

CHON-JI (19 Movements) 천지

ITF Form: White Belt

+	Movement	Stance	Action
N	--	Feet together	Ready position.
W	Lf toward W, CCW	L front stance	L low forearm block
W	Forward	R front stance	R middle straight punch
E	Rf toward E, CW	R front stance	R low forearm block
E	Forward	L front stance	L middle straight punch
N	Lf toward N, CCW	L front stance	L low forearm block
N	Forward	R front stance	R middle straight punch
S	Rf toward S, CW	R front stance	R low forearm block
S	Forward	L front stance	L middle straight punch
E	Lf toward E, CCW	L back stance	L middle inward forearm block (radius side)
E	Forward	R front stance	R middle straight punch
W	Rf toward W, CW	R back stance	R middle inward forearm block (radius side)
W	Forward	L front stance	L middle straight punch
S	Lf toward S, CCW	L back stance	L middle inward forearm block (radius side)
S	Forward	R front stance	R middle straight punch
N	Rf toward N, CW	R back stance	R middle inward forearm block (radius side)
N	Forward	L front stance	L middle straight punch
N	Forward	R front stance	R middle straight punch
N	Backward	L front stance	L middle straight punch
N	Backward	R front stance	R middle straight punch <Yell!>
N	Lf -> Rf	Feet together	Ready position.

PALGWE 1 (IL JANG) (20 Movements) 팔괘

WTF Form: White Belt (This form will be learned as a brown belt)

Direction	Movement	Stance	Action
N	--	Feet together	Ready position.
W	Lf toward W	L front stance	L low forearm block
W	Forward	R front stance	R middle outward forearm block (w/ inner forearm)
E	Rf toward E	R front stance	R low forearm block
E	Forward	L front stance	L middle outward forearm block (w/ inner forearm)
N	Lf toward N	L front stance	L low forearm block
N	Forward	R back stance	R middle outward forearm block (w/ inner forearm)
N	Forward	L back stance	L middle outward forearm block (w/ inner forearm)
N	Forward	R front stance	R middle straight punch <Yell!>
E	Lf toward E	L back stance	Middle knife hand guarding blocks
E	Forward	R back stance	R middle outward forearm block (w/ inner forearm)
W	Rf toward W	R back stance	Middle knife hand guarding blocks
W	Forward	L back stance	L middle outward forearm block (w/ inner forearm)
S	Lf toward S	L front stance	L low forearm block
S	Forward	R front stance	R high inverted knife hand strike
S	Forward	L front stance	L high inverted knife hand strike
S	Forward	R front stance	R middle straight punch <Yell!>
W	Lf toward W	L front stance	L low forearm block
W	Forward	R front stance	R middle outward forearm block (w/ inner forearm)
E	Rf toward E	R front stance	R low forearm block
E	Forward	L front stance	L middle outward forearm block (w/ inner forearm)
N	Lf -> Rf	Feet together	Ready Position.

DAN-GUN (21 Movements) 단군

ITF Form: Yellow Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position.
W	Lf toward W	L back stance	Middle knife hand guarding blocks
W	Forward	R front stance	R high straight punch
E	Rf toward E, CW	R back stance	Middle knife hand guarding blocks
E	Forward	L front stance	L high straight punch
N	Lf toward N, CCW	L front stance	L low forearm block
N	Forward	R front stance	R high straight punch
N	Forward	L front stance	L high straight punch
N	Forward	R front stance	R high straight punch <Yell!>
E	CCW 270* toward E	L back stance	Twin forearm block
E	Forward	R front stance	R high straight punch
W	Rf toward W, CW	R back stance	Twin forearm block
W	Forward	L front stance	L high straight punch
S	Lf toward S, CW	L front stance	L low forearm block, immediately followed by L rising forearm block
S	Forward	R front stance	R rising forearm block
S	Forward	L front stance	L rising forearm block
S	Forward	R front stance	R rising forearm block
W	CCW 270* toward W	L back stance	L outward knife hand strike (R-fist chambered at hip)
W	Forward	R front stance	R high straight punch

E	Rf toward E, CW	R back stance	R outward knife hand strike (L-fist chambered at hip)
E	Forward	L front stance	L high straight punch
N	Lf -> Rf	Feet together	Ready position.

