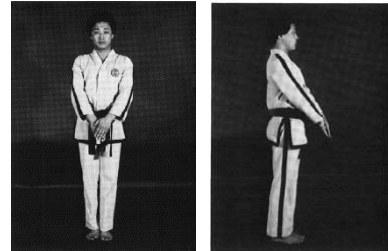


HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Movements - 29

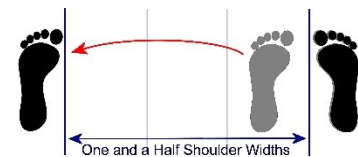
Ready Posture - **Close Ready Stance C** (Moa Junbi Sogi C) facing **South** (D)

- The fingers of the left hand are placed on top of the fingers of the right hand at an angle. The distance between the hands and the abdomen is about 8 inches.

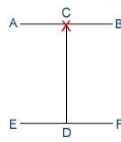


1. Move your left foot sideways into a **Sitting Stance** towards the **South** (D), while executing a **Full-facing Middle Pushing Block** with the **Left Palm**.

- Official ITF instructions: "1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the Left Palm."
- From the encyclopedia, volume 2, page 148: **Sitting Stance (Anun Sogi)**
"One of the advantages of this stance is to shift into walking stance without relocating the foot. 1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes. 2. Point the toes to the front and distribute the body weight evenly on both legs. 3. Extend the knees outward, bending until the knee caps come over the ball of the foot..." When describing incorrect ways to perform this stance: "Double width of the shoulders weakens the stance and speedy movement is hampered."



- From the encyclopedia, volume 3, page 285-286: **Pushing Block (Miro Sogi)**
"This technique is one of the most effective forms to put the opponent off balance and is chiefly performed with the palm, though occasionally a double forearm, knife-hand or reverse knife-hand is used. (The Palm Pushing Block) is mainly executed from a Sitting Stance and X-Stance, though occasionally a Parallel, Close, or Walking Stance is employed. A reverse block is normal in the case of a walking stance. Be sure to execute the block against the shoulder or bottom area."
- Because we move our foot left into the stance, be careful not to lean to the left when in Sitting Stance.
- The target of the palm pushing block is the shoulder of the opponent so it should finish at shoulder height.
- Gen. Choi, in a 1996 Seminar at Lai Taekwon-Do St. Albans Gym, explained that this technique finishes at the shoulder line, should demonstrate the sine wave and exhibit power.
- This opening movement is not like the Yul-Gok's opening move which simply raises the left arm with no power. In that movement, once the arm is raised, it is positioned properly as the reaction arm of the following punch. The opening move in Hwa-Rang is a full-force power move. As such, it requires the movement of a reaction arm. Therefore, as you rise up into the sine wave, extend the right arm to properly position it as the reaction arm for the full-power pushing block.



2. While maintaining the **Sitting Stance**, execute a **Middle Fore-Fist Punch to South (D)** with the **Right Fist**.

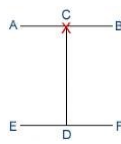
- Official ITF instructions: *“2. Execute a Middle Punch to D with the Right Fist while maintaining a sitting stance toward D.”*
- **Sitting Stance Middle Front Punch** (*Annun So ApJoomuk Kaunde Jirugi*)
- When rising up into the sine wave, do not go so high as to lock the knees.
- The punch should be directed to the solar plexus.
- This punch, as well as the following, are performed in normal motion rather than fast motion.



3. While maintaining the **Sitting Stance**, execute a **Middle Fore-Fist Punch to South (D)** with the **Left Fist**.

- Official ITF instructions: *“3. Execute a Middle Punch to D with the Left Fist while maintaining a sitting stance toward D.”*
- This punch, as well as the previous, are performed in normal motion rather than fast motion.





4. Execute a **Twin Forearm Block** while forming a *half-facing Left L-Stance* toward **West (A)** by pulling the right foot and slightly pivoting on the left foot.

- Official ITF instructions: *“4. Execute a twin forearm block while forming a Left L-Stance toward A, pivoting with the left foot.”*
- From the encyclopedia, volume 3, p300:

Twin Forearm Block (Sang Palmok Magki)

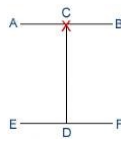


“This technique can be used to block a simultaneous attack from the front and the side. The side block, however, is the primary defense... The side blocking forearm usually performs a middle block. It should be stressed that although a rising block may also be effective against an attack toward the forehead, the side block is the primary one. When blocking from a left L-stance, bring the right forearm inside of the left forearm and vice versa.”



