

Hyung Standards: Sam-Il through Moon-Moo

General Comments:

Always pivot on the ball of the foot. When you pivot on your heel you immobilize your hip.

Sam-Il

Double middle block starts with both fists at shoulder level.

High double forearm block in front stance also starts with both fists palm down at shoulder level.

Supported high forearm block with knife hand weapon should end with wrist at eye level. Knife hand weapon of supporting hand should be touching the wrist of the blocking hand with the whole palm supporting the block.

Twisting kick target is middle section.

Twin middle block outward with ridge hand weapon - start with both hands in the chamber with ridge hand weapons, palm down. End with knuckles at shoulder level.

Low block/high outward forearm block - be sure the forearm block is high, wrist at eye level. Keep your eyes on your opponent through the completion of the high forearm block.

Be sure to step from horse stance into back stance to perform double low punch.

After the double low punch, step forward into a front stance high arc hand block. Be sure to **complete stepping into the front stance before beginning the arc hand block**. *Frequently students will begin the block before the front foot lands in the stance.*

The right arc hand should be deflecting a punch that is aimed at your eye level into the left arc hand. The left arc hand should be immediately in front of the left shoulder, then both hands push out from in front of left shoulder to the right. The right arm should end up like a right high block with knife hand weapon and the left arm will be in a middle block position.

High ridge hand block starts with both hands at shoulder level and ends with wrist of ridge hand at eye level and fingertips of guarding hand pointed at wrist of ridge hand.

Step into fixed stance. Be sure to keep your weight evenly balanced when performing the stick block. Do not shift your weight forward.

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Knee level sweep followed by another stick block in fixed stance. The sweep should be hitting your opponents leg just below the knee.

The 360° should be performed as in Choong moo. Land in back stance, knife hand block.

Raise right knee inside elbow of blocking arm and perform right middle sidekick. Step down with feet the same distance apart as open ready stance. Move left foot out into left front stance to perform right elbow strike.

Step into diagonal stance and perform left elbow strike backward. Right hand will have straight fingers held tightly together. Right hand pushes on left fist as elbow strike is performed. Be sure fist is immediately below the armpit, not at chamber level.

After performing the w-block, be sure to keep both hands at head level as you perform the side kick. *Frequently students will drop the back (right) hand while kicking.*

At the completion of the rear foot stance palm scooping block, the chest should be turned so you are looking down the inside of the front shoulder. Your chest should not be facing your opponent.

Be sure hands travel straight down from chamber level and do not raise up to armpit level before performing the double palm pressing block downward. At completion of block the insides of the wrists will be facing each other. Chest is facing the opponent at the end of this block.

Pivot on the ball of the right foot and then stomp with the left into a front stance twin upset punch.

After the low block in a back stance, perform a left middle reverse punch pulling the right hand to the left shoulder.

After left high punch, shift weight to right foot and raise your left knee inside your left elbow and turn hips so knot of belt is facing the target before performing a low section left front kick.

Be sure to fully chamber the front kick. If you fall forward out of the kick you will likely be off balance for the stomp into the right front stance twin high vertical punch.

Yoo-Sin

In the open ready stance, the beginning position is as follows: Palm heel of right hand is in right chamber. Right fingertips are on left fist, fingers held tightly together as in knife hand. Right fingertips should not reach beyond the back of the left fist.

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Begin with two knife hands crossed at elbows shoulder level with palms facing you. Step down into horse stance and perform two side elbow strikes with hands in knife hand weapons. Be sure that the elbows are traveling straight out toward the targets and not in an upward or backward motion.

Bring feet together and step out into a horse stance. Perform a hooking punch over the shoulder and **backward elbow strike** simultaneously. Be sure punch travels **over the shoulder**, not to the shoulder. Look at the target as you perform the punch, but do not turn your shoulders. Be sure fist is immediately below the armpit, not at chamber level when you perform elbow strike. *Frequently students will simply chamber as they perform the hooking punch rather than performing a backward elbow strike.*

Raise up slightly from horse stance to perform arc hand block, drop back down to horse stance to perform middle punch.

Pivot into left front stance and perform a high section single forearm block followed by a right scooping block. Step your right foot back and pivot the left into a horse stance for a left palm scooping block, middle punch.

Bring left foot to right foot then step forward with the right into a right front stance right high section single forearm block followed by a scooping block. Step left foot straight back to horse stance, right palm scooping block, middle punch.

Pivot into left front stance and perform right high section arc hand block 45° from the front stance. Pivot back to horse stance, middle attack.

Step with right foot into 45° angle right front stance. Perform left arc hand block at 90° from front stance. Step into horse stance middle attack.

Next two front kicks are low section.

Hand should cover the punch, but not hit the arm as the punch is performed. *The punch is performed under the covering hand rather than having the hand come down and slap the top of the punching arm.*

Keep your head level while stepping between the four knife hand blocks by keeping your knees bent and your weight low.

