

Hyung Standards: Chon-Ji through Choong-Moo

There are three steps in learning a hyung:

- 1 – Learn** the steps
- 2 – Perfect** the stances and techniques
- 3 – Apply** the attacks and blocks, fight for your life.

Ready Stance – fists start in front of shoulder and go straight down to belt level. They should not move out away from the body.

Always pivot on the ball of your foot.

Block with your blocks. If you just place them you will never get a chance to perform your attack. Your attacker will have been successful if you perform an ineffective block.

Chon-ji

At the completion of the low block, your hand should be one fist above the knee.

Don't let low block rise when you step forward to punch. Imagine that you are still pressing your block against your attacker's kick as you step forward to punch.

There is no "scoop" on a middle block outward. The blocking hand should begin palm down, above belt level, on the outside of the elbow of the chamber hand. Students typically begin turning this block into a scooping block after they've learned Won-Hyo.

After middle block outward, keep your blocking hand in the same position as you step forward to punch. Don't let your hand drop down, just pivot the hand as you step.

As you step forward to punch, keep your shoulder back to increase the torque on the punch.

Remember that back stances should be a half shoulder width further apart than in front forward stance.

Chambers for the blocks and punches should be above the belt and directly below the armpit with the wrists straight.

Dan-Gun

Knife hand block

- Weapon should be against opposite shoulder at the beginning of the block
- Pivot the knife hand at the very end of the block

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- The blocking knife hand against your body should end up at the solar plexus
- There is no need to physically “hit” your own body with the guarding portion of this block. People do this for the sound effect, and the sound should come from the power of the block itself.

Keep shoulders sideways when performing techniques in a back stance. Don't turn them forward with your attack or block.

Start the chamber for the rising block with your wrist on your forearm. This should also start on the opposite side of the body, not in the center of the body.

When you complete the rising block the middle of the forearm should be over your head level. Wrists should be straight. *The fist of your blocking hand should be slightly higher than the elbow.*

Don't let your chamber hand move around while you are stepping.

Your weight should be on the outside edges of your feet on the back stance.

After the three high attacks, when you are turning from the front stance high attack to perform the back stance twin forearm block, shift your weight to your right foot before the turn and keep your leg bent. This will improve your balance on the transition and prevent you from falling into the back stance. Use the same method when turning from the front stance rising block to the back stance knife-hand strike outward at the end of the hyung.

Do-San

As you are stepping from the front stance reverse punch into the back stance knife-hand block you should raise your left foot to touch your right leg just above the knee. This is a checking motion and does not require you to sweep with your knee. It is for added protection but is not performing a blocking motion. The same is true when you step from the front stance reverse punch to the front stance wedging block. As you step to perform the second wedging block, your right foot will touch the left leg just above the knee.

Remember to chamber the left hand when you perform the ridge-hand pull out (after spear hand strike at beginning of pattern). The wrist should turn and the pull out should happen from the end point of the spear hand strike, do not bring the hand up to add power to this technique. *Keep your eyes on your opponent as you pull out of the spear hand strike, do not drop them down as your hand pulls down.*

Separate the pressing block from the spear hand strike. It is not a significant separation between the two, and may look simultaneous, but the stance should be completed first so the hand technique has a foundation to be strong, followed by the pressing block with the strike

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coming last. The strike should be centered to the same location as a middle punch, and the block centered so the fingertips are under the elbow of the striking arm.

There should be no set-up step, no matter how small, before the front kicks. Be sure to have high knees on front kicks, both before and after executing the kick – middle section target. *Keep your standing leg bent, the same as it was in the front stance, when you do the front kick. This will keep your hip back far enough so that you do not lean back when you extend the kick.*

The wedging blocks should start in the chamber followed by the forearms coming up to cross in front of the chest with the right arm to the inside. They then separate and end in the same position and height as the high section single forearm block at the beginning of this hyung.

The wedging block remains in position throughout the completion of the middle section front kick. The lead hand (the same hand of whichever foot has just kicked) will chamber at the same time as the kick. The secondary hand will remain out to guard and will rotate into position to act as a chamber for the follow up punches.

When performing a back fist, the knuckles should end up at the attack hand ear (if you are doing a right back fist, your knuckles should stop in front of your right ear). Watch yourself in the mirror to see if your attack is stopping beyond your head. *Start with your fist palm down over the opposite shoulder. Point the elbow at the target, then strike.*

The front kick and both punches all have the same target, the solar plexus, in the middle of the chest.

Knees should be over the feet on the horse stances. Do not let the knees drop in or allow your foot position to be too wide.

Be sure to complete all chambers, especially on the last two knife-hand strikes.