PALGWE 2 (YI JANG) (20 Movements) 팔괘

WTF Form: Yellow Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready Position.
W	Lf toward W	L front stance	L rising forearm block
W	Rf -->	--	R high front kick (maintain hand positions)
W	Drop Rf forward	R front stance	R middle straight punch
E	Rf toward E	R front stance	R rising forearm block
E	Lf -->	--	L high front kick (maintain hand positions)
E	Drop Lf forward	L front stance	L middle straight punch
N	Lf toward N	L back stance	L low knife hand guarding blocks (R fist is closed)
N	Forward	R back stance	Middle knife hand guarding blocks
N	Forward	L front stance	L rising forearm block
N	Forward	R front stance	R middle straight punch <Yell!>
E	Lf toward E	L front stance	L rising forearm block
E	Rf -->	--	R high front kick
E	Drop Rf forward	R front stance	R middle straight punch
W	Rf toward W	R front stance	R rising forearm block
W	Lf -->	--	L high front kick
W	Drop Lf forward	L front stance	L middle straight punch
S	Lf toward S	L back stance	Low forearm guarding blocks
S	Forward	R back stance	Middle inverted forearm guarding blocks
S	Forward	L back stance	L middle outward forearm block (w/ outer forearm)

S	Forward	R front stance	R middle straight punch <Yell!>
W	Lf toward W	L front stance	L rising forearm block
W	Rf -->	--	R high front kick
W	Drop Rf forward	R front stance	R middle straight punch
E	Rf toward E	R front stance	R rising forearm block
E	Lf -->	--	L high front kick
E	Drop Lf forward	L front stance	L middle straight punch
N	Lf -> Rf	Feet together (chest-N)	Ready Position.

DO-SAN (24 Movements) 도산

ITF Form: Orange Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position
W	Lf toward W	L front stance	L high outward forearm block
W	--	L front stance	R middle reverse punch
--	--	--	Slide the left foot inward (i.e. toward the center of your body) and stop when it is halfway between your previous stance. This is a 'half step'.
E	Rf toward E	R front stance	R high outward forearm block
E	--	R front stance	L middle reverse punch
N	Lf toward N	L back stance	Middle knife hand guarding blocks
N	Forward	R front stance	R middle vertical spear hand strike (L-hand open, palm-down, under the R-elbow) <Yell!>
--	--	--	Tuck and fold the arms as you go into...
N	Forward CCW 360*	L front stance	L high back fist side strike (R fist chambered at hip)
N	Forward	R front stance	R high back fist side strike (L fist chambered at hip)
--	--	--	Tucking and folding the arms again as you...
E	270* CCW, Lf toward E	L front stance	L high outward forearm block
E	--	L front stance	R middle reverse punch
--	--	--	Slide the Lf inward a 'half step', then ...
W	Rf toward E	R front stance	R high outward forearm block
W	--	R front stance	L middle reverse punch
SE	Lf toward SE	L front stance	L foot stomp while executing twin punch high <i>(alt. Middle forearm outside wedge blocks)</i>
SE	Rf -->	--	R front kick
SE	Drop Rf	R front stance	R middle straight punch

SE	--	R front stance	L middle reverse punch
SW	Rf toward SW	R front stance	R foot stomp while executing twin punch high <i>(alt. Middle forearm outside wedge blocks)</i>
SW	Lf-->	--	L front kick
SW	Drop Lf	L front stance	L middle straight punch
SW	--	L front stance	R middle reverse punch
S	Lf toward S	L front stance	L rising forearm block
S	Forward	R front stance	R rising forearm block
W	270* CCW, Lf toward W	Horse stance (chest-N)	L knife hand strike
--	Lf -> Rf	Feet together	--
E	Rf toward E	Horse stance (chest-N)	R knife hand strike <Yell!>
N	Rf -> Lf	Feet together	Ready position.

PALGWE 3 (SAM JANG) (22 Movements) 팔괘

WTF Form: Orange Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready Position.
W	Lf toward W	L front stance	L low forearm block
W	Forward	R front stance	R middle straight punch
E	Rf toward E	R front stance	R low forearm block
E	Forward	L front stance	L middle straight punch
N	Lf toward N	L front stance	L low forearm block
N	Forward	R front stance	R rising forearm block
N	Forward	L front stance	L rising forearm block
N	Forward	R front stance	R high straight punch <Yell!>
E	Lf toward E	L back stance	Middle knife hand guarding blocks
E	Forward	R back stance	Middle knife hand guarding blocks
W	Rf toward W	R back stance	Middle knife hand guarding blocks
W	Forward	L back stance	Middle knife hand guarding blocks
S	Lf toward S	L back stance	L middle outward forearm block (w/ inner forearm)
N	Rf toward N	R back stance	R middle outward forearm block (w/ inner forearm)
N	Backward	L back stance	L middle inward forearm block (w/ outer forearm)
N	Backward	R back stance	R middle inward forearm block (w/ outer forearm)
N	Backward	L back stance	L middle inward forearm block (w/ outer forearm)
S	Rf toward S	R back stance	R middle outward forearm block (w/ inner forearm)
W	Lf toward W	L front stance	L rising forearm block
W	Forward	R front stance	R high straight punch
E	Rf toward E	R front stance	R rising forearm block
E	Forward	L front stance	L high straight punch <Yell!>

