

## Eui-Am

Practiced by 2<sup>nd</sup> dans and above



Eui-Am is the pseudonym of Son Byong-Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Donghak (Oriental culture) to Cheondogyo (Heavenly Way Religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

### Movements - 45

#### Ready Posture - **CLOSE READY STANCE D (Moa Junbi Seogi D) facing South (D)**

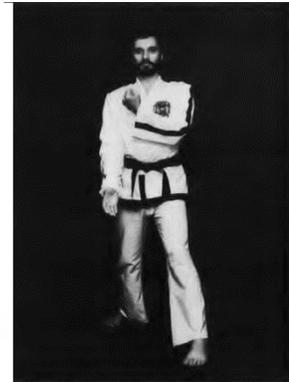
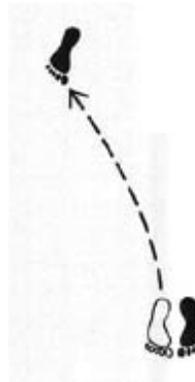
Move the left foot to the right to form the stance, with the weight is distributed evenly on both feet with the legs straight and arms extended to each side at belt level with the elbows bent slightly.



- It is very commonplace to move into a Close Ready Stance from a Parallel Stance, such as when issued the “Sheo” (At Ease) command. In such cases, move the left foot to the right to form the Close Stance.

1. Move the right foot backwards to form a **Left Walking Stance** toward D (**South**) while executing a **full-facing Low Inward Block** with the **right Knife-hand** and bringing the left outer side fist in front of the right shoulder.

- Official instructions: “1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.”
- To chamber, the right foot moves about half way to the finish position and each foot rotates slightly as your hips twist to half-facing; the right hand is high behind head.
- According to vol. 3 of the Encyclopedia, p.192, an inward block “reaches the target from an outward to inward trajectory to the chest line...”



- As you move the hands, keep both palms facing downward until the last moment.
- When finished, the right elbow is “bent about 10 degrees inward” and the knife-hand is palm up, just below belt level along the right chest line and the left side-fist in front of the right shoulder.



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### 2. Move the left foot backwards to form a **Right Walking Stance** while executing a **reverse half-facing High Side Block** towards with the **left outer forearm**.

- Official instructions: "2. Move the left foot to C, forming a right walking stance toward D while executing a high side block to D with the left outer forearm."
- To chamber, bring the left foot close to right foot as you draw the backside of right wrist to cross the backside of the left wrist to form an "X" in front of the right-side of the chest while twisting the hips to half-facing.
- When finished, the fist reaches eye level and the right foot pivots somewhat to point directly ahead; the upper body is turned reverse half-facing – toward the right side-front.



### 3. While maintaining the **Walking Stance**, execute a **full-facing Middle Front Punch** with the **right fore-fist**.

- Official instructions: "3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D."
- Keep left heel slightly off the ground until during the chamber and return it to the ground at the moment of impact.



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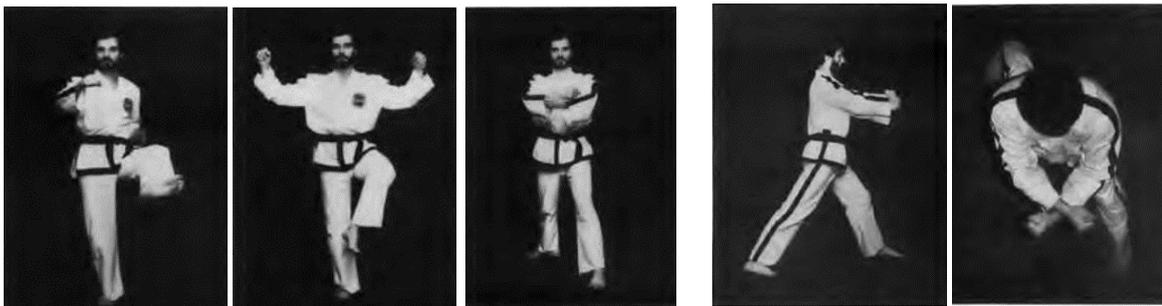
4. Execute a **Low Twisting Kick** with the ball of the **left foot**, keeping the position of the hands as they were in movement #3.

- Official instructions: "4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3."
- As you move forward, bends the right elbow slightly.
- Due to the fact that the next step has you lower your foot, this technique should end with the foot held in place.



5. Lower the left foot towards **South (D)** to form a **Left Walking Stance**, while executing a **full-facing Low Downward Block** with an X-fist – with the right arm on top. **Perform this and the next movement in a continuous motion.**

- Official instructions: "5. Lower the left foot to D, forming a left walking stance toward D while executing a downward block with an x-fist."
- To chamber, bring both fists above their respective shoulders and keep both palms face down and the right arm on top.
- The foot lands at the same moment as the blocking tool impacts the attacking tool.
- As this is a downward block, the fists finish in front of the solar plexus.
- See movement #18 for more notes.