Be sure to start high section double forearm block with both fists palm down at shoulder level.

Stomp into front stance at 45° for double upset punch. Bring right foot to left, pivot the standing foot and then stomp out into a left 45° front stance, double upset punch.

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Be sure to perform a reverse punch, *not a hooking punch*.

After the reverse punch, your feet should end up in closed ready stance and the reverse punch pulls into the chamber with the right fist covering the left fist, hands one fist apart. **The hands and feet should arrive in their end position simultaneously.**

Starting position for the u shaped punch has the forward hand palm down in the chamber and the back hand palm up in the chamber. Be sure the left shoulder is back before the punch is executed so that it can travel in a straight line to the target.

Stomp down into horse stance and start with your palm turned out and your fist over your shoulder to perform front strike back fist while pulling opposite hand under elbow. Be sure the back fist strikes forward, not down.

The right waving kick is performed at knee level followed by a horse stance middle section right forearm block performed at a 45° angle to the right with left fist under right elbow.

The left waving kick is followed by horse stance right middle block inward with left fist under right elbow.

Horse stance middle section backhand (a backfist with an open hand) followed by an inner edge crescent into the open hand followed by middle section sidekick. When you perform the inner edge crescent into the open backhand, be sure to **bring the foot to the hand** and not the hand to the foot.

Horse stance nine shaped block. Nine-shape block starts with right hand at shoulder level with palm facing forward. Turn torso rather than raising arm for additional power (**DO NOT TURN HIPS**). Nine-shape blocks are intended to break the arm of the opponent that either grabbed or punched you. Try to get the fist close to elbow of the opposite arm. Noise may result as the fist hits the do-bok, but it is not required.

From horse stance, pivot on ball of right foot and slide the left foot into vertical stance. Feet should be **shoulder width apart**, weight distributed evenly. Perform hammer fist strike downward.

Step straight back with right foot into left front stance twin high vertical punch. *Frequently students chamber the twin vertical punch prior to stepping into next stance.* **Chamber and step should happen at the same time.**

Back stance knife hand blocks are performed at 45°.

Choi-Yong

When you perform the closed ready stance, both hands should be held as if in knife hand weapons. The back of one hand is touching the palm of the other. Both hands start with palms facing you. The middle knuckle should be against the palm side of the other middle knuckle. This is the pivot point as the hands are lowered to belt level.

Middle double forearm block followed by high single knuckle vertical punch.

Perform a small spot turn into a rear foot stance.

Be sure to use full range of motion on sweeping blocks. The blocking hand should pass both the outside knee and the inside knee and end up in a middle block outward position at a 45°. Your eyes should stay focused straight forward on your attacker. Frequently this block is shortened to just a middle block outward at an angle.

Middle roundhouse, high spinning hook kick, middle side kick. Be careful not to shorten the chamber on the roundhouse before stepping down to perform the spinning hook kick.

Be sure to complete the chamber on the high spinning hook kick before beginning the side kick. The chamber at the end of a hook kick should look the same as the beginning chamber for a roundhouse.

After the second pressing block, step back into a ready stance (feet parallel, shoulder width apart) and then turn and step into a front stance. Frequently students step back too far, almost into a full front stance, before turning.

Middle front kicks.

High double forearm block outward with knife hand weapon – elbows should be shoulder height, there should be a straight line elbow to shoulders to elbow. Knife hands should be directly above the elbow. Frequently this block is performed with the arms too far forward.

After the double forearm block, keep your weight low as you step across, then back, and then into the back stance double forearm block. Frequently students raise up during these three steps. Keep your head level.

Remember to **block** when you perform the crane stance. Knee should be up inside forward elbow.

Middle side kicks.

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Do not look over opposite shoulder before performing the spinning hook kicks. Hook kicks are high section.

Yon-Ge

Open ready stance. Left fist is vertical in left chamber. Right fingers should be held tightly together covering front of fist. The fingers should not go beyond the back of the fist.

After middle section forearm block, jump straight up and perform knife hand strike at standing eye level. You will have to adjust the height of the knife hand based on the height of your jump. The target is stationary.

When you land, your knife hand strike stays at eye level. Land one back stance forward from the beginning of the jump.

Perform a reinforced forearm block with the side fist supporting the wrist of the blocking hand. Follow the reinforced forearm block with an **eye rake** in a front stance. The eye rake should be performed with the arm slightly bent, about 45° and the wrist pivots earlier than on other strikes so that the flat fingertip weapon is flat before it rakes across both eyes. It should end with the arm straight in front of the striking shoulder.

Be sure the fist stays directly above the elbow during the downward elbow strike. *Frequently students will pull their elbow in toward them as they perform this strike.* It should only travel in a straight line down.

