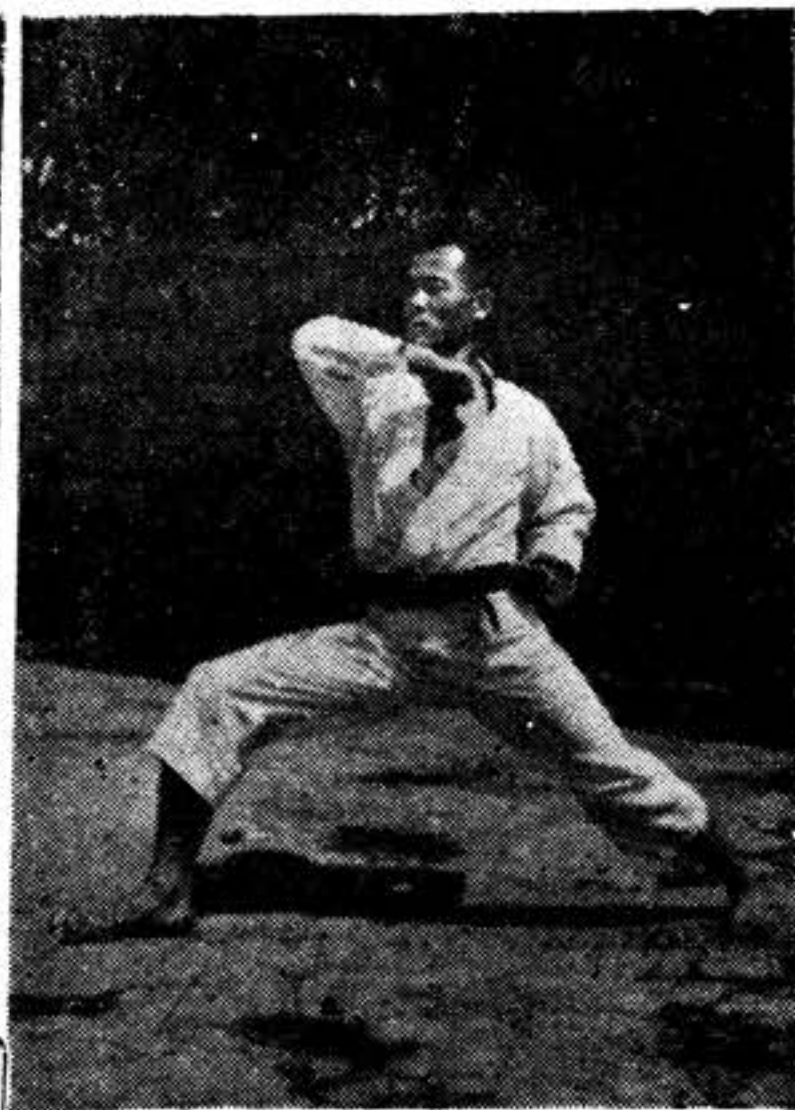


(Figure 17)



It is used for kicks and downward kicks. (18th degree)

(16th degree)



10. Heel

Refers to the back of the sole, which is used for assisting kicking or stepping.

(See Figure 17)

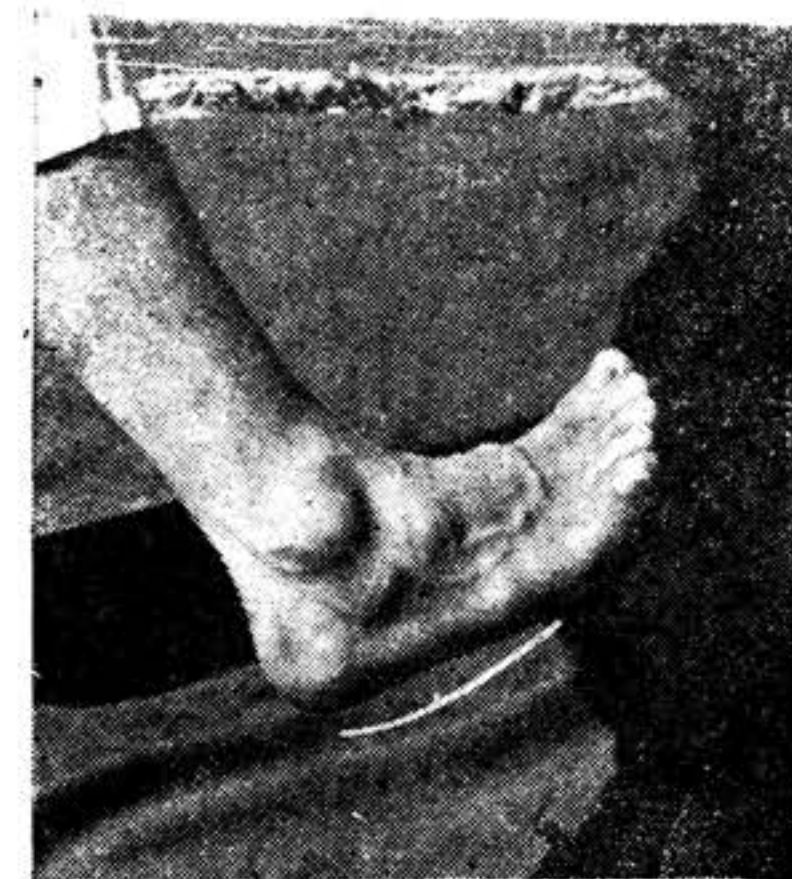
11. Soles

This refers to the bottom part of the foot excluding the toes, and is used to block attacking hands, fists, or feet.

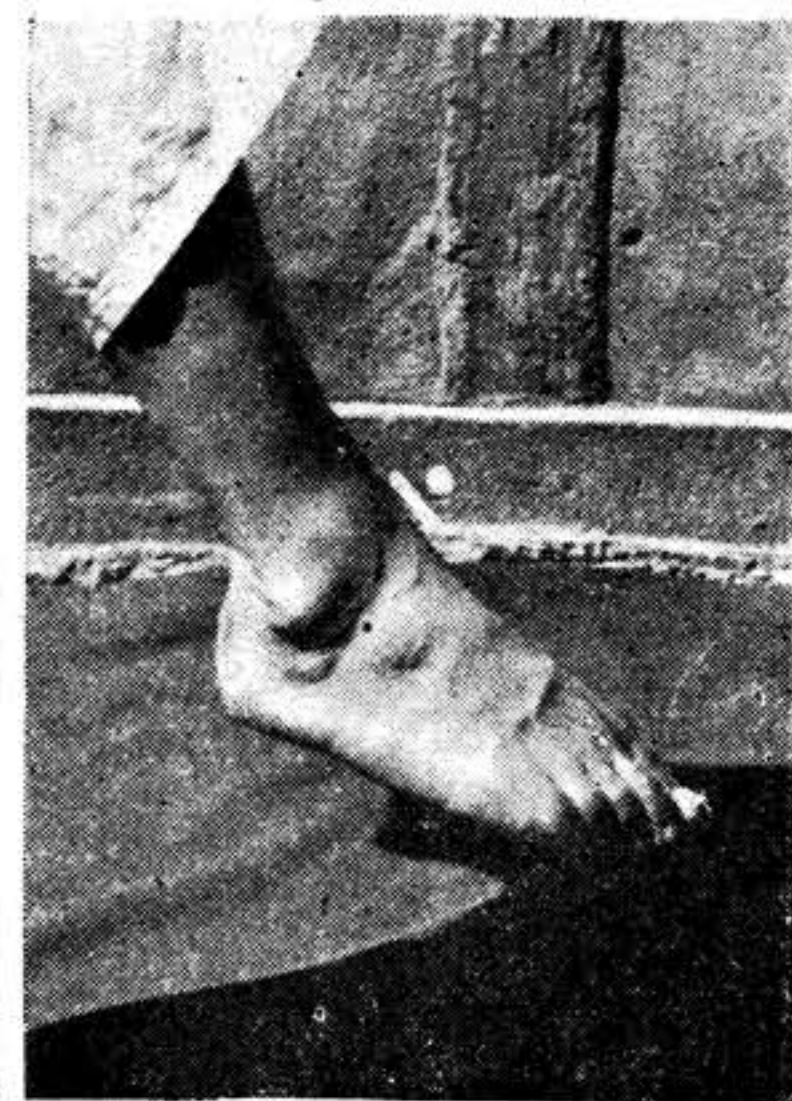
12. Foot knife

It refers to the middle part from the heel to the little toe. This is the side

(Figure 18)



(Figure 20)



13. Heel

This refers to the back of the heel, and is used when hugged from behind or held by the hand from behind. (Figure 19)

14. Ankle back

This refers to the part that is formed when the toes are bent down and the instep is straightened, and is used for attacking the sciatic nerve. (20th degree)

(Figure 19)

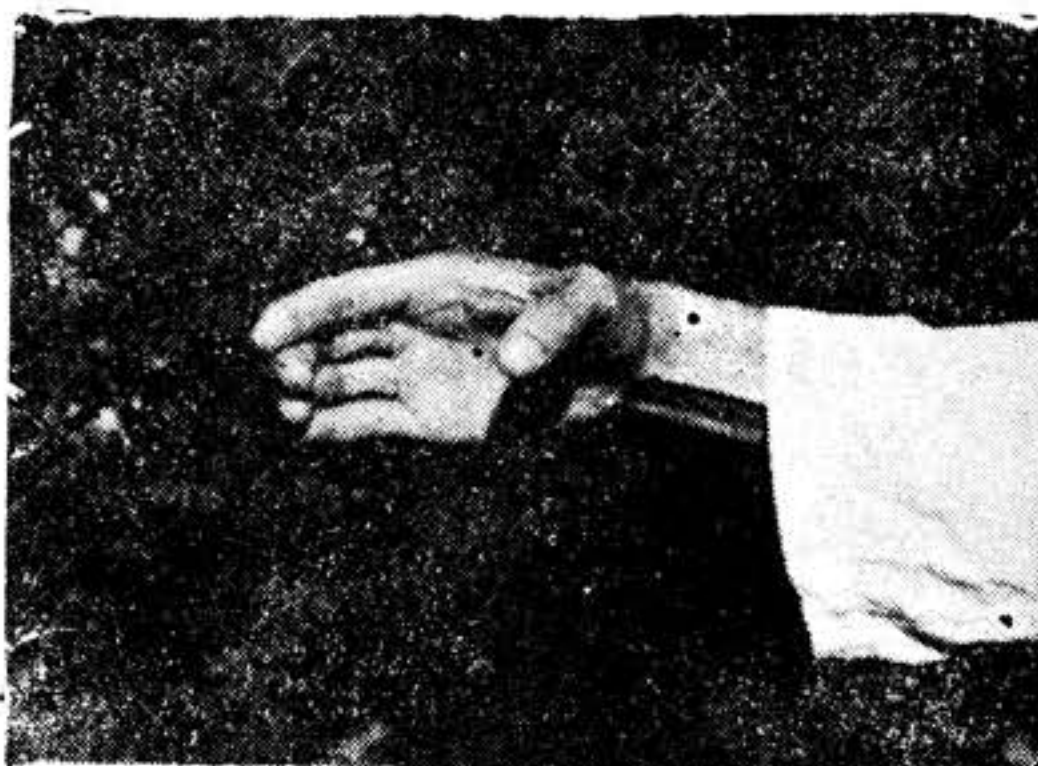


Article 4 Other parts

1. Scissors

When you spread out the ridges and gather the remaining four ridges together and bend them slightly inward

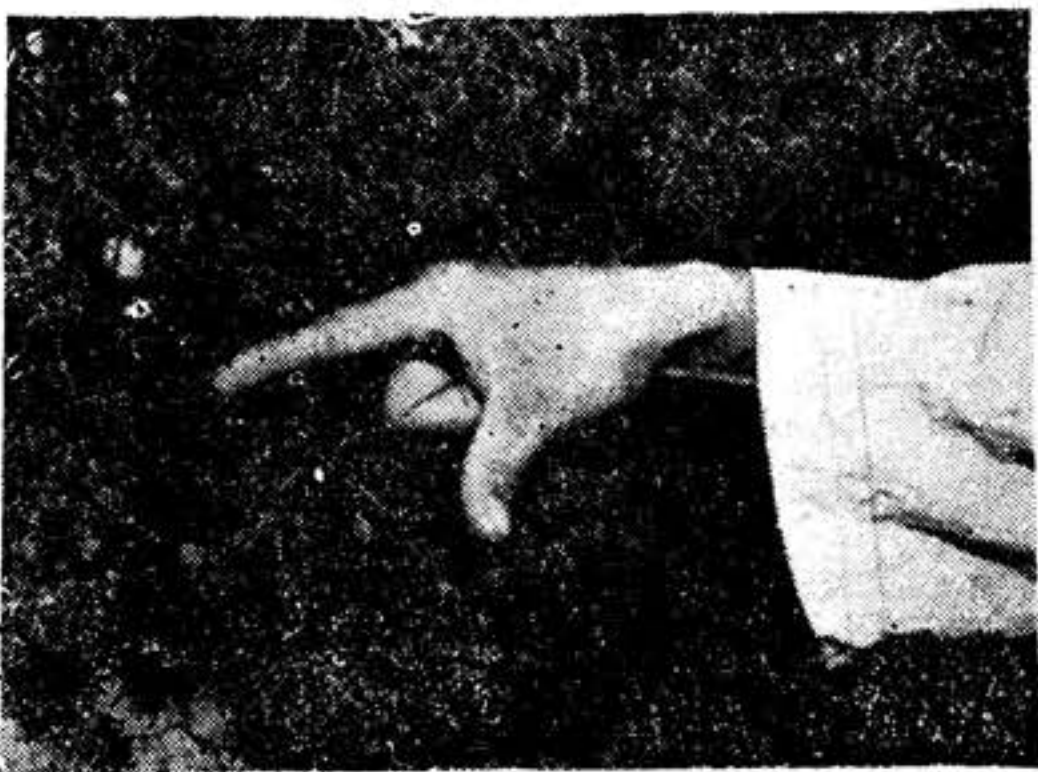
(Figure 21)



This refers to a scissors-shaped formation that is used to attack the opponent's carotid artery and jaw. (Figure 21)

※ In addition, there are also types where the middle finger, ring finger, and index finger are slightly bent inward.

(Figure 22)



2. Hold your hand

It is a pug-like motion in which the thumb and index fingers are curled inward and the remaining fingers are bent inward. It is used to attack the throat. The trick is to stab with the middle finger and the upper finger with the scissors.

It's so annoying. (22nd degree)

3. Wrist back

This refers to the wrist when the palm is spread out and bent downward forcefully, and is mainly used for blocking. (Figure 23)

4. Wrist

It refers to the part of the arm between the elbow and wrist toward the wrist. It is used for blocking and is called the inner wrist, outer wrist, back wrist, and pulse wrist.

There are types of (24th degree)

※ In the photo, the wrist opposite the pulse point is the back wrist.

5. Tiptoe

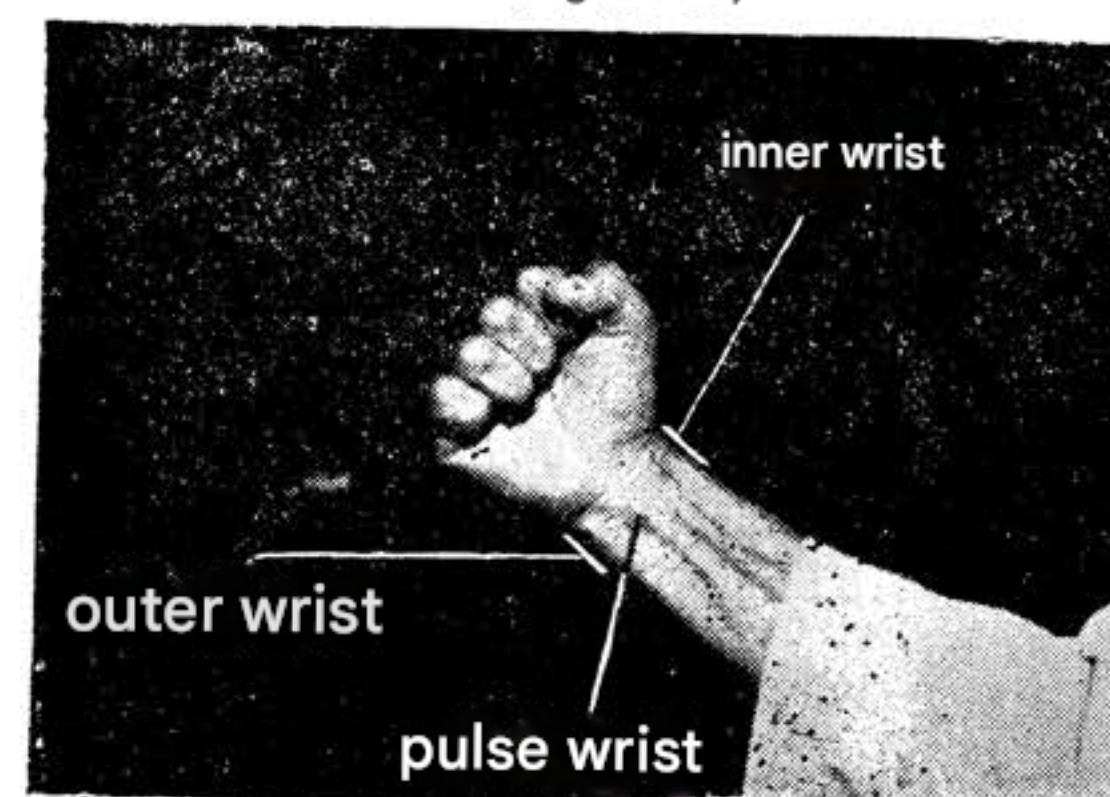
This refers to straightening the toes, and is used to attack the groin and lower abdomen of an enemy from the front.

※ This is extremely rare to use.

6. Head

It refers to the forehead and the back of the head. The forehead is used when the other person is very close, and the back of the head is used when the other person is hugged from behind. However, this

(Figure 24)



(Figure 23)



It is dangerous to train and the rule is not to use it for health.

7. Shoulders

Pick up a nearby enemy
It is used for pushing.

Section 2: The Establishment

The standing stance is the basis of all movements in Taekwondo. Therefore, the accuracy of the standing stance directly affects all forms and movements in Taekwondo, so it can be said to be the starting point of Taekwondo practice.

Standing postures can be divided into gathering, standing side by side, figure eight standing, T-standing, forward bending, backward bending, horseback riding, hind leg standing, lowering standing, one-legged standing, diagonal standing, and crossing standing.

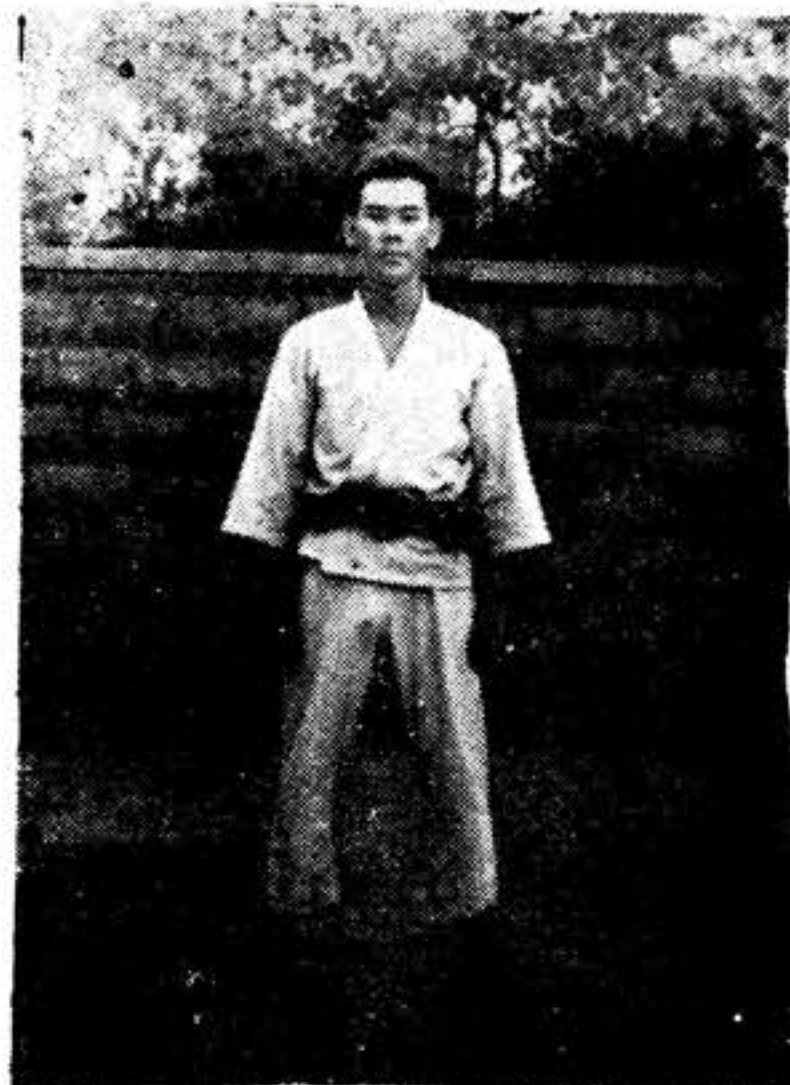
Article 1 Collection

Stand at attention with your toes together.

Article 2 Side by side

Stand with your feet shoulder-width apart and your toes parallel to each other. This is a standing position often used in the ready position. (Figure 25)

(Figure 25)



※1) Both feet should be parallel.

Article 3: The Book of Eight Characters

There are two types of fortune telling:

1. One-armed man

Stand with your feet shoulder-width apart and turn your toes out about 45 degrees.

2. Anpaljaseogi

Stand side by side with your toes slightly turned inward. (Figure 26) This is the most commonly used standing position along with standing side by side.

Article 4 T-shaped writing

Step one foot straight forward and stand with the other foot slightly outward.

※1) Slightly bend the front feet and bend the back feet so that the knees and heels are vertical.

Linda.

2) Weight should be 8% on the back feet and 2% on the front feet. 3) Both feet should be in a T shape.

Article 5 Pre-rolling

Bend the knee and heel of the foot that is forward so that they are vertical, and stand with the back foot straight. (27th degree)

※1) Place your weight evenly on both feet.

The upper body is straight.

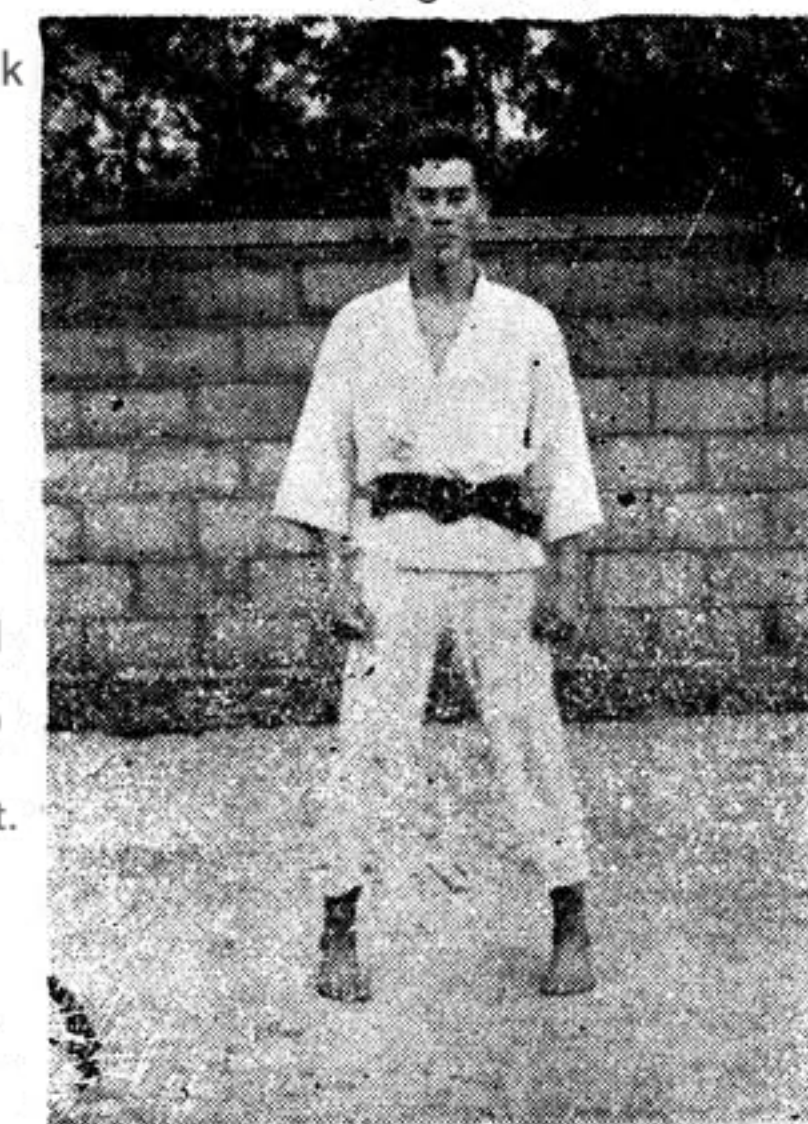
2) The width of your feet is shoulder width apart.

The distance is about 3 feet. (If it is too wide,

(Figure 27)



(Figure 25)



(lose freedom of movement)

3. Stand with the feeling of pulling the front feet back and the back feet forward.

Article 6 Post-bending

The opposite of a forward bend, but with both knees

Bend it into a T shape.

(Figure 28)

※1) Weight is distributed 7% on the hind legs and 3% on the front legs.

2) Push your hips back and your stomach forward.

3) The distance between the two feet is about 2 and a half feet.

Article 7. Horsemanship

Stand with your feet about half a step wider than shoulder width apart, with your knees bent and your shoulders lowered. (Figure 29)

※1) Push your stomach forward, push your hips back, and open your chest.

2) Pull both knees inward as if riding a horse.

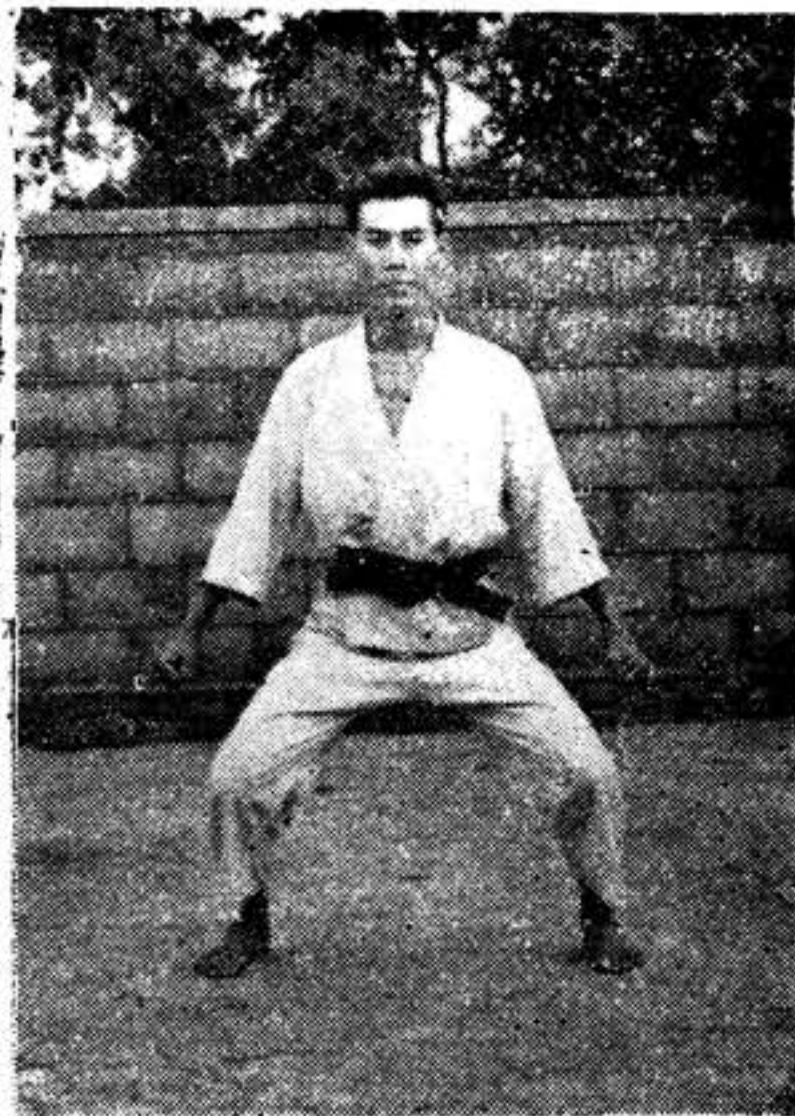
3) Put force on both feet and pull them inward.

(Figure 28)



Article 8: Standing on the back foot

(Figure 29)



Place

your weight on your hind legs and bend your front legs at the knees and place your toes

slightly on the ground. (30th degree)

※1) Keep your chest out and your hips back. (This is a quick posture for advancing and retreating

and kicking, but it is not used very often because it is not very safe.)

Article 9 Lowering

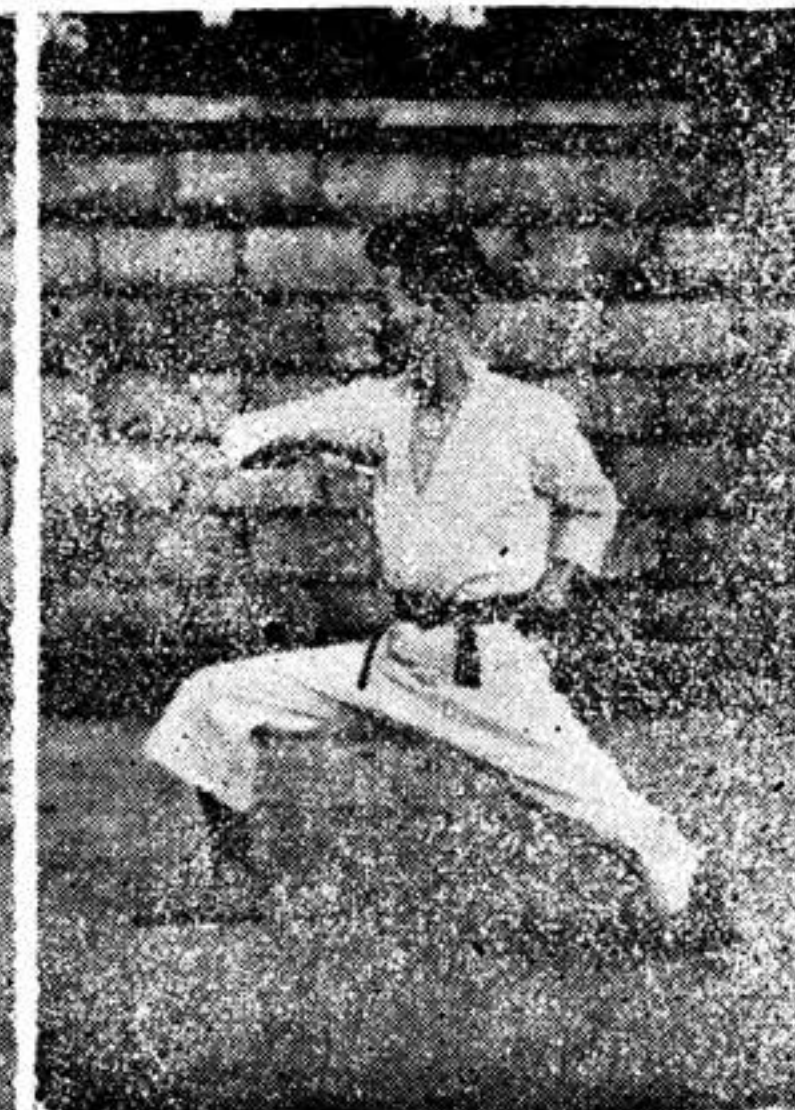
It is a slightly lower posture than the horse riding stance. It is used for avoiding and blocking, and for the whole body.

It is a suitable secretary for attack. (31st degree)

(Figure 30)



(Figure 31)



※1) Weight is distributed 7% on the front feet and 3% on the back feet.

2) The distance between the two feet is approximately twice the width of the shoulders.

Article 10 Fixed Secretary

Spread your legs slightly wider than when you are backbending and bend your knees sufficiently.

It is mainly used for defense. (32nd degree)

※1) Stand with your weight balanced on both feet.

Article 11 One-legged stand

Stand with one half slightly bent and the other half bent, with your feet in front of your knees.

Lightly touch it. (33 degrees) (Or you can touch it behind your knees, but this is not used except in special cases.)

It is used to attack the weak points of the tribe.

all. number of pipes

It is mainly used for frontal attacks.

1a. This volume

Used for front, rear and flank attacks.

Ma  class

It is used for flank attacks in the front and rear with the right of way, and is mainly used


in the Meiji battle.

bar. Japan

Frontal and side attacks, stabbing the pharynx and spleen.

four  volumes

Attacks enemies in front and on the sides, mainly used for facial attacks

all. river 

It is used to attack the front, chin, shoulders and chest.

2. Blocking

Blocking means defending the hands or feet of an attacking opponent.

Do it.

There are three types of blocking: top blocking, middle blocking, and bottom blocking.

There are three.

Common tips for blocking are as follows:

1. You must block it within the limits of not losing your center.
2. You must be half-body facing the other person.

A. Means of blocking

1) Wrist

The most used part of blocking, blocking all attacks from top, middle and bottom.

Wrist blocks include inner wrist block, outer wrist block, back wrist block, and There is a pulse wrist cuff.

2) capital

Used for top and bottom blocking.

3) Jang Kwon

Used for bottom blocking.

4) Wrist back

Used for stopping and lowering.

me. method of blocking

(Figure 36)

1) Stop the first act

coming to attack

Drop your hands or feet

I block it with the

feeling of throwing it.

2) Cervical stage

coming to attack

While stretching my hands

Makdi

(Figure 37)

3) Pull each

coming to attack

After blocking my hand

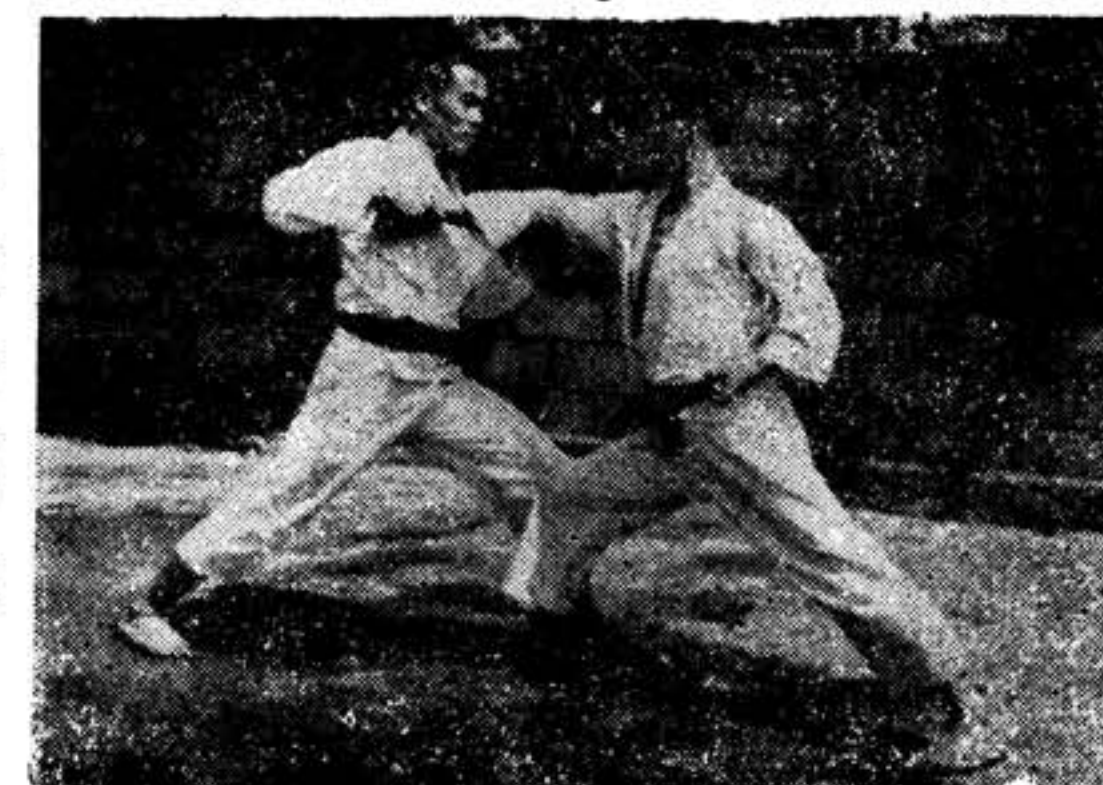
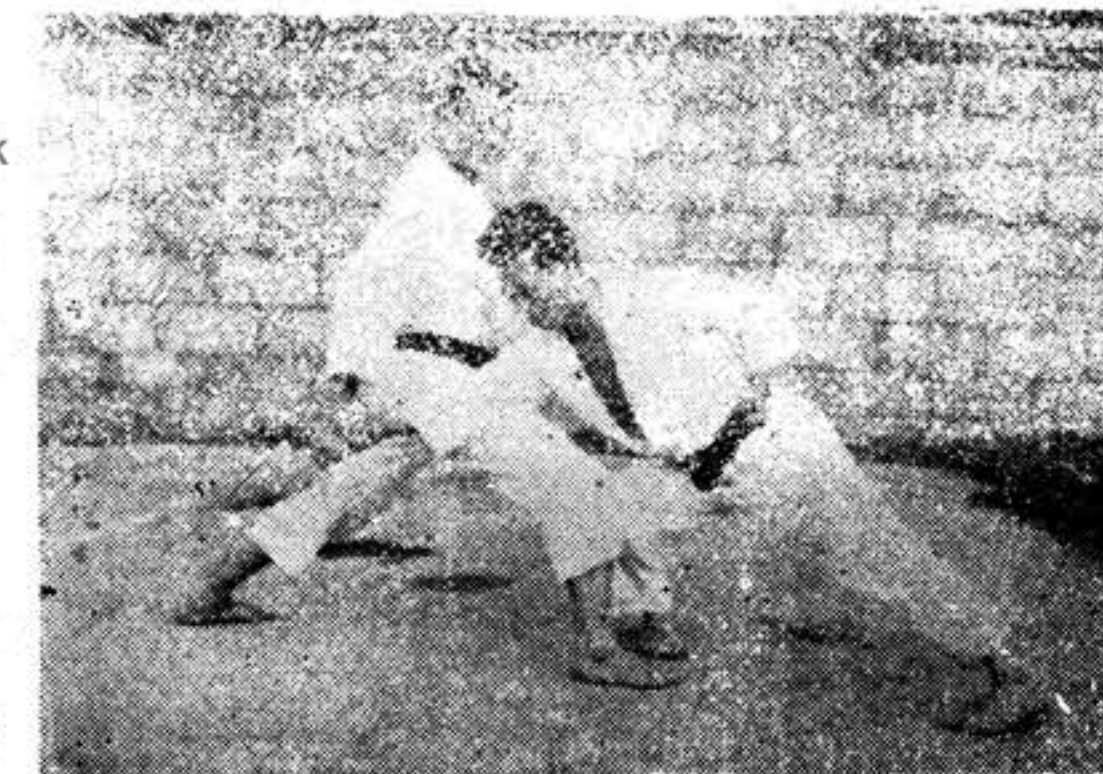
By pulling that hand

forward

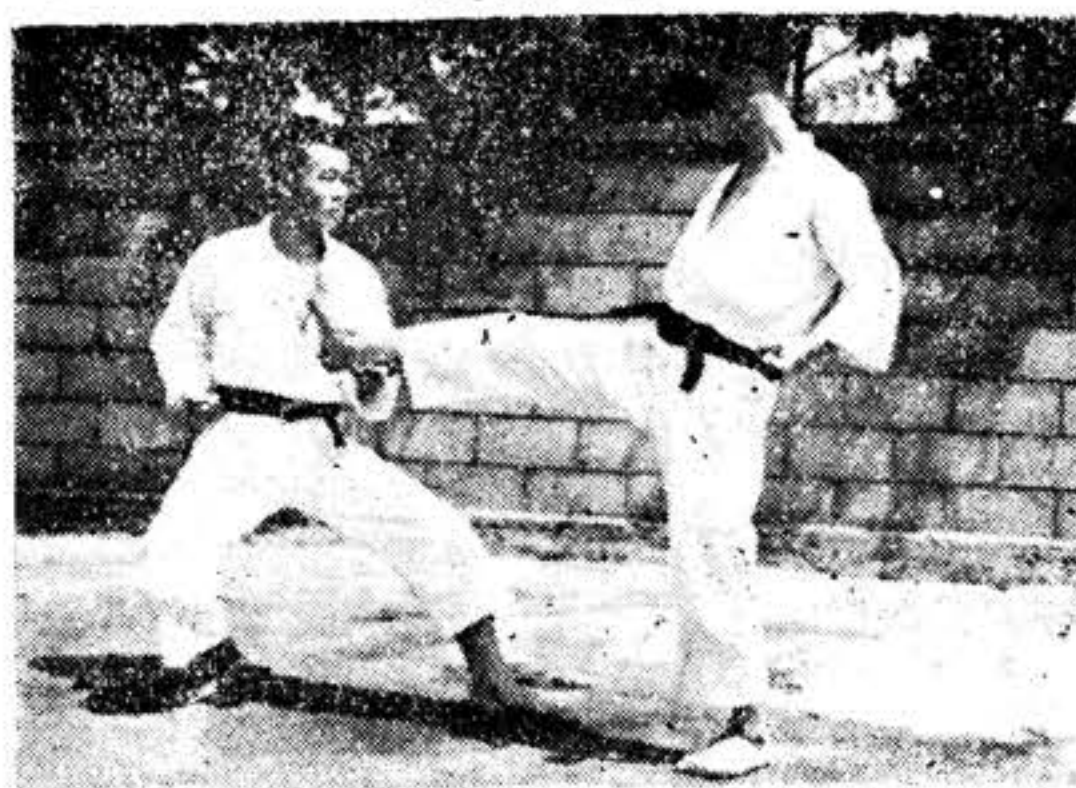
the other person's center

lose it

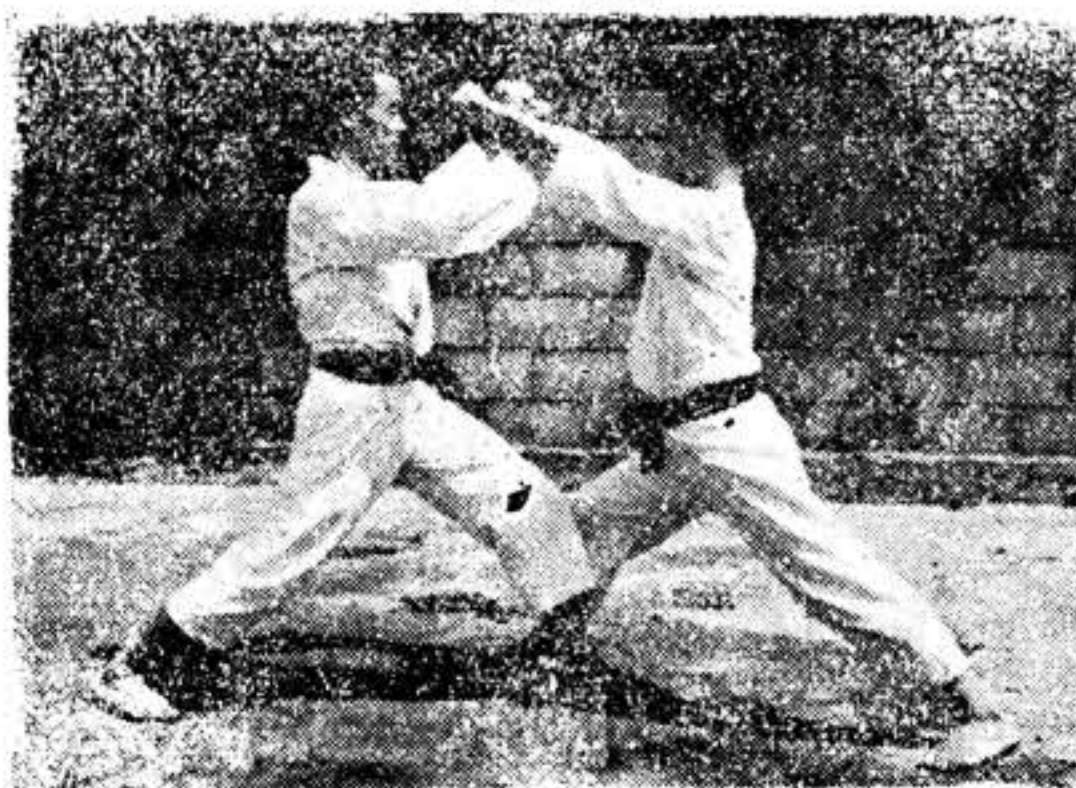
(Figure 36)



(Figure 38)



(Figure 39)



8) Double-handed blocking

It is to block attacks from the side with the double-barreled fist and lightly strike the left fist next to the elbow of the right arm. (40th degree) ※ The back of the hand of the double-barreled fist faces downward.

9) Sanmakgi

Sanmakgi refers to blocking the upper left and right sides with both wrists.

(Figure 41)

※1) When blocked, the arms and head form a mountain shape.

4) Twist mixer

In pull-blocking, it refers to biting the opponent's hand.

5) Hug

Attack by grabbing the attacking hand with both hands and pulling it to your armpit.

6) Blocking

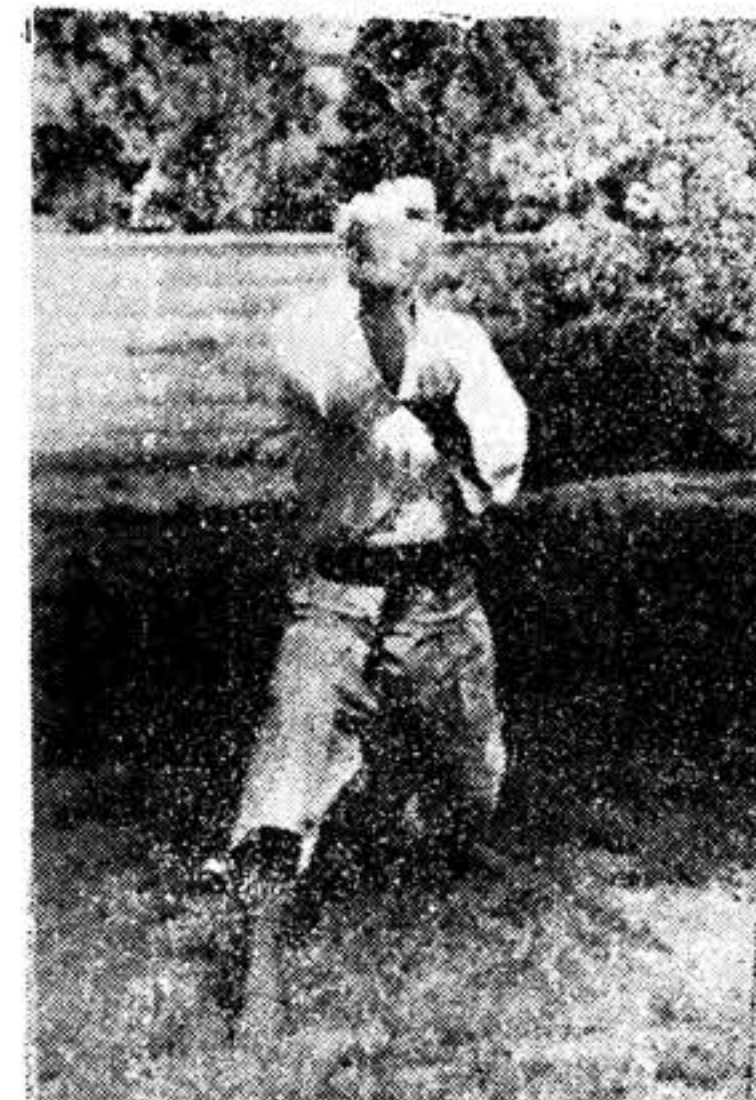
Raise or strike the attacking hand or foot with a fist. (138th)

1) Blocking the hatch

Block the opponent's two hands that are attacking you with your two wrists.

(Figure 39)

(Figure 40)



(Figure 41)



3) Your elbows should be level with your shoulders and your wrists should be parallel to each other.

3) The two wrists face each other.

(Figure 42)

10) Catch the Kongkongi

Grabbing a club is when you catch and beat a club that is coming at you while attacking with two swords.

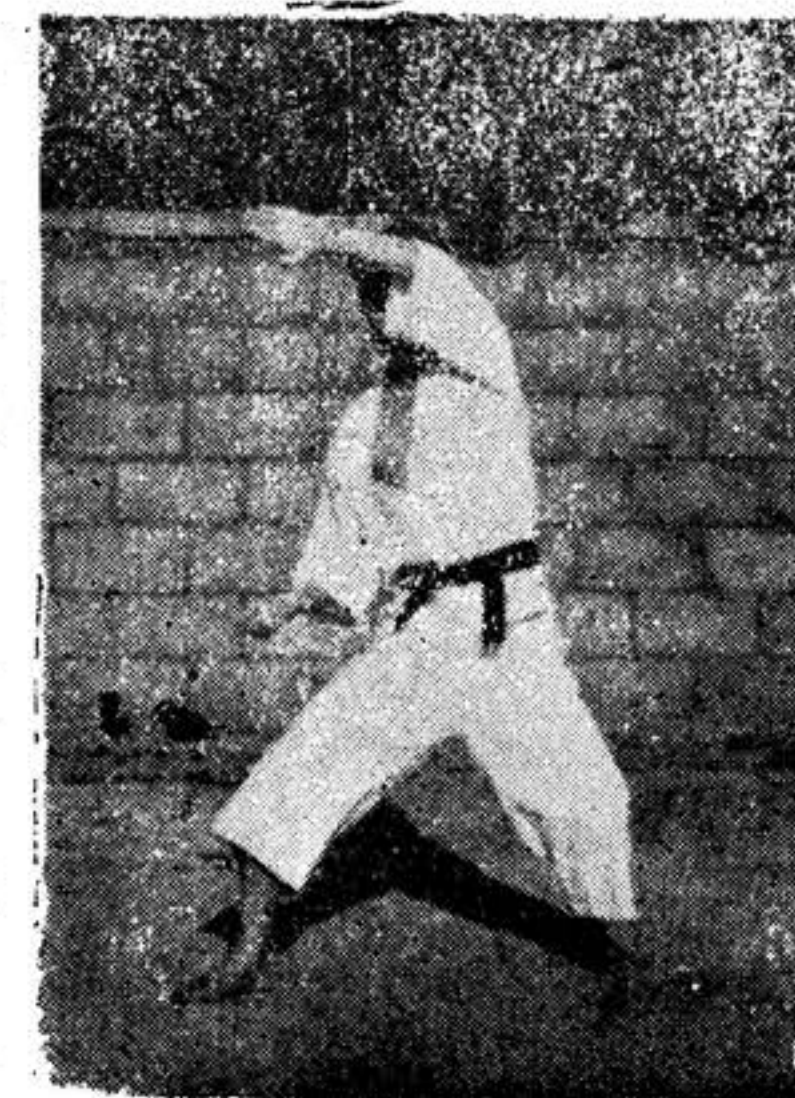
(Figure 42)

※1.) The back of the hand of the two-legged water pipe is

heading downwards.

2.) The two water channels must be parallel.

3.) Knees and head are also



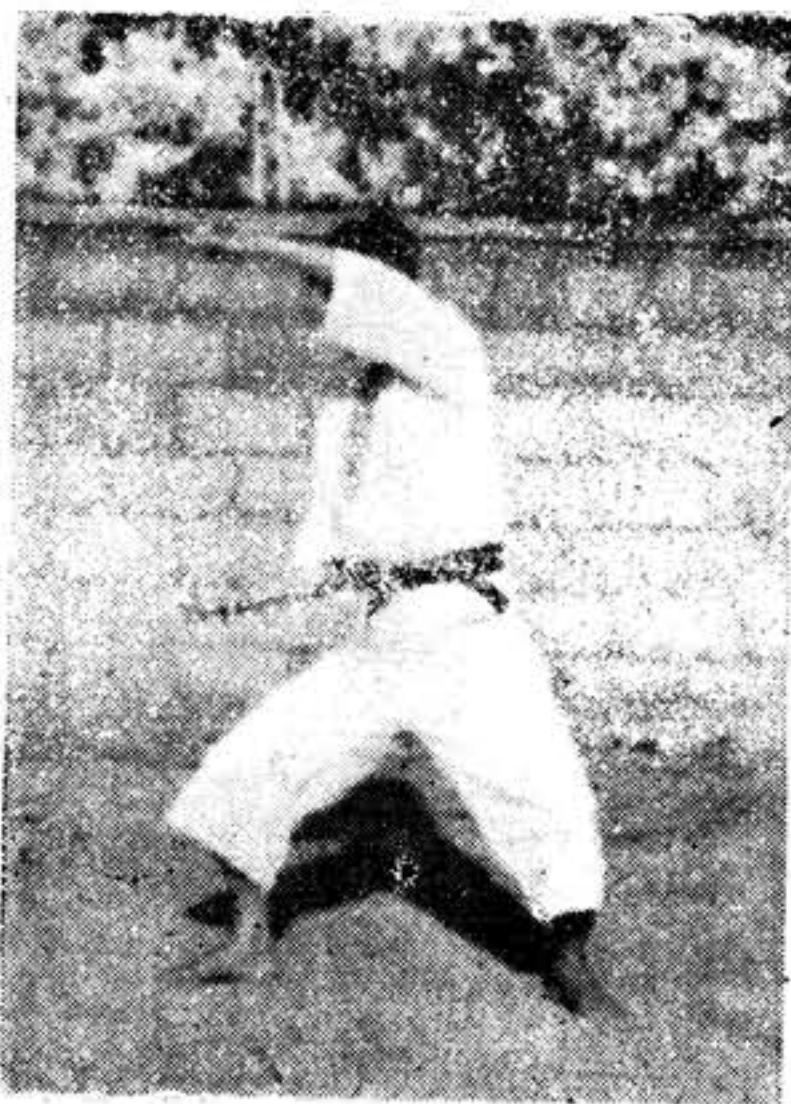
It must form a straight line.

11) Blocking the club

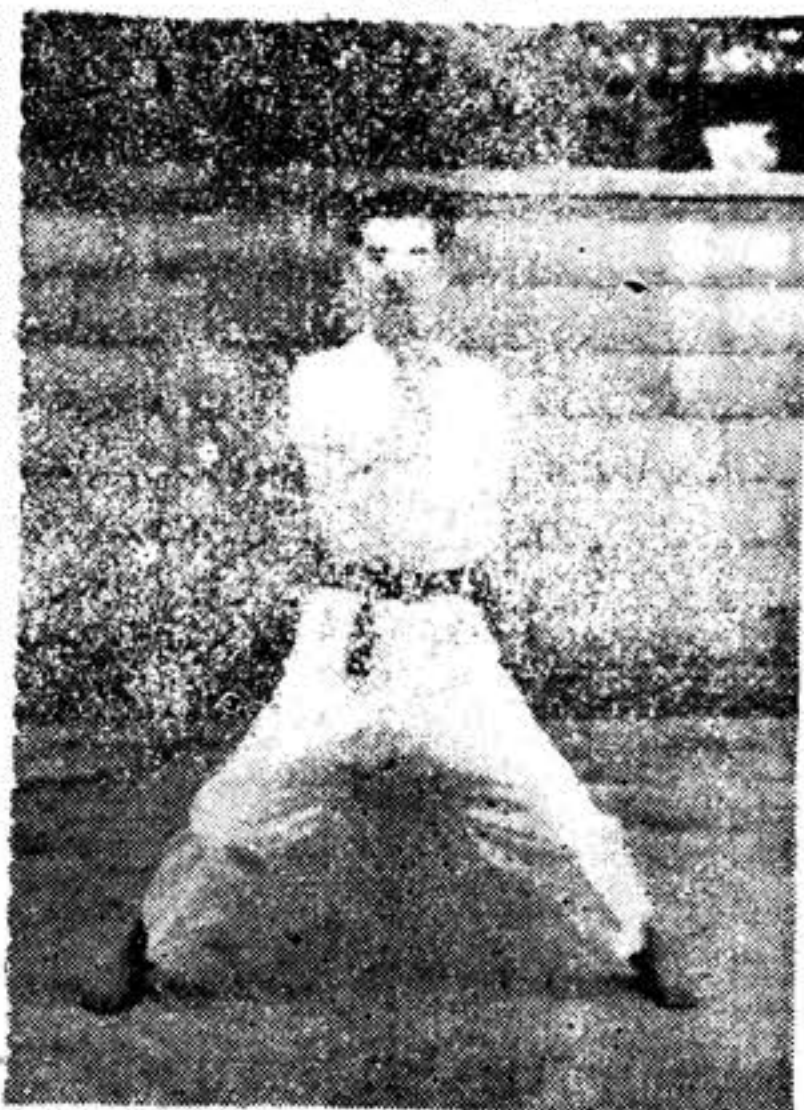
Blocking a club is the act of blocking an opponent's club that is attacking you. The technique is the same as catching a club. (Figure 43) ※

The palms of the two-way hand are facing each other.

(Figure 43)



(Figure 44)



12) Front block

Front blocking refers to blocking by placing the wrist or fist in front of oneself. (Figure 44)

13) Side blocking

Side blocking is blocking by placing the wrist or hand on one's side.

14) Water pipe blocking

A water crossing is a method of blocking two waterways by crossing each other.

This is mainly used for upper and middle blocking. (45th degree)

(Figure 45)



(Figure 46)



15) Cross-fist block

Cross-fisted blocking refers to blocking by crossing the wrists of both fists, and is mainly used for blocking the lower body. (Figure 46)

2nd foot skill

In Taekwondo, it represents the power of the receiving hand and its technique. It is a unique weapon that only Daekwon possesses, and it is more mysterious than the hand. Therefore, the name of Sado was changed to Daekwon. There are two types of footwork: attack and block.

1. Attack aircraft

go. front kick

Stand with your weight on your front foot and kick forward with your back foot.

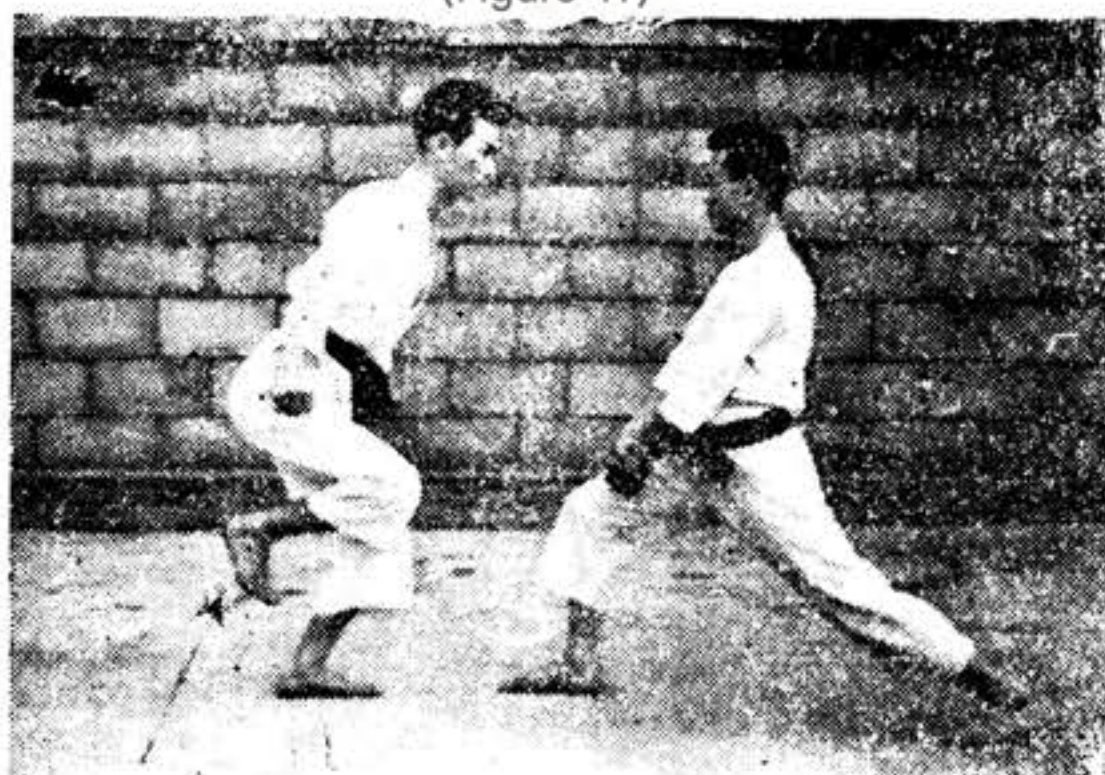
(Figure 47)

- ※1) Kick with the front heel.
- 2) Pull your heels back and lower your body.
- 3) Your knees should be in a straight line with your head.
- 4) As soon as you kick, you should pull your feet back.

me. side kick

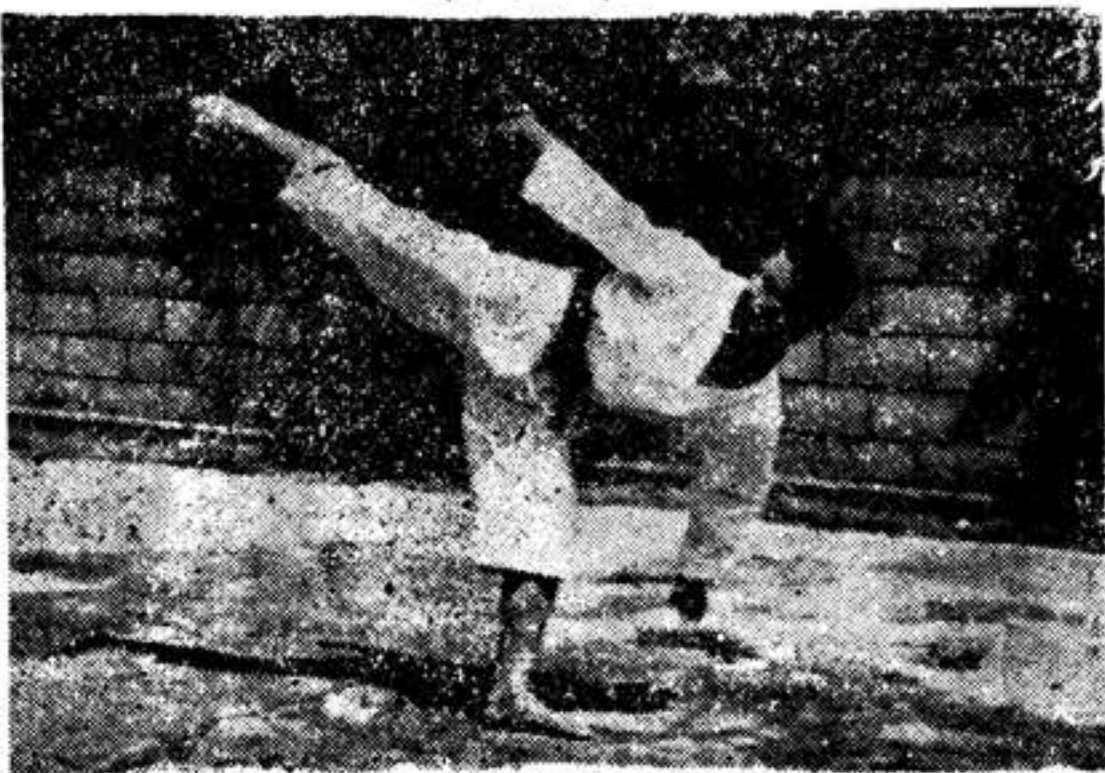
From a standing position, shift your weight to one foot and kick with the other foot.

(Figure 48)



(Figure 47)

(No. 48)



- ※1) Use the heel or the sole of the foot.

all. back kick

When you are caught from behind, kick with your heel. (Nangsim or cervical region)
Used for attacks.

la. round kick

Step one foot to the side, place your weight on that foot, and turn the other foot to stab the other foot.

(Figure 49)

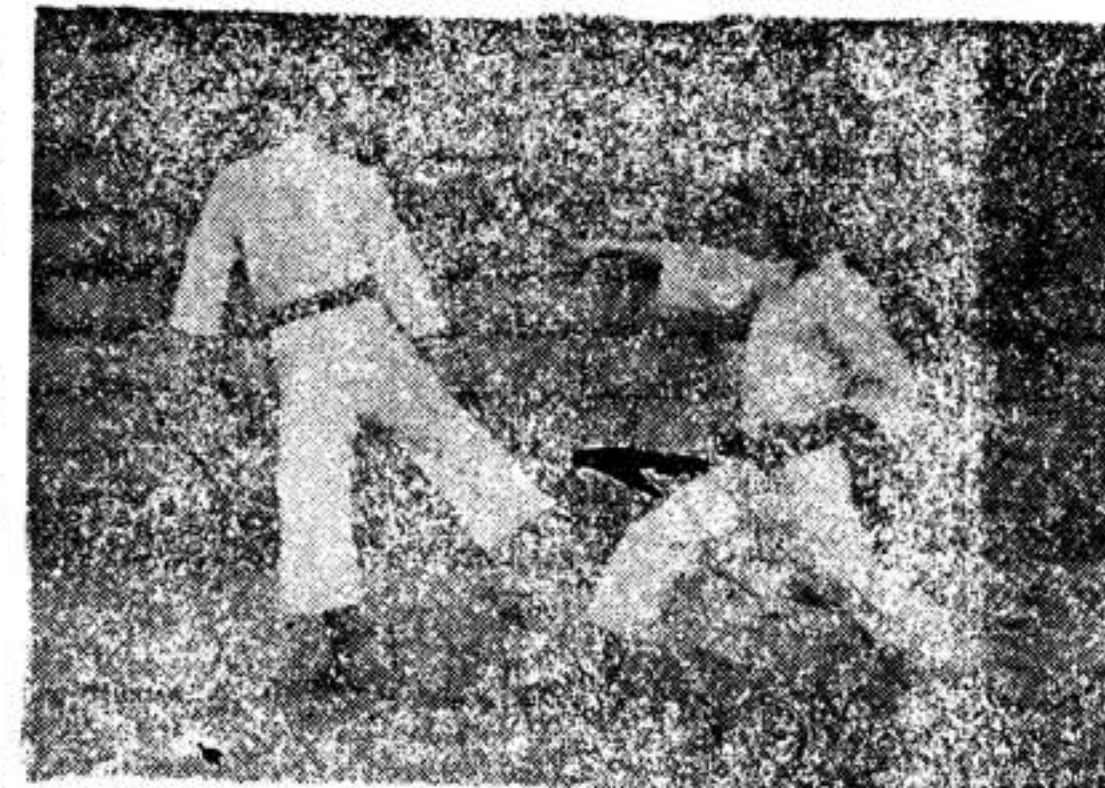
- ※1) Kick with the front heel

(Figure 49)



(Figure 50)

(Figure 50)



all.

2) The other person's feet are

It must be perpendicular to the body.

mind. push kick

Use your heel or heel to press down on your opponent's knee or foot.

※1) The other party's

2) You should feel the weight on the foot you are stepping on.

bar. knee kick

opponent is close

When doing this, kick with the knee as a front kick technique. It mainly attacks the groin or face.

4. Kick next to that side

Jump up with both feet and kick to the side with one foot. "(51A)

Ah. I heard you

Jump up with both feet and kick with one foot. (51B)

Okay. Kick that high.

Jump up with both feet and kick the target with one foot. (52nd degree)

(Article 51-A)



car. triangle jump

There are two ways to do this.

First, jump up and kick the target with both feet simultaneously.
(Figure 53)

The second is to run parallel to the ground, kicking a target with one foot and simultaneously striking another target with the other foot.

card. jump over

When your opponent attacks with an object, jump over it or jump over your opponent's height and attack from behind.

get on. consecutive kicks

Kick away the attacking hand or foot with the sole of your foot, then continue kicking with that foot.

green onion. air kick



(51st Degree-B)

Jump on both feet, spin in the air and kick the target with one foot.

(Figure 52)



(Figure 53)



Ha. Bipedal movement

Bipedal movement is moving both feet together while maintaining a low posture.

Controlling the distance from the opponent while advancing or retreating

It is said that these are used for attack and blocking respectively.

When the left foot goes first, it is called left foot movement, and when the right foot goes first, it is called right foot movement

It is called head-to-head movement.

※1) The distance between your feet should always be constant.

2) It is mainly used as a search engine.

go. kick

A kick is when you trip an opponent's foot and make them fall, and there are several ways to do this.

you. Raise your feet

(Figure 54)



(Figure 56)



(Figure 55)



Foot lifts refer to raising the feet a lot, and there are two types: forward lifts and side lifts.

Forward lifting means shifting your weight to the starting foot while lifting the other foot forward a lot.

(Figure 54)

Raising sideways means standing on horseback, pulling the left foot, and at the same time shifting the weight to the left foot and raising the right foot sideways as much as possible. (Figure 55)

2. Blocking

go. kick up

In a horse stance, you shift your weight to one foot and kick with the other foot.

All. (36th degree)

※1) Use a bamboo sword.

me. Chamakgi

When they are caught, they kick the attacking half with the soles of their feet.

Chapter 2 Exercise Tools

Breaking is one of the main elements of Taekwondo. The power of this breaking is achieved by training each part of the body with training tools. Therefore, the choice of training tools and the superiority of training directly affect the power of breaking.

Section 1 Category

There are dozens of types of this species, but the most important ones are the ones that are mainly used.

For example:

Item 1: 권고 (Rolled Sunflower)

A recommendation is a stake wrapped with a rope, which is the best tool for training, and can be used for the following purposes: regime, capital, right, interest, elbow, foot, front heel, back heel, knee, flat fist, Japanese fist, hand scissors, wrist, long fist, water fist, and hand.

It trains most parts of the body, including the neck, ankles, and back of the feet.

The three elements of high-level training are training speed and posture.

1. Type

There are two types of recommendations: fixed and mobile.

A. Fixed type (Fig. 1-2)

Pile width: about 3.5 inches

Length (full body)..... about 6 feet

Length (from ground) about 8.5 feet

Thick (upper part)..... about 5 minutes

◇(Bottom).....3 inches

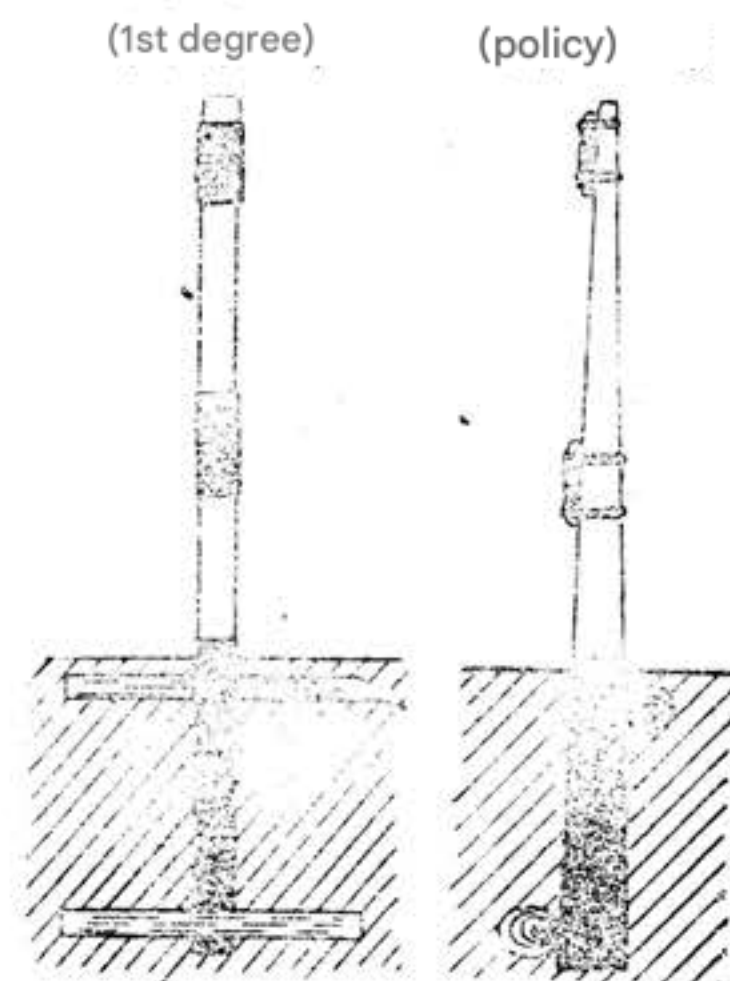
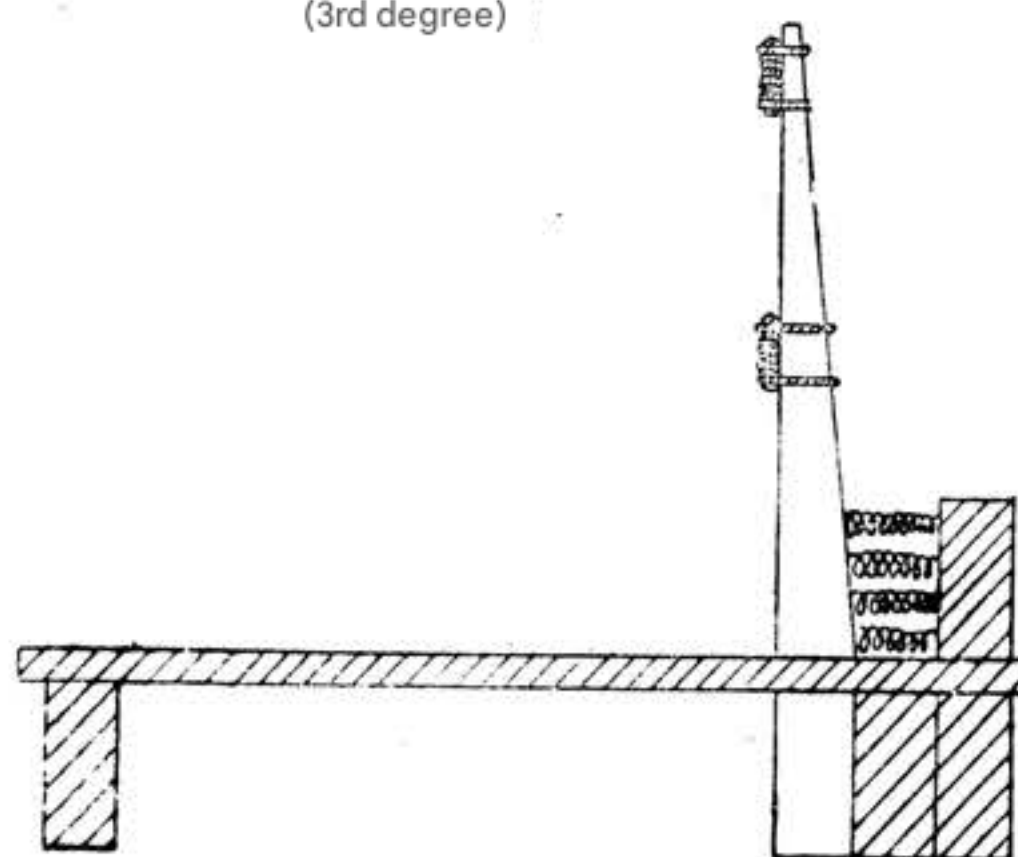
The first degree is what the regime saw
The second is a side view.

Me, mobile (3rd degree)

※1) The width of the tree should be the same from
top to bottom.

2) Thickness at the top and bottom

(3rd degree)



It is necessary to make a difference. This is to prevent the fist from getting hurt or the chest from throbbing during training by giving elasticity to the tree itself, and also to increase the speed.

2. How to make

Put the three on top of the cut rice straw or sack

A tangled bundle of moss, caught and beaten with a club to make it flat

(4th degree)

※(1) Length of cut off chick.....about 1 foot

(2) Approximately3.5 inches wide

(3) Approximately 2 inches thick

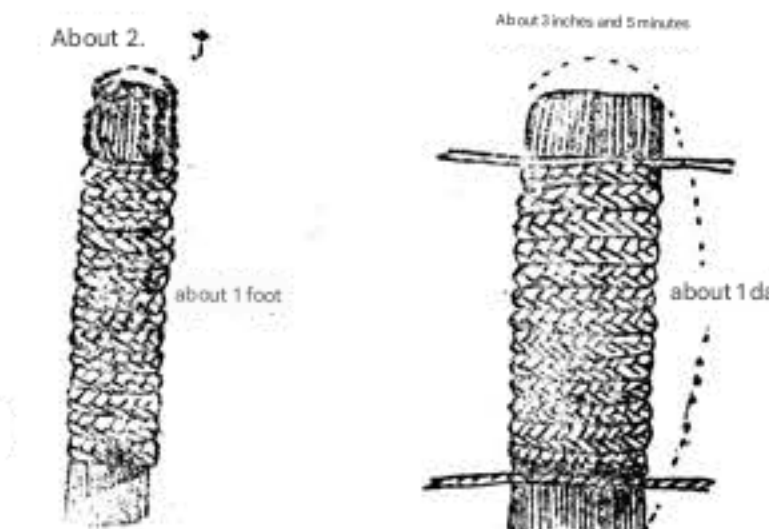
3. How to fix

Attach the created recommendation to an erected stake and tie both ends tightly with rope or string.

※1) For hand training, do a forward bend

In a horizontal position with the arms

2. For foot training, knee height



Article 2 Recommendations and background

Deulun-gwon-go and Baek are the Deulun-gwon-go and Baek that are used to train power, axial power, waist power, and elbows. There are many types of these, but the following three are mainly used.

1. Recommendations

Cut straw into about 2 feet long and tie it tightly with rope or string to a diameter of about 1 foot. Wrap string around it again, tie both ends together, and hang it at chest height. This is used for power training. To use, push or kick with the palm, fist, or foot, and then stop the rebound with the front heel or the twisted side elbow. When this short string is mastered, go beyond the rebound and go to the opposite side and stop the rebound with the elbow or front heel.

※ Lower your body when stopping.

2. Molinbaek

Mix sand and sawdust in a "canvas" bag, weighing about 10 cubic meters.

(Image 5)



And run away.

This is used to train the strength of the lower back, and the training method is to push with the hand, hit with the handle, or kick with the foot, and then stand in various postures and push with the palm or elbow when returning the rebound.

(Image 5)

3. Elastic back

Fill a soccer ball-sized bag with sawdust or rags, tie the top and bottom with a rubber band, and use the elasticity of the rubber band.

Use it to practice stabbing, kicking, and advancing and retreating.

Article 3: Hanging

A grip is a tool used to practice wrist grabbing, grabbing, elbow

wrestling, and water stabbing.

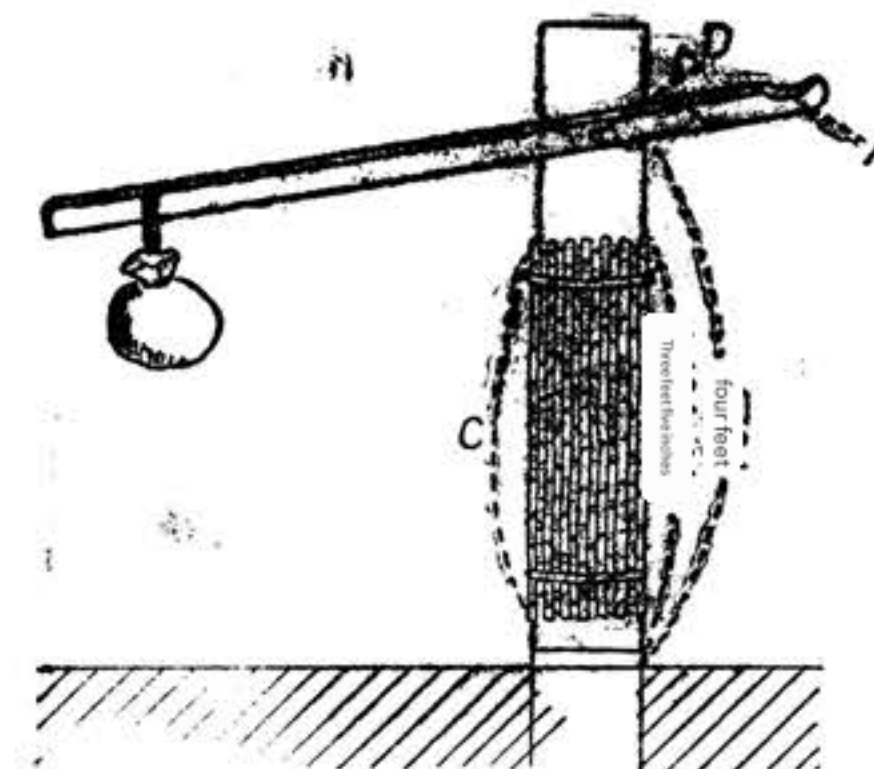
1. How to make

A. Set up a tree as in (Figure 6) and tie a sandbag to point E.

B. Attach the C section vertically with a piece of rattan or thin bamboo.

※1) Fill the pocket with sand. Adjust the weight according to the specific gravity when pressing point A.

(Figure 6)



2) Tie the C part tightly from top to bottom with a string.

3) Point D uses the heartbeat. Use it.

2. How to use

go. continuous training

1. Hit point A with your wrist and then open your hand and press down.

2) Then kick part C with your foot.

3) Lower your feet and hit the C section again with your elbows.

me. pipe training

Stab the C part with a chisel and then pull the vertical tree.

all.

※① The purpose of continuous training is to block an attacking opponent's fist with your wrist, then grab the opponent's arm with that hand and simultaneously kick the opponent's knee or shin with your foot, and then stab the opponent's shin with your elbow while lowering your foot.

Item 4 ㅁㅁㅁ

"Baek" refers to a mixture of sand and sawdust on "campus" and hung high up. It is mainly used for foot training and high jump training, but it also involves body resistance, attacking spirit, and eye training.

※1) The weight of the white is 10~20 gwan

2) The height can be adjusted depending on the intended use.

Item 5: Sand Box

This is used for water drilling, and the method of making it is to put sand in an empty box.

Or fill it with red beans, soybeans, etc.

Item 6 봉

It is used to develop the muscles of the arms and shoulders.

Article 7 Other

There are clubs, dumbbells, etc., but they are not widely used.

Section 2 Exercise Method

Item 1: 정권(正拳)

It is mainly used for the recommendation and back. In addition, it can be trained with the body support technique with a clenched fist.

Training is not something that is accomplished overnight. It is something that is acquired through a long period of constant and precise training methods. The common unique points in the training methods are as follows.

※1) Do not apply excessive force or do too many reps from the beginning.

2) You must train in the morning and evening even for a short period of time.

3) When one part is injured, wait until that part recovers or do not use it and train another part. In another case, it may be a good idea to continue practicing stopping 1 inch (寸) in front of the training ball.

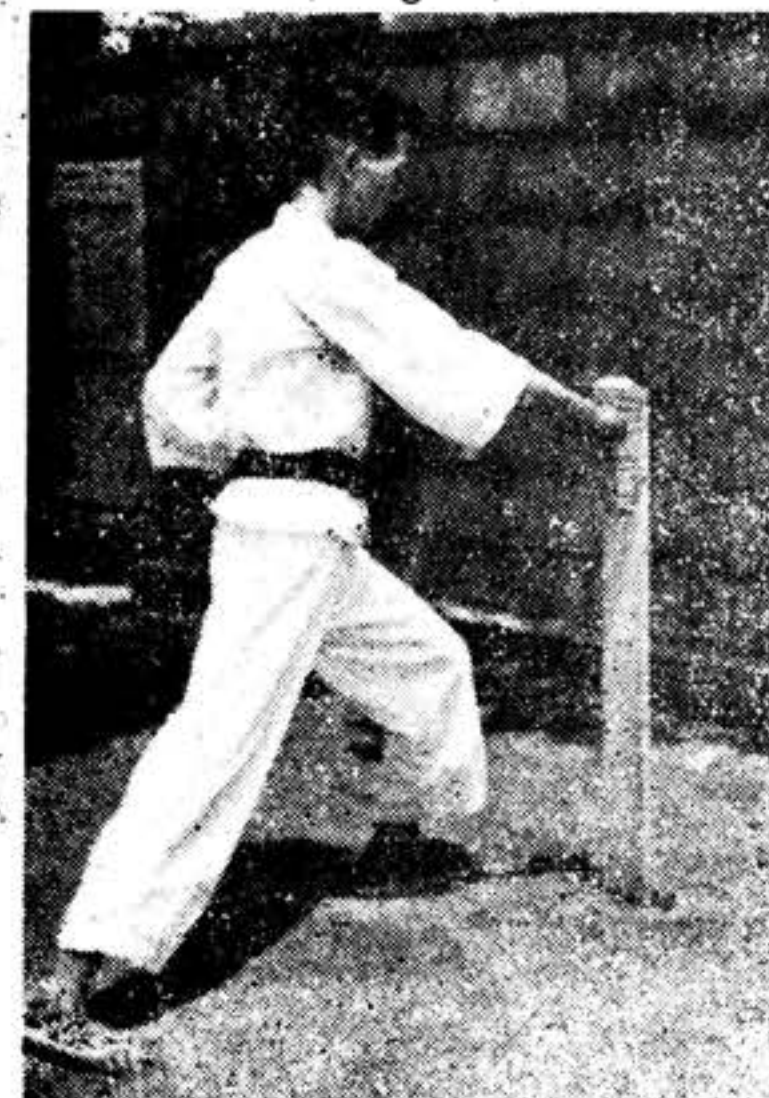
4. Training should not be focused on just one side.

1. Training by recommendation

go. location

1) Stand on the side of the recommendation. That is, stand on the measurement side of the recommendation.

(Image 7)



This is a method whose main purpose is to increase speed. (Figure 1)

※① The thrusting fist and the pulling fist must be one movement.

② Place one foot in a straight line with the recommendation and the other foot conveniently placed in front of the recommendation.

2) Standing directly in front of the power. In other words, standing straight with the power is the main purpose of fist training.

3) Stand at a distance from the

target. This is mainly for training speed and accuracy against the target.

B. Standing

Beginners should stand in a forward bend when practicing right-handed fists and in a left-handed fist when practicing left-handed fists.

Depending on the level of skill, there are backbending, horseback riding, and lowering stances.

There are several ways to do this, but lowering your stance is the best.

all. Readiness posture

When doing a left forward bend, place your right hand on your right waist and your left hand on your left knee.

Put it in (3rd degree)

When you turn right, it is the opposite. (The following explanation is based on the right side, but when you turn left, the opposite method is used.)

※1) The distance between the left hand and the knee is about 6 inches. 2) The back of the left hand faces upward, and the back of the right hand faces downward.

(Figure 8)



Must be turned on.

1a. sting

Stand facing the direction of the recommendation, stretch out your right arm, stand in a position where your upper body or shoulder does not go forward, and then block with your right hand on your right waist and your left hand on your lower back. While stabbing with your right hand, simultaneously block with your left hand.

Pull on your left waist.

※1) If you apply + force when stabbing, you must apply 12% of force when pulling.

2) The recommendation is to stop at the moment of hitting.

3) When faced with the recommendation, do not use force the first few times, adjust the position and distance, and then gradually use more force.

4) Stab the opponent's weak point by imagining the advice.

2. Training by connections

There are two types of Baek: Big Mak and Small Bak. The Big Mak is mainly used for fist training, and the techniques are similar to those of the Recommended. The Small Bak is used to train elasticity and accuracy against moving targets after mastering the Recommended.

3. Supporting the body

Support your torso with your fists shoulder-width apart.

※1) It is more effective on stones, boards, or hard ground.

2) It is based on the regime.

3) Pulse Wrists should be turned inward towards each other.

Item 2 Hand Knife

Mainly using recommendations and connections. In addition, training with capital and capital

There is a way.

1. Training by recommendation

When using the right-hand capital, there are two ways to stand: standing on the left side of the recommendation and standing on the right side of the recommendation.

A. Stand on horseback on the left slope of the recommendation, raise the right hand to the left shoulder, and at the same time, extend the left hand to the lower right and cross it, then strike the recommendation. (Figure 9)

※ The back of the hand placed on the shoulder is facing down, and the back of the hand placed on the left is facing up.

Must do it.

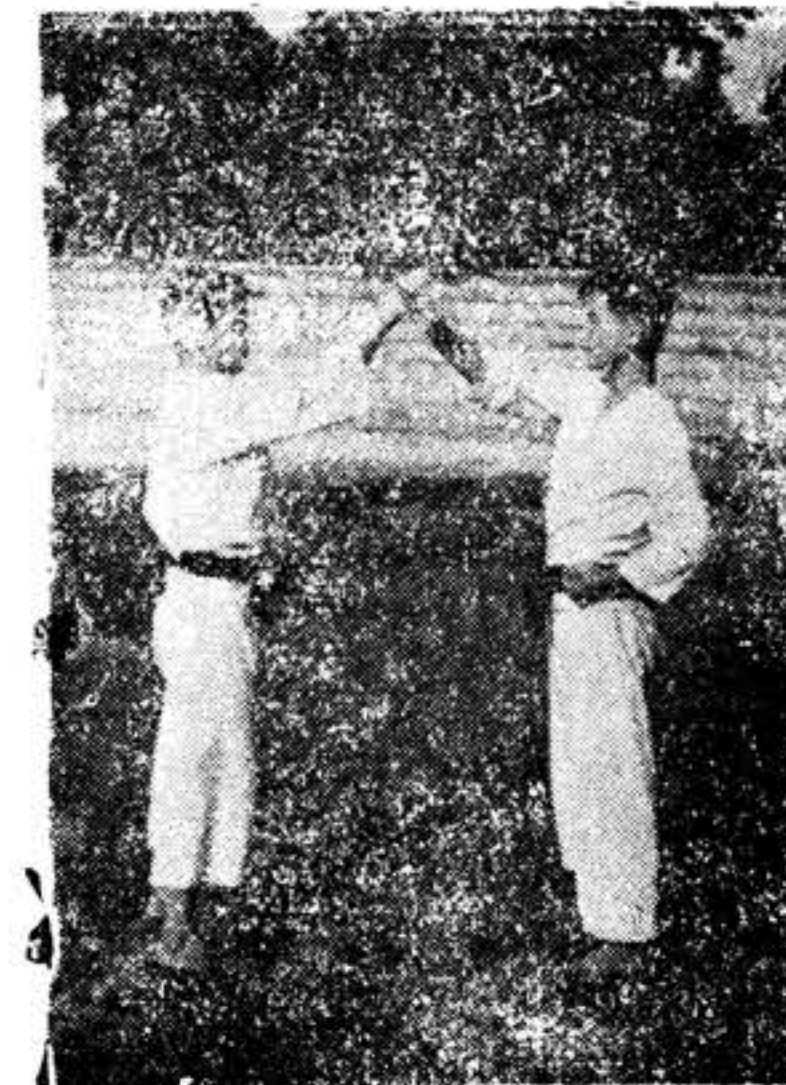
B. Stand on horseback on the right side of the recommendation and raise the sword above your head.

And the left hand blocks the lower left.

(Image 9)



(Figure 10)



※ The hand that is raised faces toward the head, and the hand that is left faces upwards.

2. Training by Baek

It is the same as the recommendation.

3. Training by capital and capital

There are two ways to do this.

A. The two-person method

Two people, A and B, stand facing each other and move forward and backward.

And hit the capital. (1st)

※1) Use both methods "A" and "B" of the above "1".

2) In the case of "A" being the superior city, "B" is also superior, and in the case of "A" being the

left-hand city, "B" is also the left-hand city.

3) When the foot "A" moves forward with the right foot, "Z" moves backward with the left foot.

me. How to do it yourself

This is one of the characteristics of the Daekwondo training, and can be done anytime, anywhere, standing or lying down. The trick is to strike your left and right hands in a + shape.

Item 3. Reverse Sword

1. Stand on horseback to the left of the commander, then raise the scepter over your left shoulder and then lower it. (11th degree)

※1) The hand is placed on the shoulder with the back of the hand facing upwards.

2. Stand on horseback to the right of the commander, then raise the water jug above your right head and bring it down. (12th degree)

※ The water bottle placed on top of the head has the back of the hand facing downwards.

4. GO-SEO (Thrust)

Sand buckets, slings, and slings are used for water drills.

(Figure 11)



(Figure 12)



Put sand in a sandbox and poke it until it is somewhat hardened.

Replace with beans and finally train with advice.

Item 5. Reverse Fist

In the case of power training, recommendations and connections are mainly used, and the methods are the same as in the case of the capital.

※ Since the back of your hand is easily injured, do not apply excessive force and do it in small repetitions until the back of your hand hardens.

Article 6 Wrist and Neck

For wrist training, we use the recommendation and the kick. In addition, there is a method of hitting the wrist with the wrist. The wrist is the most important part of blocking. Therefore, by training it well, you can block any attack from the opponent and strike at the same time. This is defense, or attack.

1. Training by recommendation

A. Ansunmokdanryeon

1) Stand in the left front of the recommendation, then raise the right hand over the left shoulder and then bring it down.

※① Raise your wrist above your shoulder with the back of your hand facing upwards.

2) Stand in front of the right side of the recommendation, then raise the right hand over your head and then bring it down.

※ The wrist raised above the head has the back of the hand facing backwards.

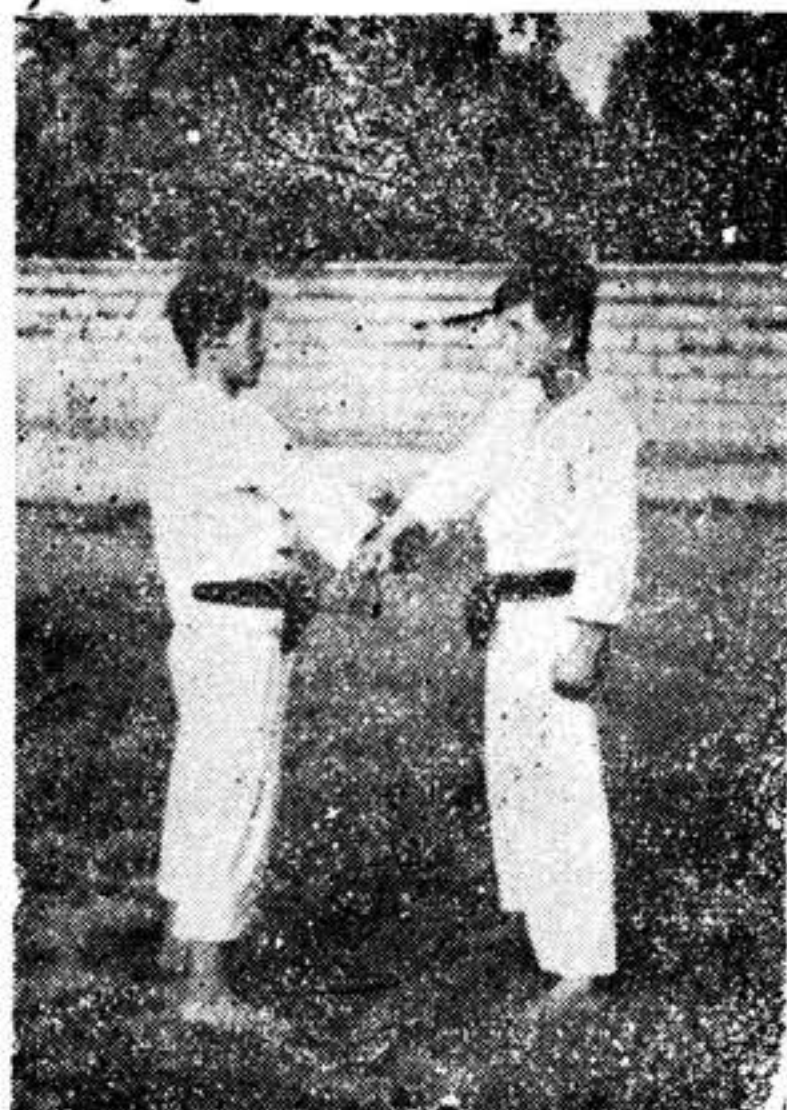
B. Outer wrist exercises

The training technique is the same as for the inner wrist, but the raised wrist faces downwards.

D. Back and wrist exercises

The training technique is the same as the inner wrist, but the raised wrist is with the back of the hand facing down.

(Figure 13)



heading to

Ra. Pulse Wrist Training

The training technique is the same as for the inner wrist, but the raised wrist faces downwards.

2. Training by wrist

A. In case of two people

The training method is for two people

Same as the capital city. (1st degree) ※

Touch the inner wrist with the inner wrist, and the outer wrist with the outer wrist.

me. If you do it alone

The training method is to do it alone

The same is true for .

※ The inner and outer wrists touch each other.

Article 7 elbow

The elbow exercises use the recommended, in-referenced and "back". After the training is over,

You should do arm flexion exercises.

1. Elbow straightening

(14th degree) Stand on the left side of the recommendation and place your right hand on the left side.

After crossing the arms to the right, pull the elbows back and hit the ball.

※1) When crossing, the backs of the left and right hands each face upward.

2) The moment you make the recommendation, the back of your hand faces down and your fist is lower than your elbow.

2. Two-arm elbow

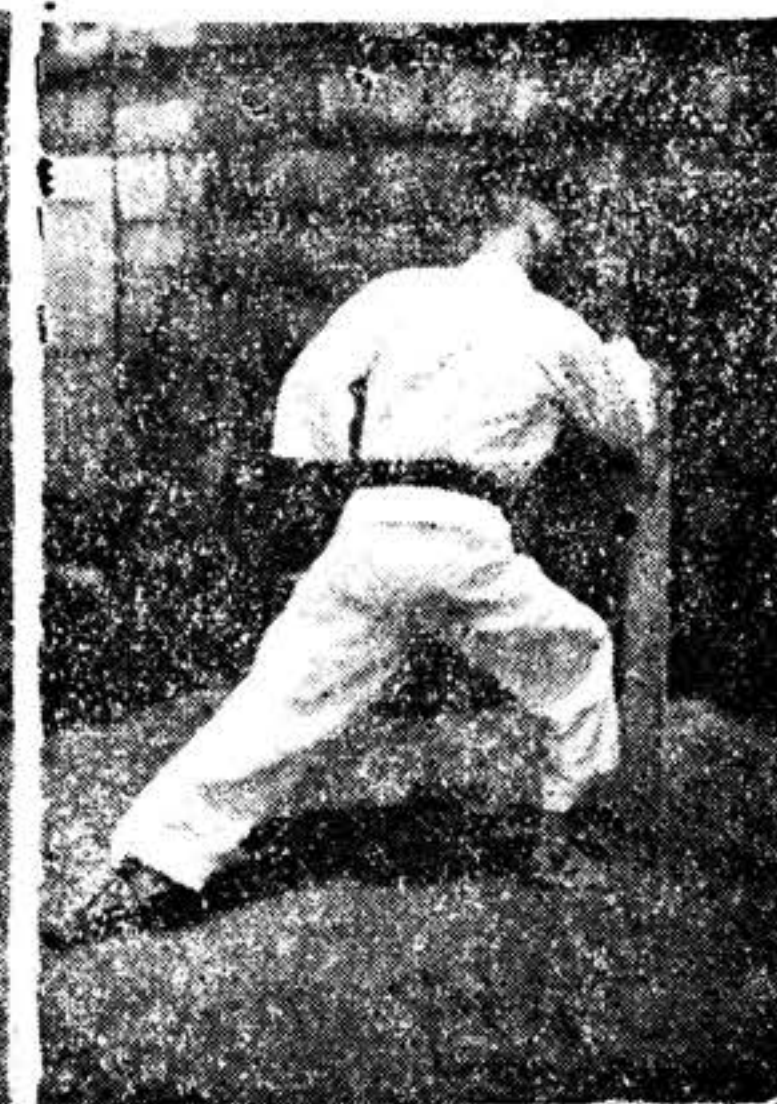
For the elbow press exercise, use 'Baek'. The method is to lower 'Baek'.

all..

(Figure 14)



(Figure 15)



3. Front elbow

When facing the recommendation, take the counter posture for the Shiseo Jeon-gul-jji, then strike the recommendation with the elbow. (15th degree)

※1) The moment you make the recommendation, raise your right fist to your right ear and point the back of your hand upward.

2) You must strike while lowering your body.

4. Rear elbow

Turn around 1 foot in front of the direction of recommendation, raise the right hand to the right ear level, and then stab the back with the right heel.

※1) The fist raised to the ear points outward.

5. Side elbow

The training technique is the same as that of the standing arm curl.

6. Side elbow twist

Stand facing the direction of attack, clench both fists and place them horizontally on your chest, then take a large step forward with your right foot and lower your body while thrusting with your elbow.

※1) When both arms are horizontal, the chest is open and the backs of the hands are facing upwards.

2) When you start the car, you should not put strength into your shoulders or lean your upper body forward.

Item 8 발

The feet are trained by the push-ups, the kicks, the kicks and the "back".

1. Front heel

Stand in a left-handed stance, extend both fists down, and then kick with your right foot.

※ The backs of the two fists face outward.

Another method is to stand in a prone position, place both fists on your hips, and kick with your right foot.

※1) The two fists placed on the waist have the backs of the hands facing downwards.

2) In both of the above cases, there are two ways to kick: straight from the front and turning from the side.

2. Jokdo

Stand sideways in front of the target and kick with the side kick technique.

Once you have mastered this, change direction and stand, turn to the left with your left foot as the axis and kick with your right foot.

Article 9 Knee Muscle Training

There are two ways to do this: by "backing" and by doing it without any training rules.

1. Method by "backing"

By repeatedly practicing lifting the "back" that is hung high, you can improve your knee strength.

Strengthens muscles.