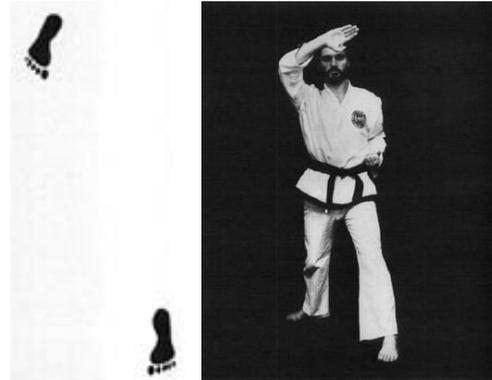
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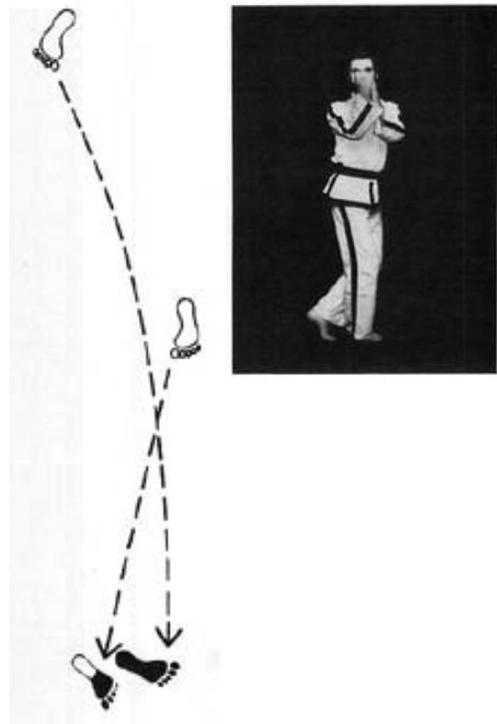
6. While maintaining the **Walking Stance**, execute a **full-facing Rising Block** with the **right knife-hand**. *Perform this and the prior movement in continuous motion.*

- Official instructions: "6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion."
- The heel of the rear foot should lift off the ground slightly during the chamber.
- The right-hand pops straight up while the left hand snaps to the belt as a chamber and the heel of the rear foot pushes to the ground.
- The knife-hand must stay at the center of forehead
- When finished, the forearm should be at a 45-degree angle from the ground, the knife-hand about 7 cm from the forehead, and the center of the palm of the knife-hand on the centerline; the flat of the hand should be tilted such that only the side of the knife-hand is seen by the performer



7. Move the right foot to jump approximately one and a half shoulder widths in front of the left foot, landing in a **Right X-stance**, while executing a **half-facing High Side Strike** to **South (D)** with the **right backfist**, bringing the left finger belly to the right side fist.

- Official instructions: "7. Jump to D, forming a right X-stance toward B while executing a high side strike to D with the right back fist, bringing the left finger belly to the right side fist."
- Note: Perform this move in jumping motion.
- To chamber, draw the right hand behind the left ear as you move your right foot close to your left.
- To execute, step with the right foot followed by the left foot quickly moving behind the right into the right-x stance; Right hand executes an eye-level backfist along the center line; Left hand "caps" the right at the moment of impact.
- Being a "high" strike, the fist should finish at eye level.
- Earlier versions of the Encyclopedia instructed that the X-stance to be toward BD rather than D. Orienting the feet toward D is less risky to the knees since the force of the jump is directly forward rather than to the sides of the knees. Note that the foot illustration appears to show the x-stance toward the South-East (BD) rather than towards the South (D).



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8. Move the left foot **North (C)** forming a **Right L-stance** toward **North (C)**, while executing a **half-facing Middle Punch** to **North (C)** with the **Left Forefist**.

- Official instructions: "8. Move the left foot to C, forming a right L-stance toward C while executing a middle punch to C with the left fist."
- Chamber: Pivot more than 180 degrees on right foot while extending right fist and chambering left fist; left foot stays at left side of right foot although the right foot rotates a small amount to assume the position for the rear foot of an L-stance.
- Fire: Twist into right L-stance: left leg moves forward while the left fist punches.



9. Execute a **middle reverse turning kick** to the **North-West (AC)** with the **back heel** of the right foot, while holding the hands roughly in a closed-hand guarding position.

- Official instructions: "9. Execute a middle reverse turning kick to AC with the right foot."
- Due to the fact that the next step has you lower your foot, this technique should end with the foot held in place momentarily.
- At the start of the chamber, shift your weight so that your left hip is over your left foot as you turn that left foot so point the heel towards the judges.
- According to Master Hutton, start the chamber by pivoting the feet while rotating your upper body into half-facing to better position your torso for the kick.
- The chamber is completed when the head and shoulders are in the final alignment of 45 degrees off center - although hands are roughly in a closed-hand guarding position.
- When firing, pull the fists back towards the rear shoulder (to generate power due to the action/reaction principle).
- When the technique is complete, the shoulders, hips and leg are all in line and the right leg should be at about a 30–45-degree angle off the center line.



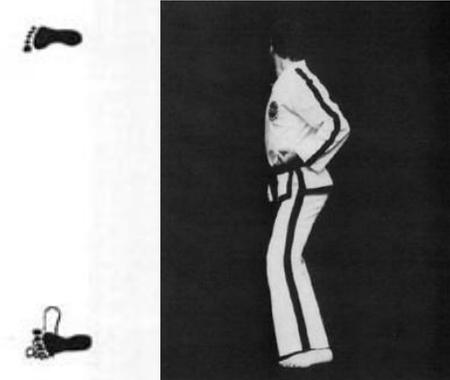
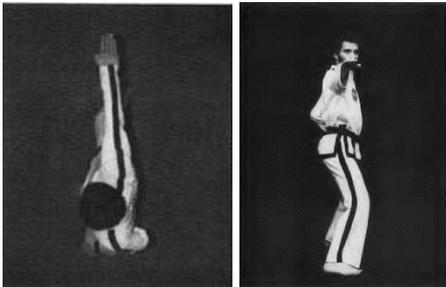
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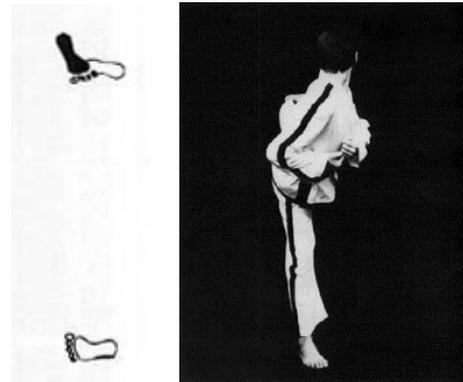
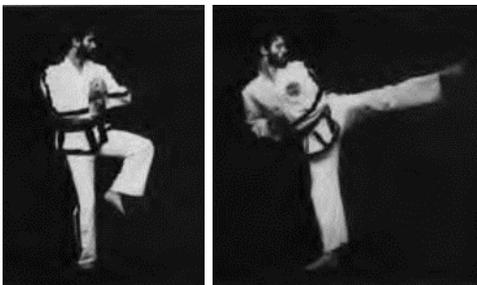
10. Lower the right foot to **North (C)** in a **stamping motion** to form a **sitting stance** toward **West (A)**, while executing a **side facing middle side strike** to **North (C)** with the **right knife-hand**.

