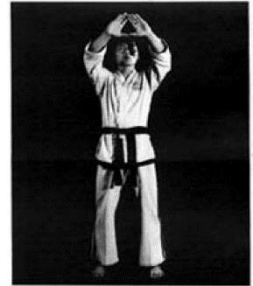


Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne, as well as the age he was when he died.

Number of Moves: 39

Ready Posture: **Parallel Stance** with a **Heaven Hand** toward **D (South)**.

- The Heaven Hand is formed by placing the right thumb, pointer and middle fingers over the finger nails of the left thumb, pointer and middle fingers to form a triangle. Tilt the triangle at an angle toward the sky and look up through the triangle to start and end the pattern.
- FGMR: *"Our Founder, General Choi Hong Hi explained that as we use our right hand more as an offensive weapon, we convey our modesty and humility by covering it up in ready postures such as close ready stances A, B, C and parallel stance with heaven hand; thus our left hand is showing to our opponent. Therefore, the hand placement for heaven hand (Hanul son) is the right hand closest to the Taekwon-do practitioner and the left hand furthest away. The finger pads of the right thumb, index and middle fingers touch the finger nails of the left thumb, middle and index fingers, with no spaces between any of the fingers. This should be a natural placement of the hands and should not feel forced or uncomfortable."*
- Arms extend upward about 40 degrees, elbows should be bent at 120 degrees with hands about 12 inches away and the shoulders should be relaxed; At IIC May 21, Master Rai indicated that the knifehands finish at shoulder line.

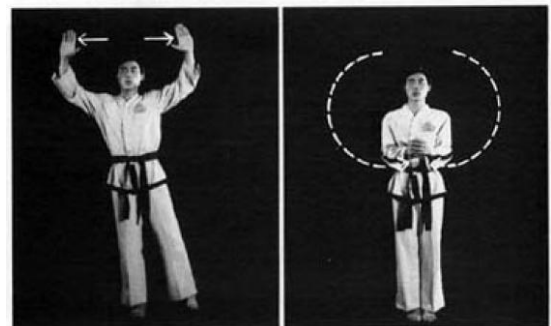


1. Move both hands quickly outwards while shifting your weight onto your right leg as you extend your left leg to the side; then, in **slow motion**, bring the left foot to the right foot while your hands move in a circular motion to form a **full-facing Close Ready Stance B**.

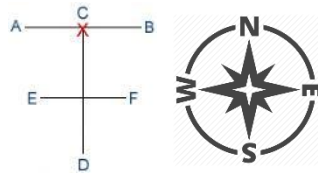
- Official ITF instructions: *"1. Bring the left foot to the right foot, forming a full-facing close ready stance B toward D, bringing both hands in a circular motion."*

Pull both hands rapidly to the side, describing a straight line.

Bring them slowly in front of the navel.



- The first part of this movement is done in fast motion and the second part in slow motion; In the first part of this movement, the hands move from the Ready Posture as knife-hands and travel parallel to the ground, each finishing at approximately one shoulder width distance from the center line; the left leg swings sideways to a 40 degree angle but remains straight while the knee of the right leg is slightly bent; the knife-hands and the foot start and stop at the same time; In the second part, the foot moves to its final position as the knife-hands travel in a circular path; again, the knife-hands and the foot start and stop at the same time.
- At the end of this motion, each hand should be about 5 inches away from the shoulder line.



2. Move the left foot forward, forming a **Left Walking Stance** while executing a **full-facing Upset Punch** to **South** with the **right fist**. **Perform in a slow motion.**

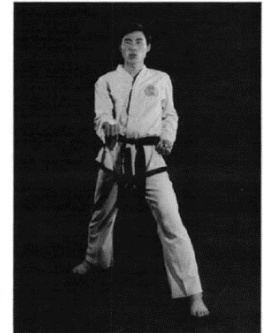
- Official ITF instructions: "2. Move the left foot to D, forming a **Left Walking Stance** toward D while executing a full-facing upset punch to D with the right fist. Perform in slow motion."

- From the Encyclopedia, vol. 3, p 54:

Upset Punch (Dwijibo Jirugi)

"The fist must reach the target in a circular motion. Keep the elbow close to the hip and the back fist completely facing downward at the moment of impact. Keep the back fist slightly higher than its elbow at the moment of impact."

- Extend the left arm during chamber so that both fists move the same distance and finish at the same time. Rushing the slow-motion movements is a common mistake.
- Do not lean back while executing this technique.
- Throughout the punch, the elbow needs to point down; Although the fist is chambered with the wrist facing down, just before impact, the wrist will rotate *quickly* to face upward.
- When finished, the elbow will be bent so that the forearm will be nearly parallel to the ground; the fist will finish slightly higher than the elbow so that fist impacts with the knuckles.

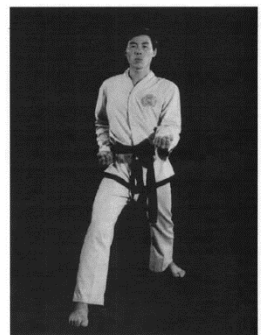


Left walking stance upset punch toward D with the right fist.

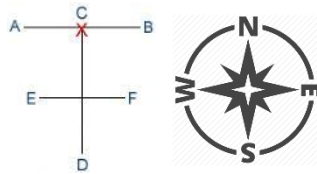
3. Move the right foot forward, forming a **Right Walking Stance** while executing a **full-facing Upset Punch** to the **South** with the **left fist**. **Perform in slow motion.**

- Official ITF instructions: "3. Move the right foot to D, forming a **right walking stance** toward D while executing a full-facing upset punch to D with the left fist. Perform in slow motion."

- This is the mirror of #2; see notes for that movement.

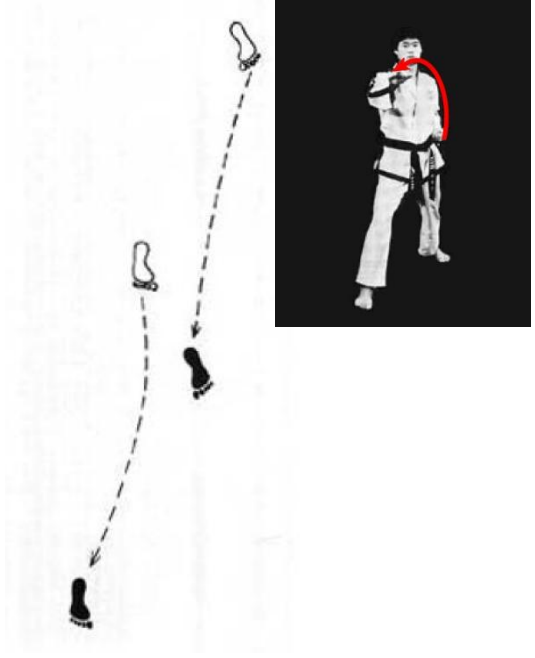


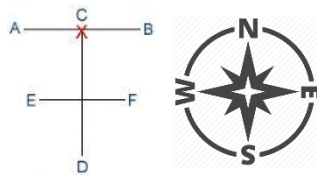
Right walking stance upset punch toward D with the left fist.