N	Lf -> Rf	Feet together (chest-N)	Ready position.
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WON-HYO (28 Movements) 원효

ITF Form: Low Green Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position (L-fist in right hand)
W	Lf toward W	L back stance	Twin forearm block
W	--	L back stance	R high inward knife hand strike (Draw the L fist into the right shoulder)
W	Shift Lf	L fixed stance	L side punch
E	Lf -> Rf, then Rf toward E	R back stance	Twin forearm block (as above)
E	--	R back stance	L high inward knife hand strike (Draw the R fist into the left shoulder)
E	Shift Rf	R fixed stance	R side punch
N	Rf -> Lf	Feet together (chest-E)	Both fists chambered at the right hip
N	Lf -->	--	L side kick
N	Drop Lf toward N	L back stance	Middle knife hand guarding blocks
N	Forward	R back stance	Middle knife hand guarding blocks
N	Forward	L back stance	Middle knife hand guarding blocks
N	Forward	R front stance	R middle vertical spear hand strike <Yell!>
E	CCW 270*, Lf toward E	L back stance	Twin forearm blocks (as above)
E	--	L back stance	R high inward knife hand strike (Draw the L fist into the right shoulder)
E	Shift Lf	L fixed stance	L side punch
W	Lf -> Rf, then Rf toward W	R back stance	Twin forearm blocks (as above)
W	--	R back stance	L high inward knife hand strike (Draw the R fist into the left shoulder)
W	Shift Rf	R fixed stance	R side punch

S	Rf -> Lf, then Lf toward S	L front stance	R middle inner forearm scoop block
S	Rf -->	---	R front kick (maintain hand positions)
S	Drop Rf	R front stance	L middle reverse punch
S	--	R front stance	L middle inner forearm scoop block
S	Lf -->	--	L front kick (maintain hand positions)
S	Drop Lf	L front stance	R middle reverse punch
S	Rf -> Lf	Feet together (chest-E)	Both fists chambered at Left hip
S	Rf -->	--	R side kick
S	Drop Rf	R back stance	Middle forearm guarding blocks
W	270* CCW, Lf toward W	L back stance	Middle forearm guarding blocks
E	Lf -> Rf, then step Rf toward E	R back stance	Middle forearm guarding blocks <Yell!>
N	Rf -> Lf	Feet together (chest-N)	Ready position.

PALGWE 4 (SA JANG) (24 Movements) 팔괘

WTF Form: High Green Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready Position.
W	Lf toward W	L back stance	Twin forearm block
W	--	<same>	R high upset punch (bringing L fist to the R shoulder)
W	Lf -> Rf	Feet together (chest-N)	L outward knife hand strike
E	Rf toward E	R back stance	Twin forearm block
E	--	<same>	L high upset punch (as above)
E	Rf -> Lf	Feet together (chest-N)	R outward knife hand strike
N	Shift Lf forward	L back stance	Middle knife hand guarding blocks
N	Rf -->	--	R high front kick
N	Drop Rf forward	R front stance	R middle vertical spear hand strike (left open hand blocks under the right elbow)
N	Forward 360*CCW, folding and tucking the arms	L front stance	L high outward hammer fist strike (to the temple) (alt. outer forearm block)
N	Forward	R front stance	R middle straight punch <Yell!>
E	Lf toward E	L back stance	Twin forearm block
E	--	<same>	R high upset punch (bringing L fist to the R shoulder)
E	Lf -> Rf	Feet together (chest-N)	L outward knife hand strike
W	Rf toward W	R back stance	Twin forearm block
W	--	<same>	L high upset punch (as above)

W	Rf -> Lf	Feet together (chest-N)	R outward knife hand strike
S	Lf toward S	L back stance	Middle knife hand guarding blocks
S	Rf -->	--	R high front kick
S	Drop Rf forward	R front stance	R middle vertical spear hand strike (left open hand blocks under the right elbow)
S	Forward 360*CCW, this time folding the right arm up by your head	L front stance	L high outward hammer fist strike (to the temple) (alt. outer forearm block)
S	Forward	R front stance	R middle straight punch <Yell!>
W	Lf toward W	Horse stance (chest-N)	L low forearm block
W	Shift Lf	L front stance	R middle reverse punch
E	Lf -> Rf, then out toward E with Rf	Horse stance (chest-N)	R low forearm block
E	Shift Rf	R front stance	L middle reverse punch
N	Rf -> Lf	Feet together (chest-N)	Ready position.