- Official instructions: "10. Lower the right foot to C in a stamping motion to form a sitting stance toward A, while executing a middle side strike to C with the right knife-hand."
- Perform this move in a stamping motion, therefore, make sure that the foot is at least knee height before the stomp.
- Left foot will pivot approximately 90 degrees.
- The knife-hand finishes about 1-fist width forward from the shoulder line:



11. Grab your right hand with your left hand and, while pivoting clockwise on the ball of the right foot, execute a **middle side piercing kick** to **North (C)** with the **left foot**; **pull your hands to the front right chest line as you execute the kick**.

- Official instructions: "11. Execute a middle side piercing kick to C with the left foot while turning clockwise, pulling both hands in the opposite direction."
- As you pull both hands in the opposite direction from the kick, the left fist on should be under the right fist.
- Due to the fact that the next step has you lower your foot, this technique should end with the foot held in place.



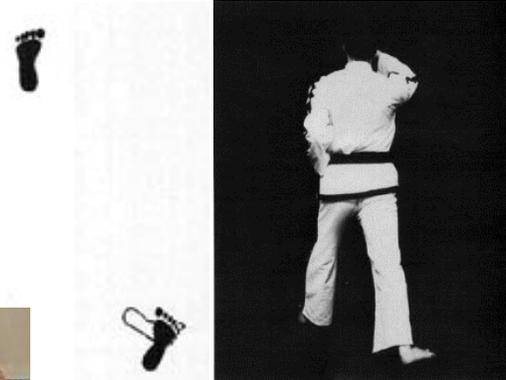
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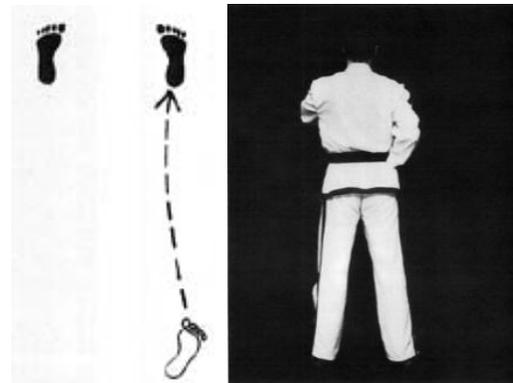
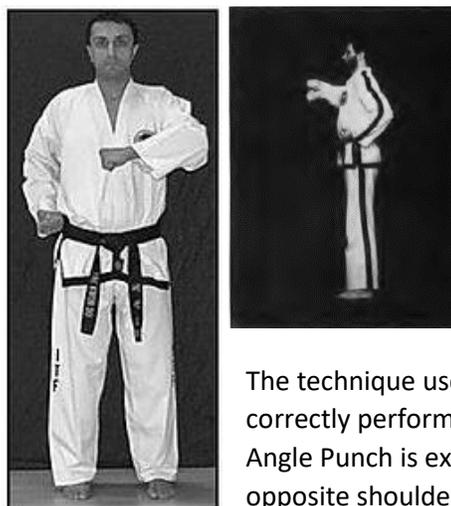
12. Lower the left foot to **North (C)** forming a **Left Walking Stance** toward **North (C)**, while executing a **full facing high crescent punch** with the **right forefist**.

- Official instructions: "12. Lower the left foot to C, forming a left walking stance toward C while executing a high crescent punch with the right fist."
- The high crescent punch should finish at head level with the elbow bent about 45 degrees and the fist at the chest line about 25 cm (10 inches) from the face – essentially, in front of the obverse eye.



13. Pull the rear foot forward forming a **parallel stance** toward **North (C)**, while executing a **full-facing middle turning punch** with the **left fore-fist**. **Perform this move in a slow motion**.

- Official instructions: "13. Execute a middle turning punch with the left fist while forming a parallel stance toward C, pulling the right foot. Perform this move in a slow motion."
- The middle turning punch should finish at the center of the attacker's body at the level of the solar plexus.



The technique used here is a Turning punch, not an Angle punch. When correctly performed, a Turning Punch finishes at chest level; whereas an Angle Punch is executed at shoulder height, with the fist in-line with the opposite shoulder and the forearm level with the ground.