(Figure 16)

2. How to do it without a training tool

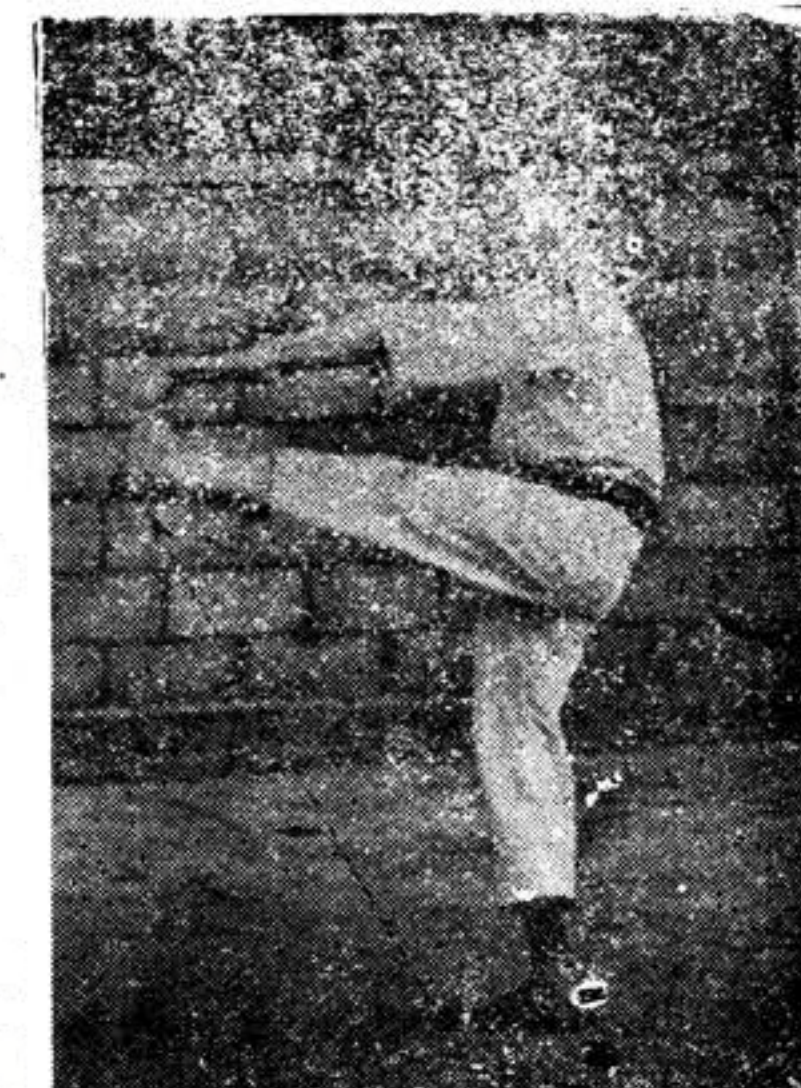
go. How to do it standing up

1) Stand side by side and raise both hands forward to shoulder height.

2. Raise your palms and kick while alternating your hands to the left and right feet. (Figure 13)

me. How to sit

1) Raise your left knee and extend your right hand so that it is perpendicular to your left knee.



(Figure 17)



sit down

2) Spread both hands

and lean your upper

body forward.

(Figure 17) Repeat the above

movements to the left and right.

Article 10 Breathing Method

(breathing method)

In Taekwondo, breathing

is considered important along with technique, and is absolutely necessary for controlling speed and strength.

For example, if you are attacked by an opponent while your stomach is pulled in while breathing, you will receive a very fatal blow. Also, if you breathe frequently while advancing or retreating, this will immediately reduce your speed.

However, this important breathing technique is not easy to achieve.

This should be done consciously over a long period of time, through practice or instruction, so that it becomes a habit.

Let's explain the basic recommendation of breathing exercises.

There are three types of breathing: inhaling, exhaling, and holding.

When you pull the grip to your waist, inhale, and when you put the grip to your waist, hold your breath. With the held breath, push with your fist, and exhale the moment your fist touches the buttocks.

However, when you pull back quickly (when attacking an enemy behind you), you will be stabbed in the front.

It's like breathing out at the same time.

Article 11: Eye training

Eye training is based on the practice of two people using the stone-in-the-wall technique. The

trick is to use the stone-in-the-wall technique to stab or kick the target and the direction of its movement.

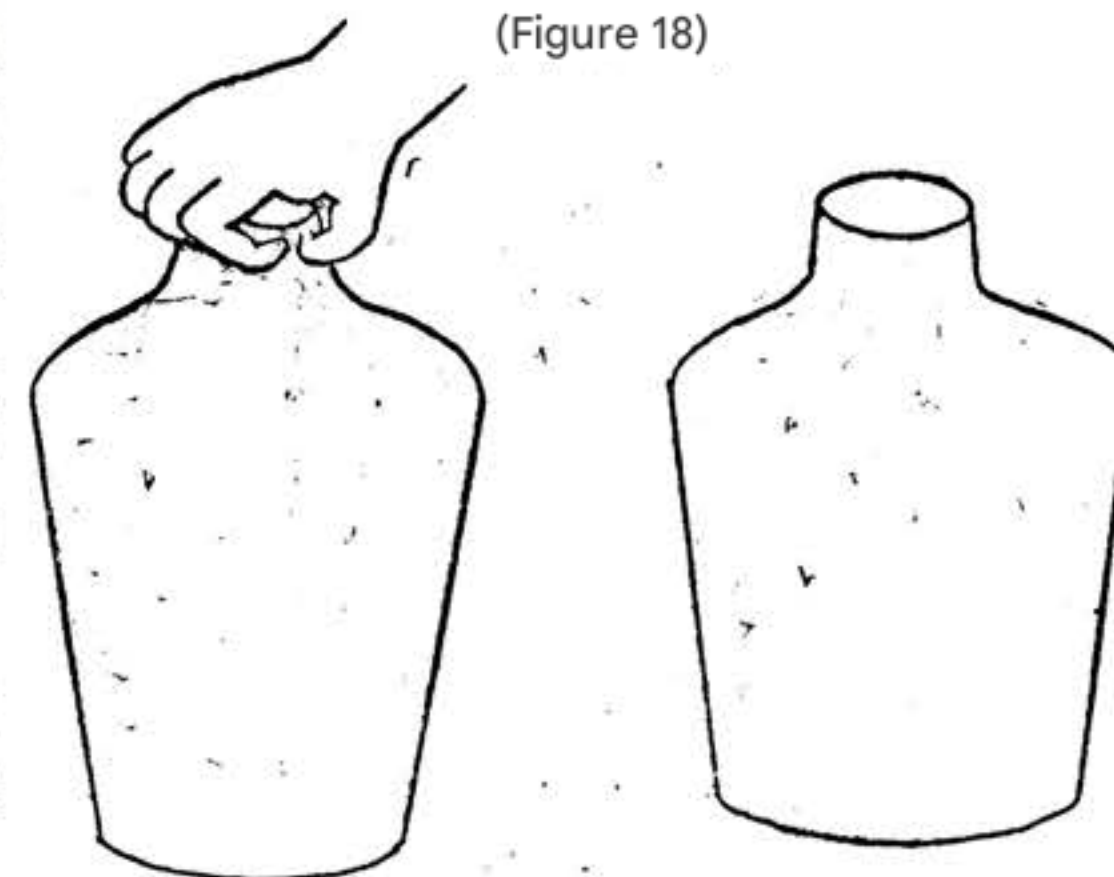
It is about accurately marking the distance and stabbing while moving forward, backward, or dodging to the side.

Item 12 Grip strength

For dumbbell training,

only dumbbells and iron wheels are used. Here is an explanation of the easiest to obtain single dumbbell training (Figure 18). Hold it as shown.

(Figure 18)



※1. The palm of your hand bending deeply towards all.

2. Use the inner side of the second joint of the thumb.

3. Use the inner side of your fingertips for the remaining 4 fingers.

Article 13: Strength training

There are many exercises to strengthen the lower back, such as push-ups, horizontal bars, and two-person reverse lunges or reverse rotations.

1. Daoyinbeop

After A and B stand facing each other at an appropriate distance, A stands in an "attention" position, and B stands with a slight bow, places both elbows on the chest, and extends both hands.

A falls forward toward B in that position. B puts strength into his lower abdomen and supports A's weight with both hands, while bending his upper body backward.

B raises his upper body again and extends both hands to return A to its original position.

※1. By alternating these movements, you can train each other's magical powers.

2. The width of the forward bend should not be too wide.

3. Once you are good at this method, run towards your opponent from a distance and make him fall over.

inversion method

Both people face each other with a light forward bend, then A opens both hands and thrusts his fist out as if he were pressing B's shoulder.

At the moment when A's two hands are about to touch his shoulders, B blocks A's left elbow inward with his right elbow, and at the same time blocks A's right elbow outward with his left long fist, and simultaneously raises both hands forcefully from bottom to top. At the same time, he places A's two hands under his right side.

※1) If you do not use strength in your abdomen and hands when pushing, you will only be able to put

your hands in B and will not be able to train your strength. Also, when you put your hands in B, you will lose stability in your center of gravity and easily fall, so you should use strength in your abdomen to avoid falling.

2) When B tries to catch A while he is pushing, he can easily fall if he supports A's elbow with his hand.

3) After completing the alternating training, it is okay to repeat the training while standing on the back foot.

Item 14: Jumping Exercise

There are several methods for this, including "hundred" push-ups, jumping over people, and jumping rope.

1. Training by Baek

Lift a heavy bag and jump over it. Increase the weight according to your skill level.

2. Training based on recommendations

Push hard and use the rebound to jump over it.

Repeatedly.

3. Training through rope jumping

Hang a high rope and run from a distance while jumping over it.

A. Depending on the level of proficiency, the distance is shortened and the rope is raised.

4. Jumping over people

First, a person bends down and runs over them, jumping over them. Depending on the level of proficiency, the number of people bending down increases and the distance

is shortened. (Level 1)

Jump over this person

And the master Han (Han Chagyo)

who is skilled in Baekdanryeon

Jumping over 7 people

1 inch outside that 2m

I was able to cut 3 pieces of paper without any problems.

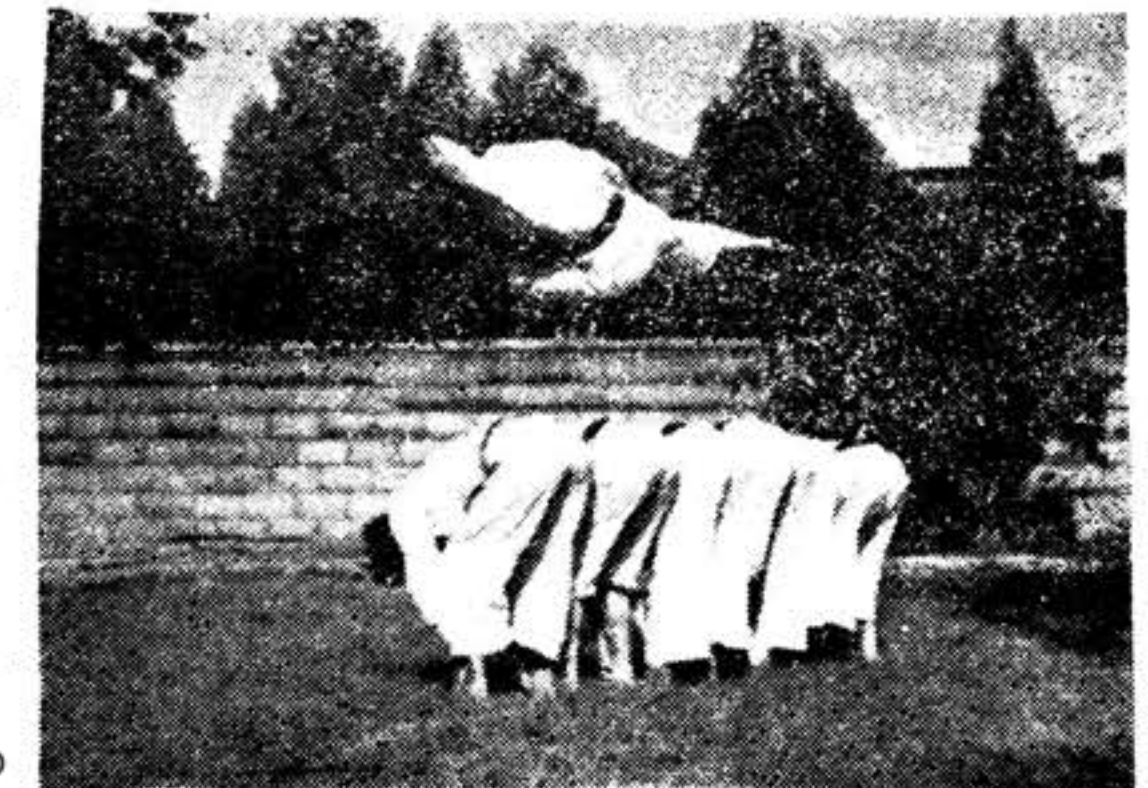
Defeat. Not only that

At a height of 9 feet

He breaks two tiles into

pieces and looks very happy. He used this technique to enchant the audience during his last performance tour of Southeast Asia.

(Figure 19)



third



base

book

Chapter 1 Attack Skills

Taekwondo without the correct fundamentals is like a castle in the air. The fundamentals are the foundation of all things in Taekwondo and are the key to success or failure.

The basics are the three things of stabbing, blocking, and kicking, and these three things are the whole of Taekwondo and the standard of training. Therefore, even without a match, you can tell the level and years of training of a Taekwondo practitioner just by looking at these basic movements.

Section 1 technique

Article 1. Stabbing the regime

There are two types of stabbing: direct stabbing and counter stabbing. Each of these is divided into a middle stabbing and an upper stabbing. The following is based on the middle stabbing. (The middle stabbing is aimed at the vital point.)

1. Stab right away

A straight thrust is when, from the ready position, you step forward with your right foot, stand in a right-front bend, pull your left fist to your waist, and stab with your right fist, or you step forward with your left foot, stand in a left-front bend, pull your right fist to your straight waist, and stab with your left fist.

※ The general preparation posture, excluding special types, is as follows.

It refers to standing side by side and placing both fists on the abdomen → inches in front. (Figure 1)

(Another is to place both fists down on the palm of your hand and place them on your legs.

There is also a way to place it)

※1) The space between two fists is about 5 inches

- 2) The backs of both clenched hands face forward.
- 3) Open your chest, lower your shoulders, and tighten your lower abdomen.
- 4) Pull your chin in and look at the target in front of you.
- 5) Leave a little space between your arms and armpits.

There are three types of stabbing: stabbing on the spot, stabbing in four directions, stabbing out, and stabbing in.

a. Stabbing on the spot

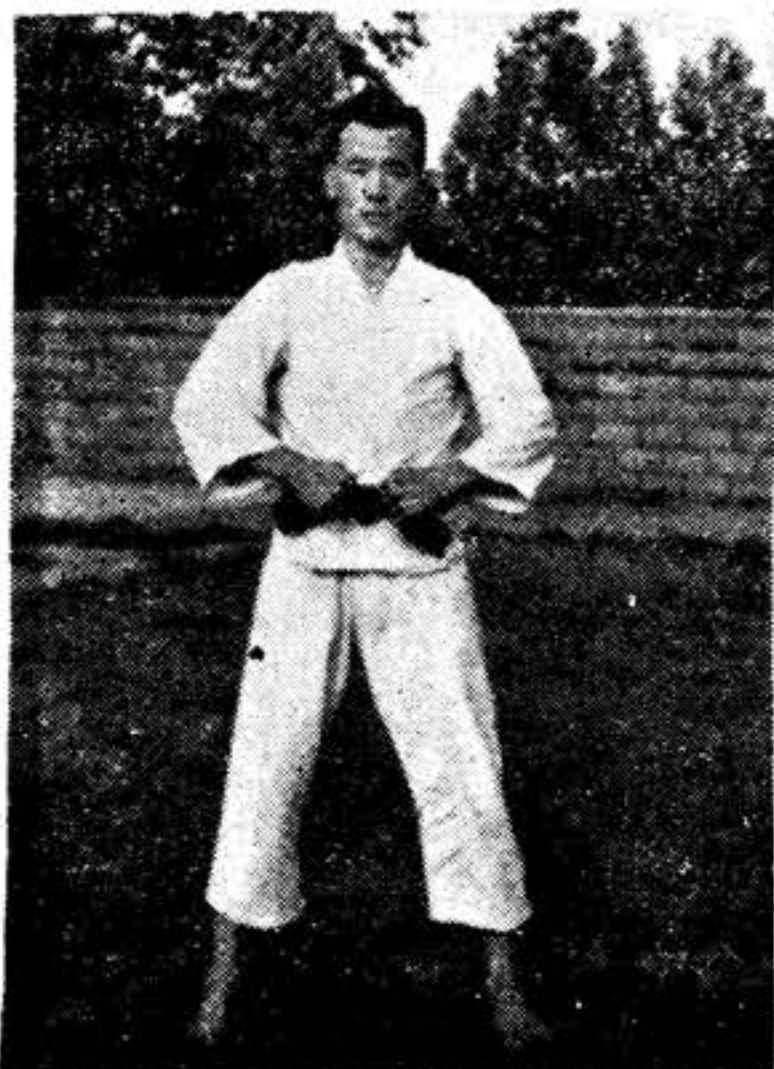
There are two ways to stab in the same spot: stabbing while standing on a horse and stabbing while standing on a horse.

There are two things

The former

- 1) From the ready position, take a step forward with your right foot and stab with your right fist.
- 2) Pull the right foot to get into the ready position, then take a step forward with the left foot and thrust to the left. Practice the above movements repeatedly.

(Image 1)



(Image 2)



The latter

- 1) From the ready position, move your left foot half a step to the side and step on the horse, while simultaneously extending both fists forward and pulling the left fist to the right waist. (Second degree)

※ 1) The backs of the two fists extended forward face upward.

- 2) The two fists extended are at the height of the opponent's vital point.

- 2) Pull the left fist to the left waist and stab the middle finger with the right fist.

Practice the movement repeatedly.

※ 1) The speed of the two fists that are thrusting and pulling must be the same.

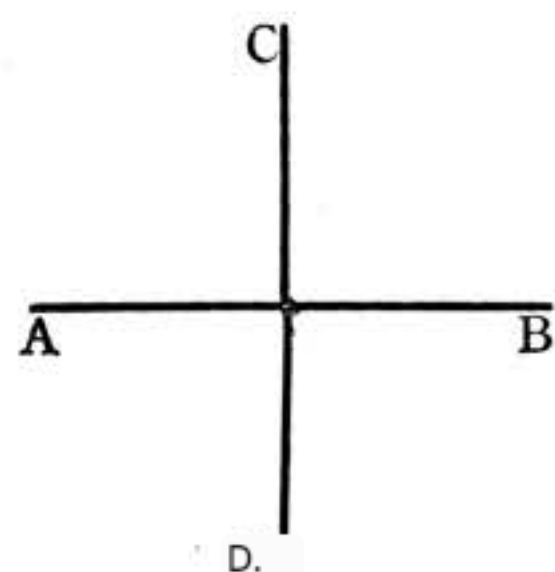
B. Four-legged stabbing

This refers to stabbing enemies on all sides from the left while turning around.

- 1) In the ready position, the left foot is placed on the right foot in the D room, and at the same time, block the lower part with the left right hand and pull the right right hand to the waist. Step the right foot to the C room, stand in the right forward bend, and at the same time, stab the middle part with the right right hand.
- 2) Pull the right foot and right right foot to get into the ready position, then move the left foot to room B and step on it, stand in the left forward bend, and at the same time block the lower part with the left right foot facing room A. Step on the right foot one step to room A, and while in the right forward bend, simultaneously stab the middle part with the right right foot.
- 3) Pull the right foot and right right to get into the ready position, then move the left foot to room C and step on it, stand in a left forward bend, and at the same time block the lower part with the left right foot facing room D. Step on the right foot one step to room D and stand in a right forward bend, and at the same time stab the middle part with the right right foot.
- 4) Pull the right foot and right leg to get ready, then keep the left foot as is.

Move the right foot to room A, stand in the left forward bend, and at the same time block the lower part with the left right hand toward room B. Move the right foot one step to room B, stand in the right forward bend, and at the same time stab the middle part with the right right hand. <Yeonmu Line 1>

(Smoke Line 1)



※1) When you step, you should step with the feeling that the soles of your feet are brushing the ground.

All. Stab out

There are two types of stabbing: straight and diagonal.

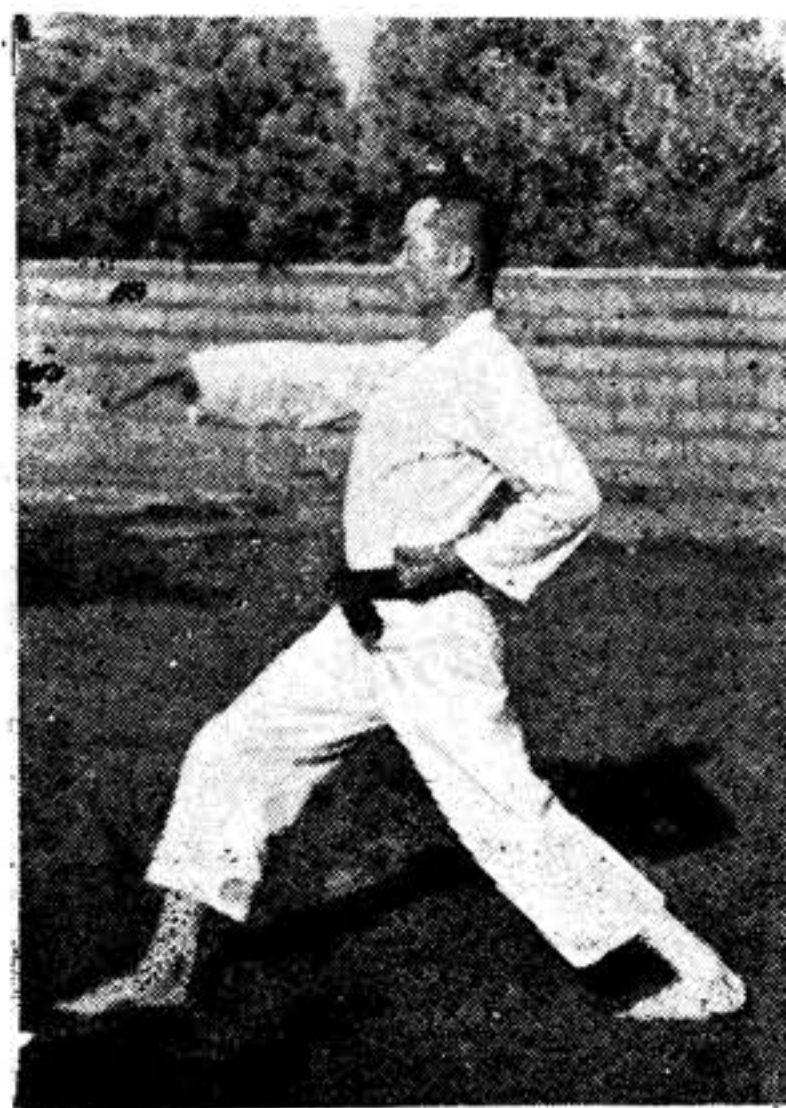
1) Straight

⑦ Take a ready stance facing forward

Step forward with your left foot while keeping your right foot still, and at the same time block your lower body with your left knee.

① The left foot steps forward from the right foot, and at the same time, pull

(Island 3)



the left fist to the left waist and stab the middle finger with the right fist. Repeat the above movements and move forward. (3rd degree) (Yeonmu

Line 2)

(Smoke Line 2)



2) Diagonal

⑦ Ready position facing forward

After taking the left foot, step forward one step to the A side with the right foot, stand in the left frontal position, and block the lower part with the left right foot. With the left foot, step forward one step to the A side with the right foot, stand in the right frontal position, and stab the middle part with the right right foot.

① The left foot steps forward one step to room B, stands in a right-front bend, and blocks the lower body with the right right. The left foot steps forward one step to room B, stands in a left-front bend, and stabs the middle with the left right.

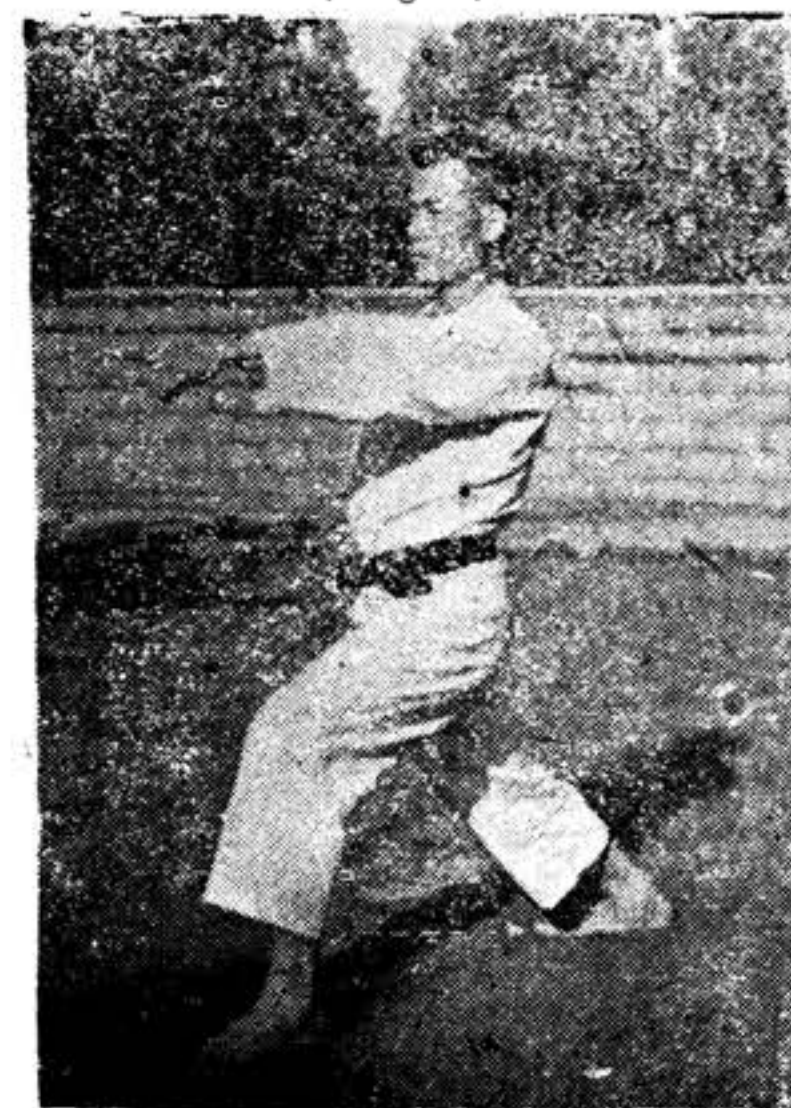
⑤ The right foot steps forward one step to the left foot in room C, and at the same time blocks the lower part with the left foot. The left foot steps forward one step to the right foot in room C.

Standing in the right corner and stopping with the right hand

Stab. The above movements are 'practicing the mountain climbing.'

(Yeonmu-seon)

(Image 4)



la. stab

coming in

1) When stabbing with a right-handed kick in the left frontal roll, step forward with the right foot one step towards D direction and at the same time stab the middle with the left right foot. (4th degree)

2) The right foot moves the left foot 1 step to the D direction, stands in the right frontal position, and at the same time, stabs the middle with the right right hand. Repeat the above movements and practice.

When you get stabbed in the back with a knife

(Yeonmu Line 3)



1) Turn your body to the left with your right foot as the axis, stand in a left forward bend toward room D, and block the lower part with your left right. (5th degree) (At this time, stop with your left right

(may stab) (5th degree)

2) Turn your right foot to the right with your left foot as the axis, and stand facing D with your right foot facing forward, while blocking the lower part with your right hand. (Figure 6)



(Figure 6)

(Image 7)



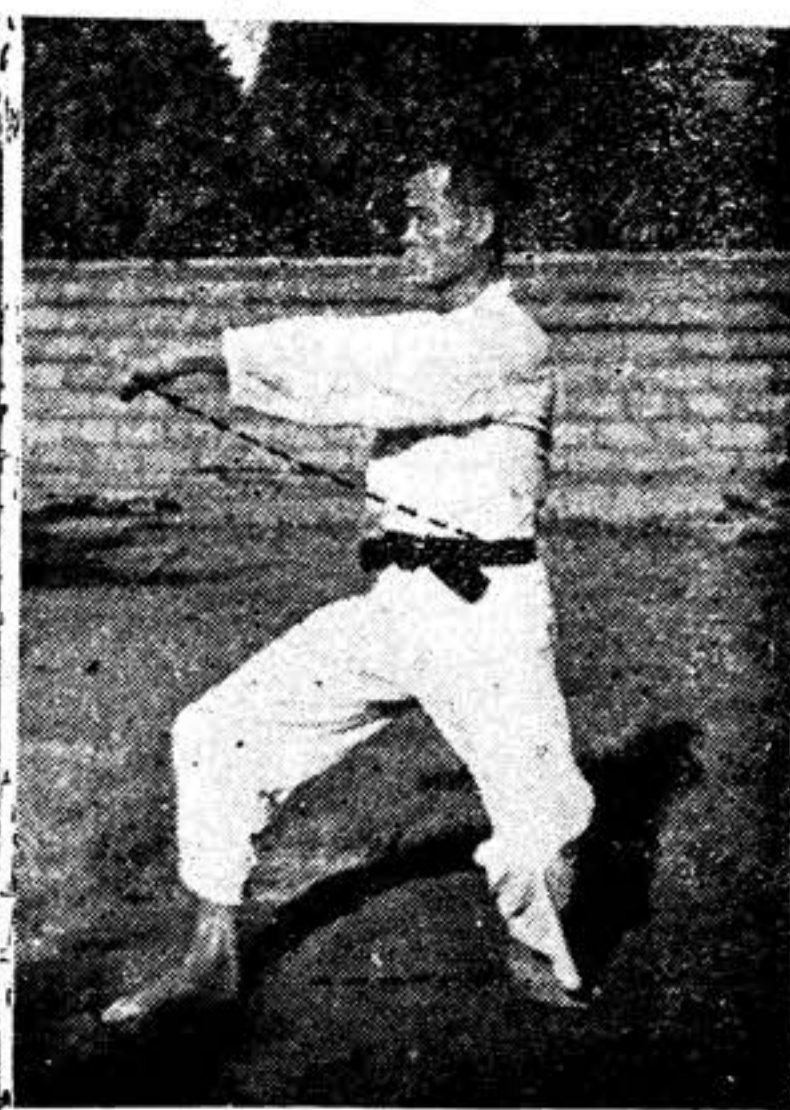
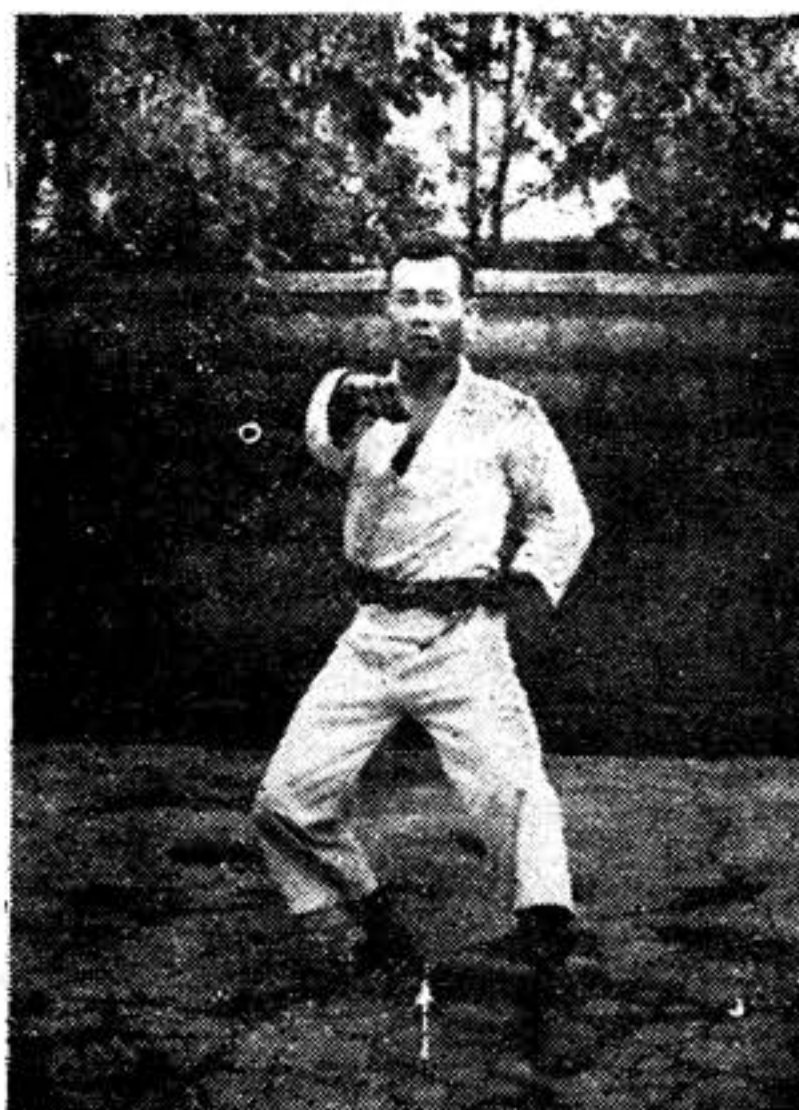
3) Turn your right foot to the left with your left foot as the axis, take a step forward toward room D, stand with your right foot forward, and block the lower part with your right foot. (Figure 7)

2. Stabbing a bedbug

The counter thrust is a step back with the right foot from the ready position.

(Figure 8)

(Image 9)



This refers to standing in a crouch and pulling the left fist to the left waist while stabbing with the right fist, or taking a step back with the left foot and standing in a left backbend while pulling the right fist to the right waist while stabbing with the left fist. (8th-9th degree)

When it comes to counter-thrust, the technique is the same as when doing a straight thrust, but the difference is this: in a straight thrust, you block the bottom with your left hand when turning, but in a counter-thrust, you hit the middle with your left hand.

(When stabbing the upper part of the above-mentioned stabbing, the method is the same as the middle stabbing, but the only difference is that the other person's neck is in the middle of the philtrum.)

Item 2: Second-hand goods

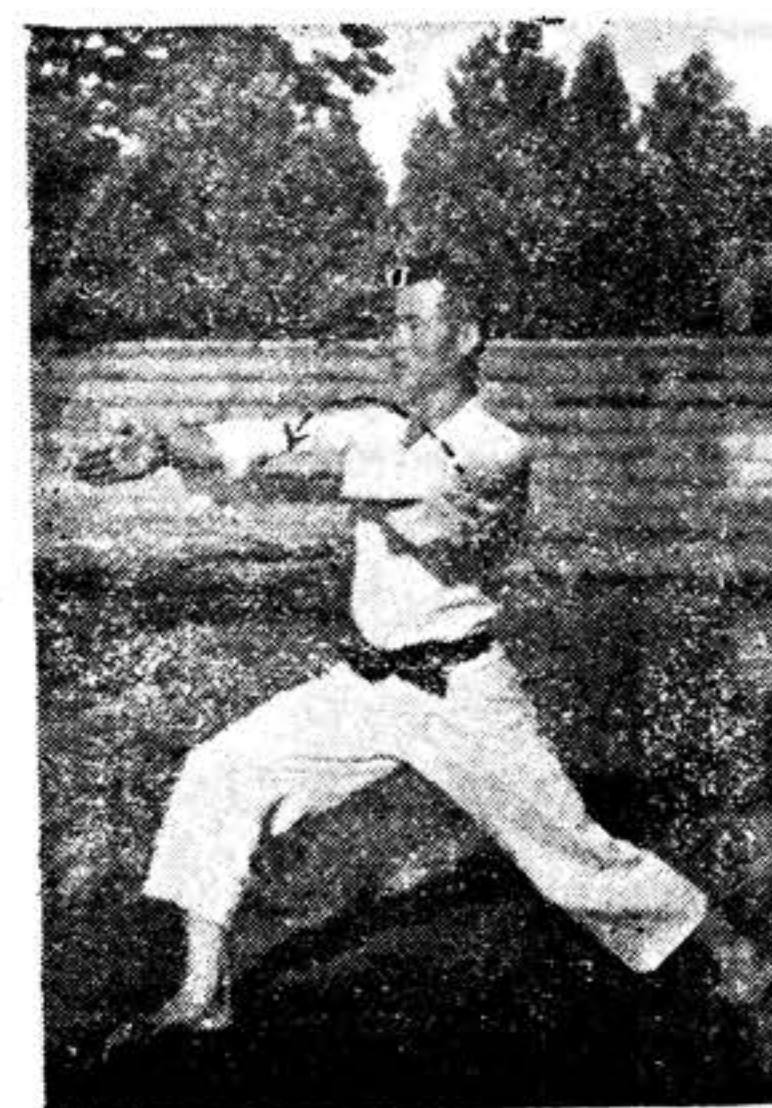
The trick to stabbing someone is the same as stabbing a regime.

※1) When stabbing, straighten one hand and hold it horizontally, and strike at a right angle to the stabbing hand.

(10th degree)

(Figure 10)

(Figure 11)



- 2) When stabbing the upper part, one hand must be pulled to the waist. The pulling hand can be held with a hand grip, but it is usually rolled up. (Figure 11)

Item 3: Hand sword

There are two types of capital attacks: direct and reverse.

1. Correct

go. Hit the spot

(Figure 12)



- 1) Take a ready posture facing the front, then stand with a right-handed bow, pull the left fist to the left waist, place the right sword over the right side of the head, and then strike down to the left. (No. 12)

※ Place the water bottle on your head with the back of your hand facing backwards and your elbows slightly bent.

- 2) Keeping the posture the same, cross the superior and left elbows and place them on the left shoulder, then lower them.

※ 1) The hand placed on the shoulder faces downward.

- 2) The back of the left hand faces upward when crossing.

- 3) Keep your posture as it is and strike horizontally with your upper body facing left.

- 4) While keeping the posture as it is, cross the right and left hands and pull the left hand to the left waist and strike horizontally to the right.

- 5) While maintaining the same posture, cross the superior and inferior arms again, pull the superior and inferior arms to the left waist, and at the same time, lower the superior and inferior arms to the upper body.

※ 1) When crossing, the back of the right hand faces upward.

- 2) The crossed right hand is lowered in a circle to the left.

- 6) Pull the right foot back to the ready position.

Repeat the above movements continuously.

(Figure 13)

me. run away

- 1) From the ready position, step forward with the left foot and stand in a left forward bend while blocking the lower part with the left right foot. Raise the right foot above the left shoulder and step forward with the right foot and stand in a right forward bend while striking the upper part with the right foot.

(Figure 13)

※ 1. The back of the hand placed on the shoulder faces upward and the left hand is crossed. At this time, the right hand is raised above the right shoulder

(14th degree)



There is also a method of striking down directly, but this is not very powerful and leaves a lot of space in the armpit, so it is not used very often.

- 2) While raising the left shoulder blade above the right shoulder, stand in a left forward bend and lower the upper body using the same technique as 1).

Repeat the above movements forward, then turn around and repeat the movements forward again or attack.

All. Come in

Standing in the Ujeongul, looking at the top of the Usudo road

When I hit it

1) The left foot steps back one year from the right foot, and at the same time, stands in a left forward bend and strikes the upper part of the left hand. (Figure 14)

2) The right foot steps back one step from the left foot, stands in the right front bend, and strikes the upper part of the right foot down.

Practice the above movements repeatedly.

1a. Continuous side attack

(Figure 15)



Continuous sidestepping means continuously

hitting while moving sideways.

1) In the ready position, cross the left foot with the right foot and move it to the right front, while placing the right hand on the left shoulder and extending the left hand toward the right waist.

All. (15th degree)

※1) The face is turned to the right.

2) Lower your shoulders.

3) Cross your left foot and lift your back heel.

2) Lower the heel of the left foot, step the right

foot one step to the right, stand on horseback, and at the same time pull the left fist to the left waist and strike the right middle sword with the right sword. (Figure 16)

※ When crossing your feet or stepping sideways, the height of your waist should be constant.

3) When you are blocked while moving sideways by repeating the above movements, turn your right foot to the left with your left foot as the axis and ride in the opposite direction.

While standing, pull the left hand to the left waist and strike the right longitudinal axis of the upper body. (17th degree)

(Figure 16)



(Figure 17)



※ In addition, there is a method of taking the ready position again and then going in the opposite direction, and a method of going in the opposite direction while maintaining the posture of the Ki Maseogi.

2. Bed bug removal

This is the same trick as opposing the regime, but it differs in the following points.

※1) In the counter thrust, it is used standing up and bending forward and backward, but in the counter thrust, it is used halfway.

You have to stand and hit the ball with your back to the ground.

2) There is no counterattack for consecutive side hits.

Item 4: Soft Fist

This is the same trick as the capital attack, but differs in the following points:

※ In the case of the consecutive side kick, the crossed swords are struck horizontally, but in the right kick, the crossed swords are struck down in a circular motion.

Item 5: Back Fist

There are also two types of cheating: stealing and counterfeiting.

1. Correct

For the immediate hit: the four-shot, the continuous hit, and the continuous side hit

There is.

go. Hit the spot

There are two ways to hit in a standing position: one is to hit in a horseback riding position and the other is to hit in a forward bending position.

There is a former

1) In the ready position, the right foot spreads the left foot and stands on horseback

while simultaneously pulling both fists to the waist.

2) Turn the left hand in front of the right shoulder and block the lower part, and at the same time turn the right hand in front of the left elbow and block the upper right part. (Figure 18)

※ 1) When the left and right hands are crossed, the back of the left hand faces outward and the back of the right hand faces outward.

(Figure 18)



(Figure 19)



The back of the hand faces downward.

2) The back of the right hand that blocks the top faces outward.

3) While shaking the right hand that is blocking the top back, raise the left hand.

Pull the upper front part of the right elbow horizontally under the right elbow.

Hit. (19th degree)

※1) The back of the hand that is raised and shaken backwards is facing backwards and placed lightly under the right elbow.

The back of the hand of the person in charge faces upward.

2) The upper front corner is located in the center of the face.

4) Keep your lower body as is and pull both fists to your waist.

Practice the above movements repeatedly.

The latter is 1) in the ready position, take a step forward with the right foot, and

at the same time strike forward with the right right knee.

2) Pull the right foot to get into the ready position, then move the left foot forward one step.

Step forward and stand in a left-handed stance while striking forward with your left hand.

※ The technique for hitting is the same as the 'method' for hitting while riding a horse.

B. Four-week

The trick is the same as the main attack during the regime, but the following points are different.

※ 1) In the main battle, when stabbing with the right hand, pull the left hand to the left waist, but in the female battle, lightly extend the left hand under the right wrist.

2) Here the goal is at the top.

all. run away

1) From the ready position, stand in a left forward bend and block the lower body with the left elbow.

2) Stand with your left foot facing forward and place your left elbow under your right elbow.

When you are in the middle of the battle, hit the top with the right hand. (Article 20)

3) While standing with the right foot in the left forward bend, place the right fist under the

left elbow and strike the upper body with the left fist.

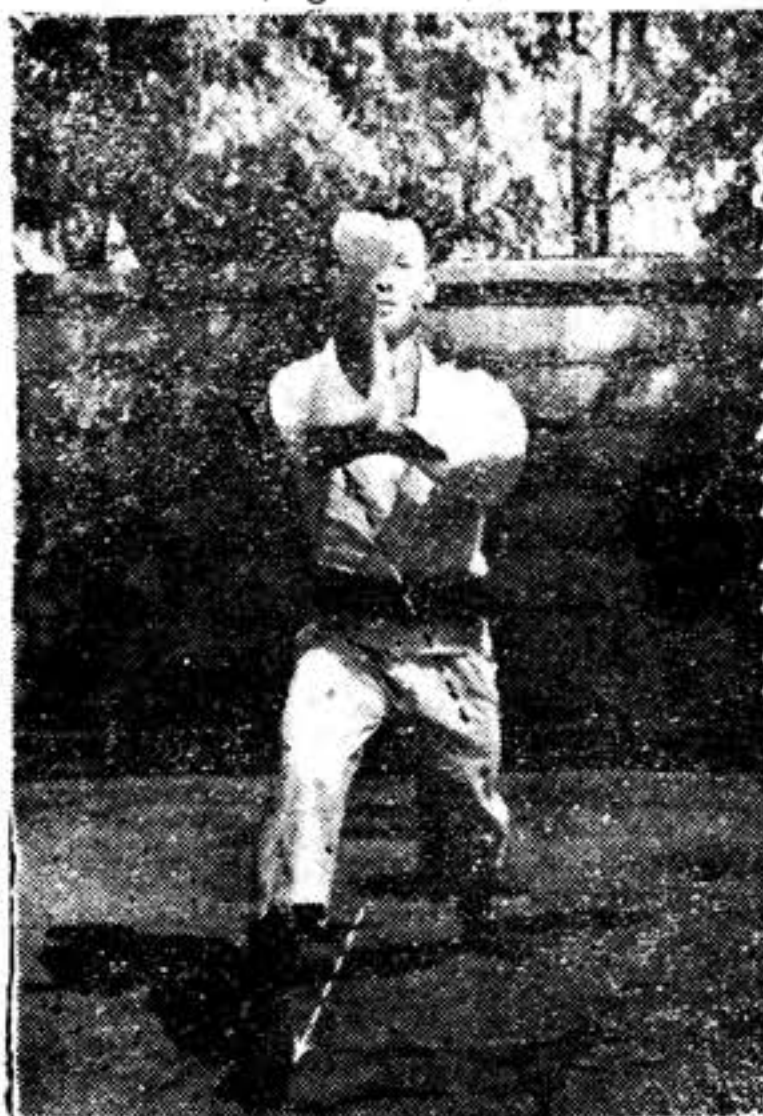
Repeat the above movements and move forward.

Ra. Invade

When you stand in the priority position and hit the top with the right hand

1) The left foot steps back one step from the right foot, stands in a left forward bend, and strikes the upper body with the left right foot. (Figure 21)

(Figure 20)



(Figure 21)



2) The right foot takes one step back from the left foot, stands in the right front stance, and strikes the upper body with the right right foot.

They come rushing in while repeating the above movements.

mind. Continuous side attack

1) In the ready position, cross the left foot with the right foot and move it to the right front, while crossing the left and right feet. (Figure 22)

※ 1) Face to the right and lower your shoulders.

Spring. The photo is just before turning to the right. 2) The left foot, crossed, lifts the back heel.

3) Cross your arms in front of your chest to form an X shape, with the back of your left hand facing outward and the back of your right hand facing upward. 2) Lower the back heel of your left foot.

Take one step with the West Wing. Stand on horseback while stepping out to the right, and at the same time, strike the left fist on the left waist and strike the upper body with the right fist.

※ When crossing your feet or leaning sideways, the height of your waist remains constant.

3) When you are going sideways while repeating the above movements and get blocked, turn your right foot to the left using your left foot as an axis and stand on horseback facing the opposite direction while pulling your left fist to your left waist and striking the upper part with your right fist.

※ In addition, there is a method of taking the ready position again and then going in the opposite direction, and a method of taking the stance with the gi ma seogi and going in the opposite direction.

2. Opposite hit

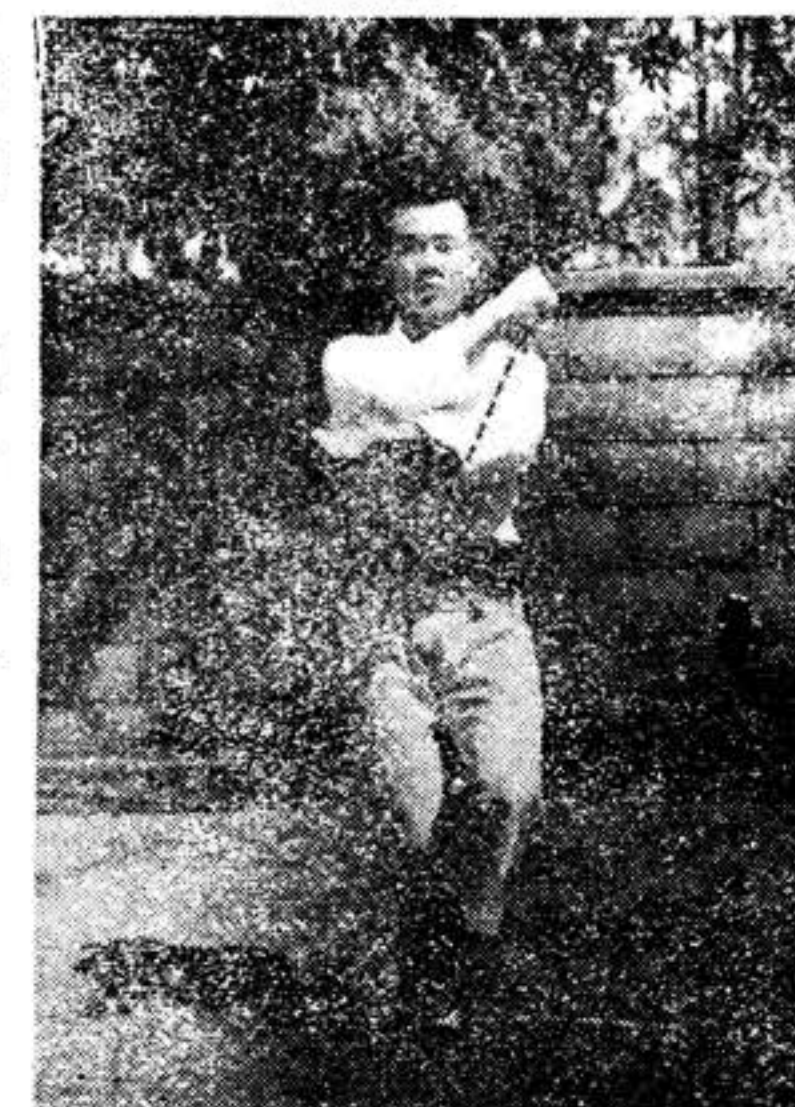
This is the same trick as opposing the regime, but the target is at the top.

Article 6 Forearm thrust

There are direct stabs and counter stabs.

1. Stab right away

(Figure 22)



There are three types of direct stabbing: on-the-spot stabbing, four-step stabbing, and continuous stabbing.

a. Stabbing on the spot

1) In the ready position, the left foot stands with the right foot bent forward, and at the same time, pull the left fist to the left waist and stab the middle arm with the right elbow. (23rd degree) ※ At the moment of stabbing, the fist comes next to the right ear and the back of the hand faces upward.

2) Pull the right foot to get into the ready position, then stand in a left forward bend with the right foot and stab the middle arm with the left elbow.

Repeat the above movements. (Another way is to stab while standing on horseback, but in this case, do not return to the ready position, but move left and right.

(Continuous stabbing while changing) (24th

degree) ※ In the above movements, the principle is to pull one hand to the waist, but also the stabbing arm

Another method is to press down on the back of your hand with the palm of your other hand.

(Figure 23)



(Figure 24)



me. stabbing

1) The left leg stands with the right leg bent forward and stabs the E side with the right elbow.

2) Pull the right foot to get into the ready position, then turn the right foot to the left using the left foot as the axis, stand in a right forward bend toward room B, and at the same time, stab room B with the right elbow.

Using the same technique as above, stab the A.C room and then pull the left leg to E

Take a ready position facing the room.

all. Continuous stabbing

There are two types of consecutive stabs: thrusting out and thrusting in, and these are the same techniques as in the Jeongguk era.

2. Counter-stab

It's the same trick as during the regime.

Article 7: Back elbow thrust

While standing on horseback in the ready stance, place the left palm on the first side of the right hand and strike the back with the right elbow. (25th degree)

Practice the above movements repeatedly on both sides.

※ The back of the hand that stabs faces downwards.

(The photo shows when I stabbed with my left elbow)

Article 8: Side elbow thrust

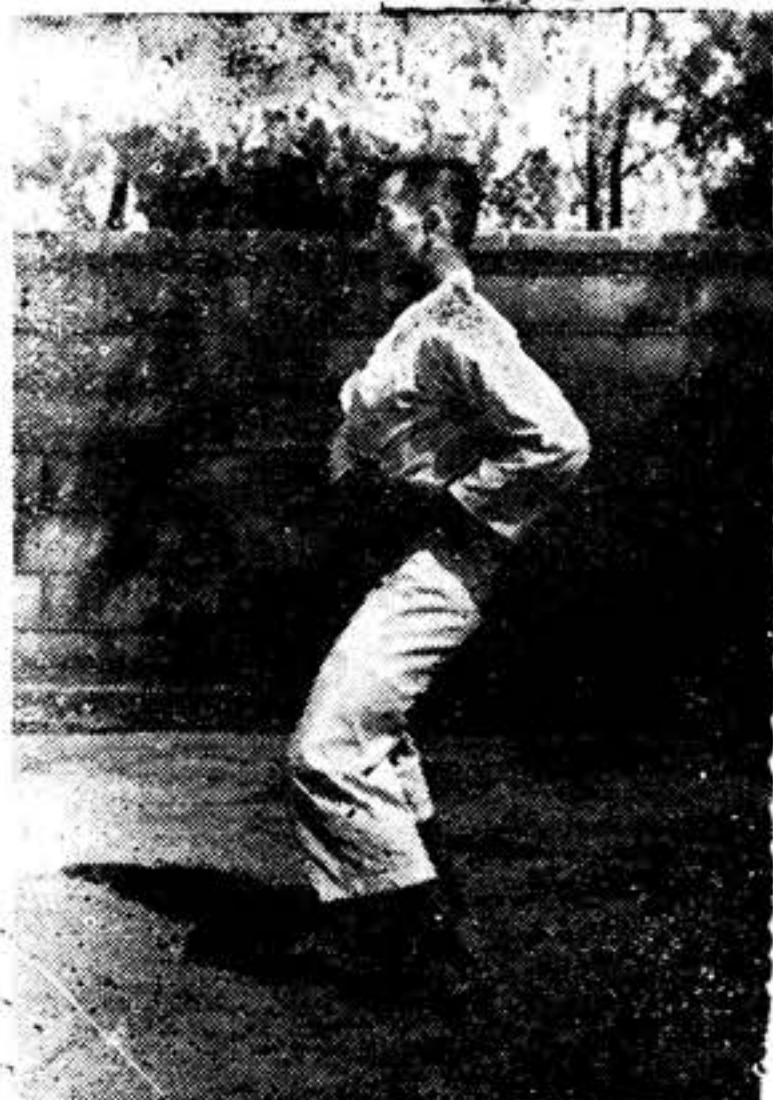
From the ready position, cross your feet and arms in the same way as the side kick of the capital, stand on horseback, and at the same time, strike the back with your left elbow and strike the right middle rib with your right elbow. (Figure 26)

※ The fist of the arm that stabbed comes to the waist and the back of the hand faces down or outward.

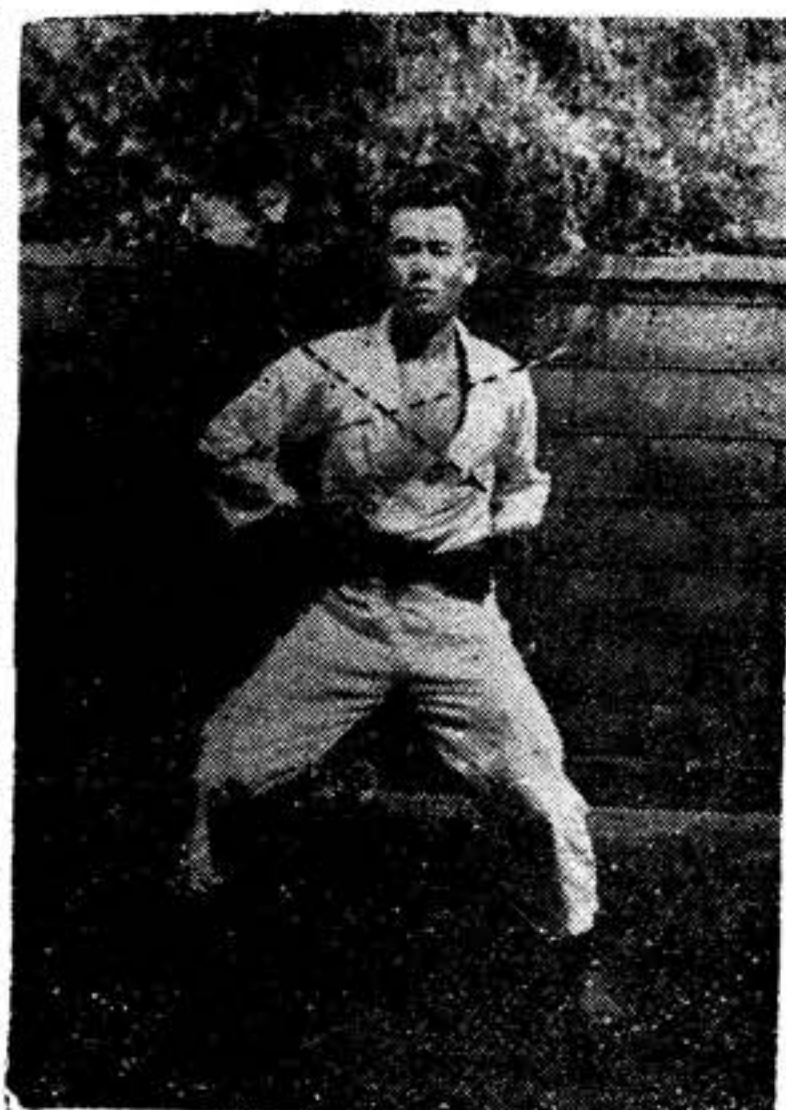
Article 9 Front and back elbow thrusts

From the ready position, take a step forward with your right foot and stand with your right foot forward at the same time.

(25th Don)

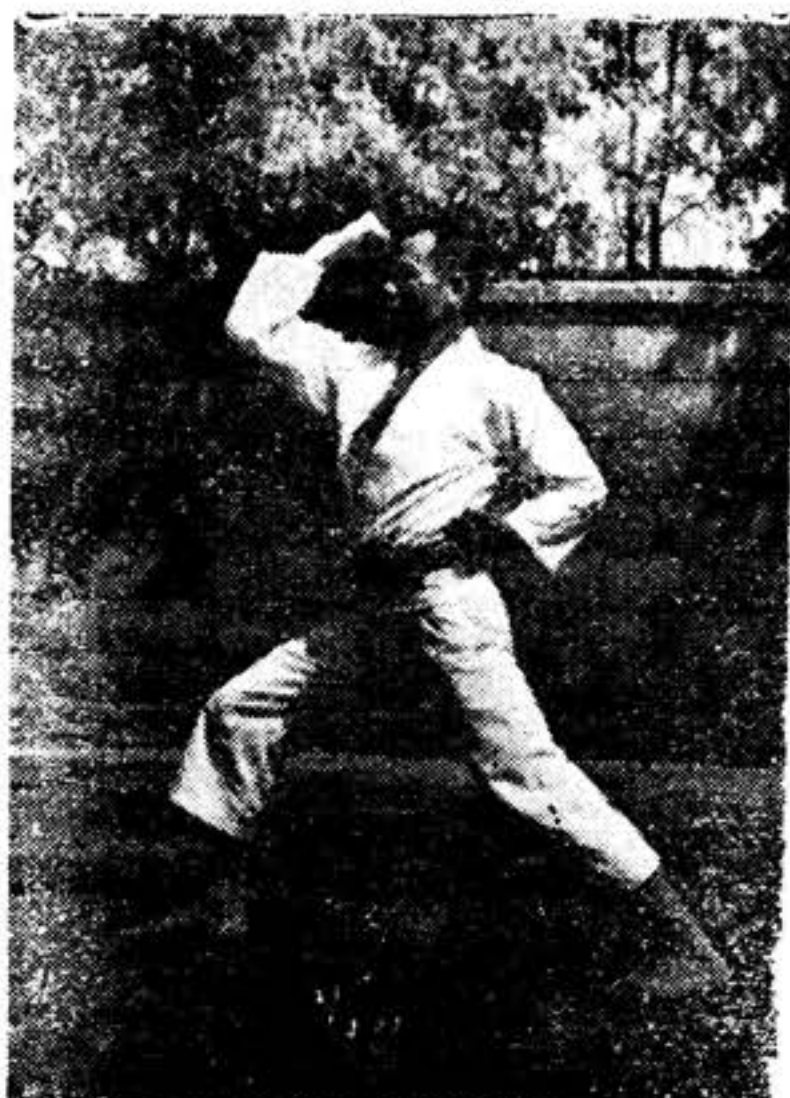


(Figure 26)



Stab the front and back together with the left and right elbows. (Figure 27)

(Figure 27)



※1) When stabbing, twist the upper body slightly

to the left.

2) The back of the right hand of the stabbed elbow faces upwards, and the back of the left hand faces downwards.

Second quarter football skills

Article 1 Front kick

There are two types of front kicks: a thrust and a push.

1. Stabbing

A kick is the front heel or foot

It refers to stabbing someone in the neck, and there are three types of kicks: kick on the spot, kick out, and kick in.

go. kick the spot

1) Stand in the ready position and simultaneously extend both fists toward Ara. (28th degree)

※ Pull the outstretched fists slightly back.

(There is also a method of pulling both fists to the waist and stabbing.)

2) The left foot stabs forward with the right foot, then puts the right foot back in place.

Practice the above movements repeatedly.

※ 1) When putting the feet back in place, cross the two fists in front and then extend them downwards.

(Figure 28)

2) The distance between the extended fist and the leg is about 6 inches.

3) When you are standing, place your weight on your left foot.

me. Leave the car

1) Stand in the ready position and extend both fists downward while doing a left forward bend. 2) With the left foot, kick forward with the right foot, then step forward with the right foot and stand in the right forward bend.

3) The right foot strikes the left foot forward, then steps forward with the left foot and stands in a left forward bend.

Repeat the above movements and move forward.

all. Car coming in



When standing in the Ujeongul

- 1) With the left foot, kick forward with the right foot, then step back with the right foot one step and stand in a left forward bend.
- 2) The right foot strikes the left foot forward, then steps back one step with the left foot to stand in the right-front stance.

Practice the above movements repeatedly.

2. Push the tea

Chamilgi is kicking with the front heel and pushing with the back heel at the same time.

says

Article 2 Side kick

A side kick is an attack that uses the back heel of the foot to attack the opponent's abdomen, sacrum, or knees. There are two types of kicks: chajjiru and chaori.

(Figure 29)



1. Stabbing

For stabbing, there is a kick on the spot and a kick

There is a quick kick.

A. Kick on the spot

- 1) Stand on horseback in the ready position, extend both fists downwards and turn your face to the right.

(Figure 29)

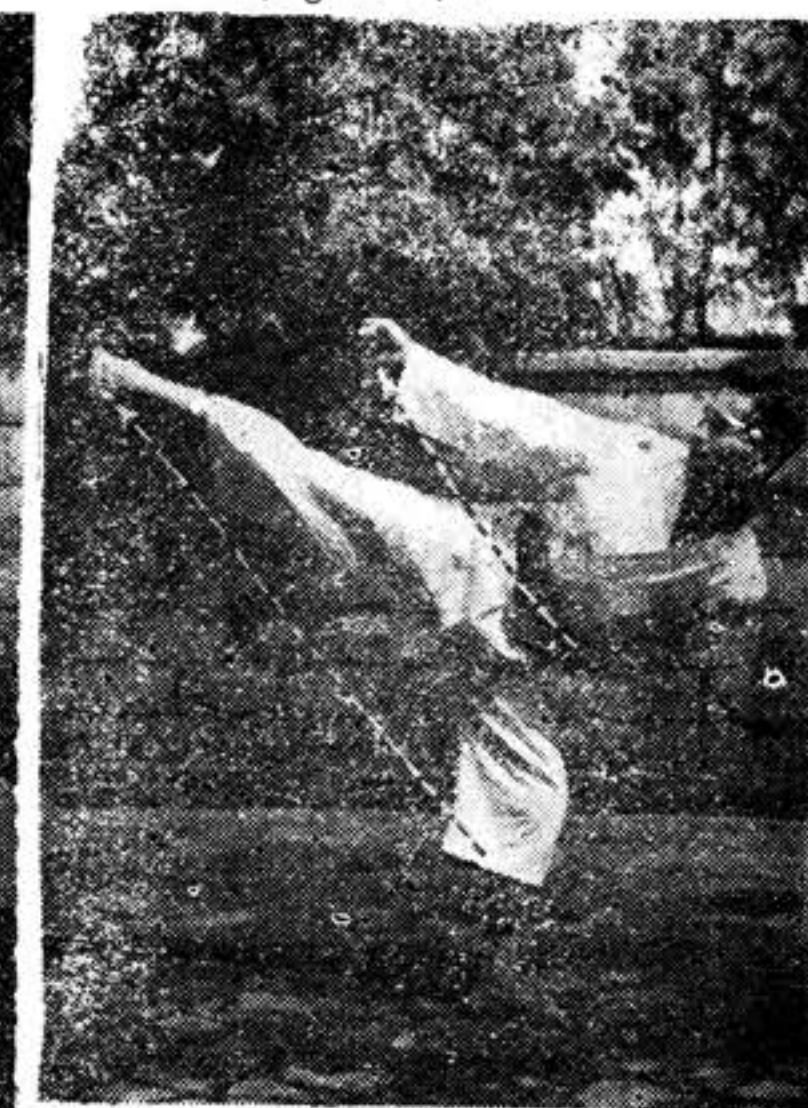
- 2) Place the left foot on the left inner knee and at the same time lightly place the right fist on the left waist.

(30th degree)

(Figure 30)



(Figure 31)



※ The back of the right hand faces outward.

- 3) Hit the upper part with the right kick while simultaneously hitting the middle part with the right kick.

(31st degree)

4) Lower your legs and return to position 2).

Practice the above movements repeatedly.

(There is also a method of pulling it to the waist and kicking it with the right foot, but this is not practical.

capacity is not enough)

me. consecutive kicks

From the ready stance, stand on horseback, then move the left foot to the right front of the right foot, stand at a crossroads, and at the same time, kick the right middle step with the right foot.

※ Both fists are outstretched.

The car goes out while repeating the above movements.

2. Raise the car

This is the same technique as the kick, but instead of the kick, you kick it with a step.

Article 3 Roundhouse kick

A roundhouse kick is when you dodge an attacking opponent to the side, turn your foot, and kick with your front heel. There are two types of kicks: a spot kick and a kick out.

1. Kick on the spot

There are two types of kicks: dodge kicks and palm kicks.

go. Dodge and kick

1) From the ready position, move your left foot one step to the side and kick your opponent's middle or lower body with your right foot.

2) Lower your right foot and assume a ready stance, then move your right foot one step to the right and kick the upper or middle leg with your left foot.

Practice the above movements repeatedly.

※ When kicking, slightly bend the other knee.

me. palm kick

1) In the ready position, extend your left hand horizontally in front and Turn it around. (32nd degree)

※ The back of the hand faces outward.

2) Stand in the ready position with your right foot down, then extend your right hand and point it forward.

Stretch horizontally and turn to the left.

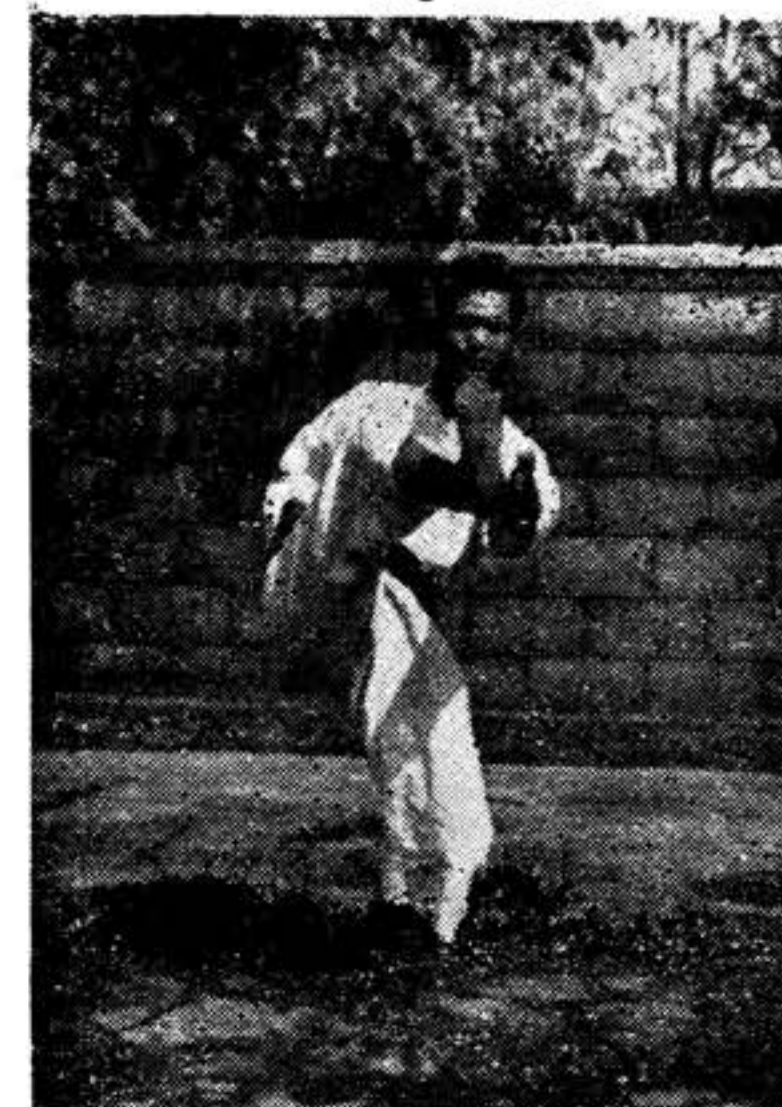
Practice the above movements repeatedly.

2. Leave the car

There are two ways to get out of the car:

First, stand in the ready position with your left hand straight and bend forward.

(Figure 32)



(Figure 33)



It stretches horizontally in the room.

※ The back of the hand faces outward.

2) Slightly bend your left foot, strike your left palm with your right foot, then step forward with your right foot and stand on horseback, and strike your left palm with your right elbow. (Figure 33)

3) Extend your right hand to the right while pulling your left fist to your waist and turning your face to the right.

4) Slightly bend your right foot and then kick your left palm.

Step forward with your left foot and stand on horseback, and at the same time strike your right palm with your left elbow.

Practice the above movements repeatedly.

Second 1) From the ready position, move the left foot one step to the side and at the same time * kick the middle or bottom with the right foot.

2) Step forward with your right foot one step and at the same time kick the middle or lower part with your left foot.

Repeat the above movements and move forward.

Section 4. 8th Dan

It refers to kicking the opponent's eight vital points consecutively with one foot without putting the foot on the ground.

1) From the ready position, stand facing forward with a left knee bent slightly and strike the opponent's lower abdomen with your right knee.

2) Kick the opponent's chest with your ankle.

3) Kick the opponent's groin with your front heel.

4) Kick your opponent's lower abdomen with your back heel.

5) Again, step on the instep of the opponent coming from behind with your back heel.

6) Kick the opponent's chest from behind with your heel.

7) Kick the opponent's knee with your foot.

8) Turn the ball around and hit the opponent's forehead again.

Chapter 2 Defense Techniques

Section 1 technique

Article 1: Top-up blocking

Top blocking refers to blocking with the wrist when an instrument such as a sword, club, or baton strikes the head. There are two types of blocking: direct blocking and counter blocking.

1. Block immediately

go. Block that spot

1) Step forward with your left foot and stand in a left forward bend, while pulling your right fist to your waist and blocking it with your left wrist. (Figure 1)

2. Pull the left foot and left right to get into the ready position, then stand with the left foot in the right knee and pull the left right to the left waist while blocking with the right wrist. (There is also a method of blocking while standing with a backbend, and you can block with your hand instead of your wrist.)

※1) You must block it with your outer wrist.

2) The distance between your raised wrist and your forehead should be about the width of a fist.

3) The raised wrist should be higher than the head.

4) Your wrists and forearms should be at an angle.

5) When blocking, cross the superior right hand in front of the forehead and the left right hand in front of the abdomen.

me. jumakgi

1) From the ready position, step back one step with the left foot and stand in a left forward bend, while simultaneously lifting the right wrist to block.

2) Pull the right foot to get into the ready position, then stand in a left forward bend with the left foot as the axis, and raise it with the left hand.

The above tips will help you block the four weeks.

(Image 1)



all. block it out

1) From the ready position, take a step forward with your left foot and block the left wrist while standing in a left forward bend.

2) Stand with your left foot facing forward and block with your right wrist.

Repeat the above movements and move forward.

la. block in

When standing in the Ujeongul

1) The left foot steps back from the right foot and stands in a left forward bend while simultaneously blocking with the left wrist.

2) The right foot moves the left foot back and at the same time, stands in the right forward bend and blocks with the right wrist.

Practice the above movements repeatedly.

2. Opposite blocking

The trick is the same as the counterattack movement in the manual.

Article 2 Top blocking

Top blocking refers to blocking an upper attack from the front or side, and the technique is the same as a push-up block.

※1) There are two types of blocking: linear and diagonal.

2) Use the inner wrist, outer wrist, back wrist, and the water tap.

3) The height of the fist or the water gun should be at the height of your eyes.

4) When blocking, the body becomes half-body.

5) When blocking, cross the left hand in front of the right shoulder, and the right hand in front of the left shoulder.

Article 3: Stopping the break**1. Blocking the water supply**

It is to block the opponent's fist by attacking the middle, and the technique is the same as the upper body blocking technique. (At this time, it is advantageous to stand in a backbend posture, as this makes it easier to use the front leg.)

※ When blocking, the height of the water supply is equal to your shoulder height.

2. Stop wrist block

There are two ways to block the wrist in the middle. One is the same technique as the upper wrist block, and the other is to do it while standing on horseback. The technique is as follows.

1) While standing on horseback in the ready position, cross your left and right arms and block the lower part with your left arm while blocking the middle with your right wrist.

2) Cross the left and right arms over the lower body, block the lower part with the right arm, and block the middle with the left wrist.

Practice the above movements repeatedly.

※1) Place the fist blocking the lower part in front of the chest.

2) The angle between the armpit and the wrist is approximately 45 degrees.

Article 4 Bottom blocking

Blocking the lower body refers to blocking an attacking opponent's foot with the outside wrist, hand, or long fist. The technique is the same as blocking the middle body, but the following points are different.

※ 1) When using the long fist, stand on horseback and block the opponent's foot with the long fist.

2) Stand in front and block.

3) When using the capital and the outside wrist, block as if you were hitting the opponent's ankle.

Second quarter football skills

It is mainly used for offense and is not used for defense except for the following:

Article 1 Raising the car

It refers to kicking an attacking opponent's fist with a kicking motion.

Article 2. Pushing the car

It refers to kicking an attacking opponent's chest or groin with the front heel while simultaneously pushing with the back heel.

Article 3 Road kick

It refers to kicking back the foot of an attacking opponent with the sole of one's foot.

Article 4. Stabbing

Block the attacking opponent's foot by kicking it with your own footsteps.

Part 4

mold

Chapter 1 Significance

In Taekwondo, the term "type" does not simply mean a simple form as in general "sports", but rather a comprehensive systematization of various offensive and defensive techniques and striking and breaking techniques, expressed as a series of movements, making it the most fundamental of the major elements of Taekwondo.

It would be extremely easy to make a warrior like Xiang Yu break two or three bricks. However, in Taekwondo, the opponent is a living organism trained with agile movements, so strength alone is of no use. Also, even if it is just a sparring match, if a person has naturally developed motor skills, he or she will be able to do movements similar to a sparring match, hitting and receiving, without any specific study or training.

However, since it is not scientifically trained, it will not be very effective in front of someone who is stronger and more trained than you.

On the contrary, the form is a decision made through the study and experience of many great masters over a long period of time, so no matter how strong or agile a person is, he or she cannot acquire it without learning. Even if he or she learns, as the saying goes, "It takes a long time to learn one form," and only after practicing for a long time can he acquire the profound skill of the form.

Therefore, the author focuses on the form rather than sparring or breaking, and by researching and developing a new form that depicts the actual battle scenes of famous generals of this country, he seeks to inspire patriotic spirit in the young generation, and also emphasizes the accuracy of movements to demonstrate the effectiveness of the form.

It is to prevent the distortion of power and to display the original power of power.

Chapter 2 Type Name

Taekwondo's forms are divided into many schools, so there are quite a few types. However, the original form is not something to boast about, and the goal is to know it, practice it, and completely internalize it, so there is no need to memorize too many forms.

Accordingly, if we categorize Taekwondo from the perspective of its styles, there are the light and nimble Shaolin styles such as Taegeuk, Pyeongan, Balsaek, Gwankong, Yeonbi, and Amhak; the heavy and solid Solyeong styles such as Cheolgi (鐵騎) Sipsu, Banwol, and Jaeun (慈恩) that aim to train physical strength and muscles; and the Hwarang, Chungmu, Eulji, Samil, and Unam styles that focus on training the individual strength of our people and aim to inspire patriotism by depicting the actual battles of past great generals. There are Changheonryu (蒼軒流) and others.

None of the above are good or bad for cultivating the mind and body, but each has its own advantages and disadvantages.

For example, if a person with a large build performs the Shaolin style, his or her presence will give off an imposing air that overpowers others, but there is a risk that he or she will lack agility. On the other hand, if a person with a small build and is as nimble as an arrow performs the Shaolin style, his or her presence will be lacking, but the skill of advancing and retreating with every movement will make the onlookers marvel at his or her agility.

So each person takes advantage of the characteristics of this type and does not lean towards one.

Starting with a general acquisition of the entire form, you will later practice more and more in a form that suits you, until it becomes completely your own.

Section 1 Kobayashi Ryu

Item 1: Tai Chi

There are three types of Taegeuk: Hyung, Hyung, and Hyung. This is a type suitable for beginners, and is composed of a mixture of thrusting and blocking, which are the basics of Taekwondo. If you master it completely, you can achieve balance in your body and make your limbs move more nimbly.

Item 2: Safe Type

There are various types of Pyeong-an, from Hyung to Pyo-hyeong, and they are infinitely varied and contain the basic postures and the energy of offense and defense, so if you master them completely, you will be able to completely protect yourself. The name "Pyeong-an" also comes from this.

Item 3: Plug-in type

There are two types of color development: large and small.

The characteristic of this type is that he turns one hand that blocks and immediately changes it to another block, thus turning a disadvantageous position into an advantageous one. The name comes from the fact that his energy seems to break through the enemy's defenses.

Item 4: 관광형 (viewing the void type)

This form was originally derived from the meaning of putting the fingertips of both hands together and looking up at the sky, and it was introduced by the Chinese military officer Gong Sangjun.

Because it is one thing, it is also called a fantasy army type.

Item 5: 연비형(Flying Swallow Type)

This type's characteristic is that he pulls the opponent with the hand he stabbed at the top and then stabs them while jumping again.

It is called a swallow-shaped type because it resembles a swallow flying high or low.

Item 6. AOHYON (Rock and Crane Type)

This type is called a rock crane because it resembles a crane standing on a rock with one leg about to fly away after discovering something to eat.

Section 2 Zhao Lingliu

Item 1: 철기형 (Iron Cavalry Type)

There are different types of iron weapons, from the type that is like a horse to the type that is like a horse. This type is called iron weapons because it is a type that focuses on power rather than agility.

Item 2. 십수형 (Jumping Style)

This form has heavy movements but gives a sense of dominance, so it is difficult for beginners, but it is a form suitable for muscle training. The name comes from the meaning that if you are good at this form, you can deal with a fierce enemy.

Item 3: 반월형 (half-moon shape)

This type was created by drawing a half-moon shape with both hands and feet while dancing.

Item 4: Compassion (Compassionate)

This type is named after Master Ziyin of the Ziyin Temple in China.

Section 3 Cang Xuan Liu

Item 1. Hwarang Style

This type is reminiscent of the Hwarangdo of the Silla Dynasty and is a type that focuses on training each person's strength.

2. Chungmu-style

This type is named after Admiral Yi Sun-sin and focuses on the flexibility of movements.

Item 3: Eulji type

This type is named after General Eulji Mundeok and focuses on training in martial arts and strategy.

Item 4: 31-type

This form was formed with 33 movements to praise the dignity of the 33 people of the Gimi Sam→ Undong period, who promoted the spirit of independence and self-reliance of our people to the whole world.

Item 5: Yunnan type

This type is named after the first president of the Republic of Korea, Dr. Syngman Rhee. The characteristics of this type are that it is extremely fast-paced and backward, and it focuses on honing the folk customs of movement.

Chapter 3 Training Notes

1. Continuity

As mentioned in the general introduction, Taekwondo can be learned through training for one or two days.

It is not something that is lost. It is something that can be revealed by continuing continuously for a long period of time. The continuity of Taekwondo may seem to be a weakness, but in fact, this continuity is the key to making profound skills shine as your own, and it is also the turning point of victory or defeat in Taekwondo.

You have to practice persistently, without being impatient, step by step, from easy to difficult.

2. Overcoming the Boredom Phase

Boredom is a physiological phenomenon that cannot be avoided not only in Taekwondo but also in the training process of humans. Furthermore, in martial arts such as Taekwondo that require a long period of time, boredom is especially easy to come.

However, if you stop practicing because you feel bored, you will have already become a loser in the process of practicing Taekwondo before you understand the true value of Taekwondo. Therefore, if you realize that you are in a bored state, you should work harder and put all your effort into overcoming it and achieving the first step.

Let's look at the causes of boredom in Taekwondo.

- 1) The progress is slower than Taekwondo or "Sports"
- 2) Excessive exercise can cause physical problems or
- 3) If you stop practicing due to a new recruit or other reasons, your progress may fall behind that of your peers or juniors.
- 4) If your limbs do not move as you want due to lack of practice,
- 5) There is a problem of not having enough time to go to the gym.

In order to eliminate these causes and overcome boredom, you must set aside time every day with a strong determination to arm yourself mentally and practice.

The key is to continue practicing unconditionally and understand the true essence of Taekwondo.

3. Completely Proficient

If you look at the tendency of beginners, they seem to be interested in learning many forms. In the past, it took three to four years to learn one form, so even the masters of Taekwondo only knew three or four forms. However, this does not mean that the number of forms is necessarily limited, so it is not bad to know many forms, but the point is that you need to master each form completely.

4. Don't focus only on special skills.

Depending on each person's physical strength and ability, each person will have their own characteristics such as superior high jump, firm stance, powerful defense, and refined blocking. However, in Taekwondo, since it is unpredictable where and how the opponent will attack, in order to respond and defend, it is necessary to practice overall popularity rather than focusing only on one's own characteristics. Of course, it goes without saying that one should make use of one's own characteristics. Therefore, one should get rid of habits such as neglecting side kicks because one's specialty is roundhouse kicks, or neglecting wrist blocks because one's blocking is 18 times.

5. Training Time

If you divide the practice time by individual and group, 30 to 60 minutes a day is appropriate for an individual, and about an hour is appropriate for a group.

However, it would be good to divide the military into daily sessions and practice each session for about an hour. If we break this down further, it would be good to conduct it as follows: 5 minutes of lecture by the instructor, 30 minutes or so of practice, 5 minutes of demonstration, 10 minutes of critique, and 10 minutes of rest. In short, it would be good to practice too hard at once to prevent any harm to the body.

It is important to practice little by little every day without stopping, without giving up.

6. The Five Great Principles of Training

1) Strength and Weakness There is a limit to a person's strength. Therefore, when you need to use strength, use it, and when you don't need to use it, don't use it.

By applying all your strength to the next "chance", you can achieve a one-hit kill.

2) Control your breathing... By controlling when to exhale and when to inhale, you can perform your movements smoothly without letting others know that you are breathing.

3) Speed... By going fast when it's fast and slow when it's slow, you can increase speed and prevent the form from becoming useless.

4) Stretching of the body... When lowering the body, lower it, and when stretching it, spread it out, thereby training the body's restraint and agility.

5) Movement of the center of gravity You should always move your body while keeping the center of gravity safe. This is because you can take the time to block an attack from an opponent.

Chapter 4 Basic Type

Section 1 Tai Chi Type 1

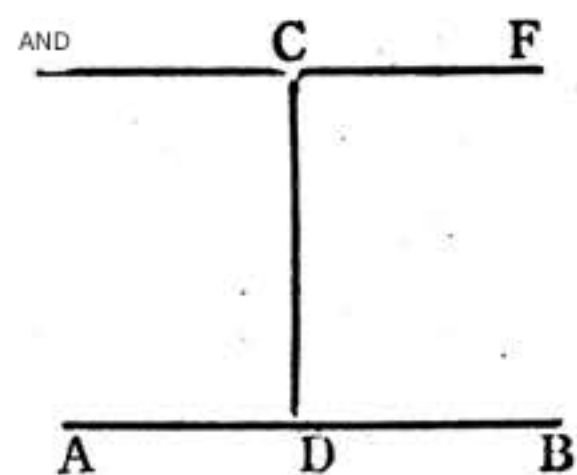
Smokescreen~"I"

Jeondongjak~20

Time required ~ Approximately 30 seconds

1st movement

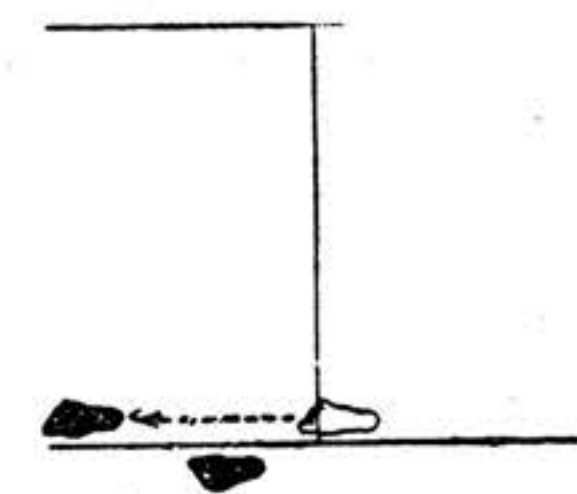
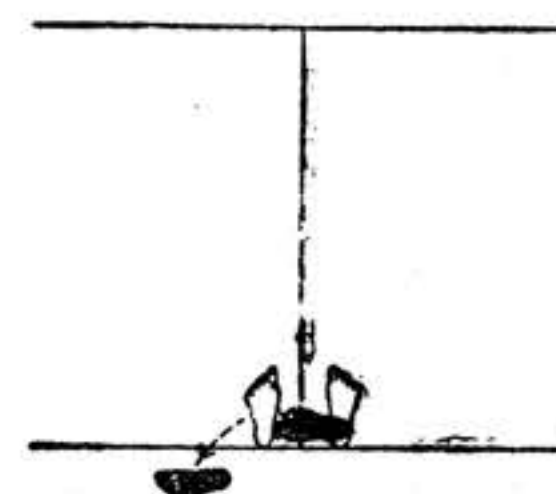
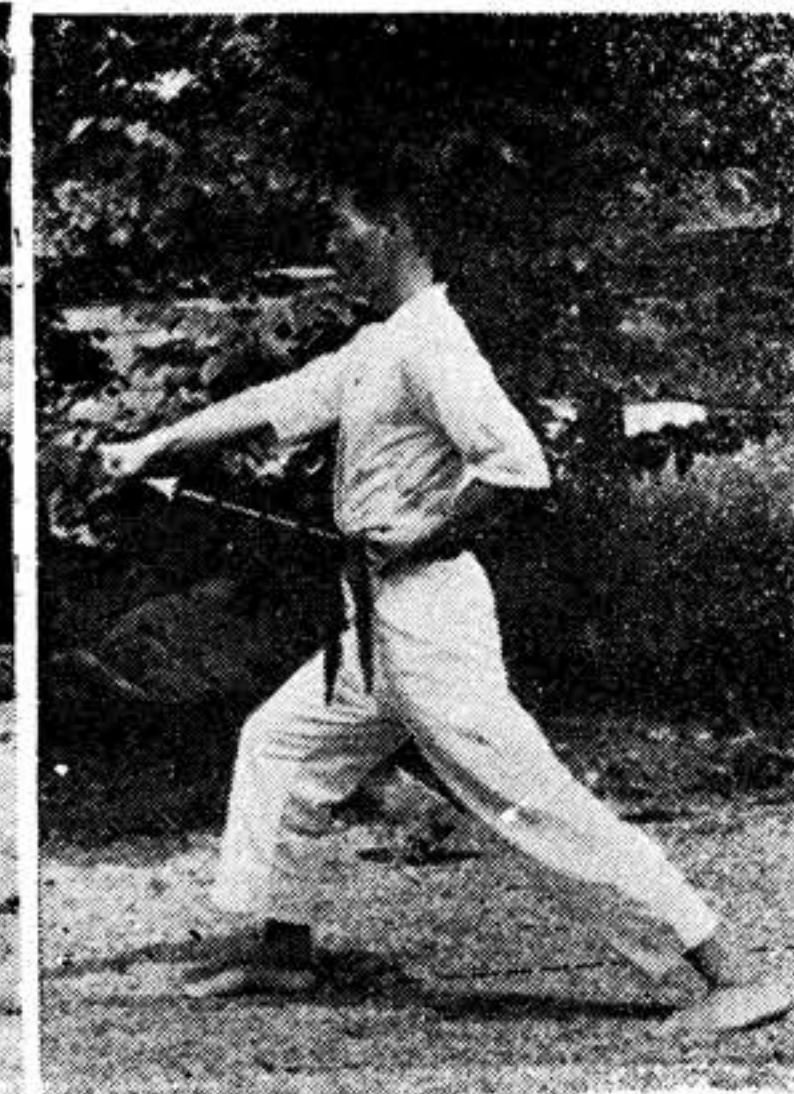
In the ready position (point D), the right foot is



(1st floor) Room A



(Second degree) Room D



Move the left foot to room A 1. Step forward and face room A, then do a left forward bend and block the lower part with the left right at the same time. (1st degree)

2nd movement

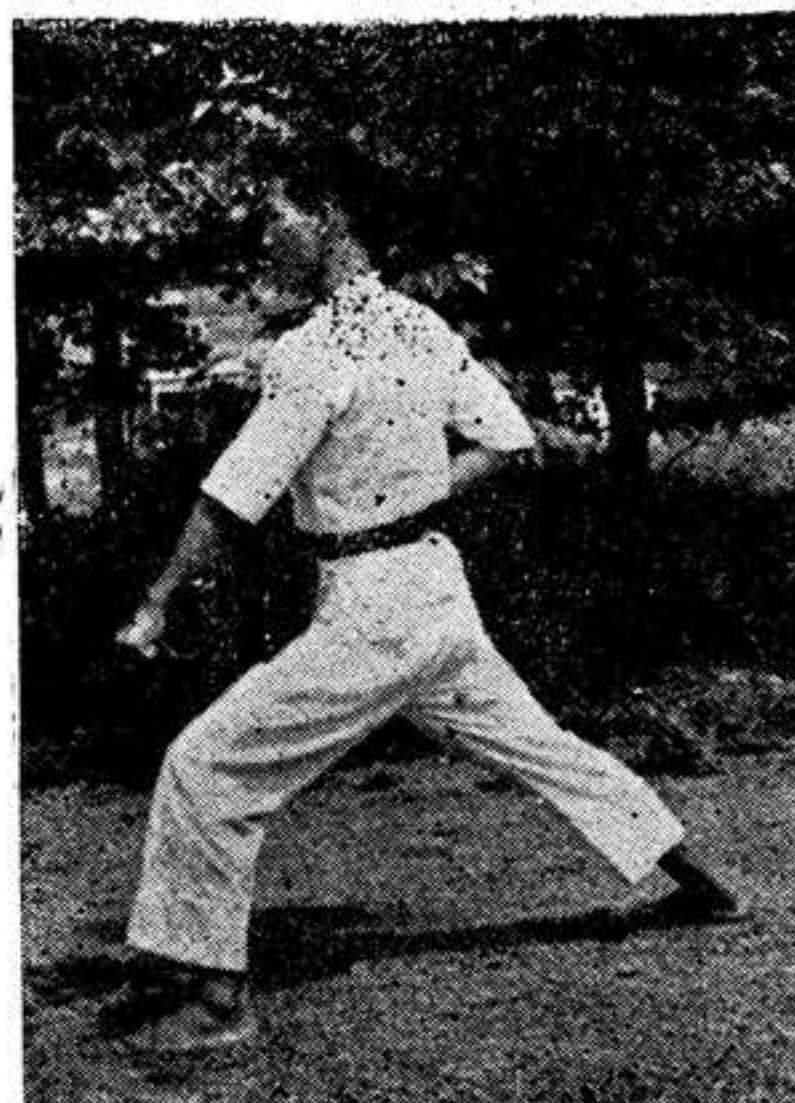
The left foot stands in the right foot position, one step forward to room A, and stands in the right-front position.

At the same time, the right hand is stabbed in the middle. (Second degree)

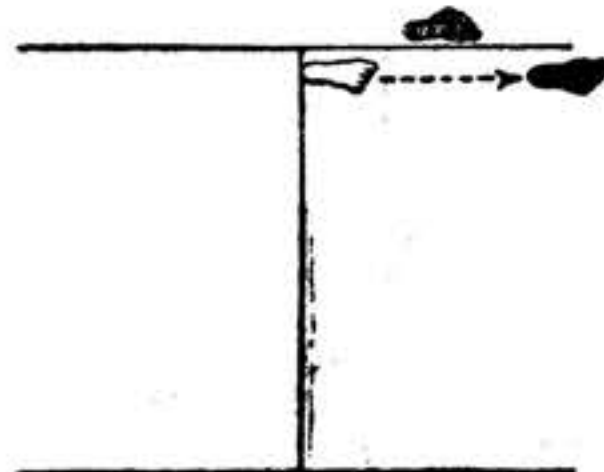
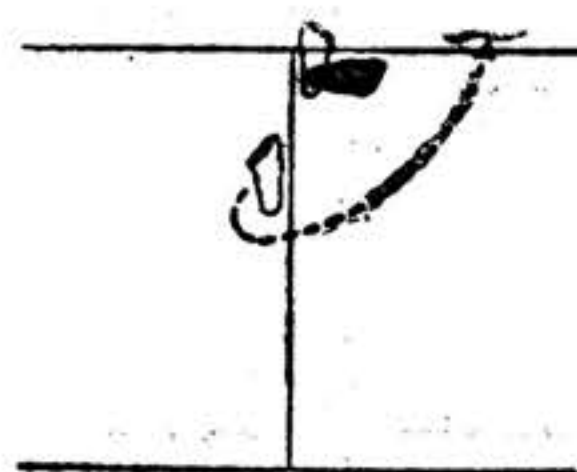
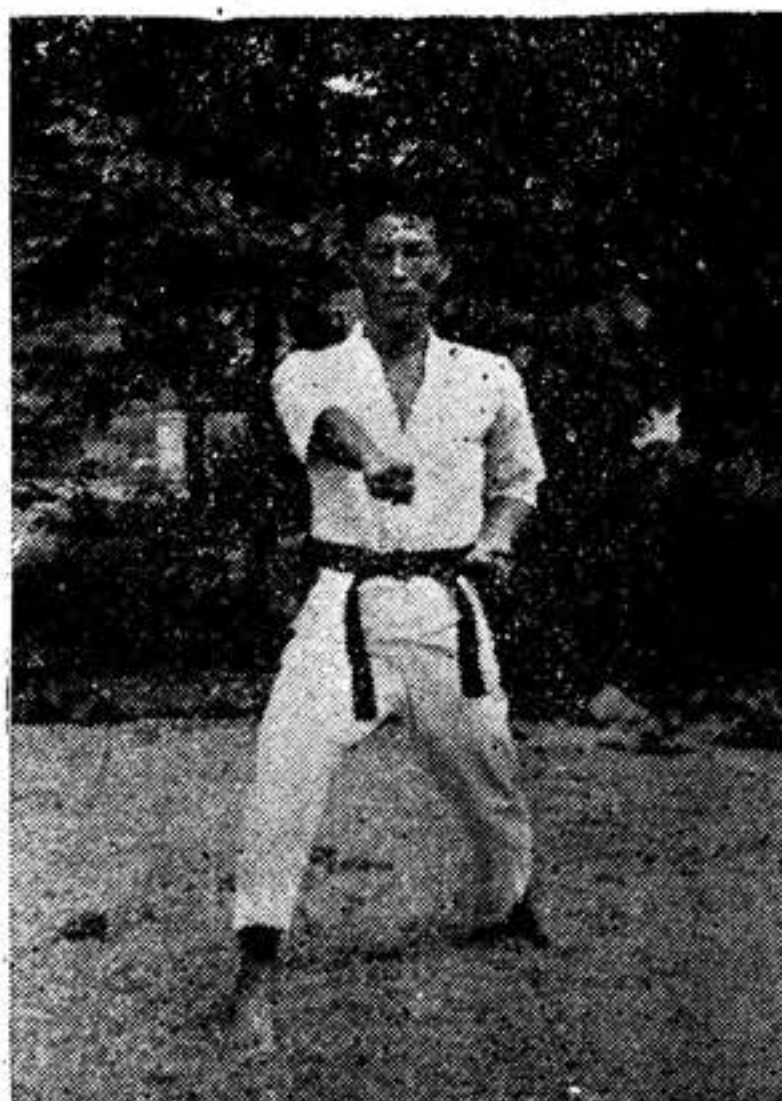
3rd movement

Turn your right foot to the right with your left foot as the axis and face room B at the same time.

(Image 7)



(8th floor) Room F



At the same time, the left arm is stabbed in the middle.

8th movement

The left foot steps forward one step to the C room of the right foot, stands in the right-front position, and at the same time, stabs the middle leg with the right fist while shouting "spirit."

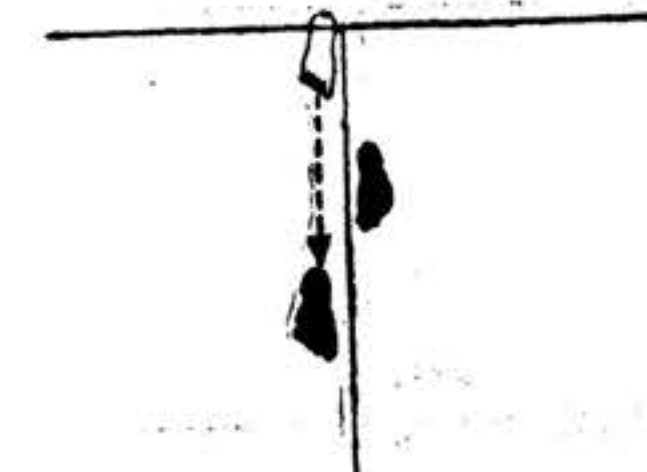
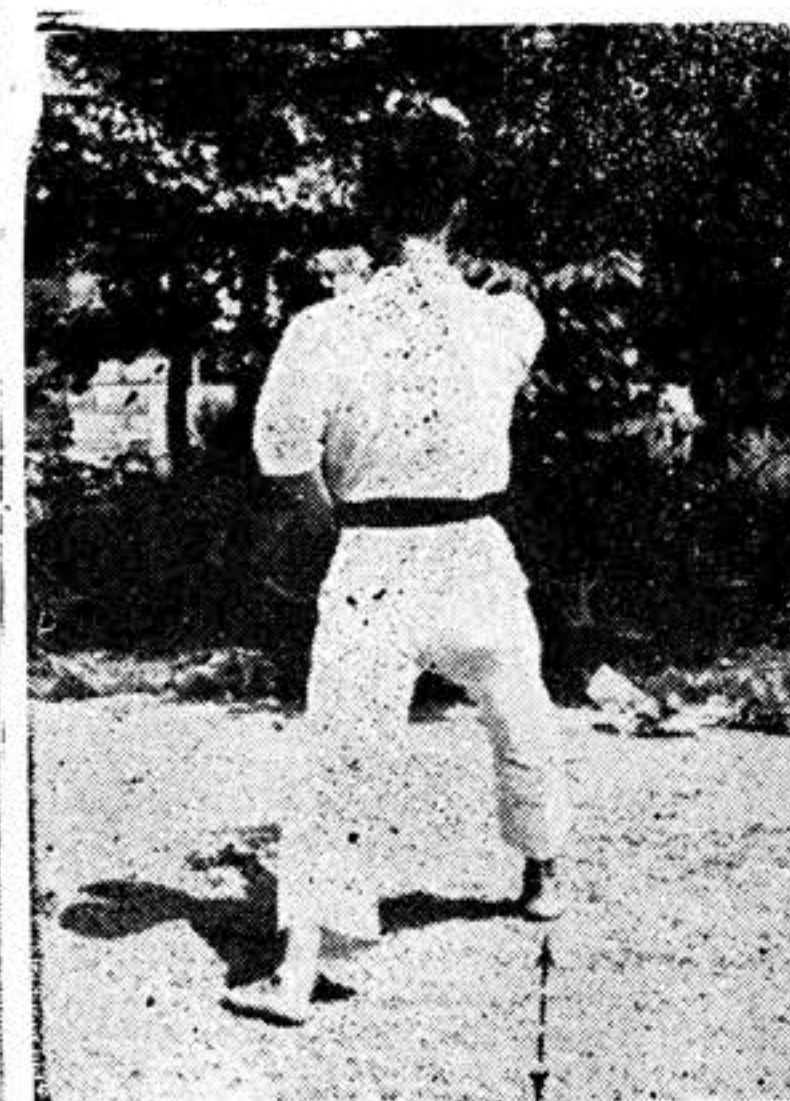
9th movement

Turn your left foot to the left with your right foot as the axis, and face the F direction, while standing in the left forward position and blocking the lower part with your left wrist. (Figure 7)

(39 degrees) (Room D)



(Figure 10)



Movement 10

The left foot steps forward one step to the F side of the right foot, stands in the right front stance, and at the same time, stabs the middle with the right right hand. (Figure 8)

Movement 11.

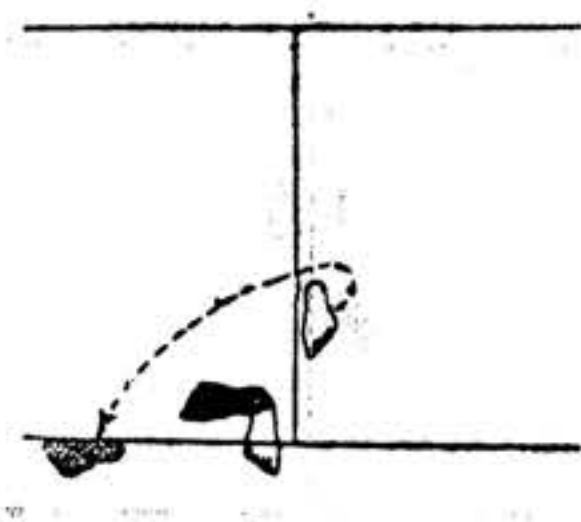
Turn your right foot to the right with your left foot as the axis, stand with your right foot facing the E room, and block the lower part with your right wrist.