- To chamber, drop into the sine wave as you shift your weight onto the rear leg and pivot the rear foot to the angle required for the L-Stance; as you rise up into the sine wave, move the front left foot back about half way to the rear foot as you cross your wrists just above the solar plexus with knuckles facing face from you.
- When executing, drop into the sine wave as you move your right foot to its final position.
- Since we are shifting from Sitting Stance to L-Stance, the rear foot pivots about 15 degrees.
- When finished, the lead arm will have the forearm at shoulder-level with the elbow pointing downward, the other fist in the final position of a rising block, and the upper body half-facing.

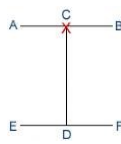




5. Without stepping, execute an **Upward Punch** with the **Left Fist** while pulling the right side fist in front of the left shoulder.

- Official ITF instructions: *"5. Execute an upward punch with the Left Fist while pulling the right side-fist in front of the left shoulder."*
- From the encyclopedia: "**Upward Punch (Ollyo Jirugi)**
This technique is chiefly used for attacking the face or the point of the chin at a close range. Although it can be performed with nearly every stance, a rear foot stance and L-Stance are normally used. Keep the back fist facing front at the moment of impact while bringing the opposite side fist in front of the shoulder."
- Some organizations chamber this movement by extending the right hand in a grabbing motion.
- This upward punch finishes on your center line. Since we finish in a half-facing posture, your center line is at a 45-degree angle (toward the South-West).
- According to the 2021-03-13 IIC, the target of this technique is the underside of the chin and the arm should travel above the belt.
- Make sure to bring the left hand low enough so that the punch travels in an upward direction.
- The final position of the right fist has the wrist facing upward so that the pinky finger is closest to the chest.
- Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do, explained that the right fist should not actually rest on the chest; there should be some space between the fist and body.





6. Execute a **Middle Punch** to **West** with the **Right Fist** while *sliding* into a *half-facing* **Right Fixed Stance** toward the **West** (A).

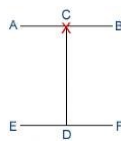
- Official ITF instructions: “6. Execute a Middle Punch to A with the Right Fist while forming a Right Fixed Stance toward A in a sliding motion.”
- To chamber, drop into the start of the sine wave as you while retracting your lead leg halfway to the rear leg; as you rise up into the sine wave, twist your waist so that you are completely *full-facing* to the West while you extend your left hand to the West.



- Sliding is a smooth, gliding motion used primarily to cover a distance of a foot or two. Sliding is meant to be a single, quick, smooth motion of both feet. Some describe the distance to move as the length of a stance while others indicate “*about one and a half shoulder widths.*” Like all dodging motions, the objective is to get out of the way of an opponent’s attack and the exact distance required for that will depend upon the attack and how close the opponent is to you.
-- see Encyclopedia, volume 4, pp. 184-201 “Foot Shifting (Jajun Bal)”

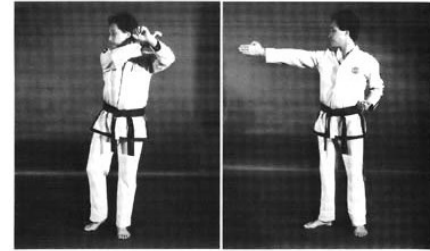


- Master Rai said in IIC May 2021 that a slide moves only 1 foot of distance.
- When sliding forward, push off the rear leg. Regardless of which direction you slide to, the feet barely lift off the ground as they travel. This is in contrast with a jump, which lifts the feet high up off the ground.
- When executing the punch, drop into the end of the sine wave as you push off your rear leg to slide into the final position.
- Fixed stance (Niunja Sogi) is similar to the L-stance but, unlike L-stance, the body weight is distributed evenly across both legs and the distance between the big toe of each foot is one and a half shoulder widths; A Fixed Stance is always half-facing, both in attack and defense. According to page 141 in volume 2 of the Encyclopedia, “*it is recommended that the toes of both feet point about 15 degrees inward...*”
- When finished, the punching fist will be at shoulder-level, the other fist at your belt, and the upper body *half-facing*.

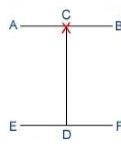


7. Execute a **Downward Strike** with the **Right Knife-hand** while forming a **half-facing Left Vertical Stance** toward **West (A)**.

- Official ITF instructions: “7. Execute a downward strike with the Right Knife-hand while forming a Left Vertical Stance toward A, pulling the right foot.”
- From the encyclopedia, volume 10, p117: **Vertical Stance (Soojik Sogi)** “1. The knife-hand reaches the target in a circular motion. 2. Keep the elbow straight at the moment of impact.” The encyclopedia shows an application for this movement is an attack to the clavicle.