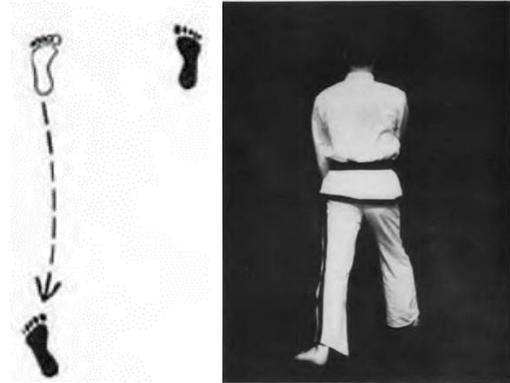
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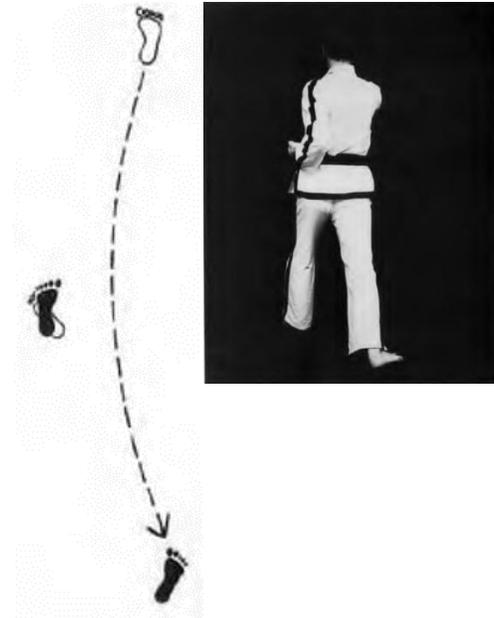
14. Move the left foot backwards to form a **Right Walking Stance** toward D (**South**) while executing a **full-facing Low Inward Block** with the **left Knife-hand** and bringing the right outer side fist in front of the left shoulder.

- Official instructions: "14. Move the left foot to D, forming a right walking stance toward C while executing a low inward block with the left knife-hand."
- This movement is a mirror of movement #1.



15. Move the right foot backwards to form a **Left Walking Stance** while executing a **reverse half-facing High Side Block** towards with the **right outer forearm**.

- Official instructions: "15. Move the right foot to D, forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm."
- This movement is a mirror of movement #2.



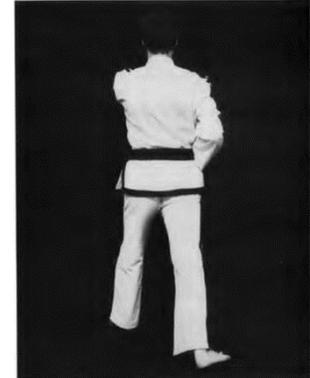
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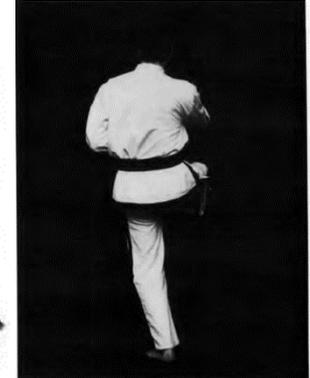
16. While maintaining the **Walking Stance**, execute a **full-facing Middle Front Punch** with the **left fore-fist**.

- Official instructions: *“Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.”*
- This movement is a mirror of movement #3.



17. Execute a **Low Twisting Kick** with the ball of the **right foot**, keeping the position of the hands as they were in movement #16.

- Official instructions: *“17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.”*
- This movement is a mirror of movement #4.



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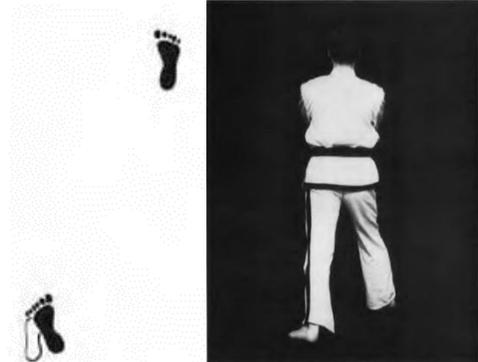
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18. Lower the right foot towards **South (D)** to form a **Right Walking Stance**, while executing a **full-facing Low Downward Block** with an X-fist – with the left arm on top. **Perform this and the next movement in a continuous motion.**

- Official instructions: “18. Lower the right foot to C, forming a right walking stance toward C while executing a downward block to C with an X-fist.”
- This movement is a mirror of movement #5; see that movement for additional notes.
- The hand that is performing the rising block in the next movement must be on top in this block.
- Since the official instruction use the term “forming” rather than “to form”, the stance is formed as part of the lowering of the leg. Had the instructions stated “to form” then the foot would first be lowered to the ground before the feet are repositioned to form the stance.



19. While maintaining the **Walking Stance**, execute a **full-facing Rising Block** with the **left knife-hand**. **Perform this and the prior movement in continuous motion.**

- Official instructions: “19. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.”
- This movement is a mirror of movement #6.



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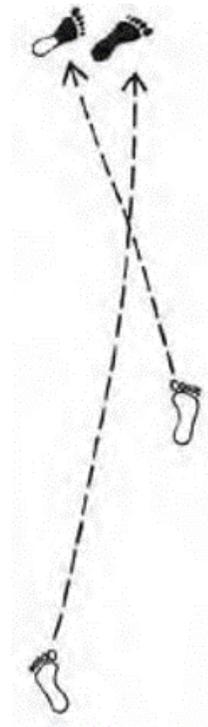
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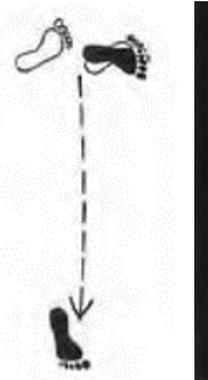
20. Move the left foot to jump approximately one and a half shoulder widths in front of the right foot, landing in a **Left X-stance**, while executing a **half-facing High Side Strike to North (C)** with the **left backfist**, bringing the right finger belly to the left side fist.

- Official instructions: "20. Jump to C, forming a left X-stance toward B while executing a high side strike to C with the left back fist, bringing the right finger belly to the left side fist."
- This movement is a mirror of movement #7.



21. Move the left foot **South (D)** forming a **Left L-stance** toward **South (D)**, while executing a **half-facing Middle Punch to South (D)** with the **Right Forefist**.

- Official instructions: "21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist."
- This movement is a mirror of movement #8.



