

# Visual guide for Various Taekwon-Do Gup Pattern Applications.



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Offered as thesis towards grading to IV Dan.

# CHON-JI



A Forearm low block  
(palmok najunde makgi)  
to defend against a kick.  
Movements 1, 3, 5, 7 in  
Chon-ji.

The walking stance punch  
(gunnun sogi jirugi ) The  
counter attack after the  
forearm block.  
Movements 2, 4, 6, 8





The L-stance (nuinja sogi) inner forearm block (an palmok makgi) to defend a punch, movement numbers 9, 11, 13, 15.

The walking stance punch (gunnun sogi jirugi) is also a counter attack after defending the punch in L-stance. Movements 10, 12, 14.



# Dan-Gun



Knifehand guarding block (sonkal daebi magki) Movement numbers 1 and 3 To block a co-ordinated attack towards the mid-section such as in punch. (see left)

Twin forearm block (sang palmok makgi) to defend two attacks as seen right and below. Movements 9 and 11.



# Do-San

High outer forearm side block (Napunde pakat palmok yop makgi)  
Movement numbers 1, 3, 9, 11. To block a high attack such as a high punch.



Counter attack with a Middle reverse punch (kaunde bandae jirugi. Movements 2, 4, 10, 12.

The release in Do-San is performed as follows; Strike with a straight fingertip thrust (sun sonkut tulgi), opponent grasps outer hand as in A, Perform the release as seen in B and C, pivot 180 degrees while performing a backfist high side strike (dung joomuk nopunde yop taerigi)

A. Movement 6



B. Movement 7



C. movement 7



D. Movement 7





Outer forearm high wedging block (pakat palmok nopunde hechyo makgi) is to block an attack with both hands to the high section such as a grab as seen below. Movements 13 and 17.



Follow this block with a front snap kick (apcha busigi) as a counter attack, as below. Movements 14 and 18



# Won-Hyo



Twin forearm block (sang palmok makgi) is to defend two attacks, same as in Dan-Gun. Movements 1, 4, 13, 16.

Followed by a knifehand inward strike (sonkal anuro taerigi) to the neck of an opponent at 45 degrees. Movements 2, 5, 14, 17.



Bending ready stance (guburyo junbi sogi) is a preparatory position for the piercing kick that follows in this pattern. Movements 7 and 25. The side piercing kick (yopcha jiruigi) is directed to the mid-section and is for internal damage. Movements 8 and 26.







The images are a breakdown of the inner forearm circular block (an palmok dollimyo magki) and are to defend against hand and foot attacks. Movement 19 and 22.



## Inner forearm circular blocks applications



# Yul-Gok



The first movement is a preparatory movement or 'measure'.

Palm hooking block (sonbadak golcho makgi) is a hooking block using the outer palm, the advantage of this being able to grab an opponent. First block (obverse). Movement 15, 16, 18, 19.





Second block (reverse). The photos show the block as an inside block, however the block can also be performed as an outside block.

Grab and pull opponent while performing a counter attack with a middle front punch, image right shows high as a variation, pattern application is middle.



Front elbow strike (ap palkup taerigi). The striking force is strengthened with the aid of the opposite palm during practice, as in the pattern. Movements 24 and 27.



While striking with the front elbow, the reaction hand returns to the hip.



However, the image left shows the opposite hand being used to guide the elbow to the head to strike. This is not technically correct but could be used in a self- defence situation.





Twin knife-hand block (sang sonkal makgi) as twin forearm block in Dan-Gun but knife-hand is the blocking tool. Movement numbers 28 and 30.



Straight fingertip thrust (sun sonkut tulgi) is the counter attack after the twin knife-hand block, the palm used as a placement in the pattern but can be used as a block while executing the fingertip thrust if the opponents reach is greater. Movements 29 and 31.



Backfist high side strike (dung joomuk nopunde yop taerigi) in a jumping x-stance (twigi kyocho sogi) To attack an opponent just out of range, striking the high section. Movement 36.



Double forearm high block (doo palmok nopunde makgi). This is a forearm block, the lower arm is a placement ready to use as a low forearm block. Performed half facing. Movements 37 and 38.

# Joong-Gun



Reverse knife-hand side block (sonkal dung yop magki) Movement 1 and 4.

Followed by counter attack, low front snap kick (najunde apcha busigi)





Palm upward block (sonbadak ollyo magki).  
This is used to deflect an attack to the lower  
mid-section as seen in photos below.  
Movements 3 and 6.





Upper elbow strike (wi palkup taerigi)  
For attacking opponent at a side front angle, the only target is the point of the chin, at the moment of impact the body becomes full facing with the back-fist facing upwards. Movement 8 and 10.



Twin vertical punch  
(sang joomuk sewo jirigi)  
This is an attack is normally executed against one person to either side of the jaw.  
Movement 11.



Twin fist upset punch (sang joomuck dwijibo jirigi)  
This technique is useful for attacking two targets, but occasionally can be used against one target as seen left. Movement 12.



## Stages of X-fist rising block

X-fist rising block (Kyocha joomuk chookyo makgi). Used to defend against a downward strike/technique by rising up and 'catching' the attack with your block. This can also be used to defend an attack directed at the mid-section and deflect it up out of the way, as seen below. Movement 13.