4. Move the left foot just beyond the right foot and then move the right foot forward forming a **Right Walking Stance**, at the same time executing a **half-facing High Hooking Block** with the **right palm**.

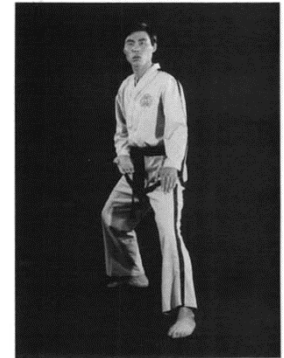
- Official ITF instructions: *"4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a half-facing high hooking block to D with the right palm. Perform in a double stepping motion."*
- Note that the double-stepping movement is performed half-facing; From the encyclopedia, vol. 11, page 49: *"Keep the body half-facing D, pivoting the left foot, with the right heel slightly off the ground."*
- The first of the two steps shows the downward part of the sine wave; the second step rises and then falls to demonstrate a full sine wave
- Although the illustration in the encyclopedia shows otherwise, the first step should move to just ahead of the right foot and be aligned with your center line
- From the Encyclopedia, vol. 3, p 268: **Hooking Block (Golcho Makgi)**
"The blocking tool must reach the target in an arc so it is able to be properly placed on the opponents back forearm or outer tibia... [When using a] Palm, keep the elbow bent about 25 degrees outward and the wrist slightly inward at the moment of the block. The palm is the best tool for increasing the chances of making a successful grab."
- The Palm Hooking Block (Sonbadak Golcho Makgi) is different from most other Taekwon-do blocks in the sense that it doesn't need power – but that doesn't mean that it should be done slowly; you need to be very fast to get to the target quickly.
- Since we start in a full-facing Walking stance, we need to turn half-facing as we start to move. We won't need this with the next mirror since in that movement, we will start in L-stance so are already half-facing.
- When chambering, cross the wrists with palms up and in line with the opposite shoulder at the level of the solar plexus so that each hand moves approximately the same distance; the blocking hand should be on the inside during the chamber.
- When executing, make sure that the hand travels in arcing motion so that the palm may be placed on top of the target; The reaction hand is brought from the chamber position to the hip
- Although there is a sine wave used, it is not prominent since the required speed of this block is from a swift motion of the shoulder joint.
- When finished, the elbow of the blocking arm will be turned about 25 degrees outward; the wrist will be turned slightly outward, at eye-level, and on-or-about the center line.
- This is a grab to his outer forearm. If to inner forearm, we expose ourself to a following punch if we pull him in.



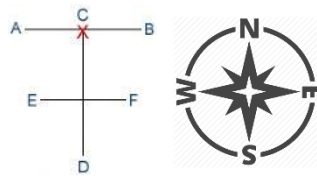


5. Move the right foot back and then push off with the left leg to slide backward into a **Right L-Stance** toward **South**, while executing a **half-facing Low Guarding Block** with a **knife-hand**.

- Official ITF instructions: *"5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a 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."
- Make sure to prepare the back foot by turning the heel outward and start moving backward as your drop into the start of the sine wave.
- To chamber, the leading hand is brought to a position approximately 4 or 5 inches in front of the opposite shoulder with the palm facing toward the body. The other hand is brought to a position further back at eye-level, keeping the arm slightly bent and the wrist facing away – although, if we were using a reverse knife-hand then both palms would be facing away. Don't bring the hands too far back or else you risk causing them to moving in an arcing motion rather than in a straight line.
- To execute, the hands travel in a straight line from the chamber position to below the belt. The leading hand is brought downward from the chamber position while twisting the hand into position so that the knifehand is the blocking tool used. The rear hand is also brought downwards, again twisting as it moves.
- When finished, the forearm of the lead arm will be parallel to the front thigh with the elbow bent about 15 degrees. The rear hand finishes with the blocking tool in the center line of the body and at the lower abdomen level, about an inch from the body.
- Sliding is one of the most effective techniques in Taekwon-Do for covering long distance in one smooth motion. A "slide" refers to moving both feet at the same time to cover distance while both foot and hand positions change. (i.e. Hwa-Rang upward punch in L-stance to middle punch in fixed stance). A "shift" refers to a continuous gliding movement-forwards to backwards with both feet without changing stances, while blocking or attacking with hands.
- Other notes:
 - A low guarding block can be done only with a knife-hand or reverse knife-hand
 - Make sure to finish with the back straight and upright – don't lean forward
 - Don't execute this using a circular motion – that is used with a pushing block (Miro Makgi) when contact is made early in the movement and you push the opponent away while maintaining contact

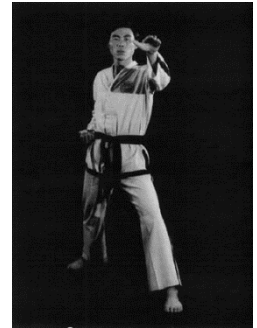
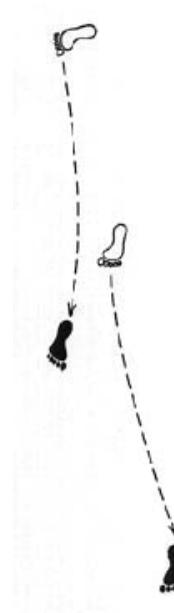


Right L-stance knife-hand low guarding block toward D.



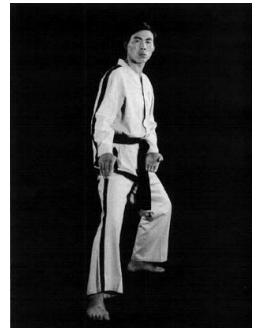
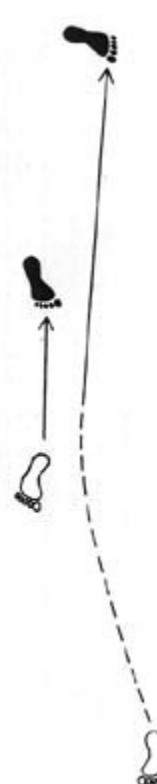
6. Move the right foot to the side-front of the left foot and then move the left foot forward forming a **Left Walking Stance**, at the same time executing a *half-facing* **High Hooking Block** with the **left palm**.

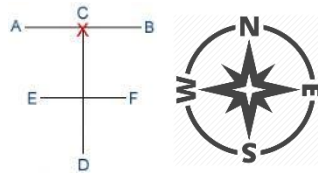
- Official ITF instructions: "6. Move the right foot to the side of the left foot and then move the left foot to D, forming a Left Walking Stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion."
- This is the mirror of #4; see notes for that movement.



7. Move the left foot back and then push off with the right leg to slide backward into a **Left L-Stance** toward **South**, while executing a *half-facing* **Low Guarding Block** with a **knife-hand**.

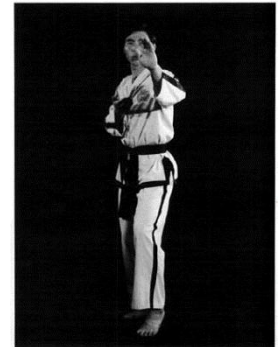
- Official ITF instructions: "7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand."
- This is the mirror of #5; see notes for that movement.