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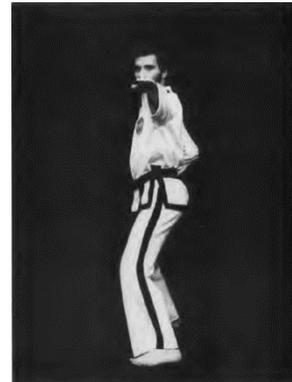
22. Execute a **middle reverse turning kick** to the **South-West (AD)** with the **back heel** of the left foot, while holding the hands roughly in a closed-hand guarding position.

- Official instructions: "22. Execute a middle reverse turning kick to AD with the left foot."
- This movement is a mirror of movement #9.



23. Lower the left foot to **South (D)** in a **stamping motion** to form a **sitting stance** toward **West (A)**, while executing a **side facing middle side strike** to **South (D)** with the **left knife-hand**.

- Official instructions: "23. Lower the right foot to D in a stamping motion to form a sitting stance toward A, while executing a middle side strike to D with the left knife-hand."
- This movement is a mirror of movement #10.



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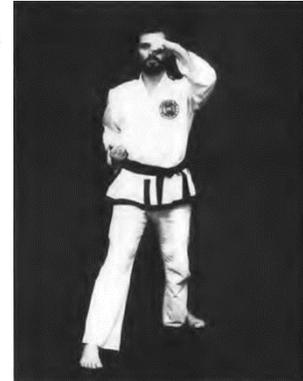
24. Grab your left hand with your right hand and, while pivoting counter-clockwise on the ball of the left foot, execute a **middle side piercing kick** to **South (D)** with the **right foot**; **pull your hands to the front right chest line as you execute the kick.**

- Official instructions: "24. Execute a middle side piercing kick to C with the left foot while turning clockwise, pulling both hands in the opposite direction."
- This movement is a mirror of movement #11.



25. Lower the right foot to **North (C)** forming a **Right Walking Stance** toward **South (D)**, while executing a **full facing high crescent punch** with the **left fore-fist.**

- Official instructions: "25. Lower the right foot to D, forming a right walking stance toward D while executing a high crescent punch with the left fist."
- This movement is a mirror of movement #12.



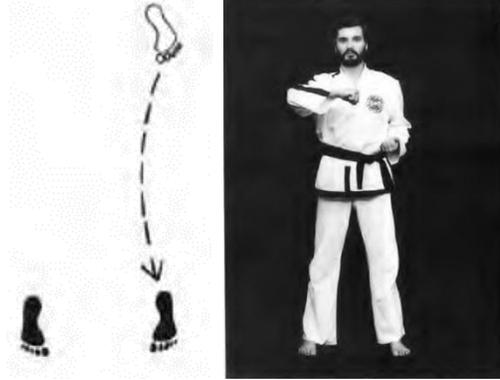
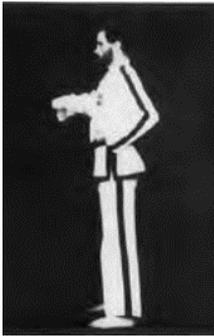
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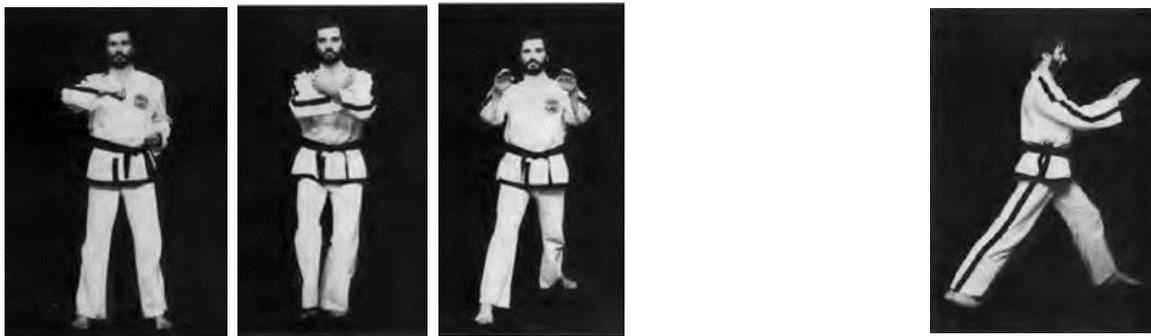
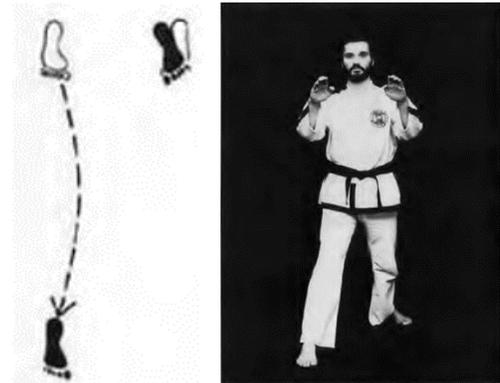
26. Pull the rear foot forward forming a **parallel stance** toward **South (D)**, while executing a **full-facing middle turning punch** with the **right fore-fist**. *Perform this move in a slow motion.*

- Official instructions: "26. Execute a middle turning punch with the right fist while forming a parallel stance toward D, pulling the left foot. Perform in a slow motion."
- This movement is a mirror of movement #13.



27. Move the right foot forward forming a **Right Walking Stance** toward **North (D)**, while executing **full-facing middle wedging block** with **knife hands**.

- Official instructions: "27. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle wedging block with a knife hand."
- During chamber, keep backs of both fists towards opponent.
- Hands should be at 35 degrees from the ground when finished.