Movement 12

(11th degree) Room A



(12th degree) Room D



The right foot steps forward one step to the left foot in the E room, and at the same time, the left foot strikes the middle leg with the left right foot. (Figure 9)

Movement 13

Turn your left foot to the left with your right foot as the axis, face room D, and at the same time stand in the left forward bend while blocking the lower part with your left wrist.

Movement 14

The left foot is positioned one step forward from the right foot to room D and stands in the right-front position.

At the same time, the right hand is stabbed in the middle. (10th degree)

Movement 15

The right foot steps forward one step to the D room, and at the same time, the left foot stands in a left forward bend and stabs the middle with the left right foot.

Movement 16

The left foot steps forward one step to the D room of the right foot, stands in the right-front position, and at the same time, stabs the middle with the right fist while shouting "spirit."

Movement 17

Turn your left foot to the left with your right foot as the axis, and face room A, while standing in the left forward position and blocking the lower part with your left wrist. (Figure 11)

Movement 18

The left foot steps forward one step to the right foot in room A, stands in the right front stance, and at the same time, stabs the middle with the right right foot.

Movement 19

Turn your right foot to the right with your left foot as the axis, stand with your right foot facing toward room B, and block the lower part with your right wrist. (Figure 12)

Movement 20

The right foot steps forward one step to the left foot in room B, and at the same time, stabs the middle with the left right foot.

At the command of "Stop", the right leg pulls the left leg and prepares Go back to vertical.

At the command "Rest", lower your arms and rest comfortably.

Section 2 Tai Chi Form II

The electric movement is the same as the Taegeuk movement, but the target is at the top.

The only difference is that

Section 3 Three Tai Chi Forms

Smokescreen~"I"

Jeondongjak~20

Time required ~ Approximately 30 seconds

Ready posture

Same as Taegeuk type.

1st movement

In the ready position, the right foot moves the left foot one step to room A, stands with the right back bend, and at the same time, pull the right fist to the right waist and block the middle with the left wrist. (Figure 13)

2nd movement

The left foot steps forward one step to the right foot in room A, stands in the right front crawl, and at the same time stabs the middle with the right right hand.

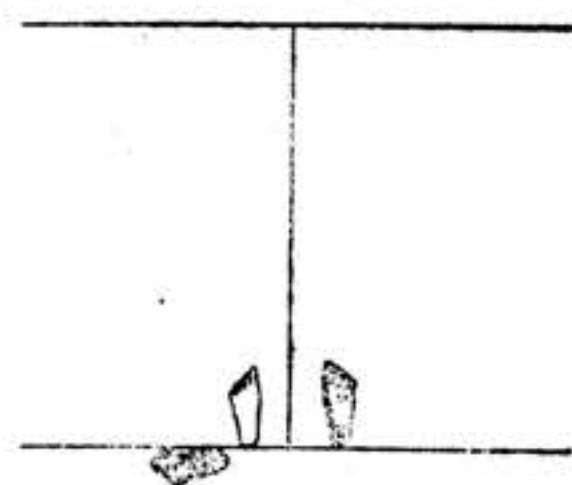
※ This movement is to practice defending in the first movement and then immediately attacking the stop.

3rd movement

Turn your right foot to the right with your left foot as the axis, and face room B, while standing with your left foot facing backwards and blocking the middle with your right wrist. (Figure 14)

(Opposite to the first movement)

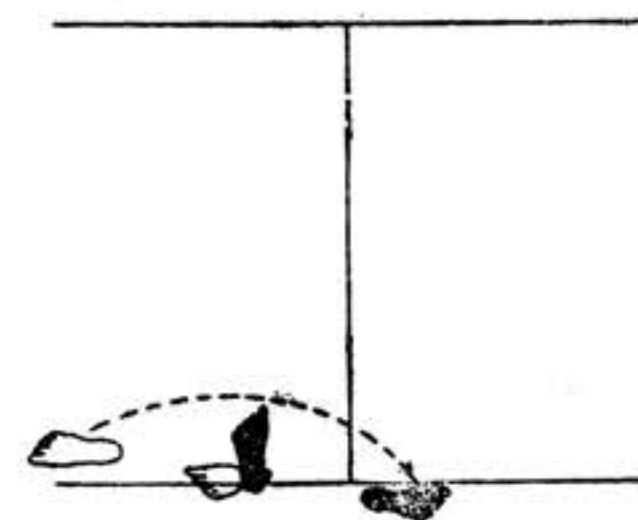
(Figure 13)



(Figure 14)



(Figure 15)



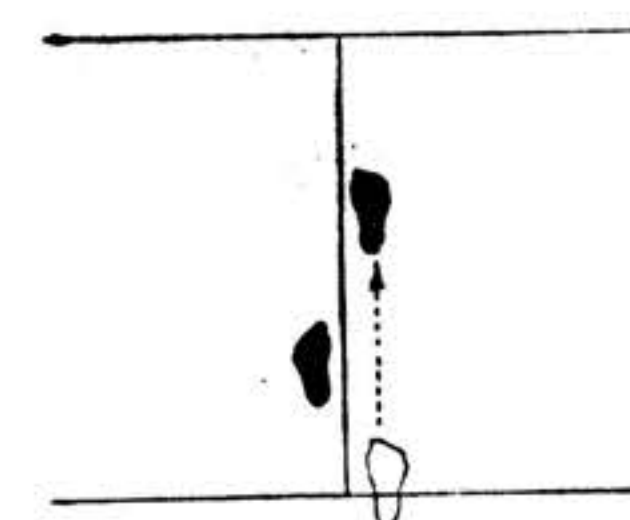
4th movement

The right foot steps forward one step to the left foot in room B, and at the same time, stabs the middle with the left right foot.

5th movement

Turn your left foot to the left with your right foot as the axis and face room C, while standing in the left forward bend and blocking the lower part with your left wrist.

6th movement



The left foot steps forward one step to the C room of the right foot, stands in the right-front position, and at the same time stabs the upper part with the right right hand. (Figure 15)

Movement 7

The right foot steps forward one step to the left foot in room C, and at the same time, the left foot stabs the upper body with the left right foot.

8th movement

The left foot steps forward one step to the C room of the right foot, stands in the right-front position, and at the same time, stabs the upper body with the right fist with a "shout".

9th movement

Turn your left foot to the left with your right foot as the axis, and stand with your right foot facing the F room, blocking the middle with your left wrist.

Movement 10

The left foot steps forward one step to the F room of the right foot, stands in the right front stance, and at the same time stabs the middle with the right right foot.

Movement 11

Turn your right foot to the right with your left foot as the axis, face the path, and at the same time, stand with your left foot facing backwards and block the stop with your right wrist.

Movement 12

The right foot steps forward one step to the left foot in the E room, and at the same time, stabs the middle with the left right foot.

Movement 13

Move the left foot one step to the D room with the right foot as the axis and stand in a left forward bend. At the same time, block the bottom with your left wrist.

Movement 14

The left foot is positioned one step forward from the right foot to room D and stands in the right-front position.

At the same time, stab the top with the right hand.

Movement 15

The right foot steps forward one step to the D room, and at the same time, the left foot stands in a left forward bend and stabs the upper body with the left right foot.

Movement 16

The left foot steps forward one step to the D room of the right foot, stands in the right-front position, and at the same time, stabs the upper body with the right fist with a "shout".

Movement 17

Lift your left foot to the left with your right foot as the axis and head towards room A at the same time. While standing on the ledge, block the break with your left wrist.

Movement 18

The left foot stands in the right foot position, one step forward to room A, and stands in the right-front position. At the same time, the right hand side stabs the stop.

Movement 19

Turn the left foot to the right with the right foot as the axis and face room B at the same time. While standing on the ledge, block the break with your right wrist.

Movement 20

The right leg is placed one step forward to the left leg in room B and stands in a left forward bend. At the same time, the left arm is stabbed in the middle.

"Stop" and "Rest" are identical to the Taegeuk shape.

Section 4 Ping An Type 1

Smokescreen~"I"

Jeondongjak~22

Time required ~ Approximately 30 seconds

Ready position~Same as Taegeuk form

1st movement

In the ready position, the right foot takes a step forward

foot in the A D B A direction, and at the same time, blocks the lower part with the left wrist.

2nd movement

The left foot takes one step forward to room A and stabs the right foot in the middle with the right foot.

3rd movement

Turn your right foot to the right with your left foot as the axis and face room B, while standing with your right foot bent forward and blocking the lower part with your right wrist.

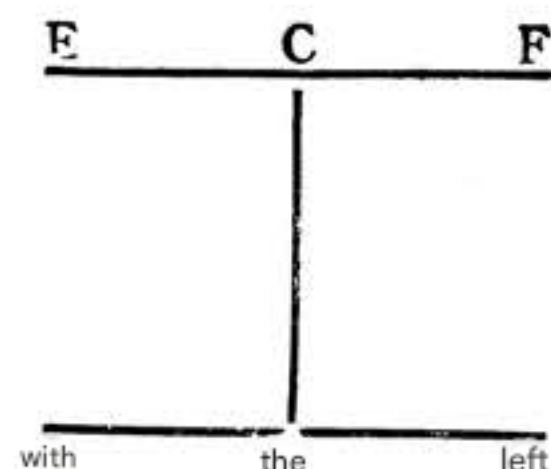
4th movement

The left foot straightens the body by pulling the right foot back half a step (in front of the left foot) and at the same time, draw a large circle from the front of the left shoulder with the right foot and strike down. (Figure 1)

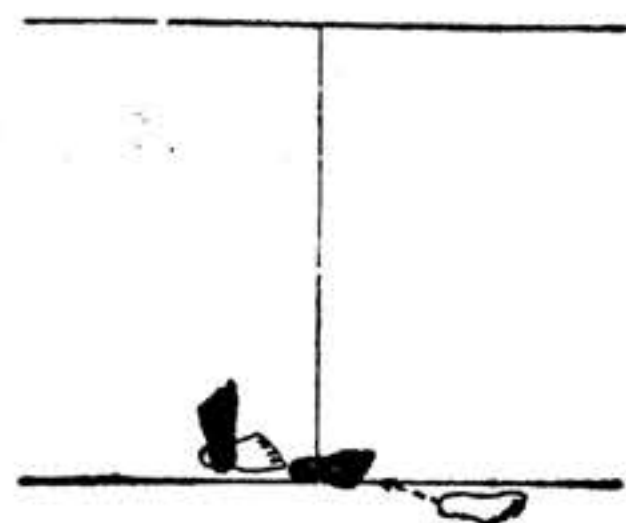
※ The lowered vote is level with the shoulder.

5th movement

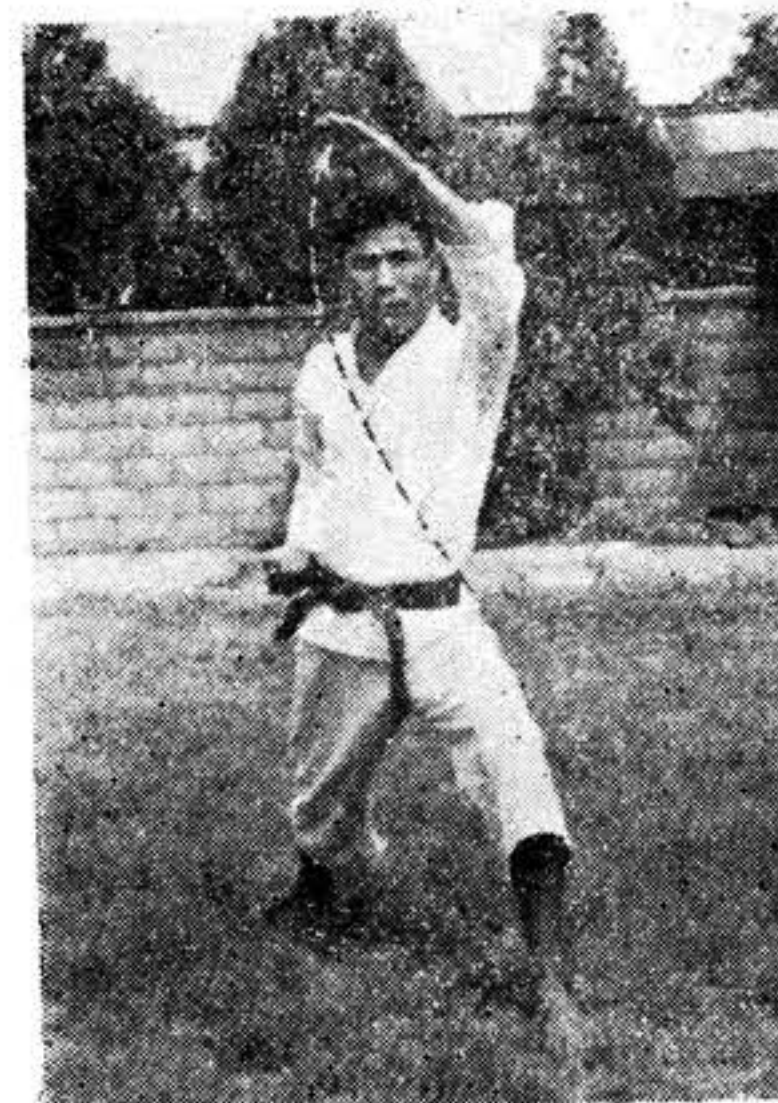
The right leg is the same as the left leg and is in room B.



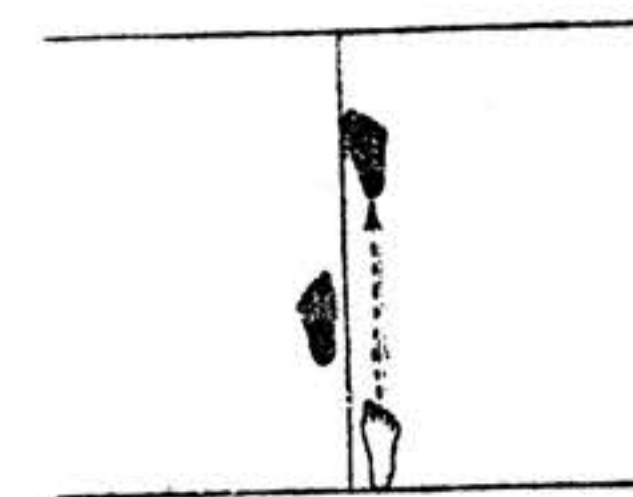
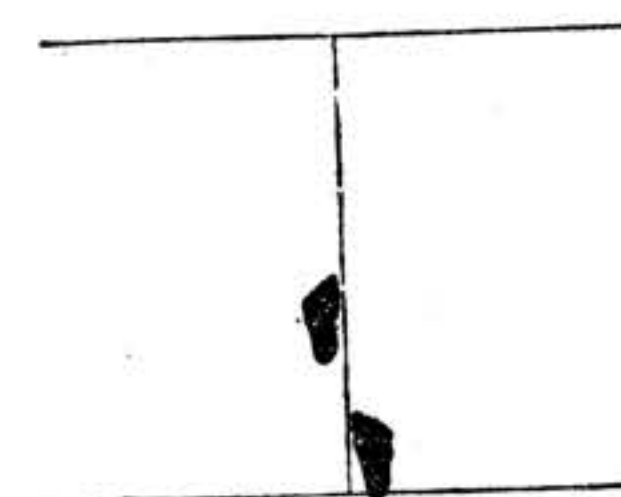
(Figure 16)



(Figure 17)



(Figure 18)



Send it and stand in the left frontal position and stab the middle with the left right. 6th movement/work

Turn your left foot to the left with your right foot as the axis and stand in a left forward bend toward room C.

At the same time, block the bottom with your left wrist.

Movement 7

The lower body is blocked by lifting the upper body with the left hand. (Figure 17)

8th movement

— 146 —

The fourth leakage type

The left foot steps forward one step from the right foot to the C room, and at the same time, blocks the upper part with the right wrist. (Figure 18)

9th movement

The right foot steps forward one step to the left foot in room C, stands in a left forward bend, and blocks the upper part with the left wrist.

Movement 10

The left foot steps forward one step from the right foot to room C, stands in the right-front position, and at the same time, blocks the upper part with the right wrist with a "shout".

Movement 11

Turn your left foot to the left with your right foot as the axis, and stand in a left forward bend toward room F, while blocking your lower body with your left wrist.

Movement 12

The left foot steps forward one step to the F room of the right foot, stands in the right front stance, and at the same time stabs the middle with the right right foot.

Movement 13

Turn your right foot to the right with your left foot as the axis, stand with your right foot facing the E direction, and block the lower part with your right wrist.

Movement 14

The right foot steps forward one step to the left foot in the E room, and at the same time, stabs the middle with the left right foot.

Movement 15

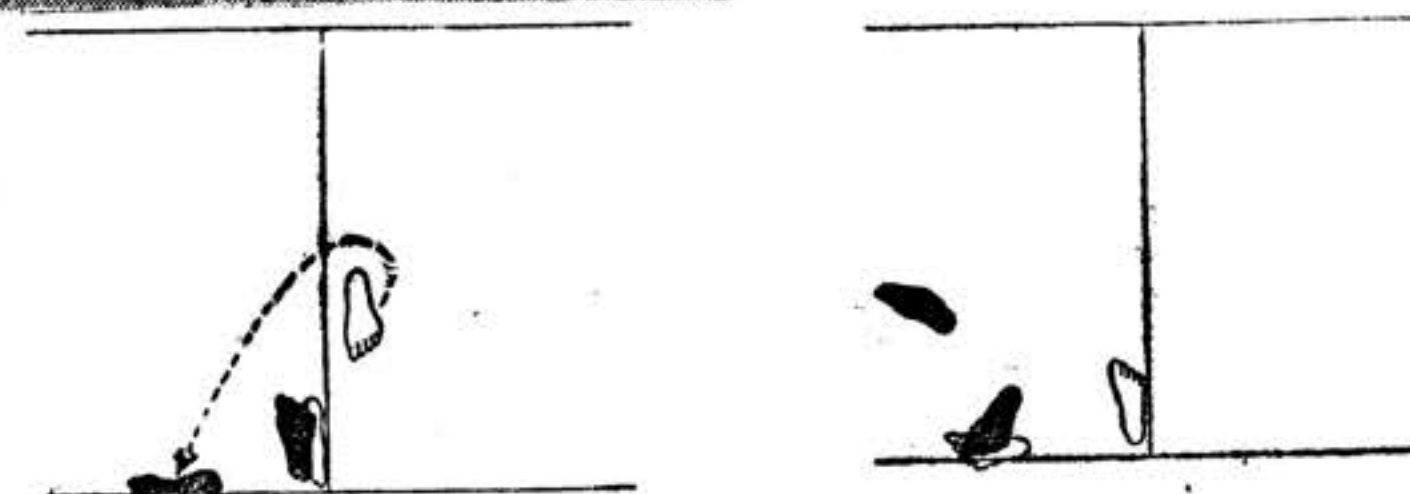
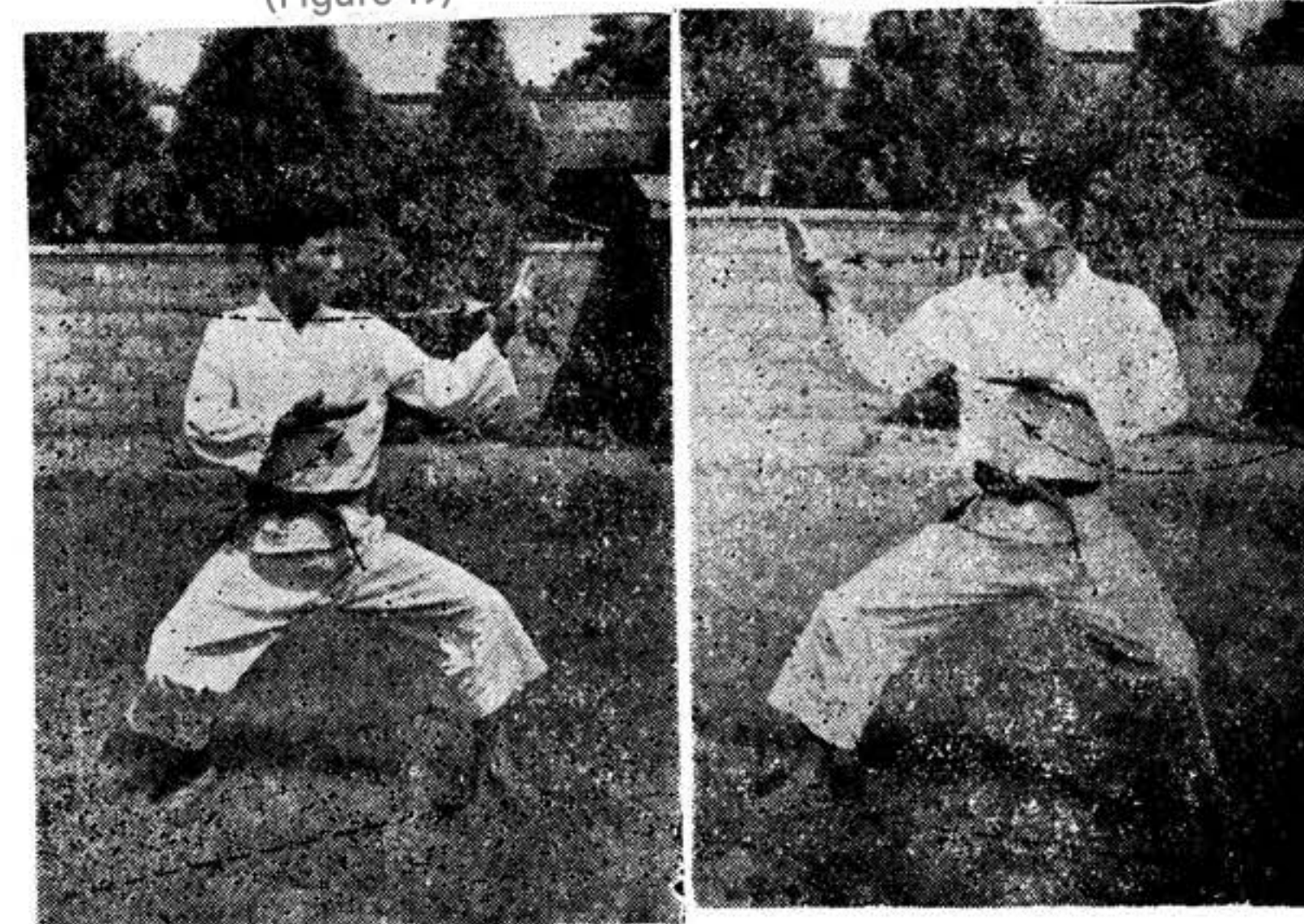
Turn your left foot to the left with your right foot as the axis, and do a left forward bend toward room D, while blocking the lower part with your left wrist.

Movement 16

The left foot is placed one step ahead of the right foot in room D and stands in the right-front position.

(Figure 19)

(20th degree) A. C room



At the same time, stab the top with the right hand.

Movement 17

The right leg is placed one step forward to the left leg in room D and stands in a left forward bend.

At the same time, stab the top with the left hand.

Movement 18

The left foot is positioned one step forward from the right foot to room D and stands in the right-front position.

At the same time, stab the top with a "scream" with the right hand.

Movement 19

Turn your left foot to the left with your right foot as the axis, and stand with your right foot facing toward room A, while blocking the stop with your left foot. (Figure 19)

- 1) When the pause is stopped, the superior angle is horizontal in front of the chest and the fingertips are in front of the left armpit.

- 2) The back of the hand of the superior is facing downward.

Movement 20

The left foot steps forward one step toward the AC room, and at the same time stands in a left backbend, blocking the right foot from stopping. (20th degree)

Movement 21

Turn your right foot to the right with your left foot as the axis, and stand with your left rear bend facing room B, while blocking the right-hand path.

Movement 22

The right foot moves the left foot 1 step to the BC direction, stands with the right foot in the back, and blocks the stop with the left foot.

The "Stop" and "Rest" postures are identical to the Taegeuk form.

Section 5 Ping An Type II

Smokescreen~"I"

Jeondongjak~29

Time required ~ approx. 40 seconds

1st movement

The right foot steps forward to the left foot one step to the A side, and at the same time, blocks the upper part with the right right hand and blocks the upper part with the left wrist. (Figure 21)

(Figure 21)



※ 1) You can also block the break with your left wrist.

- 2) The body faces room C and the face faces room A.

- 3) Block the facial attack from room A with your left wrist and the attack from room C with your right wrist, preparing for the next attack.

2nd movement

While keeping the lower body straight, pull the left arm forward and at the same time, turn the upper body to the left and lift the upper part of room A with the right arm. (Figure 22)

- ※1) You can also strike diagonally to the side with the right fist while feeling as if you are pulling the opponent with your left hand.

- 2) The photo has the right-hand position slightly raised.

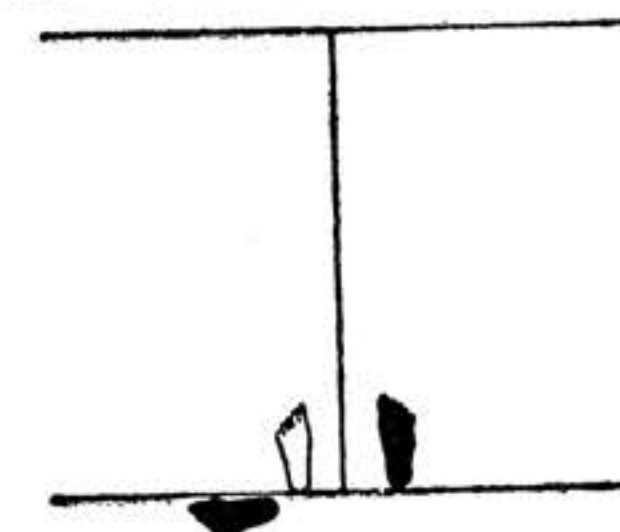
3rd movement

While standing still, pull the right hand to the waist and stab the middle of the A side with the left hand. (23rd degree)

4th movement

(Opposite to the first movement)

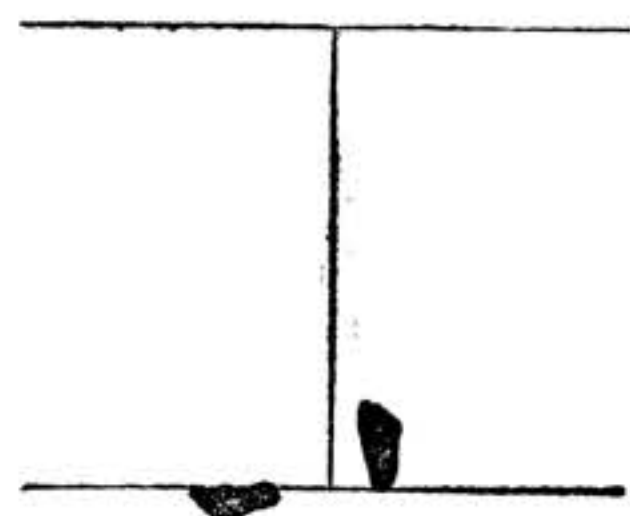
5th movement



(Figure 22)



(Figure 23)



(Opposite to the second movement)

6th movement

(Opposite to the third movement)

Movement 7

Pull the left foot half a step to the right foot, stand on one leg facing room D, and at the same time lightly place the right fist on the left fist and pull it to the left waist. (24th degree) ※

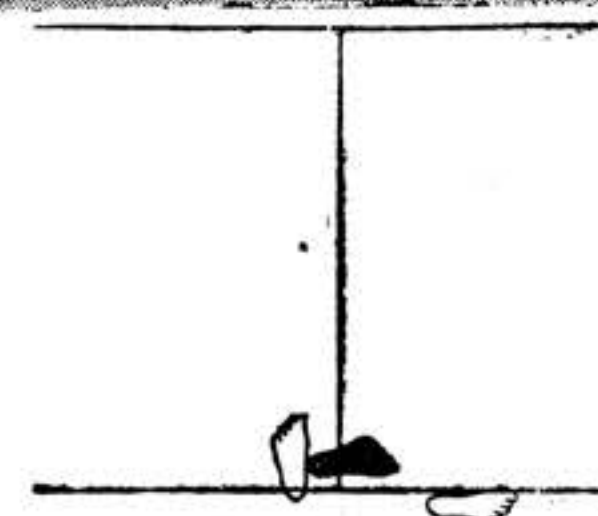
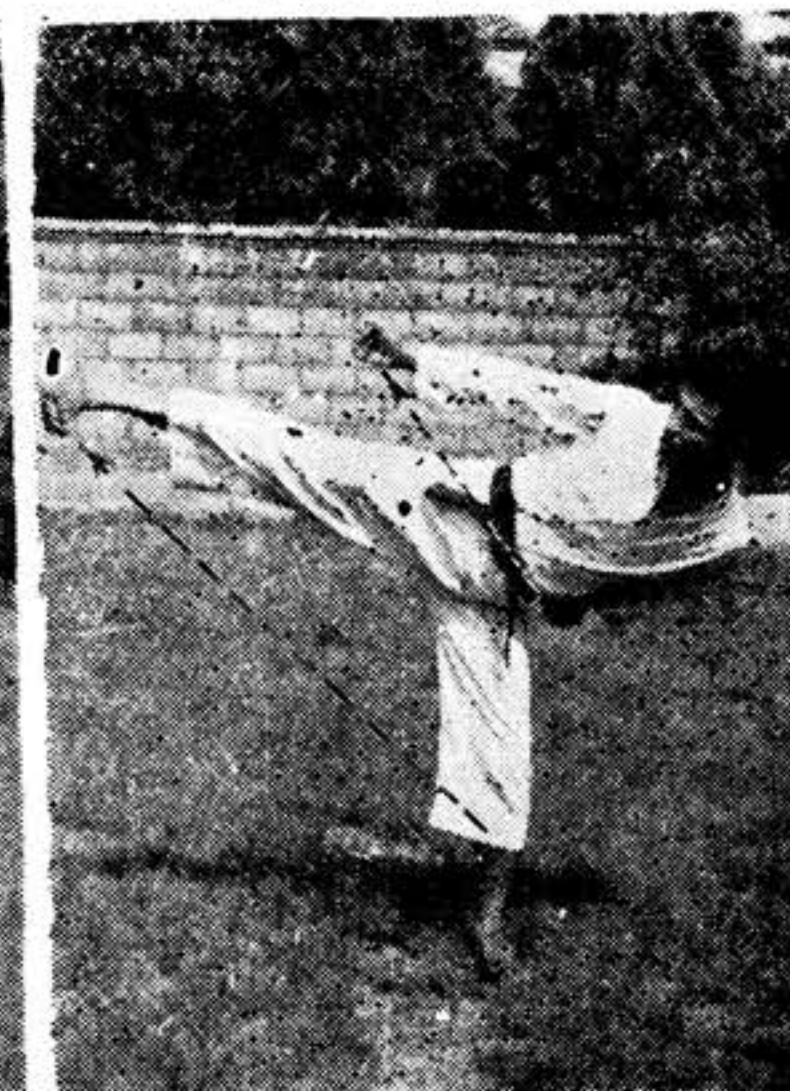
The back of the right fist placed on the left fist faces outward.

8th movement

(24th degree) B rice



(25th degree) Room B



The left foot stabs the D-room while the right foot strikes the upper part with the right foot. (25th degree)

9th movement

Put your kicking foot down in room D, stand with your right foot in a right back stance, and block the C room with your left foot.

Movement 10

The left foot steps forward one step to the C direction of the right foot, and at the same time stands in a left backbend to block the right foot from stopping.

Movement 11

The right foot steps forward to the left foot one step to the C room, and at the same time, blocks the stop with the left foot while standing with the right foot.

Movement 12

The left foot steps forward one step to the C room of the right foot, stands in the right frontal position, and at the same time stabs the middle leg with the right-handed sword.

Movement 13

Turn your left foot to the left with your right foot as the axis and face the F room, while standing with your right foot facing forward and blocking the left foot with your left foot.

Movement 14

The left foot steps forward one step from the right foot to the FD room, and at the same time, blocks the right foot from stopping by the left foot.

Movement 15

Turn your right foot to the right with your left foot as the axis, and stand with a left backbend toward room E, while blocking the right road.

Movement 16

The right foot moves the left foot one step to the ED room, stands with the right foot in the back, and blocks the interruption with the left foot.

Movement 17

Move the left foot to D room with the right foot as the axis, stand in a left forward bend, and at the same time, turn the right fist forward greatly and block the middle with the right wrist, and pull the left fist to the left waist. (Figure 26)

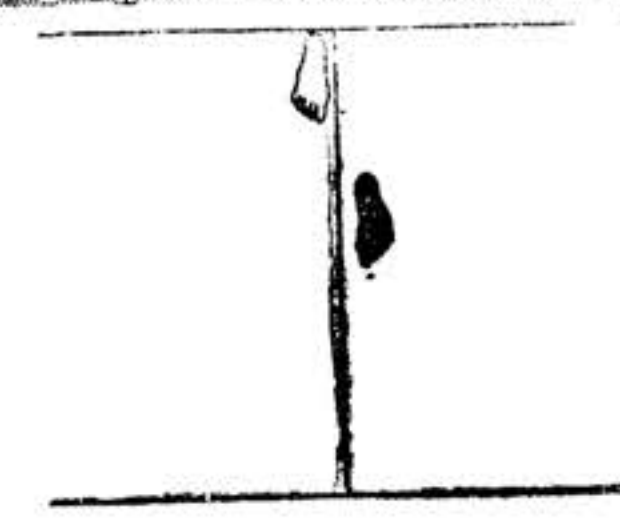
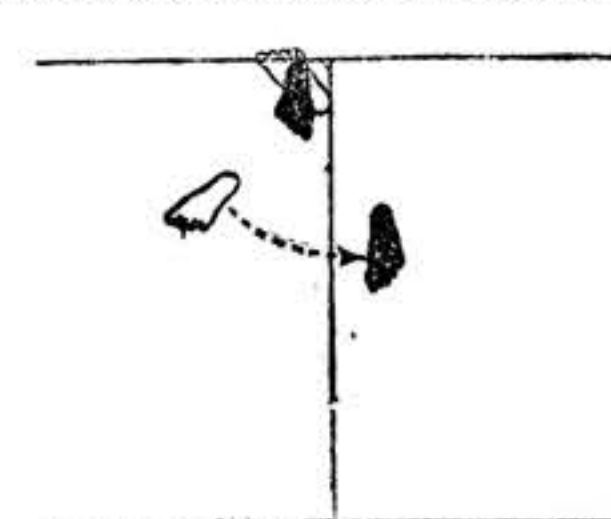
※ 1) Bring your right shoulder forward and pull your left shoulder back, turning your upper body to the left.

2) Do not lift your right heel.

(Figure 26)



(Figure 27)



3) The photo shows the feet spaced slightly wider.

Movement 18

The upper body is left as is, and the right front heel is used to kick the right front leg. (Figure 27) ※ The movement is to grab the opponent's attacking hand and then raise the right front heel.

It feels like the other person's elbow joints are about to burst.

Movement 19

The left foot steps down on the right foot to the D room, stands in the right front crawl, and at the same time, stabs the middle with the left foot in the opposite direction.

Movement 20

(opposite of Movement 17)

Movement 21

(movement 18 and half)

Movement 22,

(opposite of movement 19)

Movement 23

The left foot steps forward one step to the D room, and at the same time, stands in the right-front position and blocks the upper part with both hands toward the D room.

Movement 24

Turn your left foot to the left with your right foot as the axis, face room A, and stand in a left forward bend while blocking your lower body with your left wrist.

Movement 25

The lower half of the body remains as is, blocking the upper part with the left hand.

Movement 26

The left foot steps forward one step to the AC room, stands in the right-front position, and blocks the upper part with the right wrist.

※ 25.26 Actions can also be done as one action.

Movement 27

(Movement 24 and Banni)

Movement 28

(Opposite to movement 25)

Movement 29

(Movement 26 and Bandi)

※ Actions 28 and 29 can also be done as one action.

Section 6 Safe Type III

Smokescreen~"1"

Jeondongjak~21

Time required - Approximately 30 seconds

1st movement

The right foot is the same as the left foot, and at the same time, the left foot blocks the middle with the left wrist while standing in the room with the right foot bent.

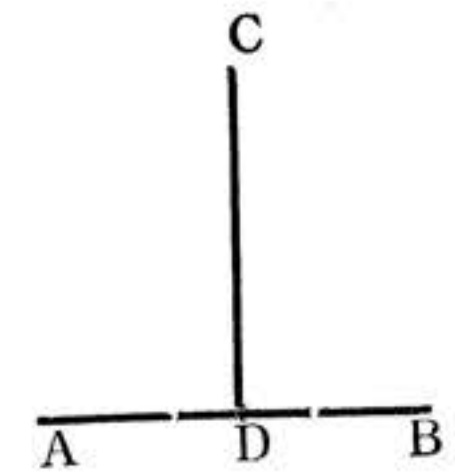
2nd movement

The left foot pulls the right foot to the left foot and gathers it toward room A, and at the same time blocks the lower part with the left outer wrist and the middle part with the right inner wrist. (Figure 28)

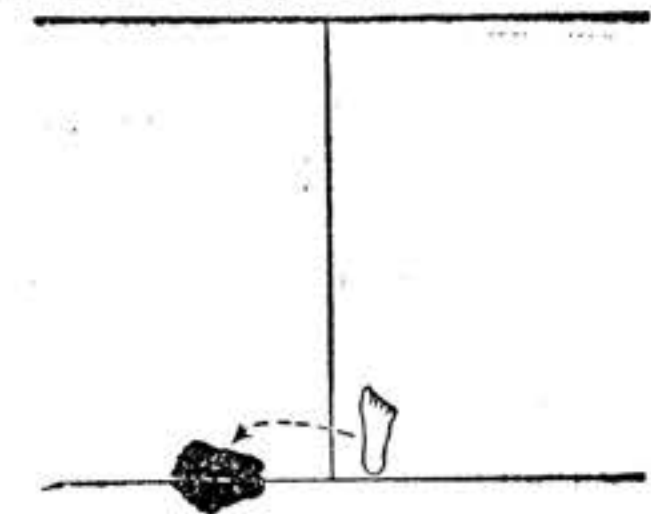
※ When you block an opponent's right-hand attack, but the opponent quickly pulls back the right-hand attack and attacks with the left-hand attack and left foot at the same time, block the foot with the left wrist and block the hand with the right wrist.

3rd movement

The lower body is crossed with the left and right hands, and the lower part is blocked with the right outer wrist, while the middle part is blocked with the left inner wrist.



(28th degree) Room A



4th movement

(Opposite to the first movement)

5th movement

(Opposite to the second movement)

6th movement

(Opposite to the third movement)

Movement 7

The right foot moves the left foot one step to the C room, stands in a left forward bend, and blocks the upper part with the left double hand.

8th movement

The left foot steps forward 1 step to the C side of the right foot, stands in the right frontal position, and at the same time stabs the middle leg with the right long-handed sword.

9th movement

While stabbing the right foot with the axis and turning the left foot to the left, take one step to the C room and stand on horseback, and at the same time strike the middle with the left right hand. (Figure 29)

When the break is reached, the body faces room B and the face faces room C.

Movement 10

The left foot steps forward one step to the C side of the right foot, stands in the right front stance, and at the same time stabs the middle with the right right foot.

Movement 11

Turn your body to the left with your right foot as the axis, gather it toward room D, and at the same time, pull the two fists to your waist. (30th degree)

※ Slowly turn around and stretch both elbows to the left and right.

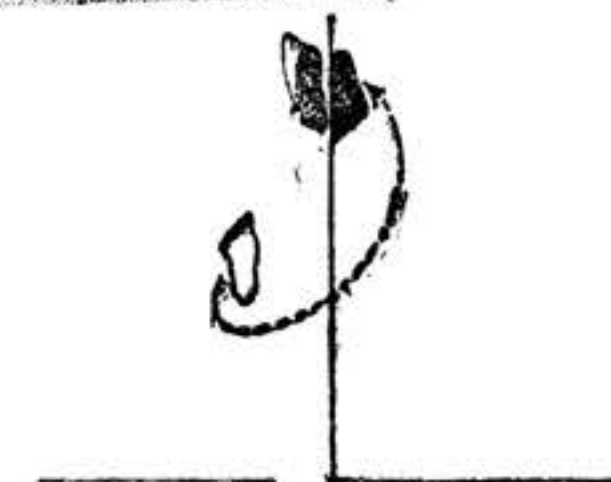
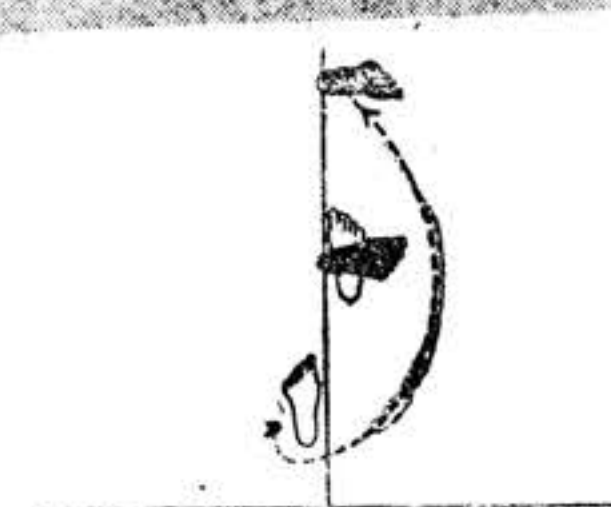
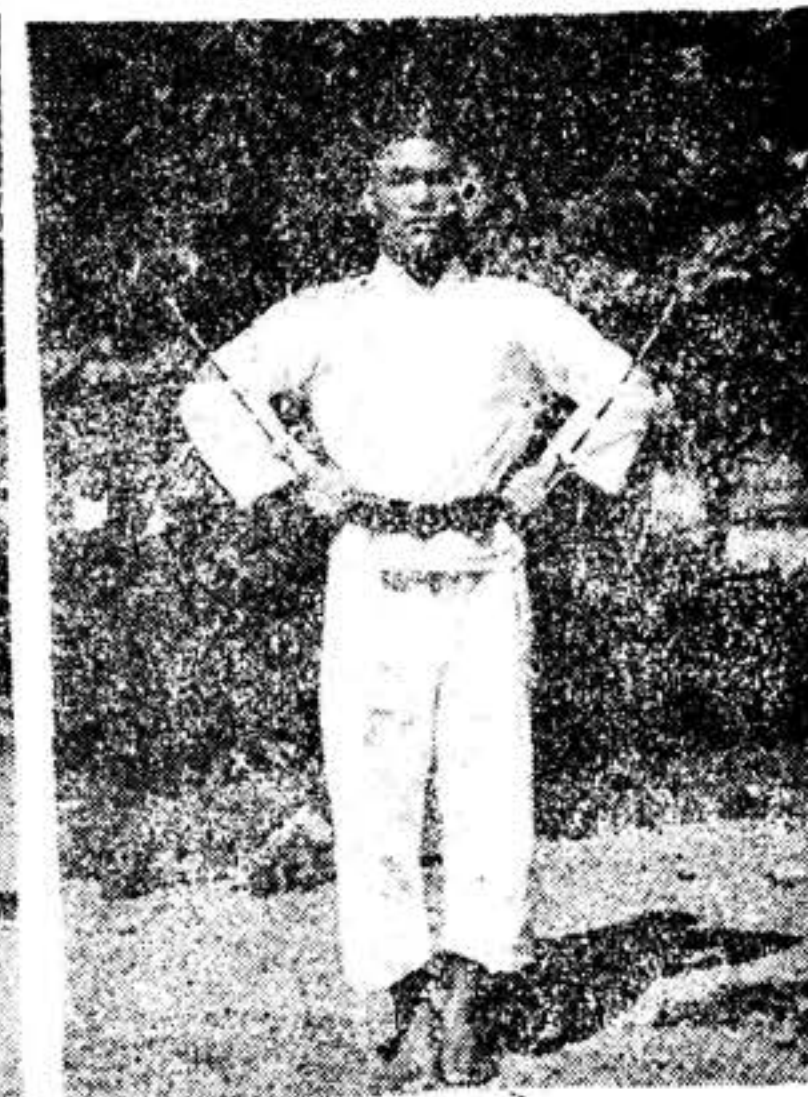
Movement 12

If you raise your right foot to the left with your left foot as the axis and press down once on room D,

(29th degree) Room B



(30th degree) Room D



While standing on horseback, strike B with your right elbow. (31st degree)

Movement 13

The lower body was hit in the A room with the right arm and then returned to its original position.

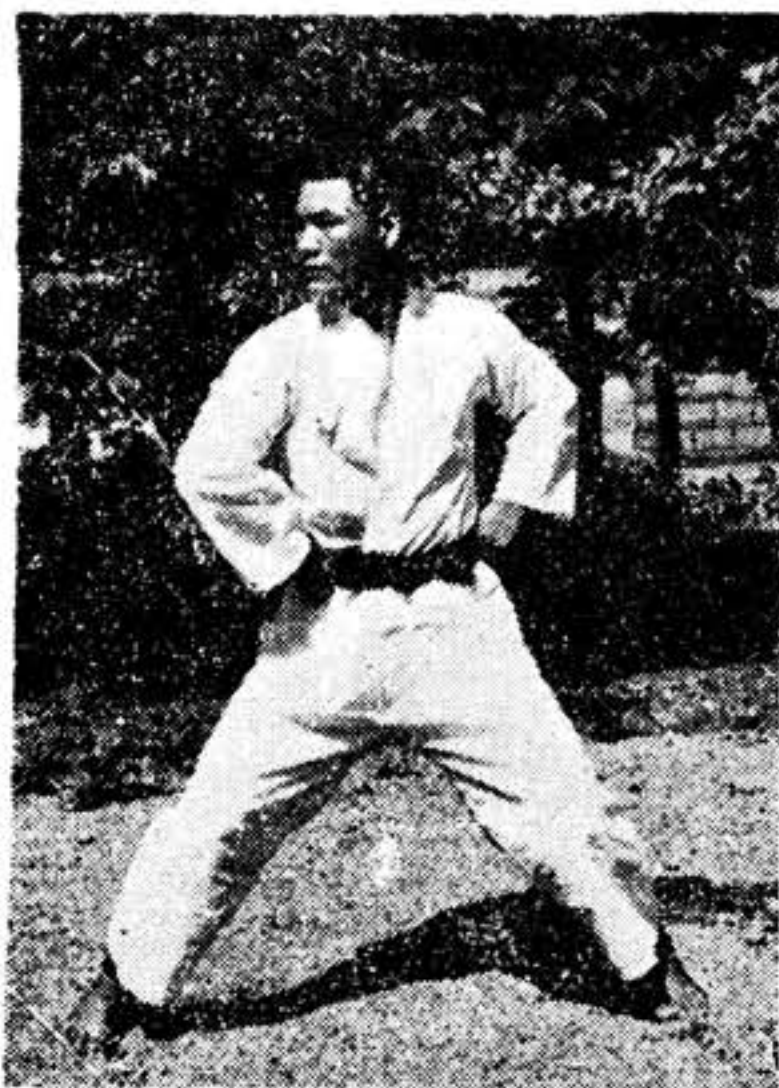
all.

Movement 14

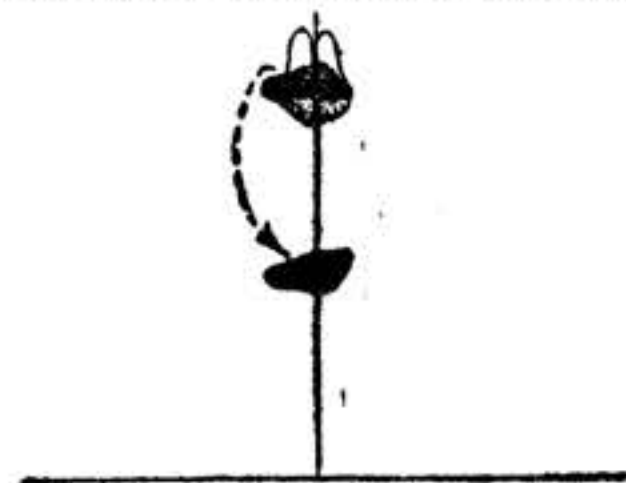
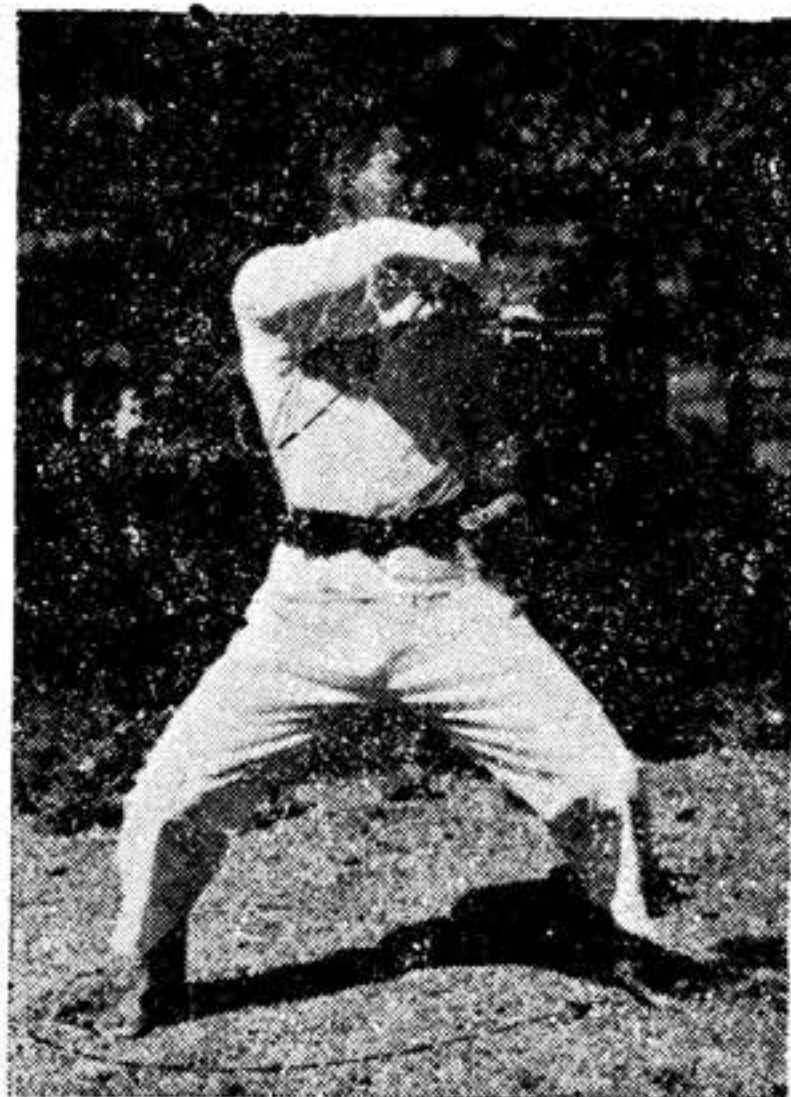
The right foot turns the left foot to the right, takes one step to room D, stands on horseback, and strikes room A with the left elbow.

Movement 15

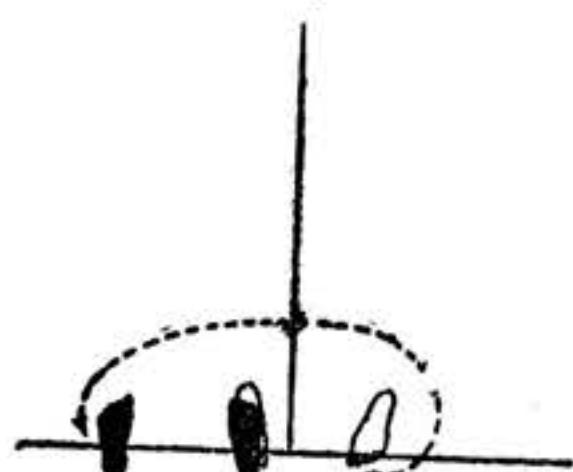
(31st) Room B



(Figure 32)



(Opposite to movement 13)



Movement 16

Turn your right foot to the left with your left foot as the axis, take one step to room D, stand on your horse, and strike room B with your right elbow.

Movement 17

(Same as movement 13)

Movement 18

Step forward with your left foot one step to the D room, stand in a left forward bend, and at the same time, turn to the left.

stab the middle finger

Movement 19

The left leg moves the right leg to line AB and stands on horseback.

Movement 20

Stand on horseback facing room C with the left foot turned to the left with the right foot as the axis, and at the same time, stab room D with the left elbow and stab the left shoulder with the right fist.

All. (32nd degree)

※ 19.20 movements can also be done as one action.

Movement 21

Move one step to room B with two feet and stand on horseback while performing the opposite movement to movement 20.

"stop"

The left foot returns to the ready position by slightly pulling the right foot toward the left foot.

Section 7 Safe Type Four

Smokescreen~"Soil"

Jeondongjak~28

Time required ~ approx. 40 seconds

1st movement

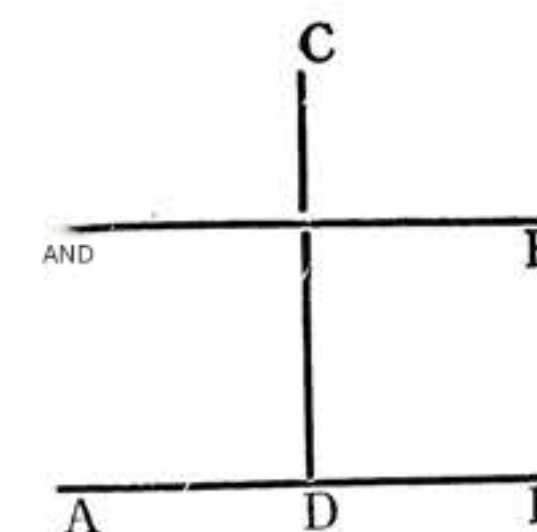
The right leg is the same as the left leg and takes 1 step to room A.

Where can I stand with my right hand facing up and my left hand facing down?

Block the top with the rope and raise the upper part of the rope to the forehead to block the top.

(Figure 33)

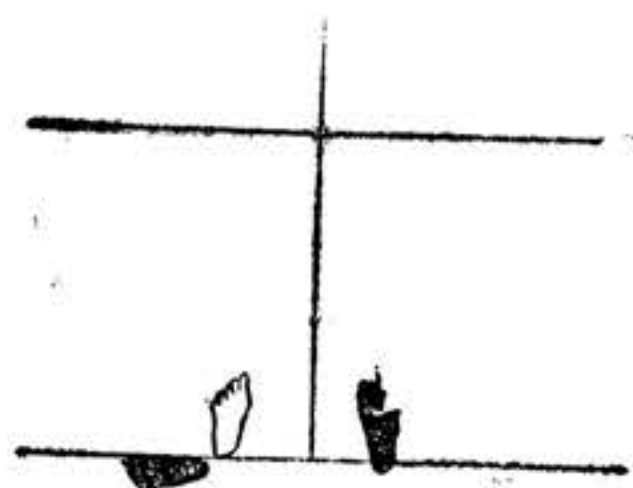
※ You can block the left-hand side of the road by lifting the upper part of the right-hand side.



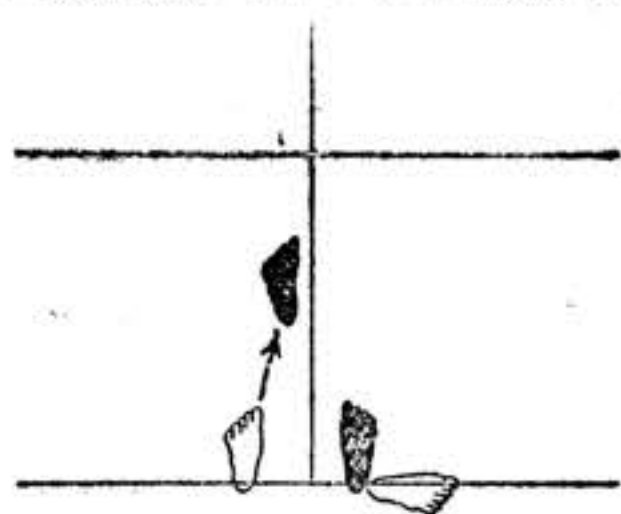
(Figure 33)



(Figure 34)



2nd movement



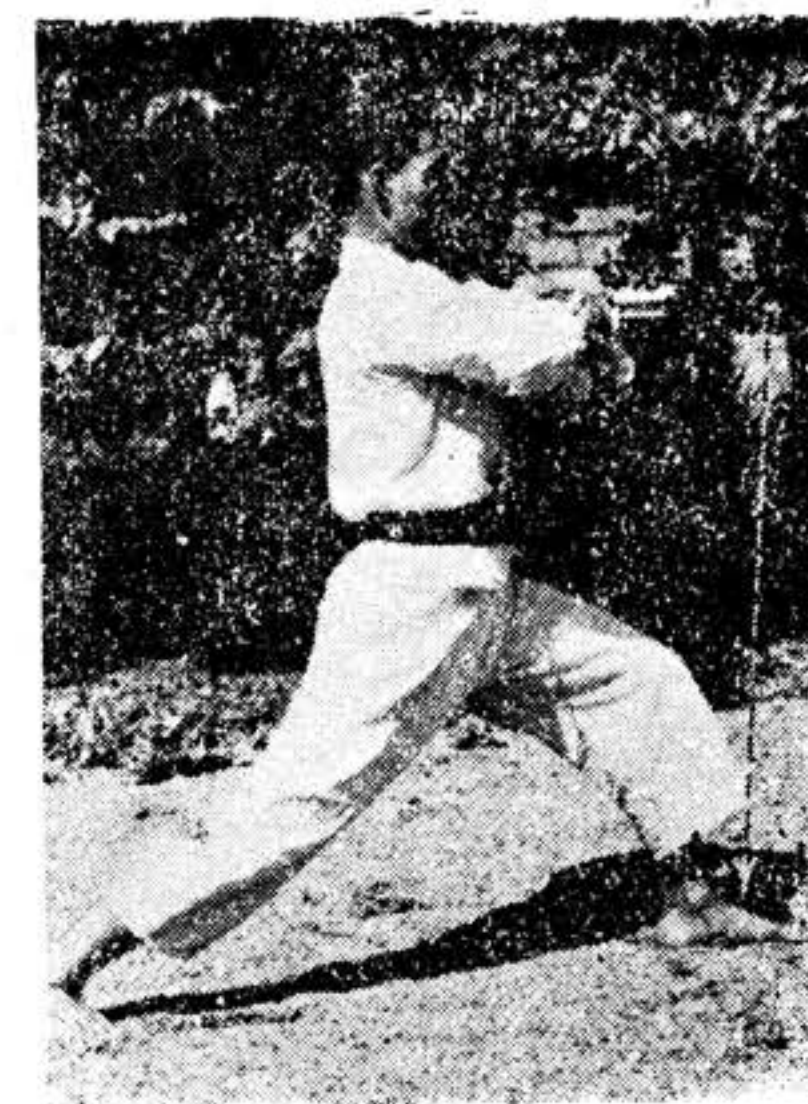
While keeping both feet still, turn your body to the right and stand with a left backbend toward room B, the opposite of the first movement.

3rd movement

The right foot steps forward one step to the left foot in the C room, and at the same time, crosses both wrists (over the right wrist) and blocks the lower part of the C room from the right armpit. (Figure 34)

※ The crossed wrists come next to the left inner knee.

(Figure 35)



4th movement

The left foot stands in the C room with the right foot for one year, and at the same time blocks the break with the right pair of hands.

5th movement

The right foot pulls the left foot as it is, stands on the right foot, and at the same time, pulls the right fist to the right waist and lightly places the left fist on the right fist.

6th movement

The right-handed player kicks room A with the left-handed player, while the left-handed player hits room A with the left-handed player.

※ When attacking an opponent from room A, hit him with your right hand and hit him with your left hand.

The collaboration is being carried out.

Movement 7

Step down on the left foot to room A, stand in the left forward bend, and strike the left palm with the right elbow. (Figure 35)

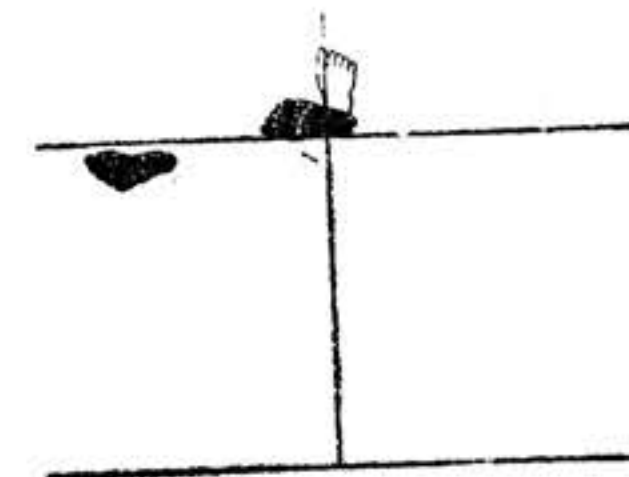
8th movement

(The left foot is the opposite of the 5th movement)

9th movement

(Opposite to movement 6)

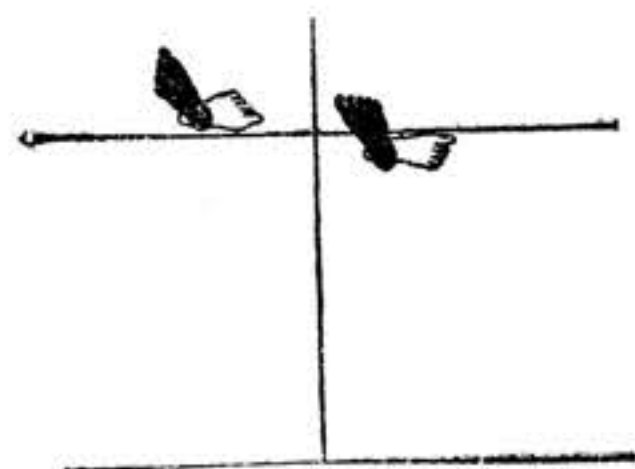
Movement 10



(36th degree) Room A



(Figure 37)



(Opposite to the 7th movement)



Three 11 movements

While standing in the same spot, turn your body to the left and face the C room, do a left forward bend and at the same time swing your right sword greatly to attack the upper front part while doing the left sword.

The top is blocked by lifting it up. (36th degree)

Movement 12

Keep your upper body straight and kick the front upper part with your front heel.

Movement 13

Take a big step forward with your raised right foot toward the C room, lightly cross your left foot over your right heel, and strike the upper part with your right foot while shouting "Ki-hap" (Figure 37).

※1) Body is in room A, face is in room C

2) You can also hit the pause button.

Movement 14

Turn your left foot to the left with your right foot as the axis and stand in a left forward bend toward the DF room.

He blocks it with both fists at the same time.

Movement 15

The left foot blocks the attack with both fists and strikes with the right front heel.

Kick between the fists.

Movement 16

Take a step forward to the DF room with the raised Ujok and stand in the Ujeongul at the same time

In the right hand side, the stop is stabbed.

Movement 17

The left and right legs stab the left leg in the middle.

Movement 18

The left foot moves the right foot 1 step to the DE room, opposite to the 14th movement.

Movement 19

(Opposite to movement 15)

Movement 20

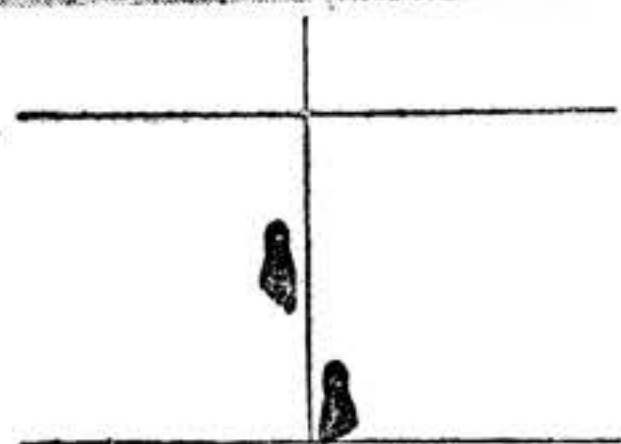
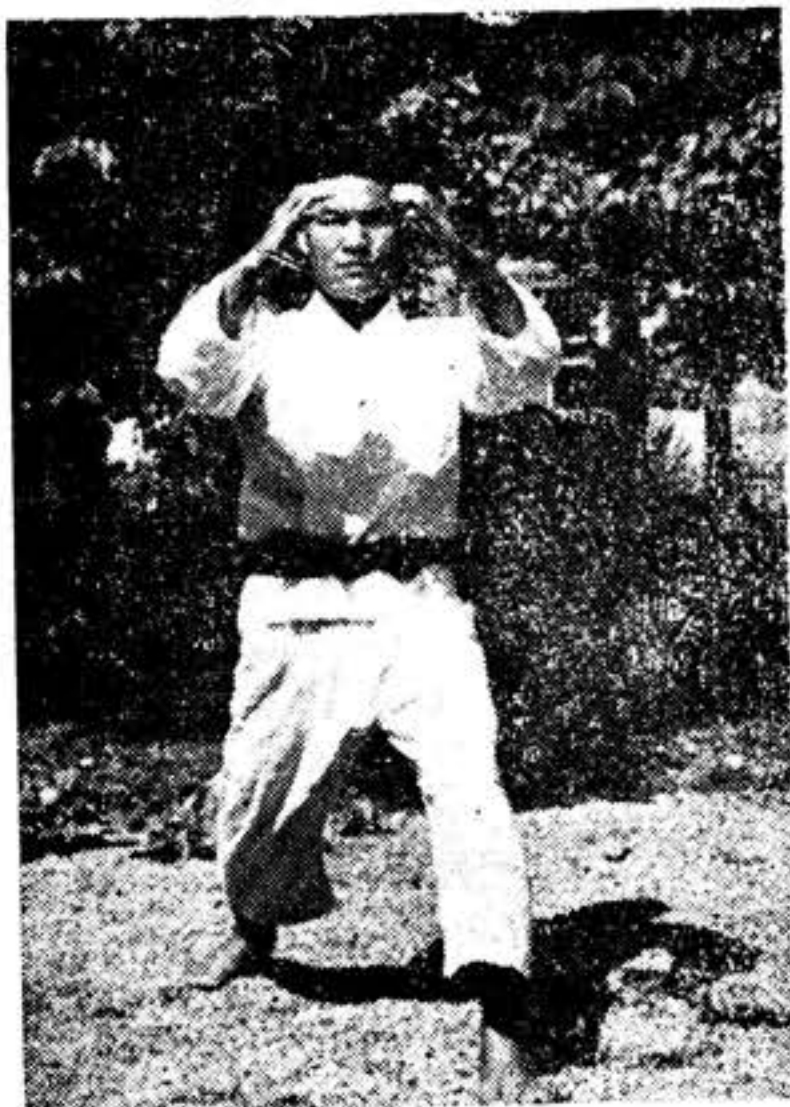
(Opposite to movement 16)

21 movements

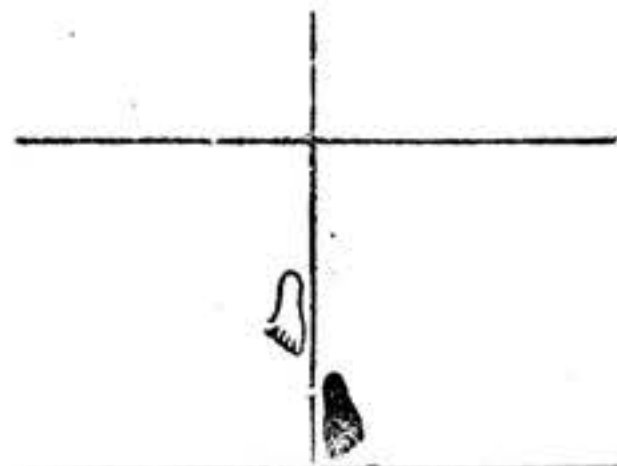
(Opposite to movement 17)

Movement 22

(38th degree) Room D



(39th degree) B-bar



The right foot moves the left foot to room D and stands in the left forward bend while blocking the stop with the left double kick.

Movement 23

The left foot steps forward one step to the D room, stands in the right front crawl, and blocks the stop with the right double kick.

Movement 24

The right foot steps forward 1 step to the D room of the left foot, stands in a left forward bend, and blocks the stop with the left double kick.

Movement 25

The lower body remains as is, with both arms stretched out in front and reaching upward. (Figure 38)

※ This is a movement that pulls the other person's nape.

Movement 26

The left leg is lifted up with the right knee while pulling down both hands that are outstretched. (39 degrees)

※ This is a movement where you grab the opponent's head and pull it up while kicking their face with your knee.

Movement 27

Move the right foot one step to the DB room with the left foot as the center, stand with the right foot in the back, and block the interruption with the left foot.

※ Body and face are AC room

Movement 28

The left foot moves the right foot 1 step to the BC room, and at the same time, stands with a left rear bend and blocks the right foot from stopping.

Section 8 Ping An Five Types

Smokescreen~"┐"

Jeondongjak~23

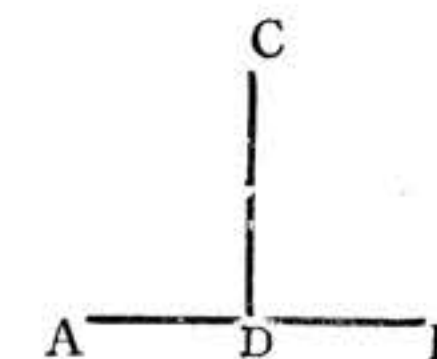
Time required ~ approx. 40 seconds

Three 1 movement

(Same as the first movement of the peaceful type)

2nd movement

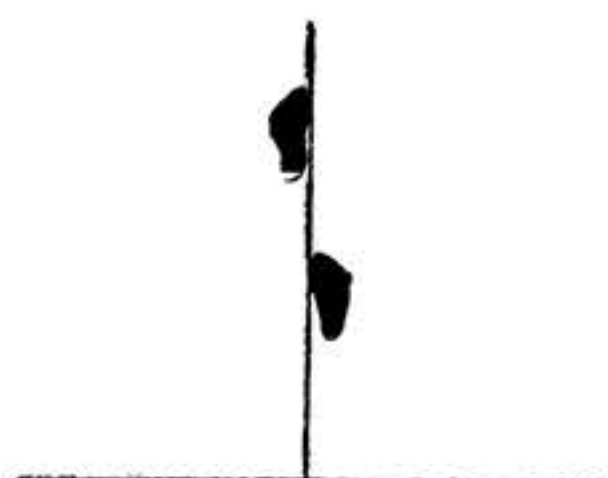
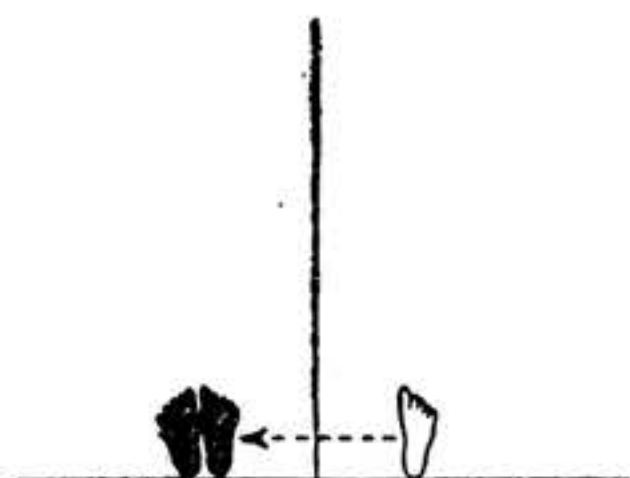
Stand with both feet fixed in place and pull the left arm to your waist.
Stab room A with the right hand.



(Figure 40)



(Figure 41)



※1) The body faces room C and the face faces room A.

2) The right hand should be horizontal in front of the chest and the back of the hand should face upward.

3rd movement

The left foot pulls the right foot next to the left foot and gathers it, while simultaneously pulling the right fist to the waist and placing the left fist in front of the chest facing toward room B. (40th degree)

※ 1) The braking action should be done slowly. The left arm should be horizontal in front of the chest.

4th movement

(Opposite to the first movement)

5th movement

(Opposite to the second movement)

6th movement

(Opposite to the third movement)

Movement 7

The left foot steps forward one step to the C room, stands in the right front stance, and blocks the upper part with the right double kick.

8th movement

(Same as the third movement of the peaceful type)

9th movement

Keep your lower body straight with both hands crossed and block the upper body.

All. (41st degree)

Movement 10

The left leg twists and releases the crossed left and right hands while stabbing the middle with the right leg.

※ Place both wrists together and then spread your palms apart and apply to your left wrist.

You can also push with your hand as if you were pushing your wrist.

Movement 11

Move to room D with the left foot as the axis and turn the right foot to the left, and face room B.

While standing on horseback, block the lower part of the D-bar with the right outside wrist.

※ The left seat is on the left waist and the face is facing room D.

Movement 12

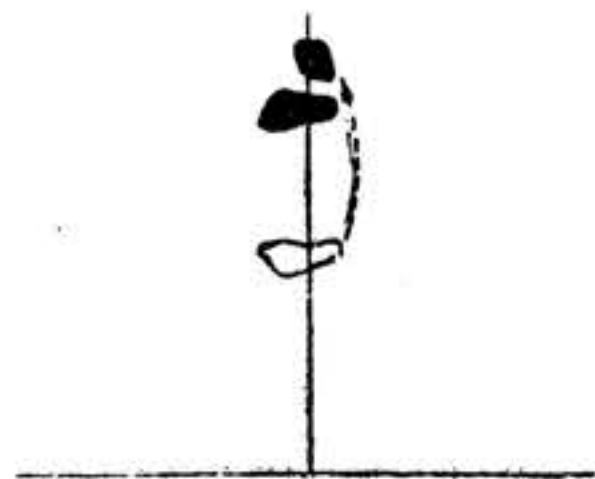
As for the lower body, keep your left fist open and hit the C area with the back of your hand.

※ When hitting, cross your left and right hands in front of your chest and then straighten them simultaneously.

(42nd degree) Room A



(43rd degree) Room A



13 movements



Turn your body to the left with your left foot as the axis and kick your left palm in room C with the sole of your right foot.

Movement 14

The left foot steps forward one step from the right foot to room C, stands on horseback, and at the same time strikes the left palm with the elbow of the right arm.

※ The body and face face towards room A.

Movement 15

The right foot is crossed behind the left heel while the left foot is blocked with the right double hand. (Kye + 2 degrees)

Movement 16

The right foot steps forward one step from the left foot to the D room, stands with the right foot bent backwards, and simultaneously raises the upper part of the right hand while raising the left hand to the right armpit. (Figure 43)

※1) Face towards the room.

2) The back of the left hand faces downward.

3) The photo shows the weight being too far forward.

Movement 17

Jump high toward room D with your left foot as the center, crossing your left and right feet and bending them at the same time, crossing your two fists in front of your knees. (Figure 44)

※1) The body and face face towards room B.

2) Cross your hands and feet in the air.

3) The photo is in action.

Movement 18

With the left foot as the axis, step forward one step with the right foot to the D room, stand in the right front stance, and block the top with the right double kick.

Movement 19

Turn your left foot to the left with your right foot as the axis, take one step to the C room, and turn left.

While standing on the oyster, stab the lower part with the upyeong gwansu (45th degree)

※ Place the back of the hand of the person being stabbed down and the left hand lightly in front of the right shoulder.

stab the

Movement 11

Pull the left foot to the right foot and stand on one leg, while lightly touching the left palm to the side of the right fist. (Figure 49)

※ When the other person pulls your hand, you approach the other person by giving your body.

Movement 12

While pulling with both hands to the left, strike the C-section of the right foot, then lower the left foot and stand in a left backbend, and strike the middle of the right foot.

Movement 13

Put your left foot in the C room, stand in the left forward bend, and at the same time, stab the middle part with your left right foot.

Movement 14

Put the right foot in the C room, stand on the right forearm, and at the same time stab the middle section with the right fist.

Movement 15

Turn your body and left foot to the left with the right axis as the axis, face the F room, and stand with the right front bend while blocking with the left hand.

Movement 16

Put your right foot in the F room and stand in the right cave while stabbing the middle of the F room with your right foot.

※ Place the back of your left hand lightly under the elbow of your right arm.

Movement 17

Turn your body to the left with your right foot as the axis, face room B, stand with your right hind leg bent, and block with your left hand.

Movement 18

Turn the front heel of the left foot to the left, kick the upper part of the B foot to the left, and then place it on the E foot.

Movement 19

Using the right foot as the axis, turn the upper part of the E room to the right with the left front heel, lift the upper part of the B room, then lower it to the E room and stand with the right back bend, while blocking the E room stop with the left wrist.

※ 18. 19 Continue to perform movements quickly.

Movement 20

Turn your left foot to the left with your right foot as the axis and stand in a left forward bend toward room D. At the same time, block the lower part with the left wrist.

Movement 21

Pull your left foot slightly and stand with your right foot facing the C room, while stabbing the opposite side with your right foot.

Movement 22

Put your right foot in the D room and stand with your left foot bent backwards at the same time.

stab the pole

Movement 23

Put your left foot on the D room and stand with your right foot bent at the same time.

stab the pole

Movement 24

Place your left foot slightly forward to room D, stand in a left forward bend, and cross both wrists to block the lower part.

Movement 25

Stand with your right foot facing towards room D and lower it, and at the same time, strike the middle of room D with your right elbow while facing room C. (50th degree)

(Figure 50)



forward with the right foot one step to room B, stand with a left backbend, and block the right foot from stopping.

Pull the heels together and return to the ready position at the same time.

※ When stepping on the right foot, move both feet

Do it.

Movement 26

Bring the left foot to the left with the right foot as the axis and at the same time perform the same movement as the second movement of the Pyeongandhyeong.

Movement 27

The lower body takes the opposite action to the 26th movement.

Movement 28

Turn your left foot to the left with your right foot as the axis, and stand with your right foot facing room B, while blocking the stop with your left foot.

Movement 29

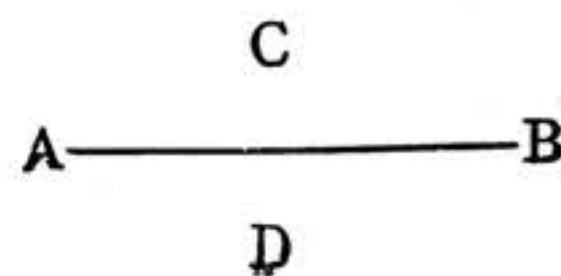
Pull the left foot to the right foot, then step

Section 10: Iron Cavalry Type 1

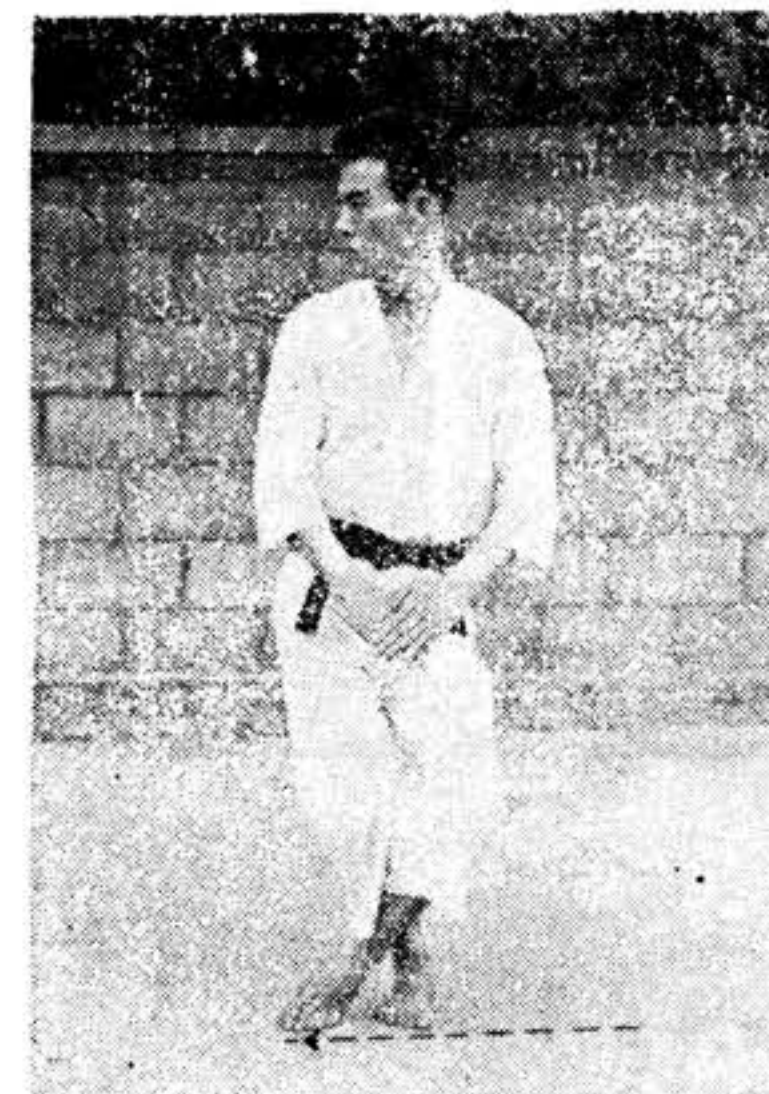
Smokescreen—"~"

Jeondongjak~31

Time required ~ approx. 40 seconds



(Figure 51)



Ready posture

Same as Hwarang type.

1st movement

The right foot moves the left foot to the right of the right foot and stands at the intersection.

The poem turns its face towards Room B. (51st)

2nd movement

The left leg moves the right leg one step to room B and stands on horseback.

Spread your right hand and strike the B-room center with the back of your hand.

3rd movement

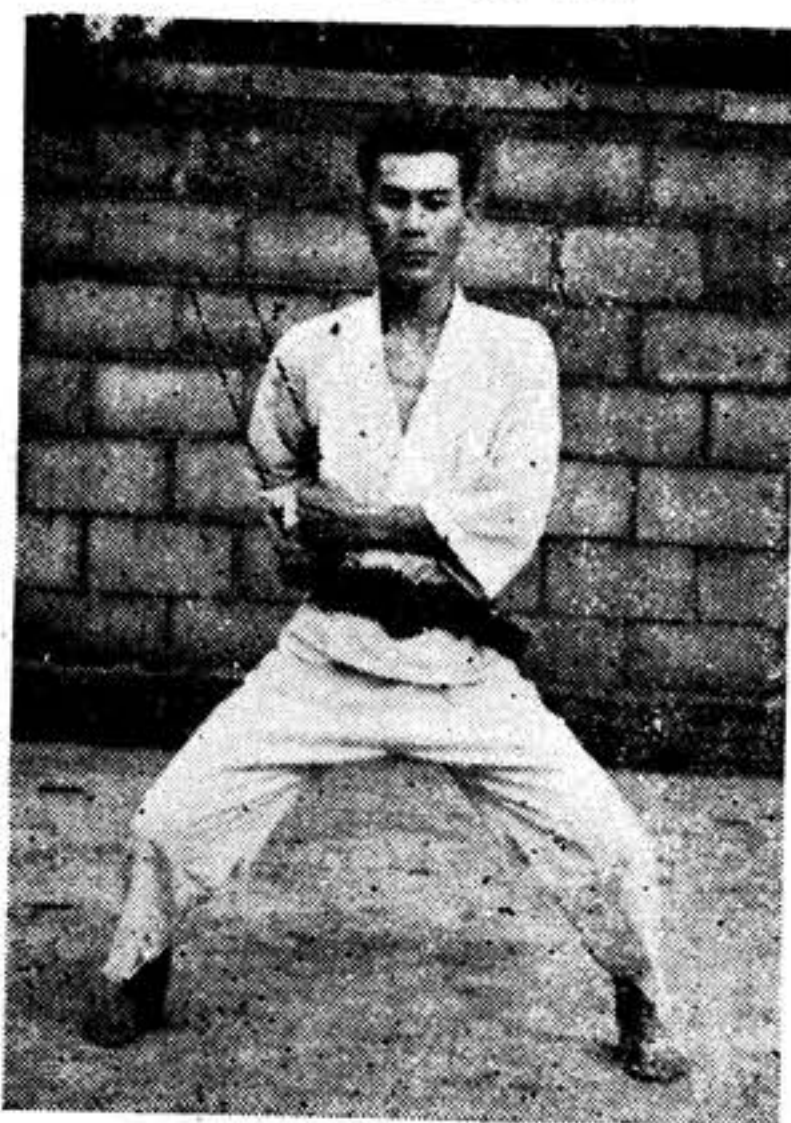
The lower body is left as is, and the left elbow strikes the right palm. (Figure 52)

※ The upper body and face face towards room B.

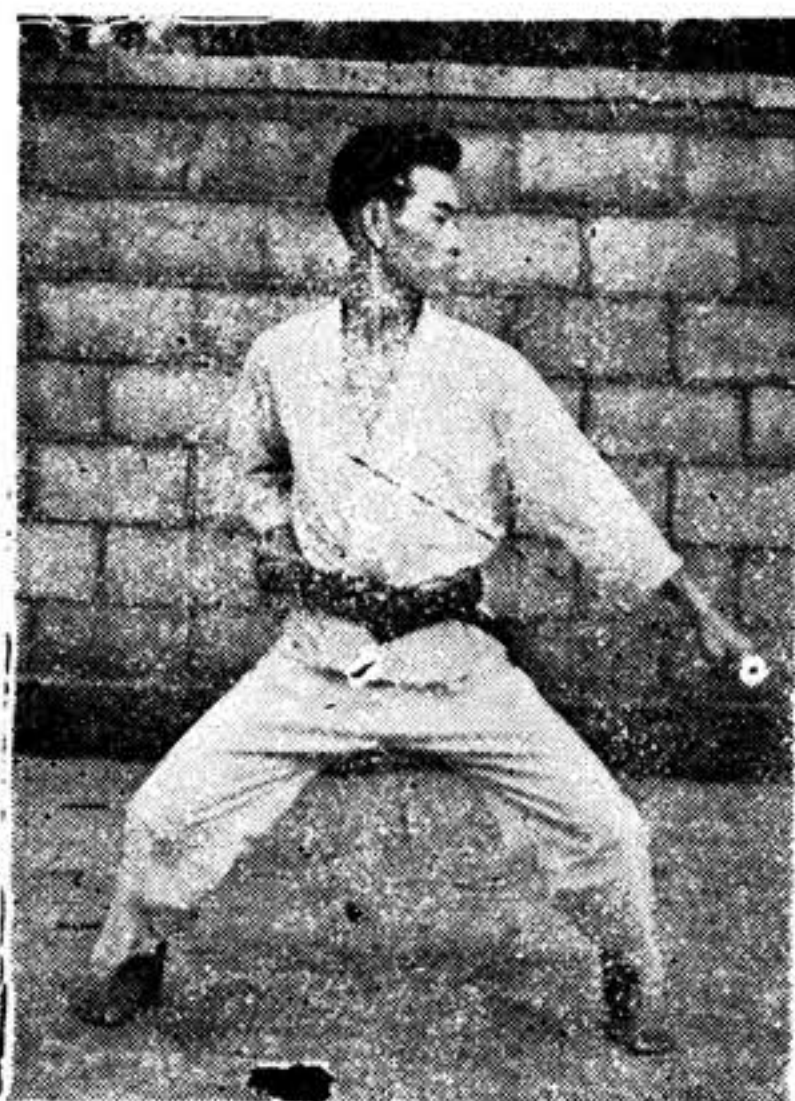
(Figure 52)



(Figure 53)



(Figure 54)



4th movement

Keep your lower body as it is, face towards room A, and pull the right hand to your waist while lightly placing the left hand on the right hand. (53rd degree)

※ Body in room C, right hand facing down.

5th movement

The lower body remains as is, and the left wrist blocks the lower part of room A. (Figure 54)

※ Place the left arm in front of your right shoulder and block it.

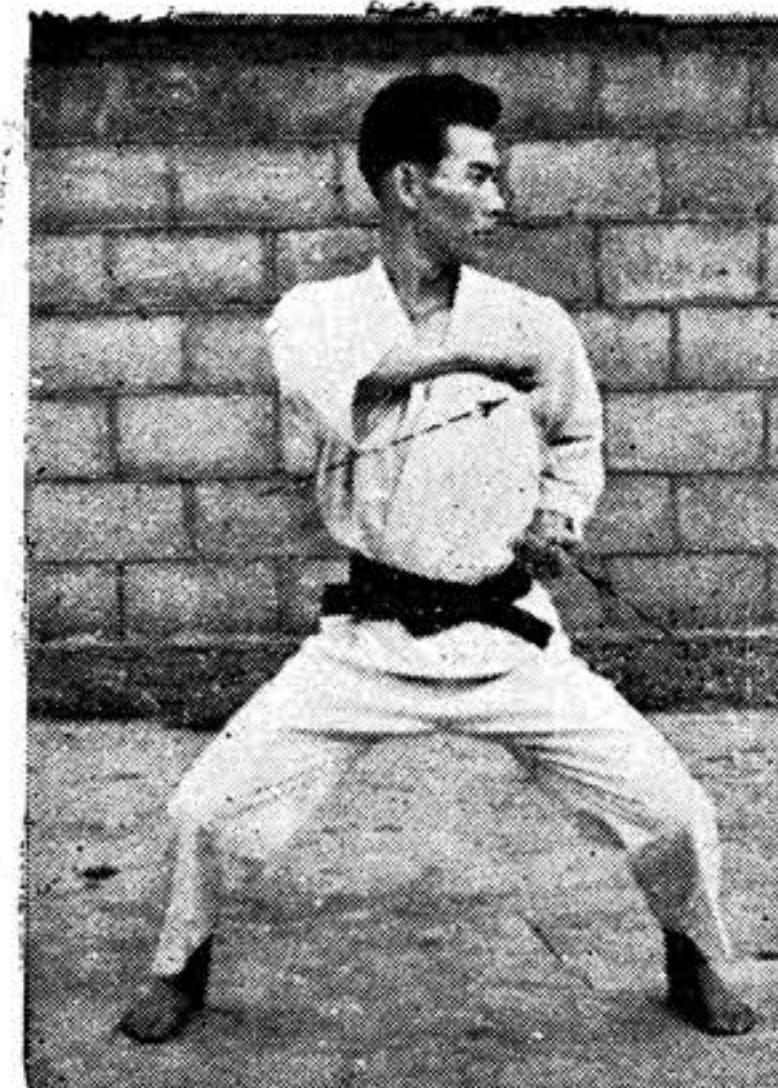
6th movement

Keep your lower body as it is, pull the left hand to your left waist and place the right hand in front of your chest.

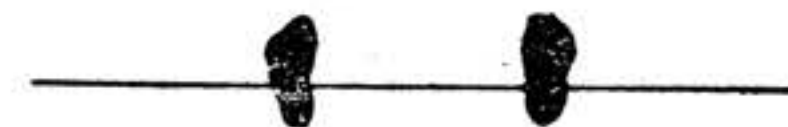
Contrast horizontally. (55 degrees)

Movement 7

(Figure 55)



(Figure 56)



While keeping the upper body as it is, pull the right foot to the left and stand cross-legged at the same time.

Look at Room A. (56th degree)

8th movement

The right leg raised the left leg higher and then moved one step to room A.

While standing on horseback, pull the left hand to your left waist and hold it with your right wrist.

Prevents forward blocking (57th degree)

9th movement

The lower body is blocked by the right side while the upper body is blocked by the left side.

Block it and then strike the rear with that interest. (Article 58)

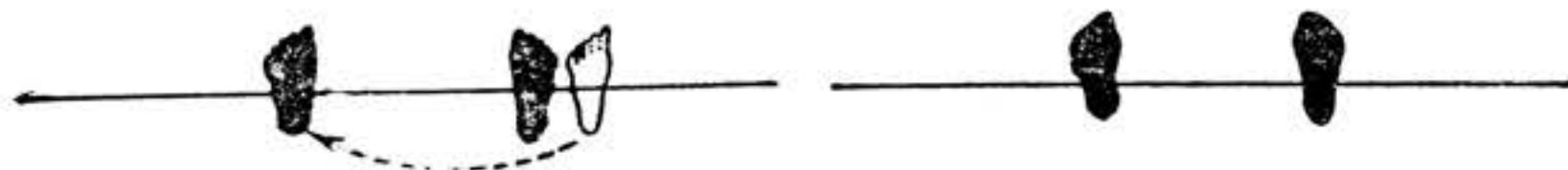
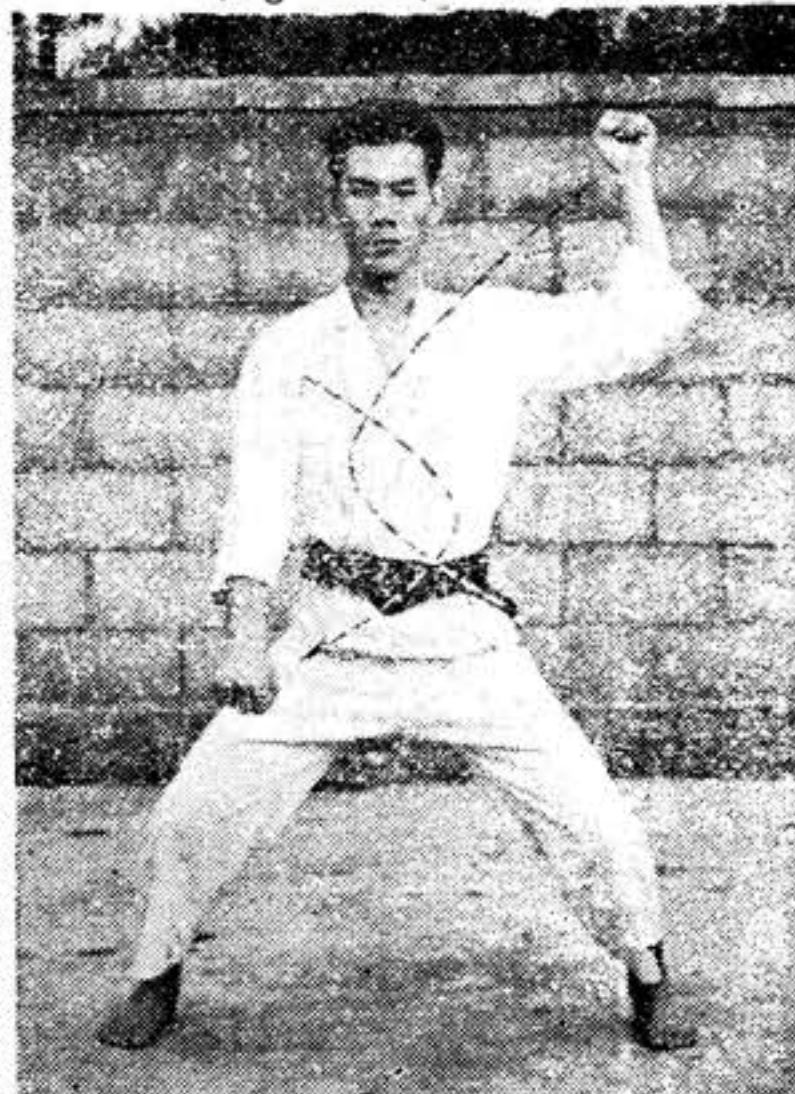
10 movements

The lower body is hit forward and upward with the left right hand at the same time.

(Figure 57)



(Figure 58)



Lightly touch the left elbow. (59th degree) (Continue movements 9 and 10)

※ The right punch blocks the opponent's fist, and the left punch stabs the opponent's philtrum.

Movement 11

The upper body is turned to the left while looking at room A. (60th degree)

Movement 12

Stand on horseback while stepping on the A-room with the left foot facing the road, and block the A-room stop with the left outside wrist. (51st degree) (Continue movements 11 and 12)

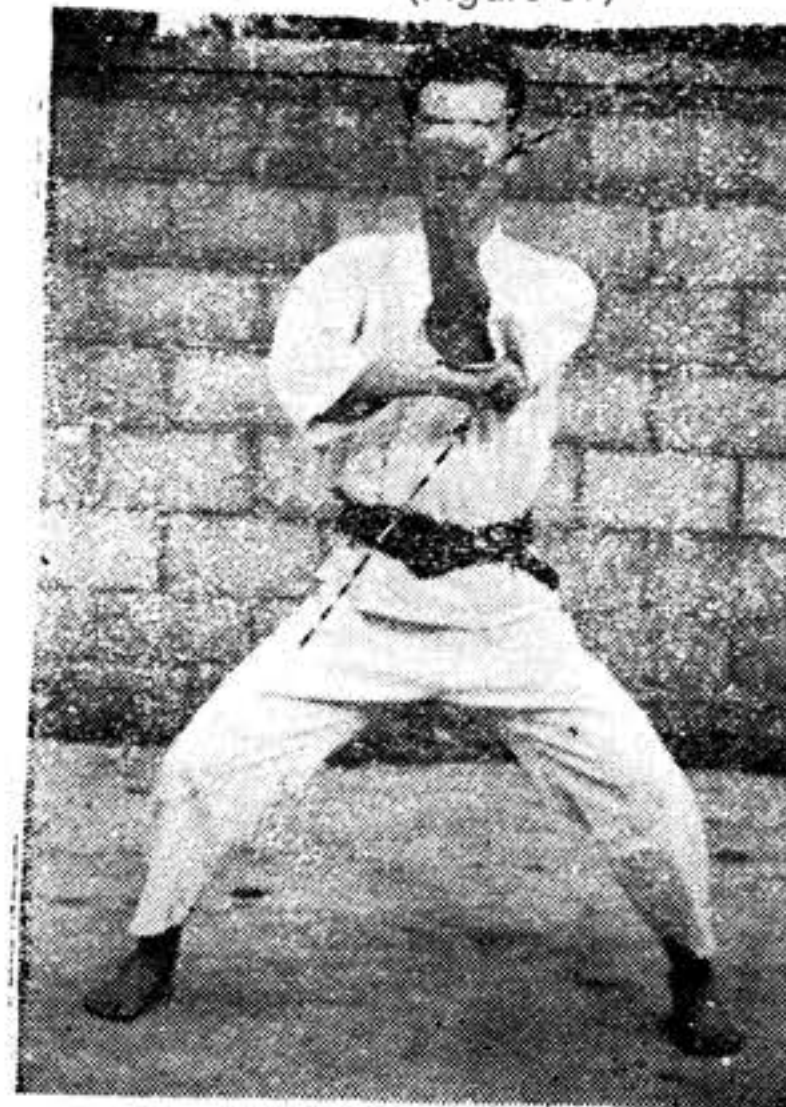
※1) The back of the left hand faces upward.

2) The upper body faces room A.

3) Lightly place the back of your right hand under your left elbow.

Movement 13

(Figure 59)



(Figure 60)



The upper body remains facing Room B and is returned to the right leg. (62nd degree)

※ The photo shows the body tilted too far to the left.

Movement 14

While stepping down on the B room, simultaneously use the outside left wrist to stop the B room.

Block (63rd degree)

※ The back of the left hand faces downwards and the back of the right hand lightly touches the bottom of the left elbow.

all.

Movement 15

(Same as movement 4)

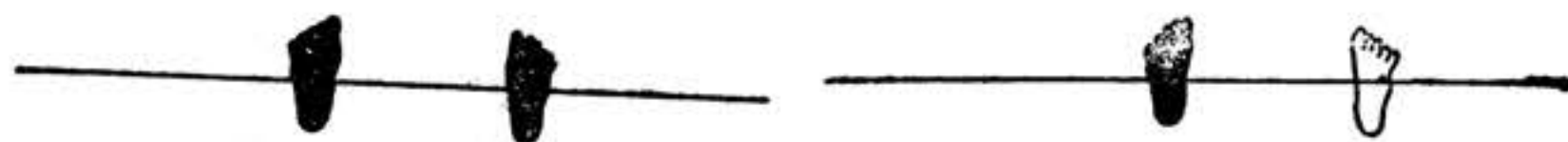
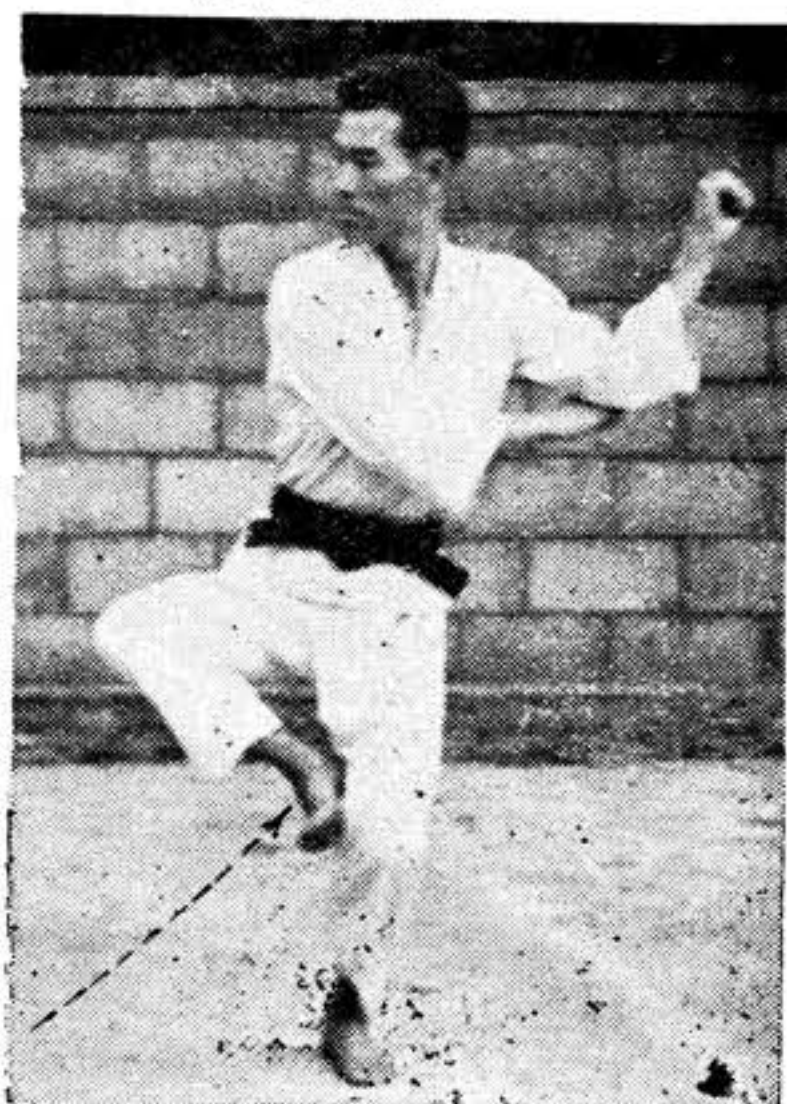
Movement 16

The lower body is left as is, and he stabs Room A with both fists. (64th degree)

(Figure 61)



(Figure 62)



The left fist is placed horizontally across the shoulder, and the right fist is placed in front of the left chest.