8. Move the left foot forward to form a **Right Rear Foot Stance** while executing a **half-facing High Knife-hand Guarding Block** to **South**.

- Official ITF instructions: *"8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand."*
- Make sure to pivot the right foot when moving to the chamber so that it does not need to move during execution
- Although the picture shows the elbow to be pointed off to the side, it should point straight down

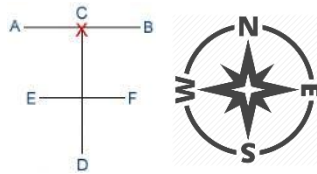


Right rear foot stance knife-hand high guarding block toward D.

- From the encyclopedia, Vol. 2, p157
Rear Foot Stance (Dwitbal Sogi)
"This is used for defense and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without additional shifting of the body weight to the rear foot. 1. Move one foot to either the front or the rear at a distance of one shoulder width between the small toes. 2. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot. 3. Bend the front leg, touching the ground slightly with the ball of the foot. 4. Keep the toes of the front foot pointed about 25-degrees and the toes of the rear foot about 15 degrees. 5. Distribute most of the body weight on the rear foot. When the right foot is in the rear, the stance is called a right rear foot stance and vice-versa. It is always half-facing, both in attack and defense. Be sure to keep the knee of the rear leg pointed slightly in."
- Although the lead hand will finish with the tips of the fingers at eye-level, the rear hand will still finish at the solar plexus
- General Choi said that performing a pattern should be like music!
- Common errors when forming a Rear Foot Stance include:

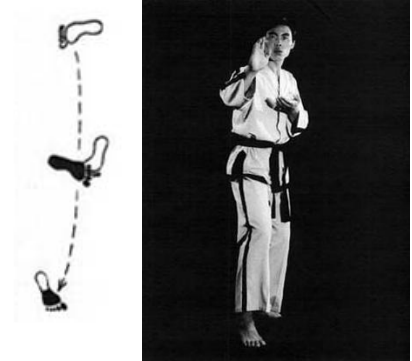


- Front heel is lifted too high
- Stance length too short and not one shoulder width
- Feet at the incorrect angle
- Student leaning forward
- Back leg straight and only bending front leg



9. Move the right foot forward to form a **Left Rear Foot Stance** while executing a *half-facing High Knife-hand Guarding Block* to **South**.

- Official ITF instructions: "9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand."
- This is the mirror of #8; see notes for that movement.



10. Move the left foot to the side front of the right foot and then pivot 180 degrees counter-clockwise on the left foot, to form a **Left Walking Stance** toward **North** while executing a *half-facing Upward Block* with the **right palm**. *Perform in a slow motion.*

- Official ITF instructions: "10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a Left Walking Stance toward C while executing an upward block to C with the right palm. Perform in a slow motion."

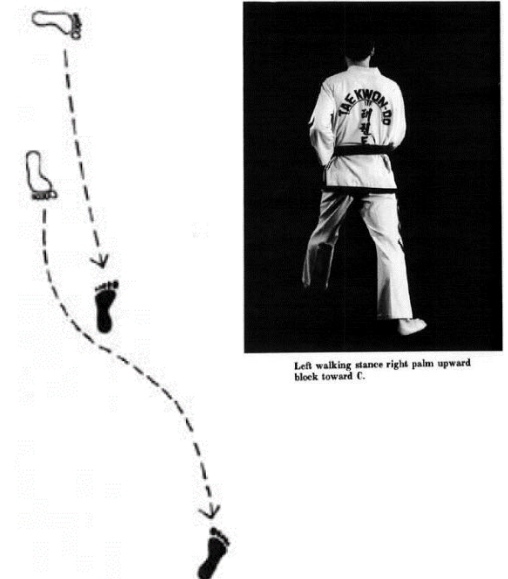
- This motion is known as "**Forward Double Step Turning**" (*Apuro Ibo Omgyo Didimyo Dolgi*)

- From the encyclopedia, Vol 3. pp.251:

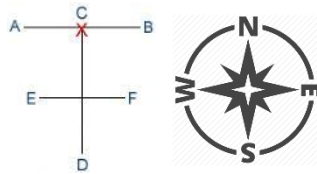
Upward Block (Ollyo Makgi)

"The purpose of this block is to "spring up" an opponent's hand, foot, dagger or stick directed against the defender's solar plexus and area above... The blocking tool should reach the point of focus at the defender's solar plexus. Be sure to bend the elbow about 35 degrees outward at the moment of block. Palm... The blocking tool should reach the target in a circular motion."

- GM Donato Nardizzi states "The purpose of an upward block is spring up the opponent's attacking limb for attacks aiming at your solar plexus or areas slightly above... To form the palm, you just need to keep the hand open. [While] the fingers are close together, there is no need to squeeze the fingers together, as you would with knife-hand or fingertip. It is more important to keep the wrist tense so that it doesn't buckle when you do the block."



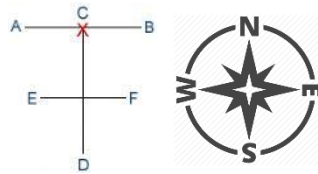
Left walking stance right palm upward block toward C.



- This **Upward Block** is not the same as a **Scooping Block**. Donato Nardizzi states *“try not to get [the palm upward block] confused with palm scooping block... which looks very similar to an upward block but is used to pick up the opponent’s limb and throw them off balance so it is a lot slower and not as sharp. The upward block is very sharp to spring up [the attacking limb].”* Both are blocks, so seemingly defensive. The main difference appears to be that the scooping block holds a limb of the opponent so that the attacker can deliver a punch or a kick; whereas the upward block is used to deflect an in-coming attack. The encyclopedia, Vol 3. pp.288 describes a Scooping Block (Duro Makgi) with *“This is a rather effective block for putting the opponent in an untenable position by holding up the attacking foot. It is chiefly performed with a palm, and occasionally a reverse knife-hand. The blocking tool should reach the target in a large circular motion while bending the body downward at the start of blocking. This technique is normally performed in a slow motion.”* According to GM Choi (2006), the scooping block is use in the upward phase of sine wave motion whereas the palm upward block is applied on the downward phase of sine wave finishing at the mid-section. Also, worth noting that scooping block is mostly followed by a consecutive attack attached to the downward phase of sine wave – as seen in Gae-Baek with a continuous motion to a punch

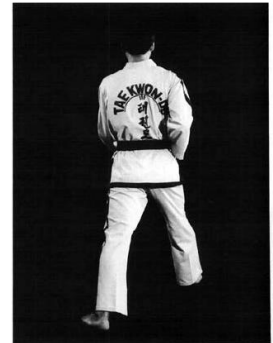
Upward Palm Block**Scooping Block**

- To execute, the blocking hand is brought up to solar plexus level and back down to thigh level in a circular motion before being brought back up to just below the solar plexus in an upward motion. The reaction hand is brought back to the hip.
- When finished, the finger tips are at the height of the solar plexus on the center line with hand slightly higher than the elbow and hand is not too far from body (elbow s.n. bent)
- According to GM Donato Mardizzi, a common mistake is to bring the hand too far back when performing the circular motion; the motion made should be a small circle with the hands always in front. If you bring your hand too far back then you leave yourself too exposed to your opponent.