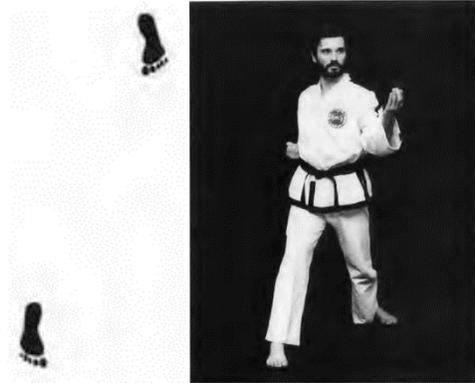
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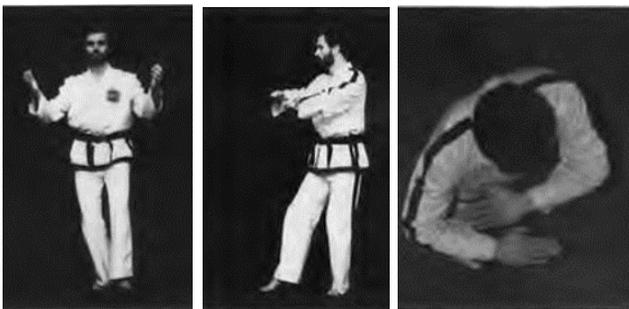
28. While maintaining the right walking stance, execute a **reverse half facing circular block** to **South-East (BD)** with the **left reverse knife-hand**.

- Official instructions: “28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.”
- While executing block, keep left heel slightly off the ground
- The body becomes reverse half-facing the opponent
- Because this is executed half-facing, when completed both shoulders and hand are all in line



29. Pivot on the rear foot as you pull the right foot forming a **left rear foot stance** toward **South (D)**, while executing a **half-facing downward block** to **South (D)** with a **twin palm**.

- Official instructions: “29. Execute a downward block with the twin palm while forming a left rear foot stance toward D, pulling the right foot.”
- Some versions of the Encyclopedia named the tool “Alternating Palm.”
- The palms reach the same level as the solar plexus of the defender.
- Rear foot will pivot into L-stance while heel of front foot stays off the ground.



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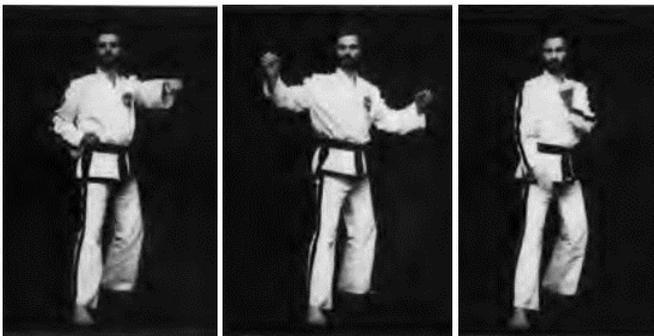
30. Slip the front foot forming a **left L-stance** toward **South (D)**, while executing a **half facing** a **middle front punch** with the **left fore-fist**.

- Official instructions: "30. Execute a middle punch to D with the left fist while forming a L-stance toward D, slipping the right foot."
- During chamber, lift the front foot off the ground; maintain position of right hand, while left hand chambers to side of body.
- The front foot slides forward into a Left L-stance.



31. While maintaining the L-stance, **shift backwards** while executing a **half facing low inward block** with the **right reverse knife-hand**, bringing the left side fist in front of the right shoulder.

- Official instructions: "31. Execute a low inward block to D with the right reverse knife-hand while shifting to C, maintaining a left L-stance toward D."
- When preparing the chamber movement, tilt your body slightly forward and then throw your body backwards as you slide the L-stance back and execute the block; If you don't perform the tilt forward to shift some of your weight to your front leg, you don't get any power since we maintain the same stance.



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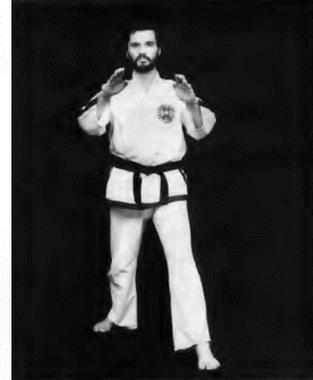
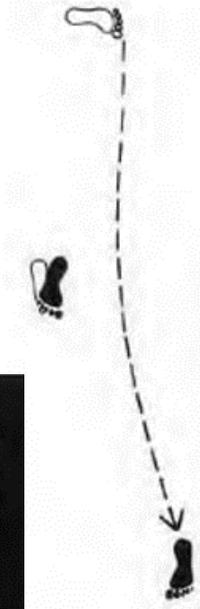
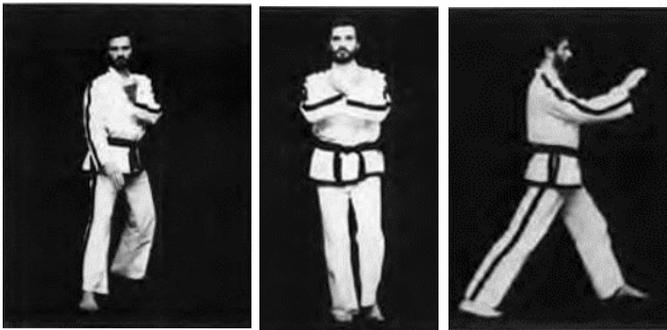
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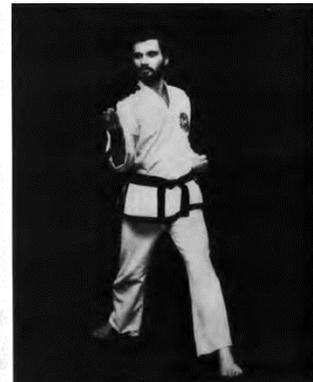
**32.** Move the left foot forward to form a **Left Walking Stance** toward **South (D)**, while executing a **full-facing middle wedging block** with a **knife-hand**.