YUL-GUK (38 Movements) 율곡

ITF Form: Low Blue Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position
N	Lf toward W	Horse stance (chest-N)	L middle straight punch <Slowly & Exhaling>
N	--	<same>	R middle straight punch
N	--	<same>	L middle straight punch
N	Lf -> Rf, then Rf toward E, stomping the foot	Horse stance (chest-N)	R middle straight punch <Slowly & Exhaling>
N	--	<same>	L middle straight punch
N	--	<same>	R middle straight punch
NE	Shift Rf toward NE	R front stance	R high outward forearm block (radius side) (inside out block)
NE	Lf -->	--	L front kick
NE	Drop Lf forward	L front stance	L middle straight punch
NE	--	L front stance	R middle reverse punch
NW	Lf toward NW	L front stance	L high outward forearm block (radius side) (inside out block)
NW	Rf -->	--	R front kick
NW	Drop Rf forward	R front stance	R middle straight punch
NW	--	R front stance	L middle reverse punch
N	Rf toward N	R front stance	R knife hand hooking block <Slowly & Exhaling> (alt. scrape L arm with R hand, pulling L fist back to waist and leaving R arm extended)
N	--	R front stance	L knife hand hooking block <Slowly & Exhaling>

			(alt. scrape R arm with L hand, pulling R fist back to waist and leaving L arm extended)
N	--	R front stance	R middle straight punch
N	Forward	L front stance	L knife hand hooking block <Slowly & Exhaling> (alt. scrape R arm with L hand, pulling R fist back to waist and leaving L arm extended)
N	--	L front stance	R knife hand hooking block <Slowly & Exhaling> (alt. scrape L arm with R hand, pulling L fist back to waist and leaving R arm extended)
N	--	L front stance	L middle straight punch
N	Forward	R front stance	R middle straight punch <Yell!!>
N	Lf -> Rf	Feet together (chest-E)	Both fists chambered at the right hip
N	Lf -->	--	L side kick
N	Drop Lf	L front stance	R horizontal elbow strike into the L open palm
S	Rf -> Lf	Feet together (chest-E)	Both fists chambered at the left hip
S	Rf -->	--	R side kick
S	Drop Rf	R front stance	L horizontal elbow strike into the R open palm
E	Lf toward E	L back stance	Twin knife hand block
E	Forward	R front stance	R middle vertical spear hand strike (L open hand guards under the R elbow)
W	Rf toward W, CW	R back stance	Twin knife hand block (as above)
W	Forward	L front stance	L middle vertical spear hand strike (R open hand guards under the L elbow)
S	Lf toward S	L front stance	L high outward forearm block (ulna side)
S	--	L front stance	R middle reverse punch

S	Forward	R front stance	R high outward forearm block (ulna side)
S	--	R front stance	L middle reverse punch
S	hopping forward off the R foot	Crossed stance (chest- W) Rf x'd behind the Lf	L downward back fist strike <Yell!> (R fist chambered at belt)
E	Rf toward E, 270* CW	R front stance	Double forearm guarding blocks
W	Rf -> Lf, then Lf toward W	L front stance	Double forearm guarding blocks
N	Lf -> Rf	Feet together (chest-N)	Ready position.

PALGWE 5 (OH JANG) (35 Movements) 팔괘

WTF Form: High Blue Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position.
N	Slide Lf backward	R front stance	Scissor blocks (L high, R low)
W	Shift Lf toward W	L back stance	Low knife hand guarding blocks
W	Forward	R back stance	Middle knife hand guarding blocks
W	Backward	L back stance	L downward pressing palm block
W	Forward	R front stance	R middle straight punch
E	Rf toward E	R back stance	Low knife hand guarding blocks
E	Forward	L back stance	Middle knife hand guarding blocks
E	Backward	R back stance	R downward pressing palm block
E	Forward	L front stance	L middle straight punch
N	Lf toward N	L front stance	Scissor blocks (R high, L low)
N	Forward	R front stance	Middle forearm guarding blocks
N	Forward	L front stance	Middle forearm guarding blocks
N	Forward	R front stance	R middle vertical spear hand strike <Yell!>
E	Folding & tucking the R hand, Lf toward E	L front stance	L middle outward forearm block (w/ inner forearm)
E	--	<same>	R middle reverse punch
E	--	<same>	L middle straight punch
E	Lf -> R-knee	Crane (chest-S)	Both fists chambered at the R hip
E	Lf -->	--	L side kick
E	Drop Lf toward E	L front stance	R horizontal elbow strike (into the L palm)
E	Forward	R back stance	Middle knife hand guarding blocks
W	Rf toward W	R front stance	R middle outward forearm block (w/ inner forearm)