11. Move the right foot **North** to form a **Right Walking Stance** toward **North** while executing a **half-facing Upward Block** with the **left palm**. *Perform in a slow motion.*

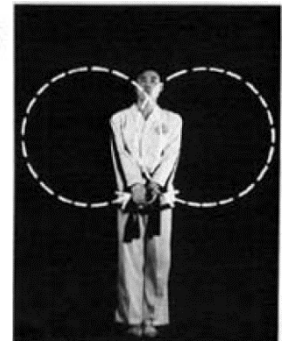
- Official ITF instructions: *"11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion."*
- At the start, turn the leading foot to the angle of that it will need to be when it becomes the rear foot in the walking stance
- This is the mirror of #10; see notes for that movement.

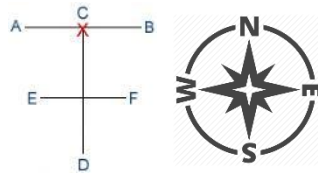


Right walking stance left palm upward block toward C.

12. Bring the left foot forward to form a **full-facing Close Stance** towards the **North** while executing a **Low Front Block** with the **right knife-hand** in a circular motion, hitting the left palm.

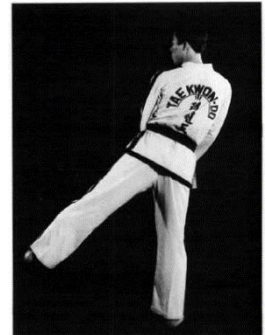
- Official ITF instructions: *"12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C."*
- Rise up into the stance while you bring your hands above your head, crossing your wrists. Next, "sink your elbows as hard as you can – as if you were breaking a board on each side." Use the "sink" as the power behind whipping your knife-hands into their final positions
- There is no sine wave in this movement.
- Although this movement is not in fast motion, there is a lot of speed in it.
- The hands finish with the left hand in a vertical position and the right knifehand with palm up.



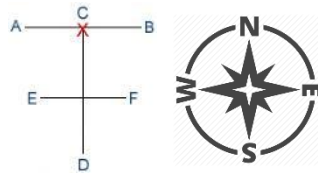


13. Execute an **Outward Pressing Kick** to **West** with the left foot, keeping the position of the hands as they were in 12.

- Official ITF instructions: *"13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12."*
- Encyclopedia, vol. 4, p.80: **Pressing Kick (Noollo Chagi)**
"Although the primary role of this technique is to break the knee joint or calf bone. it can also be used for other purposes. This kick is divided into inward and outward kicks. The point of focus should be lower than the knee joint of the stationary leg."
- Encyclopedia, vol. 4, p.80: **Outward Kick (Bakuro Chagi)**
The knee joint and shin are the main targets with the temple. philtrum and solar plexus as secondary targets. The stationary knee will lock at the moment of impact. and the body should lean slightly away from the kicking foot. Footsword is used as the tool."
- FGMR: *"Pressing kick (Noollo chagi) is an offensive technique. Its primary purpose is to break the knee joint, shin or fibula, however it can also be used to break your opponent's balance by pressing into the joint. The target is ideally lower than the knee height of the stationary leg. Pressing kick can be performed both outward and inward. When performed outward, the footsword (balkal) is the part of use. The stationary leg should lock at the moment of impact. The kicking leg will travel in a downwards diagonal line. When performed inwards, the target is the back of the knee joint and the inner or outer knee joint, the leg will be slightly bent at the moment of impact and the part of use is the side sole (yop balbadak)."*
- Although the outward pressing kick looks much like a very low side piercing kick, there are several distinct differences:
 - The point of focus should be lower than the knee joint of the stationary leg.
 - The chamber is similar to a bending ready stance but more side-facing and not bending the balancing leg.
 - The stationary knee will lock at the moment of impact while the knee of the attacking leg will be slightly bent at the moment of impact.
 - The body should lean slightly away from the kicking foot, but only slightly so that the center of mass is above your balancing foot.
 - The balancing foot turns out only slightly – only 15 to 25 degrees at most – rather than approximately 75 degrees with a side kick.
- Make sure to demonstrate the chamber of this kick; do not simply swing it in an arcing motion.
- No turning is required here.

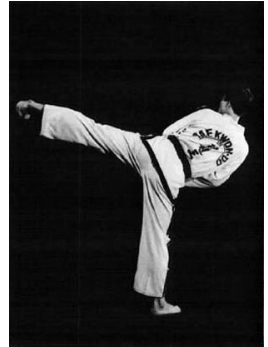


Pressing kick to E with the left foot facing C.

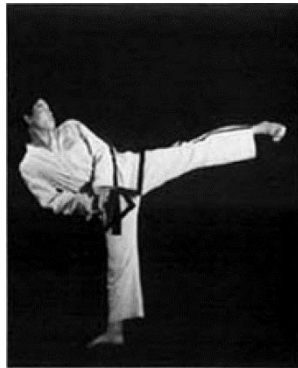


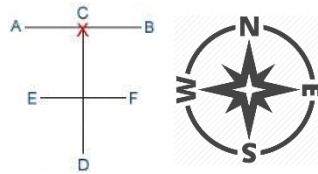
14. Execute a **Middle Side Piercing Kick** to **West** with the **left foot**, keeping the position of the hands as they were in 13. **Perform 13 and 14 in a consecutive kick.**

- Official ITF instructions: *"14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick."*
- "Consecutive kick" (Yonsok Chagi) Indicates that two or more kicks are to be executed using the same foot without lowering the leg to the floor. Consecutive kicks are classified into double kick, triple kick and so on. The kicks may be against a single or several opponents.
- When chambering, bring the knee up to the hands.
- When kicking, do not pull back the hands in a dividing motion but maintain their previous position.
- This technique ends with the striking leg extended; do not lower foot when done. Note that since you are not to place the foot down until the next movement, it is expected that the side kick is held momentarily.



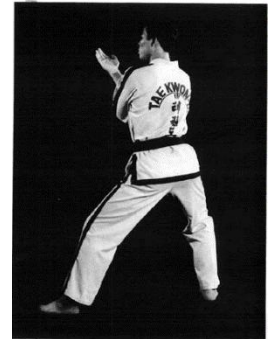
Middle side piercing kick to E with the left foot facing E.





15. Lower the left foot to form a **Right L-Stance** toward **West** while executing a **half-facing High Inward Strike** with the **right knife-hand** and bringing the left side-fist in front of the right shoulder.

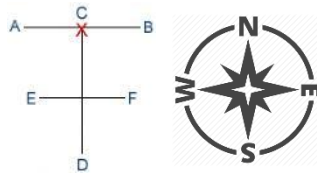
- Official ITF instructions: *"15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder."*
- From the encyclopedia, vol 3., p.122:
Inward Strike (Anuro Taerigi)
"When the attacking tool reaches the target inwardly, it is called an inward strike... This technique is effective in attacking the target located at the side front in most cases."