- From Grandmaster S. J. Kim: “The feet in a vertical stance are similar in position to the **L-Stance**, however the length is one-half shoulder width. The ratio of body weight is 50 percent on the rear leg and 50 percent on the front leg. Keep the toes of both feet pointed approximately 15 degrees inward and keep the legs straight. When the right foot is in the rear, the stance is called a Right Vertical Stance. When the left foot is in the rear, the stance is called a Left Vertical Stance. It is always half-facing, both in attack and defense.” This is different from the Encyclopedia in two ways: 1) the length is one-half shoulder with rather than one full shoulder width; 2) the weight distribution is 50/50% rather than 40/60%. This is consistent with what Master Rai explained at the May 2021 IIC when he indicated that the distance from each heel is one foot-length
- There is no sine wave in this technique.
- To chamber, bring both arms up to chest height and cross the wrist with the striking hand on the inside. From the encyclopedia, volume 3, p130: Side on Downward-Strike - “Keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other at the start of the strike.”
- To execute, the elbow should travel first and after stopping the elbow, use a whipping motion to extend the forearm; there should be a slight angle to the trajectory so the hand comes from the outside to the center line. Also, wind up with the shoulder to get more power and make sure to bring the reaction hand back to your belt with the same urgency as with the right hand.
- Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do (at the 3:10 mark), demonstrates that the striking hand pulls back from the previous position to near the left hip before travelling upwards in a circular manner above the head before coming down onto the final position.
- Note that the left foot pulls towards the right foot to form the stance, which is in the opposite direction to the way that you were travelling.
- When finished, the knife-hand is at shoulder level in line with the shoulder, elbow only **slightly** bent, and the thumb is tucked against the side of the hand.
- Although this technique is not formally performed in fast or quick motion, this technique should be performed with a sense of urgency; therefore, while the pause between this technique and the prior technique is appropriate for normal motion, the execution of this technique is performed more quickly than normal.



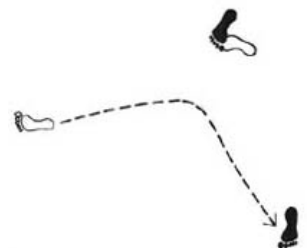
8. Move the rear foot forward forming a *full-facing Left Walking Stance* toward **West** (A) while executing a **Middle Punch** with the **Left Fist**.

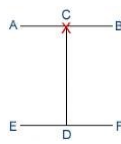
- Official ITF instructions: “8. Move the left foot to A forming a **Left Walking Stance** toward A while executing a Middle Punch to A with the Left Fist.”
- As part of the chambering, change your facing from side- to *full-facing* and demonstrate the sine wave.
- As we start the sine wave, do not pull back the right arm; instead, leave it extended so that it can be pulled back when the punch is executed.



9. Retract the front foot almost to the rear foot then pivot 90 degrees counter-clockwise on the rear foot then move that foot South forming a *half-facing Left Walking Stance* while executing a **Low Block** to the **South** with the **Left Outer Forearm**.

- Official ITF instructions: “9. Move the left foot to D, forming a Left Walking Stance toward D while executing a Low Block to D with the Left Forearm.”
- According to the May 2021 IIC: “low block chambers just below solar plexus and no higher”.
- In correspondence with GM S.J. Kim, he confirmed that this is half-facing.
- Note that the lead foot withdraws first without the body turning; as the foot moves forward, the body turns and we drop our mass.





10. Move the right foot forward forming a *full-facing Right Walking Stance* toward the **South** (D) while executing a **Middle Punch** with the **Right Fist**.

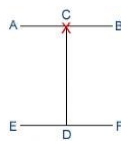
- Official ITF instructions: “10. Move the right foot to D forming a *Right Walking Stance* toward D while executing a *Middle Punch* to D with the *Right Fist*.”
- The middle punch finishes at the center line and at shoulder height.
- After executing the punch, do not retract it; it should stay extended for the next movement.



11. Pull the rear foot about halfway to the front foot while bringing the **Left Palm** to the **Right Forefist**, bending the right elbow about 45 degrees outward and pivoting slightly on the lead foot.

- Official ITF instructions: “11. Pull the left foot toward the right foot while bringing the *Left Palm* to the *Right Forefist*, at the same time bending the right elbow about 45 degrees outward.”
- From the encyclopedia, volume 10, p161: “Keep the left heel slightly off the ground, distributing about 70 percent of the body weight to that foot.”
- When the left palm moves to the right fist, keep the fist at the same height it finished at in the previous movement while bending the right elbow. As the rear foot moves forward, the elbow bends so that the right fist remains in the same position in space.
- Note that both feet finish pointing to the South-East with the heel of the rear foot kept slightly off the ground; by orienting the rear foot this way, we are better aligned to execute the side kick required in the next movement.
- Although the official instructions do not specify how far to pull the rear foot, at the May 2021 IIC, it was mentioned that “the initial movement of the rear foot is to position it on the centerline; as you do, bring the weight onto that rear foot – which should lower the body slightly.”
- The purpose of this movement is to prevent being pulled forward if someone were to have grabbed your wrist after the previous movement.