Stages of release from an opponent grabbing the backfist high strike (dung joomuk nopunde yop taerigi).

Backfist high side strike  
Movement 14 and 17.



Twist the fist away from your  
centre line until the backfist  
faces downward moving foot  
from L-stance to walking stance.  
Movements 15 and 18.

Counter attack with a high punch in  
reverse while maintaining the  
walking stance. Movement 16 and  
19.



Palm pressing block (sonbadak noollo makgi) movements 27 and 29. Both are executed in a low stance.



The primary use of the palm pressing block is to deflect two attacks as seen below. However it can also be used to catch a kick while simultaneously breaking the ankle joint.





Angle punch (Giokja jirugi)  
Attacking an opponent standing  
to the side. Movement 30.

U Shape Block (Digutji Makgi)  
This technique is to block a pole or bayonet  
with a reverse knifehand. Keep both hands  
in a vertical line at the moment of the  
block. Movement 31 and 32.





# Toi-Gye



Upset fingertip Thrust (dwijibun sonkut tulgi). This is used chiefly against the pubic region and occasionally the armpit. Movements 2 and 5.



Backfist side back strike (Dung joomuk yopdwi taerigi)  
This is used for attacking an opponent standing at the side rear angle.  
In the pattern it is performed in slow motion. Movements 3 and 6.



Twin side elbow thrust (sang yop palkup tulgi)  
This is used to attack two opponents standing either side of you. Performed in slow motion in this pattern.  
Movement 12.



W-Shape block (san makgi). This technique has dual functions. One is to block a foot or hand attack to the high section , the other is to strengthen the leg muscles. In the pattern this technique is done in stamping motion. It is often mistaken as blocking two opponents, but only the primary hand is used as the block, the other hand is a reaction hand. Movements 13 to 18.



Double forearm low pushing block (doo palmok najunde miro makgi)  
This is used to block an attack to the low section. The lower arm is a placement ready to use as a low forearm block. Performed in half facing. Movement 19.



Upward kick (ollyo chagi) In this pattern application the opponents head is grabbed and pulled in towards defenders body whilst executing an upward kick to the mid-section. movement 20 and 21

Flat fingertip thrust (opun sonkut tulgi)  
This is a strike to the high section.  
Movement 24 and 27.



X-fist pressing block (kyocha joomuk noollo makgi)  
X-fist is used against the tibia of the attacking foot aimed at the defenders lower abdomen. In the pattern this is performed as a jumping technique.  
Movement 29.



# Hwa-Rang



Palm pushing block (sonbadak miro makgi). This technique is to put an opponent off balance. Movement 1.



Upward punch (ollyo jirugi). Chiefly used for attacking the face or point of the chin at close range, however it can be used to attack the middle section as shown. Movement 5



The release in Hwa-Rang is performed as follows; Execute a Middle punch (kaunde jirugi), opponent grasps outer wrist as in 1. Perform the release by pulling the left foot forward while grasping your fist, then pull hands towards opposite hip whilst executing a side piercing kick (yopcha jirugi) to the mid-section, as seen below in 2,3 and 4. Movements 10, 11, 12.

1



2



3



4





Knife-hand down-ward strike (sonkal naeryo taerigi) To attack clavicle or trapezius. The strike moves in a circular motion and becomes level with the shoulder at the moment of impact. Movement 7.

Turning kick (dollyo chagi) The two kicks are performed high and in fast motion in this pattern. For attacking the high section of an opponent who is positioned to the side front. Movements 18 and 19.



Side elbow thrust (yop palkup tulgi) This is a single side elbow the other elbow is a reaction hand. Performed in sliding motion in this pattern. Movement 25.

Inner forearm block (an palmok makgi) to the side front while simultaneously extending the opposite forearm to the side downward. For blocking two attacks simultaneously. However it can also be used to catch a punch while simultaneously breaking the wrist joint. As seen in photo below. Movement 26 and 27



# Choong-Moo



Knife-hand high front strike (sonkal napunde ap tareigi). This technique is for attacking the opponents high section, the opposite hand is a reaction hand. Movement 2.

Mid-air kick (twio dolmyo chagi).

This is a flying side piercing kick whilst rotating in mid-air, to attack the opponent when in mid-air. In this pattern landing in a Knife-hand guarding block after performing the kick. Movement 9.



Reverse Knife-hand high front strike (sonkal dung napunde ap taerigi). This is for striking an opponent's high section from the front or the side as seen right. The opposite hand is placed under the elbow joint at the moment of impact. Movement 13.





High turning kick (napunde dolloyo chagi) followed by a middle back piercing kick (kaunde dwitcha jirugi) as seen below, performed in fast motion as a combination kick. To attack an opponent or opponent's in succession. Movements 14 and 15



While in sitting stance perform a middle front block with the right forearm blocking an opponent attacking the mid-section from the front, follow by a high side strike with the backfist to an opponent's high section as seen in photos below. Movement 24





X-knife-hand checking block (kyocha sonkal momchau makgi). This technique is to block a reverse turning or turning kick aimed at the mid or high section (as seen left). When using the X- knife-hand a grabbing motion can follow this block. Movement 27.

Twin palm upward block (sang sonbadak ollyo makgi). This technique is used against two opponents, by deflecting their two attacks upwards simultaneously. Movement 28.