Right L-stance right knife-hand
high inward strike toward E.

- L-Stance Knife-Hand High Inward Strike (Niunja So Sonkal Nopunde Anuro Taerigi)**
- To chamber, turn back the shoulder of the striking arm *slightly* so that the abdomen twists during execution to provide additional power; the non-striking hand should extend forward so that, during execution, each hand moves approximately the same distance.
- The "side fist" refers to the pinky-side of the fist.
- The non-striking hand is brought to the shoulder of the opposite arm to avoid the over-rotation that could occur if the hand was brought to the hip.
- Make sure to demonstrate the sine wave; To do so, first lower the leg from the previous kick as you drop into the sign wave; the foot does not actually touch to the ground but hangs underneath your around ankle height or may lightly touch the ground. The foot remains there as you rise up into the chamber and only moves forward in time with the striking hand.
- As with all inward strikes, the attacking tool will finish on the chest line; due to being executed half-facing, ends up at about a 45 degree angle from the lead leg; since this is a high strike, the fingertips finish at eye level.
- When finished, fix your gaze in the direction of the target.





16. Pull the left foot to the right to form a **Close Stance** toward **North** while execute a **side facing Downward Strike** with the **left side-fist** to **West**.

- Official ITF instructions: “16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.”

- From the encyclopedia, vol 3., p.130:

Downward Strike (Naeryo Taerigi)

“This technique is divided into front and side downward strikes. ...the attacking tool becomes level with the shoulder at the moment of impact. Keep the arm straight when using the knife-hand or side fist while slightly bending it for the back hand or the back fist at the moment of impact.”

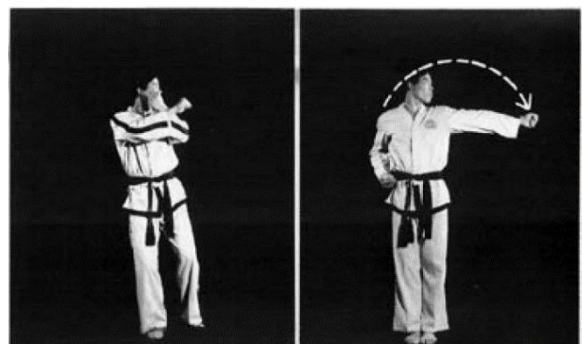
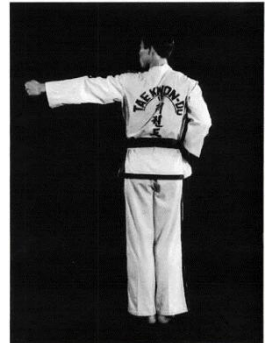
- From the encyclopedia, vol 3., p.130:

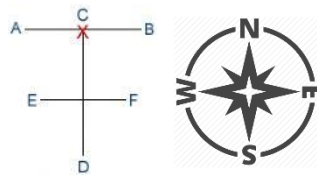
Side Downward Strike (Yop Naeryo Taerigi)

“The attacking tool reaches the target in a circular motion... Keep forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other at the start of blocking.” Although the Encyclopedia specifies the striking hand should be “under,” GM Weiss wrote in a Facebook post that General Choi, on several occasions including a 1996 Technical Conference, indicated that this movement in Kwang-Gae is an exception; based upon the prior position of the hands.



- A Side Downward Strike is used when your body is side-facing or half-facing.
- Normally a downward strike would start with the backfist facing up, but in this case leave the hand as it is (backfist facing down) and go directly to the strike from the inside.
- There is no sine wave with this movement.
- 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 chest to the side. 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 striking hand.
- Your hands should finish moving at the same time as your feet; drop the heel of the moving foot at the moment of impact.
- When finished, you will be side-facing with the attacking at shoulder height and your gaze in the direction of the strike; Although the picture show the striking arm to be straight, it should have a *slight* bend to it.
- Although this technique is not formally performed in fast 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.





17. Execute an **Outward Pressing Kick** to **East** with the **right foot**, keeping the position of the hands as they were in 16.

- Official ITF instructions: *"17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16."*
- This is the mirror of #13; see notes for that movement.



Pressing kick to F with the right foot facing C.

18. Execute a **Middle Side Piercing Kick** to the **East** with the **right foot**, keeping the hands as they were in the previous movement. **Perform 17 and 18 in a consecutive kick.**

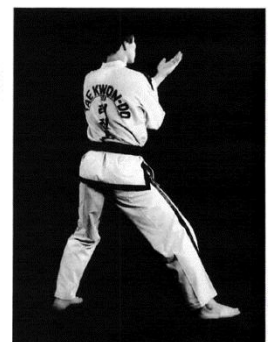
- Official ITF instructions: *"18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick."*
- This is the mirror of #14; see notes for that movement.



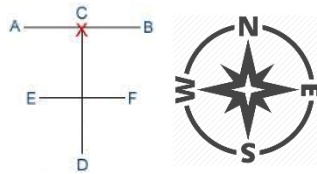
Middle side piercing kick to F with the right foot facing C.

19. Lower the right foot to form a **Left L-Stance** toward **East** while executing a **half-facing High Inward Strike** with the **left knife-hand** and bringing the right side-fist in front of the left shoulder.

- Official ITF instructions: *"19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder."*

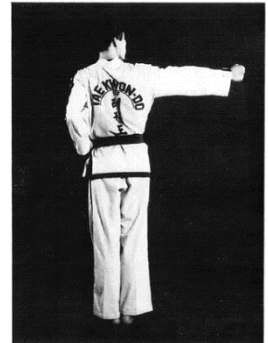


Left L-stance left knife-hand high inward strike toward F.



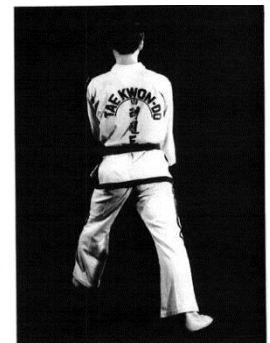
20. Pull the right foot to the left to form a **Close Stance** toward **North** while execute a **side facing Downward Strike** with the **right side-fist** to **East**.

- Official ITF instructions: “20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.”
- This is the mirror of #16; see notes for that movement.



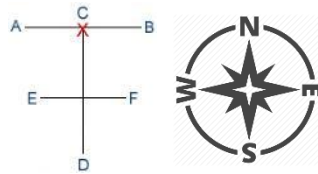
21. Move the left foot to **North**, forming a **Left Low Stance** while executing a **reverse half-facing Pressing Block** with the **right palm**. **Perform in slow motion**.

- Official ITF instructions: “21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.”
- From the encyclopedia, Vol 3. p.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.”



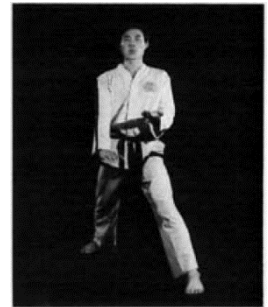
Left low stance right palm pressing block toward C.