- Official instructions: "32. Move the left foot to D, forming a left walking stance toward D while executing a middle wedging block with a knife-hand."
- Hands should be at 35 degrees from the ground when finished.
- Don't dip as much as the circular blocks performed next; dip only as much as is done with the wedge block in Do-San.



**33.** While maintaining the walking stance, execute a **reverse half facing** Circular Block to **South-West (AD)** with the **right reverse knife-hand**.

- Official instructions: "33. Execute a circular block to AD with the left reverse knife-hand while maintaining a left walking stance toward D."
- During the chamber, slightly raise the heel of the rear leg off the ground.



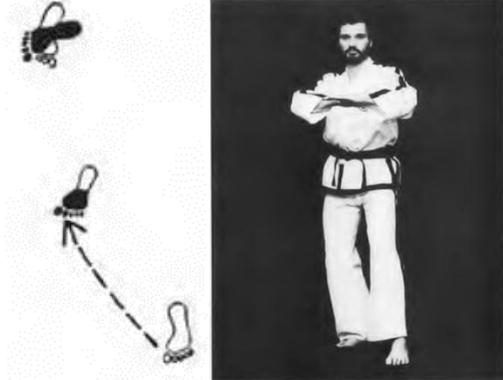
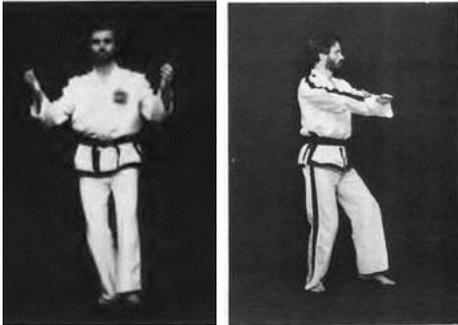
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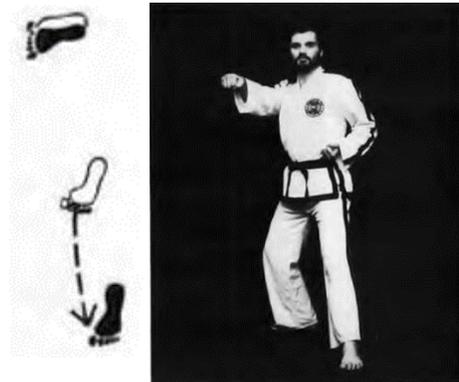
34. Pull the front foot back forming a **Right Rear Foot Stance** toward **South (D)**, while executing a **half-facing Downward Block** to **South (D)** with a **twin palm**.

- Official instructions: “34. Execute a downward block with a twin palm while forming a right rear foot stance toward D, pulling the left foot.”
- Some versions of the Encyclopedia named the tool “alternating palm.”
- Since this is a downward block, the tool finishes on the center line in front of the solar plexus.



35. Slip the front foot forming a **Right L-Stance** toward **South (D)**, while executing a **half facing middle front punch** with the **right fore-fist**.

- Official instructions: “35. Execute a middle punch to D with the right fist while forming a right L-stance toward D, slipping the left foot.”
- Unless directed otherwise, front punches should finish directly in front of your chest. Since this technique is performed half-facing, the punch finishes in a direction that is closer to South-West.



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36. While maintaining the L-stance, **shift backwards** while executing a **half facing low inward block** with the **left reverse knife-hand**, bringing the right side fist in front of the left shoulder.

- Official instructions: "36. Execute a low inward block to D with the left reverse knife-hand while shifting to C, maintaining a right L-stance toward D."
- When preparing the chamber movement, tilt your body slightly forward and then throw your body backwards as you slide the L-stance back and execute the block.



37. Execute a **high reverse turning kick** to **South-East (BD)** with the back heel of the **right foot** while holding the arms as in a forearm guarding block.

- Official instructions: "37. Execute a high reverse turning kick to BD with the right foot."
- The kicking leg should be at about a 15-degree angle off the center line (unlike the previous reverse turning kicks, which were around 40 degrees off center).
- At the start of the chamber, shift your weight so that your left hip is over your left foot as you turn that left foot so point the heel towards the judges.
- The chamber is completed when the head and shoulders are in the final alignment of 15 degrees off center.
- When completed, the shoulders, hips and leg are all in line.
- After executing this kick, do not lower the foot as that is done as part of the next movement.



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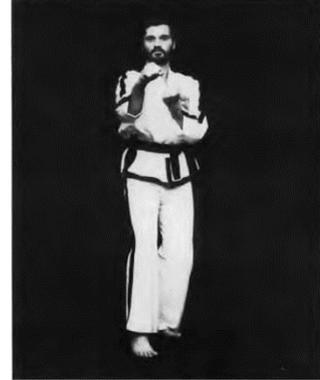
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38. Lower the right foot, forming a **left rear foot stance** toward **South (D)**, while executing a **half facing middle guarding block** with the forearm.

- Official instructions: "38. Lower the right foot to D, forming a left rear foot stance toward D, while executing a half facing middle guarding block to D with the forearm."



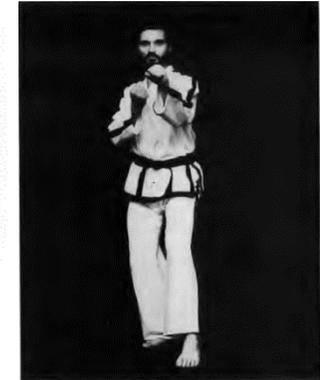
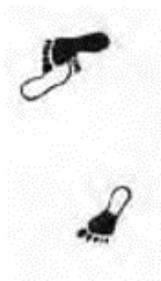
39. Execute a **high reverse turning kick** to **South-West (AD)** with the back heel of the **left foot** while holding the arms as in a forearm guarding block.