Movement 17

(Opposite to the second movement)

Movement 18

(Opposite to the third movement)

Movement 19

(Opposite to the 4th movement)

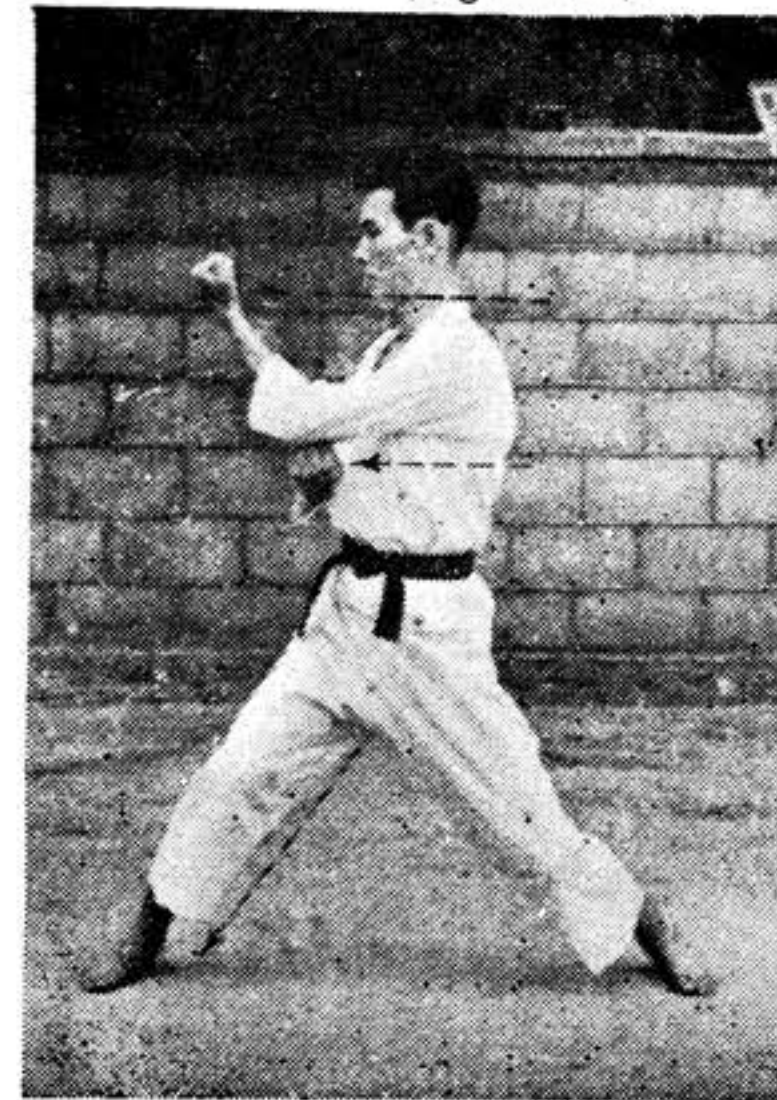
Movement 20

(Opposite to movement 5)

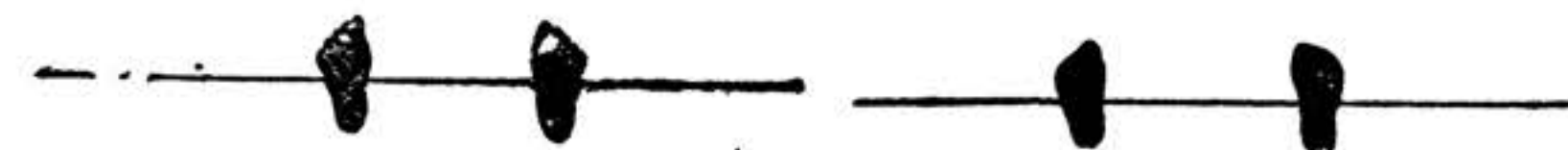
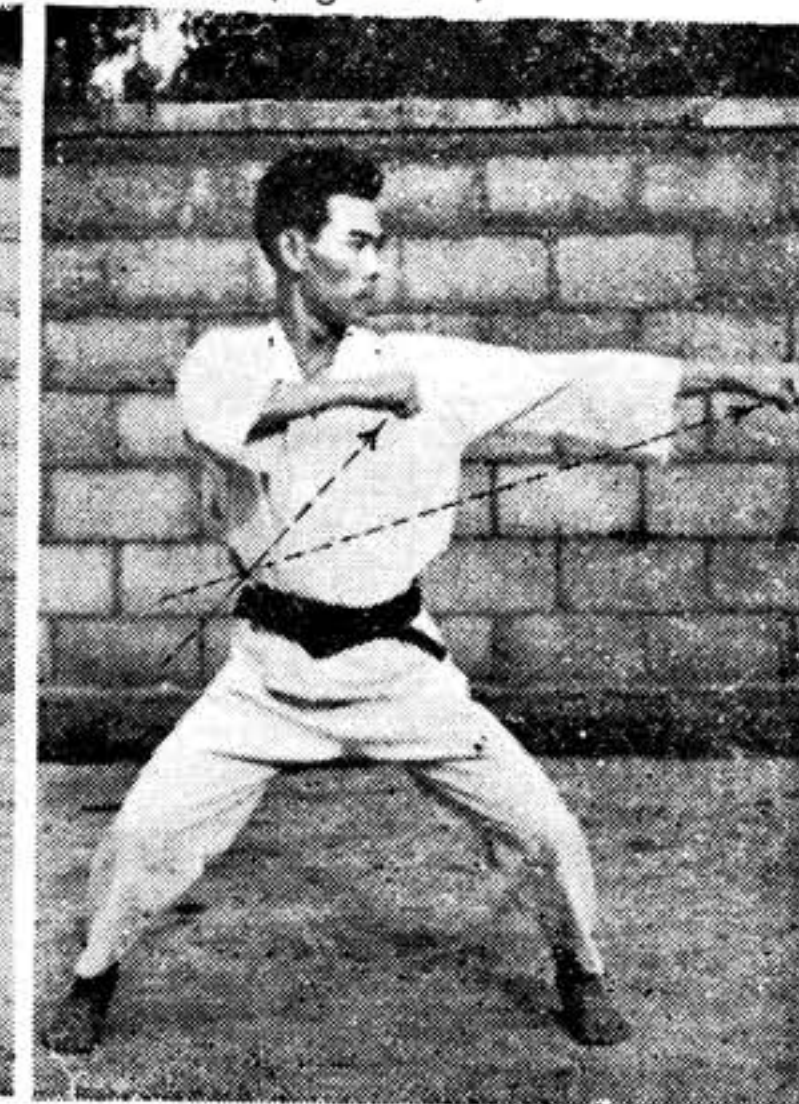
Movement 21

(Opposite to movement 6)

(Figure 63)



(Figure 64)



Movement 22

(Opposite to the 7th movement)

Movement 23

(Opposite to movement 8)

second movement

(opposite of movement 9)

Movement 25

(Opposite to movement 10)

Movement 26

(Opposite to the 11th movement)

Movement 27

(Opposite to movement 12)

Movement 28

(Opposite to movement 13)

Movement 29

(Opposite to movement 14)

Movement 30

(Opposite to movement 15)

Movement 31

(Opposite to movement 16)

Chapter 11: Iron Cavalry Type II

Same as the smokescreen and iron type.

Jeondongjak~28

It takes about 40 seconds.

Ready posture

Same as Taegeuk type.

1st movement

From the ready position, move the left foot to the right of the right foot, stand cross-legged, and raise the left and right elbows horizontally while looking at room B. (65 degrees)

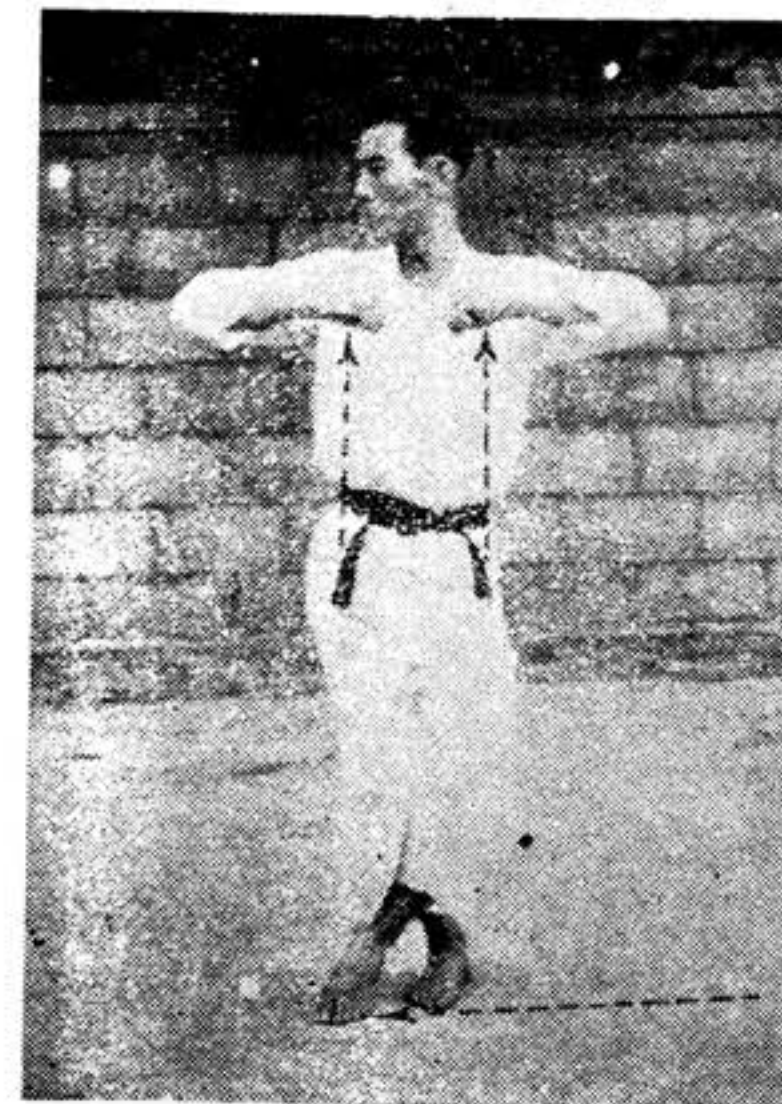
※ 1) Both fists come in front of the chest.

2) Bend your knees slightly.

2nd movement

The left leg moves the right leg one step to room B and stands on horseback at the same time. Block the B-room stop with the outside wrist. (66th degree)

(Figure 65)



(Figure 66)



※1) Place the left arm horizontally in front of your chest.

2) Place the back of both hands out in front of your chin and use his momentum to reach room B.

3rd movement

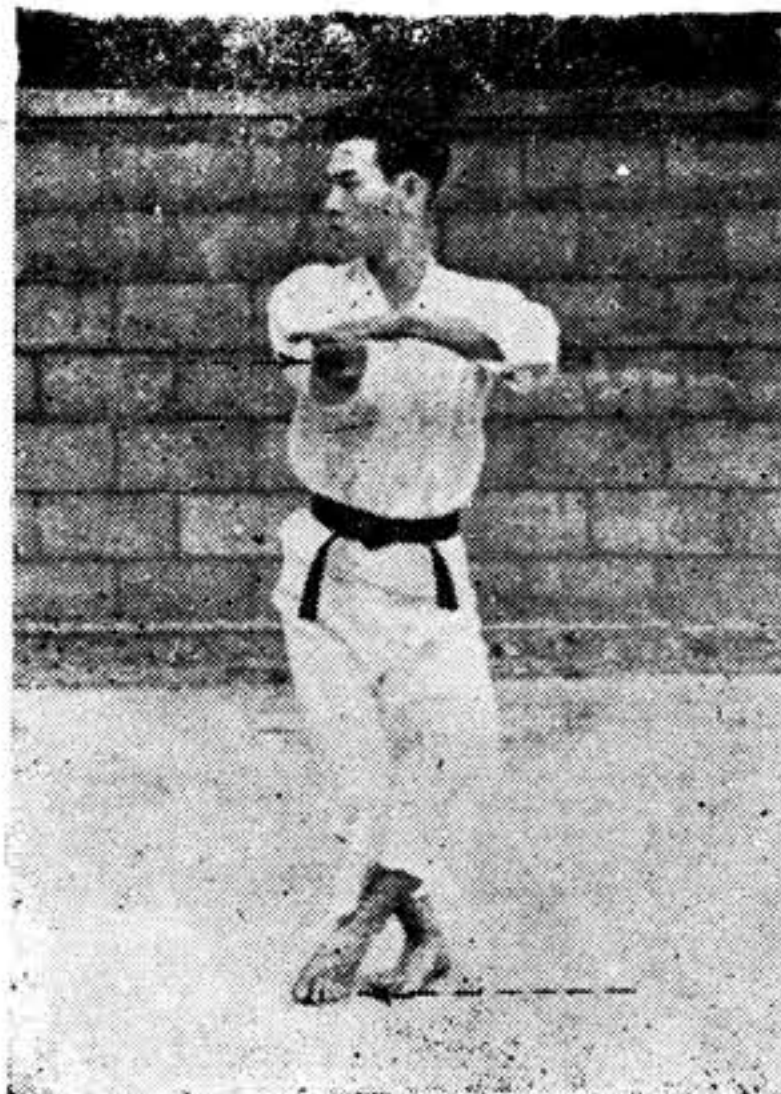
While standing at a crossroads, move the left foot to the right of the right foot and block the forward stop with the right outside wrist, and lightly press the right inside elbow with the left palm. (67 degrees)

※ The back of the right hand faces downward.

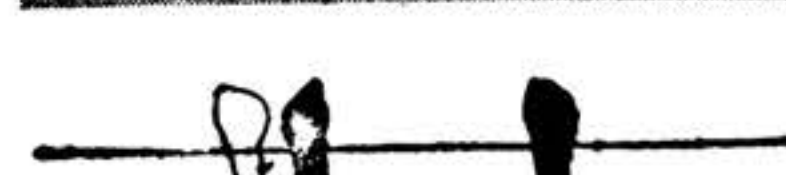
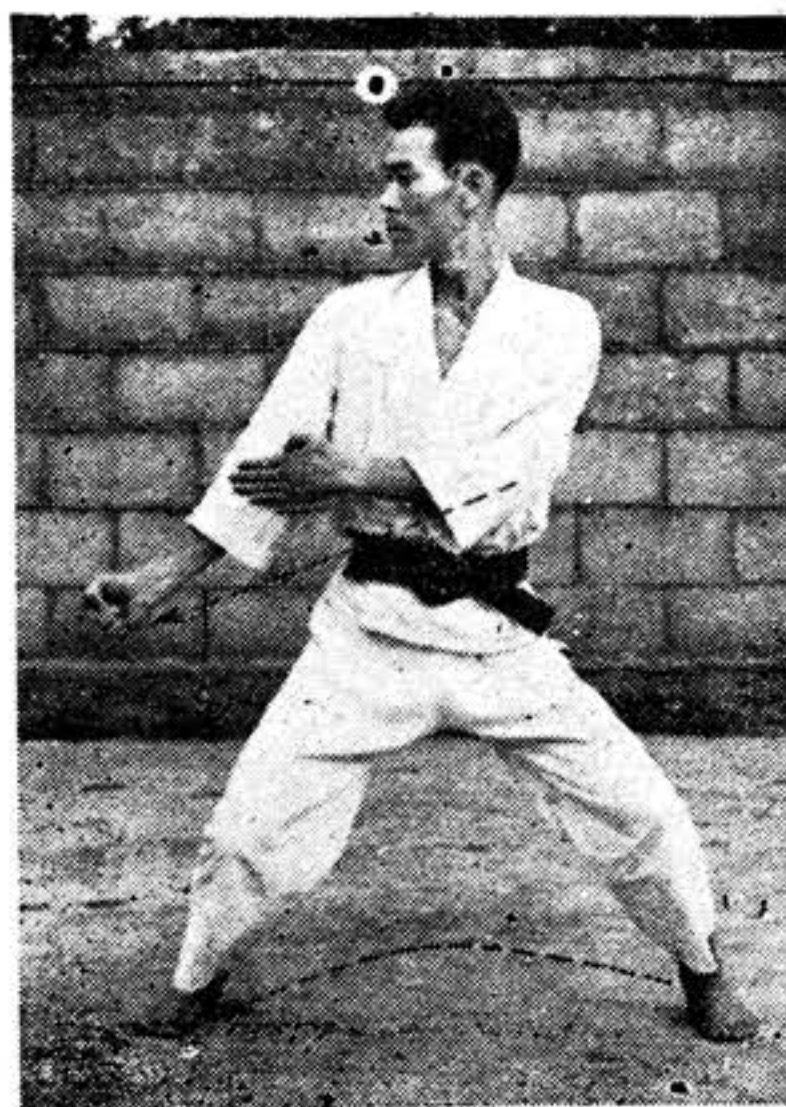
4th movement

The left foot moves the right foot one step to the B room and stands on horseback, while placing the left hand on the right elbow and striking the B room with the inside wrist.

(Figure 67)



(Figure 68)



It blocks the road. (68th degree)

※ 1) The back of the right hand faces downward.

2) The photo shows the right hand side slightly tilted downwards.

5th movement

Pull the left foot together and look at room A at the same time and raise the left and right elbows.

Raise it to

※ The backs of the two fists face upward.

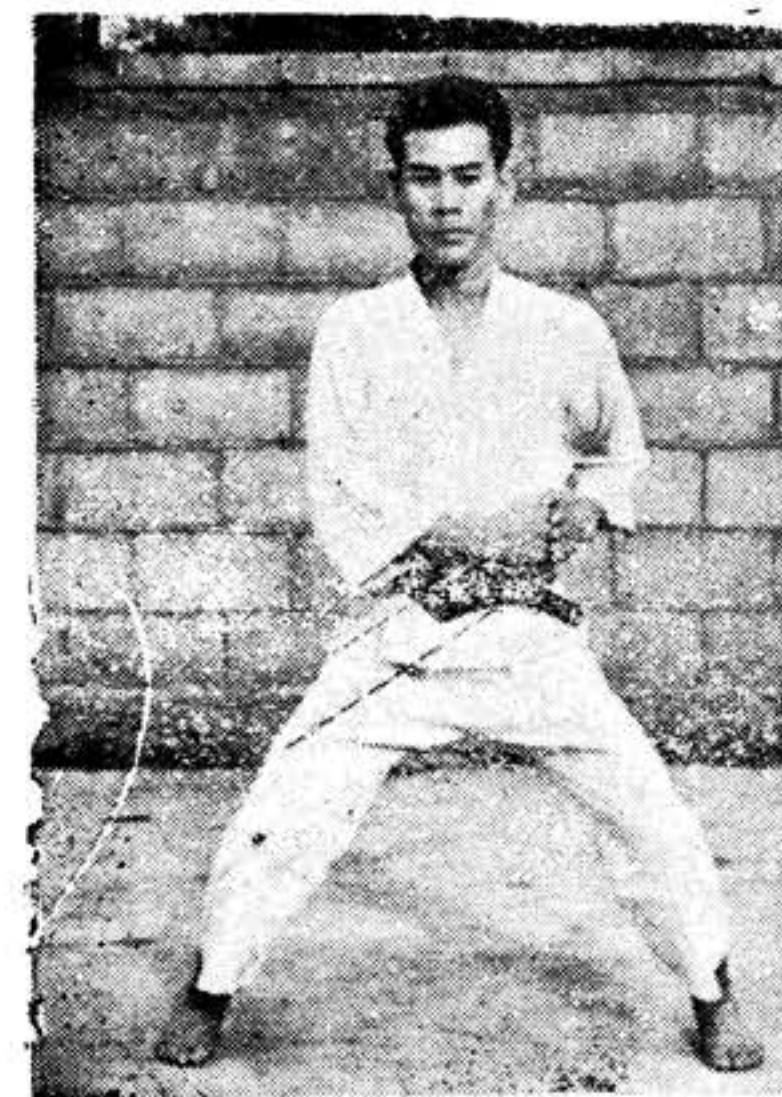
6th movement

(Opposite to the second movement)

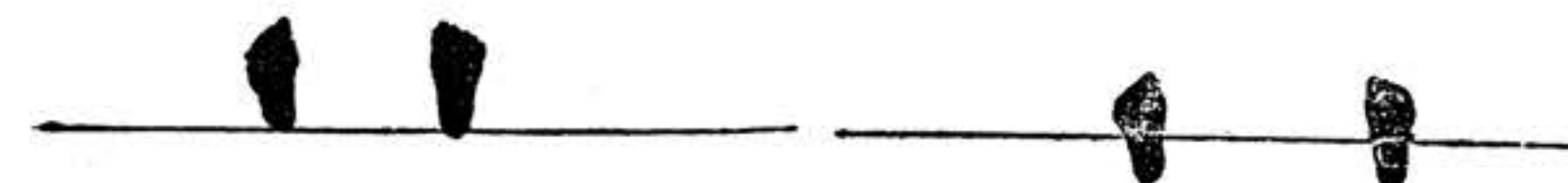
Movement 7

(Opposite to the third movement)

(No. 69) AC room



(Figure 70)



8th movement

(Opposite to the 4th movement)

9th movement

While looking at room B with the lower body intact, spread out your left hand and place it on your left waist.

While holding the right hand, lightly touch it to your left palm. (6th degree)*

※ The back of the right hand faces forward and the back of the left hand faces outward.

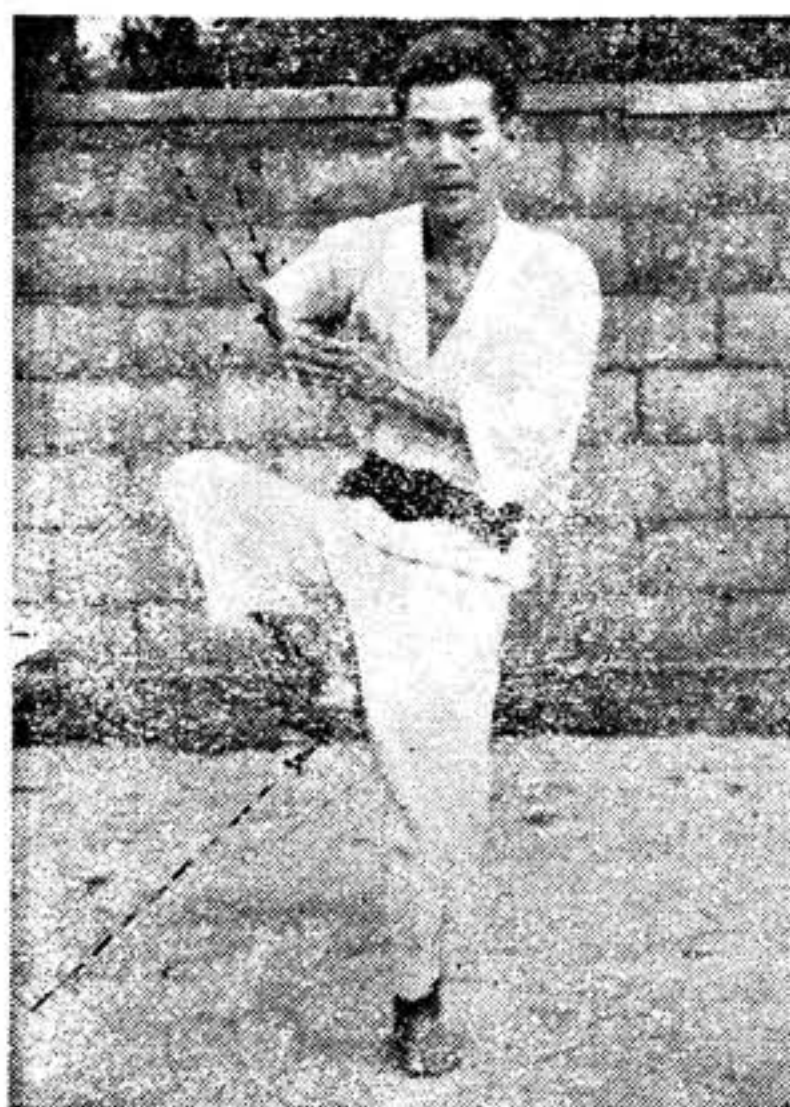
Movement 10

While keeping the lower body and face as they are, move the left palm from the right hand to the right outer wrist and block the B-room middle point with the right inner wrist. (70th degree)

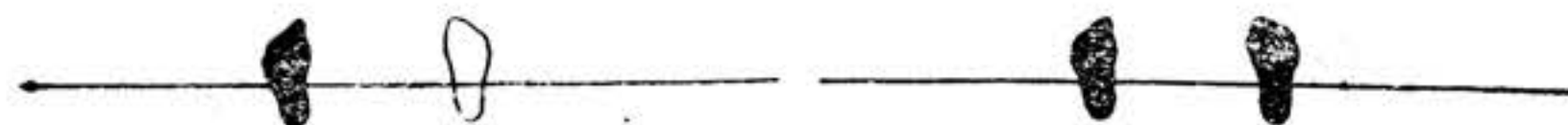
※ The body faces the C-room.

Movement 11

(Figure 71)



(Table 72)



The left leg raises the right knee high while looking at the C room, and at the same time pulls the left palm up to the right knee of the right person. (71st degree) ※ The back of the right hand faces downward.

Movement 12

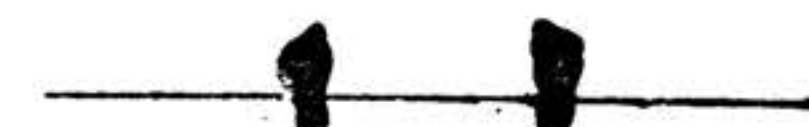
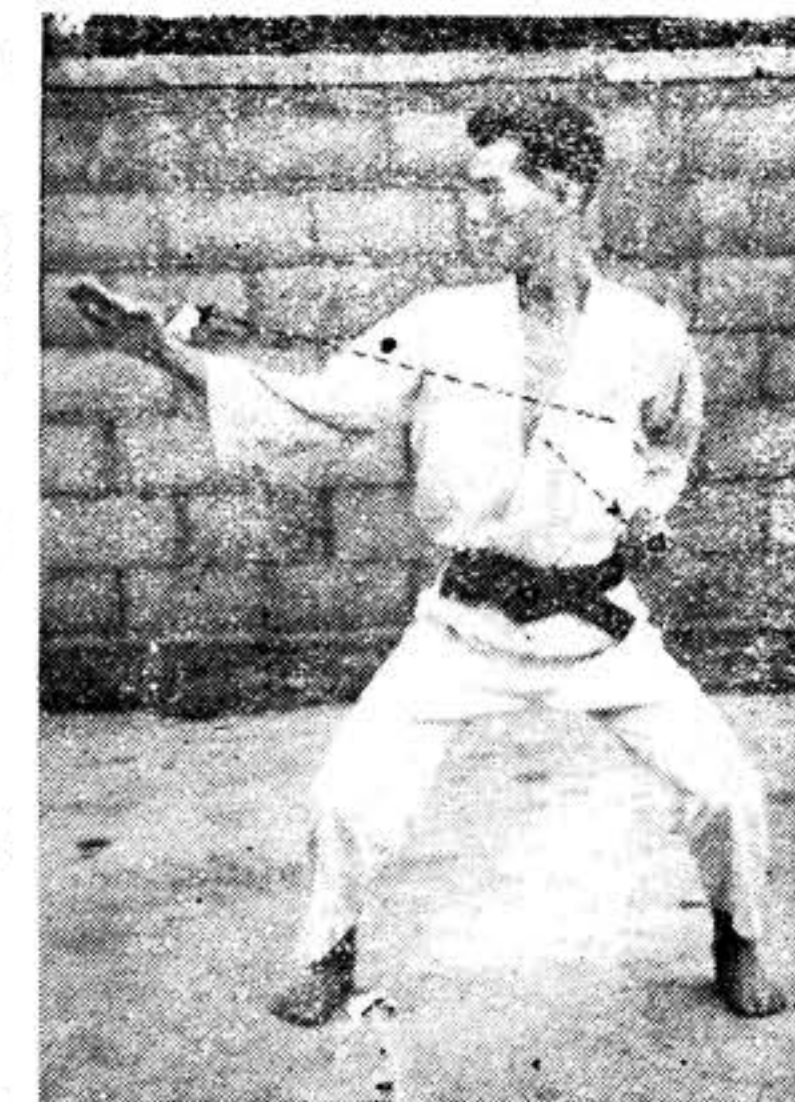
Step down vigorously from the ground with your right foot, stand on horseback, and at the same time, turn your upper body to the left while placing your right hand on the ground and strike the C-shaped center with your right elbow. (72nd degree) (Continue with movements 11 and 12)

※ The backs of the hands on the left and right sides face upward.

Movement 13

While keeping the lower body facing the B room, pull the left arm to the left waist and block the B room from the superior direction. (73rd degree)

(Figure 73)



※ Block the B room interruption by clenching the fist of the opponent who attacked you in B room.

Movement 14

While keeping the lower body straight, pull the right hand to the waist and at the same time stab the B room with the left hand.

※ When you do this, the left arm is level with your chest.

Movement 15

Keep your upper body as it is, move your left foot to the right, and stand at the crossroads.

Movement 16

The left leg is the same as the right leg and goes to room B.

Move the bow and stand on horseback while looking at room C and blocking the forward stop with your left wrist.

Movement 17

The lower body is the same, eating the lower part of room A with the left wrist at the same time with the right hand.

Block the top of room B with your neck.

Movement 18

After hitting the upper part of the D room with the right right hand, raise the left right hand horizontally in front of the left chest and lightly touch the back wrist to the right elbow while hitting the C with the right right hand.

Hit the top of the room. (Continue with movements 17 and 18)

Movement 19

(opposite of movement 9)

Movement 20

(Opposite to movement 10)

Movement 21

(opposite of Movement 11)

Movement 22

(Opposite to movement 12)

Movement 23

(opposite of Movement 13)

Movement 24

(Opposite to the first movement)

Movement 25

(Opposite to movement 15)

Movement 26

(opposite of movement 16)

Movement 27

(Opposite to the 17th work)

28th movement

(opposite of 18th movement) (27.28 movements continue)

Chapter 12: Iron Cavalry Type III

Yeonwoo Line~Identical to the Iron Age type

Jeondongjak~35

Time required ~ about 1 minute

Ready posture

Same as Taegeuk type

1st movement

The left foot steps one step forward from the right foot to room B, stands on horseback, and at the same time raises the left fist to block the front stop with the inner wrist, and pulls the right fist to the left waist.

※ The backs of your hands are facing down.

2nd movement

The lower body is the same, the left hand grips the right hand from the front of the right shoulder down and the right hand grips the left hand from the outside of the elbow, blocking the lower part with the left outer wrist and blocking the front middle with the right inner wrist.

(Figure 74)

※ Do not raise your posture and keep the backs of your hands facing forward.

3rd movement

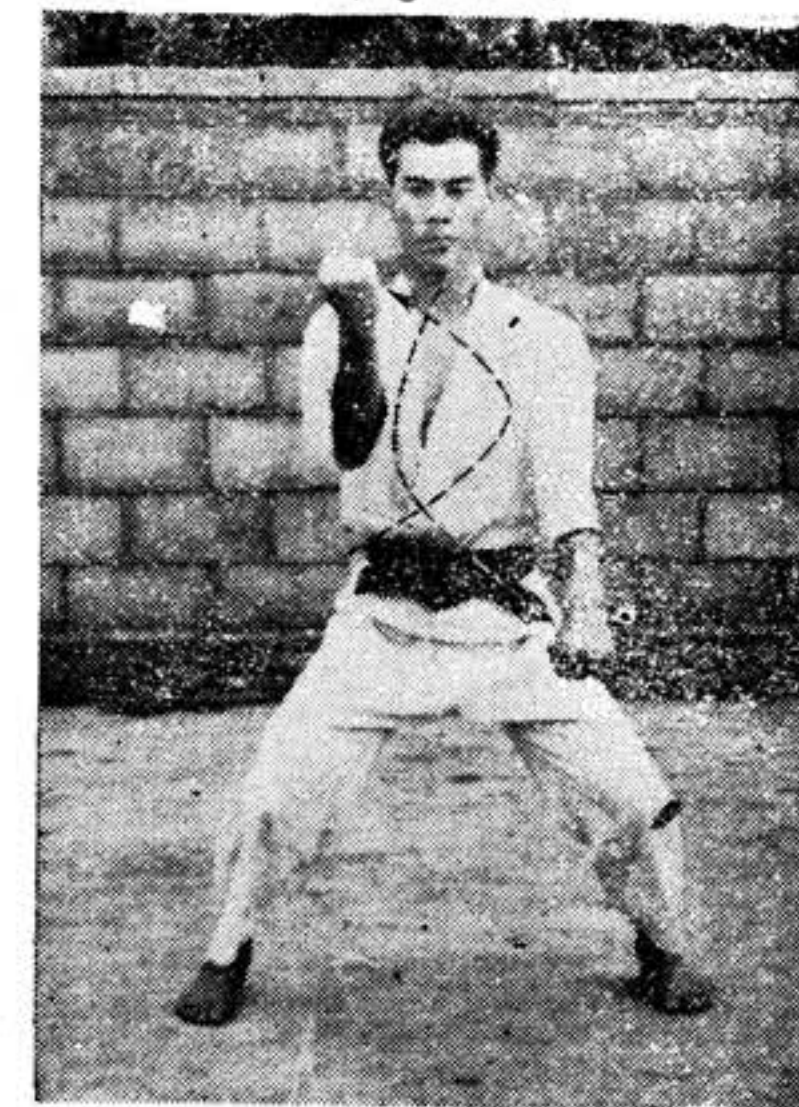
The lower body remains as it is, and the left hand is raised horizontally in front of the chest, and the right hand is placed on the left.

Lie on your side with your left hand resting on your outer elbow (75 degrees).

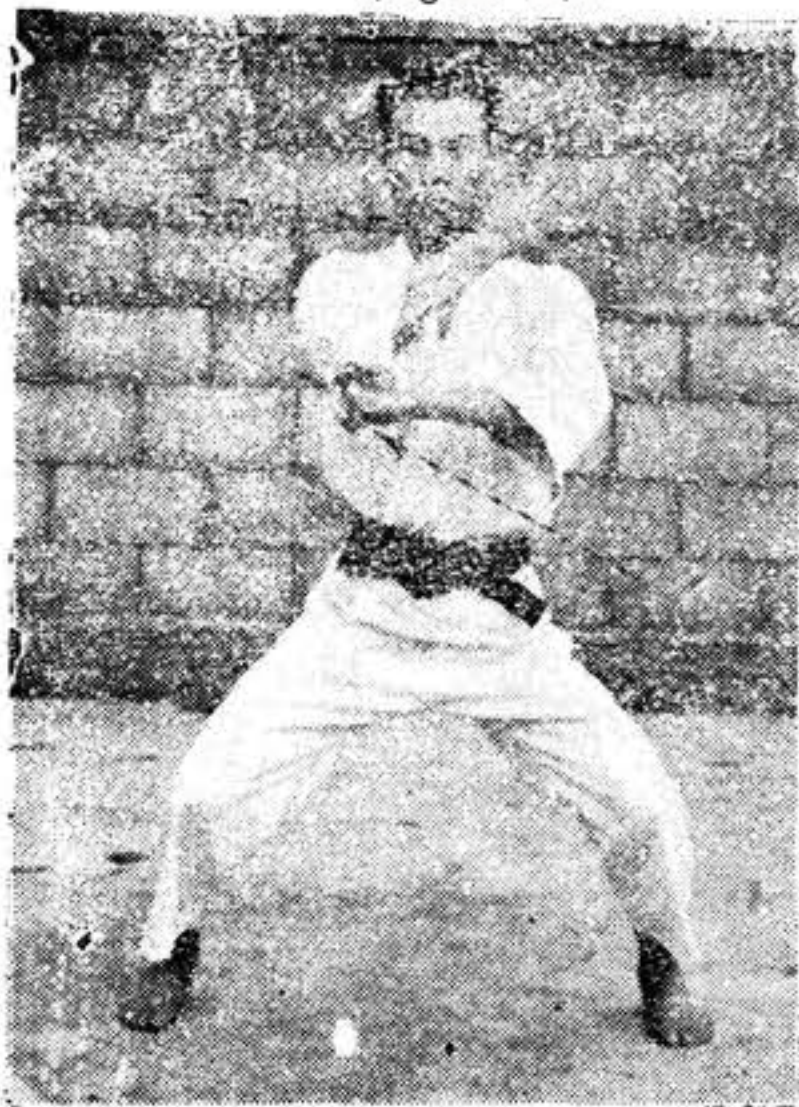
4th movement

While blocking the lower body with the left hand, pull the right hand back and hit the upper part of the BD room. (You can also keep the left hand in front of your chest.)

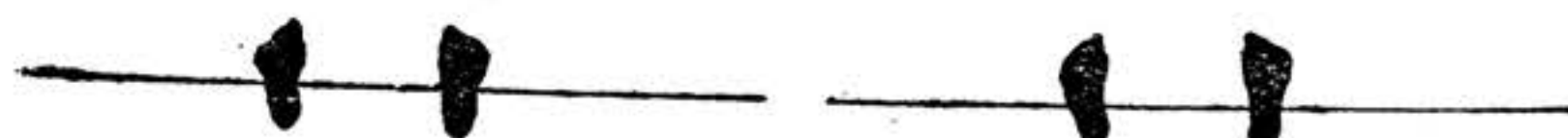
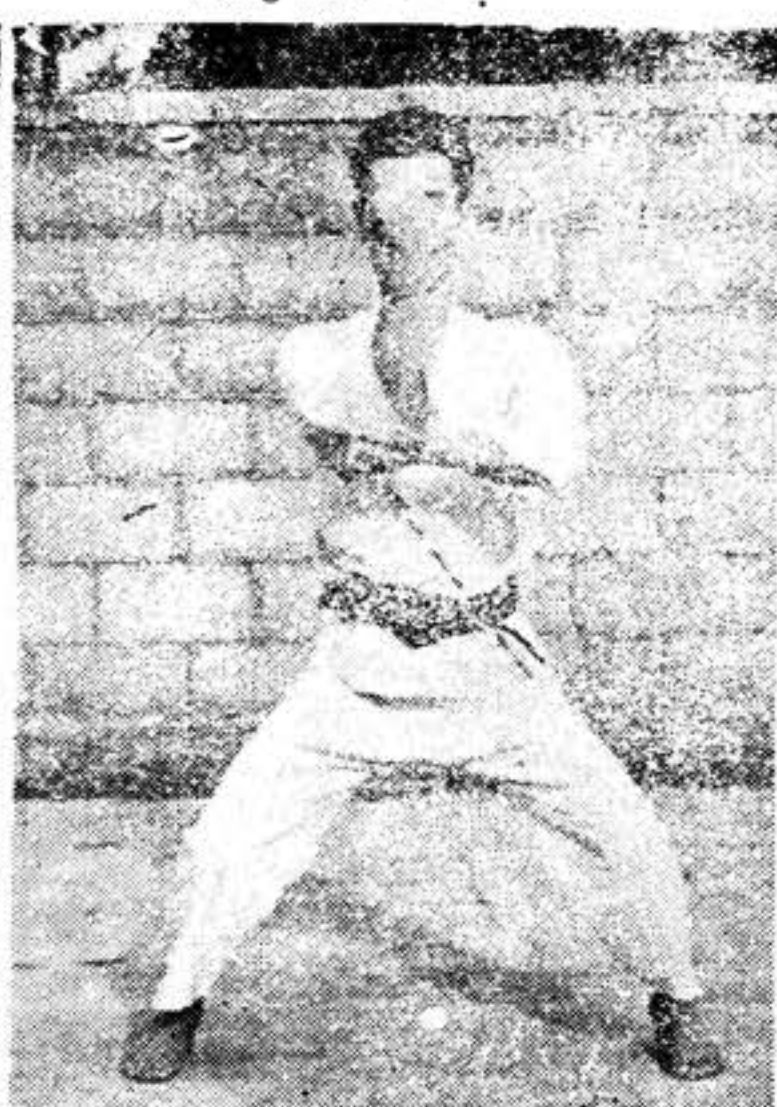
(Figure 74)



(Figure 75)



(Figure 76)



5th movement

Raise the left hand back horizontally in front of the chest and strike the upper front with the right hand. (76th degree) (Continue with movement 3.4.5)

6th movement

Keep the lower body as it is, pull the right fist to the right waist, and at the same time spread the left hand and lightly place it on top of the left fist. (No. 77)

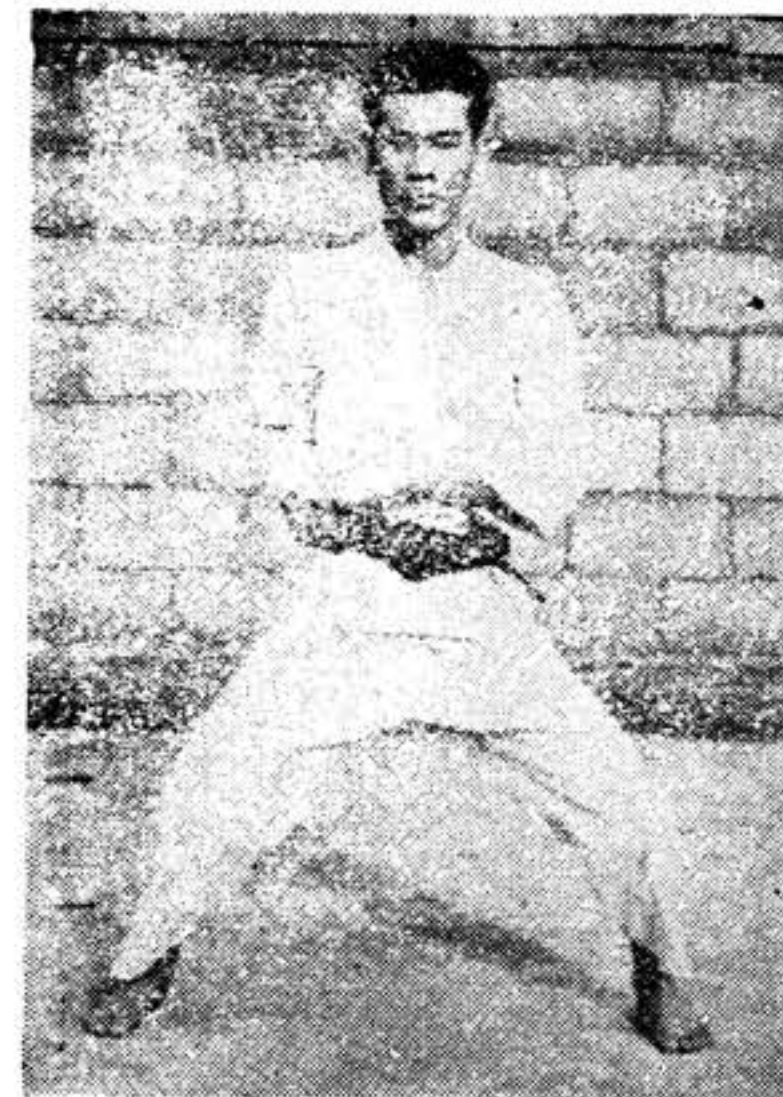
※ 1) The back of the right fist is facing down.

2) Do not lift your left palm when pulling the trigger.

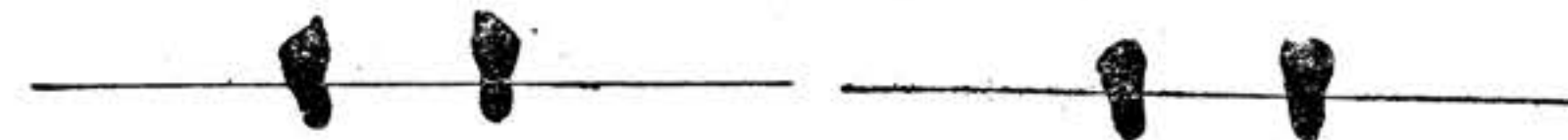
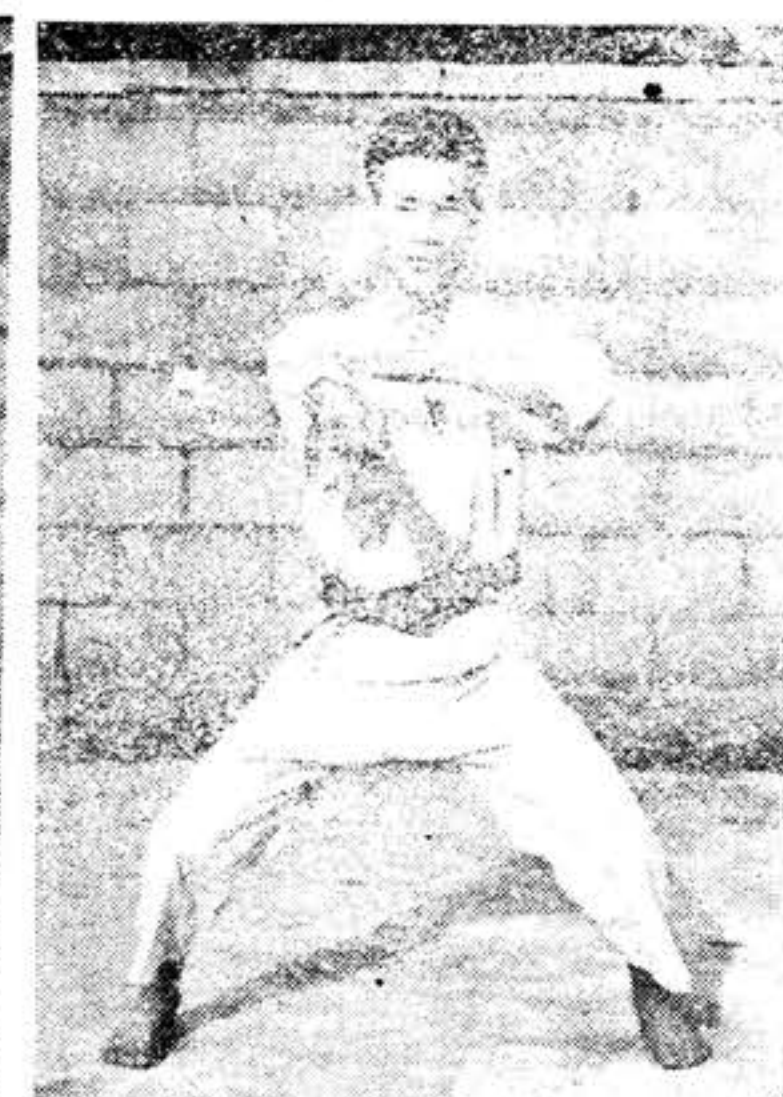
Lesson 7 - Action

The lower body is stabbed in the C-room with the right fist and at the same time with the left hand.

(Figure 77)



(No. 785)



Lightly attach the floor to the elbow of the right arm, making sure that it does not fall from the wrist to the back of the arm. (78 degrees) (Continue with movement 6.7)

8th movement

The lower half of the body is facing towards room B, and the left palm is Just turn the right fist over.

9th movement

The upper body moves the left foot to room B and stands cross-legged in front of the right foot.

Movement 10

The left leg is pushing the right leg to room B and standing on horseback at the same time.

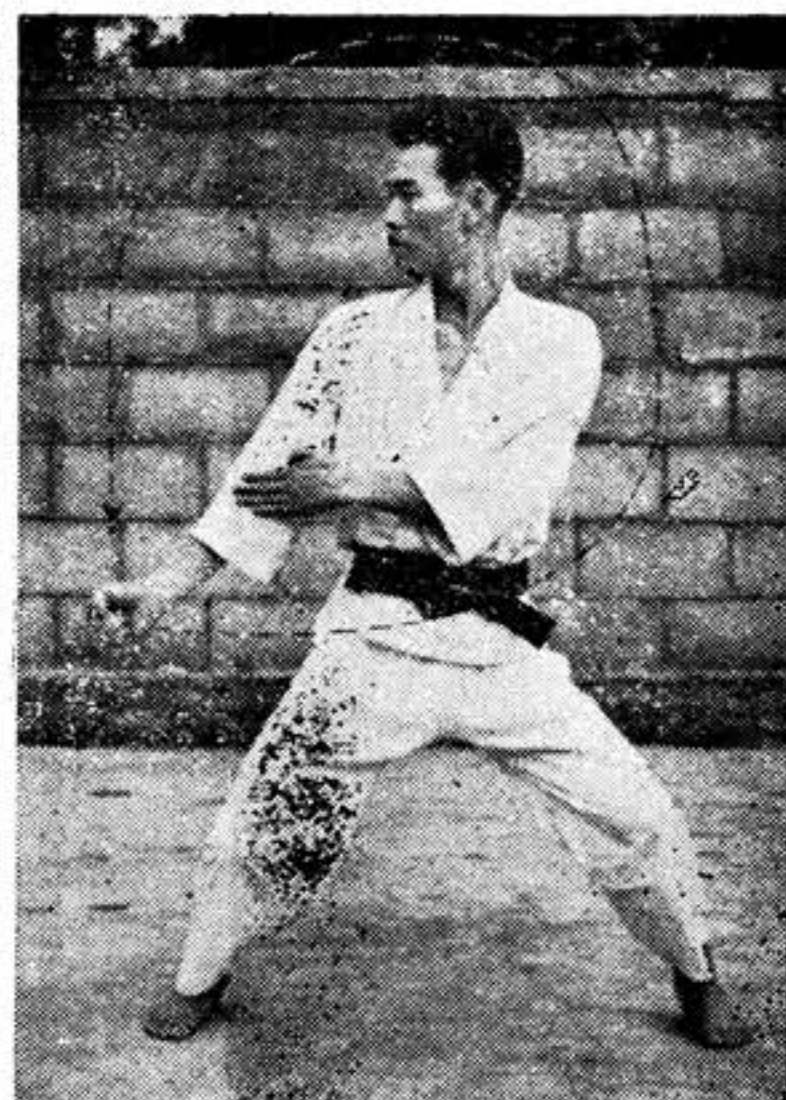
Then, block the B-room by pressing it with your wrist. (73rd degree)

※ Place your left palm on your right wrist.

(Figure 79)



(Figure 80)



Movement 11

The lower body is turned over with the left palm facing the right elbow, and then the lower body is lowered to the B side while drawing a large circle from the left. (80th degree)

Movement 12

(Same as movement 6)

※ The face faces forward.

Movement 13

(Same as movement 7)

Movement 14

The lower body is blocked with the left wrist and the left wrist is



Prevent disruption.

Movement 15

(Opposite to movement 14)

Movement 16

(Opposite to movement 5) Movements 15 and 16 continue)

Movement 17

The lower half of the body remains as is and the face is turned towards room A.

Movement 18

Stand with your upper body as it is, with your right foot pulled in front of your left foot and your legs crossed.

Movement 19

Move the left foot to room A, stand on horseback, and look at room C at the same time.

Movement 20

(Opposite to the third movement)

Movement 21

(Opposite to movement 4) (Continue with movements 20 and 21)

Movement 22

(Opposite to movement 5)

Movement 23

(Opposite to movement 6)

Movement 24

(Opposite to the 7th movement)

Movement 25

(Opposite to movement 8)

※ Keep your upper body as it is and move your right foot in front of your left foot and stand at a crossroads.

Movement 26

(opposite of movement 9)

※ Place the left foot in the room and stand on horseback.

Movement 27

(Opposite to movement 10)

Movement 28

(Opposite to movement 11)

Movement 29

The lower body is pulled to the left waist while the right palm is pulled

Look at room C while lightly touching the original fist.

※1) Do not lift your right palm when pulling the left lever.

2) The back of the left hand faces downward.

Movement 30

While keeping the lower body as it is, stab the C-shaped central section with the left hand and place the palm of the right hand on the left elbow.

※ Do not lift your right palm when stabbing the stop.

Movement 31

☞ The half-body looks at the B room and blocks the B room interruption with the superior angle, while pulling the left hand to the left waist. (Same as the 13th movement of the Iron 2 type)

Movement 32

The lower body is pulled to the right waist while the left side is pulled to the left.

Stab Room B. (Same as the 14th movement of Iron Man II)

Movement 33

(Same as the 15th movement of the iron type)

Movement 34

(Same as the 16th work of the iron type)

Movement 35

(Same as the 17th movement of the Iron 2 type) (Continue with movements 34 and 35)

Section 13 Zhongwu type

Smokescreen~"I"

Full operation ~ 30

Time required ~ approx. 45 seconds

Ready position~Same as Taegeuk form.

1st movement

Move the left foot one step to room A, stand with the right foot bent, and perform the same movement as the first movement of the peaceful type.

2nd movement

Take one step forward to room A and stand in the right-wing cave at the same time.

Take the same action as the 11th action.

3rd movement

Turn your right foot to the right with your left foot as the axis and take one step forward to room B and bend to the left.

At the same time, it blocks the B-room blockade with excellent performance.

4th movement

Step forward one step to room B with your left foot, stand in a left forward bend, and do a left flat handstand.

Stab the top with a knife. (81st degree)

※ You must lower your body.

5th movement

Turn your left foot to the left with your right foot as the axis, stand with your right foot facing the C room, and block the C room with your left foot.

(Figure 81)



6th movement

Pull your left foot in front of your left knee and stand on one leg, while looking at room D and pulling both fists to your left waist.

Movement 7

Same as the 8th movement of the peaceful type.

(Just hit the water)

8th movement

Bring the right foot down to room D and stand with the right hind leg facing the C room while blocking the left waterway.

9th movement

Take a side kick with your right foot towards room C, then lower your right foot to room C and stand in a left backbend while blocking the stop with your right foot.

Movement 10

Turn your body to the left with the right foot, face room D, and stand in a left forward bend while blocking the upper part of room D with the left hand.

Movement 11

Stab the D-room barrier with your right foot.

Movement 12

Put the Ujok down in the D room and stand on the priority cave at the same time as the right hand goes up

stab the

Movement 13

Move one step to room E with two feet, then stand with your right foot facing room F and block the lower part with your left wrist.

Movement 14

Stand with both feet facing the F room in a left forward bend, while stretching both hands out and reaching them forward and upward.

※ Place both palms facing each other.

Movement 15

Pull up on your outstretched arms and lift them up onto your knees.

Movement 16

Step down with your right foot to the F room, then pull your left foot in front of your right knee and stand on one leg, while looking at the E room and pulling both fists to your right waist.

Movement 17

(Same as the 6th movement of the Peace type)

Movement 18

Step down on the E-room with your left foot, stand in the left forward bend, and at the same time strike the upper part of the E-room with the right reverse step, and extend your left hand and place it under your right elbow. (Figure 82)

※ The left hand forms a circle with the chest and the back of the hand faces upward.

Movement 19

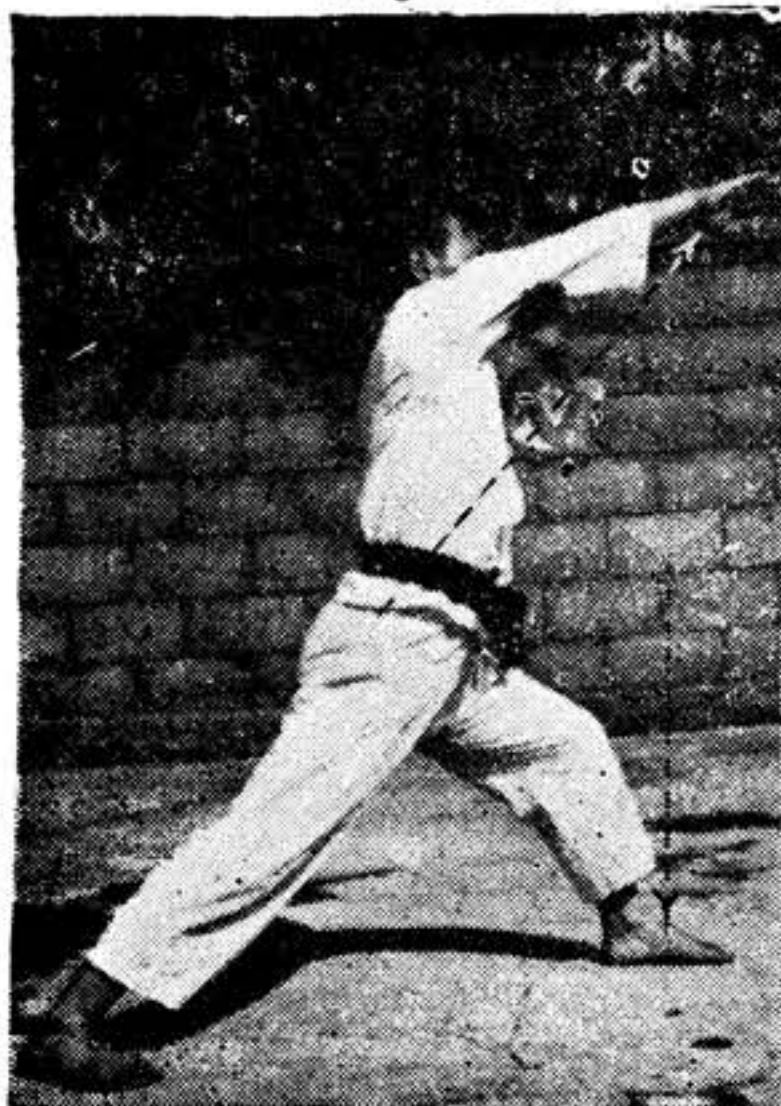
While stopping the E-room on the Ujok Road, he struck the left chest with both fists.

It's long.

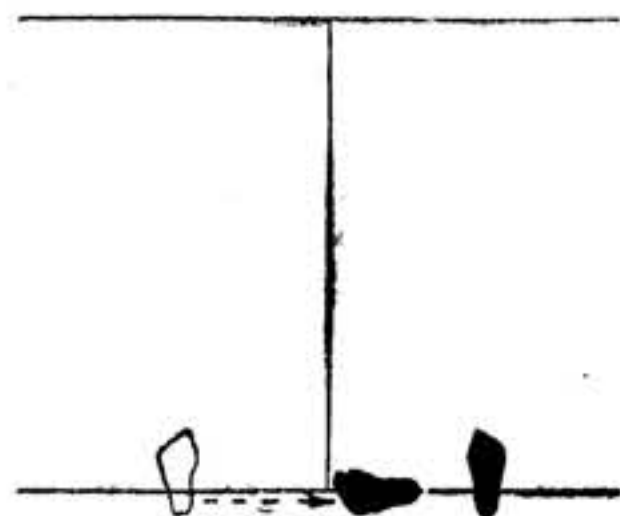
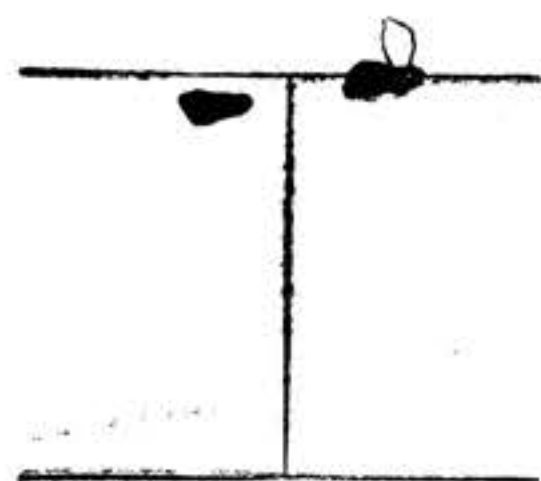
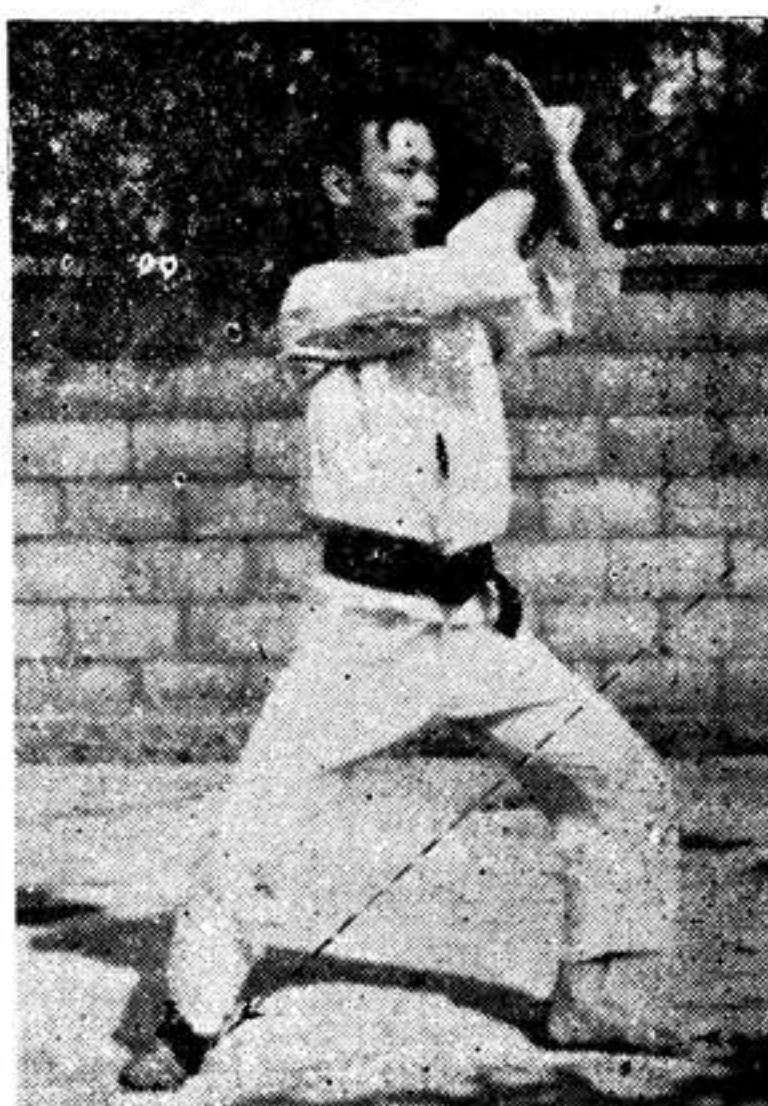
Movement 20

While stepping on the right foot in room C, stand facing room D with a back bend, block the middle with the outside wrist of the left hand and prepare the right fist in front of the left chest.

(Figure 82)



(Figure 83)



※ The left palm faces upward and the right palm faces downward.

Movement 21

Stand still by stepping one step forward into room D and using the club as a barrier

Take action.

Movement 22

Jump with both feet and turn to the left, stand with a left backbend, and block the stop on the right road towards room D.

Movement 23

Step one foot forward to the D room with the left foot, stand in a left forward bend, and at the same time, place the left hand in front of the right shoulder and stab the lower part of the D room with the right flat hand.

※ The backs of both hands face downwards.

Movement 24

Stand with both feet facing D room and bend backwards while blocking the upper part of C room with your right wrist and the lower part of D room with your left wrist.

Movement 25

Take a step forward to Room D and stand in the Ujeongul while going to the Ujonggwansu. stab the middle finger

Movement 26

Turn your left foot to the left with your right foot as the axis and stand in a left forward bend toward room A. At the same time, it blocks the top of room A with a left pair of hands.

Movement 27

With the left foot as the axis, turn the right foot to the left, take one step to room A, stand on horseback facing room D, and at the same time block the upper front part with the right outside wrist, then strike the upper part of room A with the right right fist.

Movement 28

Turn your body to the left with your left foot as the axis and hit the B-room center with your right foot. At the same time, pull both fists to your left chest.

Movement 29

Move the Ujok one step to room B and stand still while crossing the water barrier.

Blocking the A-room blockade at Giro (83rd degree)

Movement 30

Move the right foot forward one step to the C room, stand in the right front, and block the upper part with the right wrist.

Stop~ Pull the right foot to the left foot and return to the ready position.

Section 14: Plugging Type

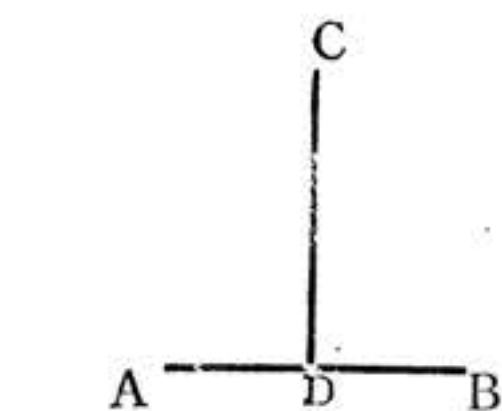
Smokescreen~"1"

Jeondongjak~44

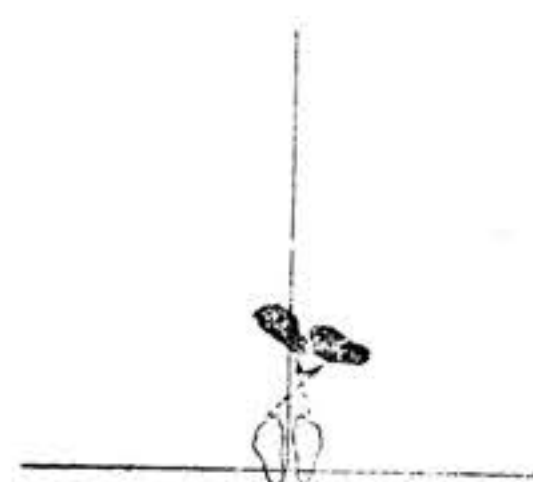
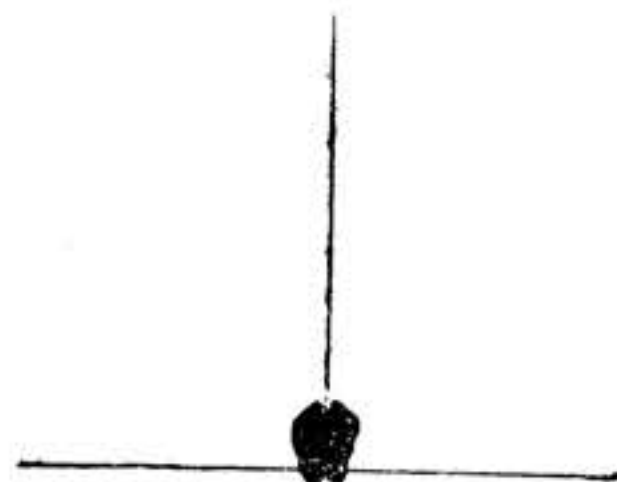
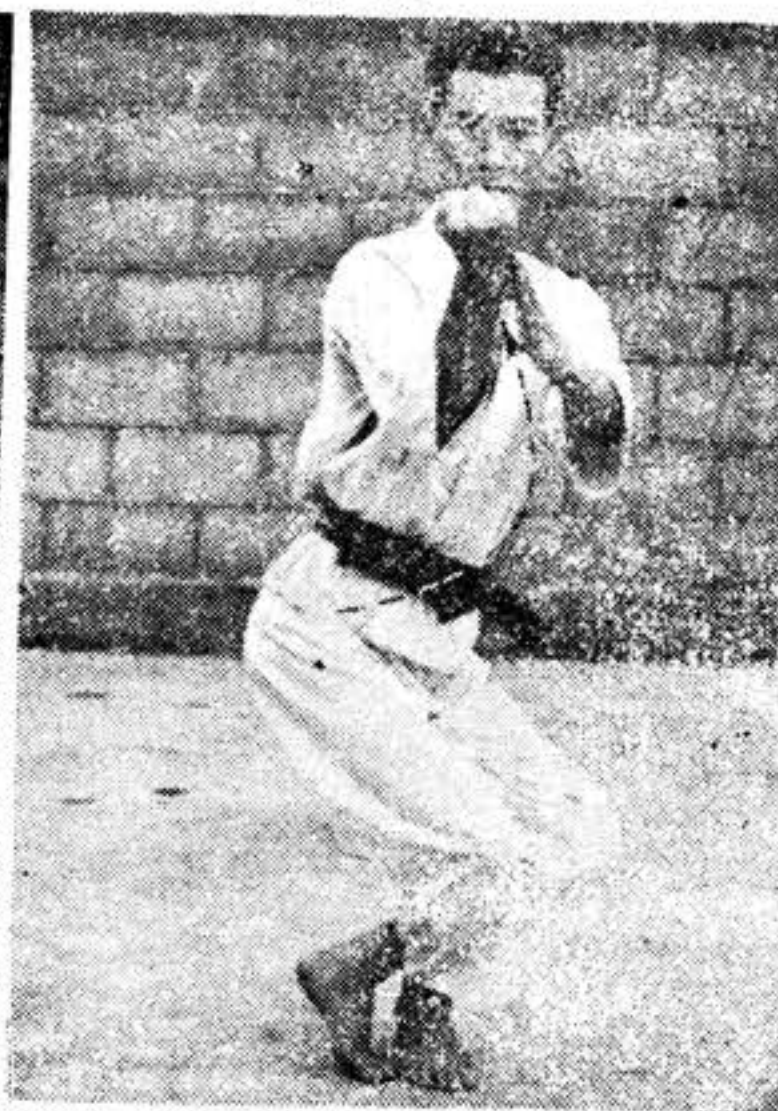
Time required ~ about 1 minute

Ready posture

(Figure 84)



(Figure 85)



With the right hand raised, place the right fist about 6-7 inches in front of the lower abdomen and lightly hold the right fist with the left hand extended. (Figure 84)

1st movement

Jump one step forward to the C room with your right foot, stand at the right crossroads, block the C room with your right inside wrist, and place your left hand on your right outside wrist.

(Figure 5)

※ The cross-legged position places the left foot above the right foot.

2nd movement

With the right foot as the axis, move the left foot one step to the D room, stand in a left forward bend, and block the middle with the left wrist.

3rd movement

Keep both feet as they are and turn your right shoulder to the left while blocking the stop with your right outside wrist.

※ Changing hands is to block something that is disadvantageous to me to my advantage.

This is a movement that can be said to be a characteristic of .

4th movement

Turn your body to the right with your left foot as the axis and stand facing the C room with your right knee bent. At the same time, pull the right hand to the right waist and use the C-shaped upper part of the left outer wrist.

It's a hit. (86th degree)

※1) Block the attack from the banishment by turning around.

2) When blocking, turn your body to the right and lower your left shoulder.

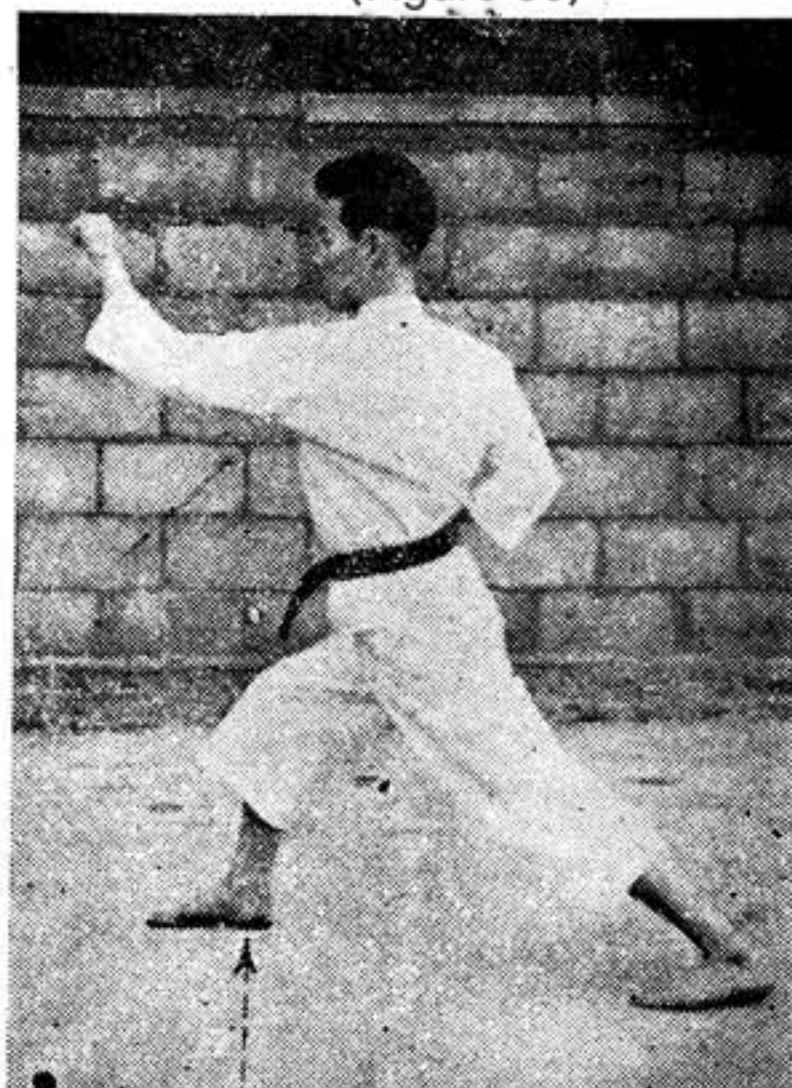
5th movement

The lower body is blocked by the right wrist.

6th movement

Lower your body with your left foot as the axis and move your right foot one step to room B.

(Figure 86)



(Figure 87)



While standing with your right wrist facing upward, block the B-side block with your right outside wrist.

(Figure 87)

※1) When you block the stop, your fist should be in front of your face.

2) When lowering your body, move to room B in a semicircle by pulling your right foot toward your left foot.

3) When lowering your body, block the lower part with your right wrist and lower your right foot while simultaneously blocking the middle.

Movement 7

While keeping the lower body as it is, twist the upper body and push the left shoulder out, blocking the B-light stop with the left wrist.

8th movement

Turn your body to the left, stand on horseback facing room C, and place your left fist on your right fist.

※ 1) When placed on the right side, the back of the left hand faces forward.

2) Instead of riding, you can also stand with your knees straight.

9th movement

The lower body is hit in the C-section with the left hand.

Movement 10

The lower body is stabbed with a swing and the right arm is stabbed.

Movement 11

With both feet in place, bend the left knee and straighten the right knee, while blocking the C-section with the right wrist.

※1) Lift your body to the left and push your right shoulder forward.

2) The hole is C room

3) This is a movement to throw the opponent's foot that has been kicked from below, so use your wrist.

It must be turned sharply downward.

Movement 12

Stand on horseback with both feet still in place, and at the same time stop forward with the left hand

stab the

※ There is also a method of stabbing while straightening both knees.

Movement 13

(Opposite to movement 11)

Movement 14

(Opposite to movement 12)

Movement 15

The left leg puts the right leg into the C room, stands with the left rearward bend, and blocks the front with the right leg.

Movement 16

The right foot steps forward one step from the left foot, and at the same time blocks with the left foot while standing with the right foot.

Movement 17

The left foot takes a step forward from the right foot, then stands with a left backbend and blocks with the right foot.

Movement 18

The left foot steps back one step from the right foot, stands with a right back bend, and blocks with the left foot.

Movement 19

Stand with both feet in the same position, block the upper part of the right thigh, and place the left hand under the elbow of the left arm. (Figure 88)

:: 1) You can also block the forward blocking with the left-handed sword.

2) Your back heel should be on the ground.

3) Put your right shoulder forward.

Movement 20

While stabbing the center of the C room with the Ujokdo Road, pull both wrists forcefully in front of your chest.

※ 1) Pull the fist towards the right breast.

2) Place the backs of both hands facing upwards.

3) Instead of stabbing the break, you can also stab the bottom by lowering it.

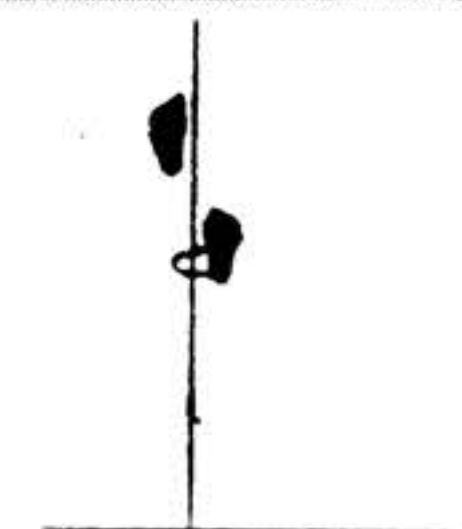
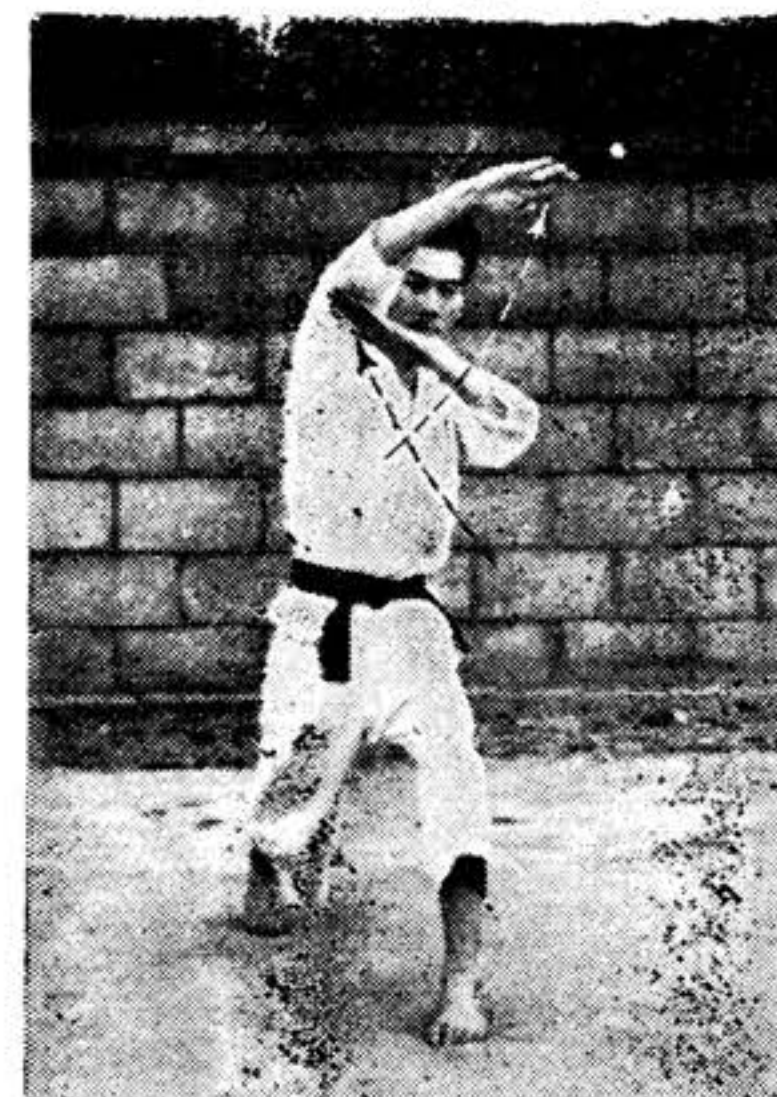
at the same time

Ejwa

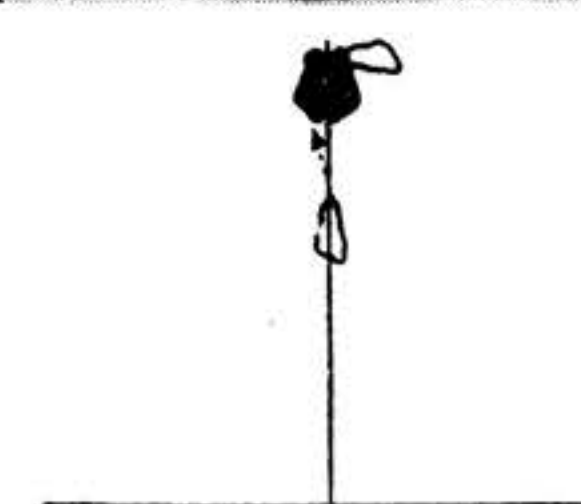
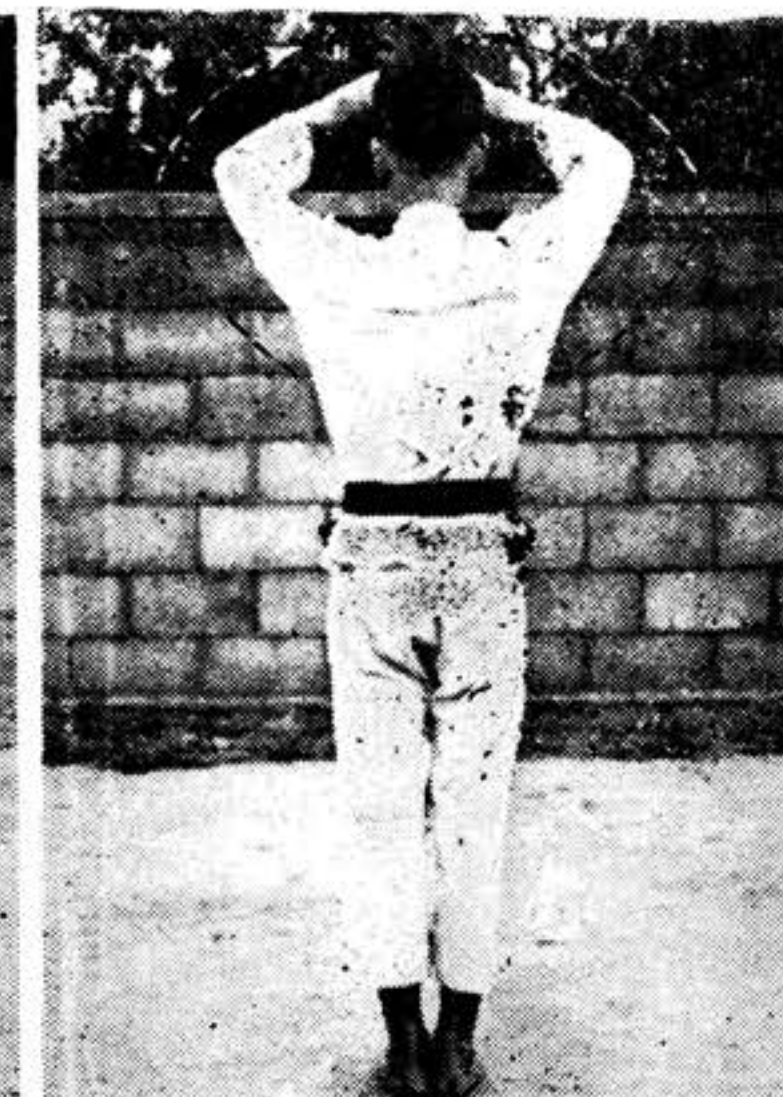
right

city

(Figure 88)



(Figure 89)



Movement 21

At the same time as stepping down from the right leg to room C, turn your body to the left and stand facing room D with your right hind leg bent, blocking the middle with your left hand.

Movement 22

The left foot is the same as the right foot, and the right foot takes a step forward to room D and stands with a left back bend.

Prevents the city from being shut down by the highway.

Movement 23

The left foot pulls the right foot to the left foot and gathers both fists at the same time.

Place it on your forehead, drawing a semicircle. (89th degree)

※ The distance between the two fists is about 1 inch

Movement 24

The left foot places the right foot directly into the D room, and at the same time, standing in the right-front position, forcefully spread the left and right arms about 1 foot apart, then draw a semicircle to the left and right and simultaneously stab the D room center with the left and right arms. (90th degree)

※ You can also collect them by left and right.

Movement 25

Go to room D by moving to the right foot and lower it at the same time
Poke the bottom.

Movement 26

Turn your body to the left with your right foot as the axis, stand in a left forward bend, and at the same time, stab the lower part of the C-shaped area with your right elbow and place your left hand in front of your right shoulder.

※ The backs of the left and right hands are facing down.

Movement 27

Pull your left foot slightly and stand with your back bent toward room C, blocking the lower part with your left outer wrist and blocking the upper part of room D with your right inner wrist.

(Movements 26 and 27 can be done in one go)

※ You can also gather the left foot by pulling it towards the right foot.

Lesson 28

Stand on horseback facing direction A, with the left foot as the axis and the right foot turned to the left.

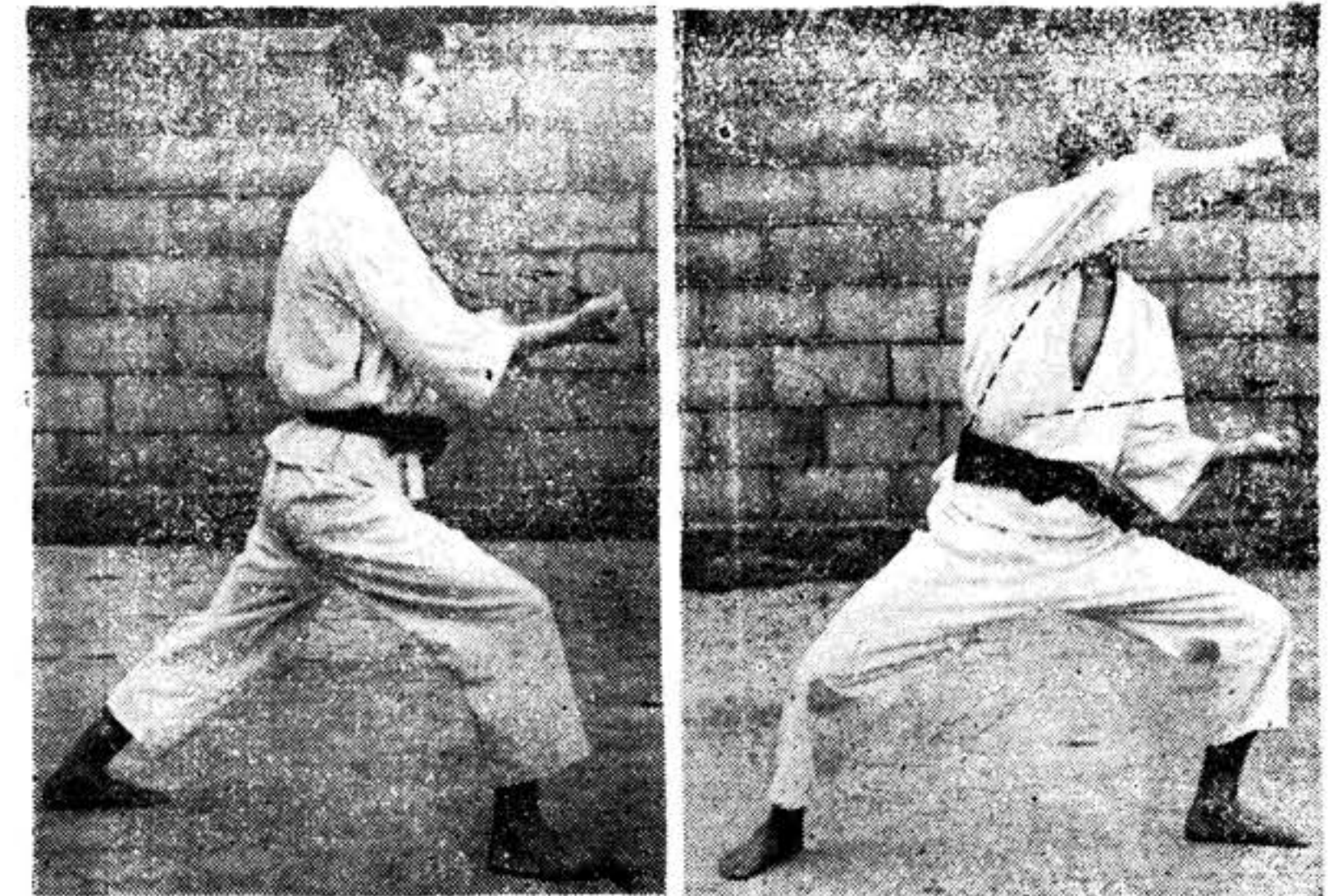
At the same time, block the bottom with the right outer wrist.

Movement 29

While standing on the same spot, turn your face to the left and face towards room D, cross your hands in front of your chest and then extend your left hand to the middle of room D.

(90th degree) Room A

(Figure 91)



※1) Make sure your arms feel like you are pulling a bow.

2) The back of your left hand faces room B.

Movement 30

Draw a semicircle with the sole of your left foot as the axis, and place your left palm on it.

kick it

※ 2) Be sure not to move your left palm while performing the movement.

31st movement

Step down from the D room and stand on horseback towards the B room at the same time.

Hit your left palm with your outer elbow.

※ The palm remains the same during the 29th movement.

Movement 32

Keep the lower body as it is, block the lower part with the outside wrist, and raise the left fist in front of the chest.

※ 1) You can also place the left arm horizontally in front of your chest.

2) The backs of the left and right hands face outward.

Movement 33

The lower body performs the opposite movement to the 32nd movement.

Movement 34

(Same as movement 32)

Movement 35

Keep your lower body facing Room D and pull both fists to your left waist.

※ You can also stand on the Ujeongul.

Movement 36

Stand with both feet fixed in place, facing room D, while stabbing the upper part with the left hand and the middle part with the right hand. (91st degree)

※ Both fists must be vertical.

Movement 37

The left foot pulls the right foot as it is, brings the feet together toward room D, and simultaneously pulls both fists to the right waist.

Movement 38

The right leg then returns to the left leg, then takes one step down to the D room and stands still, while stabbing the upper body with the right right leg and stabbing the middle with the left right leg.

Movement 39

(Opposite to movement 37)

Movement 40

The left foot then returns to the right foot, then steps down to room D and stands still, while stabbing the upper body with the left hand and the middle with the right hand.

※ This is an attack method when your head is grabbed by an opponent.

Movement 41

Move to room A by turning the left foot to the left with the right foot as the axis, and at the same time stepping on C

While facing the room, do the same movements as in movement 11.

Movement 42

The two feet take the opposite action to the 41st action.

Movement 43

Pull the left foot half a step and move the right foot one step forward to the BC room to do a left backbend.

At the same time, it prevents the road from being blocked by the superior road.

Movement 44

Pull the right foot half a step toward the left foot and step the left foot one step toward the AC room.

While standing with your right foot forward, block the interruption with your left foot.

"stop"

The right foot pulls the left foot together and at the same time returns to the ready position.

Section 15 Ten Hand Patterns

Smokescreen~"+"

Jeondongjak-24

Time required ~ Approximately 40 seconds

Ready position~Put your feet together and simultaneously raise your right hand

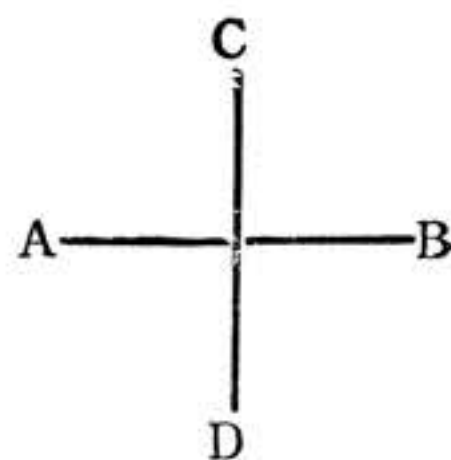
Lightly stack the left hand on the neck

Place it 7.8 inches in front. (92nd degree)

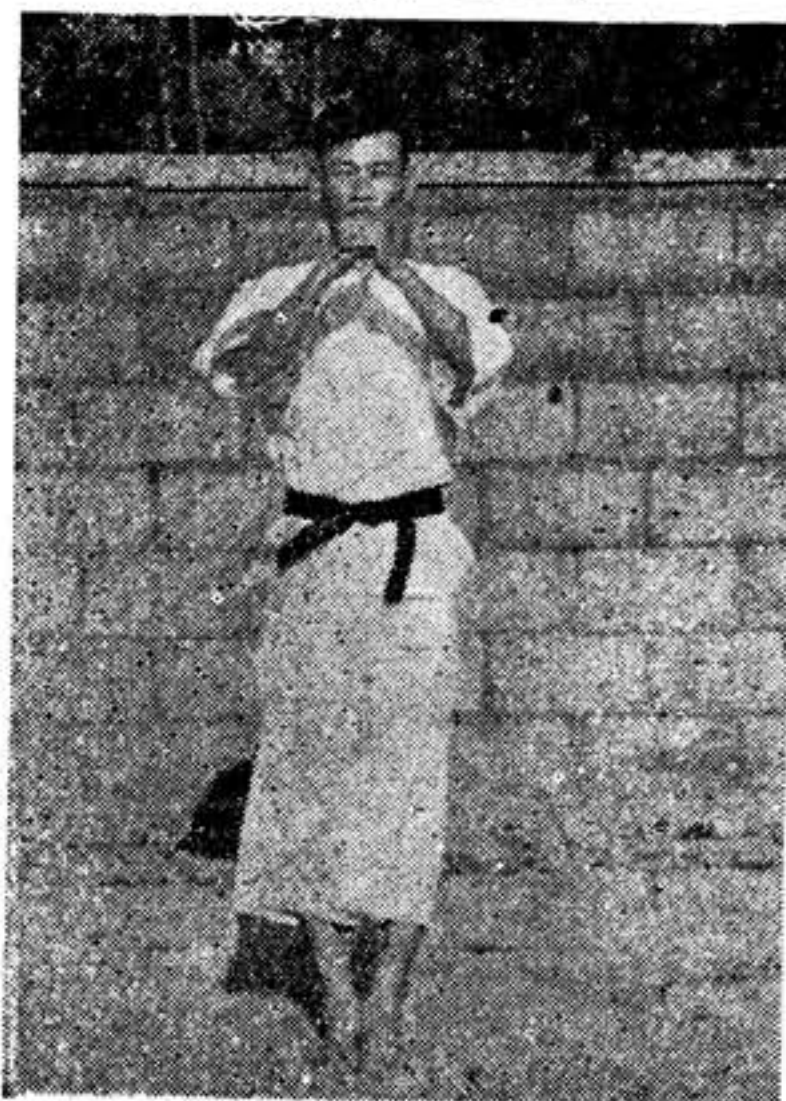
※ Spread your elbows slightly wider than shoulder width.

1st movement

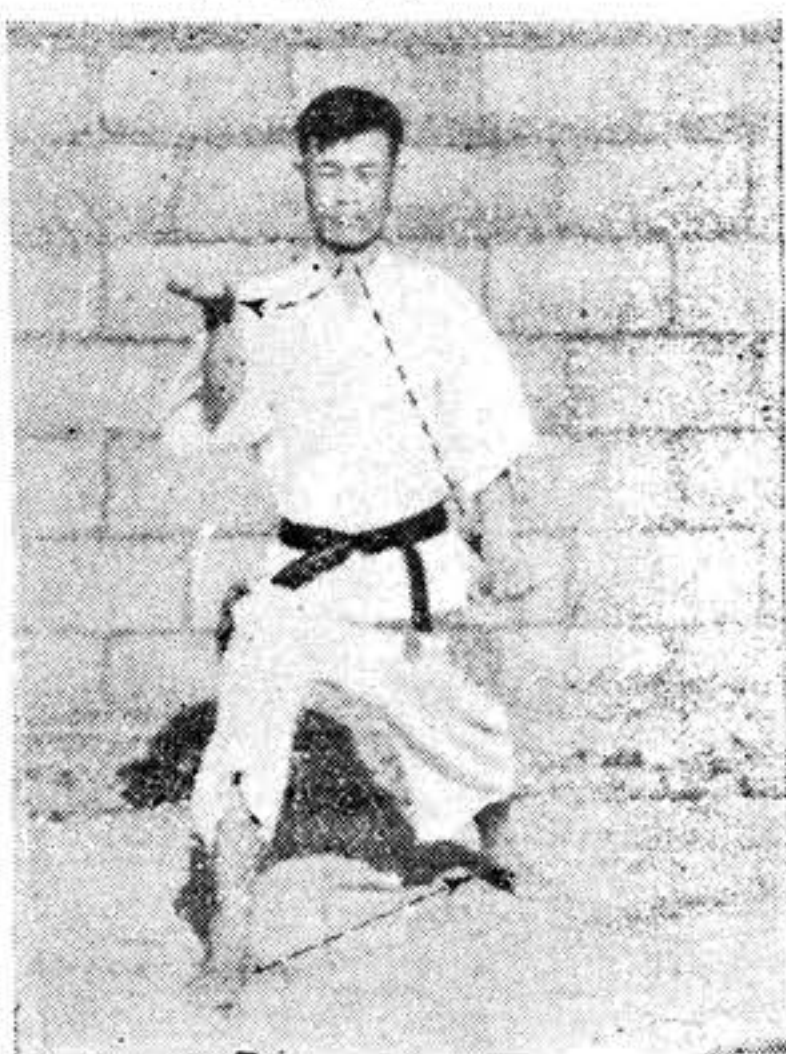
The right leg moves the left leg one step to the D room and stands in the right-front position.



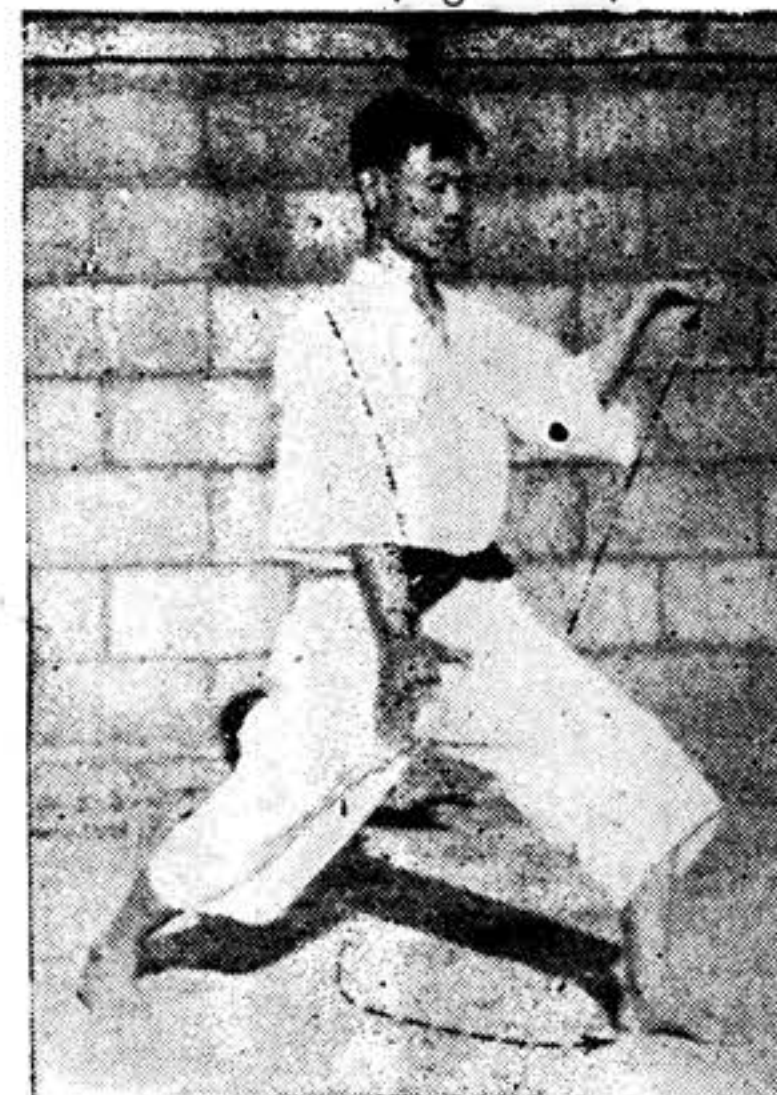
(Figure 92)



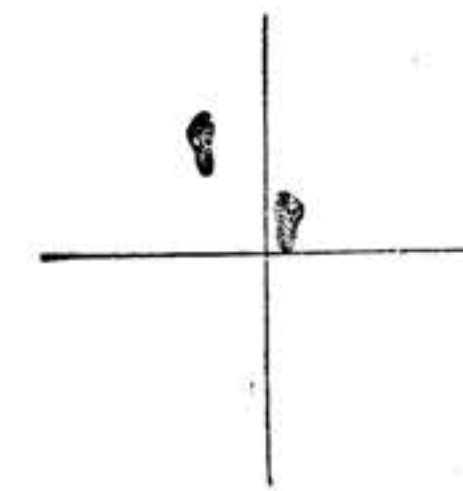
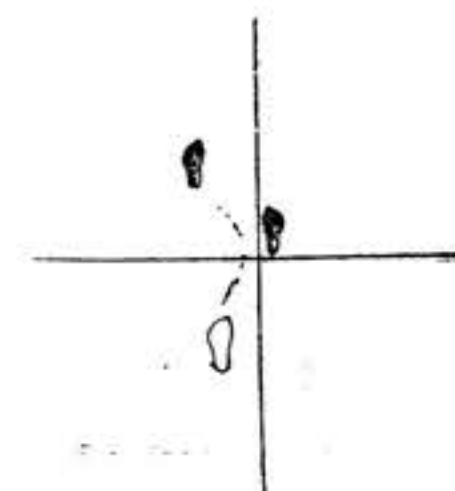
(Figure 93)



(Figure 94)



(Figure 95)



At the same time, cross the two long swords and block by pressing the front lower part with the long sword and blocking by raising the middle part with the right long sword. (Figure 93)

※ 1) When blocking, apply strength to your hand and slowly block up and down.

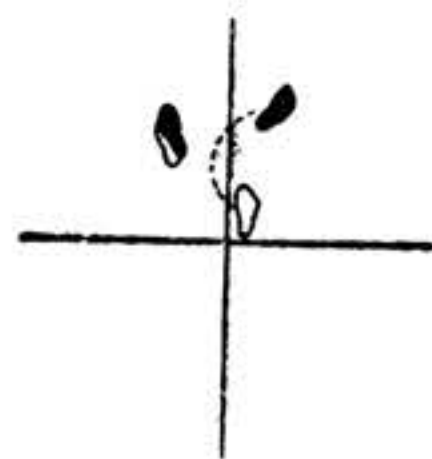
2) Raise your right hand up to your chin and draw a circle from your chest.

2nd movement

Step forward one step with your left foot toward the AC room, stand in a left forward bend, and at the same time, perform the opposite movement of the first movement with both hands. (Figure 94)

3rd movement

(Figure 96)



Turn your face towards room B while keeping your lower body and right hand still, and at the same time, relax your left hand and lay it down in room B. (95th degree)

※ The bent hand is parallel to the chest.