W	--	<same>	L middle reverse punch
W	--	<same>	R middle straight punch
W	Rf -> L -knee	Crane (chest-S)	Both fists chambered at the L hip
W	Rf -->	--	R side kick
W	Drop Rf toward W	R front stance	L horizontal elbow strike (into the R palm)
W	Forward	L back stance	Middle knife hand guarding blocks
S	Lf toward S	L front stance	Scissor blocks (R-high, L-low)
S	Forward	R back stance	Low inverted forearm guarding blocks (fists low)
S	Forward	L back stance	Low inverted forearm guarding blocks (fists low)
S	Forward	R front stance	R middle straight punch <Yell!>
W	Lf toward W	L back stance	Low knife hand guarding blocks
W	Forward	R back stance	Middle knife hand guarding blocks
W	Backward	L back stance	L downward palm pressing block
W	Forward	R front stance	R middle straight punch
E	Rf toward E	R back stance	Low knife hand guarding blocks
E	Forward	L back stance	Middle knife hand guarding blocks
E	Backward	R back stance	R downward palm pressing block
E	Forward	L front stance	L middle straight punch
N	Lf -> Rf	Feet together (chest-N)	Ready position.

CHUNG-GUN (32 Movements) 중근

ITF Form: Brown 3RD Temporary Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position (L-fist in R hand)
W	Lf toward W	L back stance	L middle outward ridge hand block
W	--	--	L front kick (maintain hand positions)
W	Drop Lf forward, then step out with Rf into	R cat stance	R middle upward palm pressing block
E	Rf toward E, pivoting CW	R back stance	R middle outward ridge hand block
E	--	--	R front kick (maintain hand positions)
E	Drop Rf forward, then step out with Lf into	L cat stance	L middle upward palm pressing block
N	Lf toward N	L back stance	Middle knife hand guarding blocks
N	Shift Lf	L front stance	R upward elbow strike (L fist at hip)
N	Forward	R back stance	Middle knife hand guarding blocks
N	Shift Rf	R front stance	L upward elbow strike (R fist at hip)
N	Forward	L front stance	Twin high punches
N	Forward	R front stance	Twin middle upset punches
S	Lf toward S (CCW)	L front stance	High X-block <Yell!>
E	Lf -> Rf, then Lf toward E	L back stance	L horizontal back fist strike (R fist chambered at belt) (alt. Outer forearm block)
E	Shift Lf	L front stance	L release (alt. Twisting / scooping block)
E	--	L front stance	R high reverse punch
W	Lf -> Rf, then Rf toward W	R back stance	R horizontal back fist strike (L fist chambered at belt) (alt. Outer forearm block)

W	Shift Rf	R front stance	R release (alt. Twisting / scooping block)
W	--	R front stance	L high reverse punch
S	Rf->Lf, then Lf toward S	L front stance	Double forearm guarding blocks
S	Shift Lf forward	L fixed stance	L side punch
S	Rf -->	--	R side kick
S	Drop Rf toward S	R front stance	Double forearm guarding blocks
S	Shift Rf forward	R fixed stance	R side punch
S	Lf -->	--	L side kick
S	Drop Lf toward S	L back stance	Middle knife hand guarding blocks (Alt: middle forearm guarding blocks)
S	Shift Lf	L front stance	Scissor palm pressing blocks (L- upward, R- downward) <Slowly & Exhaling>
S	Forward	R back stance	Middle knife hand guarding blocks (Alt: middle forearm guarding blocks)
S	Shift Rf	R front stance	Scissor palm pressing blocks (R- upward, L- downward) <Slowly & Exhaling>
E	Lf -> Rf	Feet together (chest-E)	R parallel block (L fist at hip) <Slowly & Exhaling>
E	Rf toward E	R fixed stance	Pole block (u-shape block)
W	Rf -> Lf, then Lf toward W	L fixed stance	Pole block (u-shape block) <Yell!>
N	Lf -> Rf	Feet together (chest-N)	Ready position