- Official instructions: "39. Execute a high reverse turning kick to AD with the left foot."
- This movement is a mirror of movement #37.



40. Lower the left foot, forming a **right rear foot stance** toward **South (D)**, while executing a **half facing middle guarding block** with the **forearm**.

- Official instructions: "40. Lower the left foot to D, forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm."



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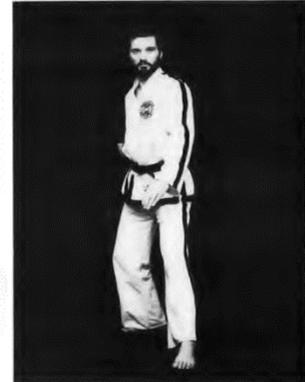
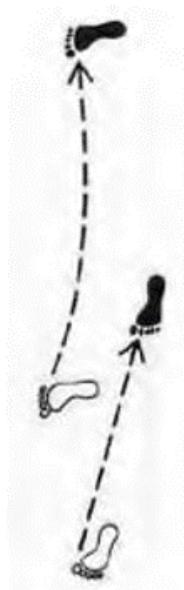
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**41.** Move the left foot backward to the side rear of the right foot, and then move the right foot backward, forming a **right L-stance** toward **South (D)**, while executing a **half facing low outward block** with the **left knife-hand**.

- Official instructions: “41. Move the left foot to the side rear of the right foot, and then move the right foot to C, forming a right L-stance toward D, while executing a low block to D with the left knife-hand.”
- While some refer to this type of stepping as a “backward double-stepping motion,” it is really just a step back with a slide. A good example of forward double stepping is Kwang-Gae #4 and #6. Although “double stepping” is not found explicitly in the instructions for Ul-Ji #34, it does appear to be a good example of a backward double-stepping motion.
- The blocking tool reaches the same level as the groin of the defender.



**42.** Slip the rear foot forming a **left walking stance** toward **South (D)**, while executing a **full facing middle front punch** with the **right fore-fist**.

- Official instructions: “42. Execute a middle punch to D with the right fist while forming a left walking stance toward D, slipping the right foot.”
- As part of the chamber, slide the rear foot forward as you rise in the sine wave allowing you to accelerate the punch as you drive your heel back to the final position.



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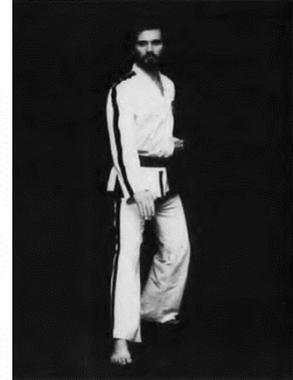
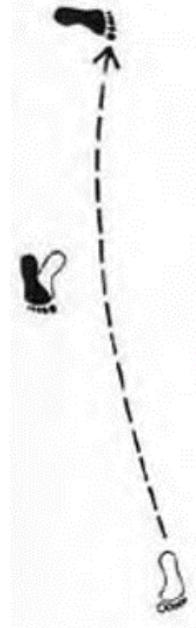
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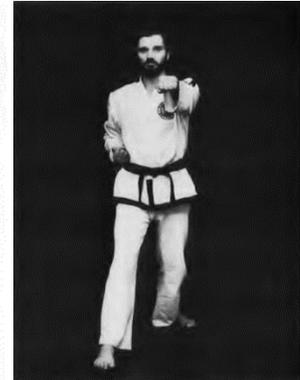
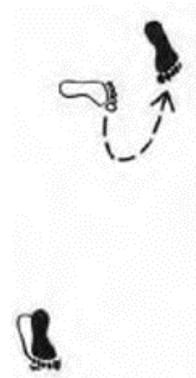
43. Move the left foot backwards, forming a **left L-stance** toward **South (D)** while executing a **half facing low block** with the **right knife-hand**.

- Official instructions: "43. Move the left foot to C, forming a left L-stance toward D while executing a low block to D with the right knife-hand."
- When complete, the forearm should be parallel with the thigh



44. Slip the rear foot forming a **right walking stance** toward **South (D)**, while executing a **full facing middle front punch** with the **right fore-fist**.

- Official instructions: "44. Execute a middle punch to D with the left fist while forming a right walking stance toward D, slipping the left foot."



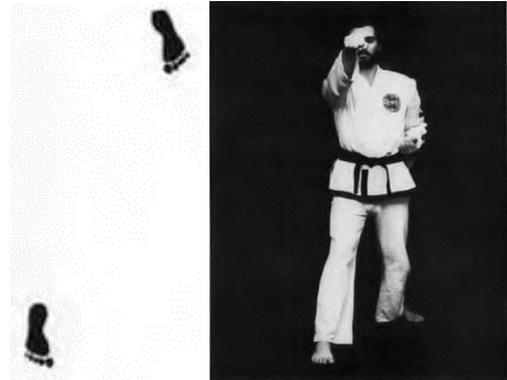
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45. While maintaining a right walking stance toward D, execute (full facing) a high front punch to D with the right forefist.

- Official instructions: “45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.”



End: Bring the right foot back to *Close Ready Stance D*.

### References:

**Taekwon-Do (The Korean Art of Self Defense) Volume 12, 5<sup>th</sup> edition, pp 25-131**

**a.k.a. *The Encyclopedia of Taekwon-Do***

by General Choi Hong Hi, ©1999

### **International Taekwondo Federation website**

International Taekwon-do Federation

<http://www.itf-administration.com/technical/?arturn=846>

### **A Patterns Lesson with Master Hutton Yon-Gae and Eui-Am**

TKDcoaching.com

### **TKDcoaching Patterns Hub:**

<https://tkdcoaching.com/eui-am-pattern/>