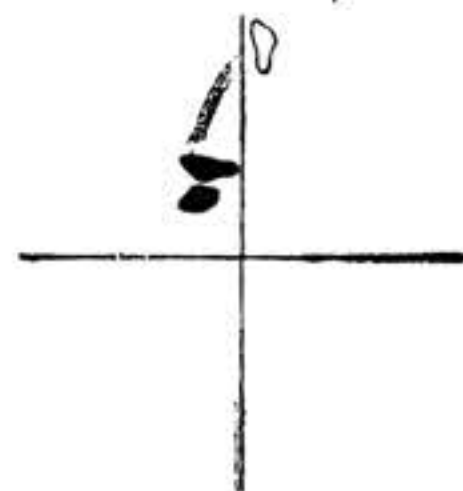
4th movement

Move the right foot one step to the BC room and stand still while blocking the B room with the right long foot. (C.6)

5th movement

Stand with your feet flat on the floor, one step forward, and fix your feet in the right position.

(Figure 97)



Block the C room by raising the volume.

6th movement

Take a step forward to room C with your left foot and perform the opposite movement to the 5th movement.

Movement 7

Take one step forward to the C room and perform the same movement as the 5th movement.

Do it.

※ 5.6.7 Movements are repetitive movements, but the face always faces forward.

8th movement

Pull your right foot in front of your left foot and stand at the crossroads, while placing both fists in front of your forehead.

Cross (No. 97)

※ At this time, place the right fist on the left fist.

9th movement

The right leg moves the left leg one step to room A and stands on horseback.

Block the lower sides with both wrists.

※ Hands and body form a straight line.

Movement 10

The lower body remains the same and goes to room D with both arms on the shoulders.

While lifting, block the upper left and right sides with both wrists.

※ 1) When blocked, the elbow is level with the shoulder.

2) This is called blocking a mountain.

Movement 11

With the right foot as the axis, turn the left foot to the right, take a step forward in room C, stand on horseback, and strike forward with the outside left wrist to take the mountain sling.

※1) Body is in room B, face is in room C

2) Raise your left knee high as if you were stepping on the opponent's foot.
Lee rolls.

Movement 12

Turn your right foot to the left with your left foot as the axis, take one step forward in room C, and perform the opposite movement to the 11th movement.

Movement 13

(Same as movement 11)

Movement 14

The left foot pulls the right foot to the left foot and stands side by side, while slowly lowering the tofu sticks to both sides.

Movement 15

The left foot steps on the right foot into the D room and stands still, while blocking the right foot from stopping.

※ You can also use a road kick instead of a water pump.

Movement 16

For the lower body, pull the right hand and place it 5.6 inches above the right knee, while extending the left hand to room D.

※1) Both arms are parallel, knees and both hands are vertical (this is called blocking the club)

Movement 17

Lift your body to the right with your right foot as the axis and then kick back with your left foot and go to room D.

Take one step forward and perform the opposite movement to the 16th movement.

Movement 18

Take a step forward to the D room and perform the opposite movement to the 17th movement.

Movement 19

Using the right foot as the axis, turn the left foot to the left, move to room A, stand with the right back bend, and at the same time stab the lower part of room A with the right fist, then block the upper part of room B with the right wrist and block the lower part of room A with the left wrist.

Movement 20

Stand with your body facing room B and perform the opposite movement to movement

19.

Movement 21

The left leg stands in a half-left forward bend while blocking the upper part with the left wrist.

Movement 22

The left foot takes one step forward to the C room while the right foot repeats the 21st movement.

Take a big action.

※ 21. 22 Continue to do movements quickly.

Movement 23

Turn your left foot to the left with your right foot as the axis, stand in a half-left forward bend toward room D, and block the upper part with your left wrist.

Movement 21

Step into room D with your right foot and perform the opposite movement to movement 23.

※1) 23.24 Continue to move quickly.

2) It is good to do movements 21, 22, 23, and 24 by bending forward or extending the front knee.

"stop"

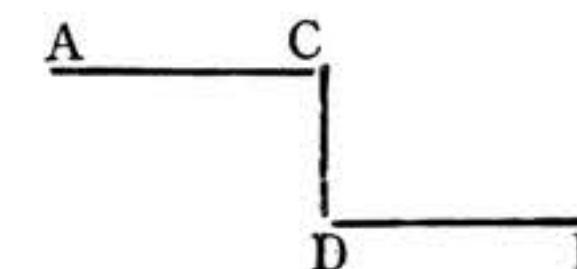
Turn your body to the left with your right foot as the axis, face room C, and bring your left foot toward your right foot.

Section 16 Type B

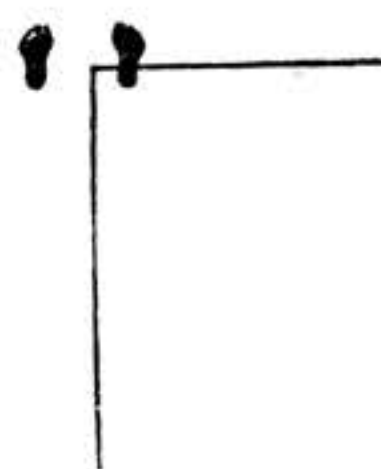
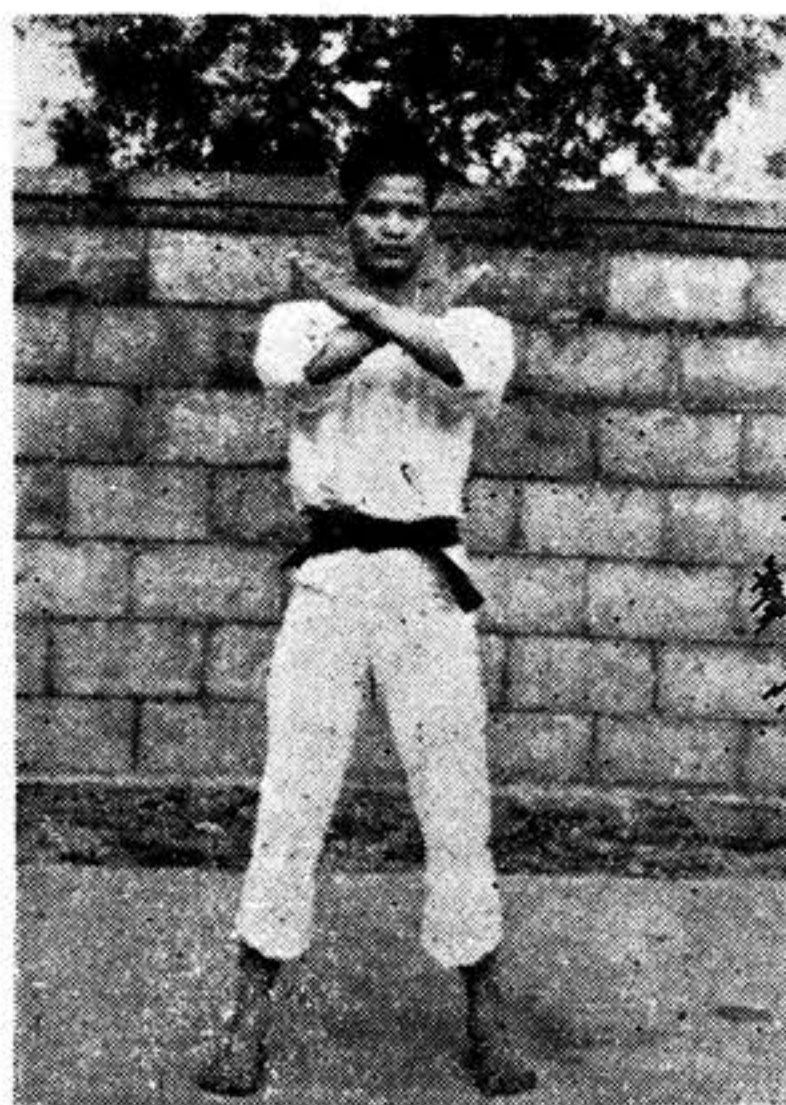
Smokescreen~"1"

Jeondongjak~41

Time required ~ about 1 minute



(Figure 98)



Ready position— Stand side by side, spread out both hands and cross them in front of your chest.

(No. 98)

※ 1) The backs of both hands face outward.

2) Place your right wrist on your left pulse wrist.

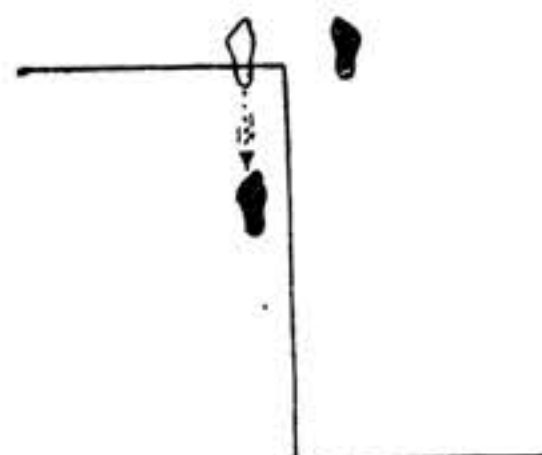
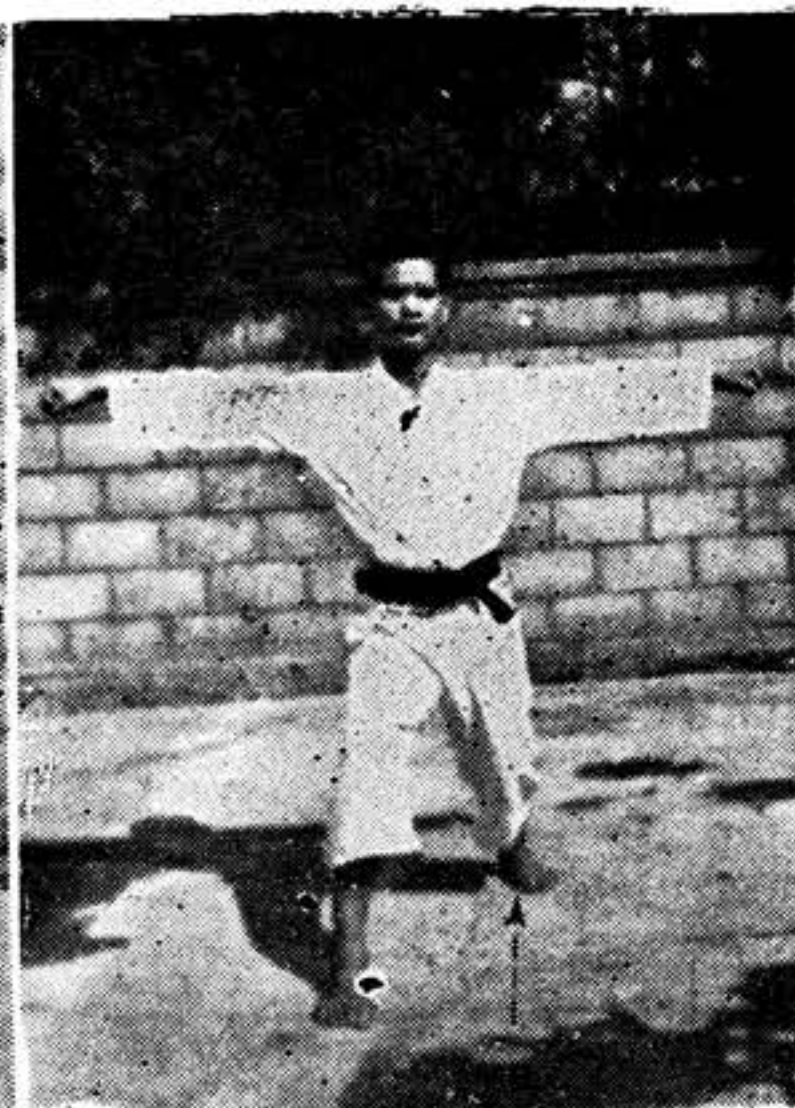
1st movement

Move the left foot one step to the D room and stand on the right side while holding the left and right hands.

Extends to life span. (99th degree)

※ 1) The backs of the left and right hands face upward.

(Figure 99)



2) The left and right sides are in a straight line.

2nd movement

Move the right foot one step to the D room, stand in the left forward bend, and cross both fists to block the lower part of the C room.

3rd movement

Keep your lower body as it is, cross your fists and block by raising the upper part of the C-section while spreading both hands.

4th movement

While keeping the lower body as it is, turn the right hand to the right and stab the C-shaped center with the right hand while keeping the left hand open and brushing the right arm with the palm.

Raise (100th degree)

※1) The back of your right hand faces downward and the back of your left hand faces upward.

2) The left hand is parallel to the chest.

5th movement

With the right foot as the axis, turn the left foot to the left, take one step to the D room, stand on horseback, and at the same time strike the D room center with the left right foot.

※ Body is A room, face is D room

6th movement

Raise your left palm while turning your right foot to the left with your left foot as the axis.

※ Do not pull your left hand.

Movement 7

At the same time, he got off his horse and headed towards room B while stepping down into room D.

Hit your left palm with your right elbow.

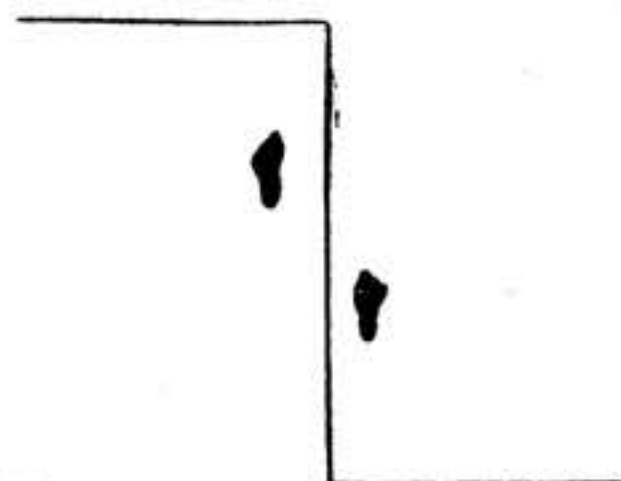
8th movement

Keep your lower body as is and pull both fists to your left waist.

(100th degree)



(101st degree)



9th movement



As for the lower body, block the upper part of the D-room with the straight back wrist, and block the lower part in front with the left wrist. (101st degree)

Movement 10

Turn your body to the left with your right foot as the axis, gather your hands toward room C, and at the same time place both fists on your waist and extend both elbows to the left and right.

※ The backs of both hands face forward.

Movement 11

Pull your left foot in front of your right foot and stand at the crossroads while facing room B.

(No. 102)

Movement 12

The upper body god then stabs the B-room midsection with the right foot, then steps down on the B-room with the right foot and stands on horseback.

Movement 13

Pull the left foot in front of the right foot while keeping the upper body as it is, and at the same time, raise both fists horizontally in front of the chest and face room B.

※ The backs of both hands face upwards.

Movement 14

Move your right foot one step to room B, stand on horseback, and at the same time, stab the middle of room B with your right fist while preparing to strike your left fist horizontally in front of your chest.

※ The backs of both hands face upwards.

Movement 15

The movement of hitting the upper body of the upper body with the knees straight while receiving two blows

Place the left hand on the forehead of the poem.

※ The back of the right hand faces down and the back of the left hand faces inward.

Movement 16

The right-hand man turns his body to the left and faces the D room, forming a four-shaped peace sign.

Take the same action as the first action.

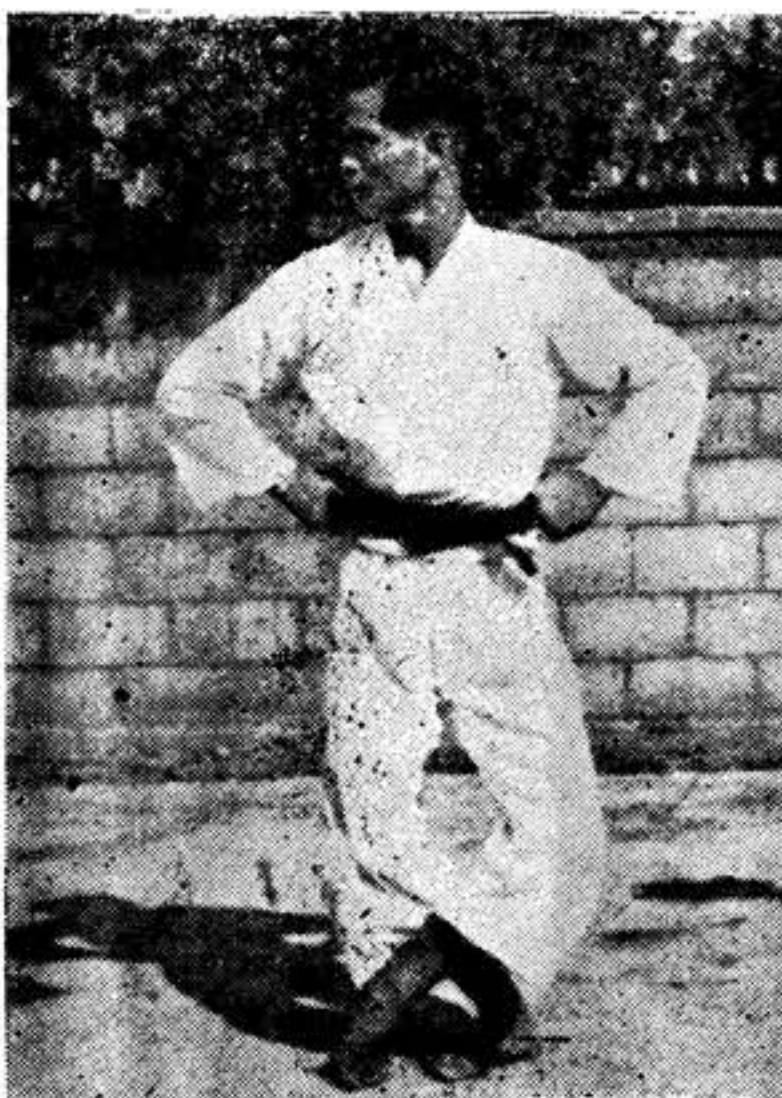
17th movement

Jump high in the second level and kick the top of the A-room with the right foot.

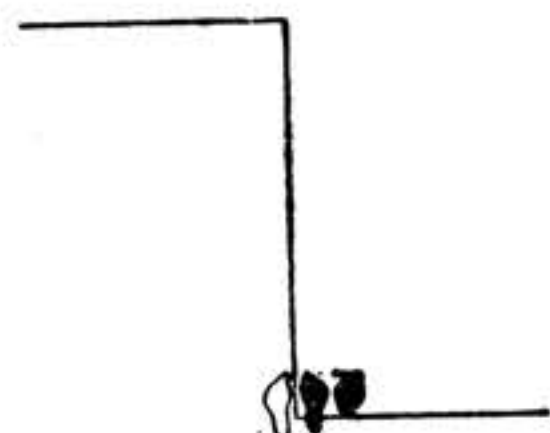
Movement 18

Stand with your right foot down and face room A, and block room A with your right hand.

(No. 102)



(No. 103)



Movement 19

Turn your body to the right with your right foot as the axis and assume a quasi-stance of color development toward room C.

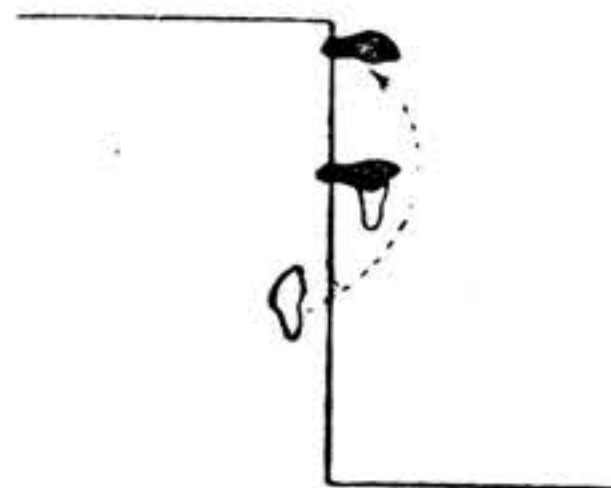
Movement 20

Take one step forward to the C room with the right foot and perform the same first movement as the color-changing type.

Take action.

Movement 21

Move the left foot one step to the D room and stand on the right knee at the same time.



Block the upper part of the C-shaped room with the left outer wrist while pulling on the right waist.

Movement 22

With the upper body intact, kick the C-section with the left foot.

Movement 23

Place the left foot on the C-side and stand in a left forward bend, while simultaneously stabbing the top of the C-side with the right hand.

Movement 24

Move the Ujok one step to the C room and stand in the Ujeongul while doing the Ujonggwansu

Stab the C room with a knife.

Movement 25

With the right foot as the axis, turn the left foot to the left, take one step to the C room, stand on horseback facing the B room, and strike the C room center with the left right foot.

(Article: 03)

※ When turning, bend your back and turn your right palm to the left.

Movement 26

Turn the right foot to the left with the left foot as the axis and take one step to room A and roll to the right.

Standing up, stretch both fists to the left and right at the same time.

Movement 27

Jump high towards room A and kick with your right foot.

Movement 28

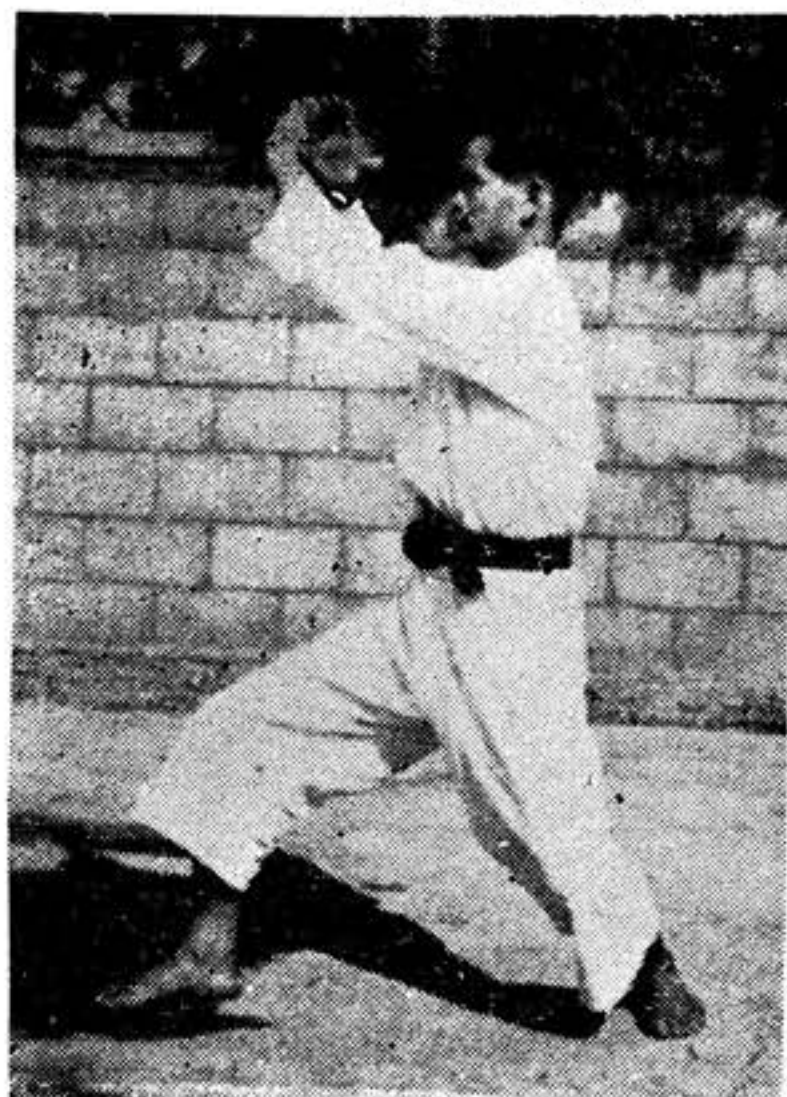
Stand still facing room A while stepping down with both feet, and cross your left and right hips to block the upper part of room A. (104th degree)

※ The right hand comes in.

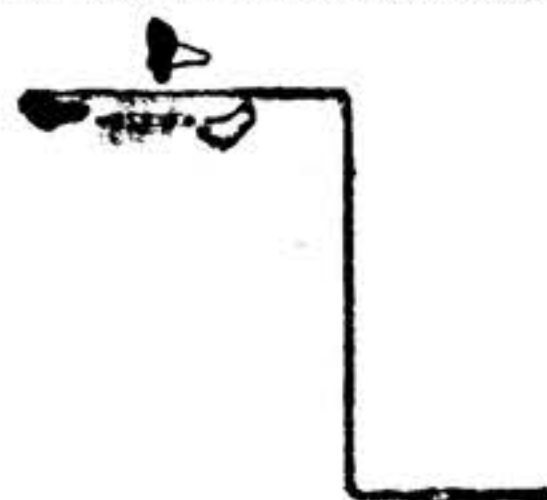
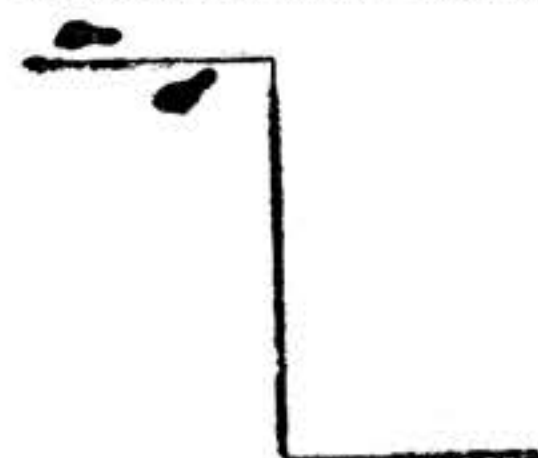
Movement 29

Take a step forward to room A with your left foot, stand with your right foot bent, and make two fists at the same time.

(101st degree)



(105th degree)



Cross and block the front lower part. (105th degree)

Movement 30

He kicks the A-room block with his left foot while blocking with both fists.

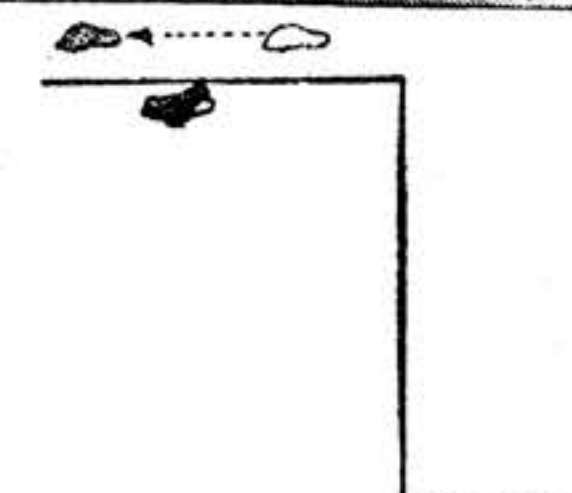
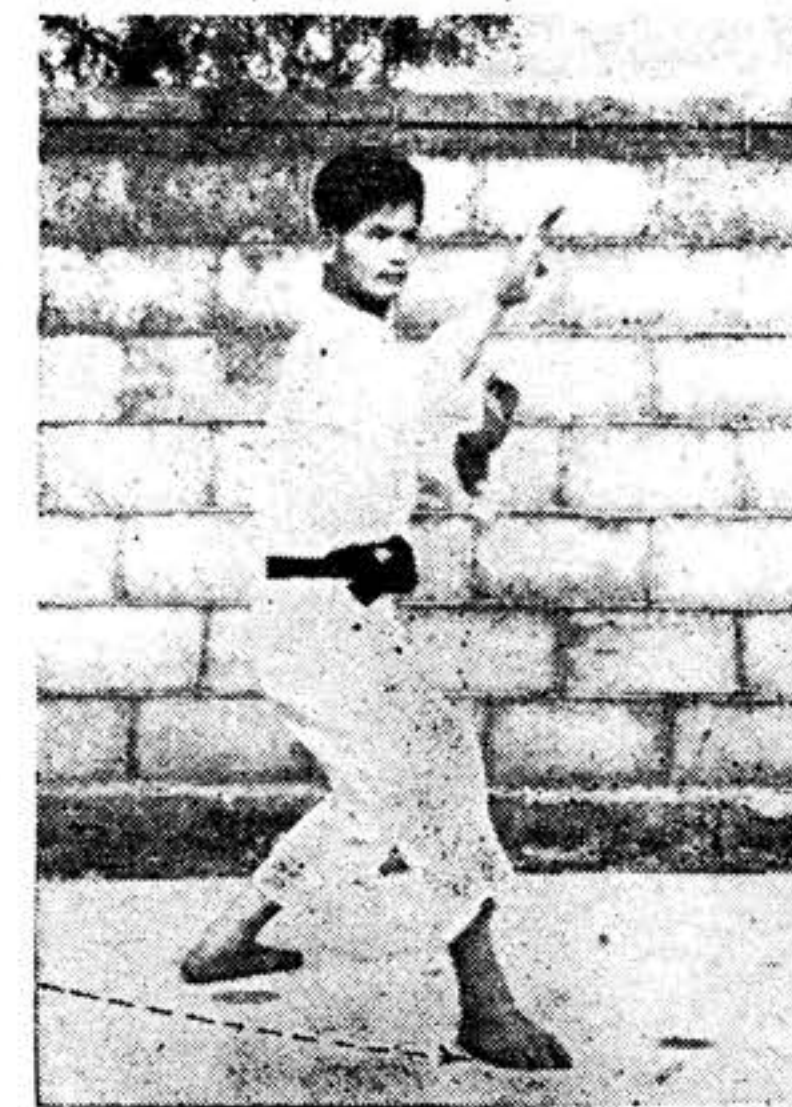
Movement 31

While standing in a left-side forward bend, lower your left side and simultaneously stab the upper part of Room A with both fists.

Movement 32

The Ujok is fixed by stepping on the A net for one year and at the same time it is excellent

(Article 106.)



Block the top of room A and push the middle of room A with the left long fist. (No. 105)

Movement 33

Lower your left foot one step towards room A and at the same time stab the middle step of room A with your left right foot.

Movement 34

While standing in the B room with the right two-legged movement, block the A room with the left wrist and raise the right fist in front of the left chest.

※ The back of your right hand faces downward.

Movement 35

Turn your body to the left with your left foot as the axis and kick the middle part with your right foot toward room A.

Movement 36

While stepping down on the right foot next to the left foot, at the same time, facing room C, the left foot also

A room is blocked by a bullet.

Movement 37

down to room A with the left foot and perform the same movement as movement 34.

Step

3rd movement

Move the left foot one step to room B and stand with the left back bend at the same time with the right long leg.

It blocks the interruption.

Movement 39

Turn your right foot to the right, take one step to room B, stand in the right-handed position, and block the C-room mid-section with your left wrist.

Movement 40

(Opposite to movement 39)

Movement 41

While standing on the horse, strike the C-section with the left right and then strike the middle section with the right right.

"stop"

Pull the left foot back to the ready position.

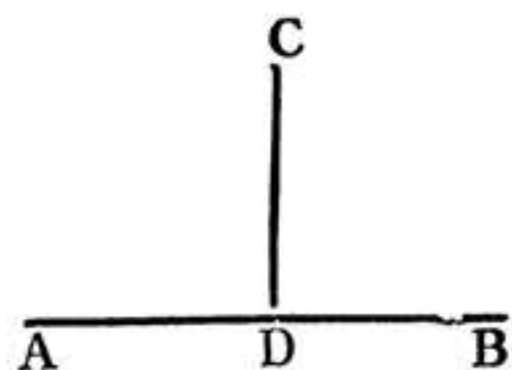
Section 17 Yan Fei Type

Yeonmu Line~""

Jeondongjak~36

Time required ~ about 1 minute

Ready posture



Bring your feet together and at the same time lightly place your right palm on the left

side and pull it to your left waist. (107th degree)

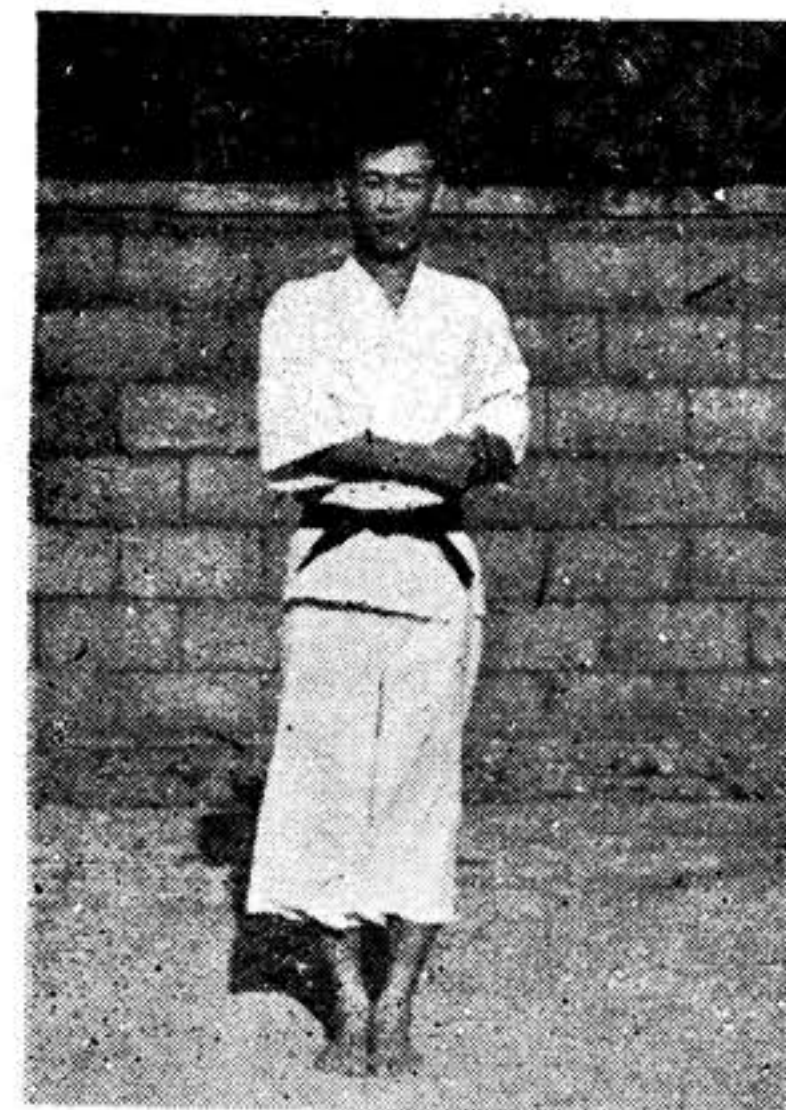
※ 1) The left hand faces outward and the right hand faces downward.

2) Place your right arm horizontally and slightly away from your abdomen.

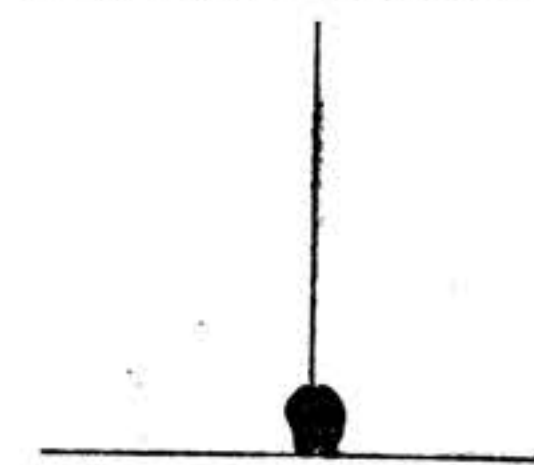
1st movement

Step left. Place your right knee on the ground while stepping forward on the A side, and at the same time, strike the front of your right knee vertically with your right fist, and at the same time, place your left fist horizontally in front of your navel. (108th degree)

(No. 107)



(No. 108)



※ Body is in room A, face is in room C.

2nd movement

Turn your right foot to the right with your left foot as the axis, stand in a half-right forward bend toward room B, and at the same time pull your left fist to your left waist and lightly place your right fist on your right fist.

3rd movement

The lower body and left arm are the same, and the outer wrist is used to block the lower part of the B-side.

4th movement

Stand side by side facing room C, pull the right fist to your waist, and raise the left fist horizontally in front of your chest.

5th movement

Take one step forward from the left foot to room C, stand in a left forward bend, and block the lower part with your left wrist.

6th movement

The lower body is stabbed in the upper part of the C-section with the right hand.

Movement 7

Jump to the C room with the right foot, stand at the right intersection, and at the same time, raise the right fist in front of the left shoulder and stab the lower part with the left fist. (Article 09)

※ Left foot behind the right foot, right hand on the back down

8th movement

Move the left foot one step to room D, then stand with the left back bend toward room C and hit the lower part of room C with the milk ball.

※ Hit the opponent's hand holding your left wrist with the milk ticket. Also, hit the opponent's hand with your right wrist.

You can also hit the wrist of the representative.

9th movement

Stand with your left foot facing D room and bend forward while keeping your left wrist

Block the bottom of the beam.

Movement 10

(Same as movement 6)

Movement 11

(Same as movement 7)

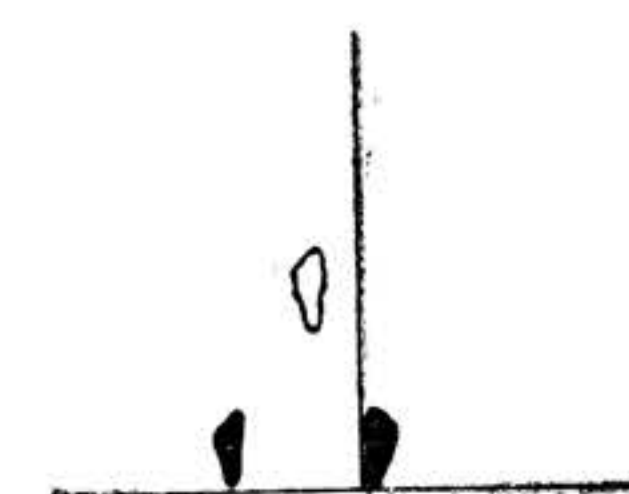
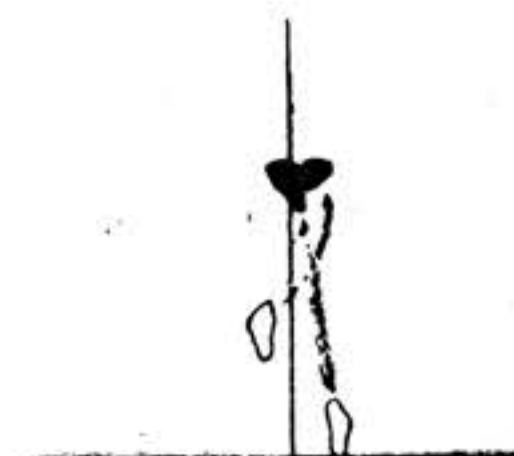
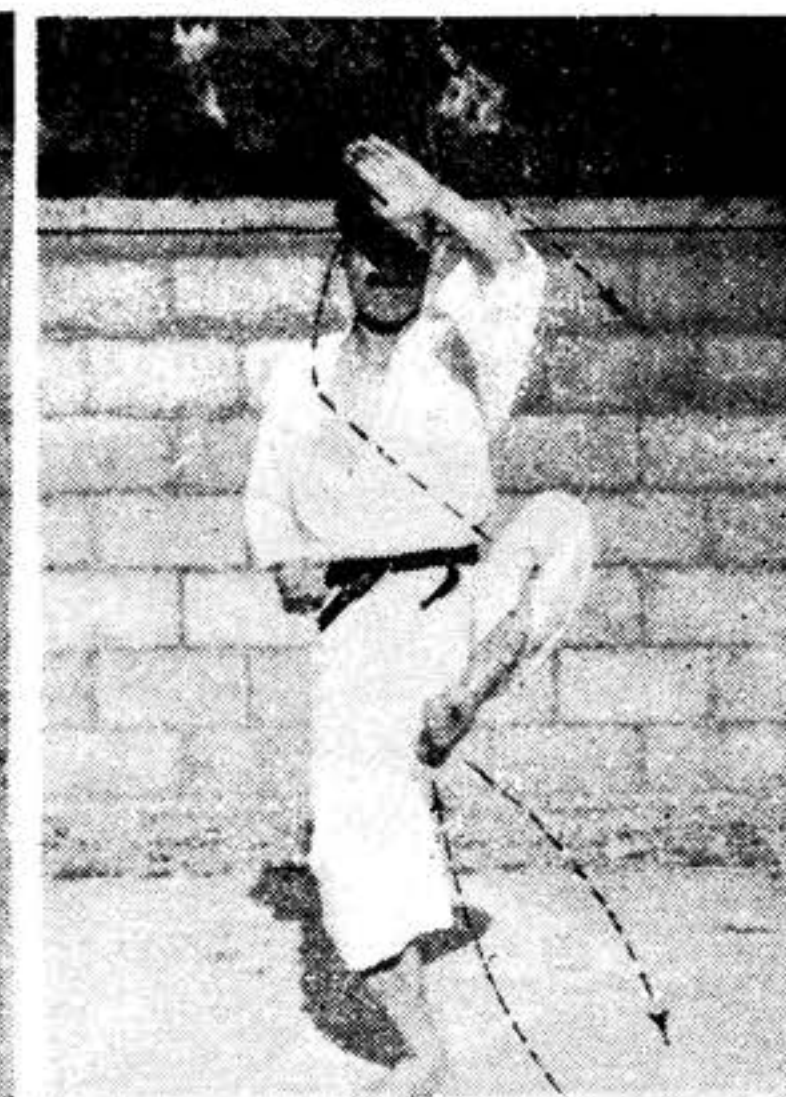
Movement 12

(Same as movement 8)

(109 degrees)



(110th degree)



Movement 13

While facing room C, perform the same movement as movement 9.

Movement 14

Move the left leg to room A and stand on horseback while using the left-handed AC

Block the upper part of the room. (110th degree)

※1) The eyes look at the tips of the fingers.

2) When blocked, the back of the hand faces downwards.

(111th degree)



3) The photo is in action.

Movement 15

The left foot and the left right foot are placed behind the left knee, and the right right foot is placed on the right shoulder, and then the left palm is struck with the right outside wrist.

All. (No. 111)

Movement 16

While getting off the horse and standing on the B-room, strike the left shoulder with the left hand and draw a circle with the right hand and pull it to the right waist.

Movement 17

For the lower body, stab the middle of the C room with the right hand and then stab the middle end with the left hand.

Movement 18

The right leg faces room A and stands in a left forward bend, blocking the lower part with the left wrist.

Movement 19

The lower body is stabbed in the opposite direction with the right arm.

Movement 20

Step forward with your right foot and stand with your left foot bent backwards, while blocking the right foot from stopping.

Movement 21

In that spot, switch feet and stand with your right foot while doing a left-handed kick.

Movement 22

While standing on the spot, do a left-handed lunge and simultaneously stab the middle finger in the opposite direction with the right hand.

Movement 23

Step forward one step on the right foot, stand with your left foot bent backwards, and stop on the right foot road.

prevent.

Movement 24

Turn your left foot to the left with your right foot as the axis, and stand in a left forward bend toward room B, while blocking your lower body with your left wrist.

Movement 25

The lower body is stabbed in the opposite direction with the upper body as the right hand.

Movement 26

Jump out of the room B and perform the same movement as the 7th movement.

Do it.

Movement 27

Step on the left foot 1 step to room A and perform the same movement as the 8th movement.

Do it.

Movement 28

Turn your left foot to the left with your right foot as the axis, stand in a left forward bend toward room A, and block your lower body with your left wrist.

Movement 29

While keeping the lower body as it is, pull the left fist to the left waist and slowly raise the middle leg to block with the right fist.

Movement 30

Take one step forward to the C room with your right foot, stand in the right-side-up position, and perform

the same movement as the first movement of the ten steps.

Movement 31

Take a step forward to room C with your left foot and perform the opposite movement to movement 30.

3rd movement

Take one step forward to room C and perform the same movement as movement

30.

Movement 33

Stand on the spot with your left knee bent and block the lower part with your left wrist.

B.

Movement 34

Move forward with two feet toward room C, stand still, and

take a club-holding action.

Movement 35

Jump on both feet, turn left, fall back to the starting position, and at the same

time, block the stop on the right-hand side.

Movement 36

Move the right foot one step to the D room and stand with the right back bend at the same time.

Prevents interruption.

"stop"

The right foot pulls the left foot back to the ready position.

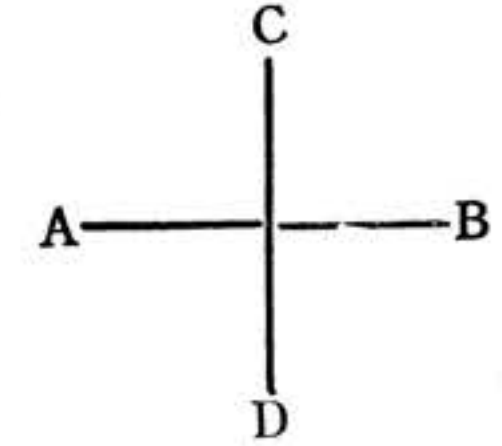
Section 18 Locked Type

Smoke line "~+"

Jeondongjak~29

Time required – Approximately 30 seconds

Ready position~Same as the cross-hand type



1st movement

Move the right foot to room B, step on the horse, and at the same time, hold the left wrist

Block the lower part of room C with the right wing and attack the middle part of room B with the left wing.

2nd movement

The lower body takes the opposite action to the first action.

3rd movement

Step forward with your right foot to room C, then step forward with your left foot to room C,

stand side by side facing room B, and at the same time, look toward room B with the same movement

as the first movement of the Gwan-gong type. (112th degree)

※ You can also stand with the width of a horse.

4th movement

The left leg turns its body to the right and faces room D, stands in a left backbend, and at

the same time pulls the left arm to the left waist and blocks the right leg from stopping.

5th movement

At the same time, stand on the spot where you received the two and extend your left hand to the D room.

Hit the palm of your right hand. (113th degree)

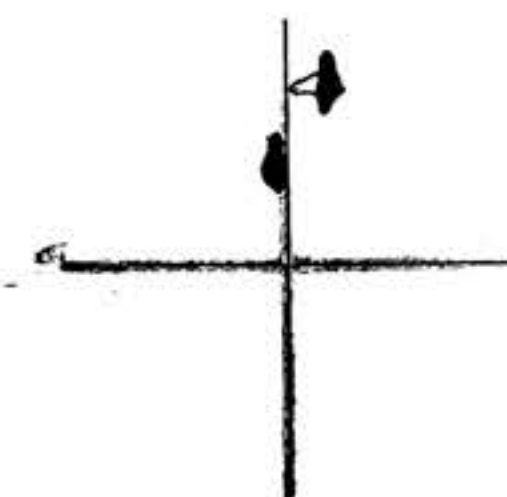
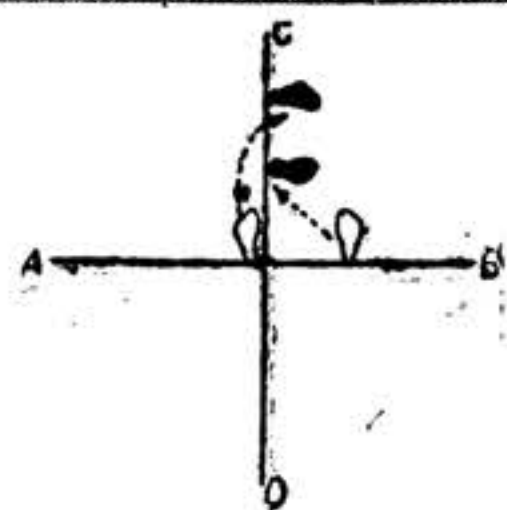
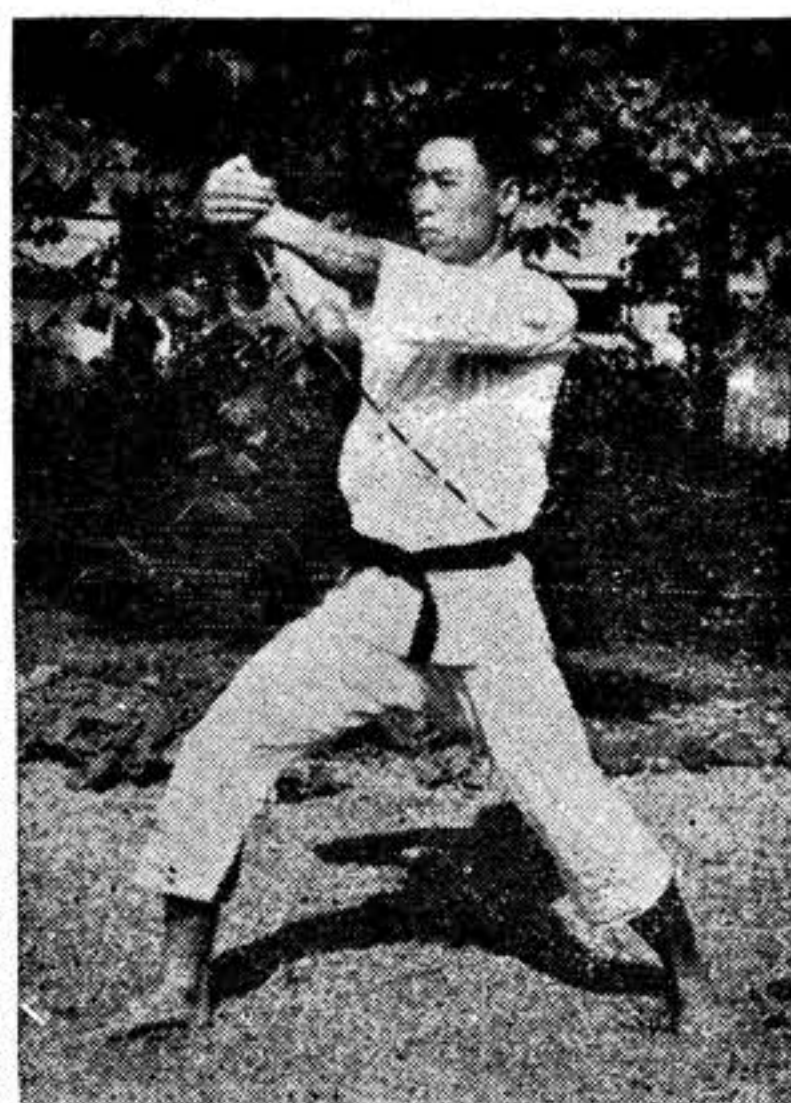
6th movement

Move the left foot one step to the D room and stand with the right foot bent at the same time, and perform the 4th movement.

(112th) Room B



(113th degree) B. C room



Take the opposite action.

Movement 7

(Opposite to movement 5)

8th movement

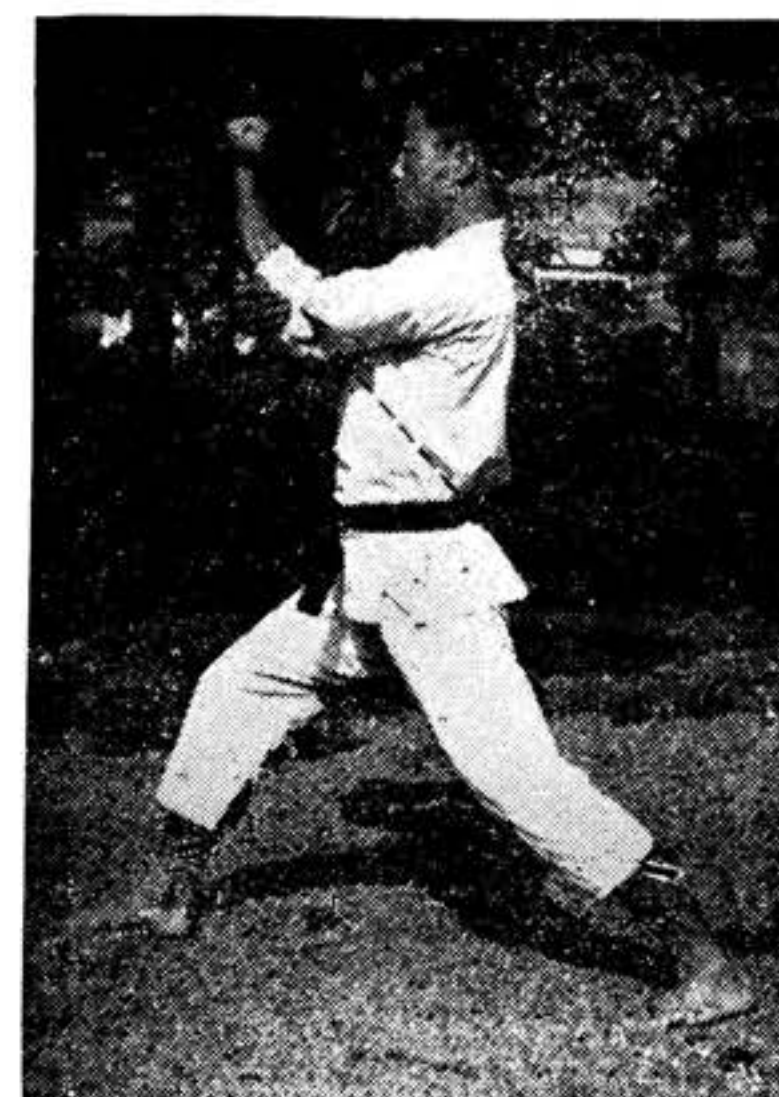
Take one step forward to room D and perform the same movement as the fourth movement.

Do it.

9th movement

Stand with both feet on the same spot, and at the same time, place your left elbow in the D position.

(114th) Room B



(115th) Room B



Strike the left elbow with the right palm while stabbing the spur. (114th degree)

※ When stabbing, the elbow should be perpendicular to the fist.

Movement 10

While standing with both feet on the spot, turn your body to the left and face the C room, bend to the right and at the same time pull the right hand to the right waist and block the C room with the left hand.

Movement 11

Take one step forward to the C room and stand with your left foot bent backwards at the same time.

Block the C-room middle section with your upper body while pulling at your waist, then block the C-room lower section with your right wrist while standing in the right front bend.

Movement 12

The right-handed man spreads his fists left and right and stabs the C room with his left foot.

※ You can also kick while pulling both fists to your waist.

Movement 13

Stand with your left foot down in place and bend your right leg forward, while blocking the lower part of the C-section with your right wrist.

Movement 14

Step forward one step to room C with the left foot, stand still facing room B, and at the same time block the lower part of room C with the left reverse water pipe, and prepare for the front of the abdomen by making the right road parallel to the left reverse water pipe. (115th degree)

※ You can also stand on horseback.

Movement 15

While keeping the lower body as it is and rotating from left to right with both hands parallel, block the lower part of the C-section using the same technique as movement 14.

Movement 16

Block the lower part of the D-room by turning the lower body from right to left while keeping both hands parallel.

Movement 17

While standing on the same spot with both feet, stop the B room with both wrists.

Break through and block it.

※ The backs of both fists face outward.

Movement 18

Step forward one step with your left foot to room B, stand in a left forward bend, and cross your fists to block the lower part of room B.

Movement 19

The lower body is stabbed at the upper part of room B with the left second main sword.

※ 1) The back of the hand of the person doing the stabbing faces downwards.

2) The hand pulled to the right waist can also be held as a main body.

Movement 20

Take the Ujok to room B. Stand in the Ujeongul and go to the U2 main building.

Stab the top of room B in the waterway.

※ When stabbing, the back of the hand faces upward.

Movement 21

Turn your left foot to the left with your right foot as the axis and stand facing room A with a left forward bend.

At the same time, perform the same movement as the 19th movement.

Movement 22

Take one step forward to room A and perform the same movement as movement 20.

Do it.

Movement 23

Turn your right foot to the left with your left foot as the axis and stand facing the D room with your right foot facing the right.

At the same time, the upper part is gathered in the left and right directions. (116th degree)

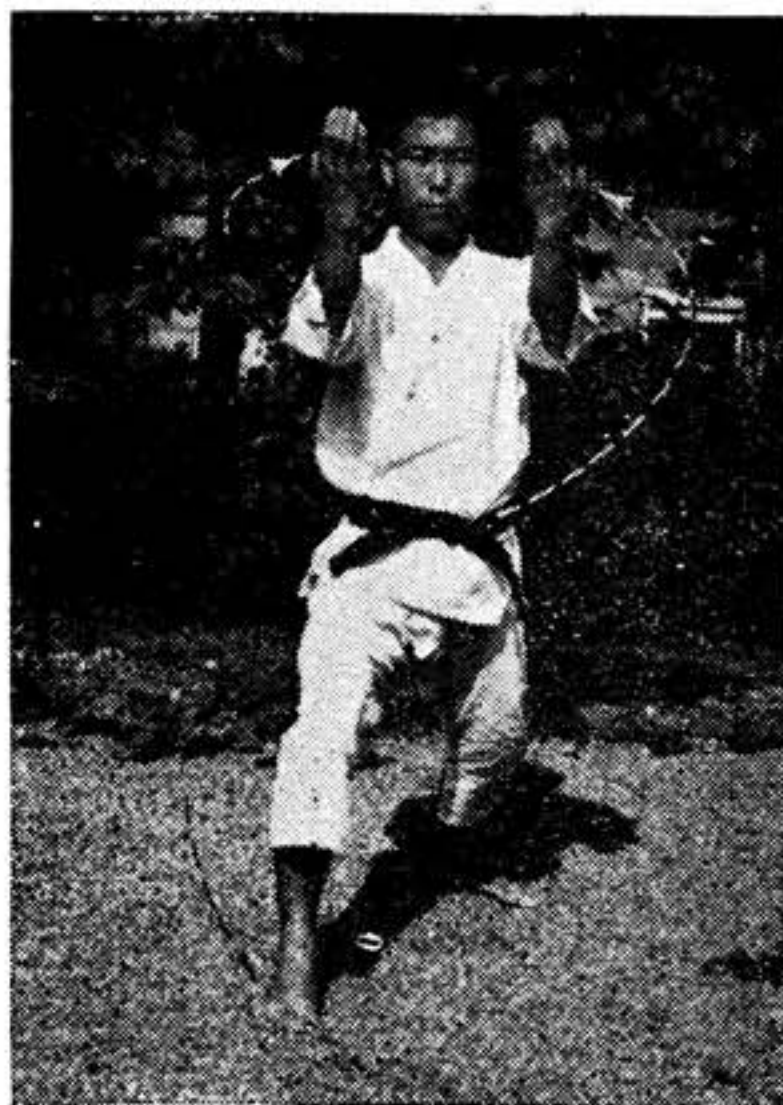
※ 1) When gathered, the backs of the left and right hands face downward.

2) There is also a method of raising your knees and hitting your hands together instead of the front knee, but this is not suitable in terms of appearance or ideology of Taekwondo.

Movement 24

While keeping your knees up in the same spot, spread your arms horizontally and strike the C room with your left and right fists.

(No. 116) Room D ※ Both arms are in a straight line.



Movement 25

Turn your left foot to the left with your right foot as the axis, and stand in a left forward bend toward room C, while performing the same movement as movement 24.

※ 1) Instead of bending forward, you can also bend forward with your knees up and your arms outstretched.

Movement 26

(Same as movement 8)

Movement 27

(Same as movement 9)

Movement 28

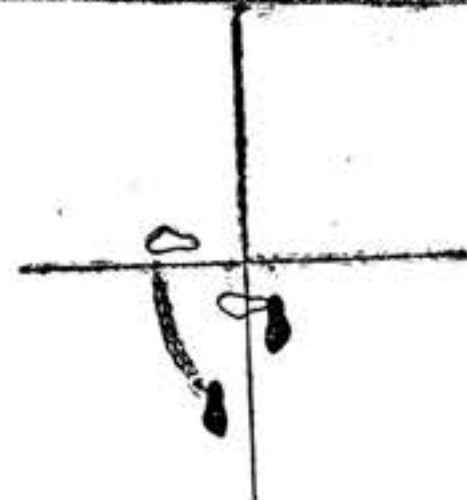
Take one step forward with your left foot to room C and perform the same movement as the 6th movement.

Movement 29

While standing with both feet in the same position, strike the C-shaped central section in the opposite direction with the right fist and strike the right fist with the left palm.

"stop"

Pull the left foot toward the right foot and return to the ready position.



Section 19: Space Observation Pattern

Smokescreen~"I"

Jeondongjak~65

Time required ~ about 2 minutes

Ready posture

Stand side by side, spread out both hands and prepare for the front of the room.

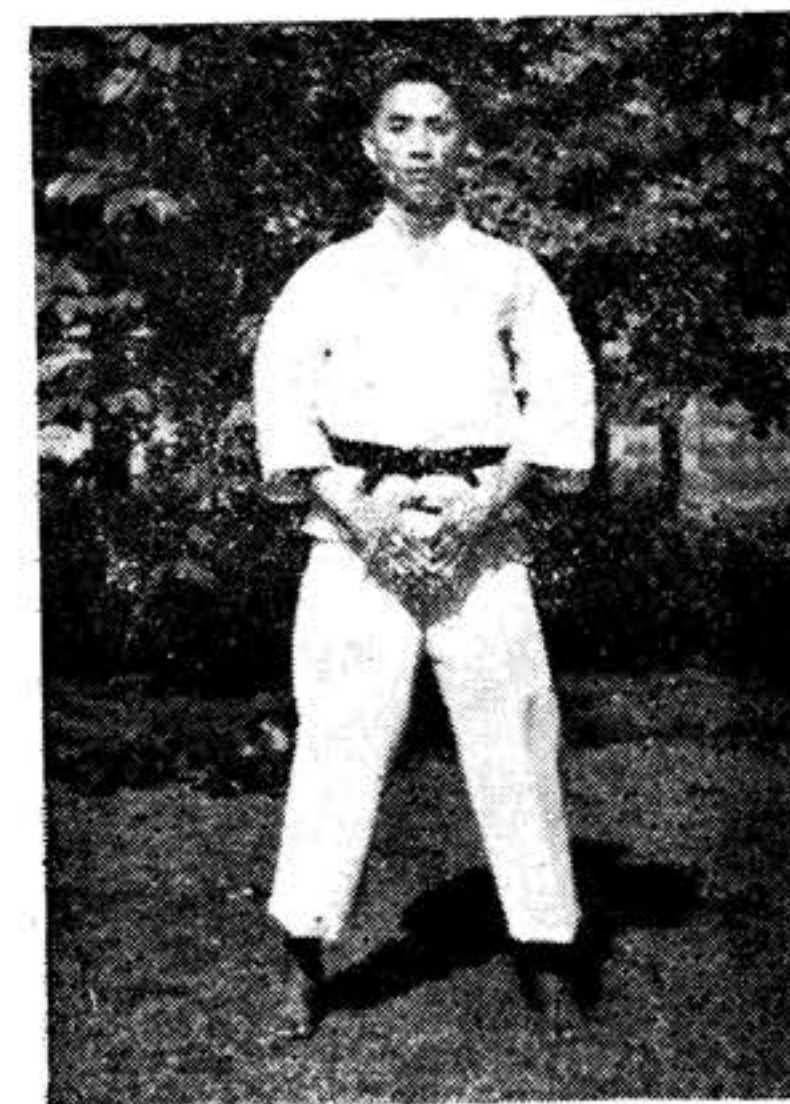
(117th degree)

※ 1) Spread your thumbs and place your right fingertips on top of your left hand.

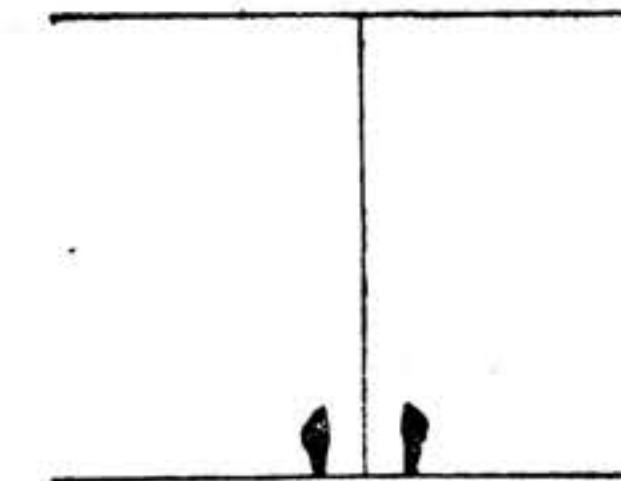
Movement 1

Keeping the lower body as it is, slowly raise both hands to the forehead and look up at the sky between the two hands. (118th degree)

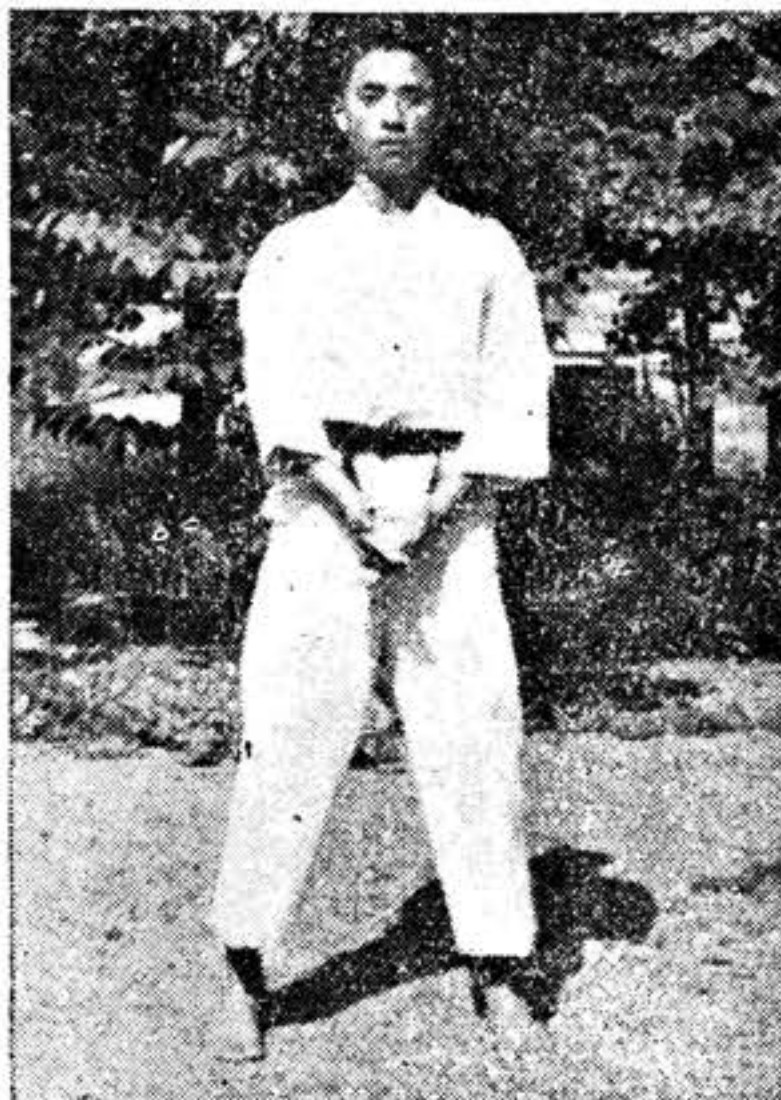
(117th degree)



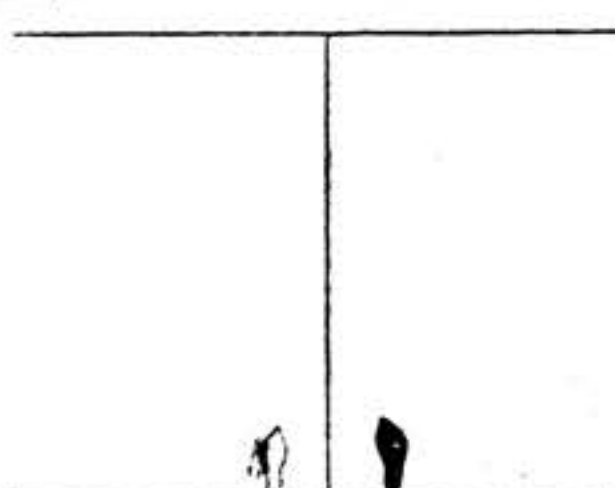
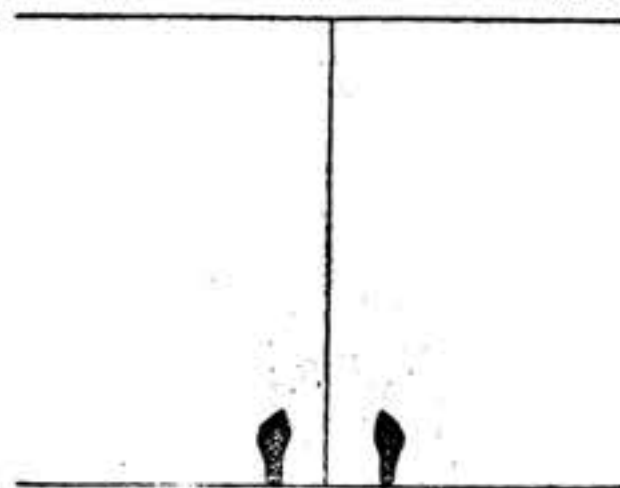
(118th degree)



(119th degree)



(120th degree)



※ This is called a public office.

2nd movement

As for the lower body, spread both hands vigorously to the left and right about an inch, then slowly draw circles to the left and right while blocking the front of the scrotum. (119th degree)

※ When blocking, the backs of both hands face inward and the right hand is placed on the left.

3rd movement

Step forward one step with the left foot to room A, then simultaneously raise the right knee in front of the left chest while blocking the upper part of room A with the left knee. (120th degree)

4th movement

Turn your body to the right with your left foot as the axis, stand with your left back bent toward room B, and at the same time perform the opposite movement to the third movement.

5th movement

Stand up with both feet facing the C room and do the left-handed movement. Extend the front horizontally.

6th movement

The lower body is stabbed with the C-barrier with the right hand.

※ Action 56 can also be performed while standing on horseback.

Movement 7

(Same as the 11th movement of the color type)

8th movement

Stand up straight and face room C while stabbing the left thigh with your left hand.

9th movement

(Opposite to the 7th movement)

Movement 10

Same as the 7th movement of the Pyeongan II type, facing D room with the left foot as the axis

Movement 11

(Same as the 8th movement of the peaceful type)

Movement 12

(Same as the 9th movement of the peaceful type)

※ Actions 10, 11, and 12 are continuous.

Movement 13

Put your right foot in room C and stand with your left foot bent at the same time. Prevent disruption.

Movement 14

Place the left foot in the C room and stand with the right foot while blocking the C room-middle with the left foot.

Movement 15

Move the Ujok one step forward to room C, stand in the Ujeongul, and at the same time, stab the middle of room C with the Ujonggwansu.

※ You can also stab while straightening both knees, but this is not in line with the principles of Taekwondo.

Movement 16

Turn your left foot to the left with your right foot as the axis, stand in a left forward bend toward room D, and at the same time, raise your forehead with your left hand and strike the middle of room D with your back.

※ 1) You can also stand up at this time.

2) Pull the back of your right hand toward your forehead and draw a large circle facing forward.

Movement 17

Raise your right hand in front of you with your right foot.

Movement 18

Step down into room D and stand with your right foot facing room C, blocking the lower part of room C with your left wrist and the upper part of room D with your right wrist.

※ The face is in room C.

Movement 19

While stabbing the lower part of the C-shaped room with the right hand, place the left hand in front of the right shoulder.

※ Both palms face upward.

Movement 20

Pull the left foot half a step toward the right foot and raise the body while stabbing the C side horizontally with the left foot.

Movement 21

Take the same action as the first action towards room C.

Movement 22

Raise the tip of your right hand to the floor.

Movement 23

Place your right foot on the C room, turn your body to the left, and stand with your right hind leg bent toward the D room, and perform the same movement as the 18th movement.

Movement 24

Take the same action as Action 19 towards Room D.

Movement 25

(Same as movement 20)

Movement 26

Pull the left foot up onto the right knee and stand on one leg at the same time, facing the F room.

Then, pull both fists to your waist.

Movement 27

Take the opposite action to Action 11 towards Room F.

Movement 28

Stand in a left forward bend with your left foot down on the F side, and strike your left palm with your right elbow.

Movement 29

Pull your right foot over your left knee and stand on one leg, while facing room E and pull both fists to your left waist.

Movement 30

(Opposite to movement 27)

Movement 31

(Opposite to movement 28)

Movement 32

Turn your body to the left with your right foot as the axis, and at the same time, block the stop with your left hand while doing a right backbend toward the F room.

Movement 33

The left foot takes one step forward from the right foot to the DF room, and at the same time, stands with a left back bend to block the right foot from stopping.

Movement 34

Turn your right foot to the right with your left foot as the axis, and stand with a left backbend toward room E, while blocking the right road.

Movement 35

Move the left foot one step forward to the DE room, stand with the right foot in a back bend, and block the left foot with the left foot.

Movement 36

Move the left foot one step to room D and perform the same movement as movement 16.

Do it.

Movement 37

(Same as movement 17)

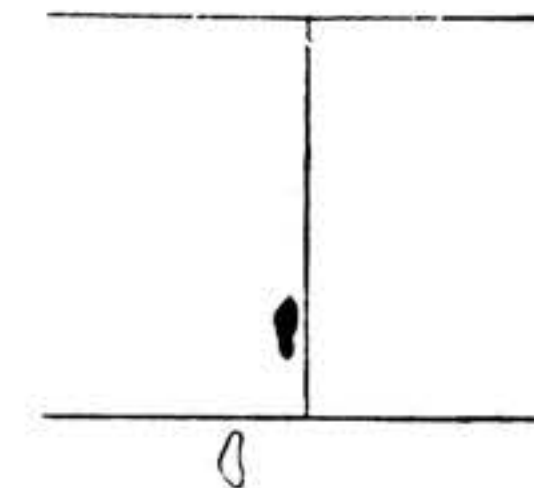
Movement 38

Jump out of the D room with your feet and perform the same movement as the 13th movement of the peaceful type.

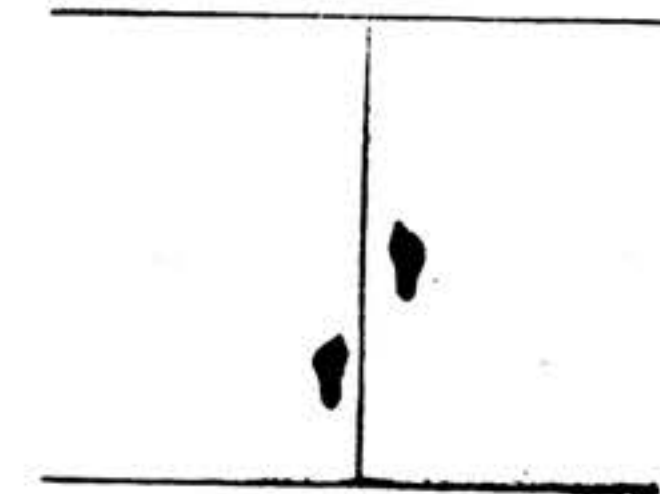
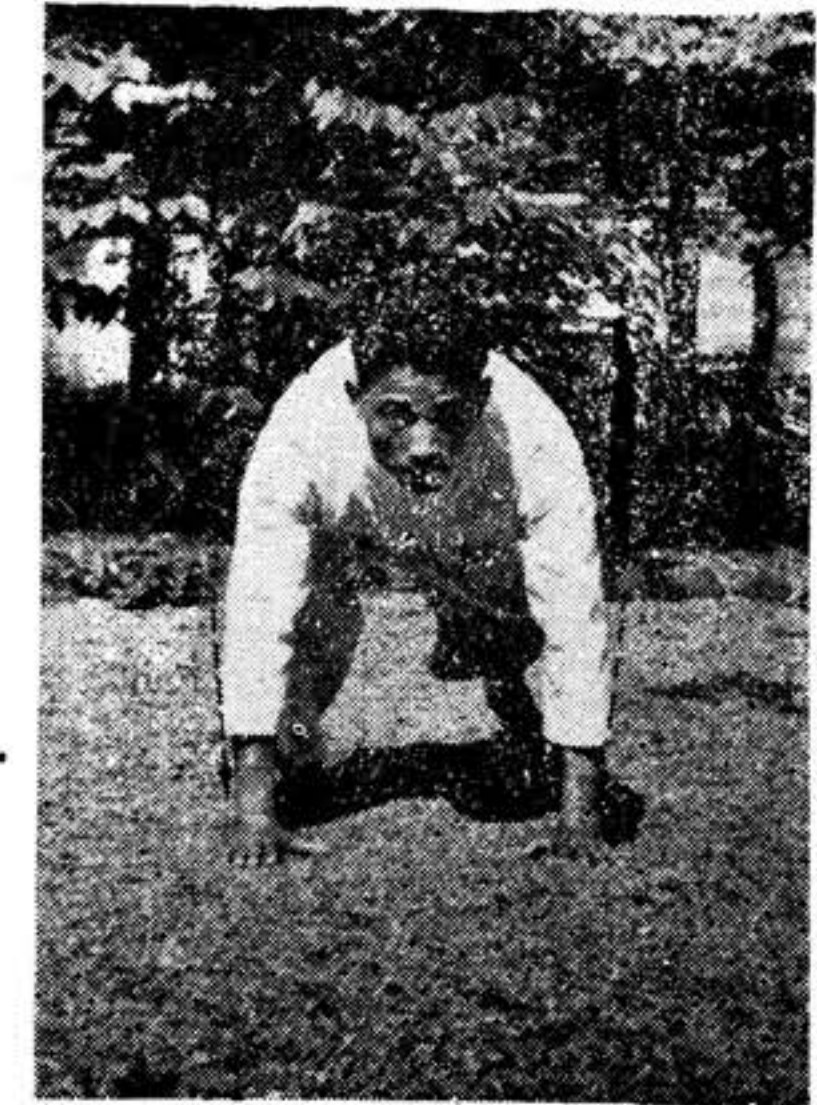
Movement 39

Move the left foot one step to room C and stand facing the right side toward room D.

(No. 121) Room A



(No. 122)



Stop the break with the wrist that is right for the poem.

Movement 40

The lower body is left as is, and the C-shaped central section is stabbed in the opposite direction.

31 movements

The lower body is stabbed in the middle with the right hand.

※ Actions 40 and 41 are consecutive stabs.

Movement 42

Turn your body to the left with your left foot as the axis and raise your right knee toward room C.

At the same time as this, raise both hands from the left and right of the knees and stab the middle with the right fist. (121st degree)

※1) The back of the hand that was stabbed is facing down and the left palm is placed on the right wrist.

Movement 43

While lowering the Ujok to the C room and lifting it up, spread out both hands and touch the ground.

(122nd degree)

※※1) When you are up, raise your right knee and straighten your left foot.

2) This is a unique movement of tourism, where you quickly lie down on the ground and attack your opponent by stepping forward.

Movement 44

Turn your body to the left with your right foot as the axis, face room D, stand with your right back bent, block the lower part of your left hand with your left hand, and pull your right hand in front of your chest.

(123rd degree)

※ 1) The back of the hand of the superior is below.

2) The highest level is blocked from above.

Movement 45

Step forward one step to room D and stand with your left foot bent at the same time.

Prevent disruption.

Movement 46

Turn your left foot to the left with your right foot as the axis and stand in a left forward bend toward room A.

At the same time, he blocks the break with his left wrist.

Movement 47

The lower body is stabbed in the opposite direction with the right A-side.

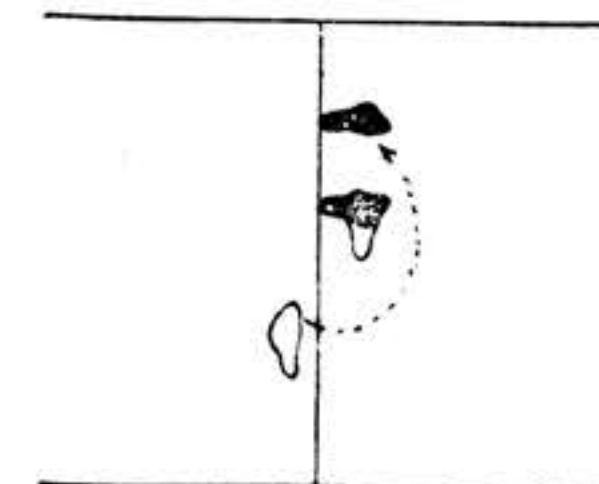
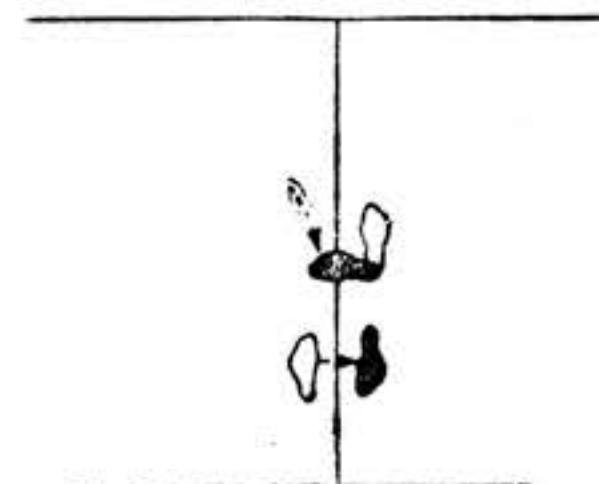
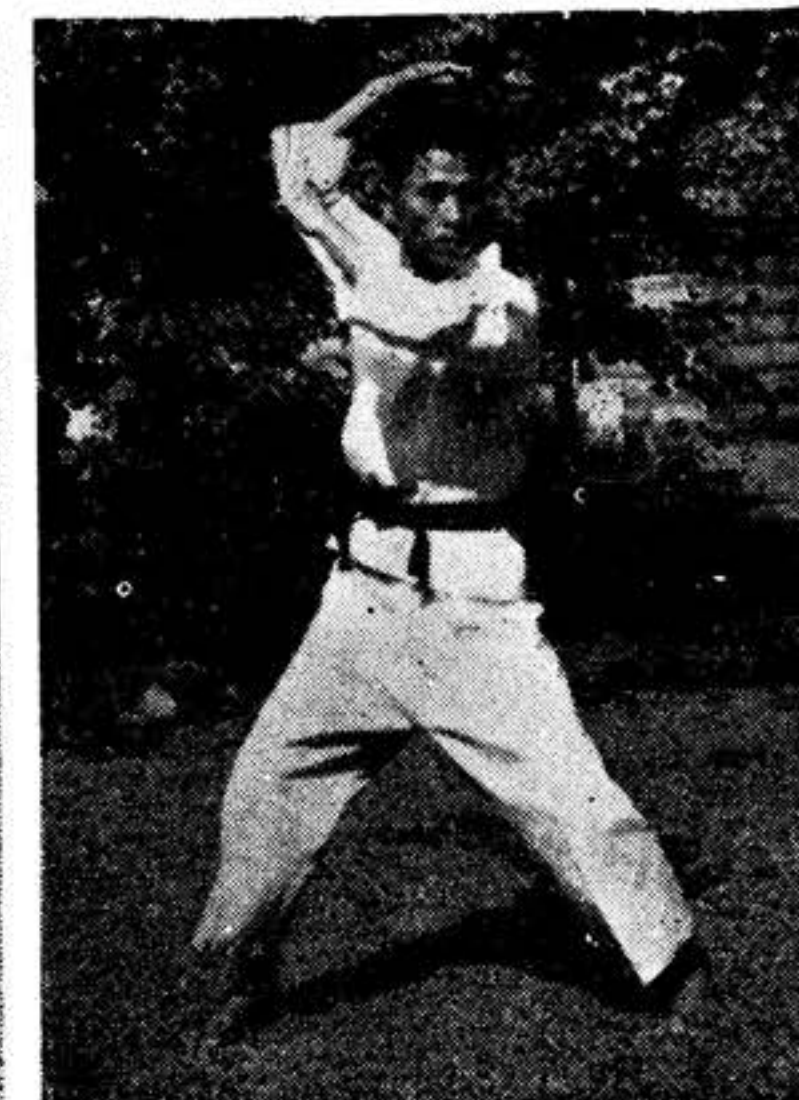
Movement 48

Turn your body to the right and stand facing room B with both feet facing the right.

(No. 123) Room A



(124th degree)



At the same time, block the room with your right wrist.

49th movement

The lower body is left as is, and the middle is stabbed in the opposite direction.

Movement 50

The lower body is stabbed in the middle with the right hand.

※ 49.50 The action is to stab continuously.

Movement 51

Pull the right foot to the outside knee and stand on one leg facing room D at the same time.

Pull your fist to your left waist.

Movement 52

(Same as movement 11)

Movement 53

Step down to room D with your right foot and face room C while standing with your right foot in the air and blocking the stop with your left foot.

Movement 54

(Same as movement 15)

Movement 55

While raising the right hand over the shoulder with the right foot as the axis, turn the body to the left, step the left foot into the C direction, stand on horseback, and at the same time, strike the upper part with the left right hand and pull the right right hand to the waist. (24th degree)

※1) This is the method of pulling out when the right hand is turned to the right.

2) The photo is in operation.

Movement 56

While riding a horse, move left with both feet to the left and go to room C, then turn left and hit the top of room C again.

Movement 57

While standing with both feet in the same spot, turn your body to the left, strike the middle finger with your right elbow, and strike the right elbow with your left palm.

Movement 58

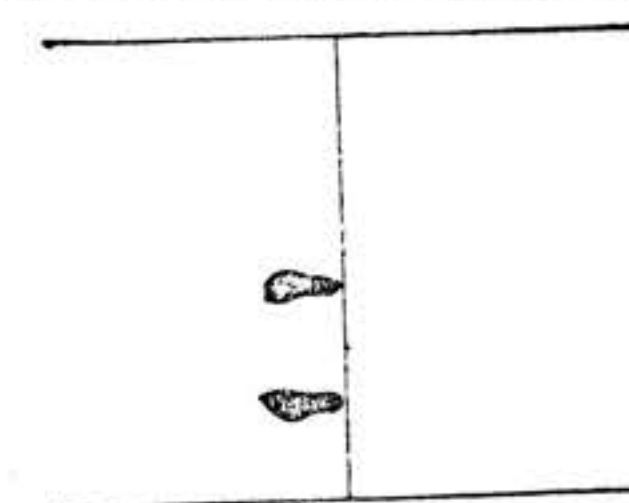
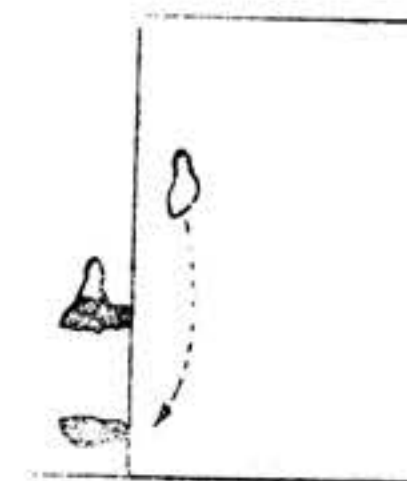
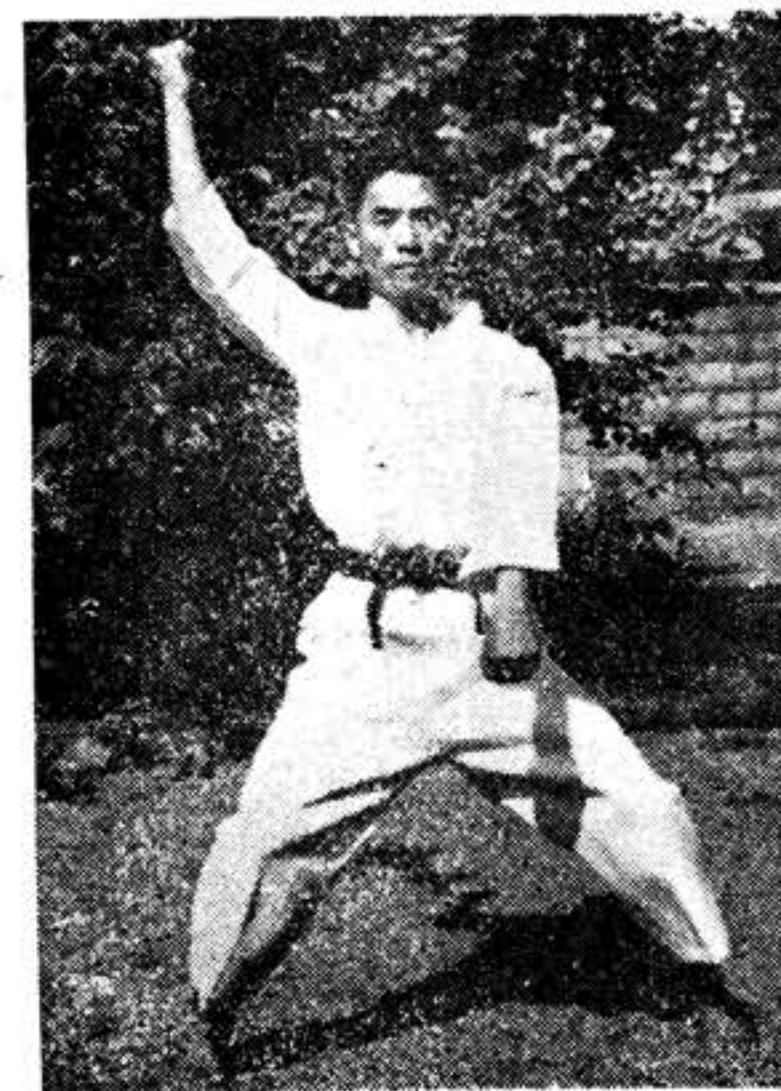
Turn your body to the right while standing on the spot, facing room D, and at the same time pull both fists to your left waist.

59th movement

The lower body remains as is, blocking the lower part with the right wrist.

(125th degree)

(No. 126)



Movement 60

Stand on horseback facing room A with the left foot to the right, with the right foot as the axis, and at the same time, lower the front lower part of the left wrist and raise the right fist high above room C. (125th degree)

61st movement

The lower body and left hand remain the same, and the right hand is crossed under the left wrist.

(No. 126)

62nd movement

As you raise your body, straighten both hands and cross your wrists to block the upper part.

Movement 63

With the upper body as the axis, turn the left foot to the right, take one step to room C, and stand in a right-front bend while facing room D.

Action 64

Lower your lower body down in front of your eyes with your wrists crossed, and clench your fists.

Movement 65

Do a high kick towards room D, fall to the ground, stand on the right front curve, and strike the upper front with the right front kick.

※ Kick with your left foot first.

"stop"

Turn your left foot to the right, using your right foot as the axis, and return to the ready position facing room C.

Section 20. Type 3.1

Smokescreen~"+"

Jeondongjak~33

Time required – Approximately 50 seconds

Ready posture~Same as Hwarang-type ready posture.

1st movement

Step forward one step to the C room with your left foot, stand with your right foot bent, and at the same time, block the C room with your left wrist and place your right fist in front of your left chest.

※ Both hands face downwards.

2nd movement

Take a step forward with your right foot into the room, stand in the right front cave, and block the C room with your right foot.

3rd movement

Step one foot into the C room, stand in a left forward bend, and at the same time, bend your body to the left, block the upper part of the C room with your right foot, and grab your right wrist with your left hand.

4th movement

The upper body is lifted up to room C with the right foot.

5th movement

Lower the right leg and move the left leg towards the C room.

The poem is interrupted by a right-hand man.

6th movement

Stand on your horse with both feet turned to the left and facing room A.

At the same time, block the break with your left and right wrists.

Movement 7

Stand in the same position as you received the two, with your left hand in front of your right shoulder.

As you go up, lower the D-room lower part with the right hand side.

※ 1) When stabbing, the backs of both hands face downwards.

2) The line of sight is in room D

8th movement

Raise your knees in the same position as you received the two and place your right wrist on the C-shaped surface.

Block the D-side with your left wrist while blocking the step.

9th movement

(127th) Room D



Turn your right foot to the left with your left foot as the axis, take a step forward to room D, stand on horseback, and at the same time face room B and perform the same movement as the 6th movement.

Movement 10

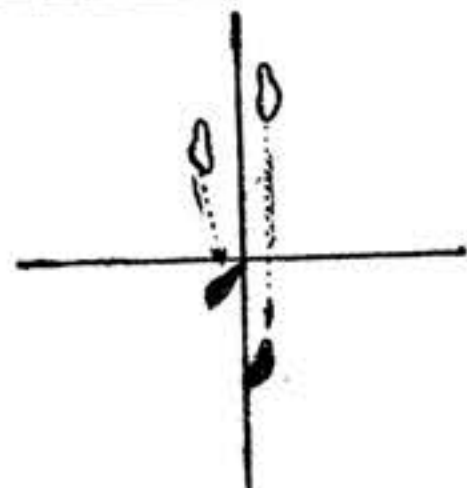
Turn your left foot to the right with your right foot as the axis, take a step forward to the D room, stand with your right foot bent, and at the same time, make both fists parallel and stab the lower part of the D room.

※ The backs of both hands face upwards.

11th child

At the same time, stand facing D room in the same position and turn your body to the left.

(No. 128) Room A



Turn left and block the upper part of the superior road, and push the left long arm out. (127th degree)

Movement 12

Take a step forward to the D room and stand in the right-hand corner at the same time as changing the right-hand corner.

Pull the left hip and strike the D-room center with the left elbow.

Movement 13

Take a step forward to the D room with the left foot movement, stand still, and at the same time, strike the D room with the left foot movement, and prepare the superior sword in front of the chest.

(No. 128)

※1) The backs of the hands of both hands face downward.

Movement 14

Turn your left foot to the right with your right foot as the axis and take a step forward to room A.

Stand up straight and make a club blocking motion.

Movement 15

After kicking the bottom of room A with the right foot, lower the right foot into room A.

Stand still and make a club-holding motion.

Movement 16

Jump on both feet and turn left, stand on the right side and at the same time, right-handed

Hit the top of room A with .

※ Place your wrist under your elbow.

Movement 17

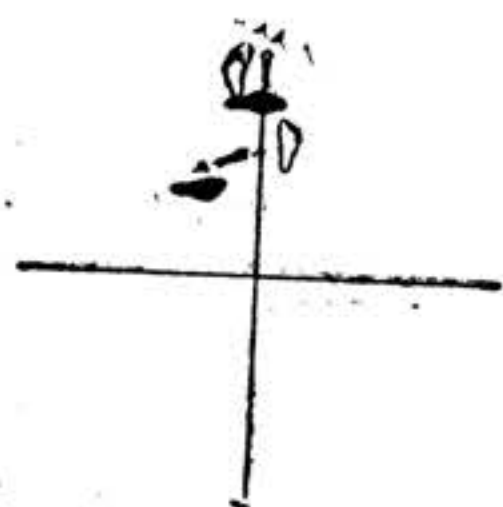
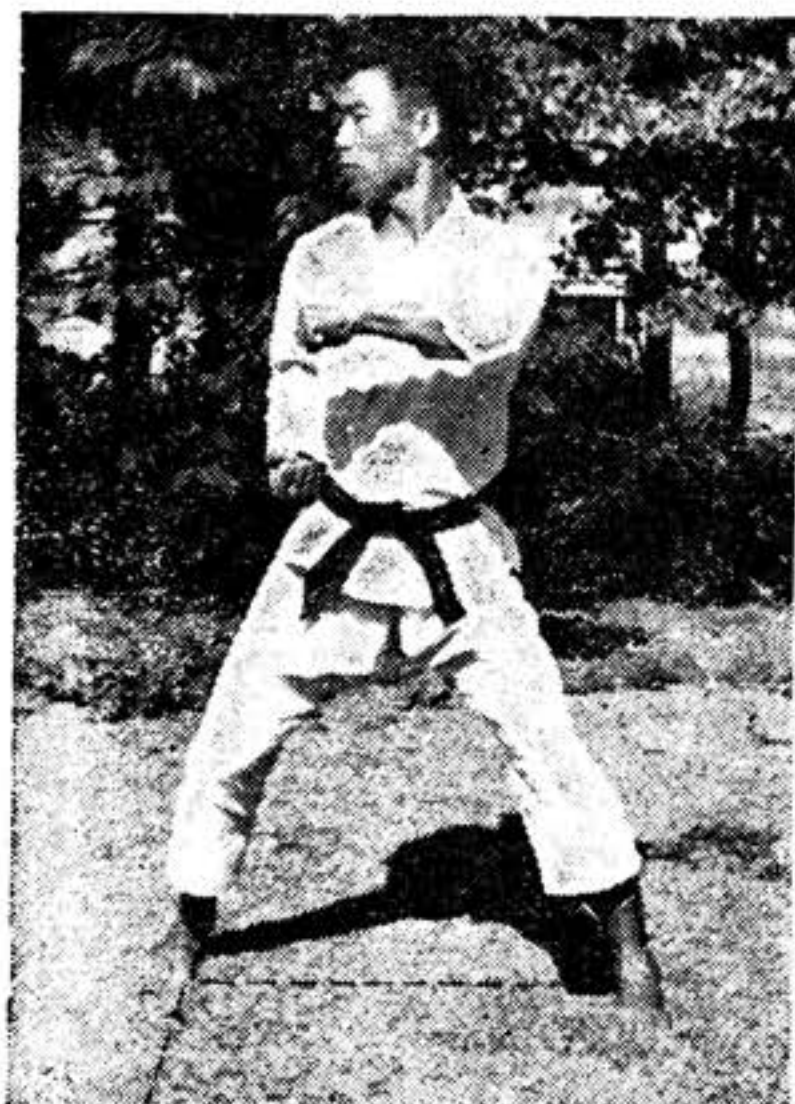
Pull your left foot in front of your right knee and stand on one leg at the same time, with both fists facing each other.

Pull the right waist and look at room A.

Movement 18

(Same as the 6th movement of the Peace Four Types)

(No. 129) Room B



Movement 19

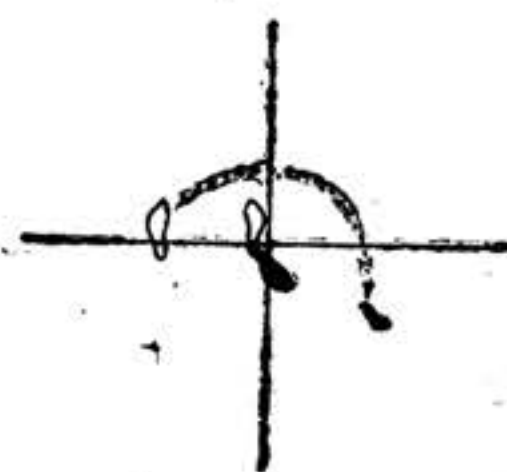
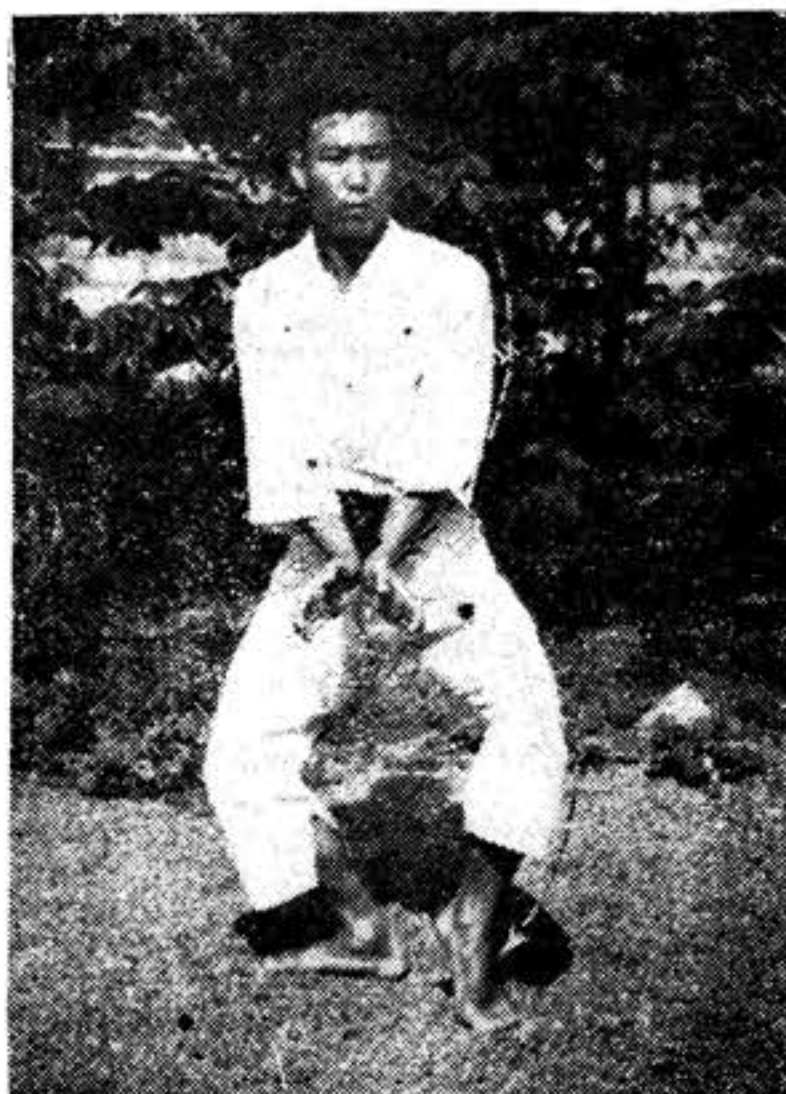
Step down on the left foot to room A, stand in a left forward bend, and at the same time, strike the middle of room A with the right elbow and hit the right elbow with the left palm.

※ The correct elbow is perpendicular to the fist.

Movement 20

Stand diagonally toward room C, stepping back with the right foot as the axis of the left foot, and at the same time, thrust the right elbow into room D, and place the left fist horizontally in front of the right chest. (129th degree)

(130th degree) B.D room



(The diagonal line is typical and only occurs in this movement)

※ 1) The view is from room B

2) The left leg comes in front.

Movement 21

Stand with both feet facing the B room and cross your two legs to block the bottom of the B room.

※ Hold it on your knees.

Movement 22

At the same time, take a step forward with your left foot toward room B, and stand on horseback.

Take a tent-like action towards Room D.

Movement 23

With the left foot as the axis, take a step forward with the right foot to room B, stand on horseback, and at the same time, make a saddle-walking motion toward room C.

※ The face is in room B

Movement 24

With the right foot as the axis, take a step forward with the left foot toward room B and stand on the back foot at the same time.

Gather the excellence and block the bottom of room B and D. (130th degree)

Movement 25

At the same time, place the left foot as the axis and the right foot one step forward to room B and stand behind it.

While hitting the upper part of the B room with the right elbow, place the left wrist under the right elbow.