12. Execute a **Middle Side Piercing Kick** to the **South** (D) with the **Right Foot** while pulling both hands in the opposite direction; then lower the right foot toward the **South** (D) forming a **half-facing Left L-Stance** while executing a **Middle Outward Strike** with a **Right Knife-hand**.

- Official ITF instructions: “12. Execute a Middle Side Piercing Kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a Left L-Stance toward D, at the same time executing a middle strike to D with the Right Knife-hand.”



- From the encyclopedia, 1999 5th ed., p.254:

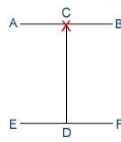
Side Piercing Kick (Yopcha Jirugi)

“...The attacking tool must reach the target in a straight line with a revolving motion... Keep the toes of the kicking foot faced slightly downward and the toes of the stationary foot pointing about 75 degrees outward at the moment of impact... For maximum height, lean the body away from the kick as far as possible while still maintaining the balance... The stationary foot pivots allowing the hip to rotate with the kick.”

- From the encyclopedia, 1999 5th ed., p.252: **Middle Kick (Kaunde Chagi)**
“If the attacking tool reaches the same level of the attacker’s shoulder at the moment of impact, it is called a middle kick.”

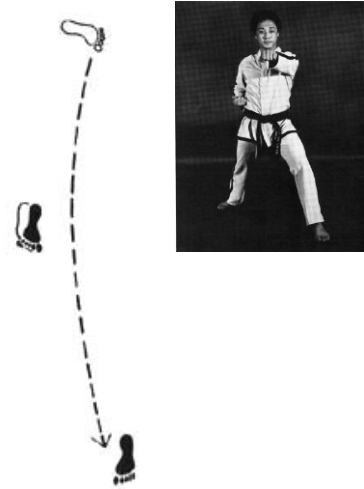


- To chamber, withdraw your lead leg to your rear leg as you pivot 90-degrees on the rear, then raise the knee of the right foot as high as possible and align with your solar plexus.
- When kicking, pivot about 90-degrees on the supporting foot so that its heel points towards the target; The hips should stay over the supporting leg and the shoulders, hips, and the kicking foot should be in line. As you kick, pull the two hands back to the left shoulder.
- Since this is a middle kick, the target should be about the same height as your shoulder at the moment of impact; after executing the kick, hold the leg extended for a fraction of a second before lowering the foot.
- When you lower the kicking foot, bring it to the knee of the supporting leg not to the ground. Use this action to regain your balance before attempting the knife-hand strike.
- Make sure to demonstrate the sine wave when executing the knife-hand strike; as you withdraw your foot from the side kick, drop into the beginning of the sine wave and rotate the rear foot so that it is aligned for the final position of the L-Stance.
- From FGMR Rhee Ki Ha “This is Taekwon-do” pp. 82-84
“In Korean there are actually 4 different ways to describe a releasing movement and each relate to the method of releasing i.e. twisting, pulling, etc... In the colour belt patterns 2 such methods are used. In Do San and Joong Gun the releasing motion is “Bitulmyo Pulgi” which means a “twisting release.” In Hwa Rang the releasing motion is Dangimyo Pulgi which means a ‘pulling release’.” On Facebook, FGMR described the remaining two release motions as “Hecho pulgi” which means “wedging release” and “Ggok ggok pulgi” which means “breaking release.”



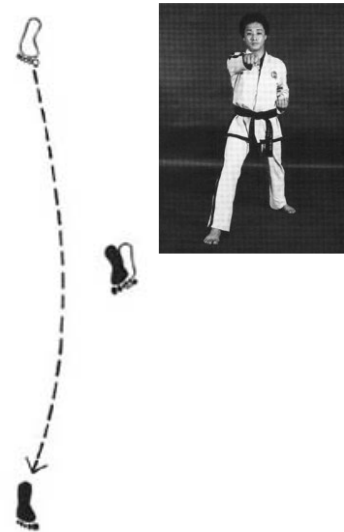
13. Move the rear foot forward forming a *full-facing Left Walking Stance* toward the **South** (D) while executing a **Middle Punch** with the **Left Fist**.

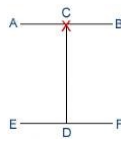
- Official ITF instructions: "13. Move the left foot to D, forming a *Left Walking Stance* toward D while executing a *Middle Punch* to D with the *Left Fist*."



14. Move the rear foot forward forming a *full-facing Right Walking Stance* toward the **South** while executing a **Middle Punch** with the **Right Fist**.