- From the encyclopedia, Vol 2. p.159:
Low Stance(Nachuo Sogi)
“The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target. It is similar to the walking stance, though longer by one foot. It can be either full facing or half facing.”
- When forming a low stance:
 - If the right leg is forward in a Low Stance it is called a right low stance, and vice-versa.
 - Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
 - Body weight even on both feet.
 - Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward.
- Although the instructions mention only the right palm, both hands are used; the “right” indicates that the right palm will finish below the left.
- The hand that is dropping is the blocking hand while the other hand is the re-action hand. Although some will claim that each hand is blocking a different opponent, it is highly unlikely that



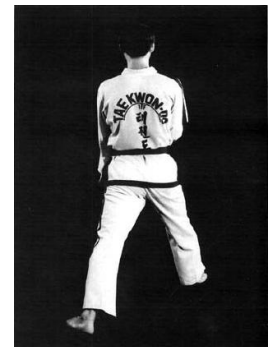
two opponents will each deliver an attack in such a coordinated way to make this a two-person block

- To chamber, the blocking hand is brought to eye level and the reaction is brought to the lower abdomen. Both hands are open and facing inwards and in line with the shoulders.
- To execute, the blocking hand is brought vertically downwards while the reaction hand is brought upwards. Both hands remain facing inwards until they pass each other where they then begin to twist so that the blocking hand is facing downwards and the reaction hand is facing upwards.
- The ITF-HQ dictates that the bottom wrist in press should be straight from radial to pointer finger rather than bend the wrist back to point the palm to the ground. When bent, the wrist is susceptible to damage from a kick. It is much more safe to bend the elbow slightly rather than the wrist. Also, block blocking hand should be turn very slightly to the outside to better deflect the attack.
- Master Rai at IIC 21 said each palm ends at shoulder line with each hand turned inward slightly to catch an incoming kick from the front-side.

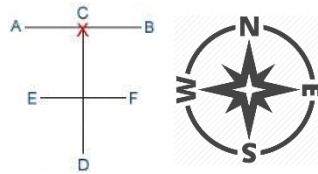


22. Move the right foot forward to form a **Right Low Stance** toward **North** while executing a *half-facing Pressing Block* with the **left palm**. *Perform in a slow motion.*

- Official ITF instructions: "22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion."
- This is the mirror of #21; see notes for that movement.



Right low stance left palm pressing block toward C.



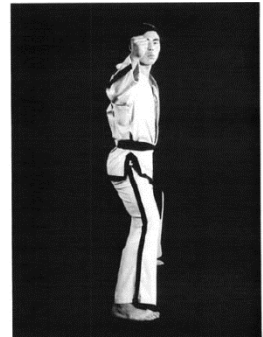
23. Pivot clockwise on the left foot and stamp with the right foot to the **North** to form a **Sitting Stance** toward **East** while executing a **side facing High Side Strike** to **South** with the **right back fist**. **Ki-Hap**

- Official ITF instructions: *"23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist."*
- From the encyclopedia, volume 3, p. 134:
Side Strike (Ap Taerigi)
"If the body becomes half-facing or side-facing the target at the moment of impact, it is called a side strike, and is executed in the form of an outward strike... The attacking tool forms a straight line with the center of the shoulders at the moment of impact."

- Sitting Stance Back Fist High Side Strike**

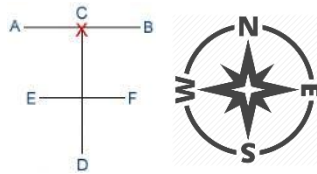
(Annun So Dung Joomuk Nopunde Yop Taerigi)

- To chamber, cross the wrist at shoulder height in front of the left shoulder with the striking arm, palm down, underneath the non-striking arm; Note that the 1999 Condensed Encyclopedia uses a picture on page 448 that chambers at the height of the solar plexus
- Just prior to the moment of impact, the forearm twists so that to fist is nearly vertical and the attacking tool impacts the target horizontally; the wrist should be slightly turned outward so that the first two knuckles impact the target rather than to entire top of hand.
- When moving the right foot, the foot rises only as high as the left knee; the foot should and at the moment of impact with the attacking tool.
- When finished, the fist should be aligned with the center of your shoulder and at eye-level with your body side-facing.



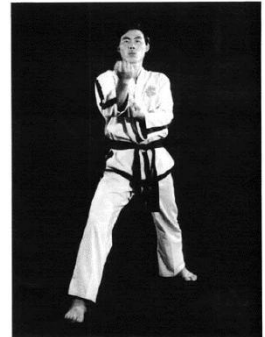
Sitting stance toward F with a right back fist high side strike to D.





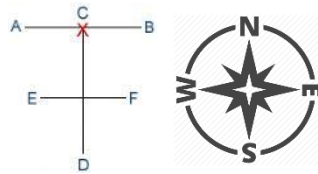
24. Execute a *half-facing Middle Block* with the *right double forearm* while forming a *Right Walking Stance* toward *South*, pivoting with the left foot and moving the right foot.

- Official ITF instructions: *"24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot."*
- Walking Stance High Double Forearm Block (Gunnun So Doo Palmok Kaunde Makgi)**
- From the encyclopedia, p. 211:
Double Forearm Block (Doo Palmok Makgi)
"Always be sure to keep the body half-facing the target, bringing the second knuckle of the little finger to the elbow at the moment of the block."
- Note that, unlike the end of Yul-Gok which uses a high double forearm block, this block is middle so the lead fist ends at shoulder-level.
- The chamber for this block should not bring your hands directly behind the head; rather, the hand of the blocking arm should move near the opposite shoulder and the secondary arm should be behind the head but at a 45-degree angle to the side at head level; by positioning the arms this way, the hands move more in a straight line rather than in a curve; during the chamber, both fists are oriented with wrists down.
- During the chamber, pull the lead foot back as you shift your weight to the rear leg.
- During the execution of the block, drop sharply into the walking stance, twisting both forearms so that the fists finish with wrists up and using your abdominal muscles to provide extra power.
- FGMR: *"Moves #23 to #24 and moves #27 to #28 asks the student to change from a Sitting Stance to a Walking Stance in consecutive motion (i.e. Without stepping) and although these movements seem the same and are simply executed with the opposite arms, there is a small difference in how they are performed. The first time you perform them, you move your front (right) foot into the Walking Stance, however, when you repeat the combination the second time, you move your back foot to form the Walking Stance. In both instances it is the right foot that moves. And there are no slides or shifts backwards while performing these combinations either."*
- Make sure that this movement finishes half-facing and the lead arm is in line with the shoulder; Be sure to keep the body *half-facing* the target and bring the second knuckle of the little finger to the elbow of the opposite arm at the moment of the block. GM Nardizzi recommends placing this knuckle just behind the elbow so avoid over-turning into full-facing. By keeping the knuckle back just a bit, he explains, allows you to properly position the rear shoulder to maintain half-facing.



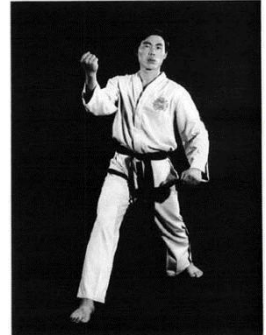
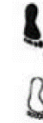
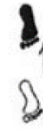
Right walking stance right double forearm middle block toward D.