After the low block with knife hand weapon raise up slightly into open ready stance to perform middle arc hand block (hooking block).

Begin the double high ridge hand block outward with palms down in the chamber. At the end of the block, be sure that you have proper w-block arm position. *Frequently this block is performed with the arms too far forward.*

Step with left foot in front of right when stepping to right crossing stance. Look to the left when performing the double elbow strike outward. Be sure that the elbow strike move in a straight line toward the target and not in an upward motion.

Perform a twin front forearm block starting with both hands in the chambers, fists will travel up to shoulder level and entire forearm will block straight forward.

As you step into the crossing stance, the left hand will stay in place as the right hand pulls into the chamber. As you perform the right upper cut punch the left hand pulls to opposite shoulder with side fist facing the shoulder.

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Lead with your forearm as you perform the high spinning hook kick.

Middle side kicks with a complete pivot, but no skip.

Be careful not to take an extra step or hop before the jump spinning side kick. Stay low.

Frequently students will raise up and then try to get low again to set up for the jump. Those are extra moves.

Backward elbow strike should travel straight back and not turn as the elbow passes the body.

Ul-Ji

After the high crossing block with knife hand weapons, the right hand will pull back to perform a knife hand strike inward. The left hand will stay in place as the right hand prepares for the attack. As the right hand strikes, the left hand will pull to a position with the left knife hand weapon directly above the right shoulder. Frequently students are resting their hand on or grabbing their arm in the bicep section as the knife hand strike is performed.

When you perform the inner edge crescent into the back hand weapon, remember to bring your foot to the hand, not the hand to the foot.

As you step out of the back stance after the elbow strike, bring both hands to the left chamber before you prepare for the high side strike back fist/low block. As you step into the closed ready stance you will move your fists in slow motion to the chambers with vertical fist weapons touching the chambers. Do not just place the hands in position, perform the move powerfully. Think of the slow motion punches in Yul-Gok.

Middle section double forearm block.

Start with both hands in the chamber with the fingertips against the side fist for the supported front strike back fist. The fingertips should remain against the side of the fist as the strike is performed. Just before contact the fingertips are still against the side fist and the palm is supporting the wrist of the striking hand.

Middle front kick after high block.

High jumping front kick with NO set up step.

Be sure you complete the low crossing block before you prepare for the next block. *Frequently students perform this low crossing block with their palms facing down rather than facing away from each other in anticipation of the next technique.*

After the low crossing block in back stance, pull your left knee up and perform twin middle blocks outward simultaneously. The blocks should not extend past the shoulders.

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After the twin high vertical punch, step into a back stance high knife hand block/middle palm heel strike. The palm heel will not extend past the knife hand block or you will lose the palm heel weapon.

After back stance middle attack, bring front foot to back and step back into a back stance, then quickly skip front foot to back foot and back foot out into another back stance.

Middle roundhouse, middle back kick.

Remember to stay low in the final horse stance. *Frequently students will raise up for the last two middle punches.*

Moon-Moo

As you step out of the open ready stance to perform the first move, shift your weight to your right leg and bend your right knee. Keep your knees bent as your feet come together to prepare for the slow motion crane stance and then side kick. Remember to bring your knee up inside of your block. Keep the standing knee bent as you perform the slow motion side kick. This will make it possible for you to pivot and not lose your balance between the slow motion and the fast follow-up side kick.

Middle front flat fingertip strike.

Again, shift your weight to the standing leg and keep it bent as you prepare and perform the slow motion spinning hook kick. Remember to lead with your forearm and keep your hand above your elbow for better balance.

Stomp into the crossing stance knife hand strike outward.

After the pressing block in front stance, raise your back foot to the front knee as you turn 90°. Perform a slow motion high forearm block with knife hand weapon and low block with knife hand weapon.

Your knee will be up and just below belt level when your arms are crossed in front of you. Your knee will raise up and to the centerline of your body as you perform the two slow motion low section hammer fist strikes. At the end of the back kick your knee should come all the way back to this position before you step down into the front stance reverse punch.

Middle **snap** front kicks.

High twisting kicks.

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The side kick is a pushing side kick, not slow motion.

Step back after the twisting kick into a front stance. Look back at your target and then look forward again just as you perform the front strike backfist (behind you) and the side hammer fist. **Frequently students forget to look at the target and perform as a side strike rather than a front strike back fist.**

Perform the checking kick with a side kick weapon followed by a thrusting side kick with a ball of the foot weapon. Be sure not to extend the checking kick too far.

Land with your side kick weapon hitting the floor as you jump into the crossing stance. Keep your shoulders up when you perform the low reverse punch before the jumps. Don't lean forward. Also, be sure that you are looking forward toward your opponent (In the left crossing stance you will be looking over your left shoulder at our opponent's eyes as you perform the low right reverse punch.)