- Official ITF instructions: "14. Move the right foot to D forming a *Right Walking Stance* toward D at the same time executing a *Middle Punch* to D with the *Right Fist*."





15. Turning 270 degrees counter-clockwise, move the left foot to the **West** forming a *half-facing Right L-Stance* toward the **West** (A) while executing a **Middle Guarding Block** with *Knife-hands*.

- Official ITF instructions: “15. Move the left foot to E turning counter clockwise to form a Right L-Stance toward E while executing a Middle Guarding Block to E with a knife-hand.”

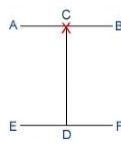


- From the encyclopedia, Vol 3, p. 290:
Guarding Block (Daebi Makgi)
“1. Keep the blocking tool half-facing the target at the moment of impact
2. Bring the opposite knife-hand or side fist in front of chest 3 centimeters from the body.
3. Keep body half facing at all times.”

- To chamber, draw the rear foot towards the front foot as you shift all your weight onto the front leg and drop into the start of the sine wave by bending the knee slightly; next, as we push up, pivot counter-clockwise on the right foot to “corkscrew” 270 degree to face the West. The chamber is complete when you are *half-facing* to the West, your loosely-clenched fists are at head-level at a 45-degree angle, all of your weight is on your right foot and the ball of your left foot is lightly touching the ground near your right foot.



- To execute, bring your hands forward in a straight path as you extend the left foot and drop into the stance.
- When completed, your lead hand will be at shoulder level facing away from you and your other hand in front of your solar plexus, palm up; the tips of the fingers of the left hand should be directly above the toes of the left foot.



16. Move the right foot forward into a *full-facing Right Walking Stance* while executing a *Middle Straight Fingertip Thrust* with the *Right Hand* with the left hand under the right elbow.

- Official ITF instructions: "16. Move the right foot to E forming a Right Walking Stance toward E while executing a middle thrust to E with the right straight fingertip.""



- The *Straight Fingertip Thrust*, sometimes called a *Vertical Fingertip Thrust* or *Spear-hand Thrust*, is executed with the hand held vertically (rather than horizontally, which would have the palm facing the ground); "Flat" fingertip thrusts have the palm facing down whereas "Straight" fingertip thrusts orient the hand with the palm to the side and the thumb on top.



- This thrust ends with the non-striking hand under the elbow of the striking arm; The purpose of this is so the non-striking hand would push down the opponent's blocking arm or striking hand allowing thus allowing your striking hand an opportunity reach the opponent.
- From the encyclopedia, volume 3, p.83: **Thrusting Technique** (Tulgi)
"The fingertip and elbows are the principal tools for this technique... This (fingertip thrust technique) is executed almost in the same manner as that of the fore fist, except that the attacking tool does not have to be drawn from the hip."
- From the encyclopedia, p.150: **Thrusting Techniques** (Tulgi)
"Fingertip: This is executed almost in the same manner as that of the forefist except that the attacking tool does not have to be drawn from the hip."

17. Perform a Center-Line Turn forming a *half-facing Right L-Stance* toward the *East* (F) while executing a *Middle Guarding Block* with *Knife-hands*.

- Official ITF instructions: "17. Move the right foot on line EF forming a Right L-Stance toward F while executing a Middle Guarding Block to F with a knife-hand."

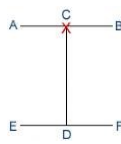


- To turn, first pull the lead foot to the center line and then pivot on that foot as you move the other foot to its final position.

- Make sure to demonstrate the sine wave during the turn.

- Note that the heel of the right foot stays slightly off the ground while the block is chambered.

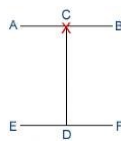




18. Execute a **High Turning Kick** to the **South-East** with the **Right Foot** and then lower it approximately one shoulder width to the **East** (F) of the supporting foot. *Perform this and the next movement in fast motion.*

- Official ITF instructions: “18. Execute a High Turning Kick to DF with the right foot and then lower it to F.”
- From the encyclopedia, p.268: **Turning Kick** (Dollyo Chagi)
“The hip must swing forward to enable the foot to reach the target in an arc... The ball of the foot must be vertical at the moment of impact... The foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at the instant of contact... The arms must be kept within sight while kicking.”
- From the encyclopedia, volume 10, p.118: **High Turning Kick** (Nopunde Dollyo Chagi)
“The attacking tool reaches the eye level of the attacker.”
- If one of your legs cannot reach the proper height of a high section turning kick, execute both at the same, lower height.
- Unlike in sparring, the attacking tool of the turning kick should be the balls of the foot, so do not extend the toes.
- Make sure to push off the ground, pivot on the supporting foot, and rotate the hips to provide sufficient power for this kick and finish with the toes of the striking foot pointed slightly downward; If you do not rotate the foot and the hips enough, the kicks will appear like some sort of poorly-executed front snap kick.
- It does not appear that there is an official distance for the placement of the right foot following the kick but most videos show the foot landing approximately one shoulder width away from the standing foot.
- Although the official instructions do not require it, it is commonplace to maintain the Knife-hand Guarding Block from the previous movement while executing this and the next turning kick.
- Fast Motion links two techniques such that they are both are performed faster than normal speed and the time between the techniques is eliminated. Each technique will have its own breath. There is no pause (or a very short pause) between techniques and sine waves of the two techniques are merged so that the final drop of the first sine wave is the first drop of the second sine wave. The resulting, combined sine wave will be down-up-down-up-down. It is said that the send technique has a “2/3 sine wave”.
- IIC: Put the foot down only one shoulder width forward.