25. Execute a *full-facing Low Block* with the *left forearm* while *shifting* backward into the same stance and keeping the right hand as it was in 24.

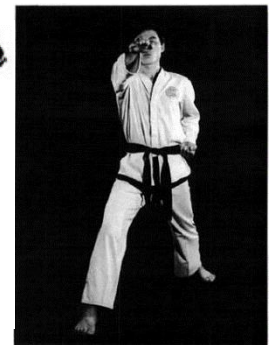
- Official ITF instructions: “25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.”
- Walking Stance Low Outer Forearm Reverse Block (Gunnun So Bakat Palmok Bandae Makgi)**
- Grandmaster SJ Kim instructs that this low reverse blocks should be executed in a full-facing walking stance although the ITF execute the block using a reverse half-facing.
- Grandmaster SJ Kim mentions that the shoulder of the blocking arm will drop.
- “Shifting” refers to a continuous gliding movement-forwards to backwards with both feet without changing stances, while blocking or attacking with hands. “Sliding” refers to moving both feet at the same time to cover distance while both foot and hand positions change. (i.e. Hwa-Rang upward punch in L-stance to middle punch in fixed stance).
- IIC 21: Drop shoulder and change facing but otherwise do not move upper arm.



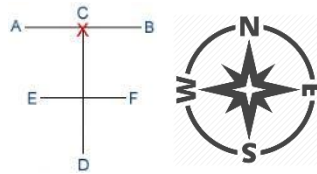
Right walking stance left forearm low reverse block toward D.

26. Move the right foot forward to form a *Right Low Stance* toward the *South* while executing a *full-facing High Thrust* with the *right flat fingertip*. *Perform in slow motion*.

- Official ITF instructions: “26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.”
- The Flat Fingertip Thrust is executed with the hand finishes horizontally, which has the palm facing down (rather than a “straight fingertip thrust”, which orients the hand with the palm facing the side and the thumb on top)
- 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.”

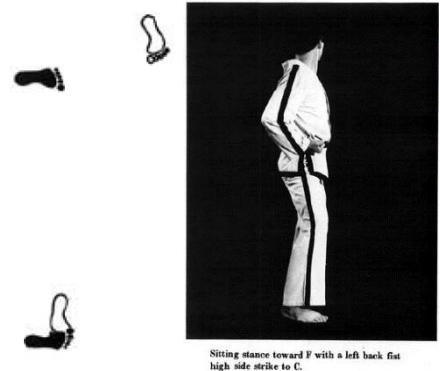


Right low stance right flat fingertip high thrust toward D.



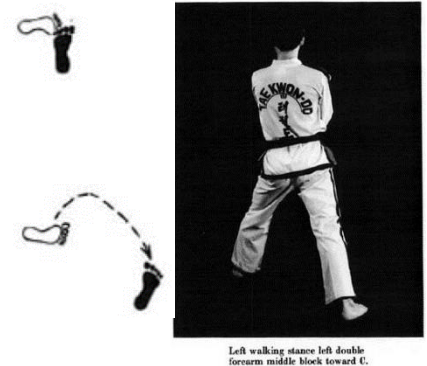
27. Pivot 180 degree counter-clockwise on the right foot and stomp with the left foot to form a **Sitting Stance** toward the East while executing a **side facing High Side Strike** with the **left back fist**. **Ki-Hap**

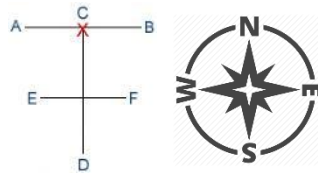
- Official ITF instructions: *"27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist."*
- This is the mirror of #23; see notes for that movement.



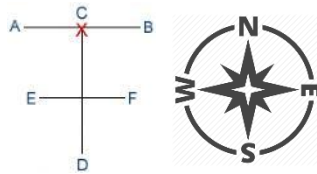
28. Execute a **half-facing Middle Block** with the **left double forearm** while forming a **Left Walking Stance** toward the **North**, pivoting with the left foot and moving the right foot.

- Official ITF instructions: *"28. Execute a middle block to C with the left double forearm while forming a Left Walking Stance toward C, pivoting with the right foot."*
- Walking Stance Middle Double Forearm Block (Gunnun So Doo Palmok Kaunde Makgi)**
- This is the mirror of #24; see notes for that movement.





29. Execute a *half-facing Low Block* with the *right forearm* while *shifting* backward into the same stance and keeping the left hand as it was in 28.
- Official ITF instructions: *"29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a Left Walking Stance toward C, keeping the position of the left hand as it was in 28."*
 - Walking Stance Low Outer Forearm Reverse Block**
(Gunnun So Bakat Palmok Bandae Makgi)
 - This is the mirror of #25; see notes for that movement.
30. Move the left foot forward to form a *Left Low Stance* toward the *North* while executing a *full-facing High Thrust* with the *left flat fingertip*. *Perform in slow motion*.
- Official ITF instructions: *"30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C."*
 - This is the mirror of #26; see notes for that movement.



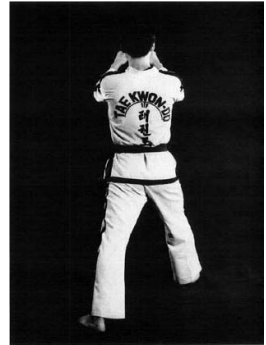
31. Move the right foot forward in a stamping motion, forming a **Right Walking Stance** toward the **North** while executing a **full-facing High Vertical Punch** with a **twin fist**.

- Official ITF instructions: *"31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist."*

- From the encyclopedia, vol. 3, pp.42, 44:

Vertical Punch (Sewo Jirugi)

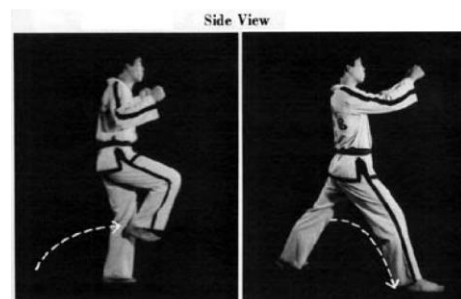
"The fist is completely in a vertical position; e.g. the side fist faces downward at the moment of impact. This punch is executed either with a single fist or a twin fist and is an effective technique when attacking a target or targets at a medium range. Keep the elbow bent about 40 degrees upward at the moment of impact... Twin Fist This technique is mainly performed with walking, close, parallel and X-stances, and occasionally with a sitting, one-leg or I-stance. The high vertical punch with a twin fist is normally executed against one target, and two targets on rare instances. whereas two targets are dealt with in the case of a middle punch."

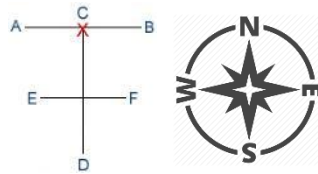


Right walking stance twin fist high vertical punch toward C.