PALGWE 6 (YUK JANG) (19 Movements) 팔괘

WTF Form: Brown 3RD Permanent Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position.
W	Lf toward W	L back stance	Middle knife hand guarding blocks
W	Rf -->	--	R middle front kick
W	Drop Rf forward	R front stance	R middle straight punch
E	Rf toward E	R back stance	Middle knife hand guarding blocks
E	Lf -->	--	L middle front kick
E	Drop Lf forward	L front stance	L middle straight punch
N	Lf toward N	L front stance	L low forearm block
N	--	<same>	Simultaneously do: L rising knife hand block & R high inverted knife hand strike
N	Rf -->	--	R high front kick (maintain hand positions)
N	Hop forward off the Lf	X'd stance (chest-N) (Lf x'd behind the Rf)	R high downward back fist (left fist supports near the r- elbow) <Yell!>
E	Lf toward E	L back stance	Low knife hand guarding blocks
E	Shift Lf	L front stance	Middle outward wedge blocks (w/ outer forearm) (alt. Twin high punch)
E	Rf -->	--	R high front kick
E	Drop Rf forward	R front stance	R middle straight punch
E	--	<same>	L middle reverse punch
W	Rf toward W	R back stance	Low knife hand guarding blocks
W	Shift Rf	R front stance	Middle outward wedge blocks (w/ outer forearm) (alt. Twin high punch)
W	Lf -->	--	L high front kick

W	Drop Lf forward	L front stance	L middle straight punch
W	--	<same>	R middle reverse punch
S	Lf toward S	L back stance	Middle knife hand guarding blocks
S	Shift Lf	L front stance	Simultaneously do: L rising knife hand block & R high palm heel strike
S	Rf -->	--	R high front kick (maintain hand positions)
S	Drop Rf forward	R front stance	R high downward back fist strike (L fist at hip) <Yell!>
S	Lf -->	--	L high front kick
S	Drop Lf forward	L front stance	L rising forearm block
S	Rf -> L-knee	Crane stance	both fists chambered at L hip
S	Rf -->	--	R side kick
S	Drop Rf forward	R back stance	Middle knife hand guarding blocks
N	Lf toward N	L back stance	Middle knife hand guarding blocks
N	Rf -> Lf	Feet together (chest-N)	Ready position.

TOI-GYE (37 Movements) 퇴계

ITF Form: Brown 2ND Temporary Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position. (R-fist in L hand)
W	Lf toward W	L back stance	L middle outward forearm block (radius side)
W	Shift Lf	L front stance	R low inverted spear hand thrust (L open palm blocks outside R shoulder)
N	Lf -> Rf	Feet together (Chest-N)	Simultaneously do: <Slowly & Exhaling> L low forearm block & R high back fist
E	Rf toward E	R back stance	R middle inner forearm block
E	Shift Rf	R front stance	L low inverted spear hand thrust (as above)
N	Rf -> Lf	Feet together (chest-N)	Simultaneously do: <Slowly & Exhaling> R low forearm block & L high back fist
N	Forward	L front stance	Low X-block with fists, followed quickly by Twin high vertical punches
N	Rf -->	--	R front kick (maintaining hand positions)
N	Drop Rf forward	R front stance	R middle straight punch
N	--	R front stance	L middle reverse punch
W	Lf -> Rf	Feet together (chest-W)	Begin from a 'mountain block' position, then Lower the fists down to the hips <Slowly & Exhaling>
W	Rf toward W	Horse stance (chest-S)	Mountain block (see note for explanation)
W	Lf toward W, CW	Horse stance (chest-N)	Mountain block
E	Lf toward E, CW	Horse stance (chest-S)	Mountain block
E	Rf toward E, CCW	Horse stance (chest-N)	Mountain block