19. Execute a **High Turning Kick** to the **North-East** with the **Left Foot** and then lower it to the **East** forming a *half-facing* **Right L-Stance** toward the **East** while executing a **Middle Guarding Block** with **Knife-hands**. *Perform 18 and 19 in a fast motion.*

- Official ITF instructions: “19. Execute a High Turning Kick to CF with the left foot and then lower it to F forming a Right L-Stance toward F while executing a Middle Guarding Block to F with a knife-hand. Perform 18 and 19 in a fast motion.”

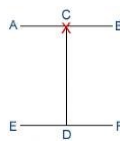


- Make sure to pause slightly after the kick before beginning to chamber the knife-hand guarding block.

20. Retract the front foot almost to the rear foot then pivot 90 degrees counter-clockwise on the rear foot then move that foot **North (C)** forming a *half-facing* **Left Walking Stance** while executing a **Low Block** to the **North (C)** with the **Left Outer Forearm**.

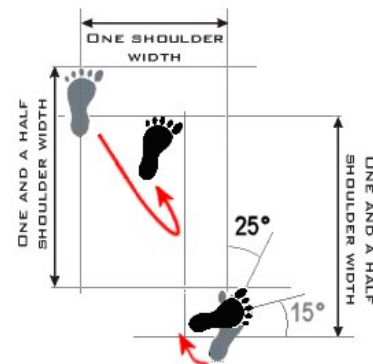
- Official ITF instructions: “20. Move the left foot to C, forming a Left Walking Stance toward C while executing a Low Block to C with the Left Forearm.”
- This is the same as movement #9 but oriented to the North.





21. Without stepping forward, execute an *obverse Middle Punch* with the **Right Fist** while pulling the lead leg to form a *half-facing Right L-Stance* toward the **North** (C).

- Official ITF instructions: “21. Execute a Middle Punch to C with the Right Fist while forming a Right L-Stance toward C, pulling the left foot.”
- From the encyclopedia, volume 10, p.119:
L-Stance Obverse Punch (Niunja So Baro Jirugi)
“1. The fist reaches the same level as the shoulder. 2. The right arm forms a parallel line with the left leg and vise-versa.”
- When in an L-Stance, an *obverse* punch is executed with the rear hand.
- To chamber, pivot slightly on the rear foot to turn *half-facing* while you drop into the first part of the sine wave; pull the lead leg back about half-way to the rear leg as you rise up into the sine wave and extend your left hand to chest-level.
- Contrary to the foot diagrams in some versions of the Encyclopedias, when pivoting a foot, do so on the balls of the foot rather than on the heel.
- When executing, drop your weight as you move the lead leg into its final position.
- IIC: To get a sine wave, pull the foot closer than the final position so you can drop into the stance – produces power.
- It is a common mistake to direct the punch at an incorrect angle; the punch should be 15 degrees off the North-South line – which should place the finished fist just off-center to your solar plexus.
- The angle of the punch is same as angle of lead foot; this allows the arm to target the center line.



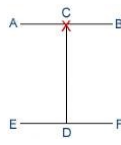
22. Move the right foot forward to form a *half-facing Left L-Stance* toward the **North** (C) while executing a *obverse Middle Punch* with the **Left Fist**.

- Official ITF instructions: “22. Move the right foot to C forming a Left L-Stance toward C while executing a Middle Punch to C with the Left Fist.”
- As you move your rear foot forward, make sure to shift most of your weight onto the lead foot and align your left hip over your left foot as you change facing
- When fully chambered, you are at the top of the sine wave, so when the punch is executed, your head should drop noticeably as you extend your lead foot



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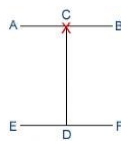
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23. Move the left foot forward to form a *half-facing Right L-Stance* toward the **North** (C) while executing a *obverse Middle Punch* with the **Right Fist**.

- Official ITF instructions: "23. Move the left foot to C forming a *Right L-Stance* toward C while executing a *Middle Punch* to C with the *Right Fist*."