- Twin Fist High Vertical Punch (Sang Joomuk Nopunde Sewo Jirugi)**

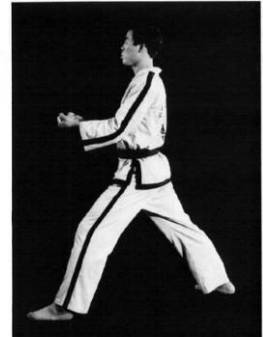
- The vertical punch gets its name from the fists being held in a "vertical" position – with the fists are oriented much as if you held a hammer in the hand – although the punch finishes with the elbow turned slightly outward.
- The High Twin Fist Vertical Punch uses both fist to target the both sides of the jaw. Some will claim that this should be used to target the cheeks of the face but such targets would require too much of an arc to strike with the large knuckles of the fist without the fingers interfering.
- For chamber, bring rear foot close to front foot before moving it out into the walking stance with a stomp.
- As with an upset punch, the hands will move in a circular motion but the hands first move slightly outside each shoulder with wrists up then the hands move forward and slightly inward to reach the target; as you fire, the wrists rotate so that they finish in the correct orientation.
- Due to the bending of the elbow, the vertical punch is not as long as a normal forefist punch although it is longer than an upset punch.
- IIC 21:* Although we chamber with hands to side, the punches travel in stratight line to face – not like the knuckle punch in Choong-Jang.





32. Pivoting on the right foot, move the left foot to **West** in a stamping motion, forming a **Left Walking Stance** toward **West** while executing a **full-facing Upset Punch** with a **twin fist**.

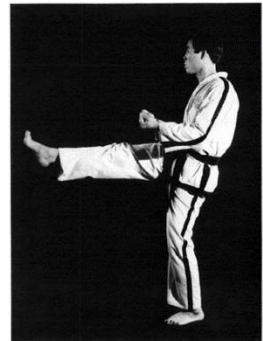
- Official ITF instructions: *"32. Move the left foot to A in a stamping motion, forming a Left Walking Stance toward A while executing an upset punch to A with a twin fist."*
- Walking Stance Twin Fist Upset Punch (Gunnun So Sang Joomuk Dwijibo Jirugi)**
- The hands are chambered close to the hips with both palm facing downwards.
- Note that the twin fist upset punch is executed in a circular motion; to chamber, raise each hand raising from the previous block to shoulder height and outside the shoulder; when executing, the fists roll down behind your belt in a circular motion before driving up into the opponent's floating ribs.
- Although this is *full-facing*, the punching arms will be at an angle of approximately 25-30 degrees towards the center; According to General Choi, this angle is "more natural" and causes less stress on the shoulders



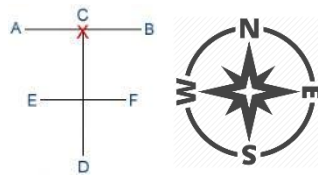
Left walking stance twin fist upset punch toward A.

33. Execute a *full-facing Middle Front Snap Kick* to **West** with the right foot, keeping the position of the hands as they were in 32.

- Official ITF instructions: *"33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32."*
- From the encyclopedia, p.261:*
Front Snap Kick (Apcha Busigi)
"This technique is designed to attack the opponent from the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned... The knee of the kicking leg must be brought sharply toward the chest prior to kicking... The attacking tool must reach the target in a straight line... The Kicking foot must be withdrawn immediately..."
- After kicking, do not lower the foot; that is done in the next movement.

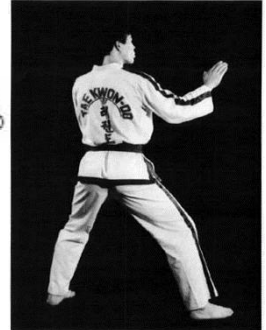


Middle front snap kick to A with the right foot.



34. Lower the right foot to the side the left foot and slightly ahead, then move the left foot to the **West** while pivoting clockwise on the right foot to form a **Left L-Stance** toward the **East** while executing a half-facing **Middle Guarding Block** with a **knife-hand**.

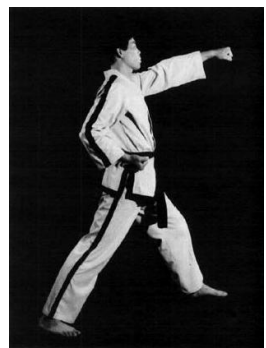
- Official ITF instructions: “34. Lower the right foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.”



- L-Stance Middle Knife-hand Guarding Block (Niunja So Sonkal Kaunde Daebi Makgi)**
- 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.”
- Chamber the block as you pivot, rather than chamber after you turn, and utilize hip twist to generate more power

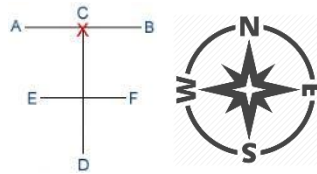
35. Move the left foot forward, forming a **Left Walking Stance** toward **East** while executing a full-facing **High Punch** with the **left fist**.

- Official ITF instructions: “35. Move the left foot to B, forming a Left Walking Stance toward B while executing a high punch to B with the left fist.”
- Walking Stance High Front Punch (Gunnun So Nopunde Ap Joomuk Jirugi)**



36. Move the right foot forward in stamping motion, forming a **Right Walking Stance** toward **East** while executing a full-facing **Upset Punch** with a **twin fist**.

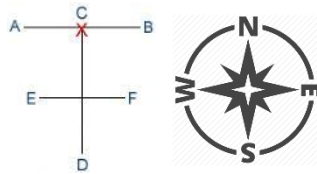
- Official ITF instructions: “36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.”
- This is the mirror of #32; see notes for that movement.



37. Execute a *full-facing Middle Front Snap Kick* with the **left foot**, keeping the position of the hands as they were in 36.
- Official ITF instructions: *"37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36."*
 - This is the mirror of #33; see notes for that movement.
38. Lower the left foot to the side the right foot, then move the right foot to the **East** while pivoting counter-clockwise on the left to form a **Right L-Stance** toward the **West** while executing a *half-facing Middle Guarding Block* with a **knife-hand**.
- Official ITF instructions: *"38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand."*
 - L-Stance Middle Knife-hand Guarding Block**
(Niunja So Sonkal Kaunde Daebi Makgi)
 - This is the mirror of #34; see notes for that movement.
39. Move the right foot forward to form a **Right Walking Stance** toward the **West** while executing a *full-facing High Punch* with the **right fist**.
- Official ITF instructions: *"39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist."*
 - This is the mirror of #35; see notes for that movement.

End: Pull the left foot to the right foot to form the ready position with **Heaven Hands** towards **South**.





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Double Forearm Block - Taekwon-Do Lesson #30

by Donato Nardizzi

https://youtu.be/Diyn_qdUAFI

Twin Fist High Vertical Punch (Sang Joomuk Nopunde Sewo Jirugi) - Taekwon-Do Lesson #41

by Donato Nardizzi

<https://youtu.be/9dQZVb-SsUA>

Low Guarding Block - Taekwon-Do Lesson #55

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<https://youtu.be/lgHybB-zbwQ>

Pressing kick (Noollo Chagi) – Taekwon-Do Lesson #68

by Donato Nardizzi

<https://www.youtube.com/watch?v=uNjQVqCubAE>

Notes from at various International Instructors' Courses

by Brendan Doogan