E	Lf toward E, CW	Horse stance (chest-S)	Mountain block
W	Lf toward W, CW	Horse stance (chest-N)	Mountain block
N	Rf -> Lf, then Lf toward N	L back stance	Low inverted double forearm guarding block (i.e. with radius sides of forearms)
N	Shift Lf	L front stance	Reach out and grab opponent's head with both hands
N	R-knee ->	--	R knee strike (into open hands) <Yell!>
S	Drop Rf->Lf, then Lf toward S, pivoting CCW	L back stance	Middle knife hand guarding blocks
S	Lf -->	--	L front kick
S	Replace Lf	L front stance	L high horizontal spear hand strike
S	Forward	R back stance	Double knife hand guarding blocks
S	Rf -->	--	R front kick
S	Replace Rf	R front stance	R high horizontal spear hand strike
S	Backward	L back stance	Simultaneously do: L low forearm block (toward S) R high back fist strike (toward N)
S	Jump off Lf, toward S into (Jump high, but not so forward)	X'd stance (chest-E) (Lf x'd behind the Rf)	Low X-block (very deep/low) <Yell!>
S	Rf toward S	R front stance	Middle forearm guarding blocks
W	L foot toward W, CCW (270*)	L back stance	Low knife hand guarding blocks
--	Shift Lf	L front stance	R middle scoop block (toward NW)
E	Lf -> Rf, then Rf toward E	R back stance	Low knife hand guarding blocks
--	Shift Rf	R front stance	L middle scoop block (toward NE)
--	Pivot on balls of feet CCW	L front stance	R middle scoop block (toward NE)
--	Pivot on balls of feet CW	R front stance	L middle scoop block (toward NE)

N	Rf toward E	Horse stance (chest-N)	R middle straight punch <Yell!>
N	Pull Rf-> Lf	Feet together (chest-N)	Ready position.

PALGWE 7 (CHIL JANG) (23 Movements) 팔괘

WTF Form: Brown 2ND Permanent Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position.
N	Lf forward	L front stance	Double low forearm blocks
N	Rf -->	--	R high front kick
N	Drop Rf forward	R front stance	Middle outward wedge blocks (w/ inner forearms)
N	Lf -->	--	L high front kick
N	Drop Lf forward	L front stance	High X-block (R over L)
N	Rf -->	--	R side kick
N	Drop Rf forward	R back stance	Middle knife hand guarding blocks
			perform the next 3 moves quickly
E	Lf toward E	L back stance	L middle outward forearm block (w/ inner forearm)
E	Shift Lf	L front stance	R high reverse punch
E	--	<same>	L rising forearm block
			perform the next 3 moves quickly
E	Rf -->	--	R side kick
E	Drop Rf forward	R back stance	Low knife hand guarding blocks
E	Shift Rf	R front stance	L middle reverse punch
			perform the next 3 moves quickly
W	Rf toward W	R back stance	R middle outward forearm block (w/ inner forearm)
W	Shift Rf	R front stance	L high reverse punch
W	--	<same>	R rising forearm block
			perform the next 3 moves quickly

W	Lf -->	--	L side kick
W	Drop Lf forward	L back stance	Low knife hand guarding blocks
W	Shift Lf	L front stance	R middle reverse punch
S	Lf toward S	L front stance	Low X-block with fists (R over L)
S	--	<same>	High X-block with knife hands (R over L)
			Open the hands, grab opponent's attack, then turn the wrists one-over-the-other, twisting the opponent's wrist/arm.
S	--	<same>	R high reverse punch <Yell!>
N	Pivot on ball of Lf 360* CCW	Horse stance (chest-W)	R low forearm block
S	Lf toward S	L front stance	L high knife hand strike
S	Rf -->	--	R inside crescent kick into the L palm
S	Drop Rf forward	Horse stance (chest-E)	R horizontal elbow strike into the L palm
N	Take a dodging step backward	Horse stance (chest-E)	Simultaneously do: L low forearm block (toward N) R high back fist (toward S)
N	Take a dodging step backward	L back stance	Middle knife hand guarding blocks
N	Shift Lf	L front stance	R middle reverse punch <Yell!>
N	Lf -> Rf	Feet together (chest-N)	Ready position.

HWA-RANG (29 Movements) 화랑

ITF Form: Brown 1ST Temporary Belt

Direction	Movement	Stance	Action
N	--	Feet together	Ready position (open hands crossed over one another in front of belt, left hand over right.)
N	Lf toward W	Horse stance (chest-N)	L inward palm heel block
N	--	<same>	R middle straight punch
N	--	<same>	L middle straight punch
E	Shift Rf	R back stance	Twin forearm block
E	--	R back stance	L uppercut punch (R fist is drawn to the L shoulder)
E	Shift Rf	R fixed stance	R side punch
E	Rf -> Lf	Feet together (chest-N)	R downward knife hand strike
E	Lf toward E	L front stance	L middle straight punch
N	Lf toward N, CCW (90*)	L front stance	L low forearm block
N	Forward	R front stance	R middle straight punch
N	Lf -> Rf, slowly	Feet together (chest-NW)	Slowly reach out and cup the R fist with the L hand.
N	Rf -->	--	R side kick
N	Drop Rf	R back stance	R knife hand strike
N	Forward	L front stance	L middle straight punch
N	Forward	R front stance	R middle straight punch <Yell!>
E	Lf toward E, CCW (270*)	L back stance	Middle knife hand guarding blocks
E	Forward	R front stance	R middle vertical spear hand strike (L open hand guards under the R elbow)