24. Slip the lead foot by retract it to your center line while pivoting slightly on the rear foot; then move the lead foot **North-West** (AC) forming a *full-facing Left Walking Stance* to the **North** (C) while executing a **Pressing Block** with an **X-fist**.

- Official ITF instructions: “24. Execute a Pressing Block with an X-fist while forming a Left Walking Stance toward C, slipping the left foot to C.”



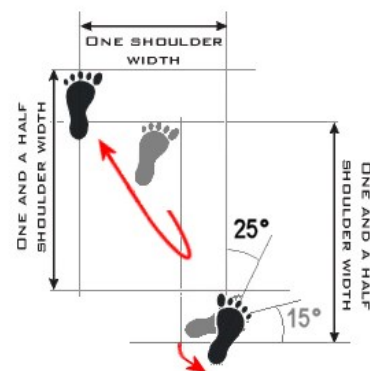
- **Left Walking Stance X-fist Pressing Block**
(Gunnun So Kyocha Noollo Makgi)

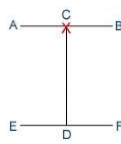
- From the encyclopedia, Vol 3. pp.263: **Pressing Block (Noollo Makgi)**
“This block is executed against low attack only. This technique is used only when the defender wishes to check, rather than break, the attacking foot.”
- From the encyclopedia, Vol 3. pp.266: **Pressing Block (Noollo Makgi) X-Fist**
“The X-Fist is used against the tibia of the attacking foot aimed at the defender’s lower abdomen.”

- To chamber, bring each hand to just outside the shoulder lines at shoulder level with wrists facing mostly forward (at a “natural angle” of about 15 degrees inward); the chamber should be fully formed at the height of the sine wave – when the two feet are closest to each other.



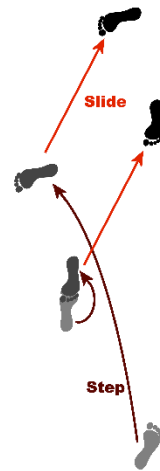
- A common mistake is to bend the wrists when chambering; keep wrists aligned with the forearm.
- Do not move the hands in a circulation motion; simply raise the hands into the chamber; Once chambered, the pressing block travels in a straight line.
- When this technique is completed, the right fist should be on top; Since the position of the fists is not explicitly mentioned, we should infer the orientation. Since this is a Left Walking Stance, the Left Fist is actually performing the block while the right is supporting or bracing. This conclusion is consistent with the image of this movement in the Encyclopedia.





25. Move the right foot forward as you pivot counter-clockwise on the left foot and then slide into a half-facing **Right L-Stance** towards the **South** (D) while executing a **Thrust** to the **North** (C) with the **Right Side Elbow**.

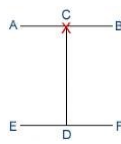
- Official ITF instructions: “25. Move the right foot to C in a sliding motion forming a Right L-Stance toward D while thrusting to C with the right side elbow.”
- Technically, in a slide, both feet should travel the same distance so you can think of this movement as first forming an L-stance towards South and then sliding North-East to execute the thrust.
- Initially, the rear foot will travel almost north-west, and turn before sliding; when sliding, make sure that the left foot travels North-East so that the L-Stance finishes in the proper orientation.
- Officially, a slide requires that your travel approximately one shoulder width whereas a shift is “employed chiefly for covering or adjusting a short distance (half a foot)” -- see Encyclopedia, vol. 4, pp. 184-201 “Foot Shifting (Jajun Bal)”
- From the encyclopedia, Vol. 3, p. 100: **Side Elbow** (*Yap Palkup*)
“This is also divided into single and twin side elbow. The former is executed from an L-, rear foot or fixed stance and the latter from X, parallel, close, sitting, walking and one-leg stances...”



Single Side Elbow (*Wae Yop Palkup*)

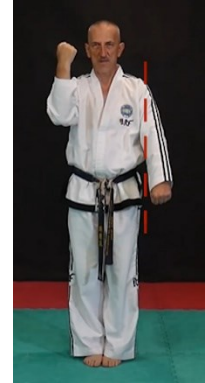
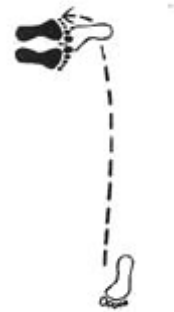
The philtrum and solar plexus are the main targets with the floating ribs and chest secondary. This technique is normally performed in a sliding motion. Keep the back fist faced downward with the thrusting elbow slightly raised at the moment of impact.”