In.

26th floor

The upper body is raised to the right foot and then the limbs are raised to the B light.

As soon as you step down into the room, turn your body to net A and stand on the left side of the building, and stab the middle of room A in the opposite direction with the right-handed sword.

Movement 27

Take a step forward to room A, stand on your hind legs, and at the same time block the upper part of the right leg with your left hand and grab your right wrist.

Movement 28

After filling room A with the right foot, lower the right foot and then stab the upper part of the left leg in the opposite direction while standing in the right front.

Movement 29

Take a step forward to room A with the left foot movement, stand in a left forward bend, and simultaneously stab the middle with the left and right hands.

※ The two fists that were used are with the backs of the hands facing downwards and both elbows are bent.

Movement 30

right knee, turn the right foot to the left with the left foot as the axis, and face Standing on the the D direction. At the same time, raise the right fist in front of the left shoulder and stab the middle finger with the left fist. (131st degree)

※ The backs of both hands face upwards.

Movement 31

Step forward one step to room D with the left foot, stand with the right foot bent, block the lower part with the left wrist, and stab room C with the right elbow. (132nd degree)

※ When stabbed, the right hand comes in front of the right breast.

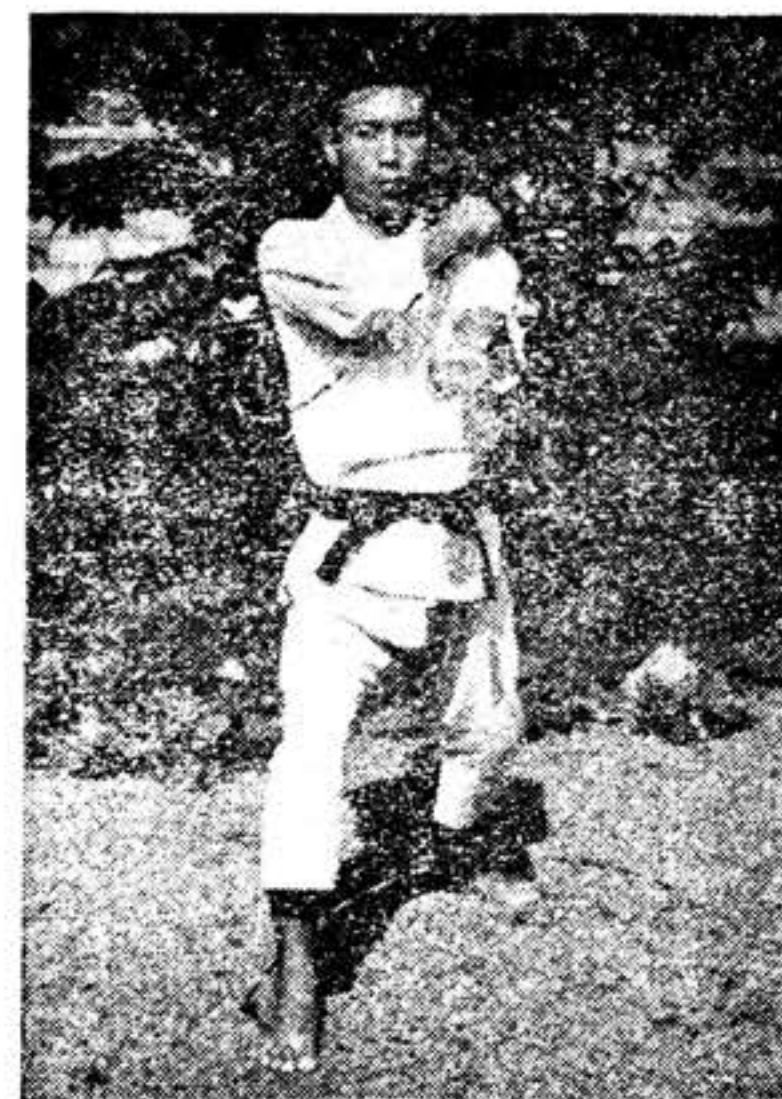
Movement 32

Turn your body to the right with your left foot as the axis, face room C, stand in a right-front bend, and perform an upper forward blocking motion with your left wrist.

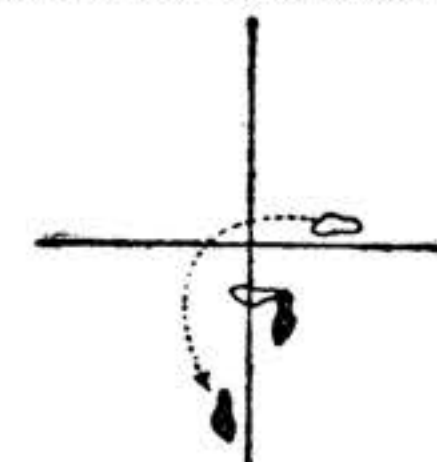
Movement 33.

After kicking the left front with the left foot, lower the left foot to the C room, stand in the left forward bend, and simultaneously stab the upper body with both hands.

(131st) Room D



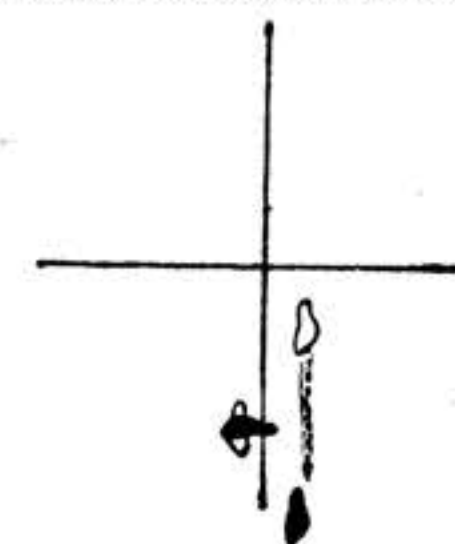
(No. 132) AD Room



※ The backs of both hands face outward.

"stop"

Pull the right foot towards the left foot and return to the ready position.



Section 21 half-moon shape

Smokescreen~"+"

Electric work~41

(133rd degree)



Time required ~ about 1 minute

Ready position--Opposition--Same as the older brother

1st movement

The right foot draws a semicircle with the left foot, and stands still in room C, while drawing a semicircle with the left wrist to block the front stop.

(133rd degree)

※1) This is a type that belongs to the Soryung style and focuses on muscle training.

2) Perform each movement slowly and apply enough force when stopping.

2nd movement

Slowly pull the left fist to the left waist while keeping the lower body as it is, and extend the right fist forward.

3rd movement

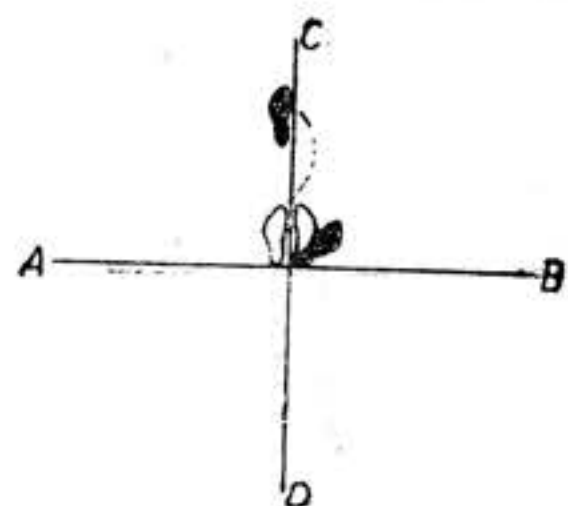
The left foot takes a step forward from the right foot to room C and takes the opposite action to the first action.

G 4 motion

(Opposite to the second movement)

5th movement

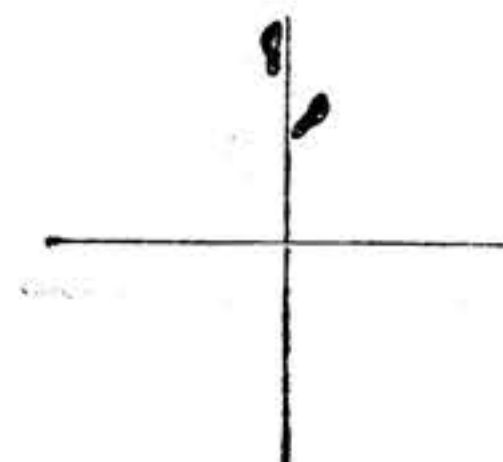
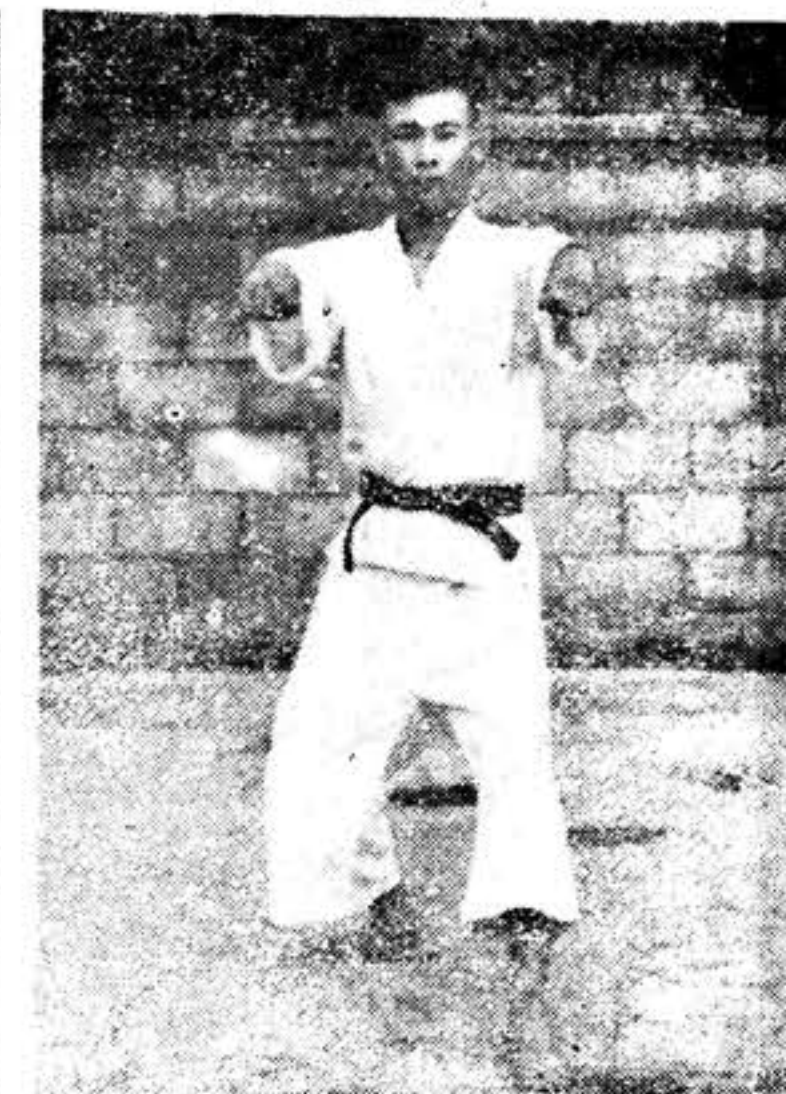
Take a step forward with your left foot to room C and perform the same movement as the first movement.



(134th degree)



(135th degree)



6th movement

(Same as the second movement)

Movement 7

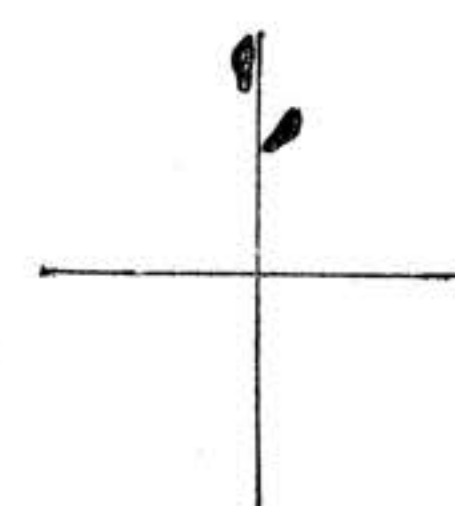
Slowly, while keeping the lower body intact and holding the Japanese sword with both hands,

Pull under the chest. (134th degree)

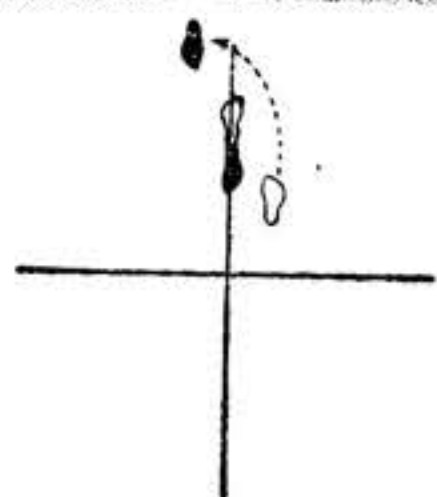
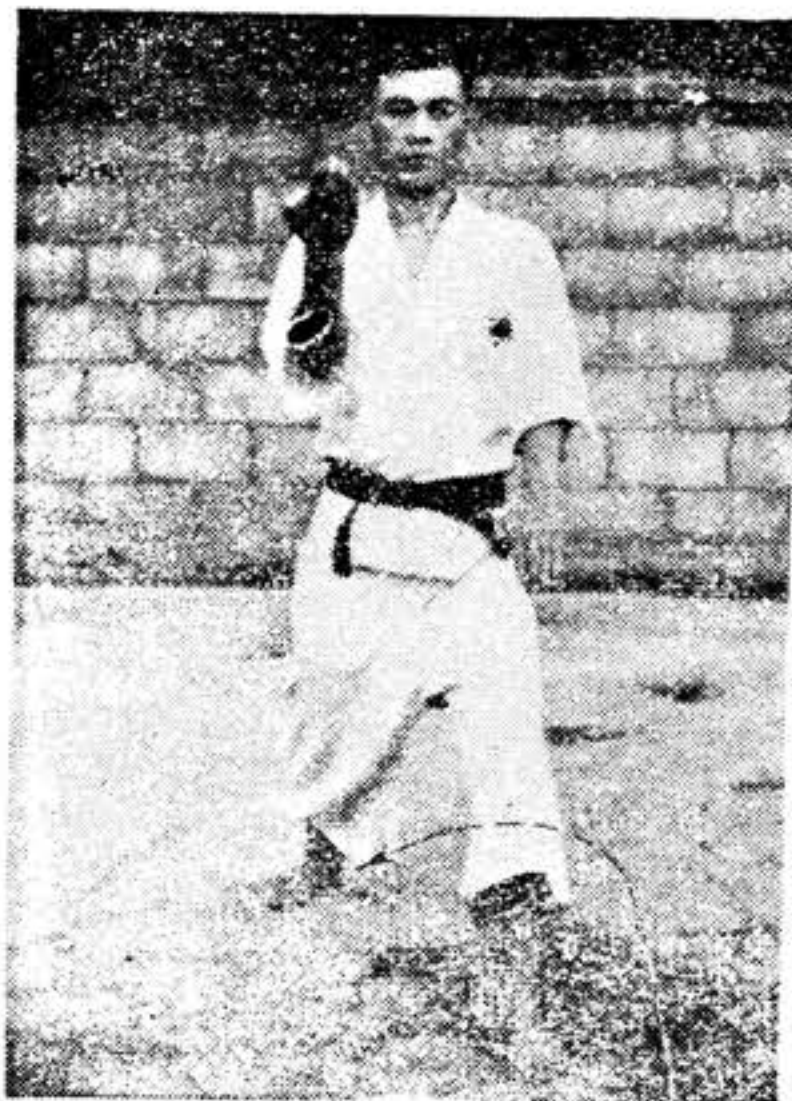
※ Lower your shoulders and straighten your elbows.

8th movement

The lower body is left as is, and the two Japanese fists are slowly moved forward at shoulder distance.



(136th degree)



Stretch out. (135th degree)

※ 1) The back of the hand faces upward.

2) Movement 7.8 can also be performed as a forward bend.

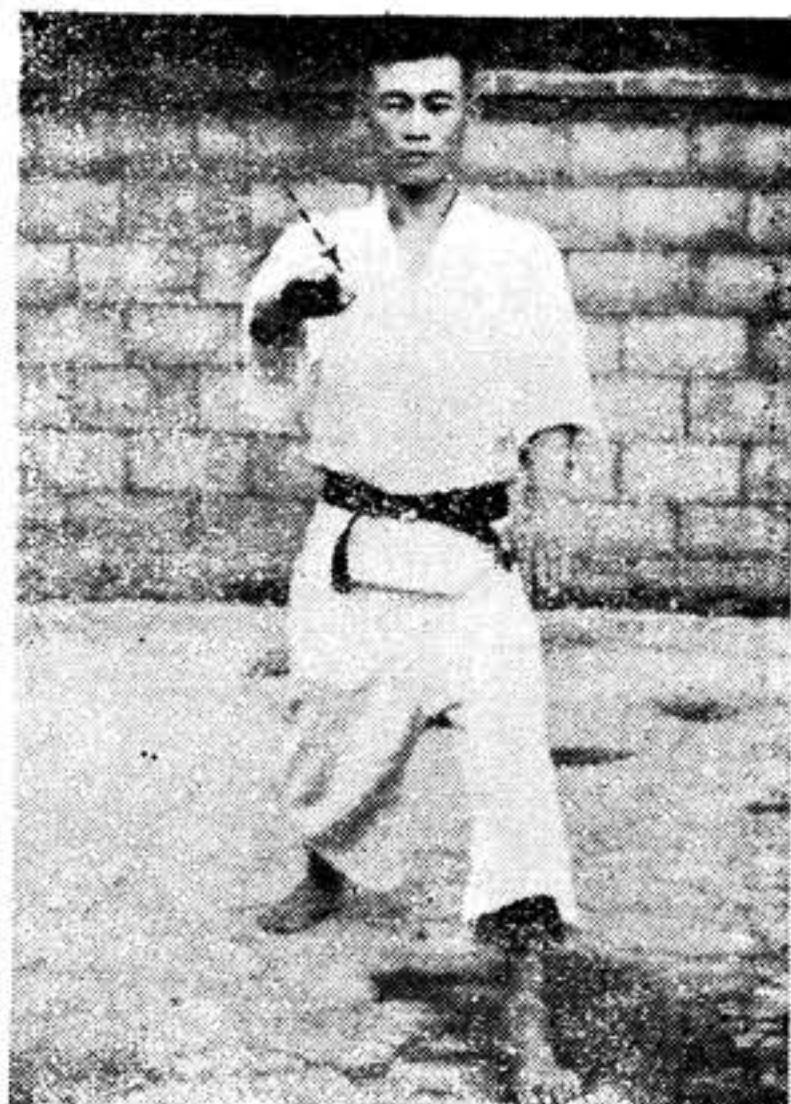
9th movement

While standing in the same position as the two received positions, slowly raise both hands up to the shoulders and assume the mountain saddle movement.

※1) Both palms face inward.

Movement 10

(137th degree)



Keep your lower body as is and slowly lower both hands to the left and right.

Movement 11

Turn your right foot to the left with your left foot as an axis, stand in a left forward bend toward room D, and at the same time, block the lower part with your left long fist and block the middle part with your right long fist. (Figure 136)

※ Do this movement quickly and keep both wrists straight.

Movement 12

While keeping the lower body and outer hand the same, slowly and forcefully turn the right hand over.

It goes down a little bit. (No. 1375)

Movement 13

The left foot takes one step forward to the D room while the right foot takes the 11th movement and the opposite.

Take a big action.

Movement 14

The lower body is the same as the 12th movement, with the left hand turned over all.

15th movement

Take one step forward to room D with the left foot and perform the same movement as movement 11.

Movement 16

(Same as movement 12)

Movement 17

The left foot takes one step forward from the right foot to room A, and at the same time, stands with a left backbend, blocking the middle of room A with the right wrist.

※ Do traditional movements.

Movement 18

The lower body remains as it is, and stabs the A-room center in the opposite direction with the left hand.

Movement 19

The lower body is stabbed in the middle with the right hand.

※ 18, 19 Movements are continuous stabbing movements using traditional movements.

Movement 20

Turn your body to the left and move your feet towards room B, then do a right backbend and do the opposite movement to movement 17.

Movement 21

(Opposite to movement 18)

Movement 22

(Opposite to movement 19)

※ 21, 22 Movements are continuous stabbing movements using traditional movements.

Movement 23

Pull the left foot to the right foot, then place the right foot in room D and stand in left backbend while performing the same movement as movement 17.

※ You can advance to room D by moving on two feet from that spot, but this is not suitable for this line of defense.

Movement 24

(Same as movement 18)

Movement 25

(Same as movement 19)

※24,25 The movement is a traditional movement that involves continuous stabbing.

Movement 26

The Ujok pulls the right hand to the waist and faces C at the same time.
As the room faces, place the pole lightly on the right pole and turn the left foot.
Pull the left knee up and then draw a large semicircle with the left foot.

(Figure 38)

Step down to the C room, stand with your right foot forward, and at the same time strike the middle of the C room with your left foot. (138th degree)

※ 1) The left hand pulls to the right hand.

You must not stop moving until you are tired.

It happens.

2) The photo is in operation.

Movement 27

The upper body remains lowered

Cross your right foot in front of your left foot.

Movement 28

The right foot remains in front of the left foot

While raising the car, correct the left side

Pull your shoulders forward.

※ The hand that is caught while kicking the opponent's hand

Pull out.

Movement 29

Put the left foot down in room C and stand with the right foot bent

At the same time, the C-room is blocked by the left-hand side.

※ You can also interrupt the fixed position with a left-handed punch.

Movement 30

Stand with both feet facing the C room and bend to the left, then turn to the right.

Stab in the opposite direction.

31st movement

The lower body is blocked by holding the upper body up with the left wrist.



※ Continue to perform movements 28 to 31 in a folk manner.

Movement 32

Turn your body to the right with your left foot as the axis D

As you face the room, do the opposite of movement 26.

Movement 33

(Opposite to movement 27)

Movement 34

(opposite of Movement 28)

Movement 35

(opposite of Movement 29)

Movement 36

(Opposite to movement 30)

Movement 37

(opposite of Movement 31)

※ Movements 34 to 37 are continued

Do it quickly.

Movement 38

(Same as movement 26)

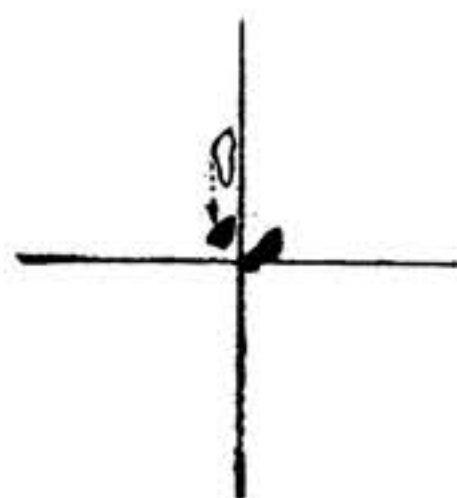
Movement 39

Open your left fist with your left foot as the axis, and at the same time, bring your right foot forward and kick your left palm.

Movement 40

The left foot is placed in the same position as the right foot, and at the same time, the left foot is bent forward.

(No. 139)



In the C room, stab the center of the room in the opposite direction.

※ 1) Turn your upper body to the left and stab the spot where the left fist was.

2) 39, 40 movements are performed in a traditional way.

Movement 41

Pull the left foot to the right foot and stand on the back foot at the same time, putting both palms together.

Block the stage. (139th degree)

"stop"

Pull the left foot back to the ready position.

Section 22: Rock Crane Type

Smokescreen~"|"

Jeondongjak~41

Time required ~ about 1 minute

Ready posture

Same as the polar type.

1st movement

Place the Ujok in the D room one step away and stand still while crossing both hands.

Block the top of the C room with a teapot (14th degree)

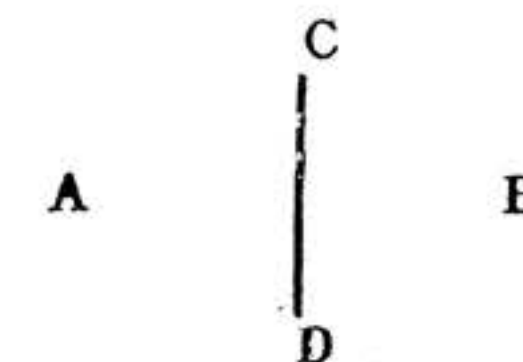
※ 1) When crossing, both hands are clasped.

2) The photo shows the space between the feet being narrowed.

2nd movement

The left leg turns the left hand as it is and puts it in the shape of a "+" while lowering it and simultaneously stabbing the middle finger with the left hand. (1-1)

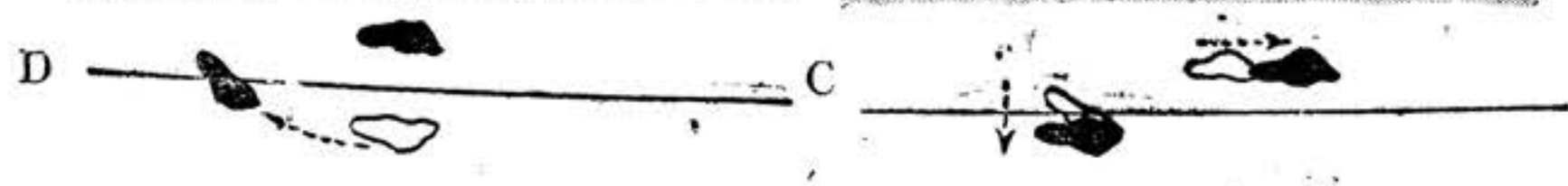
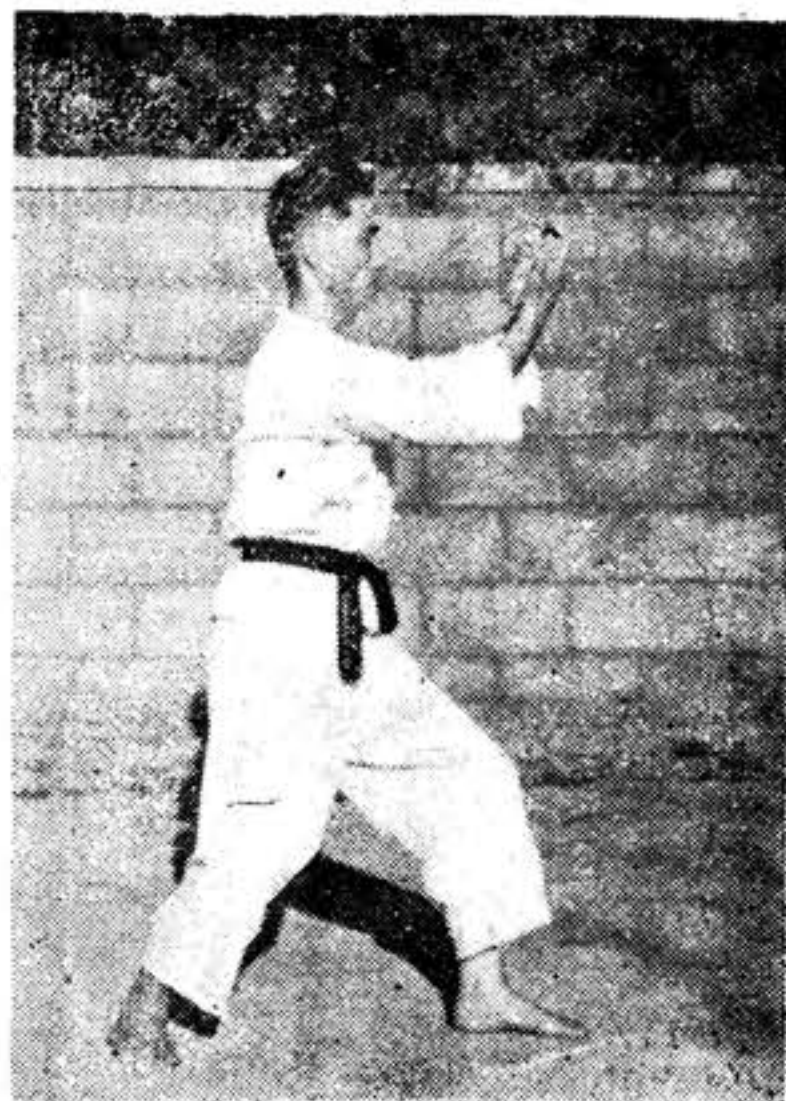
※ At this time, you can also stab with a fixed blade.



(140th degree)



(No. 141)



3rd movement

While standing in the left forward bend, stab in the opposite direction towards room C with your right hand.

※ Can you stab with a fixed pen?

4th movement

Turn your right foot to the left with your left foot as the axis, take a step towards room C, and stand in a left forward bend towards room D, while blocking the lower part with your left outer wrist.

※ This is a movement to block the foot of an opponent who is coming from behind to kick the Hongmun.

5th movement

Turn your right foot to the right with your left foot as the axis, step one step toward room D, and perform the same movement as the first movement.

※ Raise both crossed hands in front of your forehead and look at the other person from underneath.

6th movement

Lower your lower body by holding both hands crossed in front of your chest.

Movement 7

After raising the C-room consecutively with the right and left feet, stand in a left forward bend and cross both wrists to block the lower part.

※ Place your crossed fists about 7 inches above your left knee.

8th movement

Turn your left foot to the right with your right foot as the axis and stand in a left forward bend toward room D.

At the same time, it performs the same action as the 7th action.

9th movement

Turn your body to the right with your left foot as the axis, and face the C room, bending to the left while blocking the lower part with your right wrist and placing the left fist in front of your navel.

(142nd degree)

※ 1) The raised left hand is horizontal and the back of the hand faces downward.

2) The right wrist, blocking the lower part, is perpendicular to the right foot.

Movement 10

Step forward with your left foot one step to the C room, stand with your right foot bent, block the lower part of your left hand with your left hand, and raise your right hand in front of your chin.

※ When blocking the bottom, raise your left hand above your right shoulder and block it.

Movement 11

Step forward one step and stand in the right frontal cave, and block the upper front with the left and right water channels. (Figure 143)

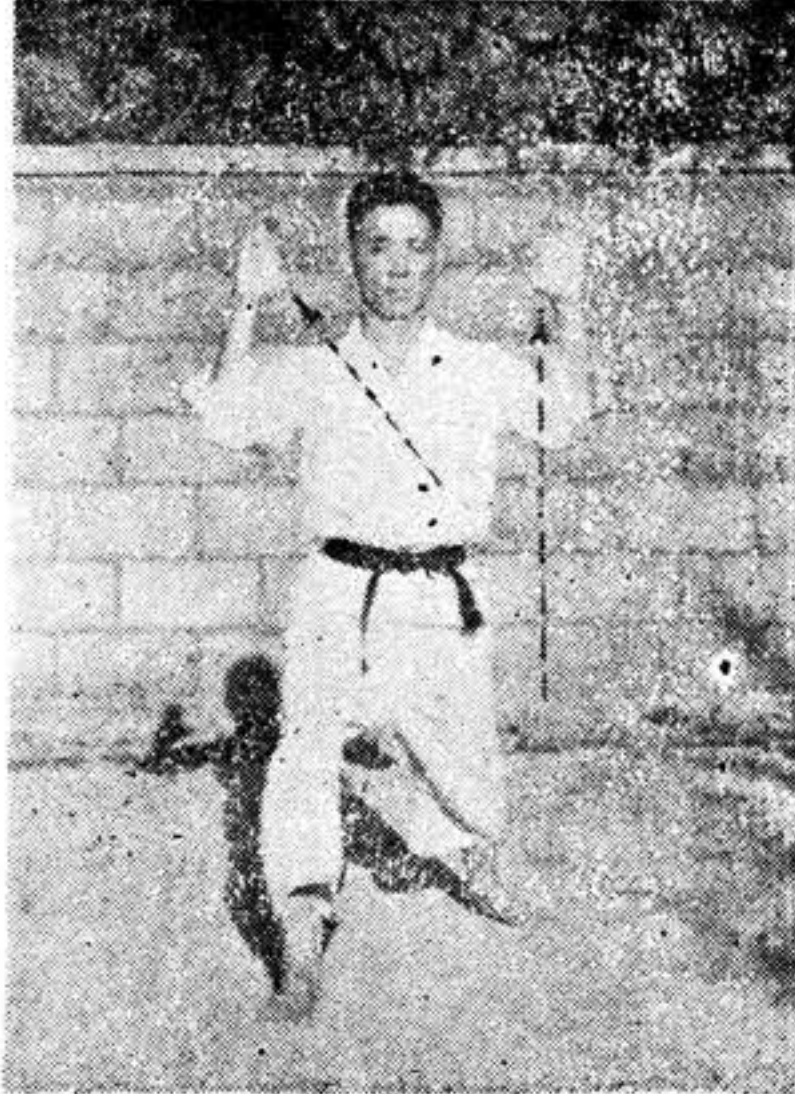
Movement 12

Stand on horseback with both feet facing room A, and turn left and right.

(142nd degree)



(143rd degree)



It blocks the break by breaking it. (144th degree)

Movement 13

Pull the left foot forward and stand side by side, while slowly lowering both fists to the left and right, and look at room D.

※ At this time, you can also stand up with both feet in place.

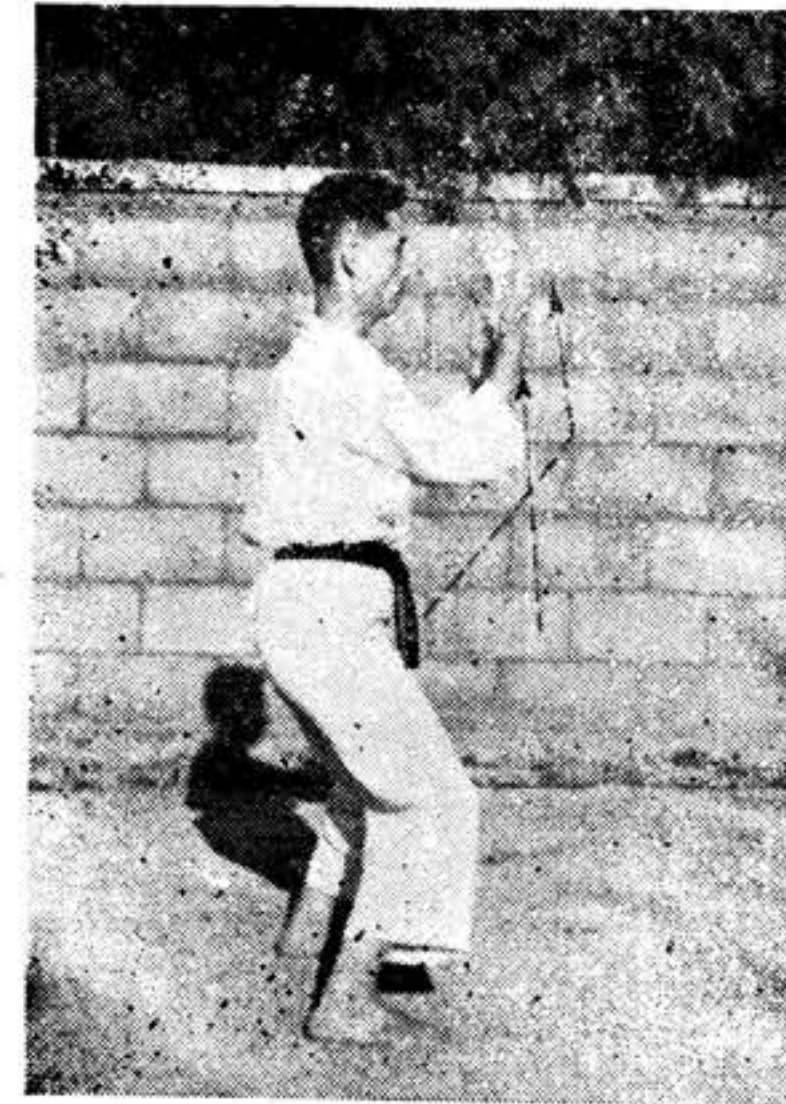
Movement 14

The right leg stands facing the D room with the right hind leg bent, blocking the upper right side with the right wrist and the lower left side with the left wrist.

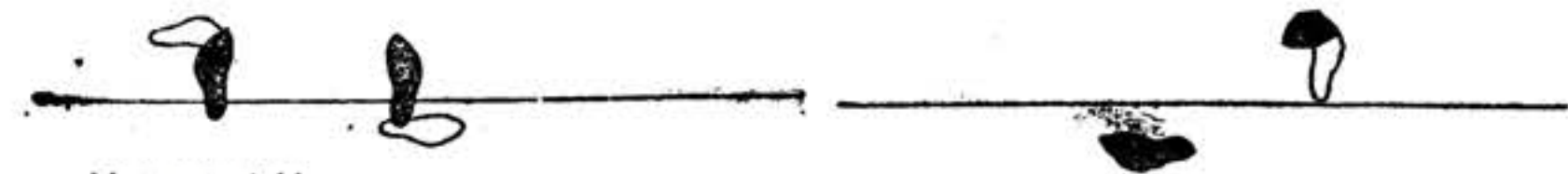
Movement 15

Place the right leg in room D and stand with the left back bend while performing the 14th movement and the rice bowl movement.

(144th degree)



(145th degree)



Movement 16

Turn your left foot to the left with your right foot as the axis, stand with your right foot bent toward room D, and perform the same movement as the 14th movement.

※ In movements 14, 15, and 16, the face is facing room B.

17 moves

At the same time, place your right knee on the ground and cross your two fists to block the lower part. (145th degree)

※ At this time, the crossed fists come in front of the groin.

Movement 18

The left foot steps forward and faces the D room while the right foot stands on horseback, blocking the middle attack with the outside of the left and right wrists.

9th movement

Slowly lower both fists to the left and right while straightening your knees.

Movement 20

Place both fists on your waist and spread both elbows to the left and right.

※ The back of the hand faces forward.

Movement 21

While standing with both feet on the spot, turn your body to the left and do a left forward bend, look at room D and hit room D with your right elbow.

Movement 22

Turn your body to the right and perform the opposite movement to movement 21.

※ In both movements 21 and 22, the fist is not lifted from the waist.

Movement 23

Turn your body to the right with your right foot as the axis, stand at the right crossroads facing room B, and block the middle with your left and right outside wrists.

※ The left foot is pulled toward the right heel.

Movement 24

Stand on one leg while placing your left foot on your right knee.

Block the upper part of D-room with the outside wrist of the right hand and block the lower part of C-room with the left wrist.

(116th degree)

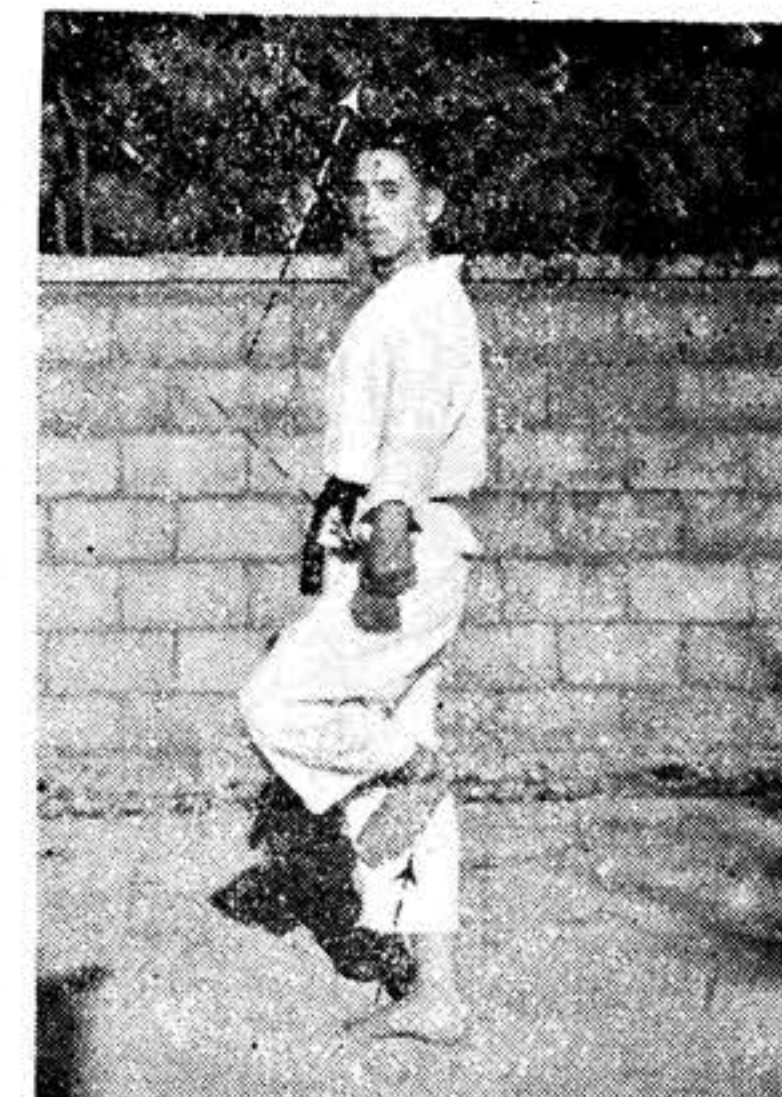
※ 1) The face is facing room C and the right elbow is level with the shoulder.

2) At this time, straighten your right knee.

Movement 25

While slightly bending your right knee, pull your right fist to your right waist and lightly place your left fist on top of your right fist.

(146th degree)



※ The face is in room C.

Rain 25 operation

Same as the 6th movement of the Peace Four Types

Take action.

Movement 27

After stepping down on the left foot in room C,

Oh, take a step forward to the C room and stand with your right knee bent at the same time.

stab the hem

Movement 28

Place your left foot on your right knee and stand with one foot

When standing, face your body towards room A.

Take the opposite action to the 24th action

※ The face is in room C.

Movement 29

(Opposite to movement 25)

Movement 30

(Opposite to movement 26)

31st movement

Step down to the C room and stand on horseback while holding the right hand. While pulling, stab the C room with the left hand.

※ The left fist that was used is parallel to the chest.

Movement 32

Stand on one leg facing room D and perform the same movement as movement 24.

Take .

※ The face is in Room D.

Movement 33

(Same as movement 25)

Movement

34 (same as Movement 26)

Movement 35

Step down to room D with your left foot and perform the opposite movement to movement 31.

Movement 36

Turn your face to the C room while keeping your lower body as it is, and cut off the C room from the superior direction.

block it

Movement 37

Keep your lower body as it is, raise your left elbow and strike your right palm toward room C.

Movement 38

Keep your lower body as it is, pull your left hand to your left waist while placing your right fist against your left palm.

Movement 39

Stand on one leg with your left foot on your right knee and place both hands on your head.

As you lift it up, turn to the right and stop, and then hit it with both fists.

Pull on Lee.

※ 1) When placed on top of your head, place your left palm on top.

2) The face is D room.

Lesson 40-Movement

Same as the second movement towards room D.

Movement 41

Same as movement 26 towards room D.

"stop"

Return to the ready position by turning the left foot to the left with the right foot as the axis.

Chapter 23: Mercy Type

Smokescreen~"I"

Electric operation~5)

Time required ~ about 1 minute

Ready position~ Same as "10 hands" form

1st movement

Step on the left foot 1 step to the D room, stand with a right forward bend, and block the front middle with the right inside wrist and the front lower part with the left outside wrist.

<Article 117)

※ Left hand from the front of the right shoulder, right hand from the front of the right shoulder

Block with the feeling of pulling each other up and down from the front of the elbow.

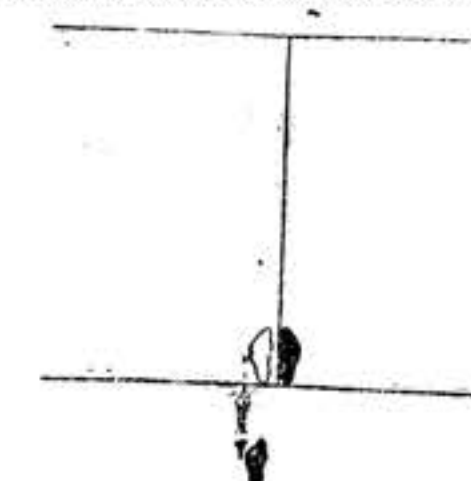
2nd movement

Put the left foot in the AC room and sit down
Standing in the cave, the 15th of the four types of peace
Same movement as the outer left and right wrists

It blocks the break by breaking through the barrier.

※ This blocking hand shape can be used for blocking with a fist, a hand, or the back of the hand.

(147th degree)



and the width of your hands is shoulder-width apart.

3rd movement

He stabs the car between the two sides towards the AC room with his right foot.

4th movement

While lowering Woojok to the AC room, stab the middle with Wookwon.

5th movement

The lower body is left as is, and the middle is stabbed in the opposite direction.

6th movement

The lower body is stabbed in the middle with the right hand.

※ 5.6 Action continues to stab.

Movement 7

Move the right foot to the BC room with the left foot as the axis, stand in the right-front position, and block with both wrists (same technique as the second movement)

8th movement

Stab between the two fists with the left foot. (Opposite technique to the third movement)

9th movement

Put your left foot down on the BC room and stand in the left forward bend at the same time as putting your left foot in the center.

stab the hem

Movement 10

The lower body is stabbed in the opposite direction with the right arm.

Movement 11

The lower body is stabbed in the middle with the left arm.

Movement 12

Move the left foot to the C room with the right foot as the axis, stand in the left forward bend, and block the upper part with the outside wrist of the circle.

Movement 13

The lower body is stabbed in the opposite direction with the right arm.

Movement 14

The left foot stands with the right foot facing forward, and blocks the upper part with the right outside wrist.

Movement 15

The lower body is left as is, and the middle is stabbed in the opposite direction.

Movement 16

Step forward one step to the C room with your left foot and stand in a left forward bend at the same time.

Block the top with your neck.

Movement 17

Take a step forward to room C and stand in the right-hand corner at the same time with the right-hand right stab the middle finger

Movement 18

Turn your left foot to the left with your right foot as the axis, stand with your right foot bent toward the F room, and block the upper part of the E room with your right wrist, while pressing the F room with your left outer wrist. Block the lower part of the room.

Movement 19

While riding towards the F room with two legs, we stab the middle section with our sword.

※ The right hand that has stabbed the middle finger becomes parallel to the chest and horizontal.

Movement 20

Stand with both feet facing the E room and bend backwards at the same time, and perform the 13th movement.

And takes the opposite action.

Movement 21

Heading towards Room E, perform the opposite action to Action 19.

Movement 22

Place your left foot in the D room for one year, stand in a left forward bend, and block the lower part with your left wrist.

Movement 23

Move the right foot forward one step to the D room, then stand with the left rear bend and block the D room with the right foot.

Movement 24

Take a step forward to room D with the left foot and perform the opposite movement to movement 23.

Movement 25

Take one step forward to Room D and perform the same action as the 23rd action.

※23.24. 25 You can also strike with your sword while standing on horseback.

Movement 26

Turn your left foot to the left with your right foot as the axis, stand with your right foot bent toward room A, and perform the same movement as the 18th movement.

Movement 27

Pull the right foot toward the left foot and gather it, and at the same time block the upper part of A-room with the left wrist and lightly place the right fist in front of the elbow. (148th degree)

※1) When blocked, the left arm is vertical.

2) Face is in room A, body is in room C.

Movement 28

Stand in the B room with your right foot in a one-year stance and bend backwards while doing the 26th movement of the opposite sex.

Movement 29

(Opposite to movement 27)

Movement 30

With the lower body facing towards room C, slowly lower both hands to the left and right.

Movement 31

Jump one step to room C

While standing at the right crossroads, cross both wrists to block the lower part. (149th degree) ※
When crossing, the left foot comes back.

Movement 32

Move the left leg one step to room D and then right
Standing in a forward position, turn left and right at the same time

Block it. (150th degree)

Movement 33

Move the left foot one step forward to room C.

Block with both wrists while standing in a forward stance.

Movement 34

Take a step forward to room C and stand in the right-hand corner at the same time, and put both wrists

Cross them to block the top.

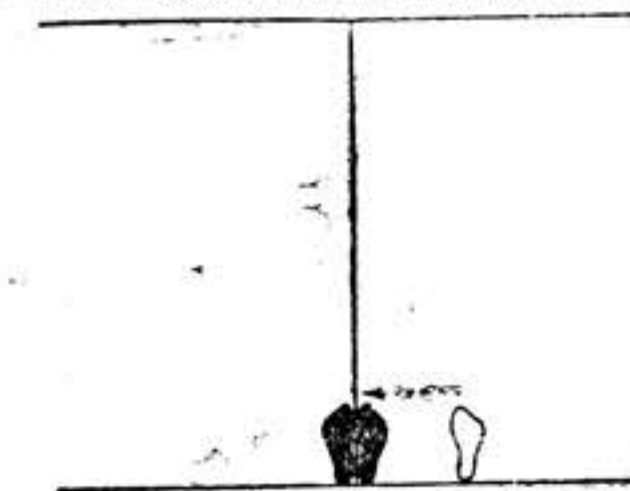
Movement 35

The lower body is hit with the upper body as it is, and the left hand is turned to the back.

Place a light pressure on the bottom of your other elbow.

Movement 36

(148th degree)



(No. 149)



(150th degree)



While keeping the lower half intact, block the middle with your left wrist and block the upper half with your right wrist.

Movement 37

While keeping the lower body as it is, strike the upper part of the C-shaped room with the right elbow, and at the same time, lightly place the left hand under the right elbow.

※ 35.35.37 The movements are continuous.

Movement 38

Turn your left foot to the left with your right foot as the axis and stand with your left foot facing the F direction.

At the same time, block the break with your left wrist.

third movement

Take a step forward with your right foot and stop with your right foot at the same time.

It stabs.

Movement 40

Turn your right foot to the right with your left foot as the axis, stand with your right foot facing the E room, and block the stop with your right wrist.

Movement 41

(Opposite to movement 39)

Movement 42

Move the left foot one step to the D room with the right foot as the axis and stand in the left forward bend

In the poem, block the bottom with your left wrist.

Movement 43

Shift your weight to your left foot and raise your right foot and right elbow high. (Prayer 15)

Movement 44

Step down the D room with your right foot and at the same time, lift the upper part with your right outer wrist.

Press to block.

Movement 45

Move your weight to the right foot and perform the opposite movement to movement 43.

Movement 46

Step down on the D room with the left foot and perform the opposite movement to movement 44.

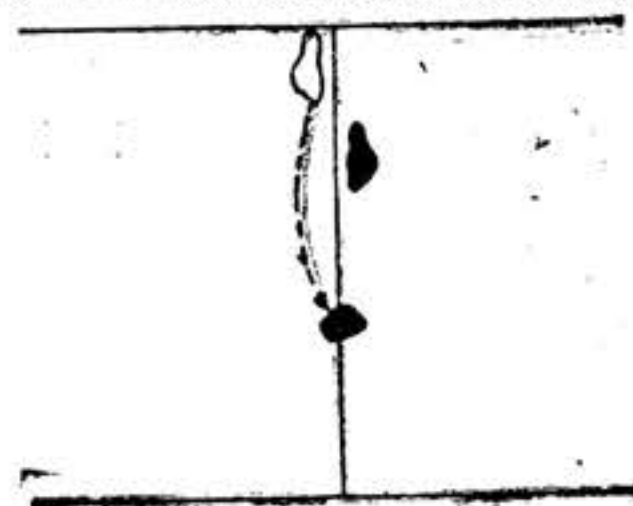
Movement 47

(Same as movement 33)

Movement 48

(Same as movement 34)

(No. 151)



Movement 49

With the right foot as the axis, turn the left foot to the left, and stand with both feet moving in a right backbend, while stabbing the A-bang center with the left fist and preparing the right fist in front of the chest.

[No. 152]

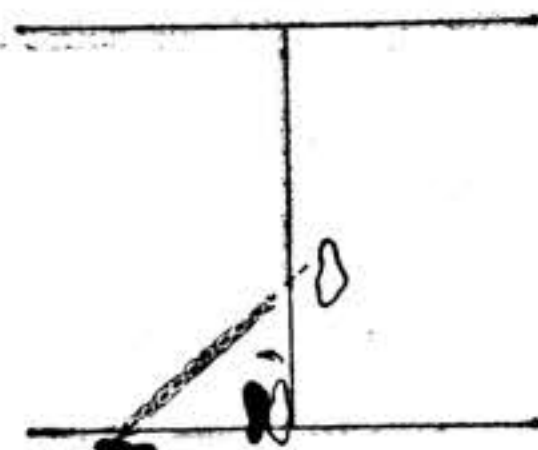
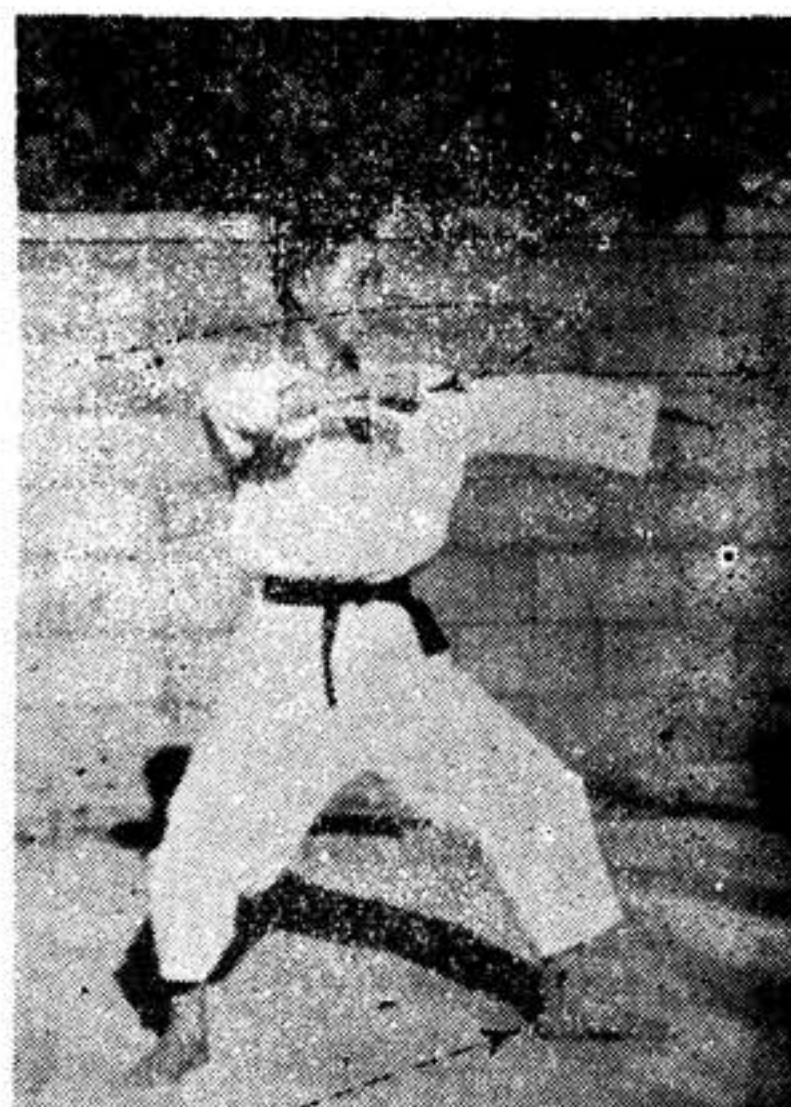
※ You can also stand on horseback.

※ At this time, pull horizontally as if poking room B with the right elbow.

Movement 50

Stand on horseback and move towards room B, and perform the 49th movement.

(No. 152)



Take the opposite action.

※ This is a method of pulling the opponent's hand that is poking you from the side and stabbing the opponent's armpit.

"stop"

Pull the right foot back to the ready position.

Chapter 24

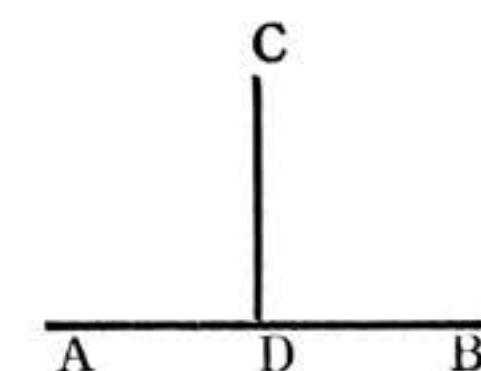
Yunnan type

Smokescreen—"⊥"

Jeondongjak-42

Time required ~ Approximately 1 minute

Ready position~ Ready position in the form of "ten hands"



Same as

1st movement

Move the right foot to room B, stand on horseback, and at the same time, use your left wrist Block the lower part of room C and block the upper part of room B with your right wrist.

2nd movement

The lower body takes the opposite action to the first action.

3rd movement

Pull the right foot towards the left foot and gather it together, and at the same time, put the right hand on the waist.

While sitting, place your left hand horizontally in front of your chest.

4th movement

Step one foot forward to the AC room and stand in a left-handed position, then simultaneously punch both fists.

Stab the top with .

※ The backs of both hands face outward.

5th movement

Step forward one step to the C room with your right foot, stand in the right frontal position, and at the same time strike the upper part of the C room with your right elbow, and lightly place your left back wrist under your right elbow.

6th movement

As for the lower body, block the AC lower part with the left wrist while hitting the D upper part with the right wrist, then return to the fifth movement.

Movement 7

Step forward one step to the C room with your left foot, stand in a left forward bend, and block the upper part with your left wrist.

8th movement

Move the right foot forward one step to the C room, stand in the right front, and at the same time stab the upper part of the C room with the right fist.

9th movement

With the left foot as the axis, turn the right foot to the left, move the right foot to take one step to the D room, stand still, and block the C room with the left outside wrist while preparing the right right in front of the left chest.

10th work

The upper body is stabbed with the lower C-section with the right foot.

Movement 11

While stepping down on the C room with your right foot, take a step forward with both feet and stand lower, and at the same time, stab the C room with your right fist.

Movement 12

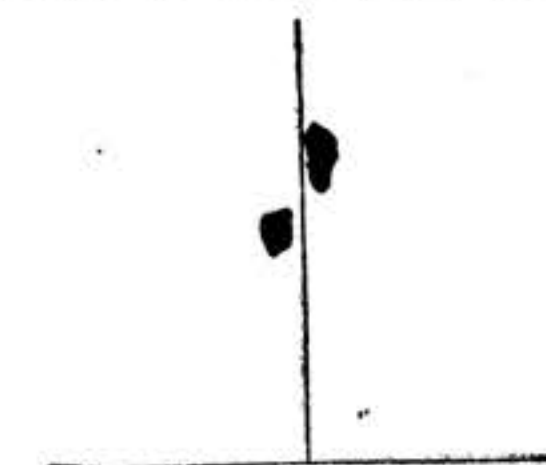
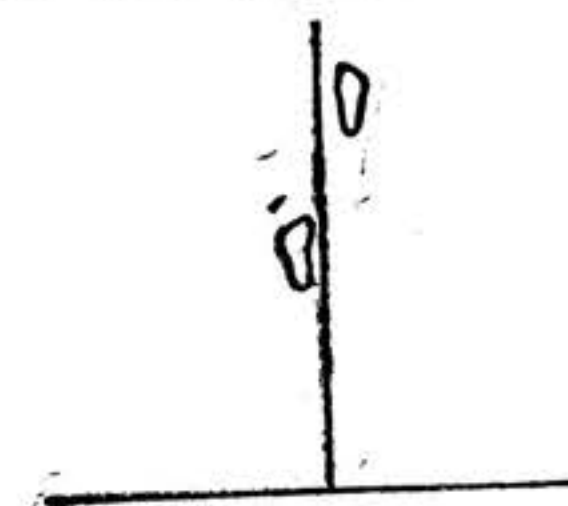
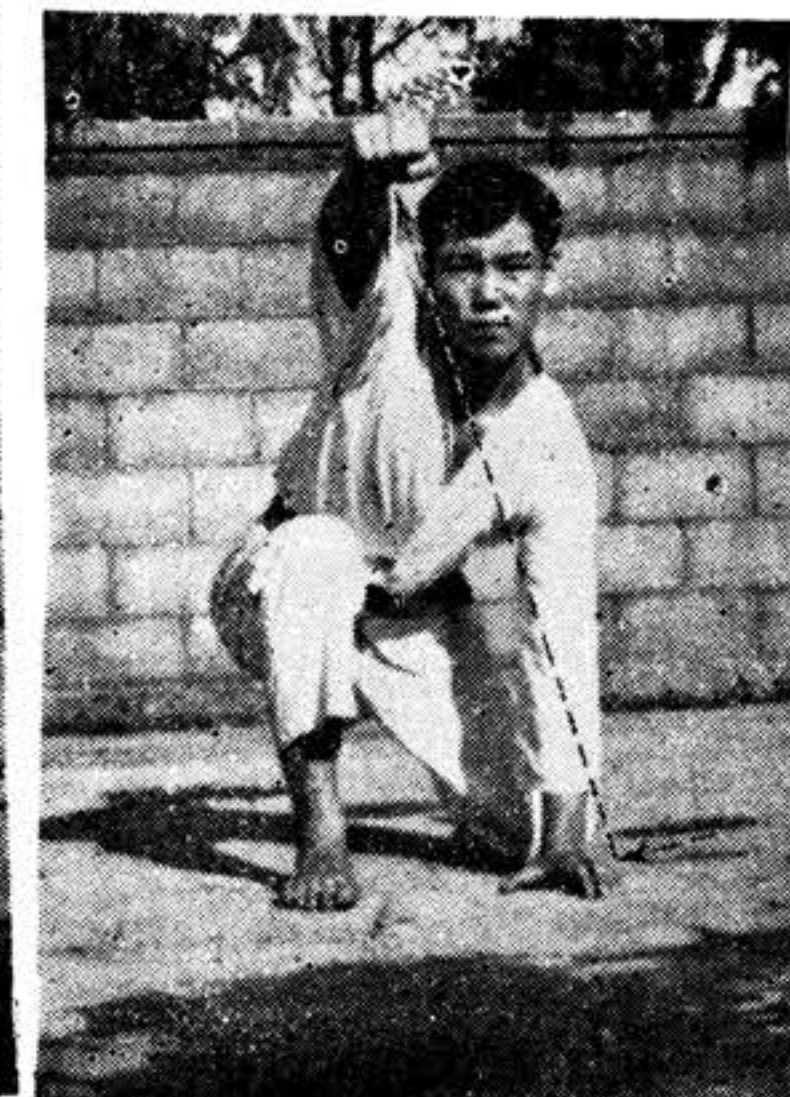
While placing your left knee on the ground and supporting your left side with both hands, lie your body to the left and turn the C-shaped lower leg with your right foot. (Figure 153)

Movement 13

(153rd degree)



(154th degree)



While raising the right knee, move the left hand to the C room and place it on the C room, and stab the C room center with the right fist. (154th degree)

※ This is a movement that attacks the abdomen while touching the opponent's instep.

Movement 14

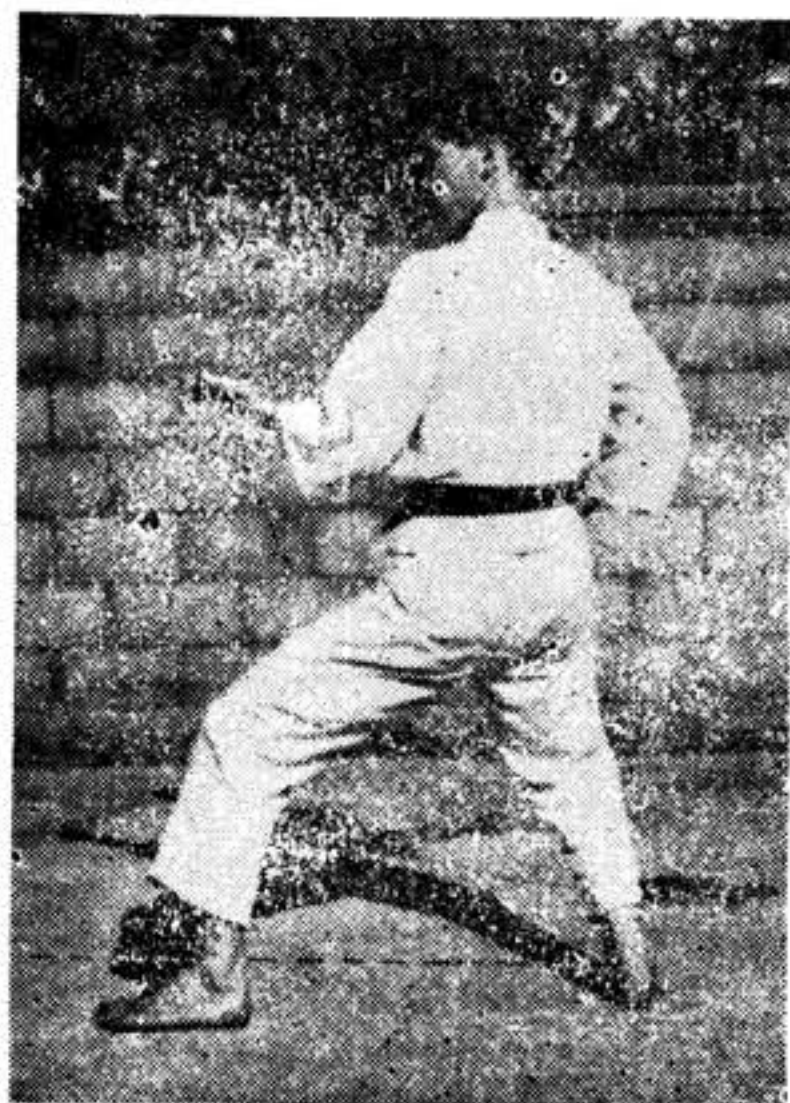
Move your left foot forward one step to room C and lower your left arm at the same time.

Stab the C-shaped sacrum with a hammer.

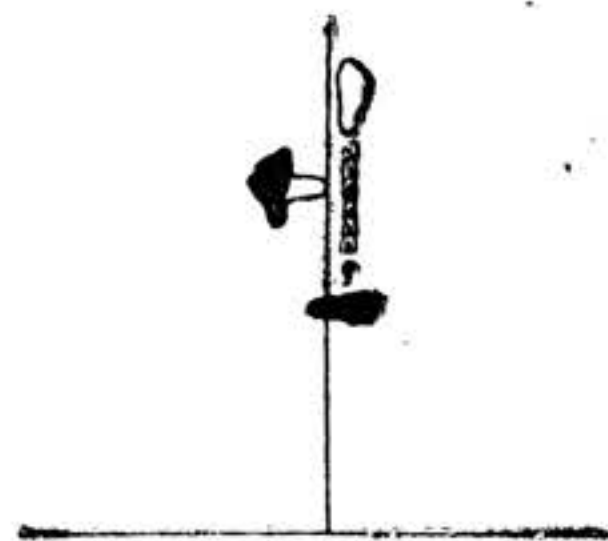
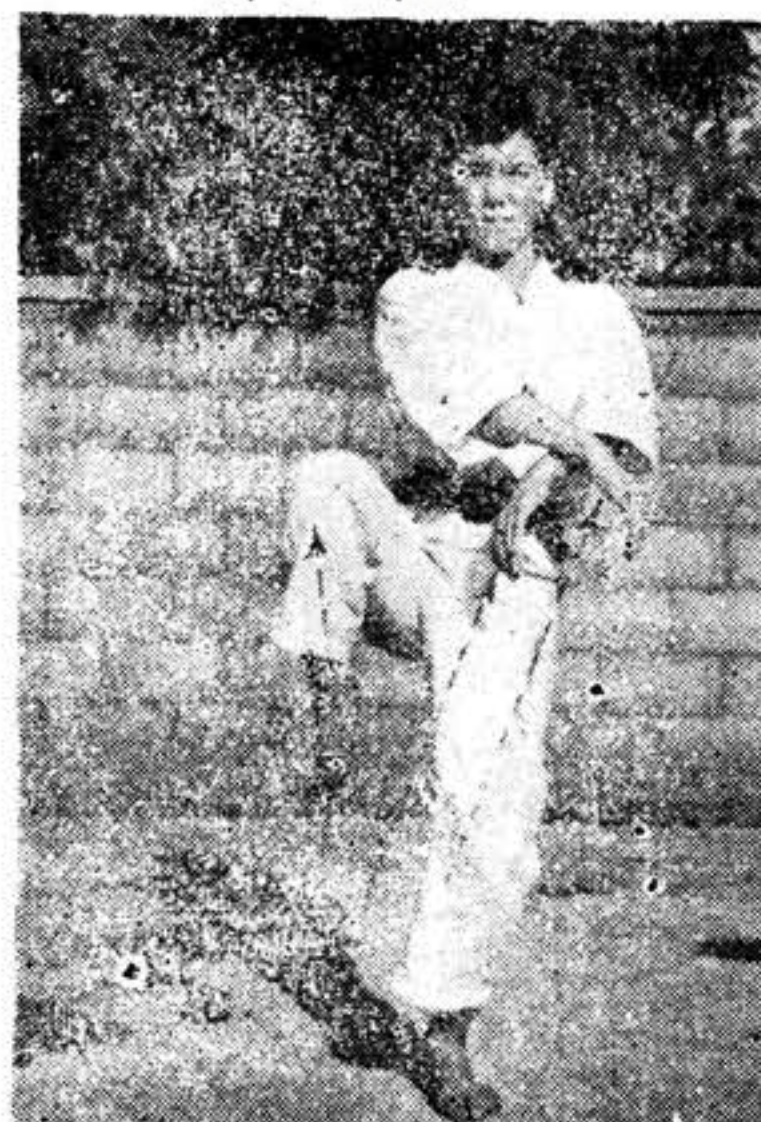
Movement 15

Move the left foot one step to the D room and stand with the left back bend at the same time.

(155th degree)



(No. 156)



☞ Strike a chord.

Movement 16

Step on the D room with the right foot, stand with the right foot in the back, and block the C room with the left long fist. (155th degree)

Movement 17

Place the left foot in room D, stand with the left rear bend, and at the same time strike the C room with the right foot.

Movement 18

Place your left foot one step forward in room C, stand in a left forward bend, and cross your two fists to block the lower part of room C.

Movement 19

Cross your wrists, raise your hands as if you were grabbing the opponent's legs and pulling them up, and then kick the lower part of the C-section with your right knee.

(No. 156)

Movement 20

Take one step forward with your right foot and stand with your left foot at the same time. It stops with .

Movement 21

Take a step forward to room C with your right foot and lower it to somewhere below, then simultaneously stab the middle of room C with your right elbow.

※ The right side faces downwards.

Movement 22

Pull the left foot in front of the right knee and stand on one leg at the same time with both fists raised.

Pull on your waist.

Movement 23

(Same as the 6th movement of the Peace Four Types)

Movement 24

Step down on the AC room with your left foot and stand with your right foot bent, while gathering your left and right hands to block the bottom of the AC room.

Movement 25

Step forward one step to the C room with the right foot, stand in the right frontal position, block the upper part of the C room with the right outside wrist, and then strike the upper part with the right right wrist.

Movement 26

Move one step to the D room with the right foot and lower it, then simultaneously stab the upper part of the C room with the left foot.

Movement 27

The left foot holds the left wrist with the right hand and stabs the lower part with the right foot.

second movement

While stepping down from the right leg to room C, turn your body to the left and stand in a right forward bend toward room D, pulling both fists to your left waist.

Movement 29

Take one step forward from room D to room B, stand on horseback, and make a tent-like motion at the same time.

※ The face is the room

Movement 30

Take one step forward to the D room with your left foot, stand in a left forward bend, and block the upper part with your left wrist.

Movement 31

Move one step to the C room with the right foot movement, then stand with the right foot and cross both fists to block the lower part of the D room.

Movement 32

Move the right foot forward one step to the D room, stand in the right front, and block the upper part with the right wrist.

Movement 33

(Same as movement 30)

Movement 34

(Same as movement 32)

※ 32.33.34 movements are continuous.

Movement 35

D-room center with the left foot as the axis

Stab the teapot.

Movement 36

Step down to room D with your left foot, stand in a left forward bend, and at the same time, stab the middle of room D in the opposite direction with your right hand.

7th movement

For the lower body, stab the C-room middle with the left hand, then pull the left hand to the left waist and strike the C-room middle with the right hand.
stab the hem

Movement 38

Move to the D room with the first step and lower yourself towards the C room, and at the same time, use your right elbow to stop the D room.

It stabs.

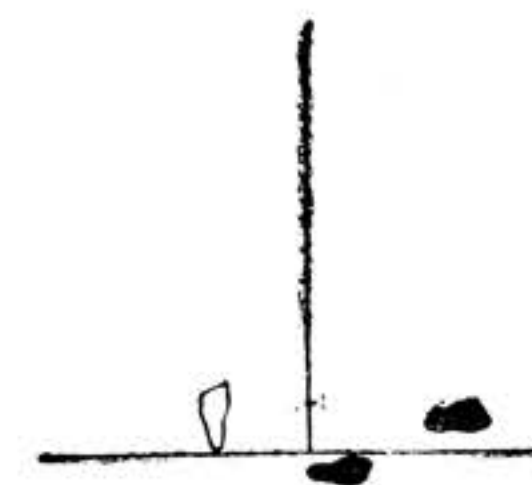
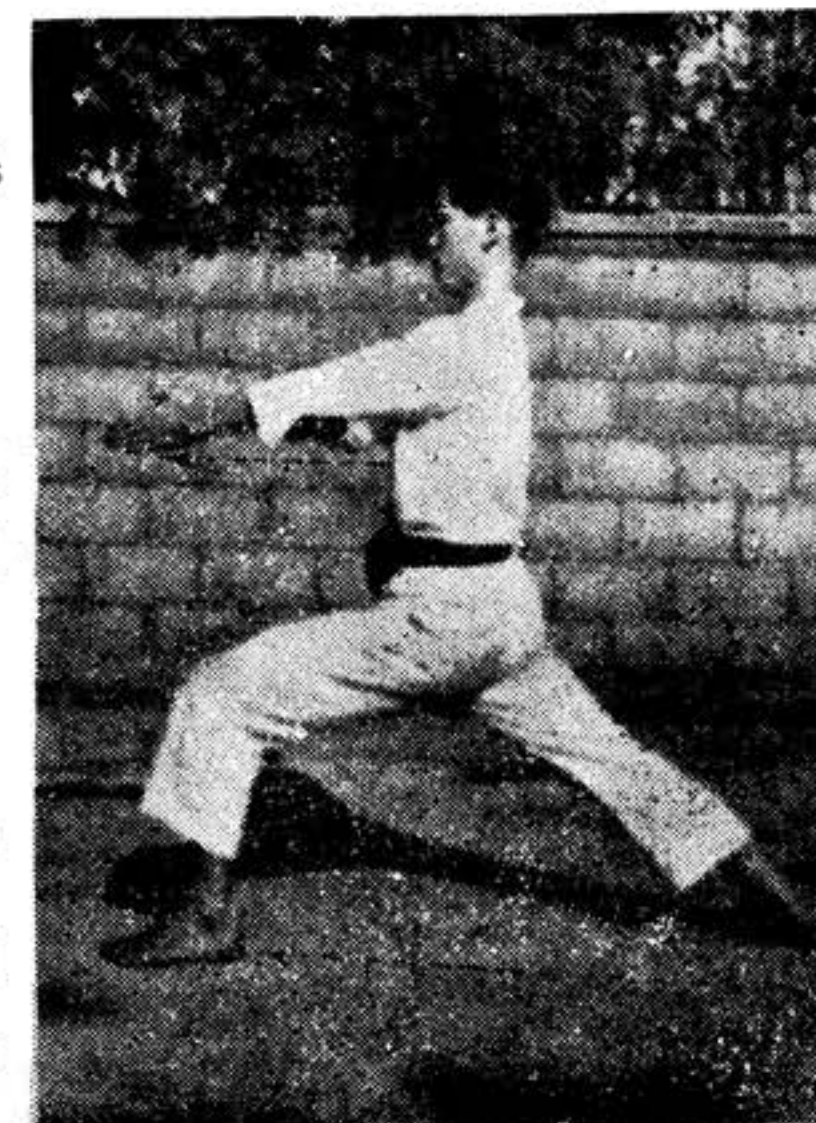
Movement 39

Stand still facing room A with your left foot turned to the left with your right foot as the axis, and at the same time, block the lower part with your left long fist and strike the upper part of room A with your right long fist.

Movement 40

Take a step forward to room A and stand with your right foot facing forward.

(No. 157)



Block the bottom with your neck and block the middle with your left wrist.

Movement 41

Turn your right foot to the right with your left foot as the axis, face room B, and stand with your left foot bent backwards while blocking the right foot from stopping.

Movement 42

Step forward one step to room B, stand in the left forward bend, and at the same time, look at the moon.

Stab the B room with a knife. (157th degree)

※ The movement of stabbing with the left longitudinal axis is the first in the series.

"stop"

Pull the left foot back to the ready position.

Chapter 5

pair chain

Chapter 1 Significance

Sparring is inseparable from Hyung, and it is about learning the breathing techniques, body transformation techniques, and the ultimate goal of Taekwondo, the energy of offense and defense, learned in Hyung, and putting it into practice on an opponent in a way that suits the actual situation, so that it can be used in actual combat.

Although the word 'Dalyeon' literally means 'training', in some ways it can also be said to be a formal match.

In my experience, sparring is the most difficult part of Taekwondo. This is because the perfect technique of sparring is achieved through precise basic movements, skillful forms, considerable training, and long experience. Also, you have to attack your opponent who moves quickly, while also receiving various attacks from him.

Moreover, since Taekwondo is a dangerous martial art that can take the life of an enemy with a single blow, it cannot be decided through a match like in "wrestling" or "boxing", and the cutting edge of a thrilling attack must be stopped just an inch in front of the opponent's vital point. As a result, the opponent must be struck and swept away, but then counterattack and have to block it again.

Chapter 2 Value

Sparring is not about practicing alone like fighting or fighting with a partner.

And because it actually polishes the energy of the workshop, it can have the following effects.

1. You can understand the true meaning of your brother.
2. You can "test" your skill and training.
3. It can foster fighting spirit and courage.
4. You can master the movements of Bosin Art.
5. It can enhance the sense of realism.
6. You can develop an eye for observing the opponent's skills and movements.
7. You can acquire special skills that are difficult to acquire from your older brother.

Chapter 3 Repairing the Chain 의 Attention

1. Focus on blocking.

The fact that there is no first mover in Taekwondo means that the main focus is not on offense but on defense. Therefore, the purpose of Taekwondo is to fully achieve the goal of blocking the opponent's attacks, but there are often cases where people do not understand this and focus only on offense while neglecting defense.

2. Make your opponent move.

Taekwondo can wipe out an opponent with one blow, so you should make your opponent move as often as possible and attack the weaknesses that you find during that gap.

It's like fighting an enemy, forcing the enemy to abandon the point he chose and fight at the point of his own choice.

It's like the principle of tactics.

3. Be nimble in your advance and retreat.

Maintaining a sufficient distance from the opponent is advantageous to oneself. This is because one can use footwork within that distance. Therefore, a quick retreat is just as important as an approaching attack that does not lose the opportunity. Therefore, one must advance and retreat at the right time, and one must never lose the original Taekwondo stance.

4. Take a different posture.

In a duel, it is important to conceal one's own movements and perform extraordinary feats of agility that anticipate the opponent's intentions. However, if one is not careful, one can easily give the opponent a chance to attack by maintaining a fixed posture throughout the duel. Furthermore, Taekwondo does not require a certain amount of time to concentrate strength and mind, unlike Kihapsul or Chaeryuksul. As a martial artist who can immediately prepare for an unexpected situation with trained techniques and strength anytime and anywhere, there is no need to take a certain method from the beginning or to adopt a posture that uses excessive force throughout the attack and defense.

5. Use the water and soil separately.

It is natural to block an opponent's fist attack with your wrist or elbow, but it is difficult to block an attack with your feet. Therefore, except in special cases, you should block an attack with your feet with your elbow or wrist.

And he used rice to attack nearby places that he could attack with his hands.

It is foolish to use your hands to attack a distant place that can only be attacked with your feet. It is just as useless to attack a target at rifle range with a cannon, and you should not shoot with a rifle at a place where you should shoot with a cannon.

Because we can't tell the difference, our feet sometimes bump into each other at close range.

6. Attack and defend in the right direction.

Taekwondo has the unique characteristic of being able to attack an enemy without changing one's position. In other words, unlike other martial arts, one can easily attack an opponent from the side or rear without having to turn one's body to attack them.

For example, when attacking an opponent on the right, you can attack them without having to turn your body to the right, by simply using your elbow, hand, or side kick. When attacking an opponent on the back, you can easily attack them with the back of your hand, elbow, elbow, or kick.

7. Seize the opportunity of the workshop.

Since ancient times, in any war or fight between individuals, if there is an attacking side, there is a defending side, and if there is a defending side, there is an attacking side.

The same goes for Dalian. If one side attacks, the other side must block, and if one side blocks, the other side must attack.

To do this, during sparring, you must always watch your opponent's eyes and movements and use them to guide your attack and defense.

So when the opponent tries to attack, take a defensive stance instead of attacking.

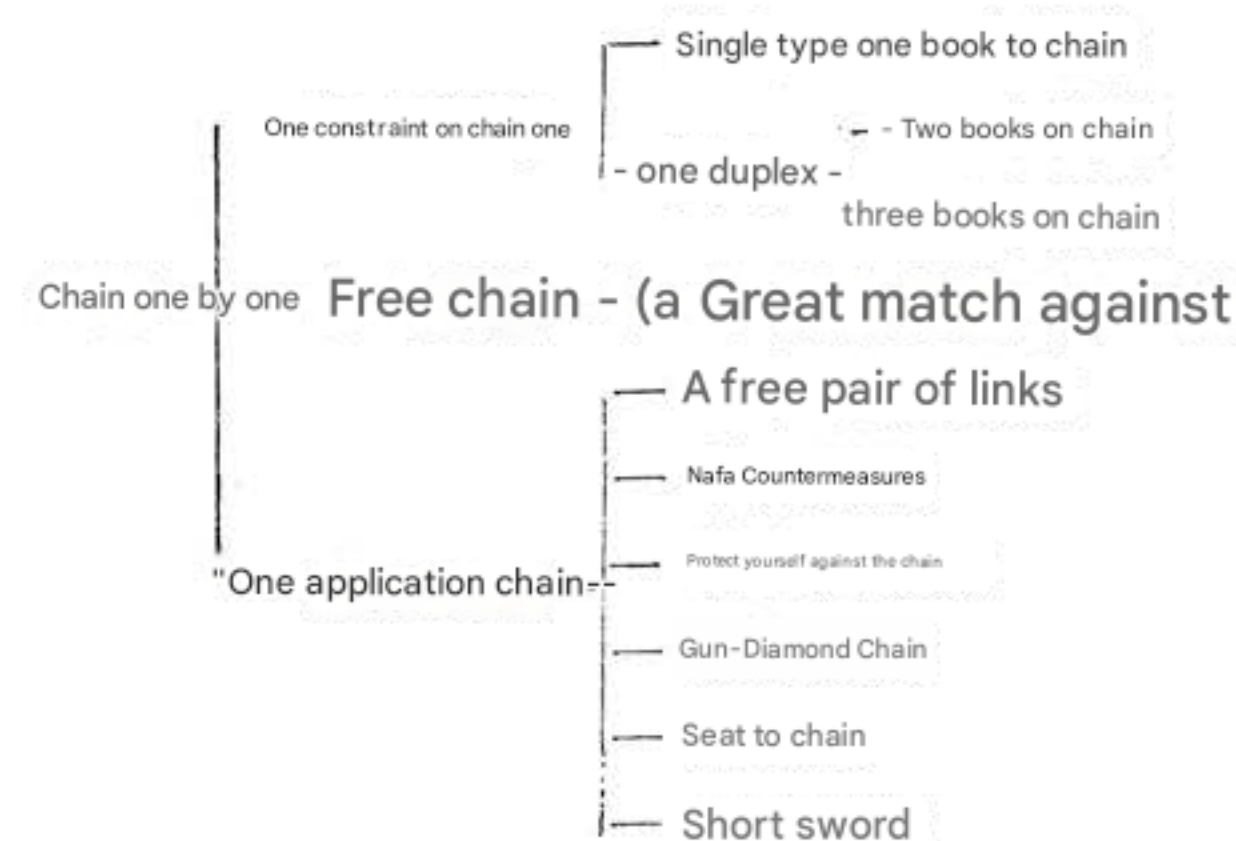
And when the opponent tries to defend, you should attack rather than defend.

Chapter 4 Types

Couplets can be broadly divided into three types: promised couplets, free couplets, and applied couplets.

There are singles and doubles in the promise match, and the doubles match can be further divided into main match, main match, etc.

The applied training varies from free training, front-facing training, left-facing training, etc.



Section 1 Constraint Pair Chain

It is a mutual promise to attack and defend, and the training method is based on the basic "Daily Training Form" and each person takes a form from the form.

There are two types: by .

Article 1, Section 3, Main text

This is a sparring practiced by beginners. The trick is that A and B stand facing each other and make a pact to get close. When they stab three times in a row, B blocks twice in a row and attacks at the same time while blocking on the third time. Another method is for A to block twice on the spot and then attack at the same time while blocking on the third time.

Article 2. 1. This contract

This is a duel between highly trained individuals, where each side attacks and defends once under an agreement. This is the most serious duel as it is decided in one blow (one time).

Section 2 Free Chain

It is a sparring match where the two sides attack and attack freely without any promises, so it feels realistic, but it is also very dangerous. Therefore, it is carried out between those who are good at promises.

Section 3 Application Chain

It is a combination of promised sparring and free sparring, and is mainly performed between black belts.

Article 1. This freedom union

It refers to a sparring that continues without a promise in a Japanese sparring, and its charm lies in the continuous attack and defense, which are both shocking and restrained, even if momentary.

This sparring is different from free sparring in that after each movement, you must return to Japanese sparring.

Article 2: Training on the Law of Napping

This is a duel where A attacks, B blocks A and knocks him over, and A moves past him and attacks B again.

Article 3: The Great Bodhisattva Practice

It is a sparring match where you defeat your opponent by using your own skilled ki and counter-using the opponent's strength when you are suddenly grabbed by someone stronger than you.

Article 4 Bayonet training

This is a duel where one defeats an opponent wielding a bayonet with one's bare hands, and is performed between highly trained fighters.

Article 5 Left-handed

This is a sparring exercise performed while both partners are seated, usually with their knees together. It can also be performed on a chair or while sitting comfortably.

Article 6: Dagger training

This is a duel where you defend yourself with your bare hands against an opponent who attacks with a dagger, and it requires considerable skill and speed.

Chapter 5: Chain type

This is not a fixed form, but only a standard for practitioners.

It is not mandatory to take this form. It is only for reference in training.

The common postures of promise training are as follows.

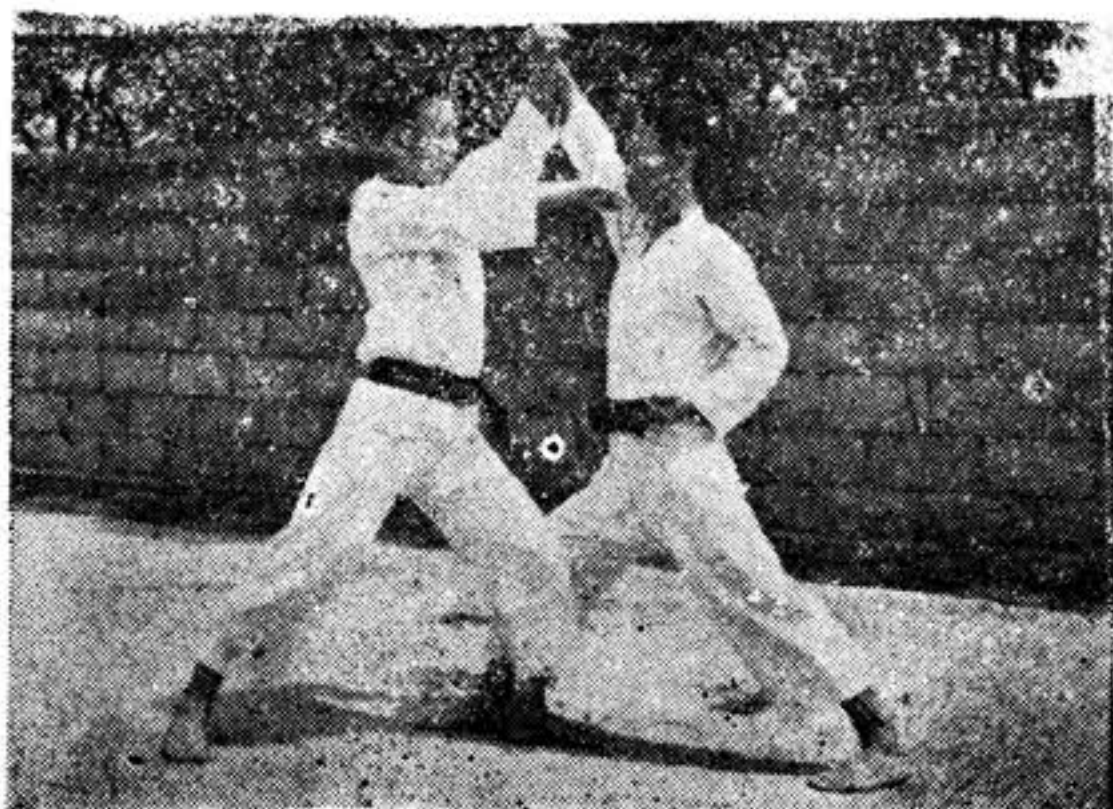
1. A and B take the ready position with a distance of about a foot between them.
2. Salute each other and then return to the ready position.
3. Step back one step with your feet together and stand in a left forward bend. At the same time, shout out your chants and pull your right fist while blocking the step with your wrist and looking at the opponent's eyes.
4. B prepares while maintaining a ready posture and looking into A's eyes.

Section 1 Three Books in Chains

Article 1: Top blocking

- 1) In the stance of readiness, A steps forward with his right foot, performs a right-front bend, and simultaneously stabs the upper body with his right right fist.

(Image 1)



- 2) B turns his right foot back one step and stands in a left forward bend, while simultaneously blocking the right side of the ball with his left wrist.
- 3) A stands with his left foot forward and bends forward.

In the poem, the top is stabbed with the left hand.

- 4) B steps back with his left foot one step and stands with his right foot bent forward, while simultaneously blocking A's left fist with his right wrist.
- 5) A stabs the top of B again using the same technique as 1).
- 6) B steps back one step with his right foot and stands in a left forward bend, while simultaneously blocking A's right fist with his left wrist and stabbing A's upper body with his right fist while shouting. (Figure 1)

Article 2 Top blocking

There are two types of top blocking: inside blocking and outside blocking.

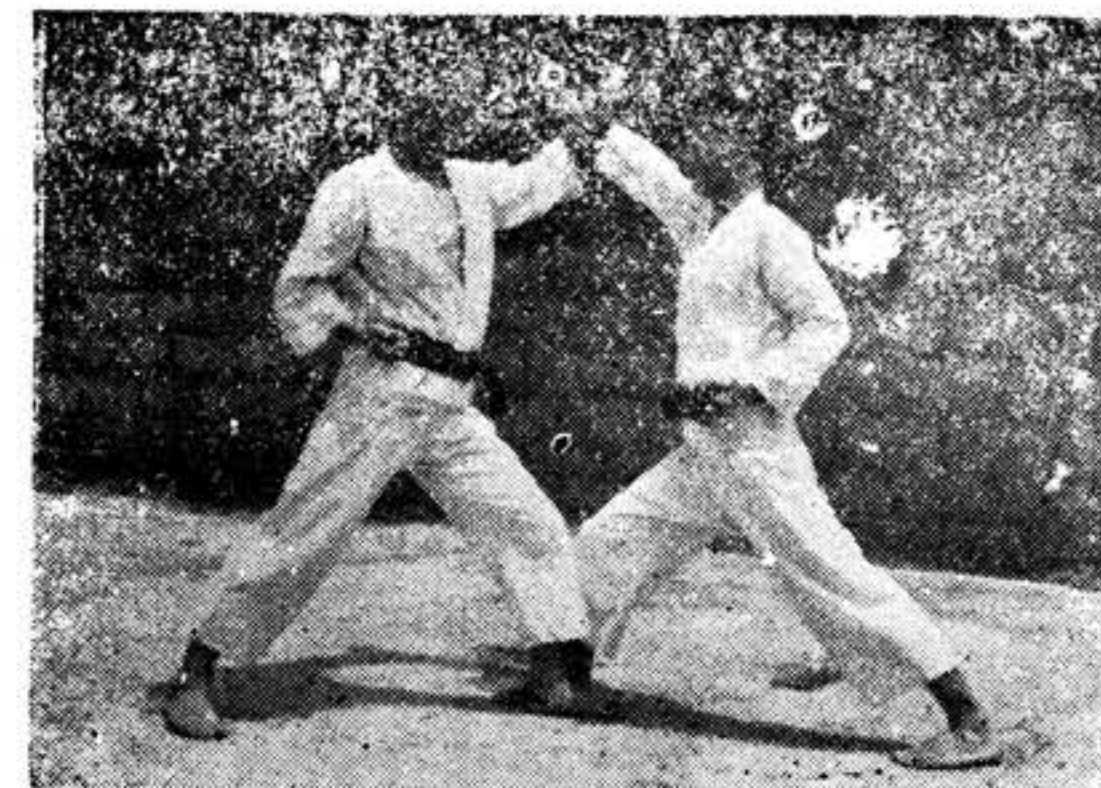
1. block inside

- 1) A takes a step forward with his right foot from the prepared stance and stands with his right knee bent, while simultaneously stabbing the upper body with his right fist.

- 2) B takes a step back with

(Island 2)

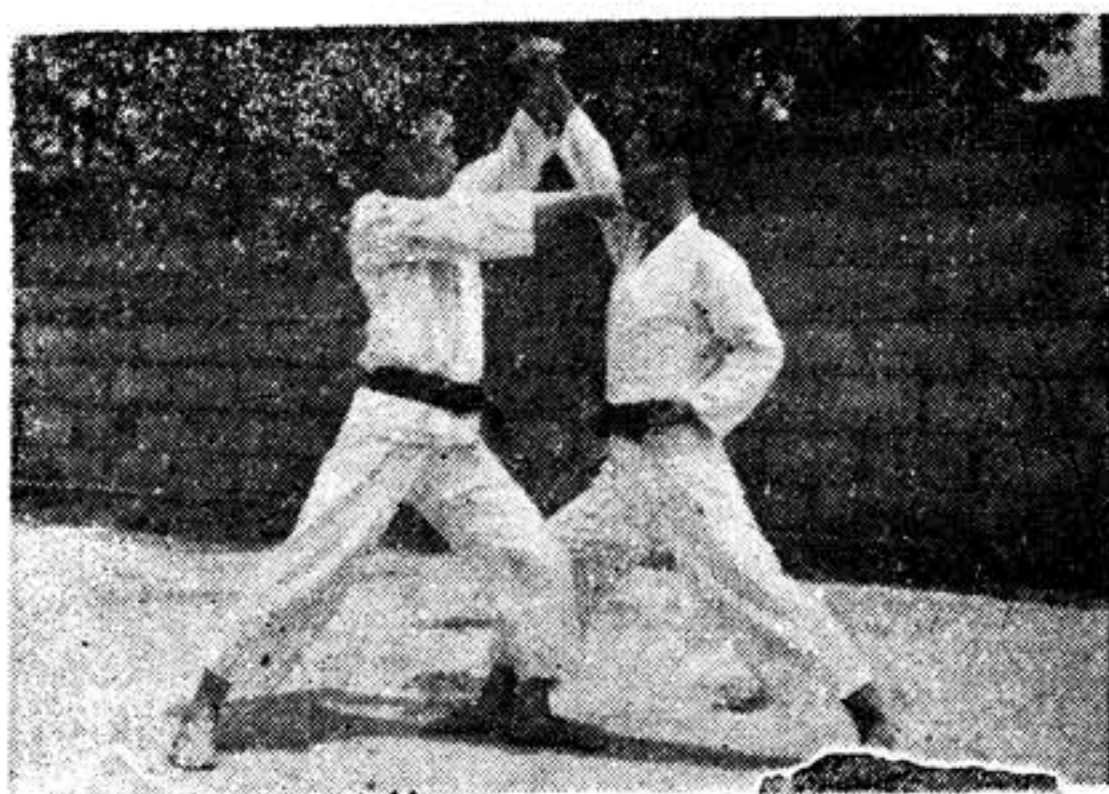
his right foot and stands in a left forward bend, while blocking A's right fist from the inside out with his left wrist. (Figure 2)



- 3) A steps forward with his left foot and stands in a left forward bend, while simultaneously stabbing the upper body with his left fist.
- 4) B steps back one step with his left foot and stands with his right foot bent forward, while blocking A's left fist with his right wrist.

- 5) A steps forward with his right foot, stands with his right foot facing forward, and stabs the upper body with his right fist.
- 6) B steps back one step with his right foot and stands in a left forward bend, while blocking A's right fist with his left wrist and attacking A's philtrum with his right fist while shouting. (System)

(Island 3)



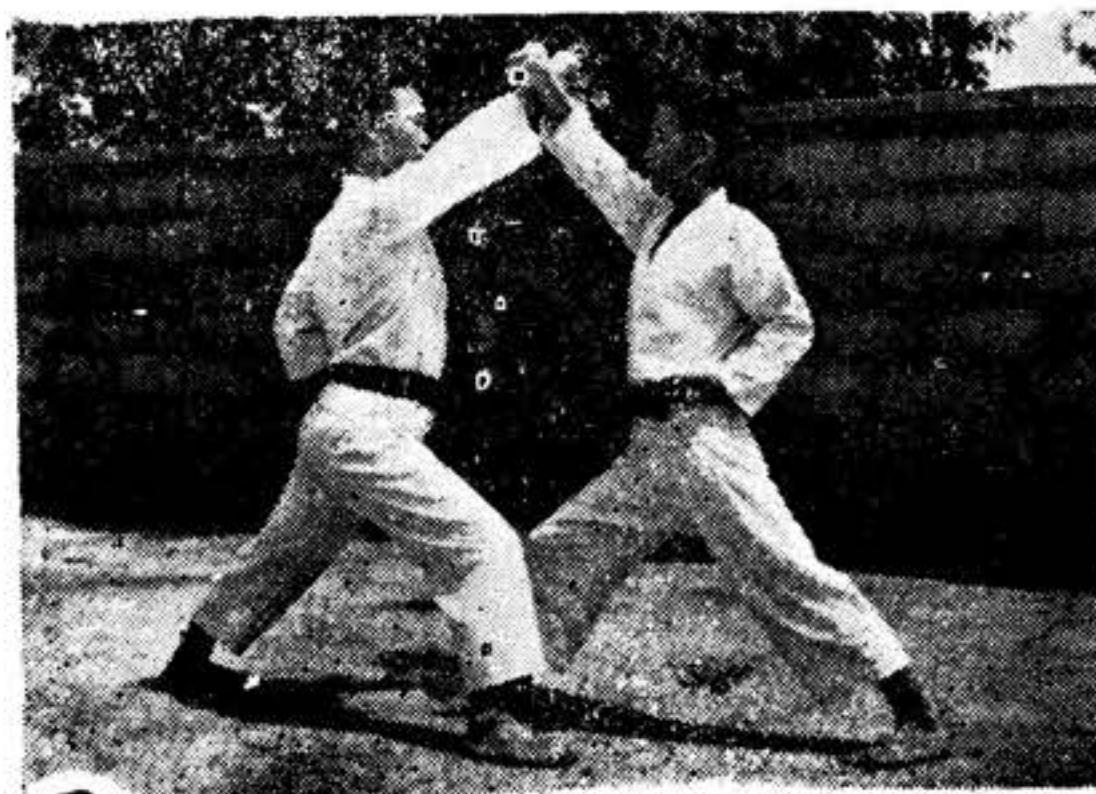
※ Block with the inner wrist, outer wrist, back wrist, and the water gun. In addition, there are white-backed wrists and long-handed wrists, but these not only expose a weak point on the side that is blocked, but also disadvantage the dignity of the other hand, so they are generally not used.

blocking out

- 1) A stands in a prepared posture with his right forearm bent and at the same time stabs the upper body with his right fist.

- 2) B takes a step back with his left foot and stands with his right foot bent forward, while simultaneously

(Image 4)



placing his right wrist on A.

take out the right of blocking from inside all. (policy)

- 3) A steps forward with his left foot, stands in a left forward bend, and at the same time stabs the upper body with his left right foot.

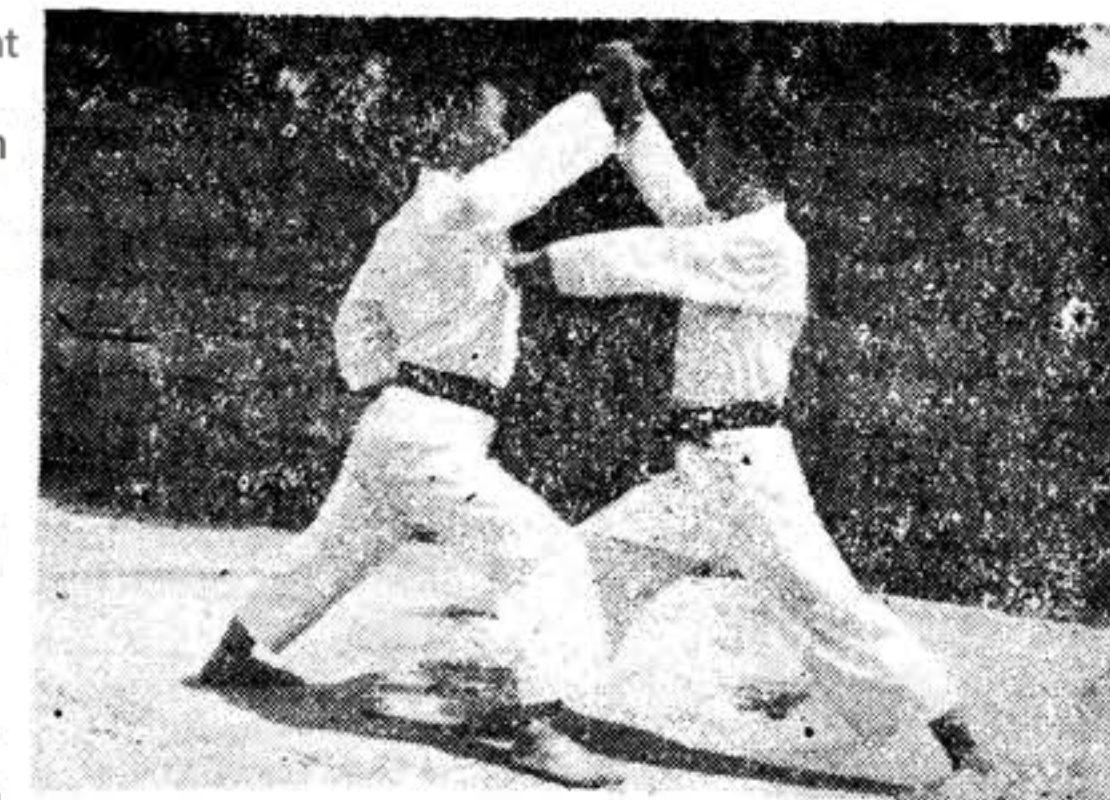
- 4) B steps back one step with his right foot and stands in a left forward bend, while blocking A's left hand from the outside to the inside with his left wrist.