W	Pivoting CCW (180*), shift Lf toward W	L back stance	Middle knife hand guarding blocks
W	Rf -->	--	R roundhouse breaking kick
W	Drop Rf	R back stance	Land very briefly in the position of Middle knife hand guarding blocks before immediately following with the next movement:
W	Lf -->	--	L roundhouse breaking kick
W	Drop Lf	L back stance	Middle knife hand guarding blocks
S	Lf toward S, CCW (90*)	L front stance	L low forearm block
S	Shift Lf	L back stance	R middle reverse parallel punch
S	Forward	R back stance	L middle reverse parallel punch
S	Forward	L back stance	R middle reverse parallel punch
S	Shift Lf	L front stance	Low X-block
N	Rf toward S, turning 180* CCW	L back stance (facing N)	R elbow strike (toward S) (L fist chambered at hip) <Yell!>
W	CCW 270*, Lf -> Rf	Feet together (chest-W)	Scissor blocks (L-low, R-high)
W	--	<same>	Scissor blocks (R-low, L-high)
W	Lf toward W	L back stance	Middle knife hand guarding blocks
E	Lf -> Rf, then Rf toward E	R back stance	Middle knife hand guarding blocks <Yell!>
N	Rf -> Lf	Feet together (chest-N)	Ready position.

CHUNG-MU (30 Movements) 충무

ITF Form: Brown 1ST Permanent Belt

Direction	Movement	Stance	Action
N	--	Feet together (chest-N)	Ready position.
W	Lf toward W	L back stance	Twin knife hand block
W	Forward	R front stance	Simultaneously do: Left rising knife hand block & Right inward knife hand strike
E	Rf toward E, CW	R back stance	Middle knife hand guarding blocks
E	Forward	L front stance	L high straight punch
N	Lf toward N	L back stance	Middle knife hand guarding blocks
S	Rf -> Lf	Feet together (chest-E)	both fists chambered at the left hip
S	Rf -->	--	R step back side kick
N	Drop Rf toward S	L back stance	Double knife hand guarding blocks
N	Step forward toward N onto Rf, then JUMP off the Rf ->	--	R jump side kick <Yell!> (taking two steps forward, jump off L foot, execute R flying side kick)
N	<Land>	R back stance	Middle knife hand guarding blocks
E	CCW 270*, Lf toward E	L back stance	L low forearm block
E	Shift Lf	L front stance	Reach out with both hands and grab your opponent's head
E	R knee -->	--	R knee strike into open palms <Yell!>
W	Drop Rf -> Lf, then Lf toward W, pivoting CCW (180*)	L front stance	R high ridge hand strike (left open hand should be blocking beneath the right elbow)
W	Rf -->	--	R roundhouse breaking kick
W	Lf -->	--	L reverse side kick

E	Drop Lf toward W, pivoting CW to face E	R back stance	Middle forearm guarding blocks
E	Lf -->	--	L roundhouse breaking kick (toward E)
S	Drop Lf->Rf, then Rf toward S	R fixed stance	Pole block
S	Jump and spin 360* CCW in the air, landing into:	R back stance	Double knife hand guarding blocks
S	Forward	L front stance	R low inverted spear hand thrust (L open hand blocking at the right shoulder)
S	Shift Lf	L back stance	Simultaneously do: L low forearm block (toward S) R high back fist strike (toward N)
S	Forward	R front stance	R middle vertical spear hand strike (L open hand guards under the R elbow)
W	270* CCW, Lf toward W	L front stance	Middle forearm guarding blocks
S	Rf toward W	Horse stance (chest-S)	R middle inward forearm block (ulna side) (toward S) (L fist should be under R-elbow, arm parallel to floor), followed quickly by:
W	--	--	R horizontal back fist strike (L fist chambered at belt)
E	Pivoting CCW toward E, Rf->	--	R side kick
E	Drop Rf forward, then immediately Lf -->	--	L side kick
W	Drop Lf -> Rf. Then, pivoting CW, step Rf toward W	R back stance	Middle knife hand X-block (this block should travel in an upward motion)
W	Forward	L front stance	Double upward palm pressing blocks
E	Rf toward E, pivoting CW	R front stance	R rising forearm block

E	--	R front stance	L high reverse punch <Yell!> (Alt: L middle reverse punch)
N	Lf -> Rf	Feet together (chest-N)	Ready position.