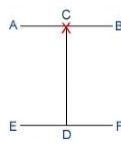
- To chamber, you extend the arms on a slight down angle with the palms facing down.
- The target of this attack is behind you, so make sure to turn your head toward your rear.
- When completed, both fists will be positioned at your belt, with the elbows in line with the shoulders and wrists facing up; if this were a twin elbow, the fist would not rotate so would finish wrist facing down.
- Both feet move to new locations! Don’t simply move rear leg and pivot of left foot. Bring rear leg close to front without moving lead leg then both move during the slide.
- Since the elbow moves in a straight line, this attack is considered a thrust (as opposed to a strike).



26. Pivoting 90 degrees counter-clockwise on the right foot, withdraw the left foot to the right foot forming a **Close Stance** toward the **East** (B) while executing a **High-section Side-front Block** with the **Right Inner Forearm** and extending the **Left Forearm** to the side and downward.

- Official ITF instructions: “26. Bring the left foot to the right foot, turning counter clockwise to form a Close Stance toward B while executing a side front block with the right inner forearm while extending the Left Forearm to the side downward.”
- A Front Side Block (*Ap Yop Makgi*) with the inner forearm is used when intercepting an attack from a side front angle toward the high section of the body. Only an outward block is possible.
- Make sure to chamber properly by crossing both wrists with the arm for the low Front-Side Block chambered on the inside as you rise on your toes. The chamber is complete when the Close Stance is formed and the wrists are crossed at shoulder height while aligned with the solar plexus.
- When executing, each arm pushes across the body in an outward motion.
- Keep the middle finger of the upper hand in a straight line with the shoulder and bend the elbow 80 degrees during the block. The opposite arm is extended to the side and downward at the moment of the block.
- Each fist finishes at the respective shoulder lines; the fist of the high-section block finishes at eye height and the thumb of the lower hand should finish be just outside the shoulder line.
- The top block is the “primary block” while the other is essentially for balance (“reaction”).





27. Without stepping, execute a **Side-Front Block** with the **Left Inner Forearm** and extend the **Right Forearm** to the side and downward.

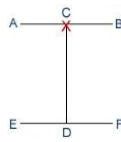
- Official ITF instructions: “27. Execute a side front block with the left inner forearm, extending the Right Forearm to the side downward while maintaining a closed stance toward B.”
- From the encyclopedia, volume 10, p. 197: When chambering, “keep both heels slightly off the ground.”
- Although you maintain your stance, you should rise and drop on your toes to demonstrate a sine wave without a knee spring; this was reinforced by Gen. Choi, in the 1996 Seminar at Lai Taekwon-Do.
- Make sure to keep wrist straight by aligning it with the ulna (forearm).
- To demonstrate additional power, bring the hands closer to the body by a few inches when chambering so that, when executed, the block pushes forward slightly as well as outward
- IIC: The arm of striking elbow should be chambered on the outside; both elbows go back although only one actually strikes.
- This movement, together with the previous movement, could be seen as a response to a twin lapel grab. The first movement destabilizes him and the second pushes him away.



28. Pivot slightly on the right foot and move the left foot forward forming a *half-facing* **Right L-Stance** toward the **East** (B) while executing a **Middle Guarding Block** with **Knife-hands**.

- Official ITF instructions: “28. Move the left foot to B forming a Right L-Stance toward B, at the same time executing a Middle Guarding Block to B with a knife-hand.”
- Since this is a middle block, the knife-hand finishes at shoulder height.





29. Bring the left foot to the right foot and then move the right foot to the **West**, forming a *half-facing Left L-Stance* toward the **West** (A) while executing a **Middle Guarding Block** with *Knife-hands*.

- Official ITF instructions: “29. Bring the left foot to the right foot and then move the right foot to A, forming a Left L-Stance toward A while executing a Middle Guarding Block to A with the knife-hand.”
- From the encyclopedia, p.234:
Guarding Block (Daebi Makgi)
“1. Keep the blocking tool Half-facing the target at the moment of blocking. 2. Bring the opposing Knife-Hand or side fist in front of the chest 3 centimeters from the body... 3. Keep the body Half-facing the target at all times.”



- When chambering, make sure not to turn your face away from the opponent in front of you; also, do not bring the rear foot in front of and across the front foot – the rear foot needs only to move in a straight line.
- When the lead leg withdraws to the rear leg, the knees are bent.
- Normally, when the left foot moves forward into the stance, you must start with a slight backward motion with the arms but we use the withdrawal of the previously lead leg to pull the arms back but not so far back as to be in front of chest – pull back only to the position where we would move to if we starting the westward facing guard with a slight backward motion.
- By the time that the chamber is complete, your body should be half-facing.
- Don't rock forward when demonstrating the sine wave.

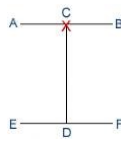


End: Bring the right foot back to **Close Ready Stance C**.



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