- 5) A stabs B's philtrum using the same technique as 1).

- 6) B takes a step back with his left foot and stands with his right foot bent forward. At the same time, he places his right wrist on A. (Image 5)

While blocking the right side of the sword from the outside, stab the left side of the sword with a shout. (5th degree)

※ Except for the pulse wrist, all parts (including the long handle) used when blocking inside are used.



Article 3: Stopping the break

There are three types of blocking: inward blocking, outward blocking, and upward blocking.

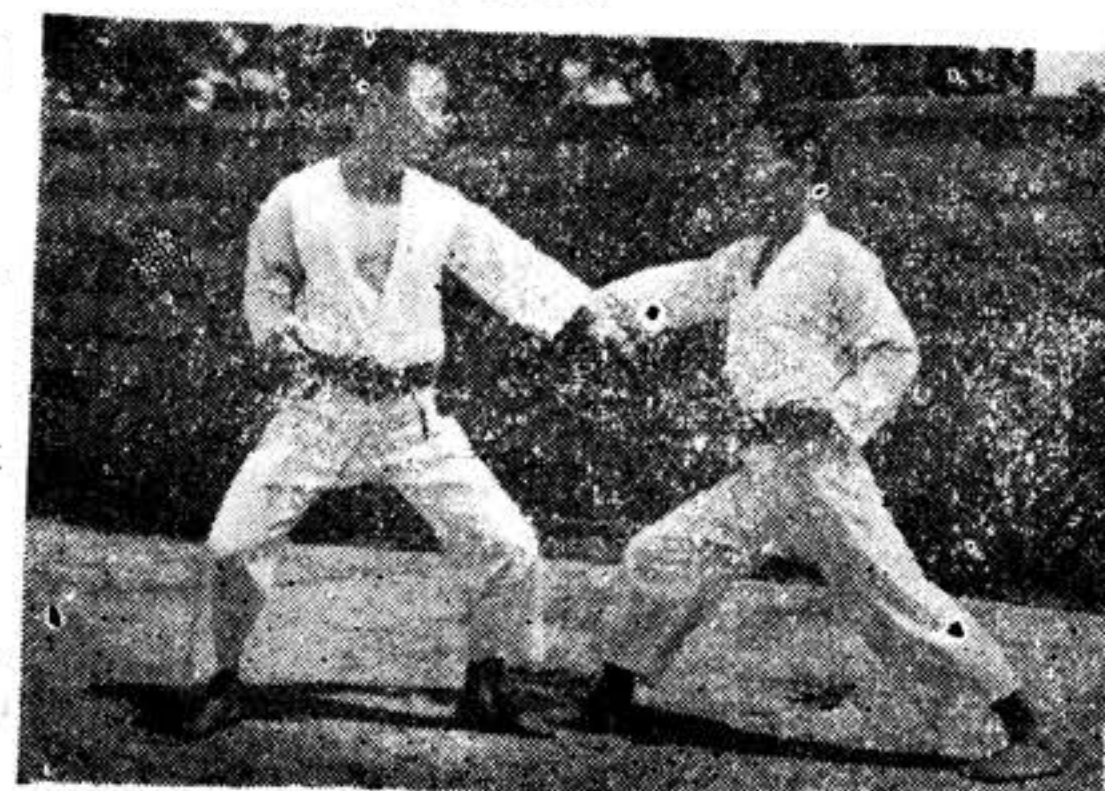
1. block inside

(Figure 6)

- 1) A stands in the navigator position with his right forearm bent and at the same time stabs the middle finger with his right fist.

- 2) B takes 1 step of Ujok

Step back and stand with your right foot facing upward at the same time, and then turn left



Block the right wrist of the person. (System)

3) A stands with a left forward bend and stabs the middle leg with the left right.

(Image 7)

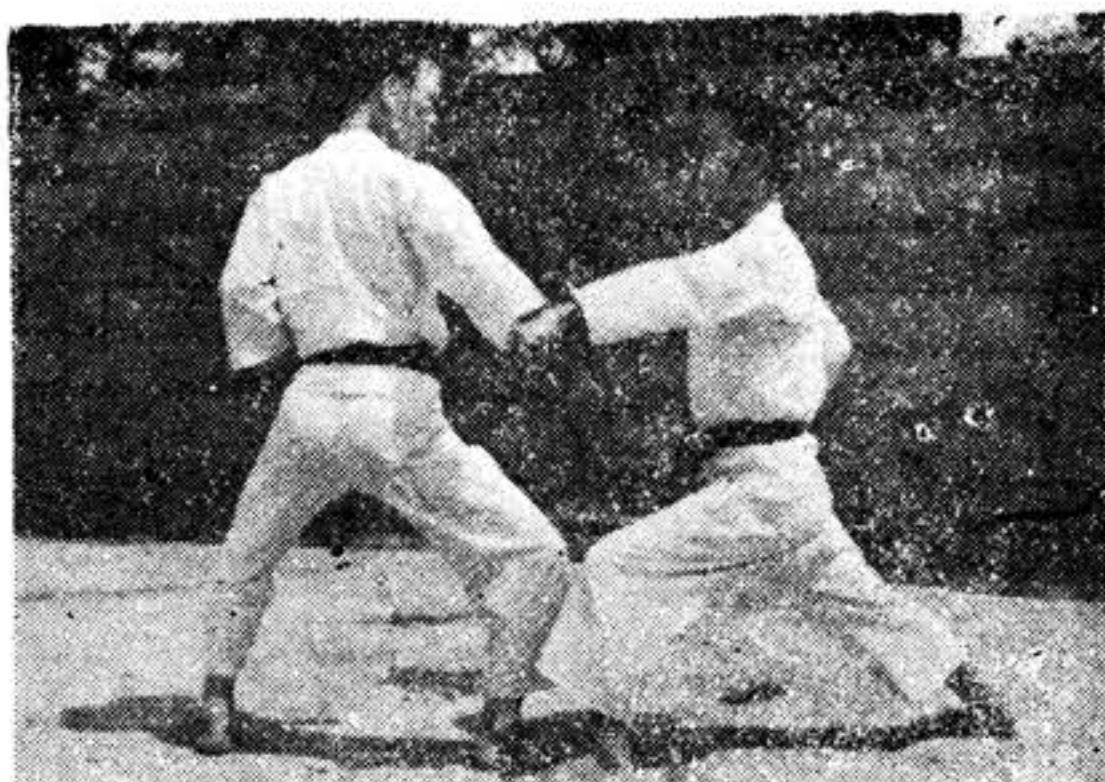
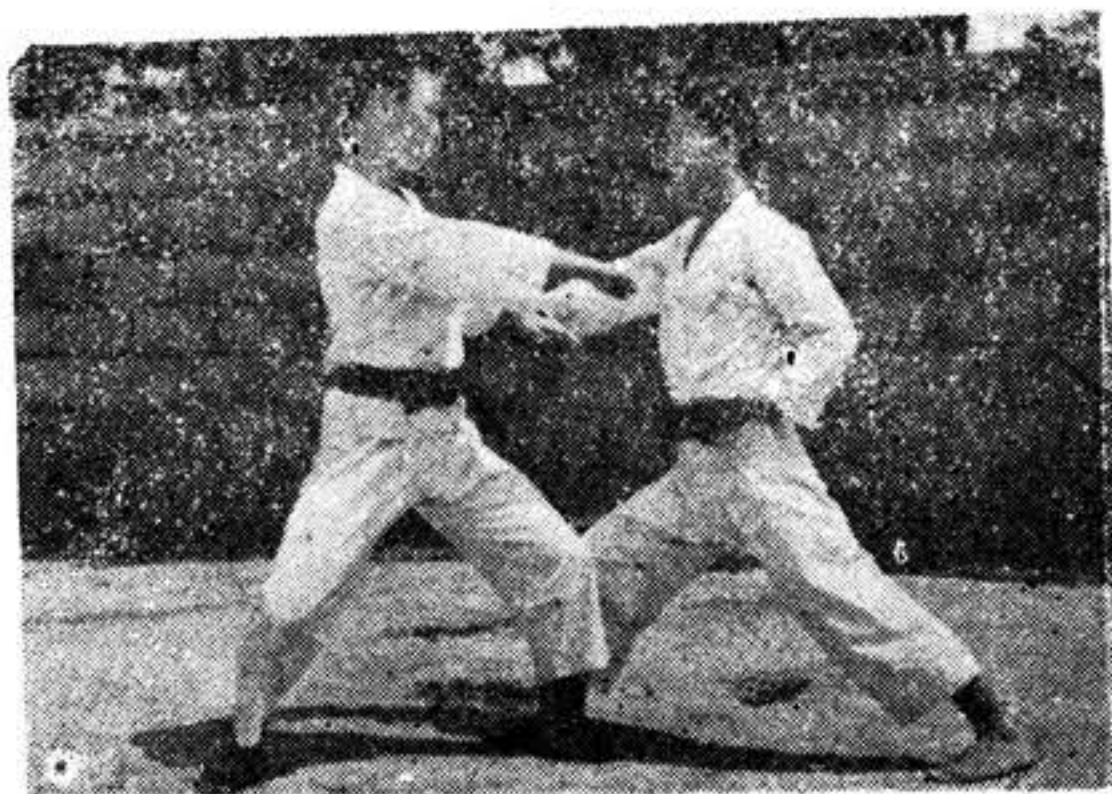


Figure 8)



While standing in the west, stab B's middle finger with the right fist.

2) B takes a step back with his left foot and stands with his left heel bent backwards, while blocking A's right wrist from the outside to the inside with his right elbow.

(Figure 9)

3) A stands with a left forward bend and stabs the middle leg with the left right.

4) B takes a step back with his left foot and stands with his left heel bent backwards, while blocking A's left wrist with his right elbow.

(Image 7)

5) A stabs B's middle finger using the same technique as 1).

6) Using the same technique as 2), B blocks A's right wrist with his left hand and simultaneously strikes the middle of the ball with his right hand along with a shout. (3rd degree)

2. Block out

1) A is in a prepared posture

4) B takes a step back and stands with his right foot bent backwards, while blocking A's left wrist with his left hand. (10th degree)

5) A stabs B's middle finger using the same technique as 1).

6) B blocks A's right wrist with the same technique as 2) and stabs A's left thigh with his left fist.

(Figure 11)

※ The usage part is the same as when blocking the top.

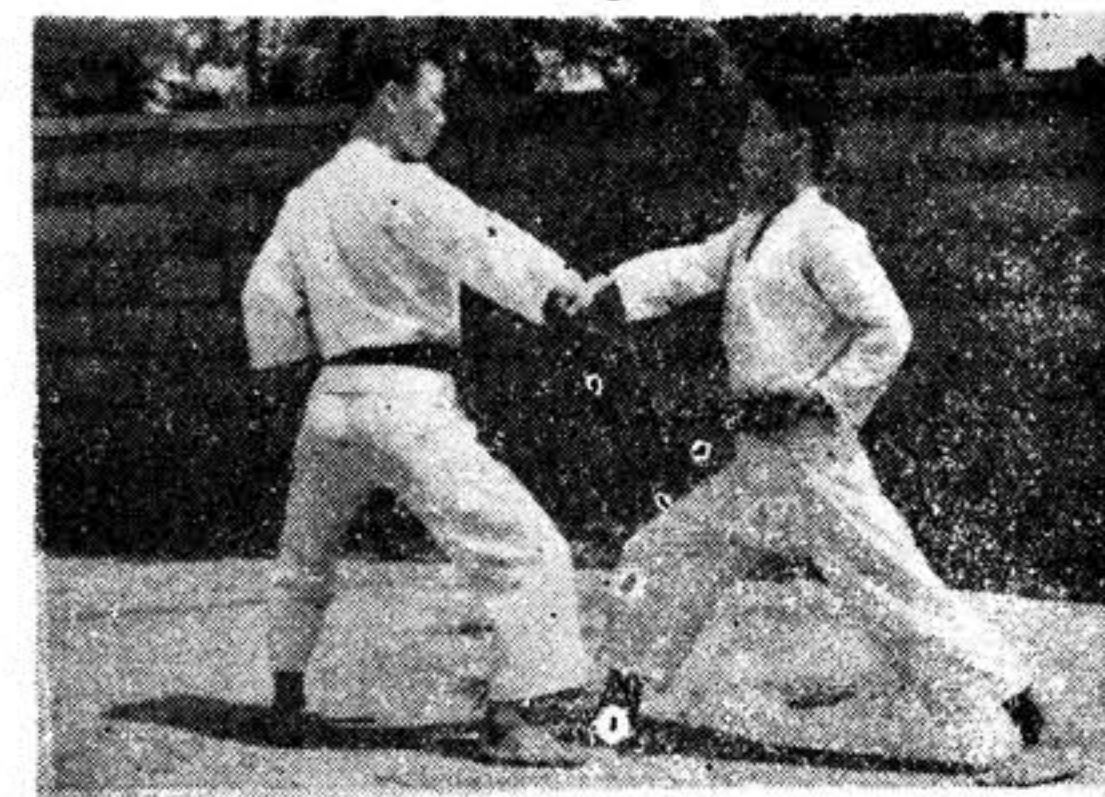
3. Press and block

The technique is the same as blocking from the inside, but the only difference is that when blocking, you mainly press the back of A's hand with the long fist to block.

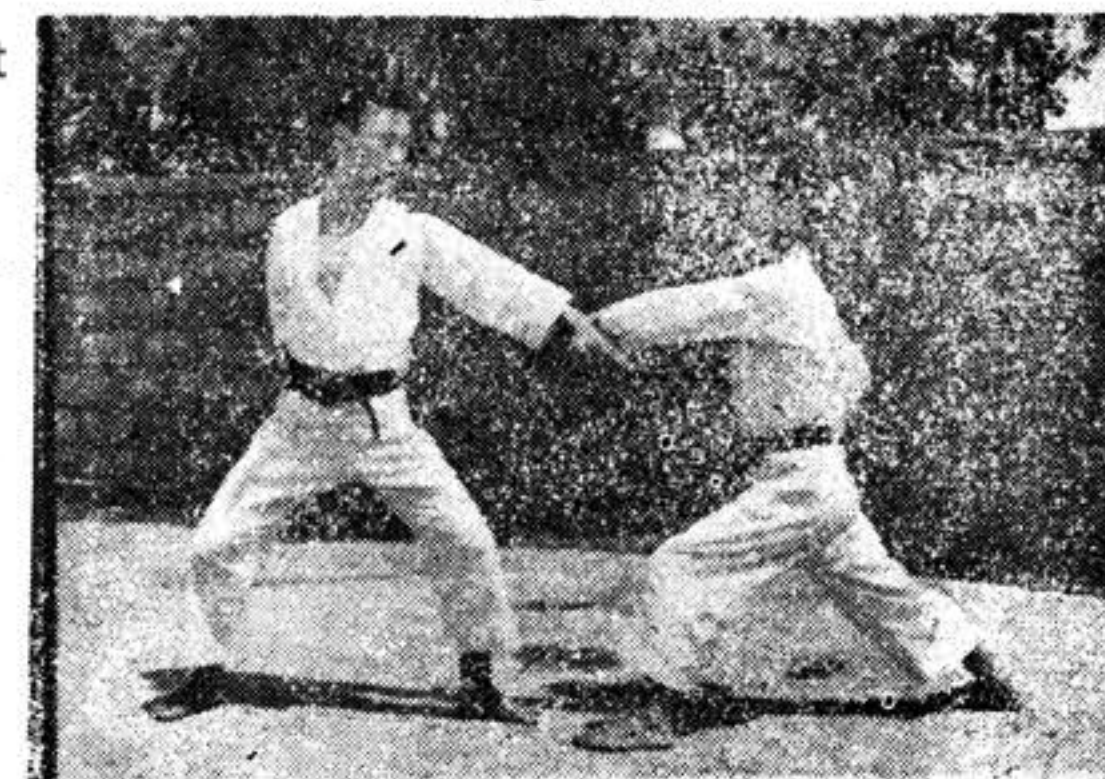
4. Up block

The trick is the same as blocking forward, but when blocking, use your fist or the back of your hand.

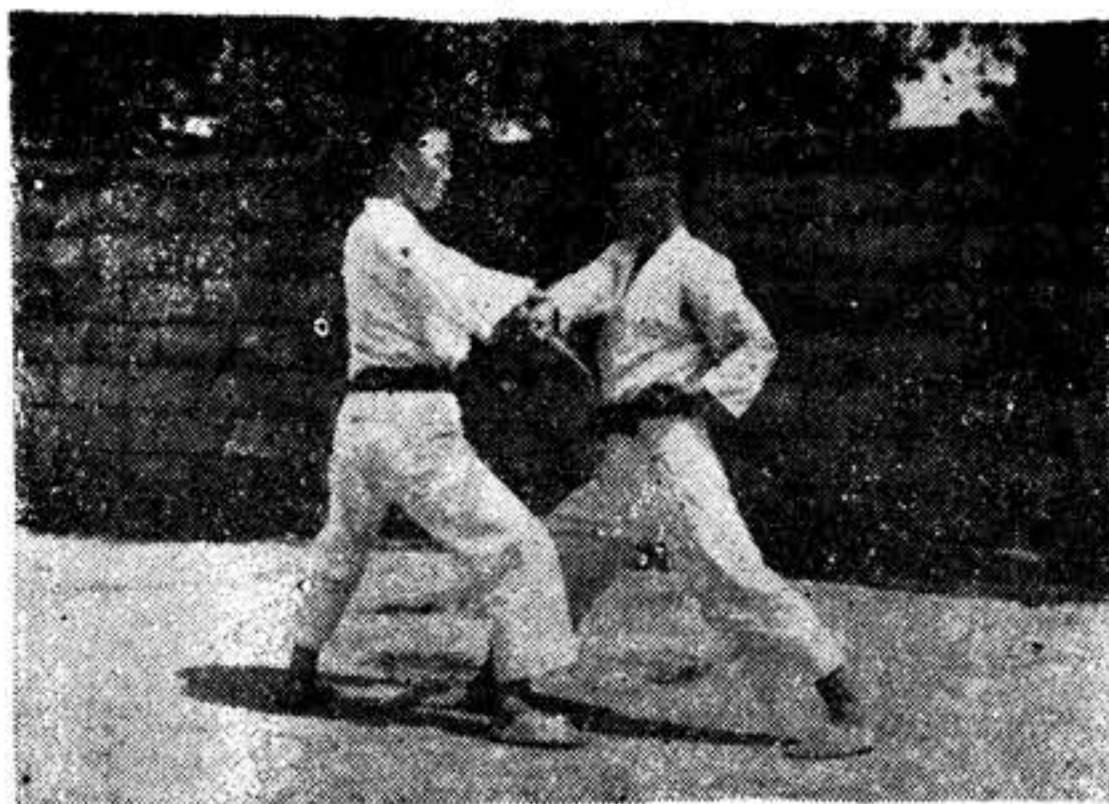
(Image 9)



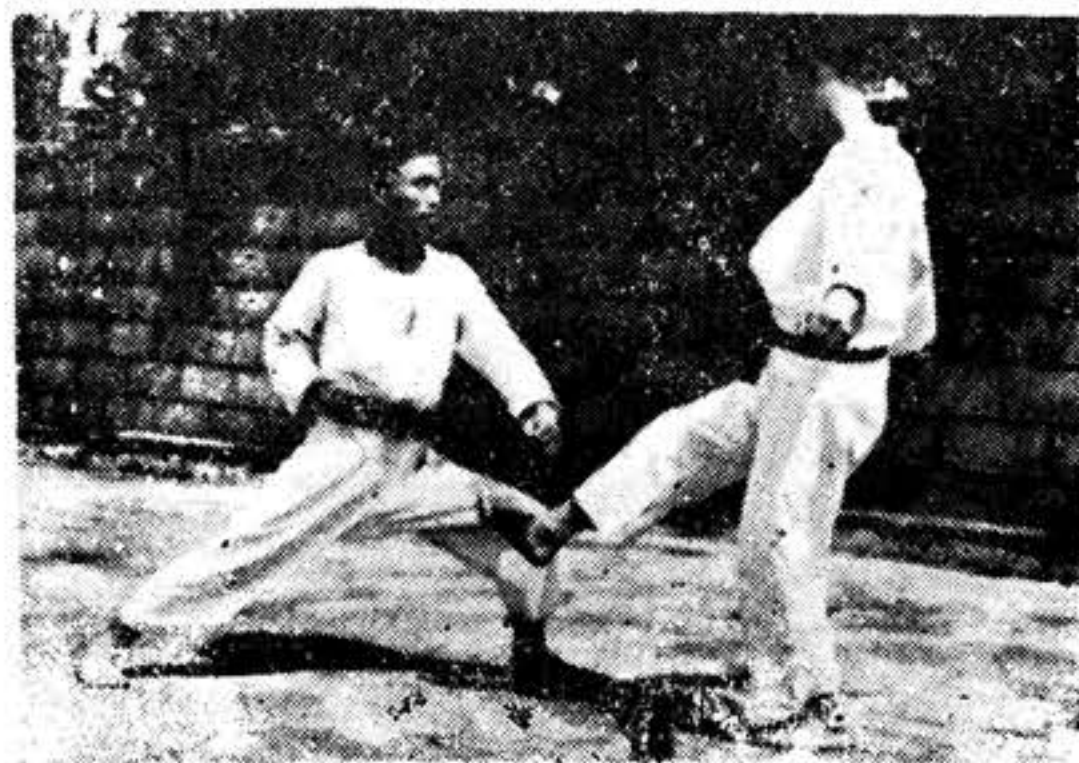
(Figure 10)



(Figure 11)



(Chapter 12)



Block the footsteps of the (1125)

3) A stands with his right foot forward and simultaneously lifts B's lower body with his left foot.

4) Move B's left foot one step back and stand with the right knee bent, while blocking A's left foot with the right wrist. (Figure 1)

5) A lifts up the bottom of B using the same method as 1).

6) B blocks A's right leg with the same technique as 2, and uses his spirit and

The only difference is that he raises his wrist to block it.

Article 4 Bottom blocking

There are three types of bottom blocking: inward blocking, outward blocking, pressing blocking, and upward blocking.

1. block inside

1) A stands in a prepared posture, bends to the left, and at the same time, kicks B's lower body with the heel of his right front foot.

2) B takes a step back with his right foot and stands with a left forward bend, while holding A with his left wrist.

Together, lift the

lower part of A with the outside of the right foot.

(Figure 14) ※ B blocks

A's inner ankle from the inside out with the outside wrist or the palm.

2. Block out

The technique is the same as blocking inside, but the only difference is that when blocking, you block the opponent's outside wrist from the outside to the inside.

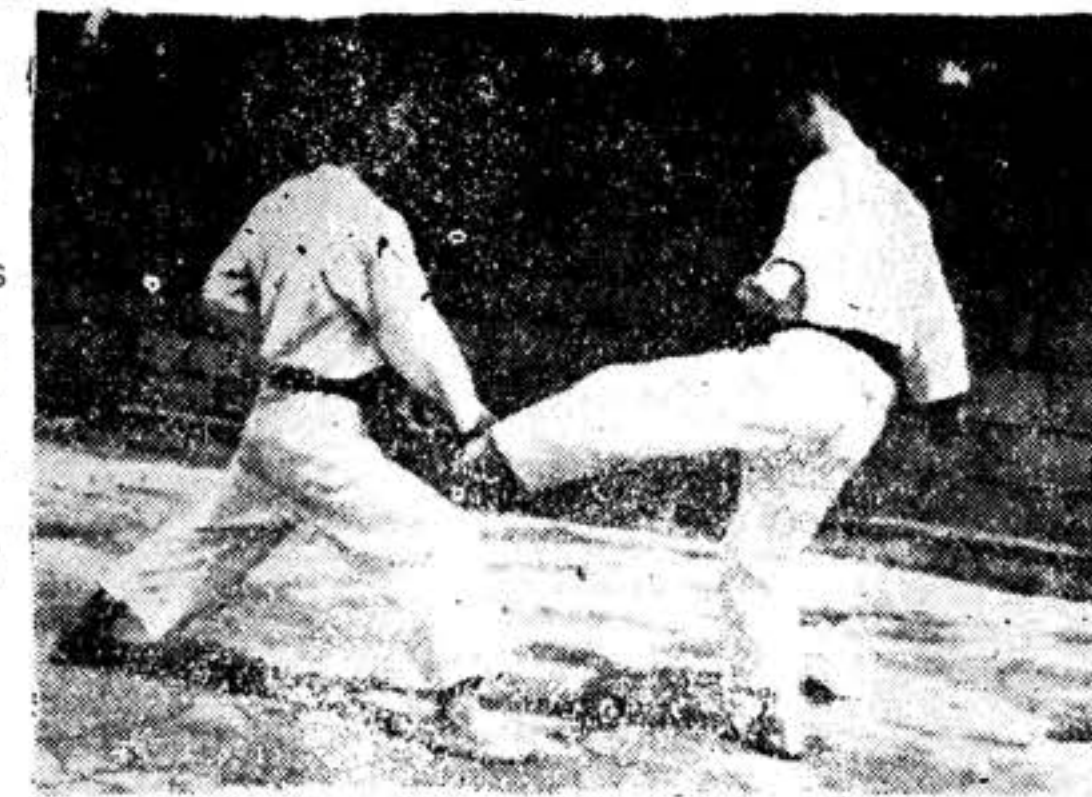
3. Press and block

The technique is the same as blocking inside, but the only difference is that when blocking, you mainly block by pressing the outside wrist of the opponent's ankle.

4. Up block

The technique is the same as blocking from the inside, but the only difference is that when blocking, you stand with your back bent and lift the opponent's heel with your fist to block.

(Figure 13)



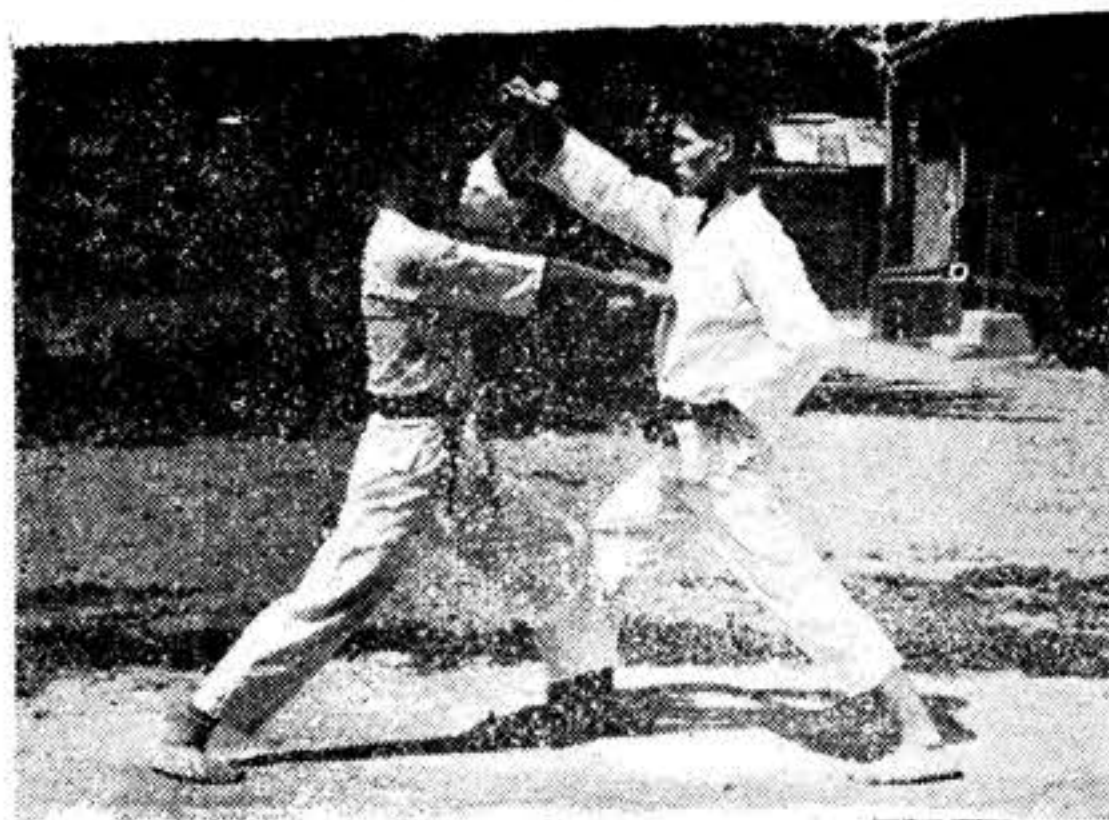
(Figure 14)



Chapter 2: A Pair of Chains

Article 1 Top blocking

(Figure 15)

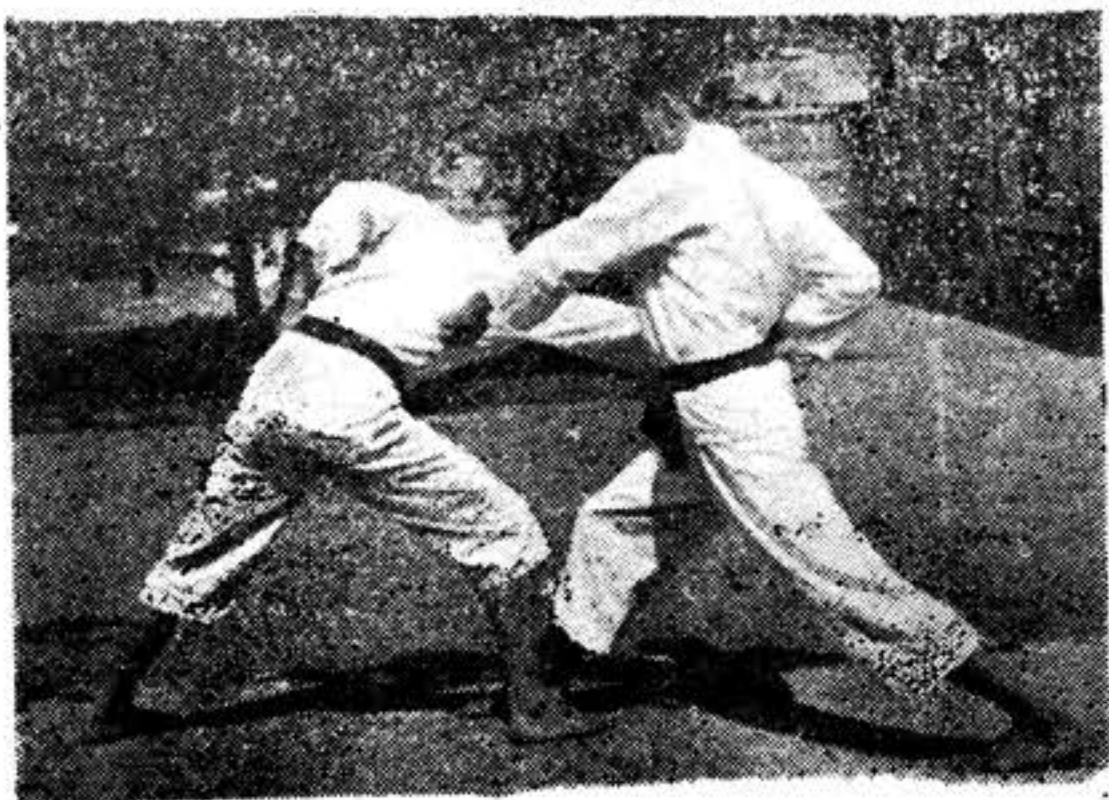


Block the right fist of A with your wrist and stab the middle of the right fist.

(15th degree)

2.1) The number is the first movement.

(Figure 17)

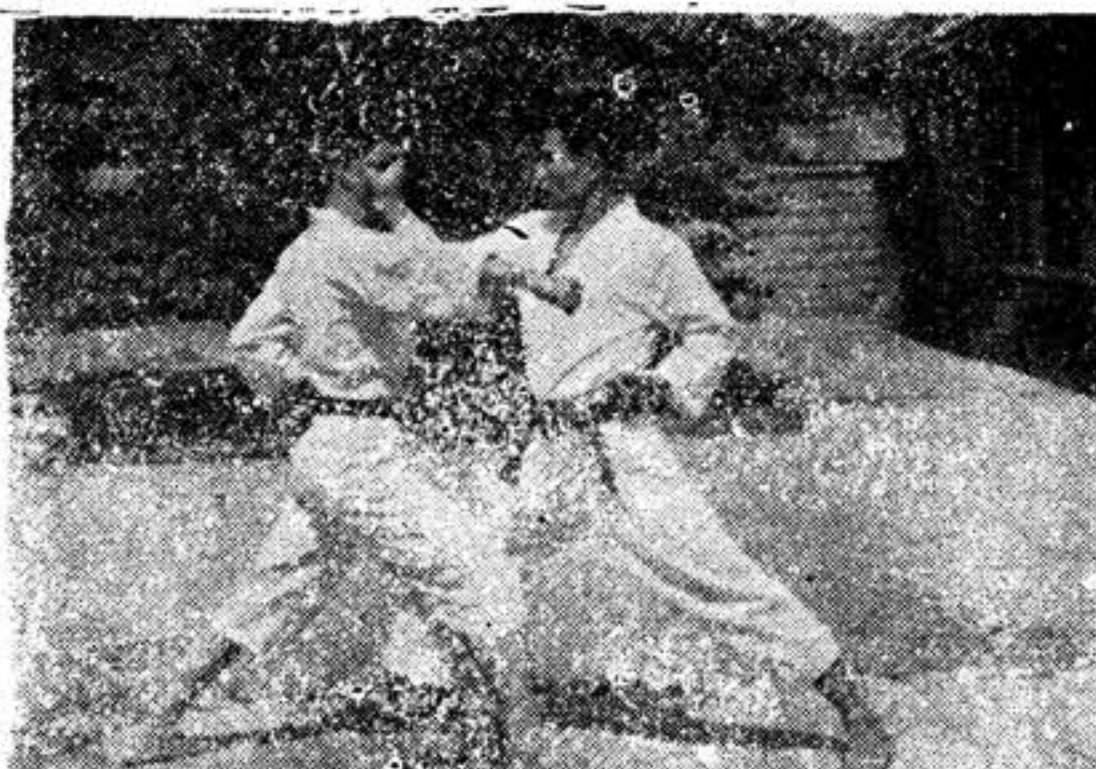


11) A is the Ujeongul

At the same time, he stabs the top with his right hand.

2) B steps back one step with the right foot and stands in a left forward bend at the same time

(Figure 16)



2) Take a step forward with your right foot and stand in the right frontal position, and at the same time, strike the inside wrist of the right wrist with your right outside wrist and use the recoil to strike the left wrist.

Strike the sphenoid bone of A with the right hand. (Figure 16)

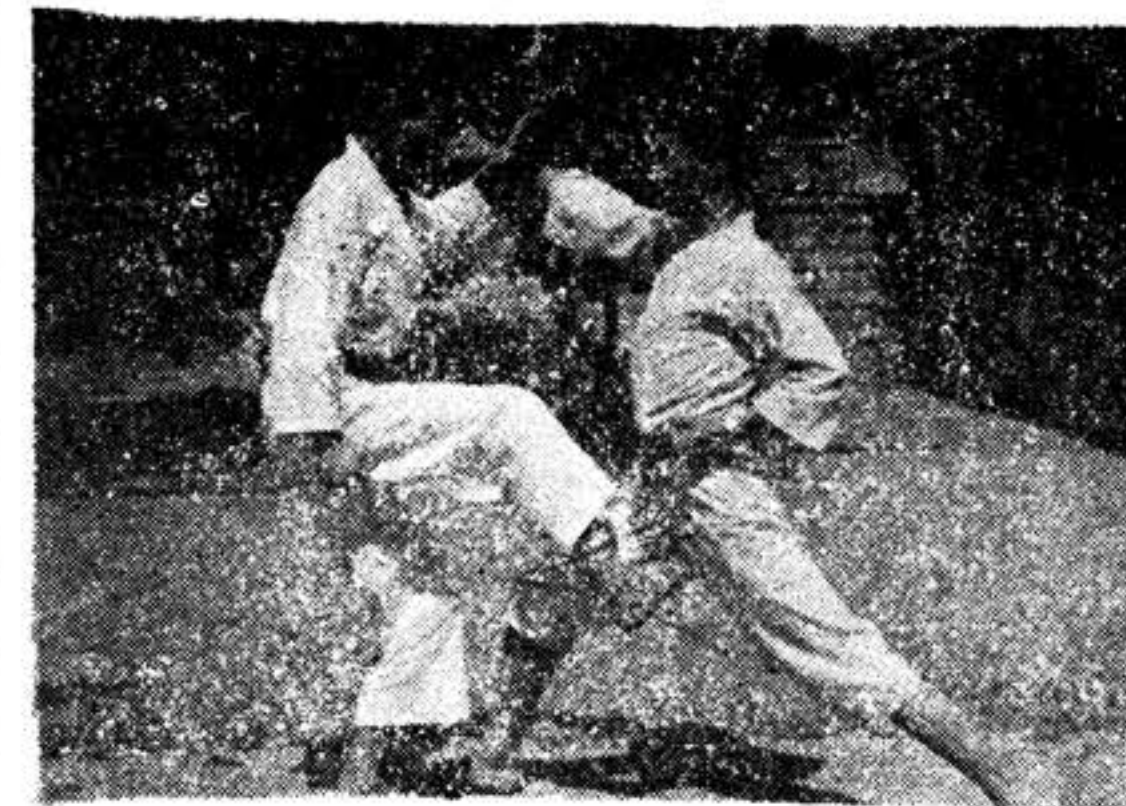
3.1) A has the same action as 1.

2) B is the left leg

Step back one step and stand with your right wrist facing forward, block the right outside wrist of the opponent with your right outside wrist, then twist and pull to the

right and stab the opponent's right armpit with your left hand. (3.1 degrees)

(Figure 18)



4. B blocks A's right-hand

attack with his left foot and at the same time kicks A's groin with his right foot. (18th degree)

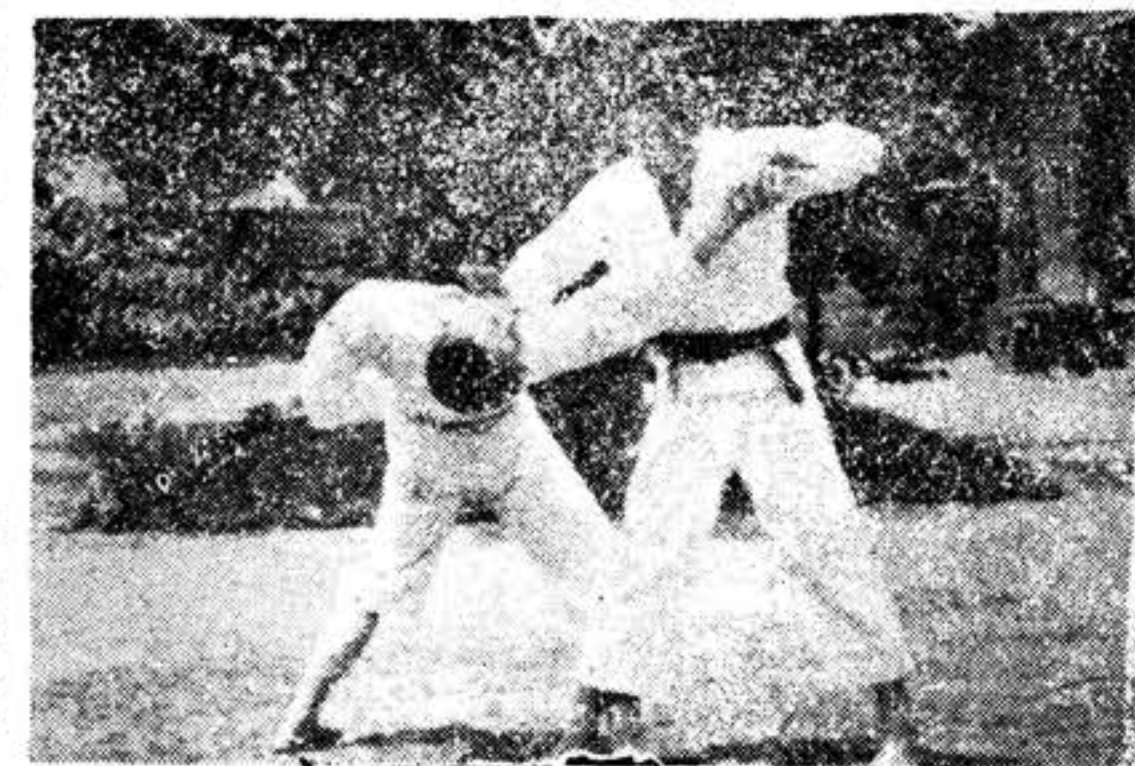
5. B blocks A's right-hand

attack with his left-handed fist, then extends

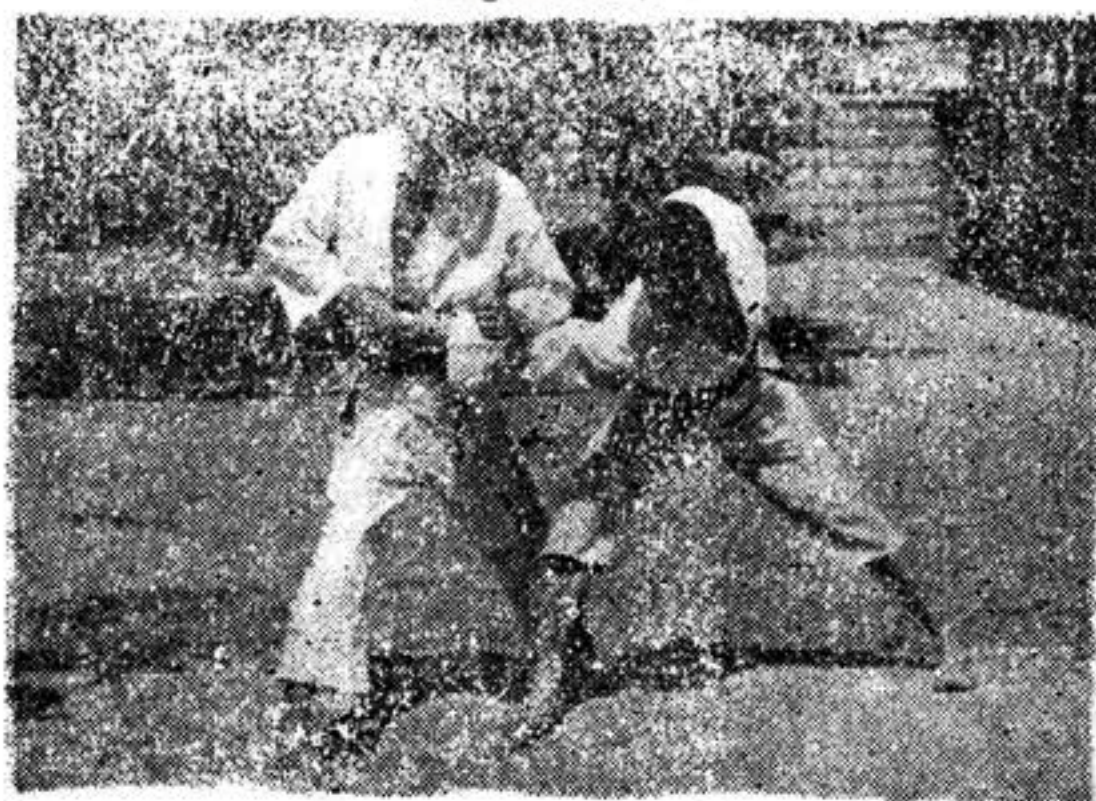
his hand and twists A's wrist to the left, pulls it, and pushes A's chin back with his right-handed fist, while tripping A's right leg with his right heel. (1st degree)

6. B blocks A's right-hand attack with his right hand and then grabs A's wrist.

(Episode 19)



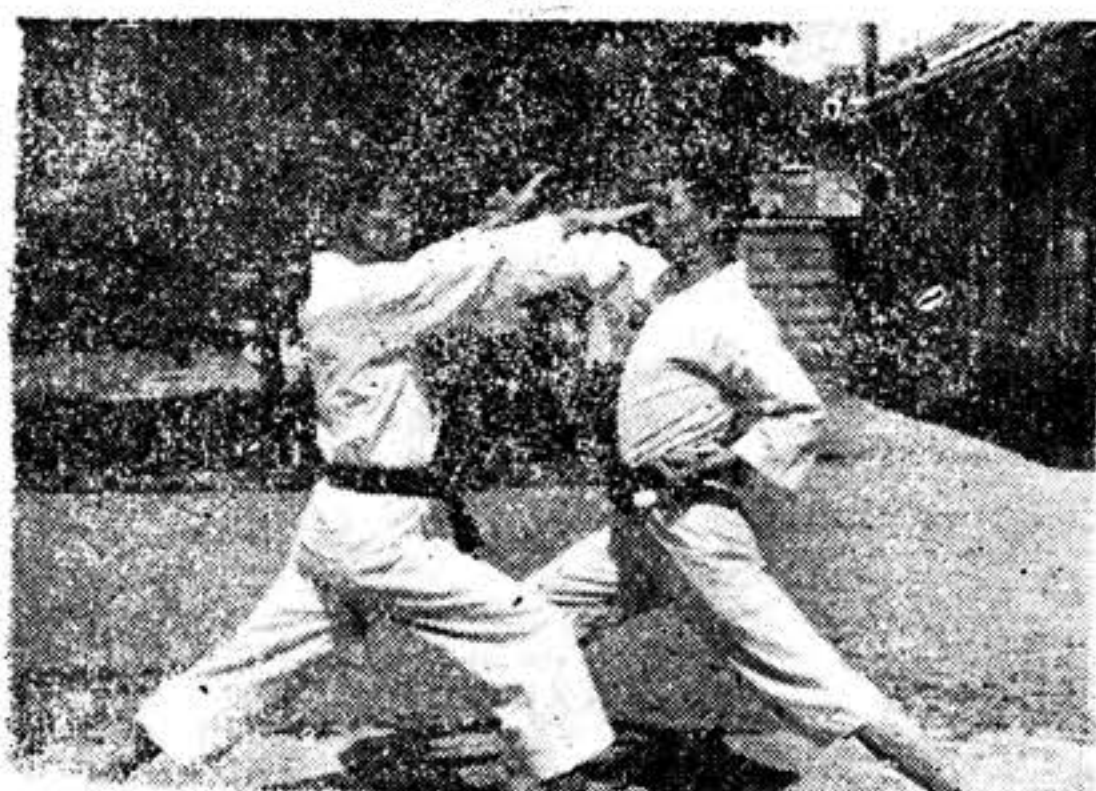
(Figure 20)



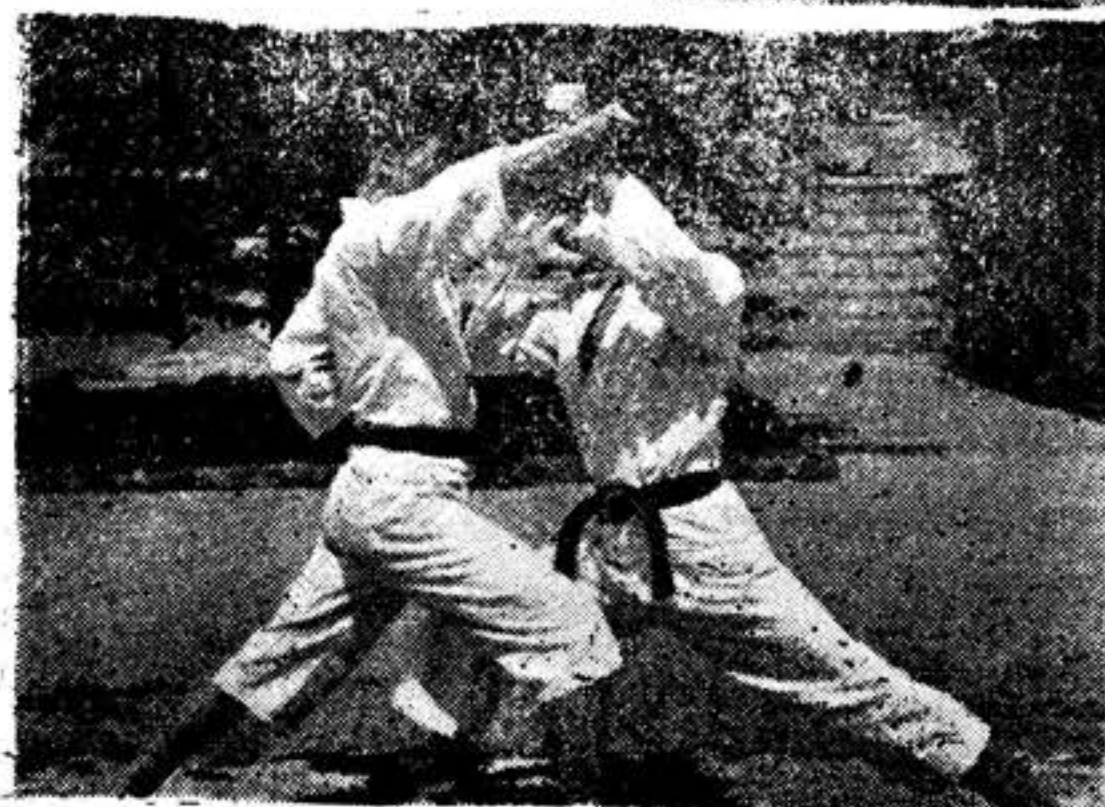
While twisting and pulling to the right, step forward with the left foot and strike the right elbow of A with the right elbow or press down with the left wrist. (Figure 20)

(Figure 21)

7. B blocks A's right-hand attack with his left-hand move, and at the same time, he uses his right-hand move to strike A's face. (1st degree)

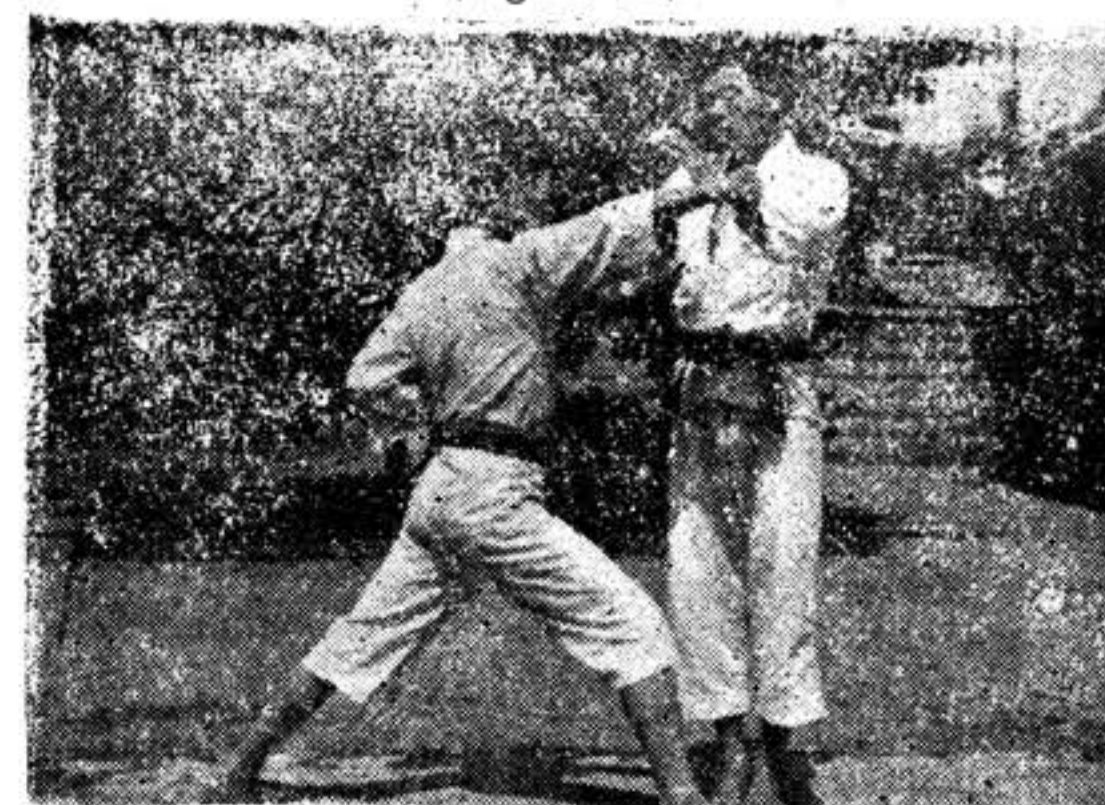


(Figure 22)



3. B blocks A's right-hand attack with his left wrist, and at the same time, while standing with his right elbow bent, he stabs A's middle arm with his right elbow. (Figure 22)

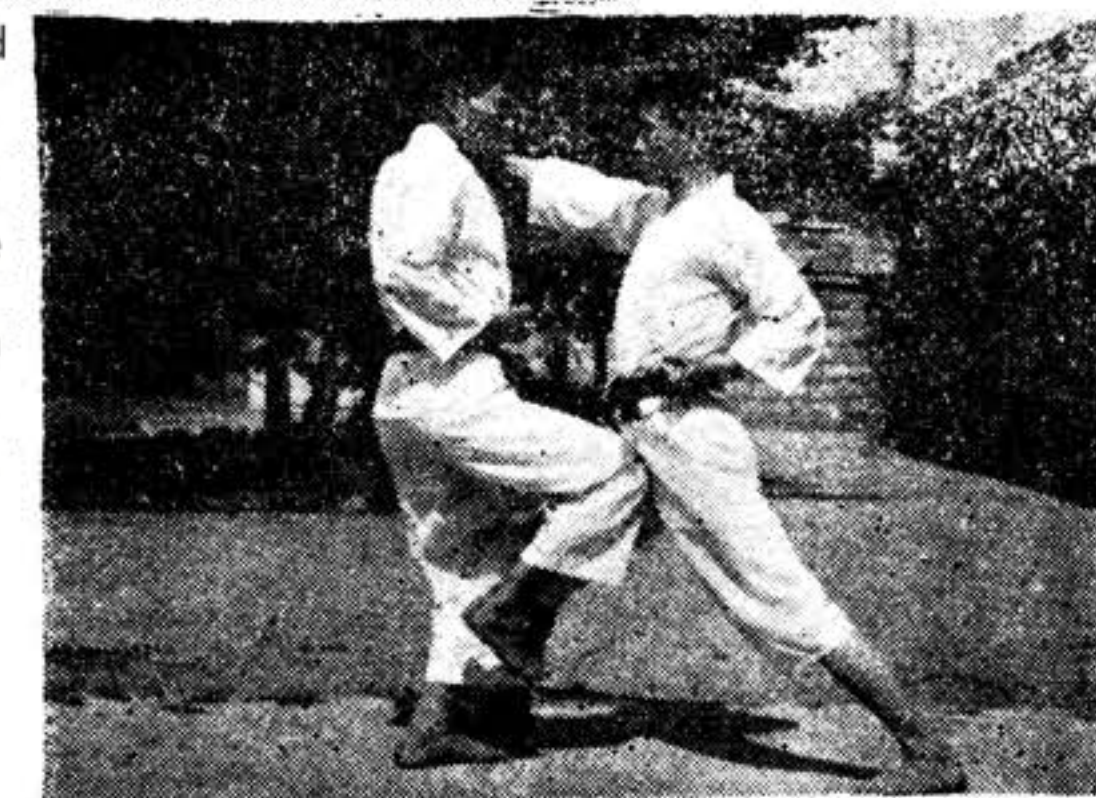
(Figure 23)



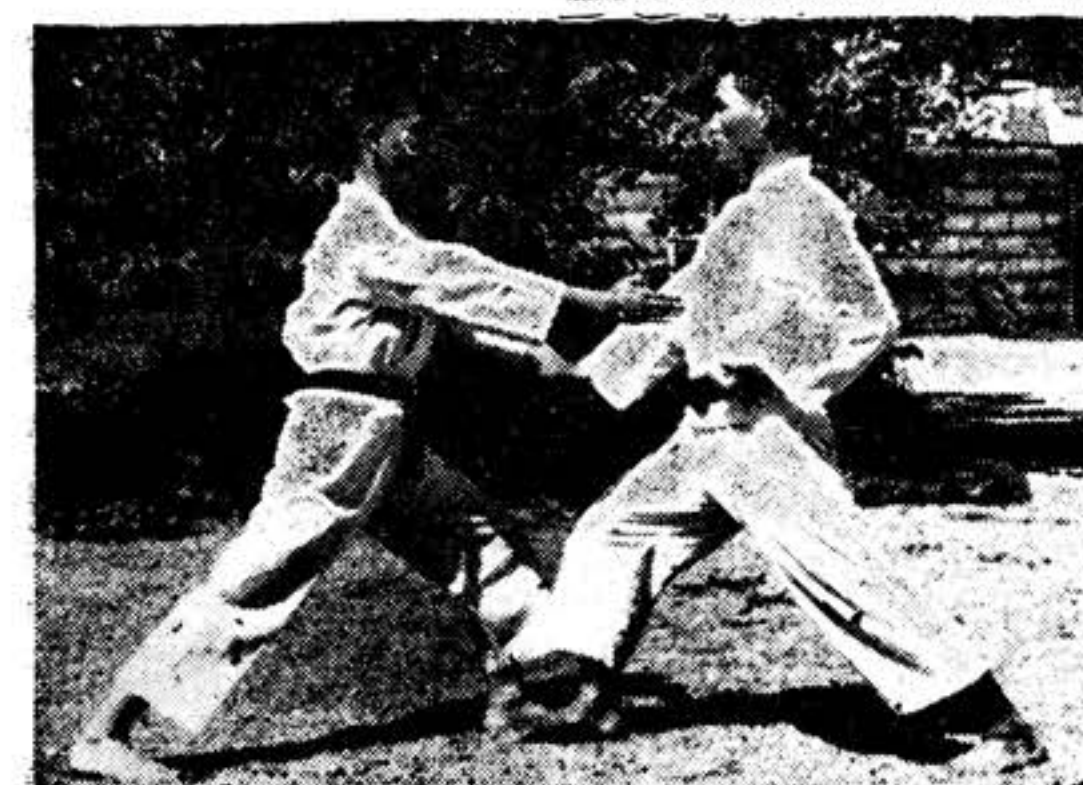
9. B blocks A's right attack with his left hand, then pulls his right foot together and stands, striking A's neck vein with his right hand. (System)

(24th degree)

10. B blocks A's right-hand attack with his left outer wrist and at the same time stabs A's groin with his right knee. (24th degree)

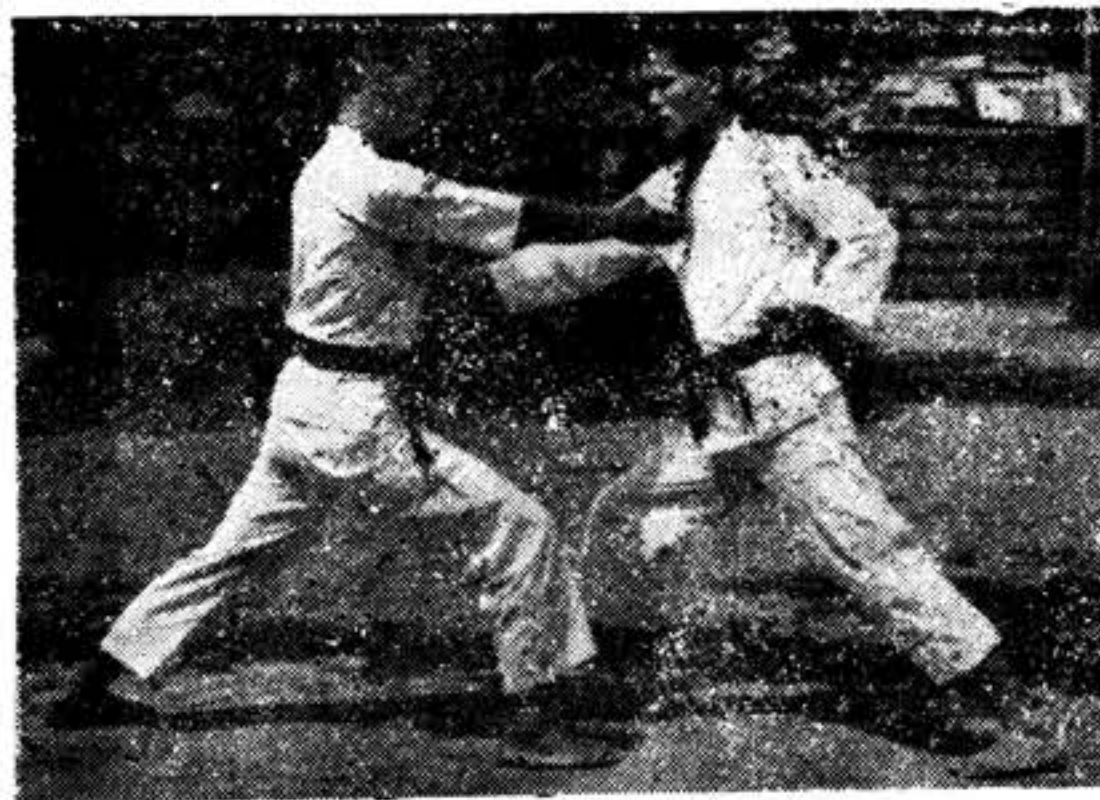


(Figure 25)



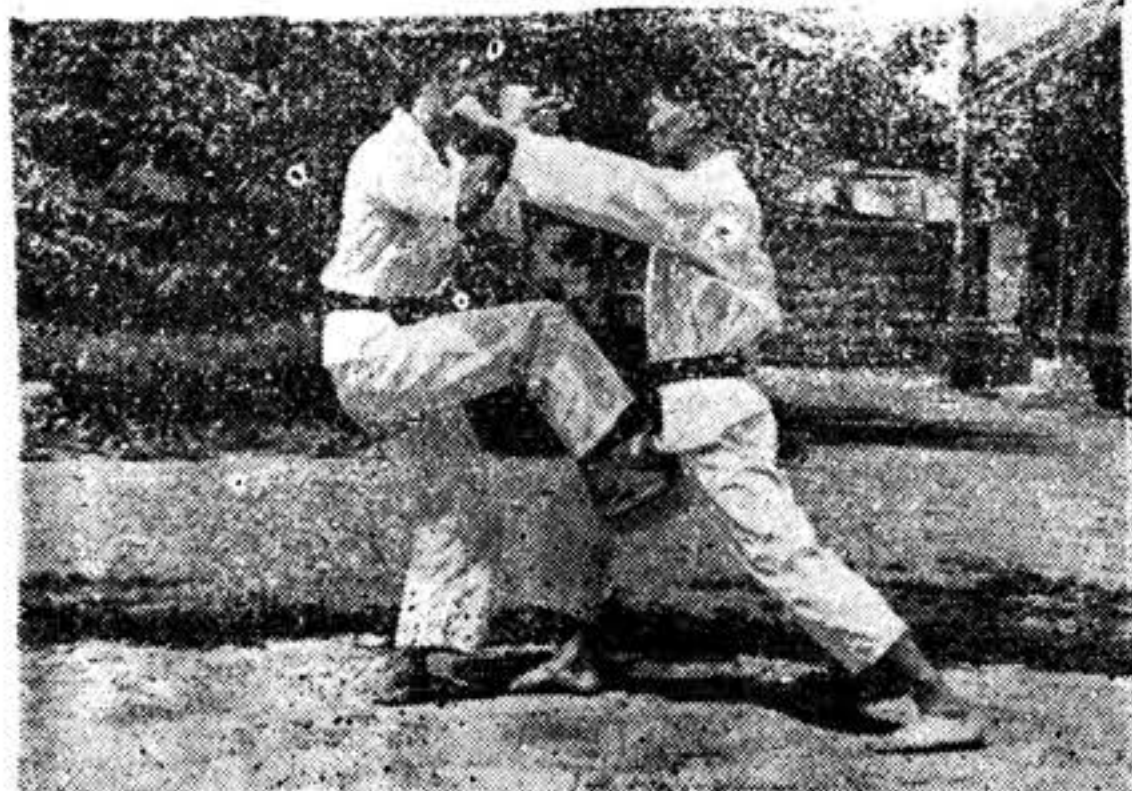
Article 2 Blocking the middle attack 1. B blocks A's right-hand attack with his left-hand fist and at the same time stabs A's middle attack with his right-hand fist. (Article 25)

(No. 26)



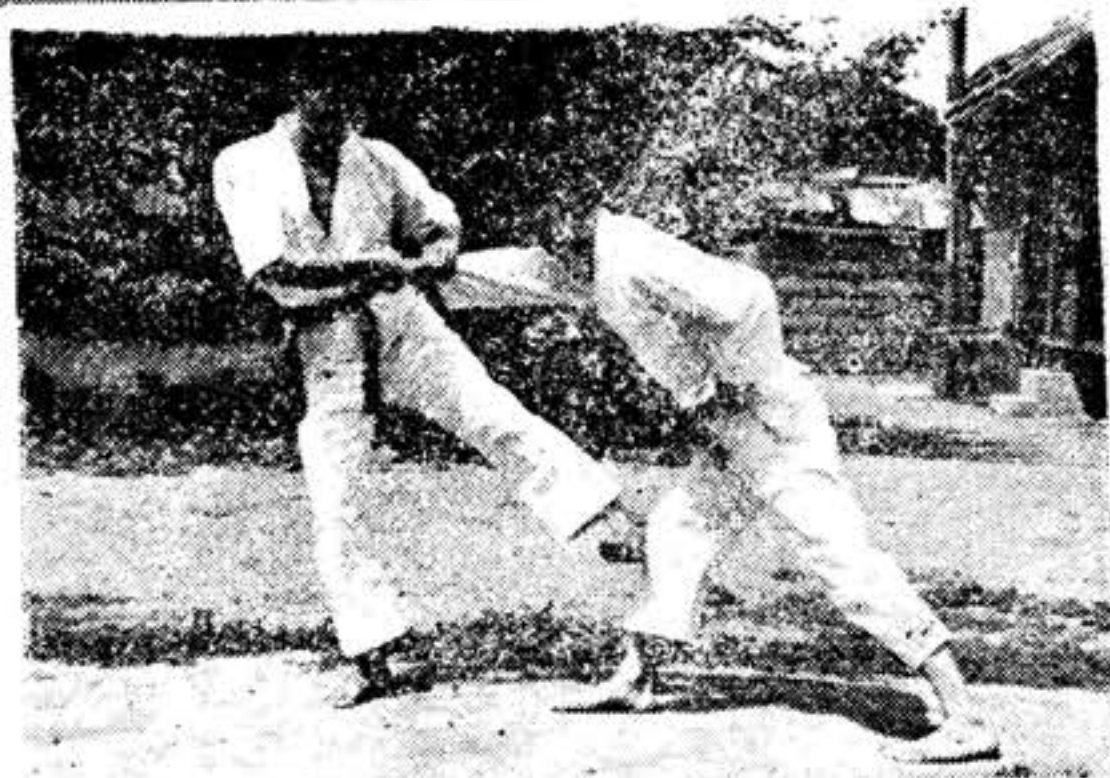
3. B blocks A's right-hand attack with his right foot, then twists and pulls to the right with both hands, and then kicks A's right knee with his left foot. (27th degree)

(Figure 28)



2. B blocks A's right-hand attack with his left hand, then twists A's wrist to the left with that hand and pulls it while stabbing A's chest with his right-handed sword. (26th strike)

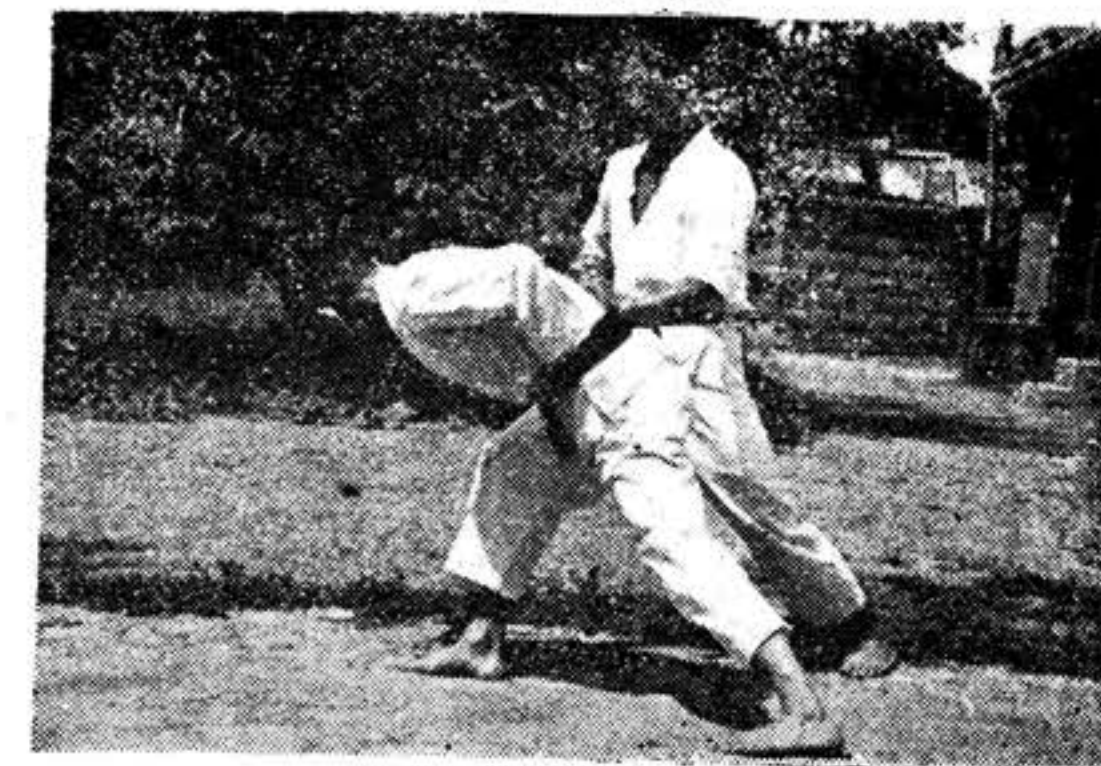
(No. 27)



1. B blocks A's two-fisted attack and at the same time stabs A's groin with the heel of his right front foot. (Figure 28)

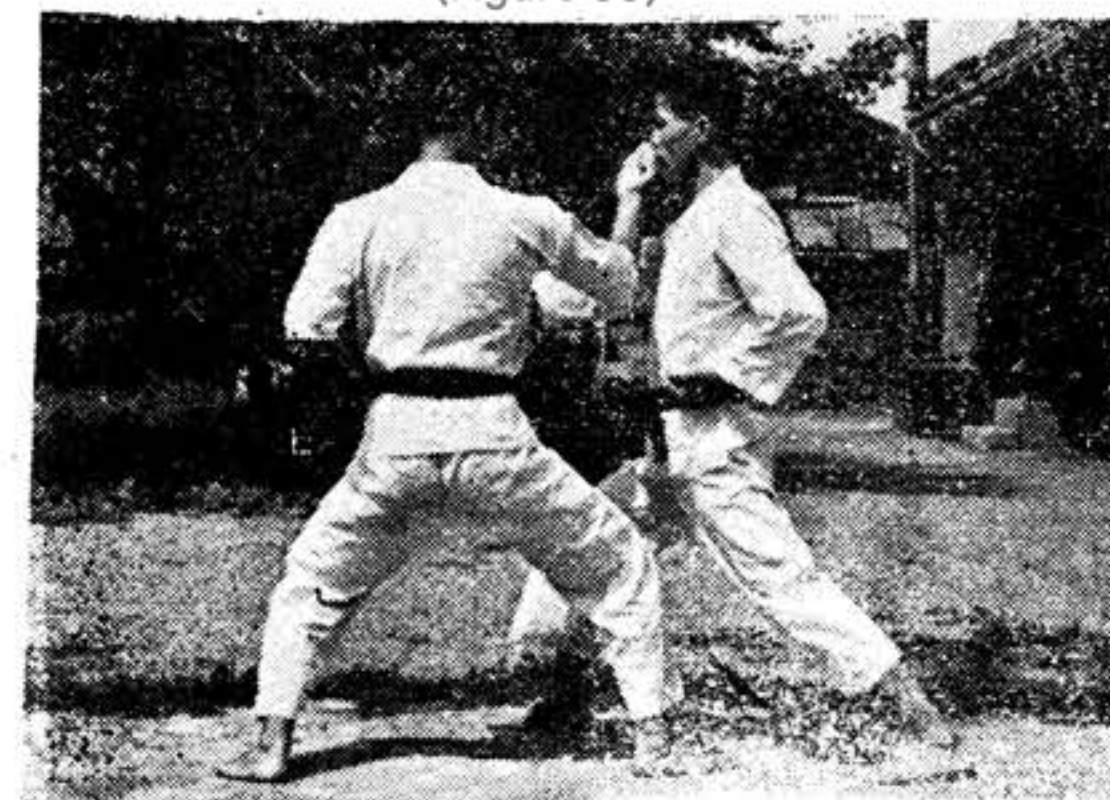
(Figure 28)

(Figure 29)



5. B blocks A's right-hand attack with his right hand, then twists A's right-hand to the right with his right hand and strikes A's waist with his right-hand.

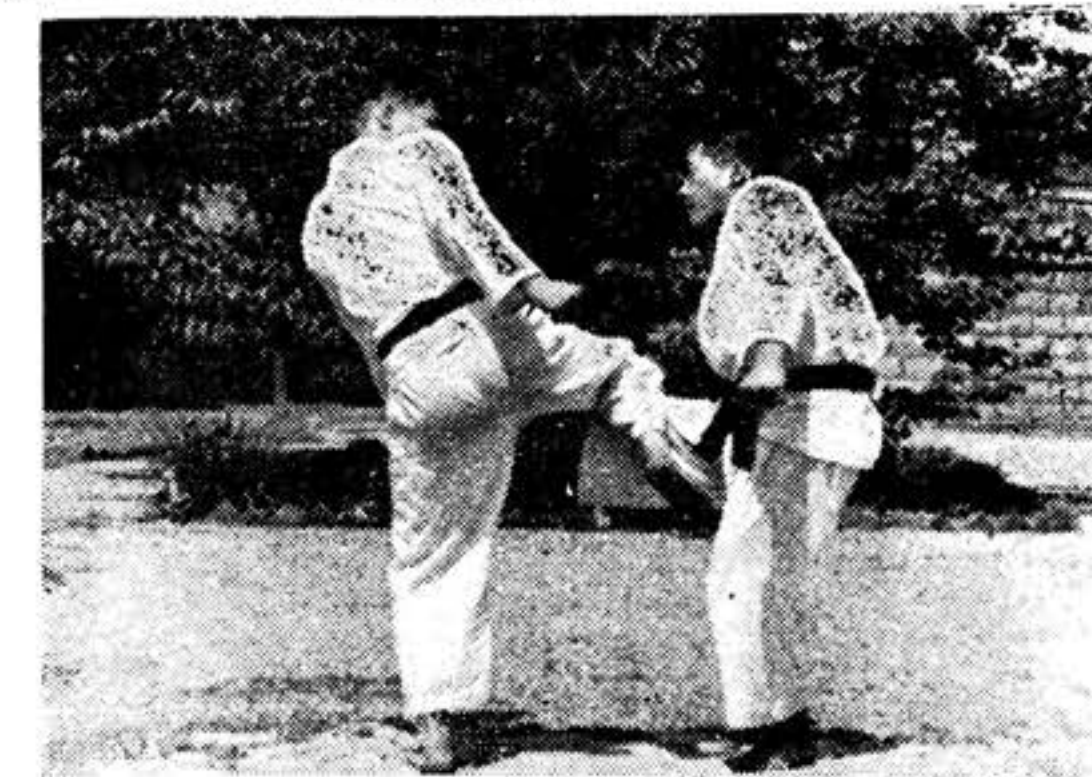
(Figure 30)



Attack the chin of the person with the 30th degree.

Article 3 Bottom blocking

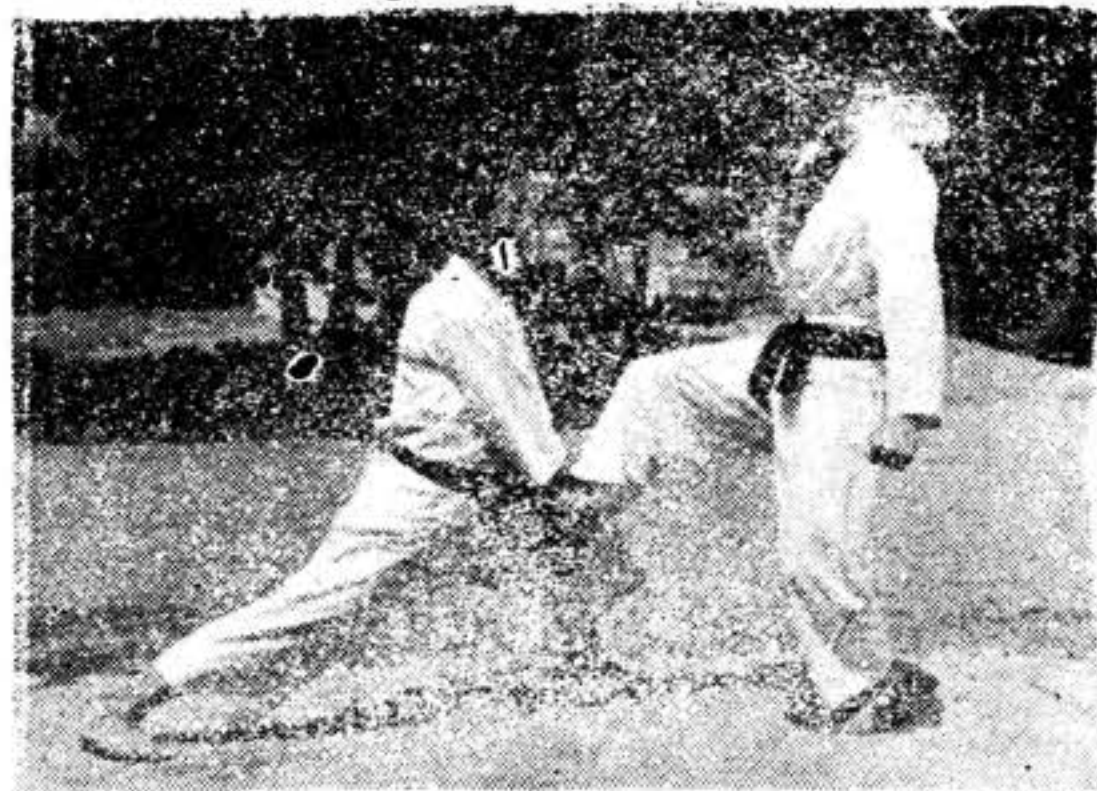
1. B blocks A's right leg attack with his left wrist and at the same time stabs A's groin with his right leg. (Figure 31)



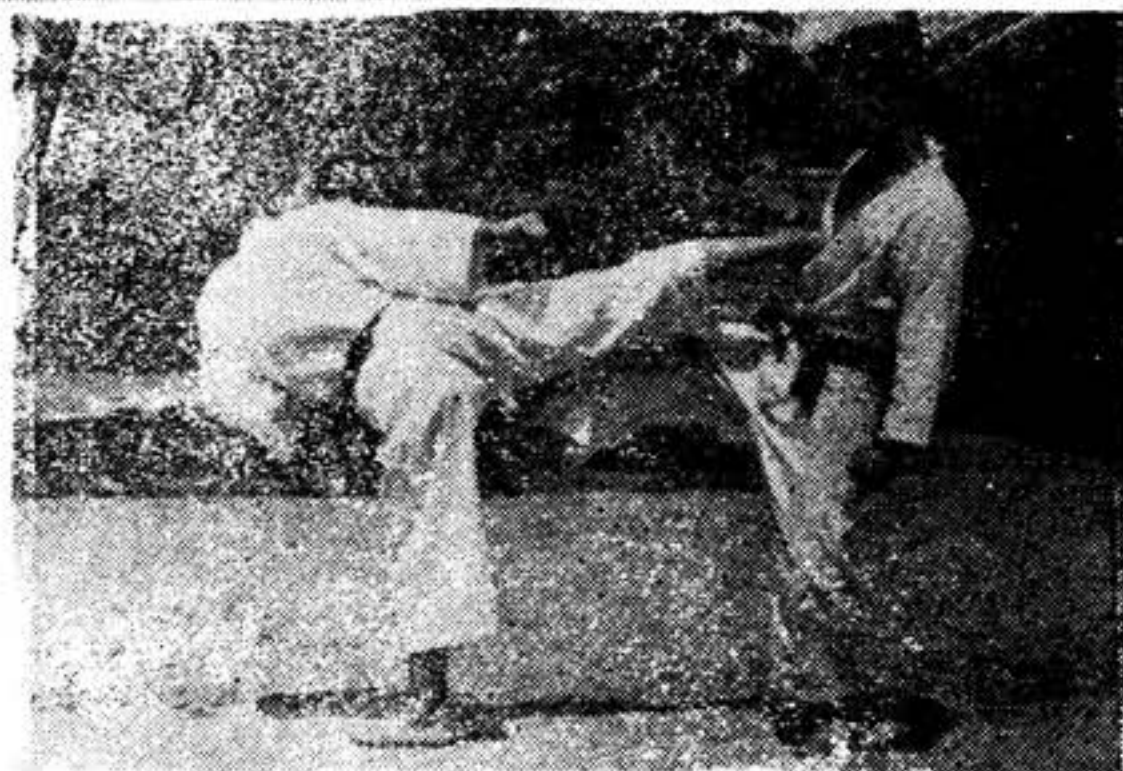
He trips and falls over the right leg of A with his left leg. (Article 29)

6. B strikes down A's right attack with his right hand and uses his recoil to make a correct counterattack (31st degree)

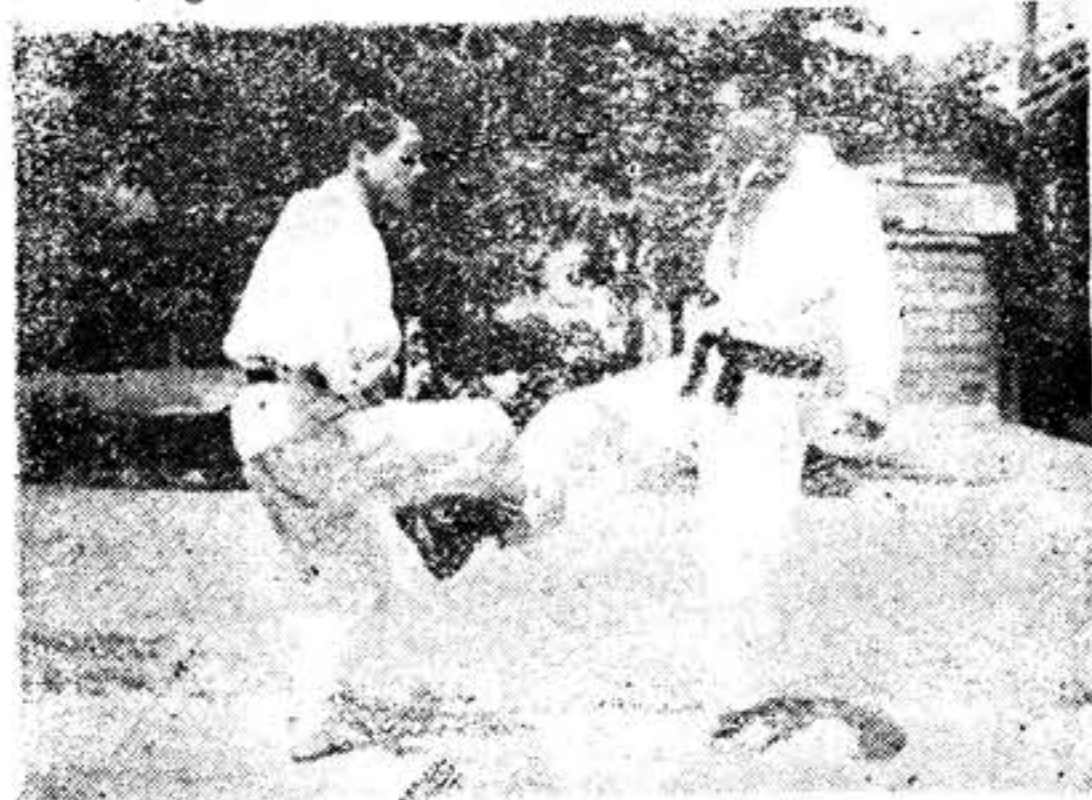
(Figure 32)



3. B blocks A's attack with his right foot by stepping down and then stabs A with his left foot (33rd degree).



(Figure 34)



2. B blocks A's right leg attack by crossing his two fists and stabs A's middle arm with his right elbow. (Figure 32)

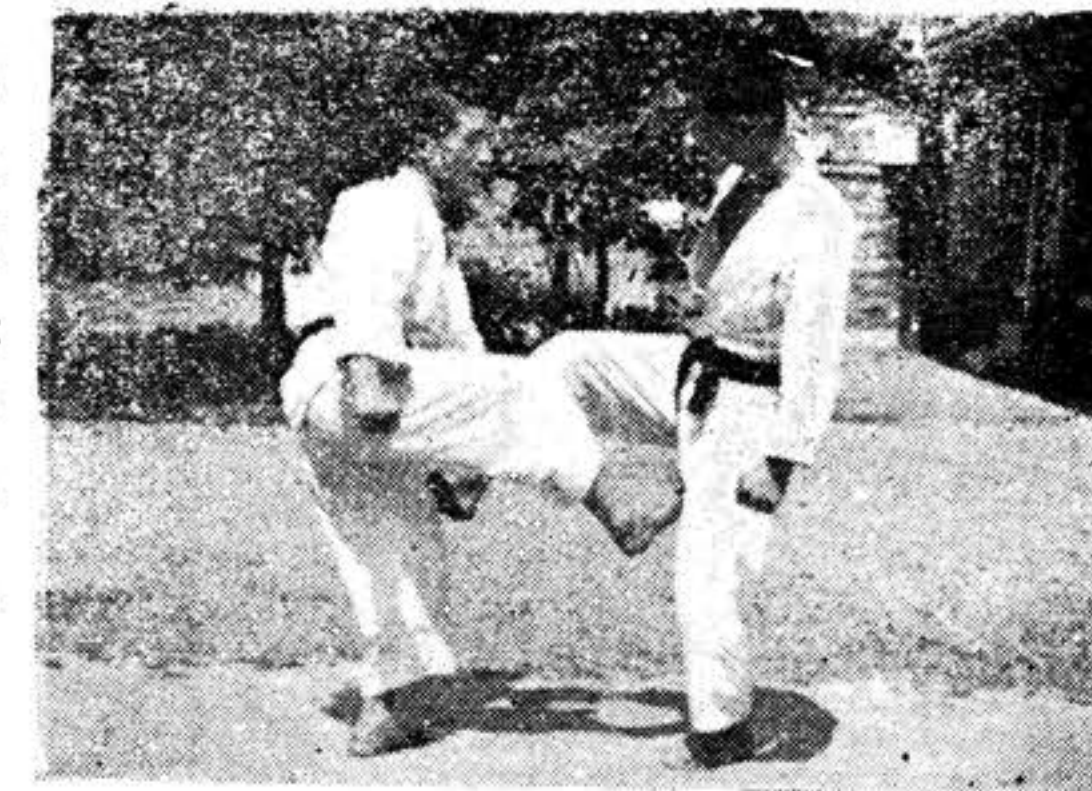
(Figure 33)

4. B kicks A's right foot with the sole of his right foot and then strikes the groin with his right front heel. (Figure 34)

(new 35 degrees)

5. B blocks the attack with his left foot, then kicks A's groin with his right knee and pushes A's left knee over with his right knee. (Figure 35)

(Figure 36)

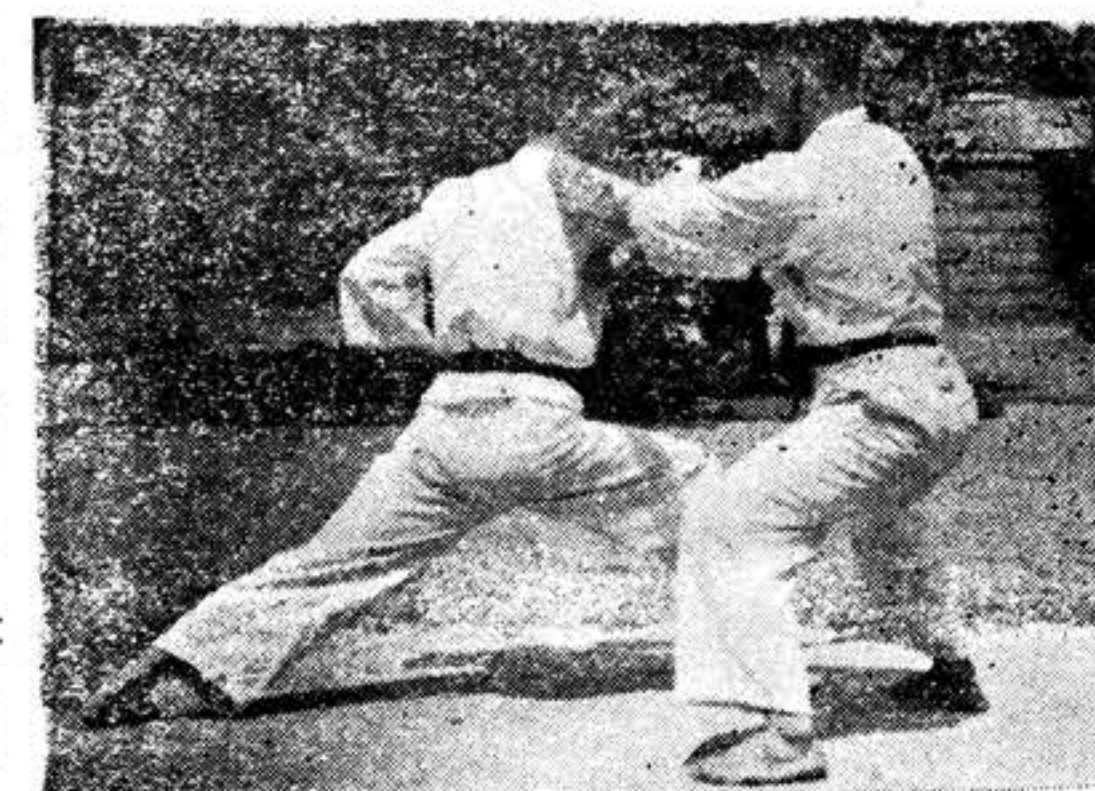


6. B blocks A's right leg attack with his left long fist and at the same time pushes A's knee joint to the left with his right long fist. (Figure 36)

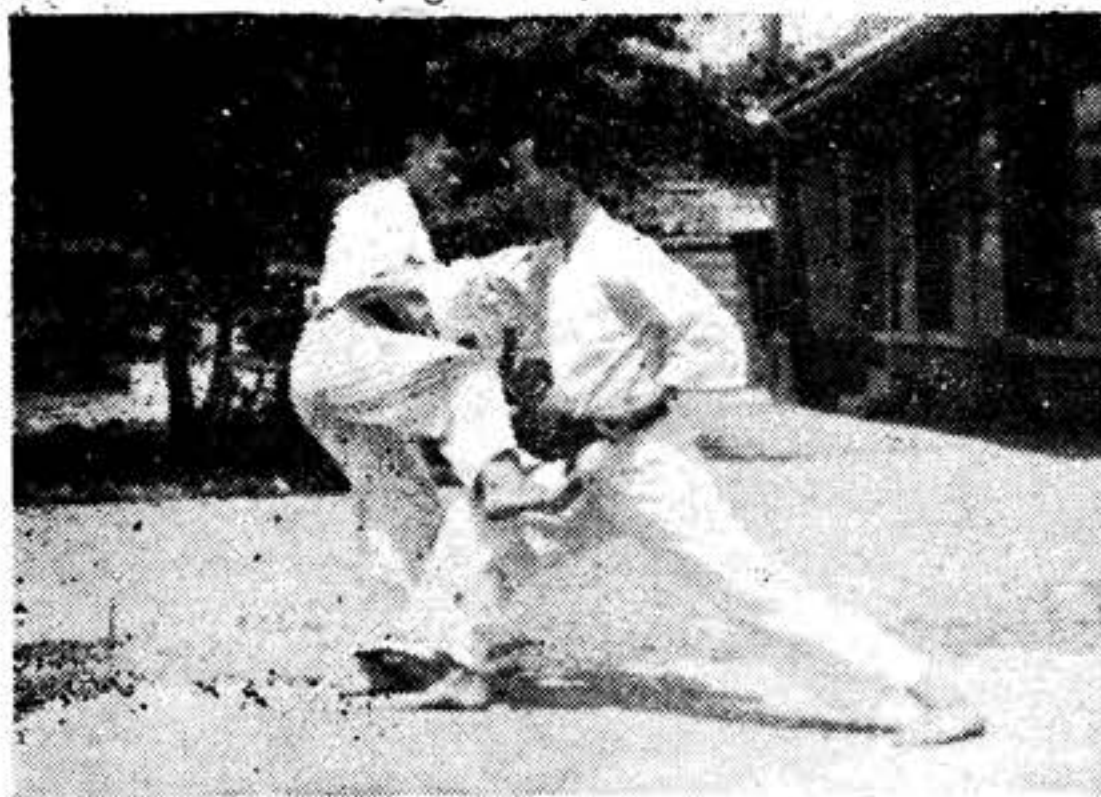
(Figure 37)

Article 4 Avoiding and blocking

1. When A strikes A's left leg with his right fist, B stands on horseback with his left foot one step to A's right and strikes A's shoulder with his left fist.



(Figure 38)



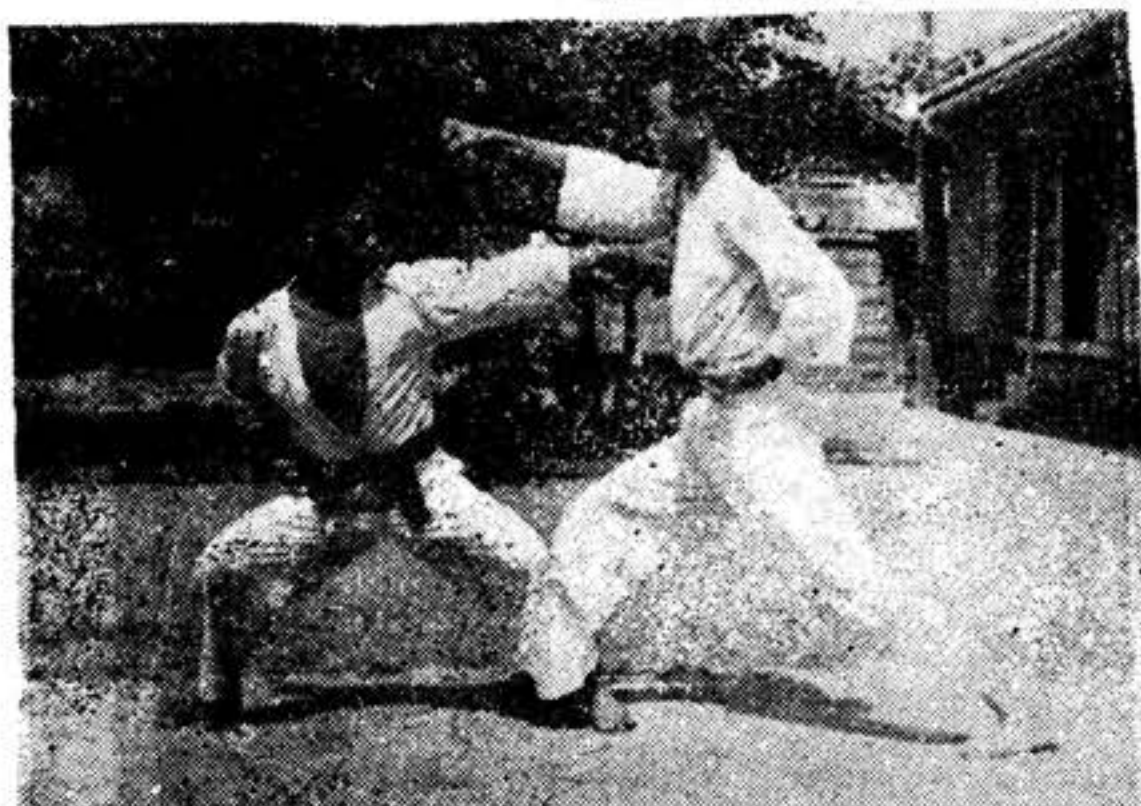
Turn and kick the core.

(Figure 38)

3. When A stabs the upper part of the right hand, B lowers himself and stabs A's inner part with the left flat hand.

(Figure 39)

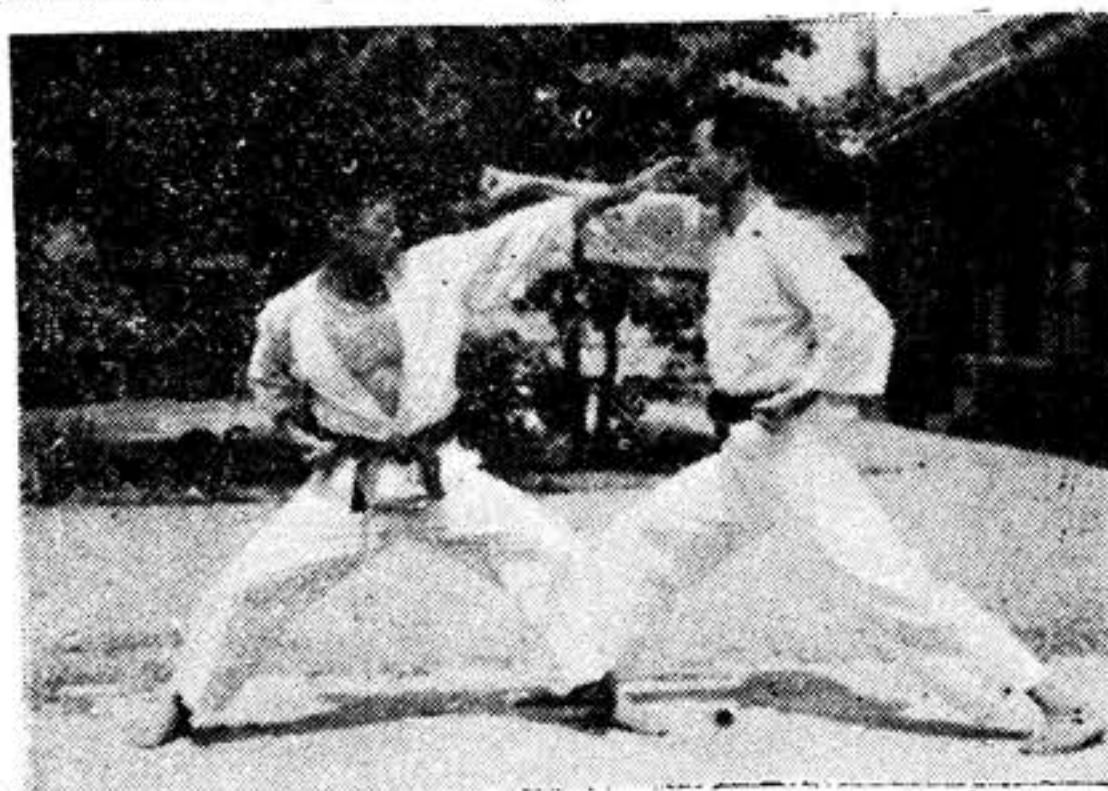
(Figure 40)



Stab A's waist with the right hand of the West.

(Article 37)

2. When A stabs the middle finger with the right foot, B moves his left foot to the first step and hits A's sac (39th degree) with his right foot.



4. When A stabs the upper part of the body with his right hand, B lowers himself and stabs A's right armpit with his left hand. (40th degree)

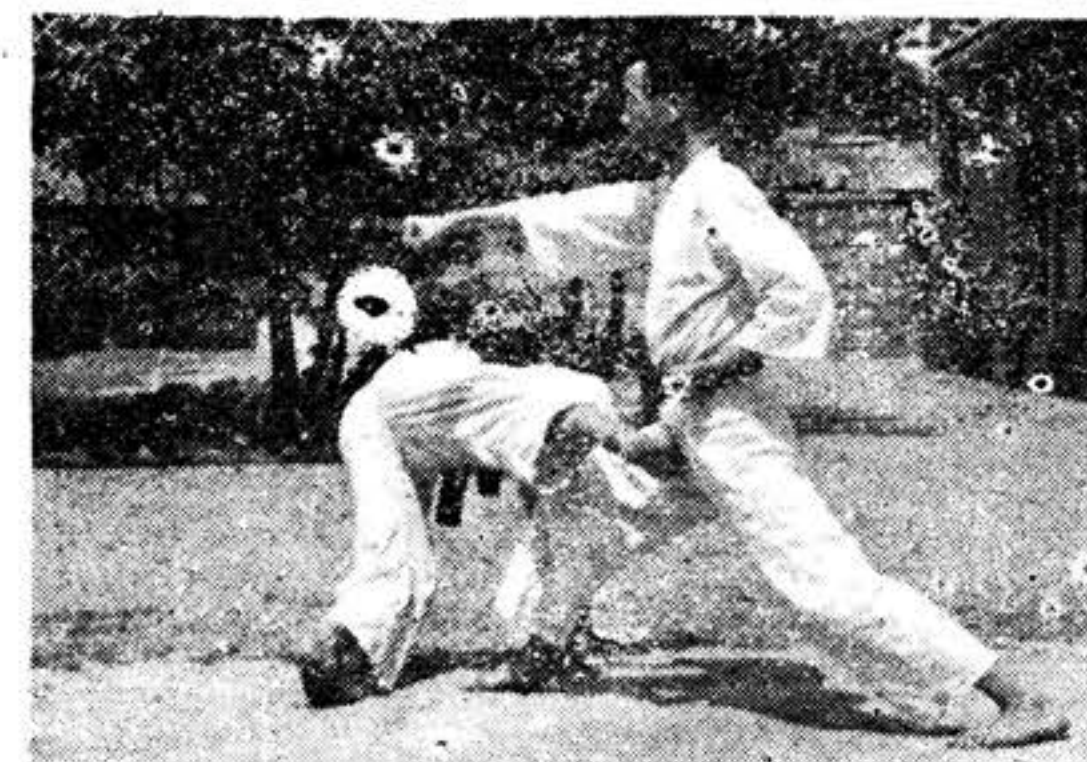
(Figure 41)



5. At A's upper attack, B moves his right foot one step to the right, lowers himself, and at the same time turns his body backwards and stabs A's middle arm with his right elbow.

(Figure 41)

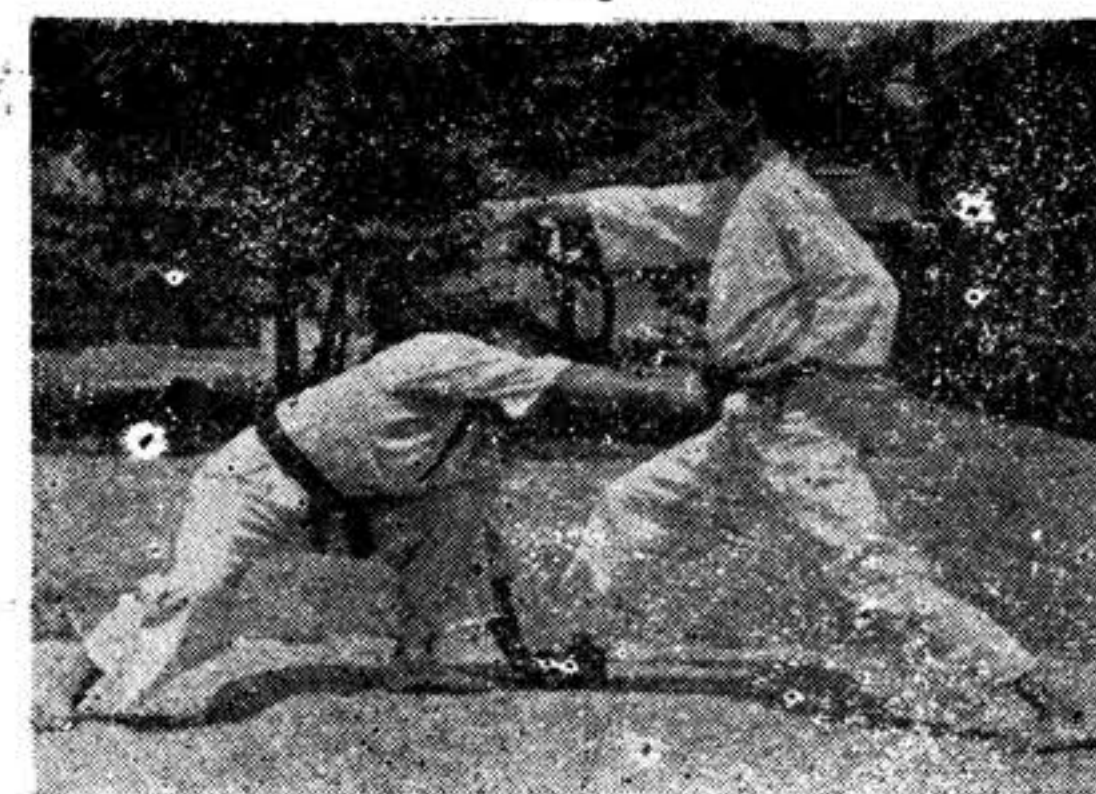
(42nd degree-A)



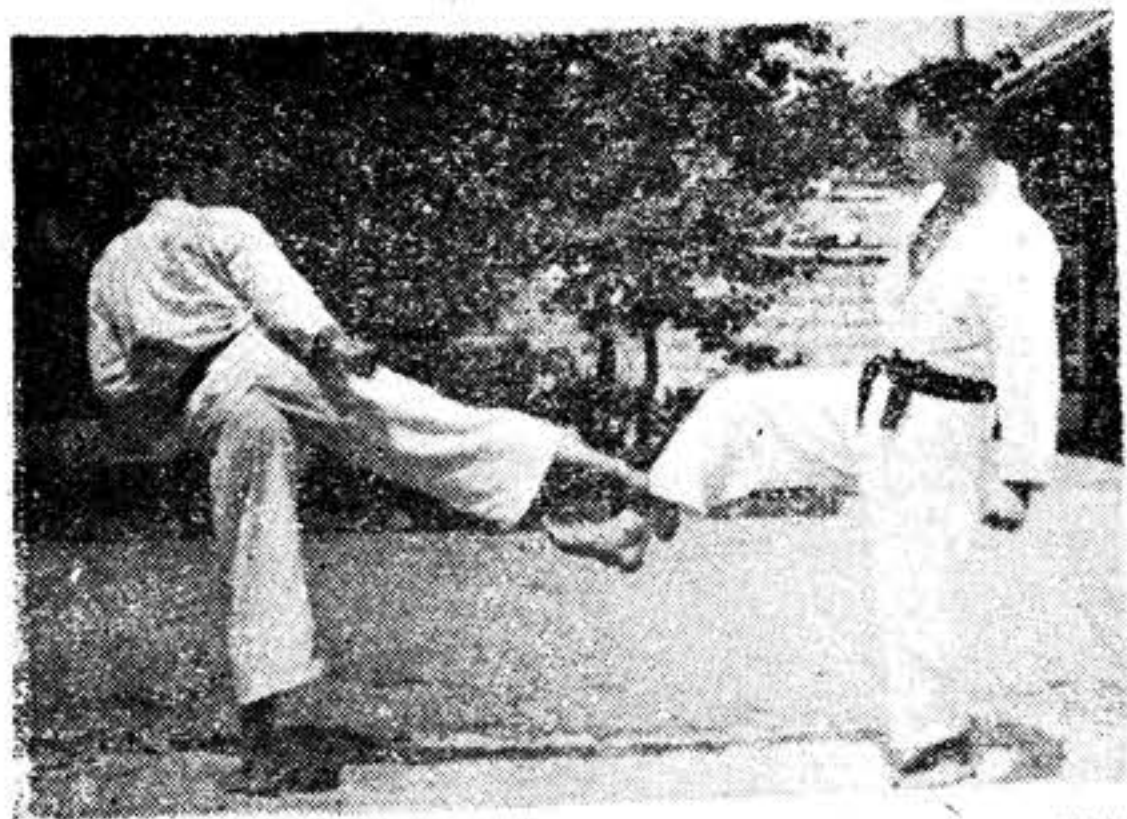
(42nd degree-B)

6. When A interrupts his attack, B dodges his body to the left, places both hands on the ground, and strikes A's groin with his right foot. Then, he presses A's right instep with his left hand and stabs A's lower abdomen with his right fist.

(Figure 12A.B)



(Figure 43)

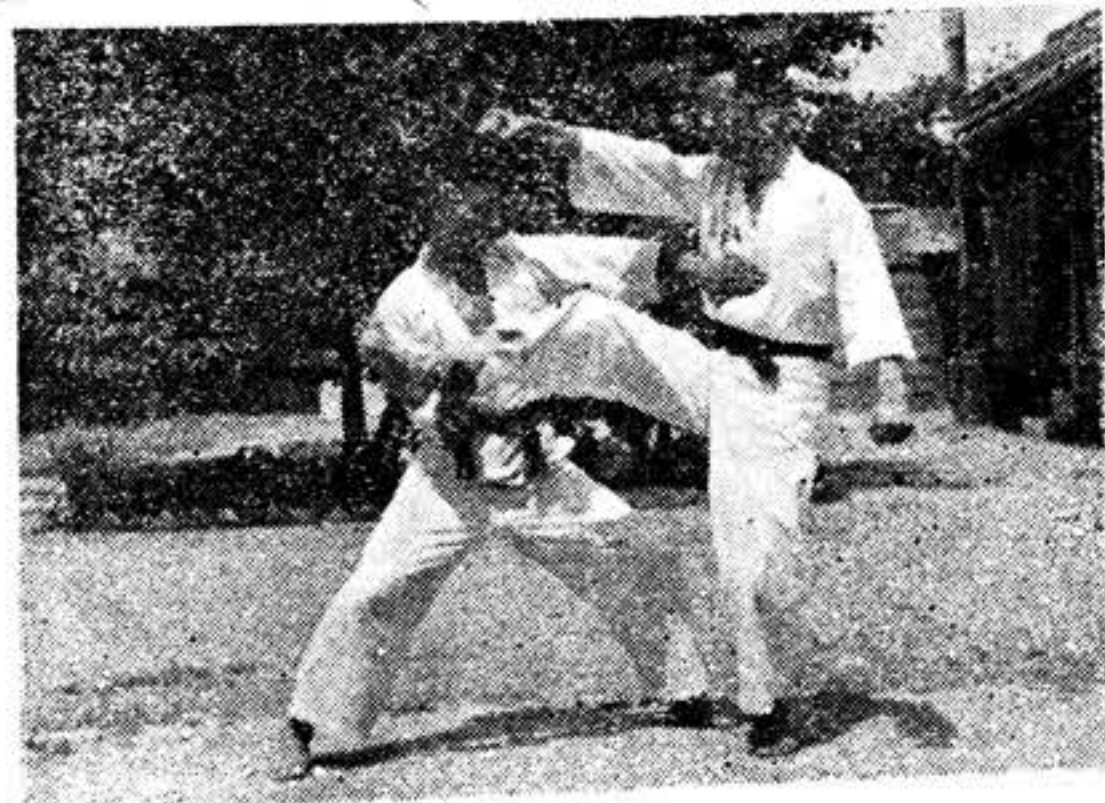


7. When A attacks with his right foot, B stands on one leg with his left foot and then kicks A's leg with his right foot.

(Figure 43)

(Figure 44)

8. When A simultaneously attacks with the right foot and the upper leg, B simultaneously lowers his left foot one step to the right of A and raises his left foot to attack with the right foot and the

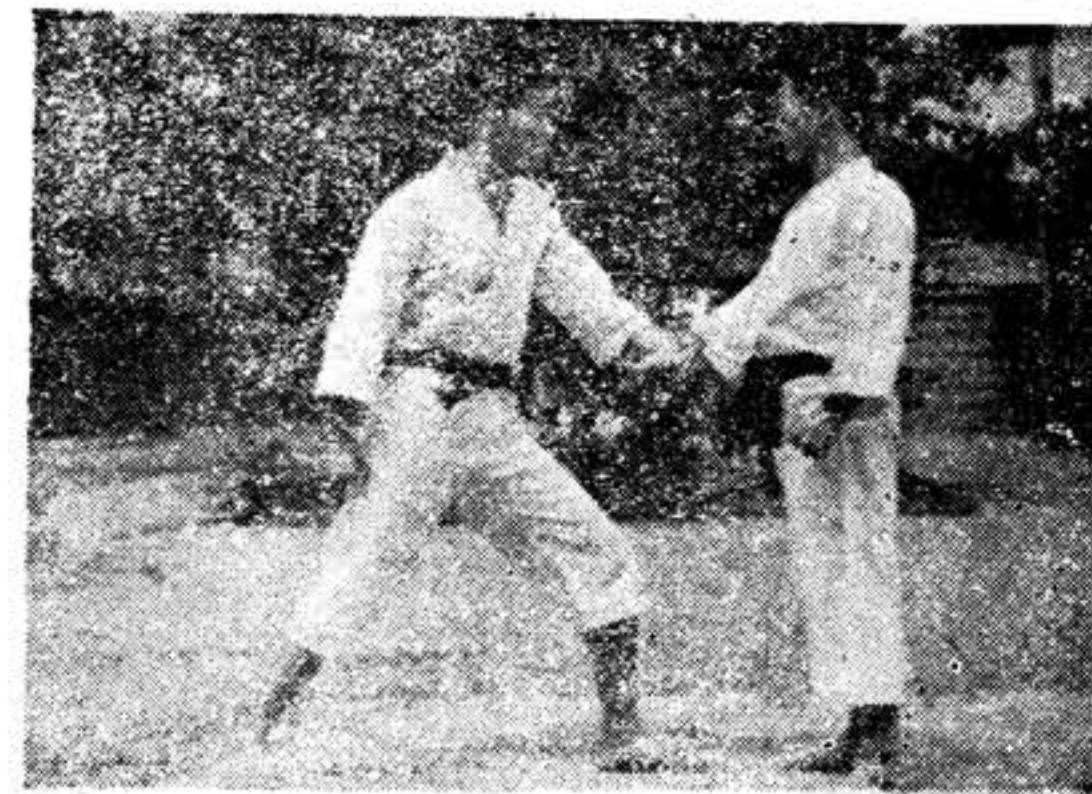


After that, he pushed the chest with his hand and struck A's right foot with his right fist. lower leg of A. (Figure 44)

Section 3: Self-preservation Methods and Chains

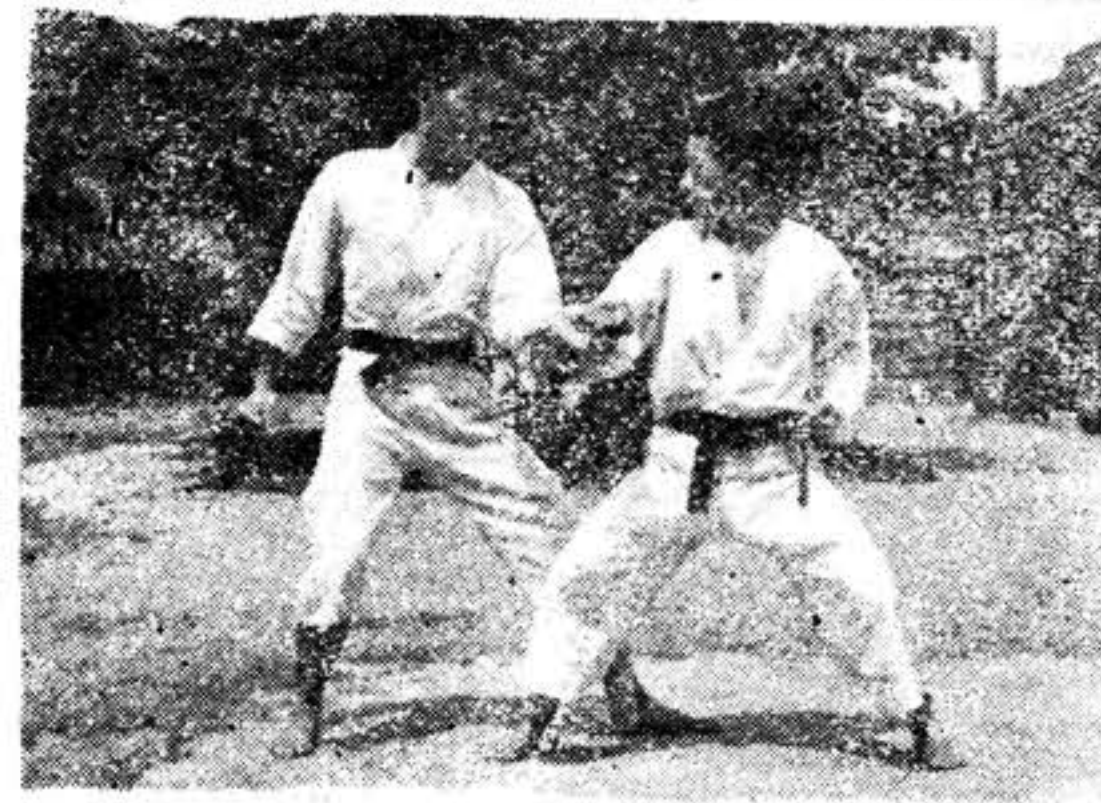
1. When A grabbed B's wrist with his left hand, B took a step forward with his right foot and simultaneously turned his caught wrist to the left and pulled it out.

(45th degree A)



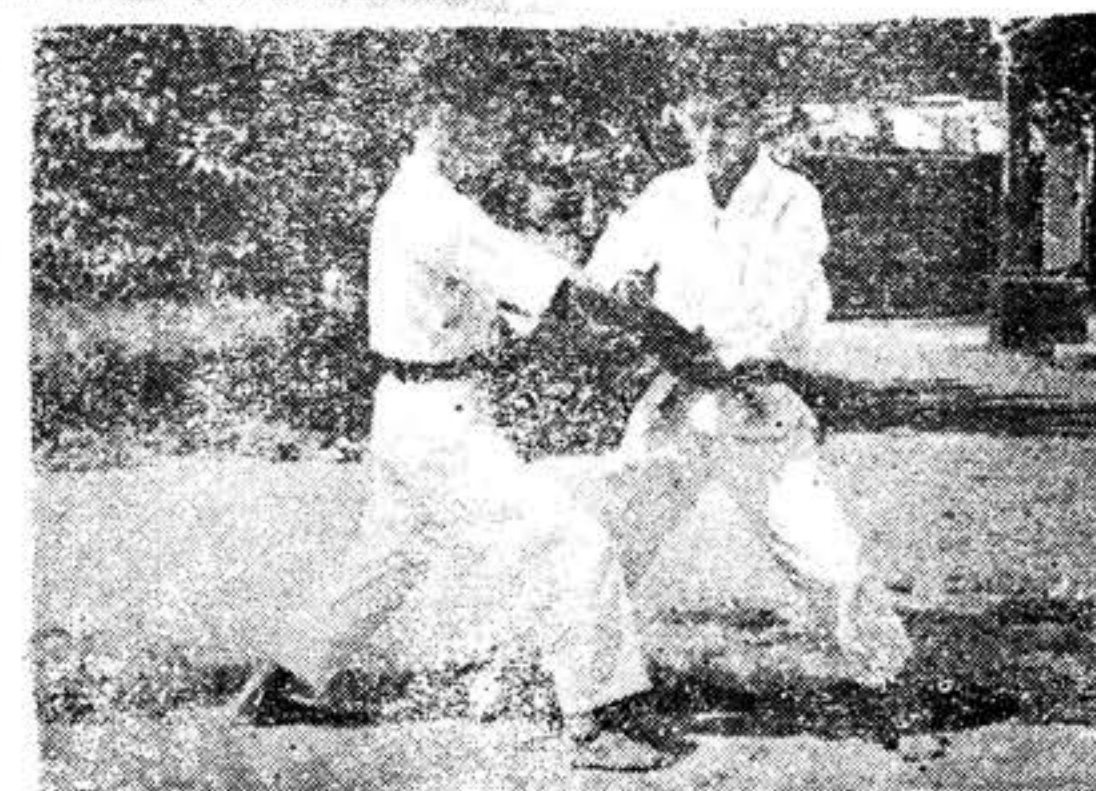
Using the empty space of the left side, strike the carotid artery of the right side. (Article 45A • B)

(45th degree-B)

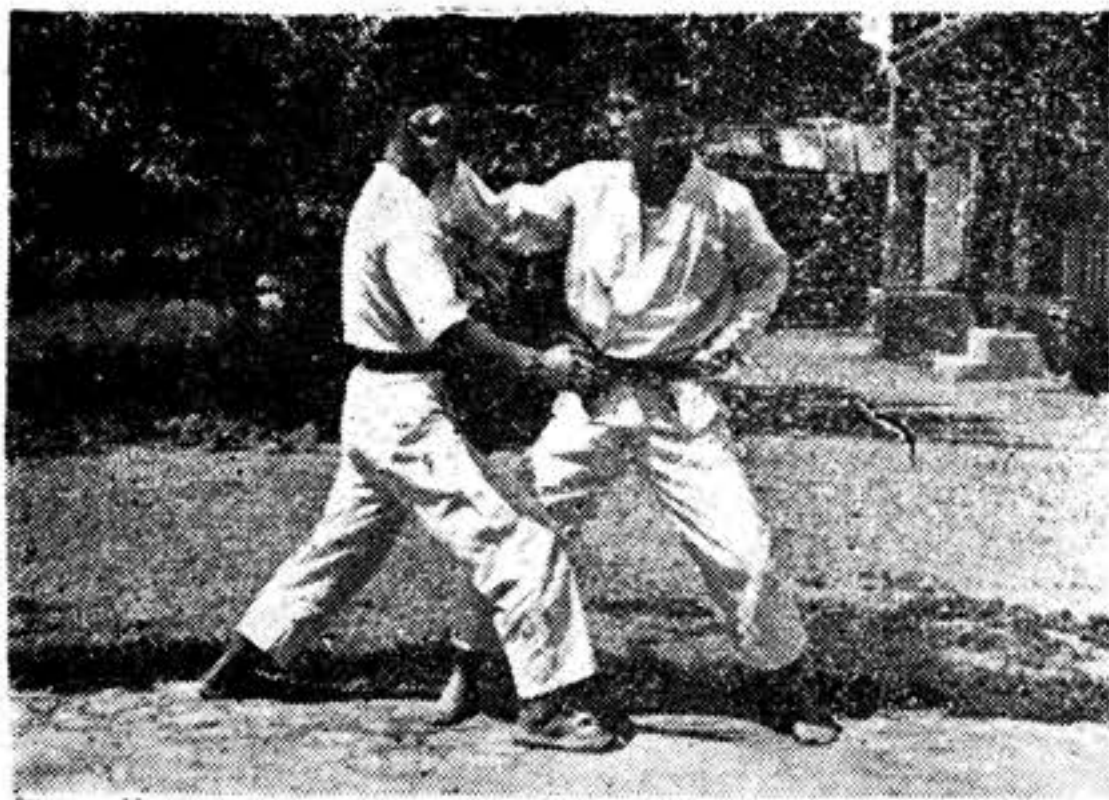


(46th city)

2. When A grabs B's two wrists with both hands, B takes out the right hand using the technique of 1 and then strikes A's inner wrist with the outside of his right hand while simultaneously extending his left hand.



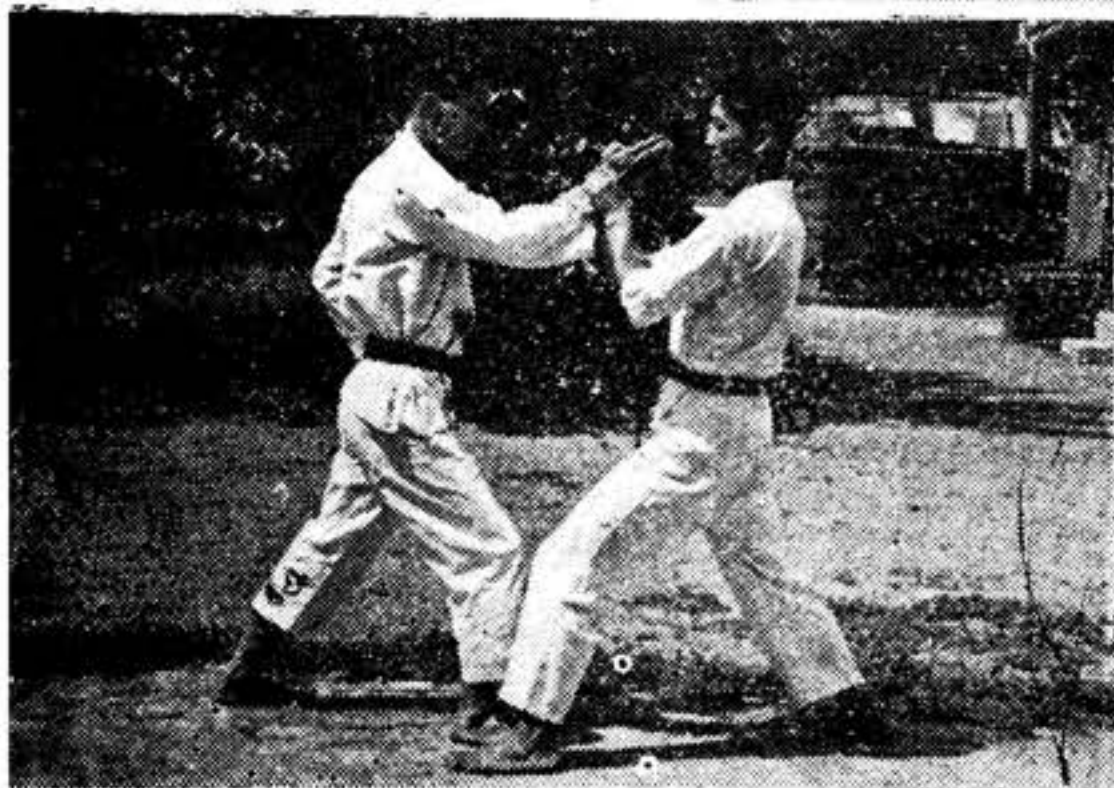
(46th degree-B)



Pull the front of the body forward and strike the sphenoid bone of the right thigh with the right elbow. (Figure 4 AB)

(Figure 47)

When A grabs B's left wrist with his right hand, B grabs A's right wrist with his right hand and twists it to the right, pulling A with his right foot (48th degree-A)

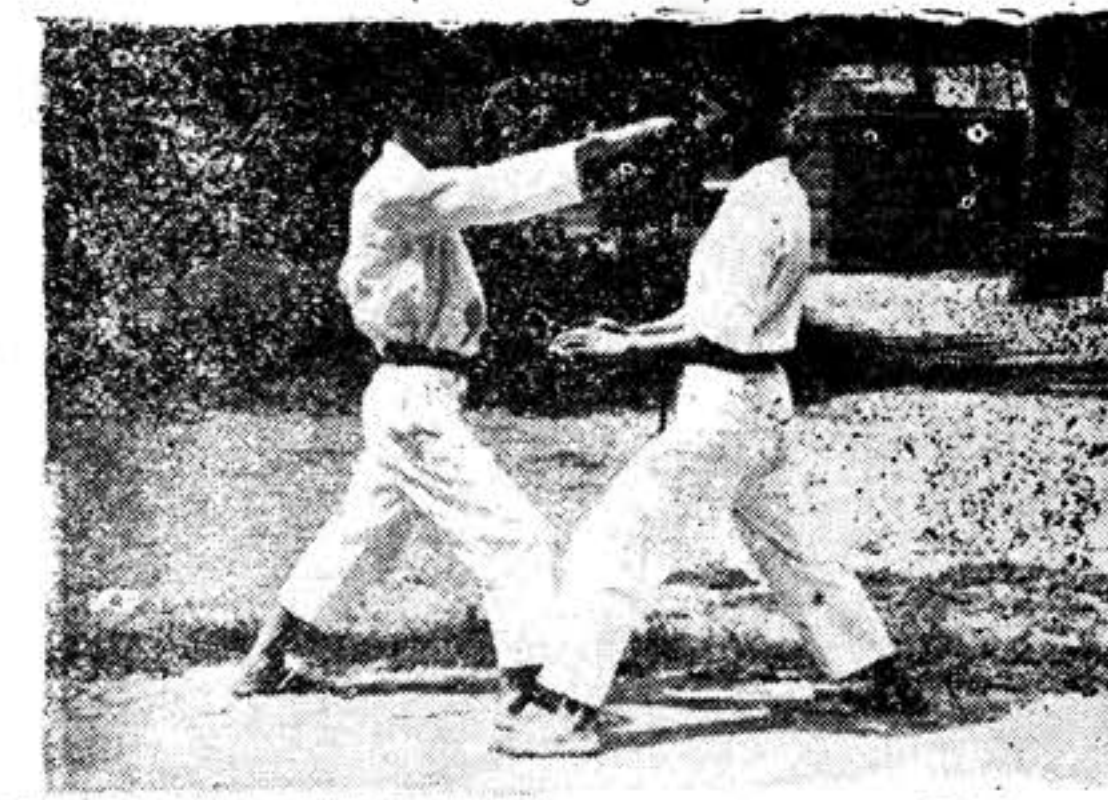


It stabs the chin of the person.

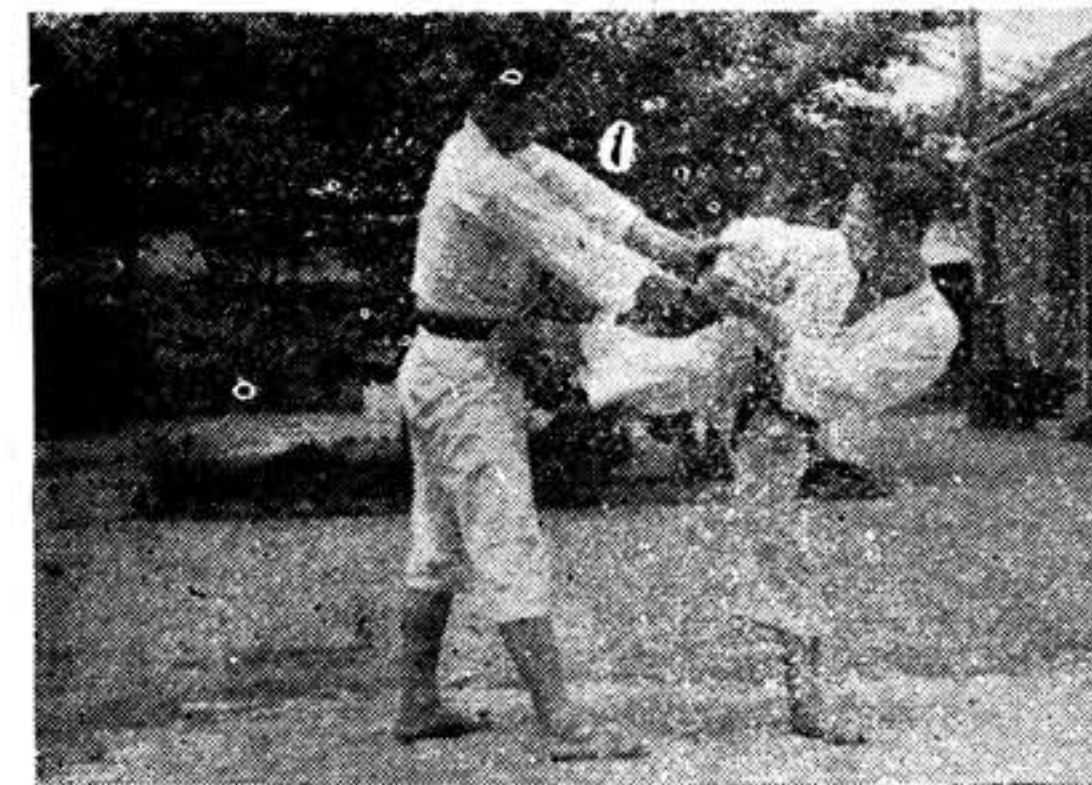
(Article 47)

4. When A grabbed B's right wrist with both hands, B took a half step forward with his right foot and at the same time opened his caught hand and

(48th Degree-B)



He pulls it down and then stabs A's buttocks with a straight knife. (Figure 48A • B) ※When A pulls, B consciously puts out the hand that is being held by B and pushes it away, then instantly pulls it forward and away. (Figure 49)



5. When A grabs B's right wrist with both hands, B pulls his left foot half a step to his right foot and at the same time places his left palm on the right fist surface, then twists his caught hand to the left and pulls it

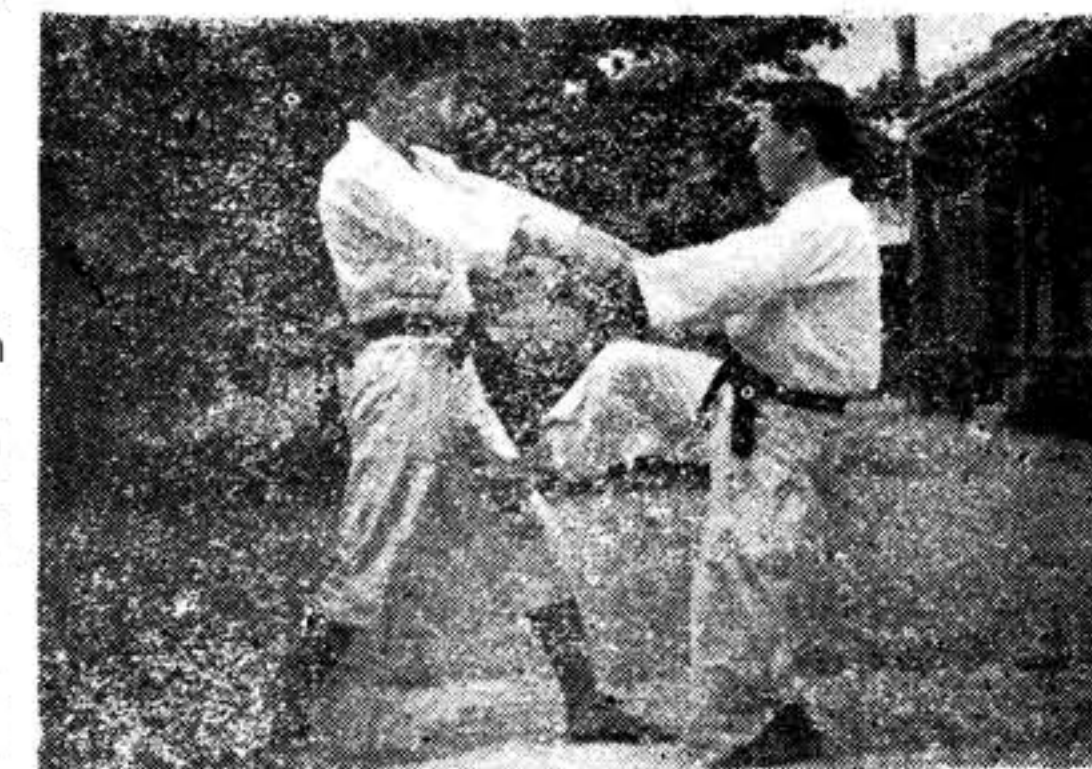
(50th degree)

Stab the name of the person in the

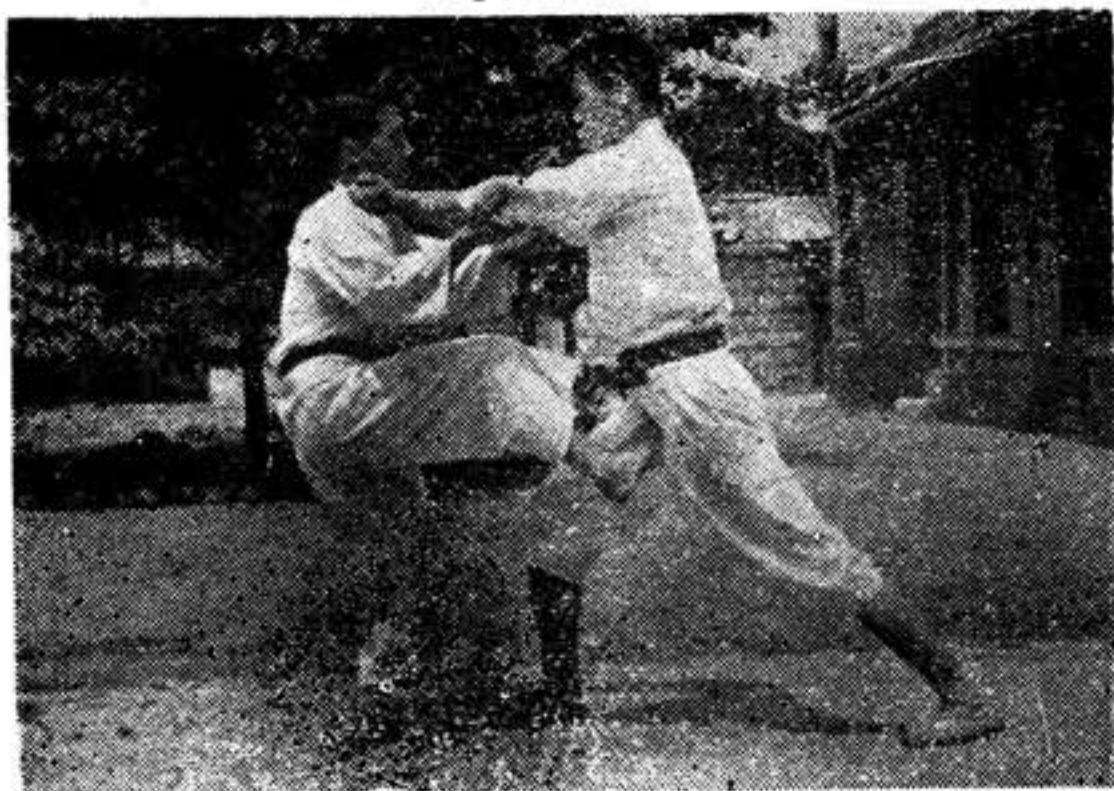
other person's name with a knife.

(Article 49)

6. When A grabs B's right wrist from behind with his right hand, B takes a step back with his left foot and places his left elbow on A's.



(Figure 51)



B's neck (collar)

When caught, B strikes A's two wrists with his two long swords, and at the same time, strikes A's chest with his fist. (Figure 51)

(52nd degree-B)

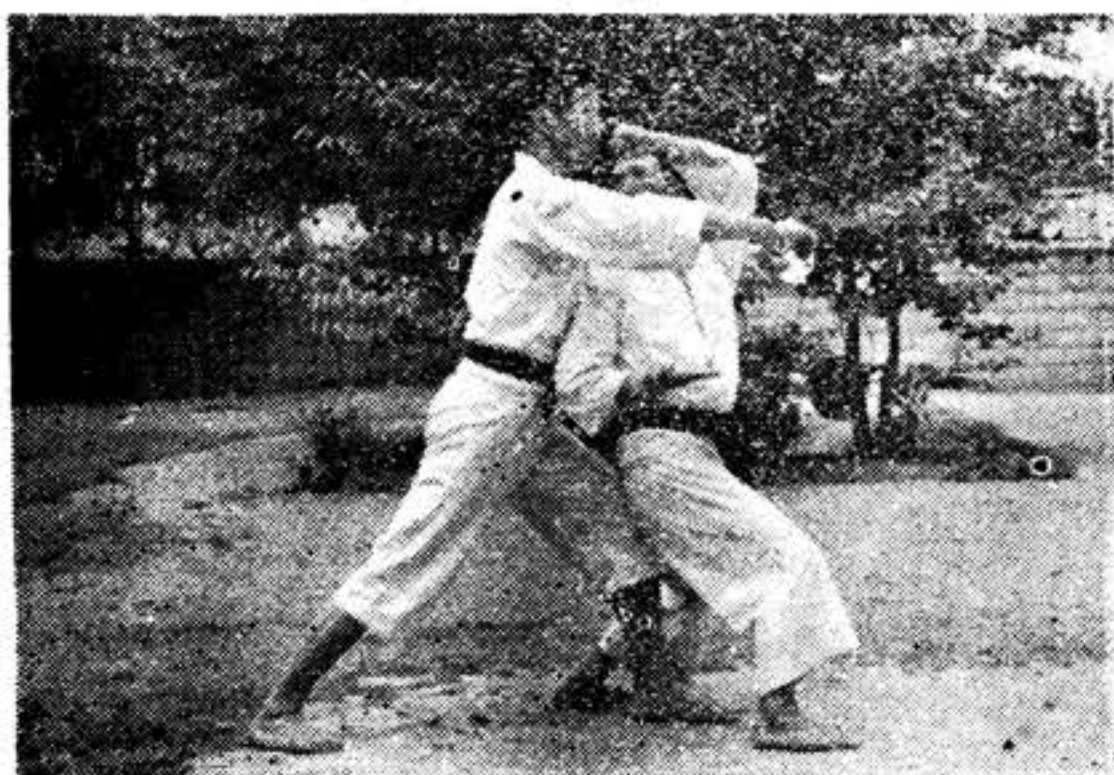


It pierces the solar plexus.

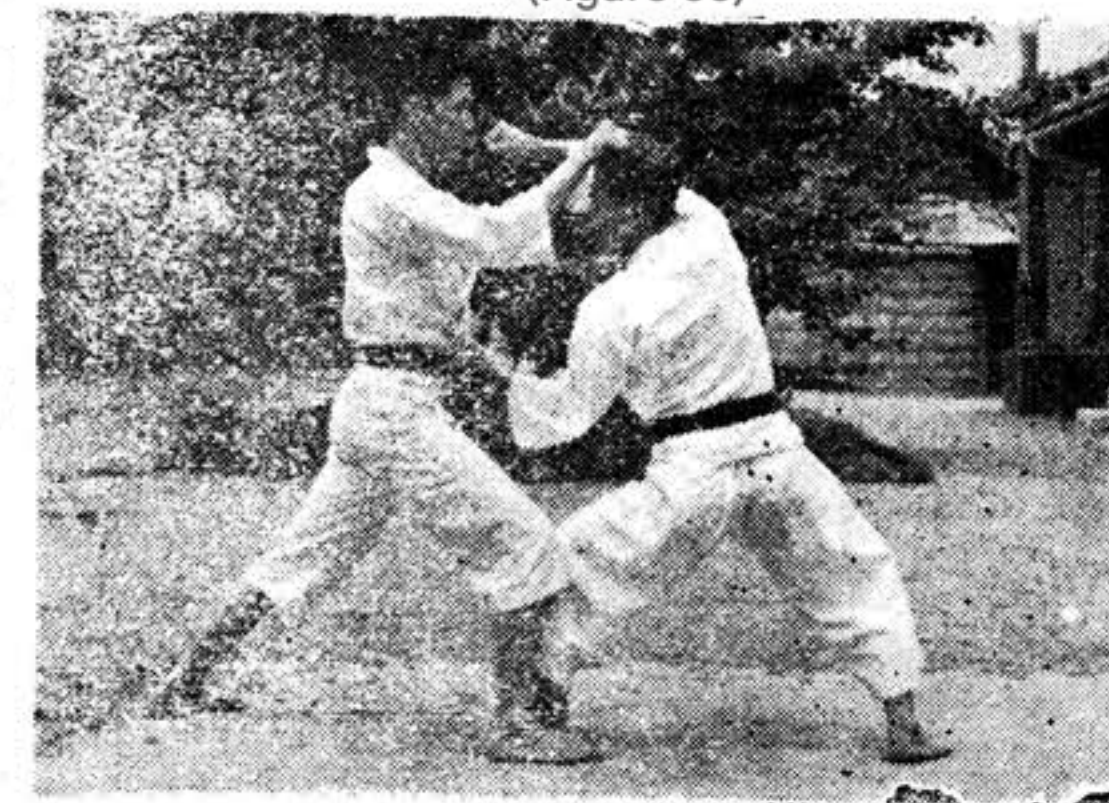
7. When A grabs B's wrists with both hands, B pulls them forward and kicks A's groin with his right foot. (Figure 50)

8. A with both hands (52nd degree-A)

9. When A hugs B from behind, B raises both arms and lowers his body, and at the same time, he stabs A's pubic area with his right elbow and then stabs A's upper part with his left elbow.



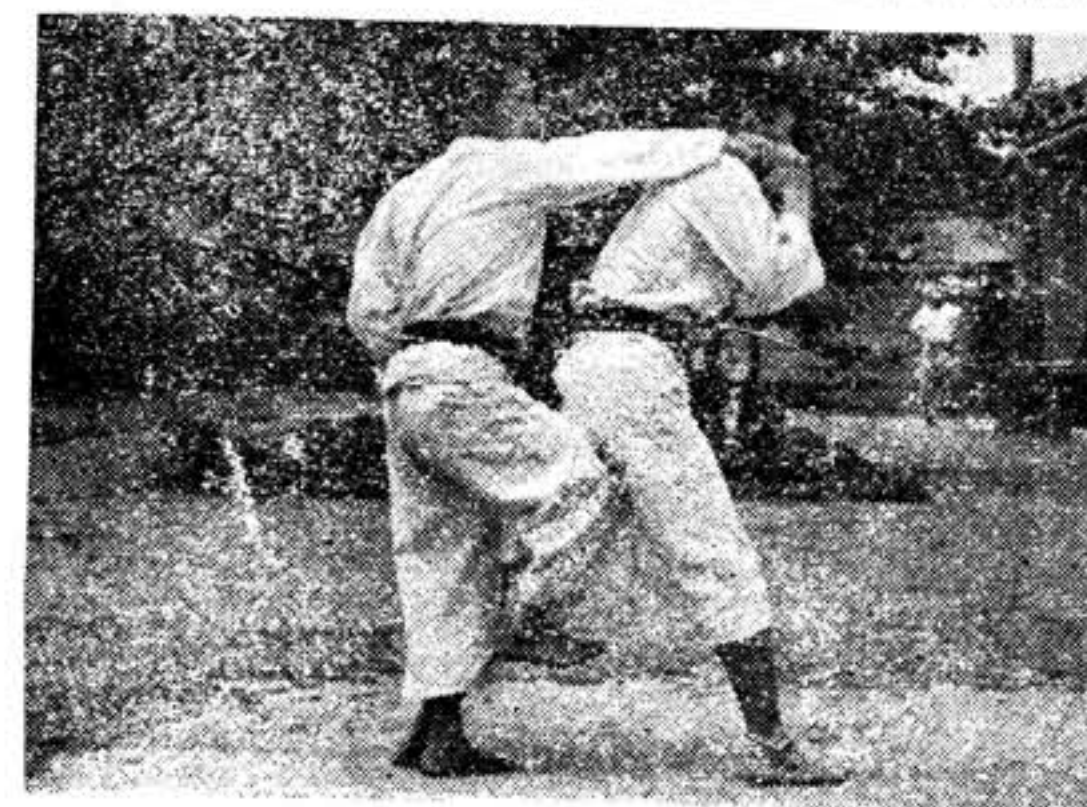
(Figure 53)



All. (5th degree A.B)

10. When A has grabbed B's head well, he believes in Dajwoon and thrusts forward, stabbing B's upper and middle legs at the same time with the Needimenshi Dusungkwon. (53rd degree)

(Figure 51)

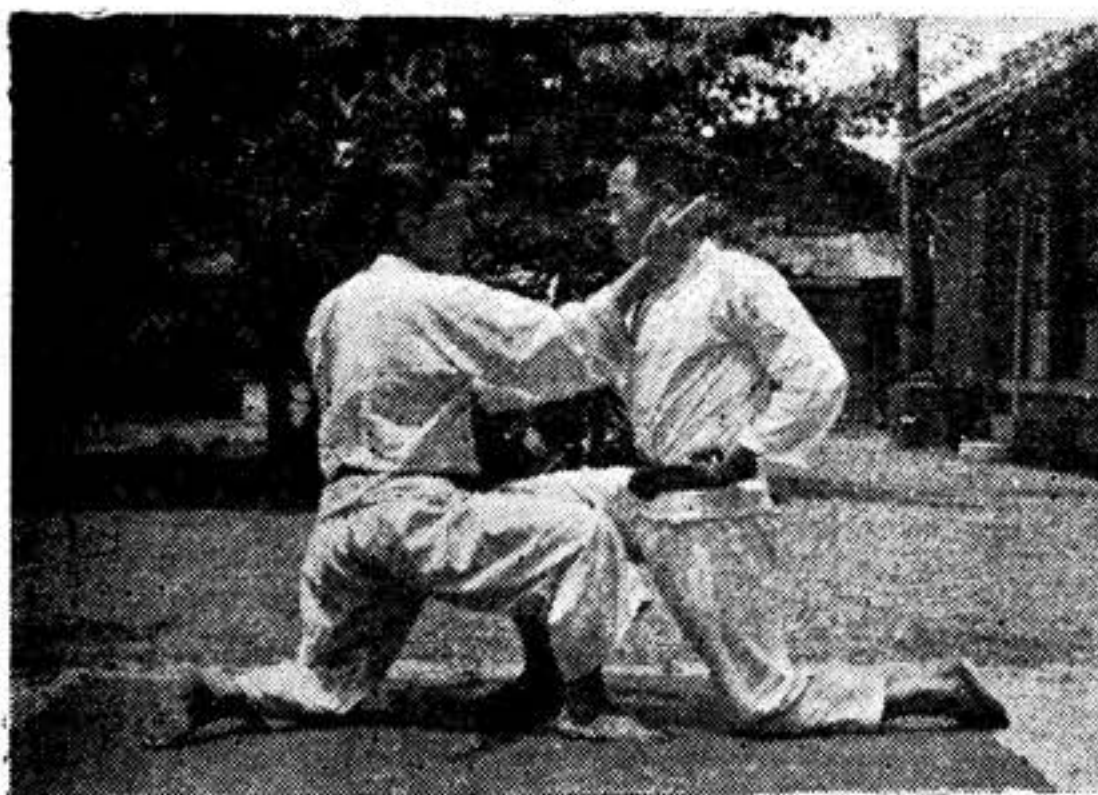


11. When A grabs B's wrists with both hands and tries to throw him up, B kicks A's buttocks with his right knee. (Figure 54)

Section 4 Seat to Chain

1. When A raises his right knee and stabs the upper body with his right right hand, B raises his body slightly and blocks A's right wrist with his left hand. Then, he grabs A's wrist with that hand and twists it to the left, and at the same time, strikes A's carotid artery with his right hand. (Figure 55)
2. When A stabs the upper part with his right hand, B touches the ground with his left hand.

(Figure 55)



At the same time, tilt your body to the left and turn the right foot to stab A's shin. (Figure 36)

Figure 56)

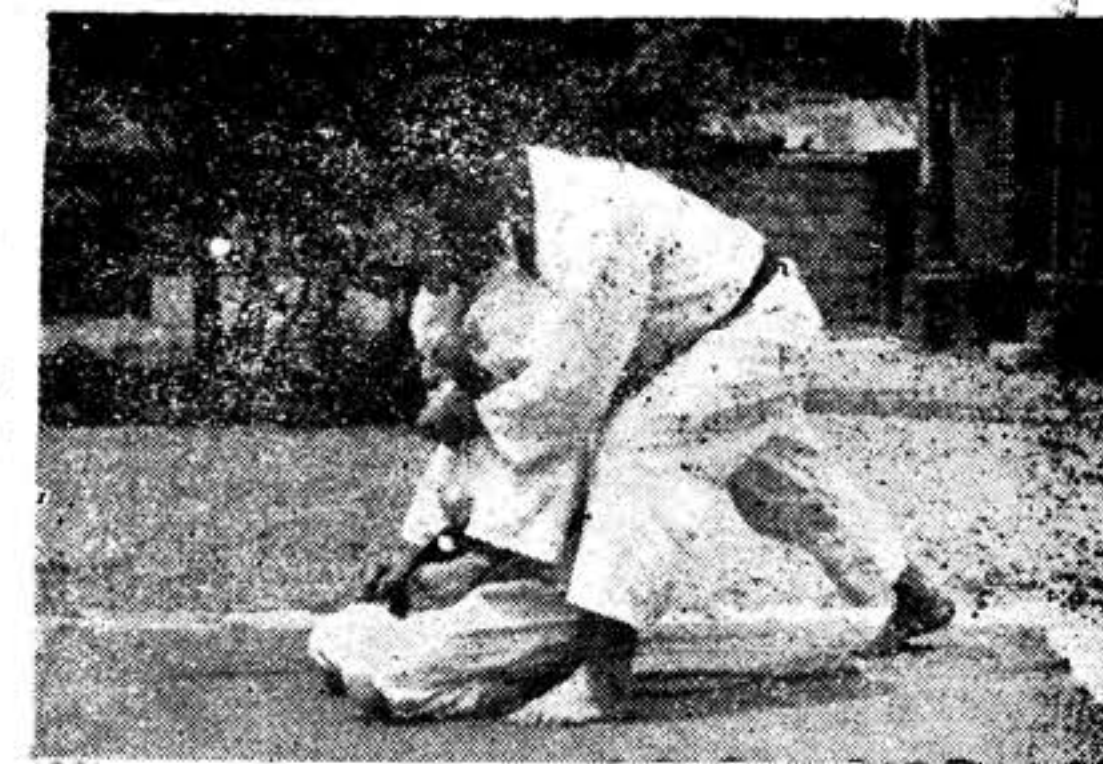


(Figure 57)



3. When A stabs the upper part with the right hand, B blocks it with the right outside wrist, then opens his hand and pulls A's right wrist to the right while simultaneously pulling the left outside wrist.

(58th degree-A)



Or, he strikes down the right elbow of A with his fist. (Figure 57)

4. When A pulls from

behind, B raises his right knee and turns his body to the left, and uses his left elbow to pull A's

(58th degree-B)



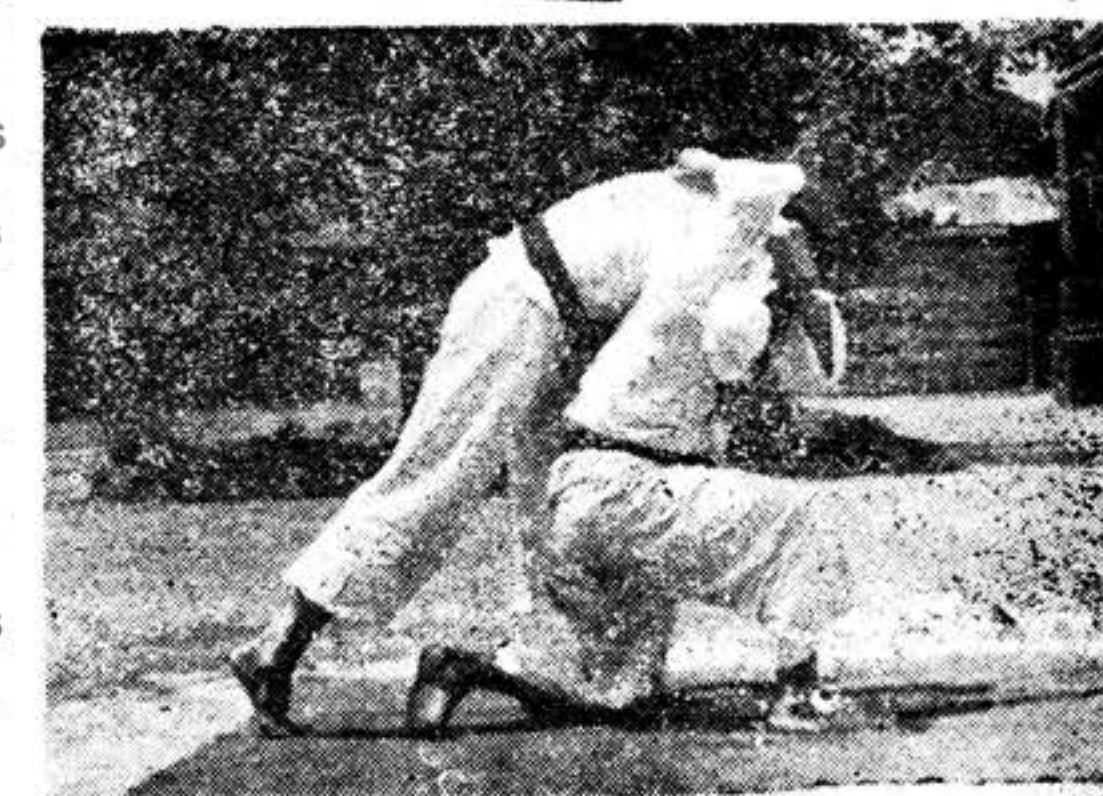
At the same time as stabbing the chin, strike the philtrum of A with the friendship fist.

(53rd degree - A.B)

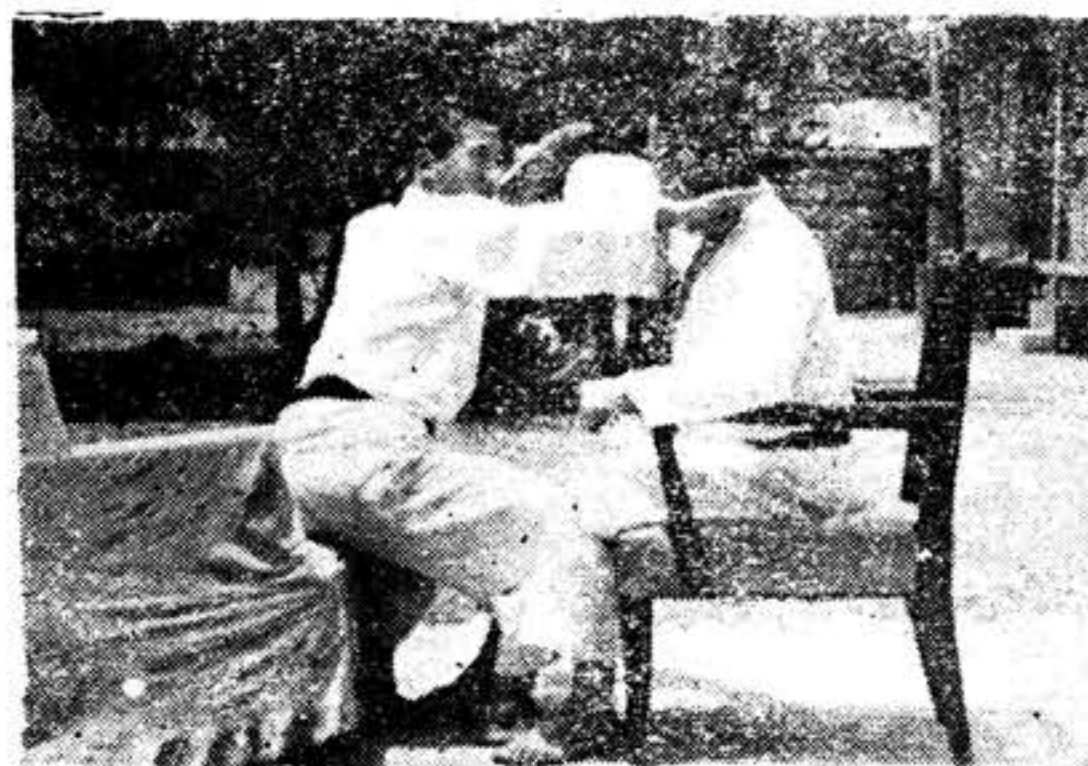
(Figure 59)

5. When A hugs B

from behind, B raises his right knee and holds A's right shoulder with both hands over his right shoulder. Then, he lifts his hips and leans forward.

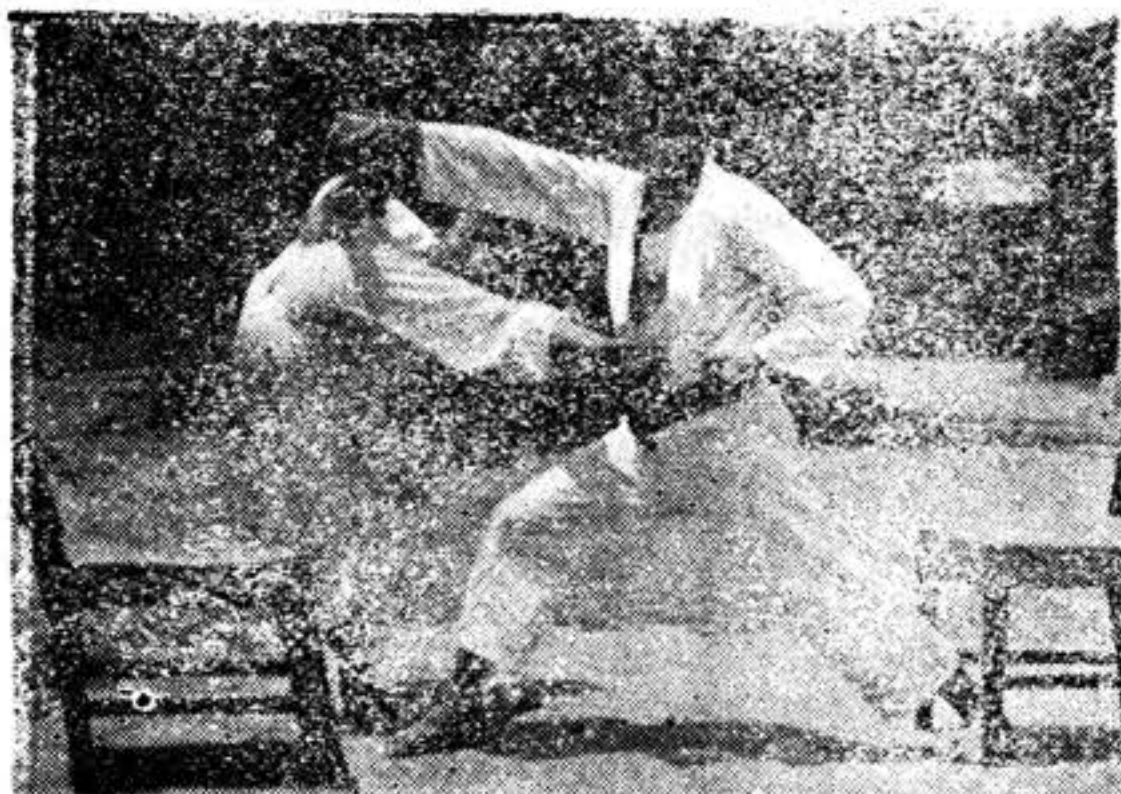


(Figure 60)



Hitting the carotid artery
on the road (60th degree)
(when sitting in an armchair)

B raises his body
while attacking A's upper
right leg with his right foot
(62nd degree)



Throw the food over your
shoulder while grumbling.

(53 degrees)

6. When stabbing the upper part
with this knife, block
the right wrist with the silver
wave and at the same time do
the right reverse movement

(61st degree)



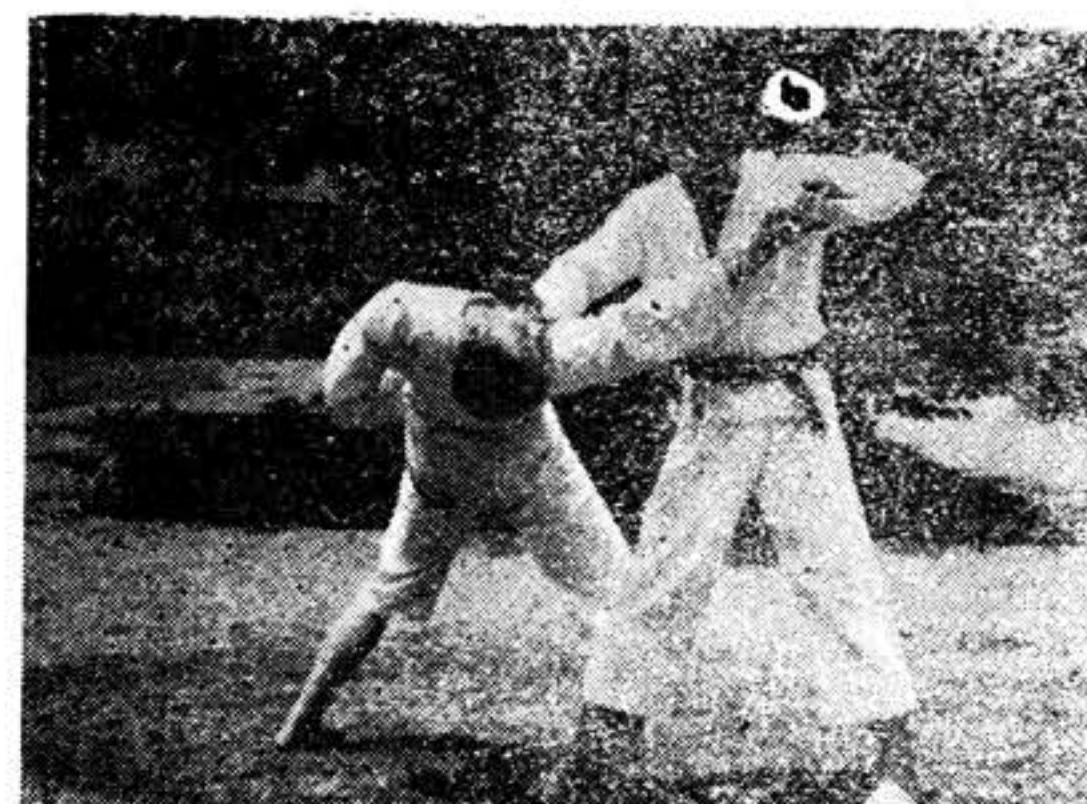
Turn the head of A to the
right. (Article 61) (In
the case of a layperson)

8. While attacking A's upper
body with the same upper
body, strike A's middle
body with the right
foot. (Figure 62)

(For armchairs)

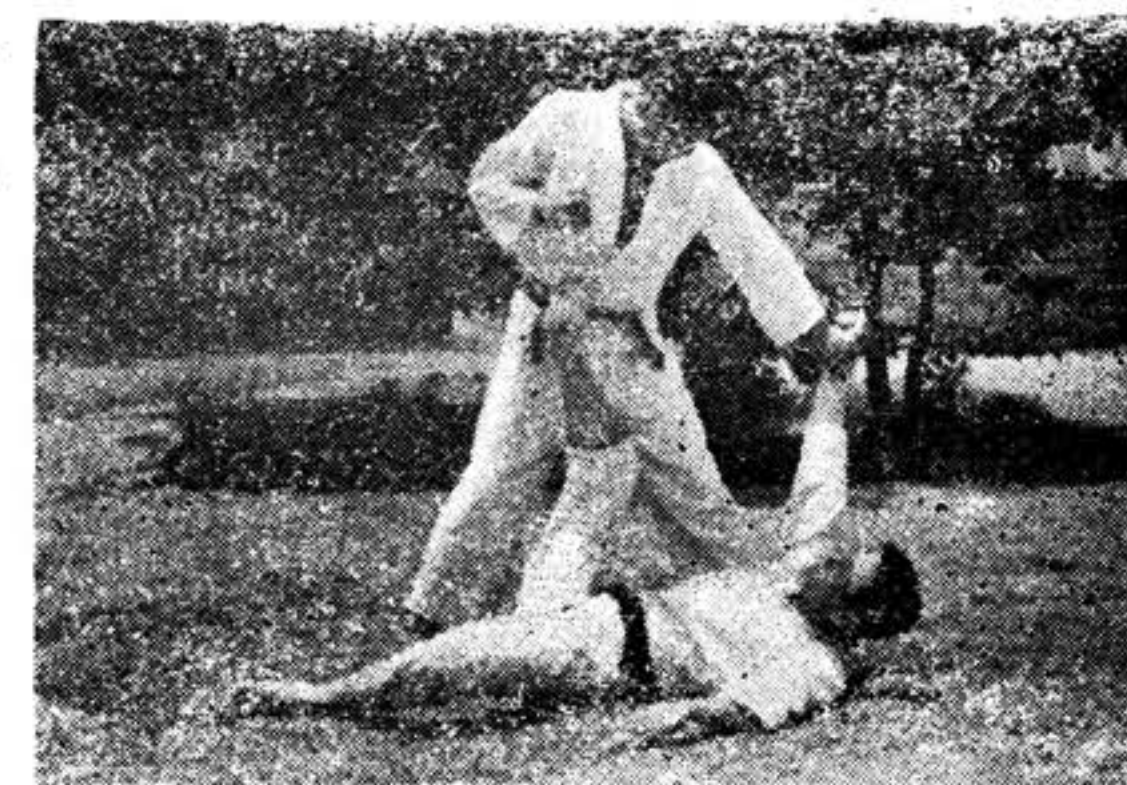
Section 5: Nafa Chain

(Figure 63)



Linda. (63rd degree)

B-A hits B's forehead
with his right foot the
moment he passes.
(64th degree)

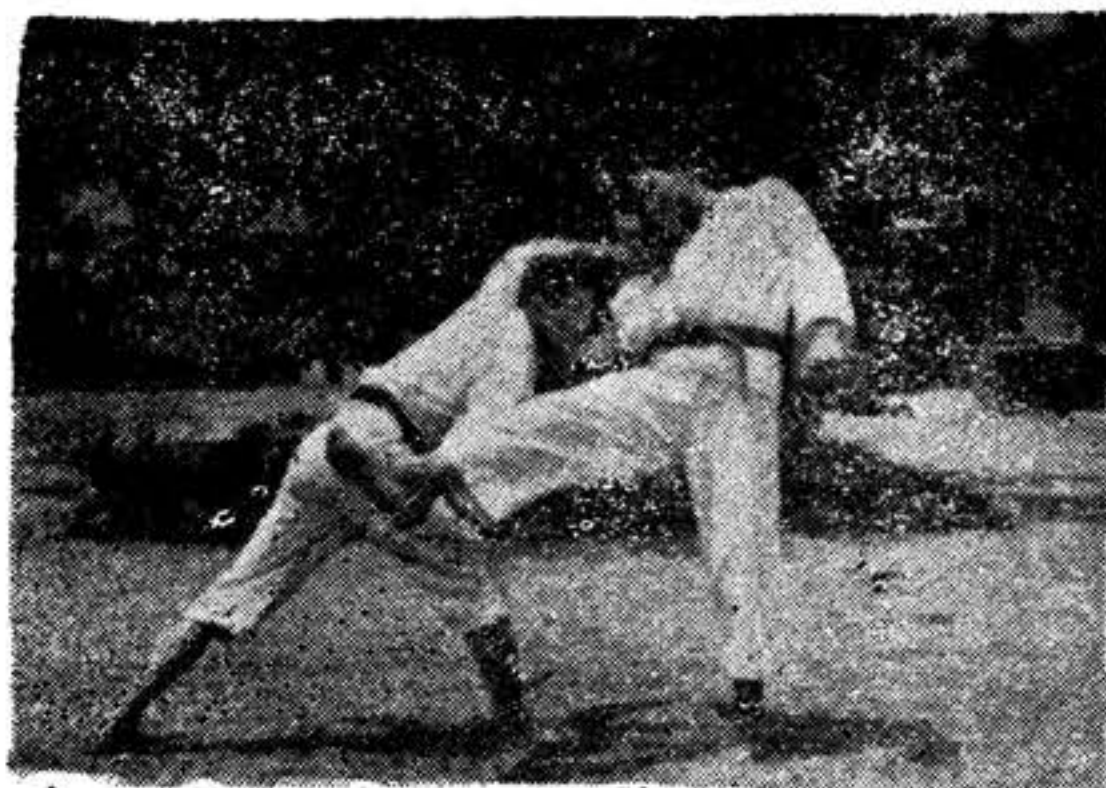


1. A blocks A's right-handed
straight attack with his
left elbow, then twists his
wrist to the left and pulls
it, while hooking A's
right foot with his right
foot and pushing A's
chin with his right long
fist to knock him down

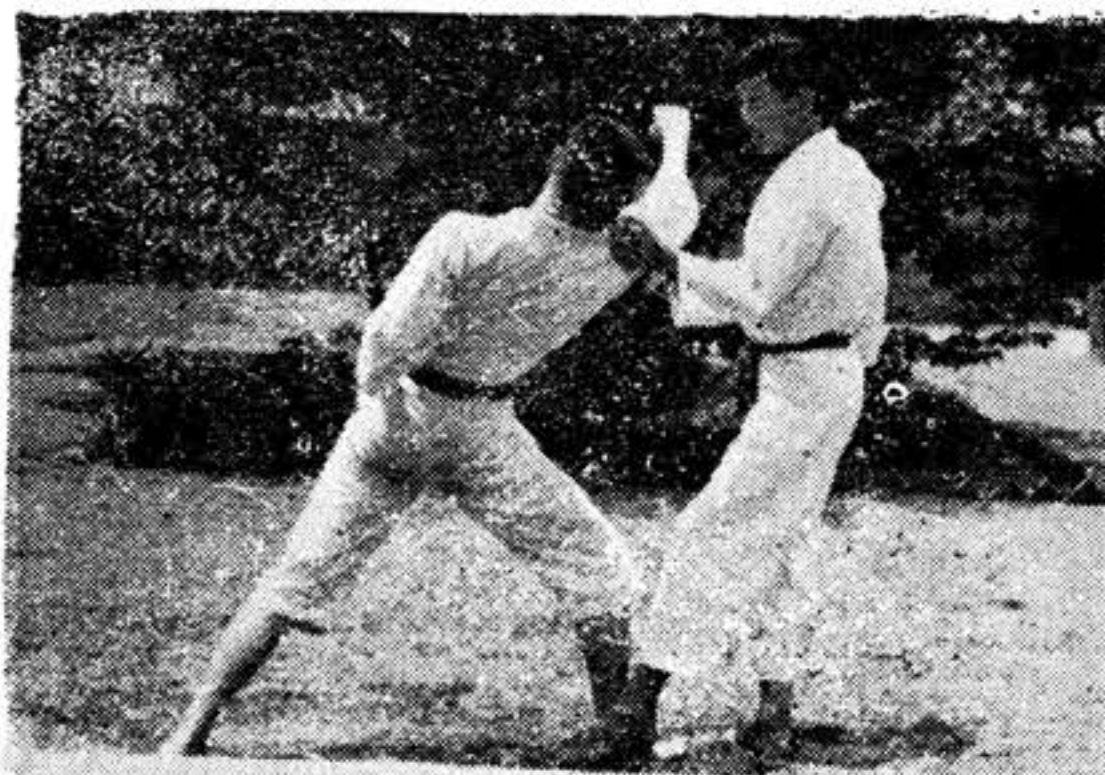
(Figure 61)

2. A-A's right upper right attack, B stands in a right-front position and grabs A's right wrist with his
left and right hands while turning it to the left and hitting A's right wrist with his right hand.

(Figure 65)



While taking a half step, strike A's right shoulder with the left elbow, then pull to the left and raise A's right ankle with the left foot. (Figure 66)



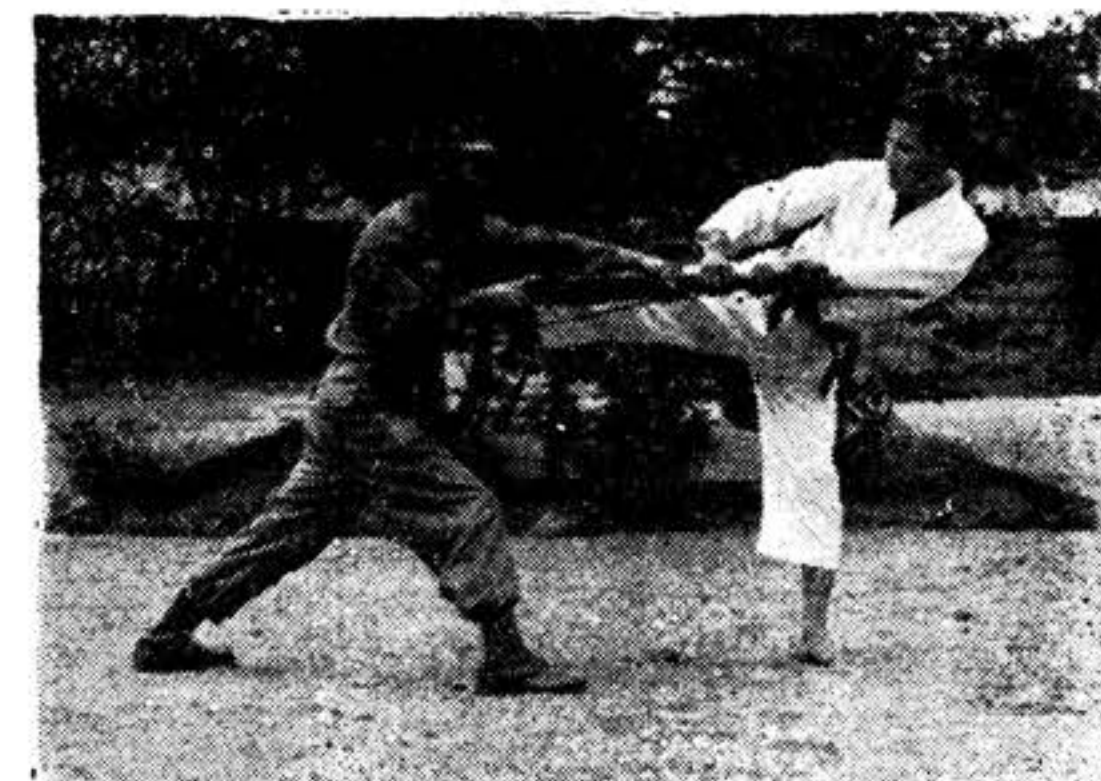
The moment B-A passes, he kicks B's forehead with his right foot.

Section 6: Gun and Blade Chain

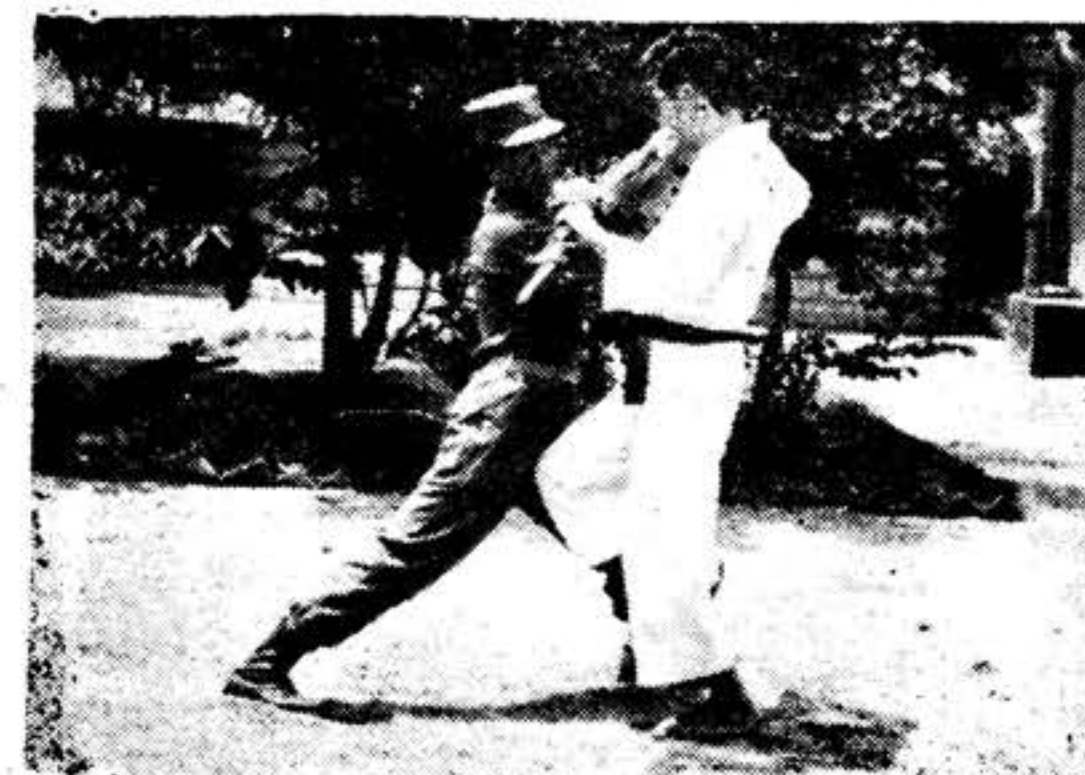
1. When A stabs A in the middle of the chest with a bayonet, B takes a step to the side and simultaneously grabs the bayonet with both hands and pulls it forward, while stabbing A in the lower abdomen with his right foot. (Figure 67)

- Raise your ankles (65 degrees)
- The moment B-A passes, he kicks B's chest with his right foot.
3. A-A's right-handed attack, B's left (66th degree)

'Figure 67)



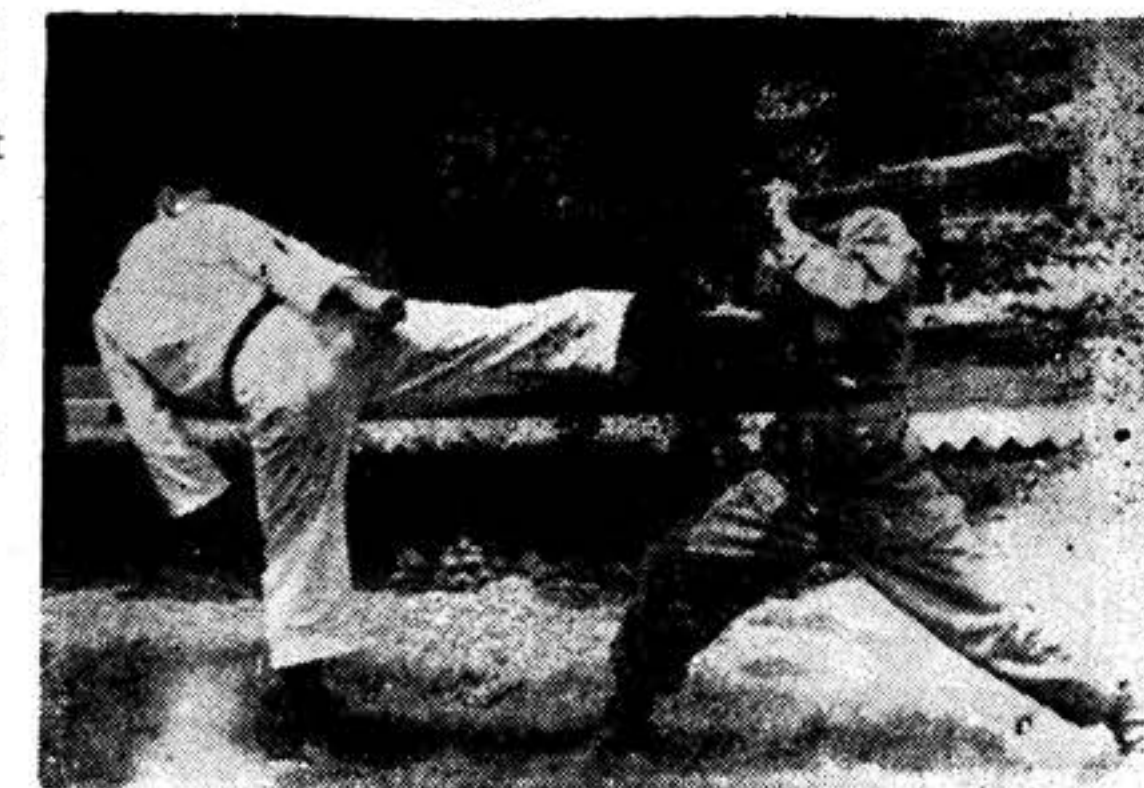
- 2 When A stabs the upper part with the bayonet, B blocks the upper part and then holds the gun barrel with that hand and lowers it while simultaneously holding the buttstock with the right hand and raising it. (Figure 68)



Lift the chest of the person with the right knee. (Figure 68)

(Figure 09)

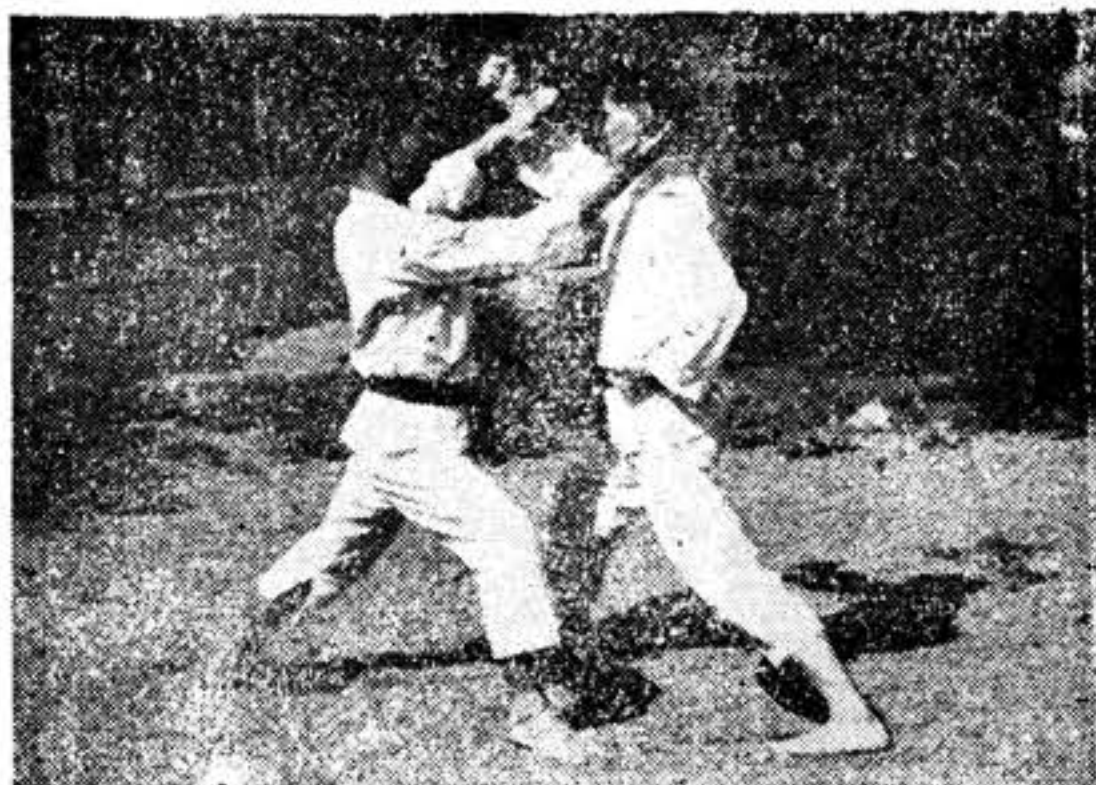
3. When A attacks A's face with a vertical butt plate, B steps aside and stabs A's lower abdomen with his foot. (Figure 69)



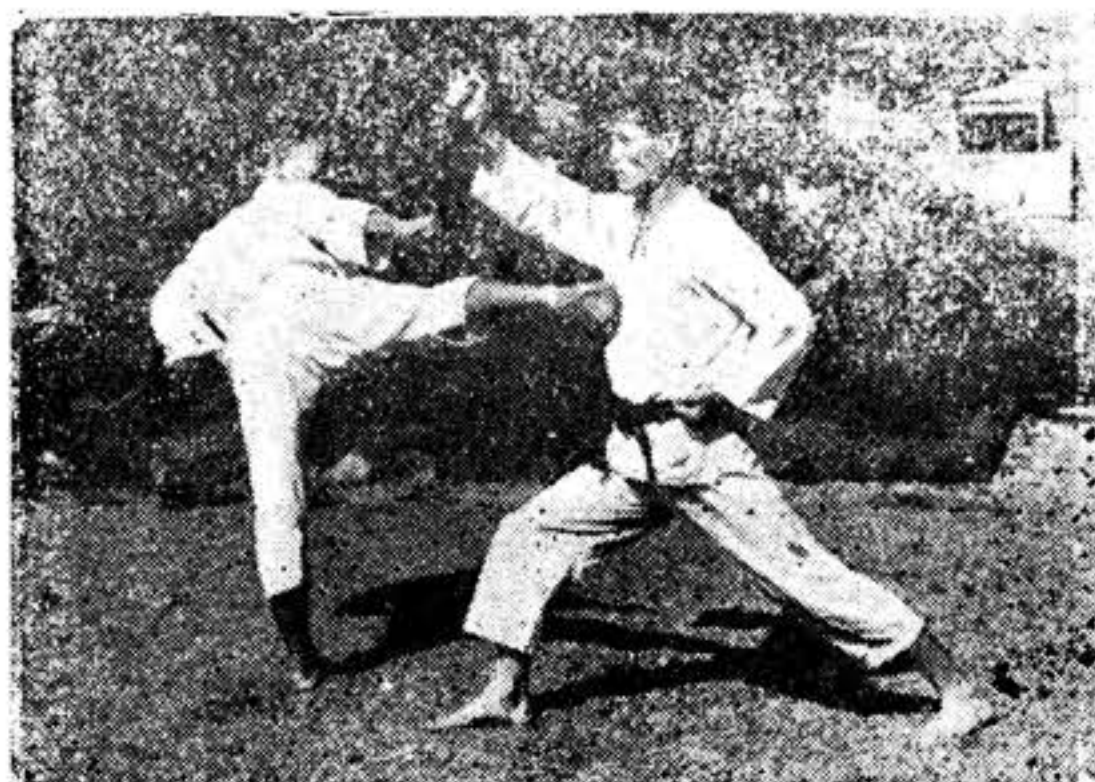
Section 7: Short Knife Against Chain

1. When A stabs A's upper body with a dagger, B steps forward with his right foot and blocks A's left hand while striking A's cervical artery with his right hand. (70th degree)

(Figure 70)



2. A is in the dagger (71st degree)



When the ball is stabbed, B takes a step to the side and at the same time kicks A's forehead with the heel of his front foot. (Figure 71)

3. When A stabbed B with a dagger, B grabbed A's hand with his left hand.

Grab the neck, then lift your right hand from under A's right elbow and pull with both hands.

4. When A stabs A in the middle with a dagger, B takes a step to the side, grabs A's arm with his left hand, and at the same time strikes A's wrist with his right sword. Then, he trips A's right foot with his left foot and trips him.

appendix

vital point

Password law

Examination and promotion criteria

vital point

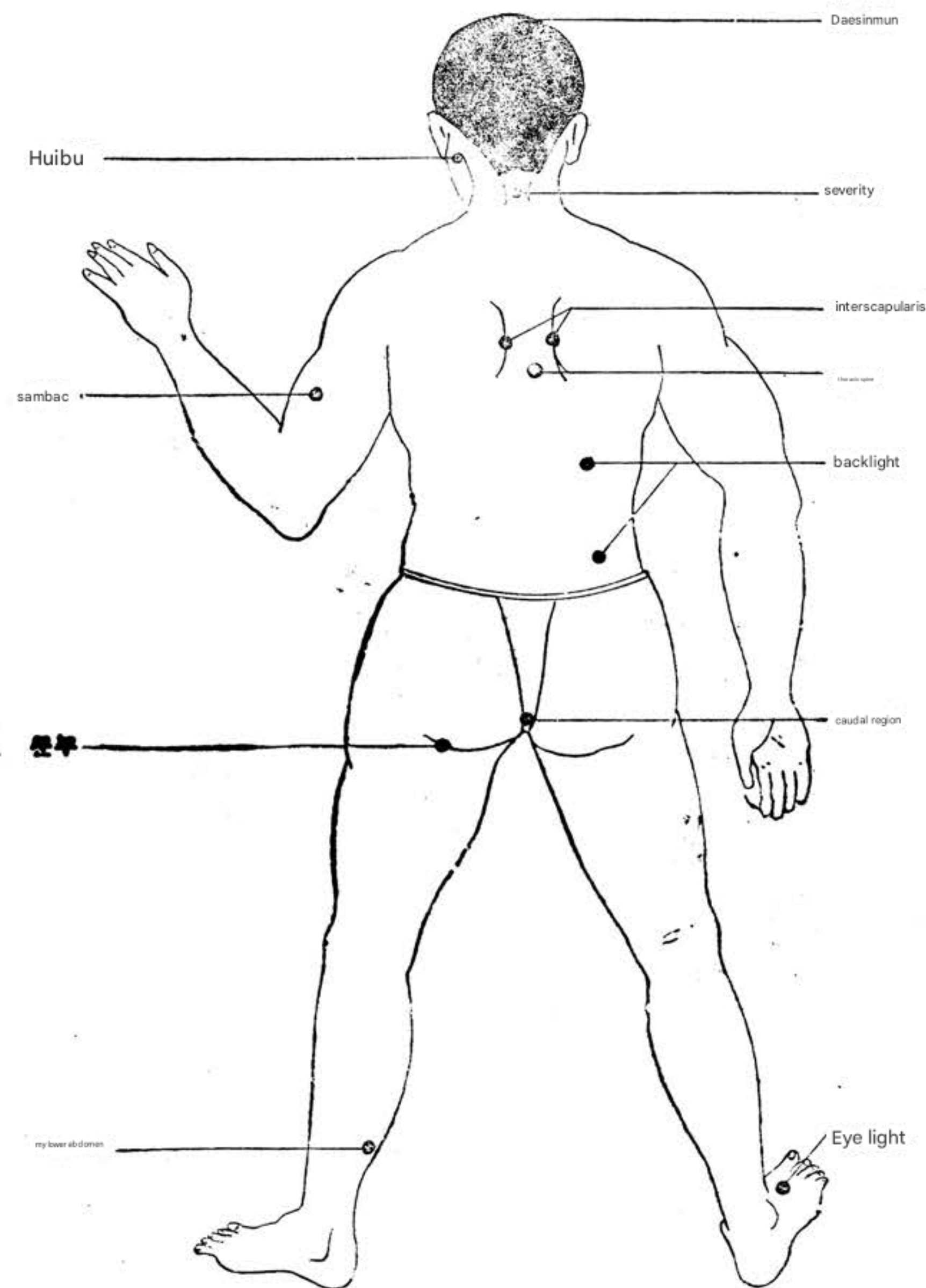
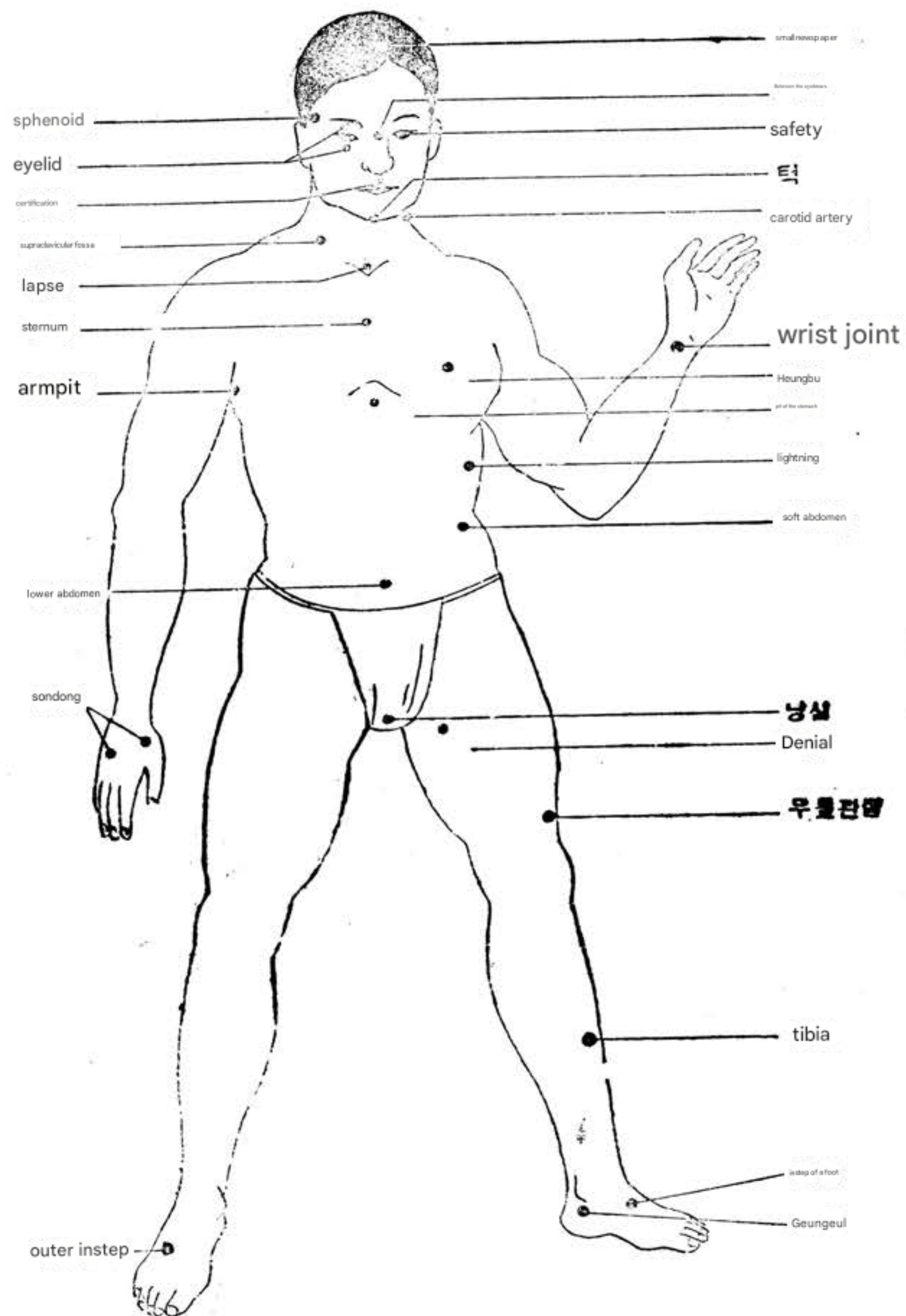
Those who want to practice Taekwondo must first know the body's weak points. This is because Taekwondo itself is a martial art that uses the opponent's weak points to deliver maximum damage.

So what is a vital point? It refers to a weak point in the human body, that is, a part that can receive a fatal blow. Since these parts are easily stimulated by the nerves, if they receive a severe blow, they can cause death. The vital points of the human body are usually divided into seventy-two places.

By knowing these vital points, practitioners of Takwondo can attack their opponents' vital points in an unexpected situation and defeat them in a single blow. In particular, weak people such as women or the elderly can avoid disaster by attacking vital points in case of an emergency.

Emergency Department Use Part

1. Small Gate——Voting, Capital, Interests
2. Eyes - Two parts. Pyeonggwansu
3. Butterfly bone rights, capital
4. Eyelid irrigation, Japanese volume
5. Between the eyebrows——the water
6. Chin-up, flat fist, long fist, chin scissors, elbow
7. People - Government, Japanese power, capital, power
8. Above the clavicle——Capital, Japanese version
9. Carotid artery——Carotid artery, posterior carotid artery
10. Gyeongui (蘋窩 handprint, Japanese watering can)



Continue.

=. preparing for brother

Call your brother's name (Yeolyeong) and then say "Ready!" (Dongryong).

example { Taegeuk hyung~ Get ready!
Eulji-hyung~Get ready!

3. Preparation for the duel

After calling out the type of couplet, "Yeolyeong" (a kind of double-crossing), say "Ready!" (Dongryong).

Example: Three-part training~Get ready!

Take the basic ready stance.

Start the movement with "Hanat!"

A stands with his right foot back and his left knee bent forward, while shouting "Ki-hap" and blocking his lower body with his left hand and looking into B's eyes. B takes the ready position and looks into A's eyes while shouting "Ki-hap".

(A and B are decided in advance.)

As soon as the salute ends, the free sparring moves to action.

Review and upgrade, grade benchmark

1. The passing score is 60 points.

2. When the score exceeds 60 points, you will be promoted by 10 points.

※Applies to the first paragraph only.

Judging criteria

(Form 1)

Approval level		
average		
total points		
Spirit		
academic link		
right	free	
	One wood	
Hwarang type		
Tai Chi	Install	
	flat	
point	district	
	class name	
8	7	6
	5	4
	3	2

Approval level	
average	
total points	
Spirit	
academic ability	
break	
application	
A free	
pair of chains	
Eul type	
ten-hand type	
Iron Cavalry Type III	
plug type	
Tadatake type	
Iron Cavalry Type II	
Leqi Type 1	Shodan
Hwarang type	
Ping An Type 5	
point	Level 1

(Form 3)	authorization stage	
	average	
	total points	
	Spirit	
	academic ability	
	break	
	chain	application
		free
	料	一本
Judging criteria	Yunan type	
	Kindness is the type	
	Iwakuru type	
	half moon shape	
	Trinity type	匹段
	sky-gazing type	
	Calm type	
	Yanfei type	
	point	Paragraph
	part	
now		
name		
番		



Taekwondo Textbook

Price: 1,600

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True/False Errata

Page	OK	error	just
table of contents	5 chapters in 5 chapters	Nafa pair chain	Falling method to the chain
30	13	Old school judo With shadow	In Old Style Jujitsu Give a shadow
33	6	In the world of magic	From a technical standpoint
46	2	Back fist	4. Back Fist
56	7	stand side by side	stand side by side
75	13	, Strawberry)	(Hanging straw)
107	18	The next point is carried	The following point is different
203	6	(Figure 5)	(Figure 85)
203	7	On the right foot	Behind the right foot
214	6	(No. 6)	(Figure 93)
228	10	(Figure 09)	(No. 109)
248	12	(24th degree)	(124th degree)
295	15	Nafa pair chain	Falling method to the chain
297	3	Nabbeop sparring	Falling law sparring
300	5	(policy)	(Island 3)
302	1	(policy)	(Figure 6)
307	23	(Image 1)	(Figure 19)
308	14	(Image 1)	(Figure 21)
325	2	Nafa pair chain	Falling method to the chain



This book was preserved through the graciousness of WTF Master Nathan Doggett, a Kukki Taekwondo black belt instructor from Michigan, USA. Master Doggett saw fit to make an agreement to transfer the original book to Grandmaster Jung Woo Jin of Taekwondo Times, a long time special assistant to the ITF president. This will help to insure the safekeeping so that future generations of Taekwon-Do students can forever appreciate this work.

Some of the credit for the culmination of the historic presentation goes to the late Grandmaster Al Cole who served as an esteemed member of the Kukkiwon International Advisory Committee. It was Master Al Cole who introduced Master Nathan Doggett before his untimely passing to Master George Vitale, Ph.D as they both served as Senior Technical Advisors to the official Tae Kwon Do Hall of Fame®. Dr. Vitale was honored to have written an obituary for his fellow TKD Brother.

Digital access to this piece of Taekwon-Do history is thanks to a number of individuals including WTF Grandmaster Al Cole and Master Nathan Doggett. The preservation of this extremely rare and historically valuable archival asset was made possible when an elderly Korean gentleman saw fit to present it as a gift to an American student and instructor of Korean Taekwondo, Master Nathan Doggett.

It is worth noting that authorities in the military dictatorship back at the time General Choi Hong-Hi was forced to flee Korea for his safety, actually ordered the books he wrote to be destroyed. Hence there are only a few known copies still in existence today. Former Lt. Col. Kim Soo-Ryun donated his copy to the museum section at the new Taekwondowon in Muju Korea where it is presently on display. So please feel free to appropriately share this gem as you see fit. But please be honorable in crediting Master Doggett, for without him you may have never had the opportunity to even see it, never mind have a copy of it.

Special thanks to Mr. Minh T. Luong of the Original Taekwon-Do Club in Brooklyn New York for the digitally enhanced restorations he graciously provided. I would also be remiss if I failed to mention the invaluable contribution of the technical computer expertise of Mr. Nick Campbell, a fellow American living in Australia. I am thankful for his generous assistance while we toured south Korea on a Taekwon-Do Tul Tour in March of 2015. The time he gave me overcame several years of my frustration in trying to make this archival publication available for free to the general public.

Please feel free to utilize and share this historical gem. However please be honorable in crediting Master Doggett, the Chang Hon Foundation and others as appropriate.

Dr. George Vitale, Ph.D
New York City