Won-Hyo

Ready Stance

- Your knees should be relaxed, but not bent.
- Bring your hands together where you are just looking over the tops of your thumbs. *The elbows should be at shoulder level.* This ready stance hand movement is NOT an attack. *The hands should simply move together. You do not punch one hand into the other, nor do they pop apart like two backfists.*

Knife hand strike following the twin forearm blocks is at neck level. *The punch following is to the middle section. It is common for students learning this hyung to get these two targets reversed.*

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Move into the fixed stance right AFTER you chamber your hand in preparation to perform the middle punch. Don't lunge forward; keep your back knee over your back foot.

The crane stance is a BLOCK. It should be just as powerful as any other block or attack.

When performing the crane stance, think foot, then hand. Once you become very proficient in this hyung this move will appear to be ALMOST simultaneous, but the stance always comes first.

Bring your knee straight up when chambering the sidekick. There should be no circular motion.

Always aim your hip at the target. The crane stance sidekick starts with the hip of the kicking leg positioned between the kicker and the target. This requires a turn to line the body up in the correct position. It is not necessarily a definite 90 degree angle, but should be enough to position the body correctly and allow for a complete pivot as the kick is thrust out to the target.

Be sure not to complete the pivot when the knee is raised and the forearm block performed. Finish the pivot at the extension of the kick. *Keep the standing leg knee bent so you can thrust your hip into the kick.*

After you perform the crane stance block, keep your hands up in the block while you complete the side kick.

After the crane stance sidekick at the end of the hyung, place your right foot down with front stance spacing. You do not need to step into an actual front stance before turning to perform the last two blocks, but the distance between your feet when you step down is important.

The front kicks are low, belt level. Remember that your knee should be above the target of the kick before **and after** you perform the kick. *Keep the knot of your belt pointed at the opponent until the very end of the front kick. This helps to prevent you from thrusting your hip forward too soon, losing power, and leaning back when executing the kick.*

Yul-Gok

The hands do not come "up" for the first move of this hyung. One hand should move to the chamber during the first horse stance to begin the slow motion punch, while the other remains in the same location it was in the ready stance, and chambers back from there. This is the same theory of eliminating extra or unnecessary movements carried through the hyungs from Chon-Ji forward.

There should be a noticeable difference between the ready stance and the first horse stance. Students learning this hyung have a tendency to take an extra wide ready stance, anticipating the horse stance.

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There is NO HOP between the horse stances.

Don't pivot early on the slow motion punch.

Your wrist should end up at eye level when you finish the high forearm block.

Hooking Blocks

- If you closed your hand at the end of the block it would be a middle forearm block.
- The blocking hand should rise to face level and then come back down to shoulder level.
- Don't pivot too early; then there is no hook/grab.

Don't move your head on the elbow strike. There should also be minimal hand movement while you are completing the elbow strike. **Bring your elbow to your hand, not your hand to your elbow.** *Slide your hand behind the opponent's neck. Bring your hand up from the chamber to your shoulder with the thumb facing the shoulder. Elbow should strike straight out at neck level.*

Start both hands at shoulder level for the last two blocks. Be sure not to drop the back hand at the beginning of this block. If the hand is dropped, it will swing up during the block rather than actually blocking the attack.

Be sure that the front kicks in this hyung are low (belt-level).

There is no hop or jump before the last back fist strike. It is simply a long step that is closing the distance between you and your attacker.

Jun-Gun

Define every stance. There are a lot of transitions in this hyung and it is very obvious when you do not complete a stance.

After the first move (ridge-hand block), bring your knee up on the inside of the block before you perform your front kick. It is okay to pivot for the kick; you do not have to keep your standing foot stationary. *However, there should be no extra or set-up step prior to the front kick.*

The palm heel strike should end up with the palm higher than the finger tips. If you were to close your hand and straighten your wrist at the end of this strike, your hand would be in the same position as a middle block outward.

95% of your weight should be on the back leg in the cat stance.

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Elbow strike upward: fist should move straight up from chamber to shoulder, thumb should be pointed at the shoulder. Then strike straight up with elbow. If you do it right, you will not punch yourself in the head. Keep your shoulders square; do not move the elbow strike shoulder forward.

Be sure that the high crossing block is a block, not two crossing punches. *Your arms should come from the chamber to a position with arms crossed and both palms facing you. Both arms will pivot at the completion of the block to end in a position with arms crossed and both palms facing away from each other. The right arm is on the inside on most crossing blocks, even when the left foot is forward.*

After the twin upset punch, be sure to step straight across for the spot turn. If you bring your feet closer together during the spot turn, your hyung will finish too far back.

Pull the elbow down, not the hand, to the solar plexus after the back fist strike.

Back fist and punch are the same height, high.

The slow motion pressing blocks begin at the shoulder for the downward block and with the arm mostly extended down for the upward block. The hands will pass each other in the center of the body with the palms rotating in to face each other and end with the hands directly over one another with palms extended out towards the targets. The upper block will end relatively in line with the chin and the lower block will end relatively in line with the knot of the belt.

The last two stances are fixed stance. Please remember to still keep your back knee over your back foot.

Stick blocks: drop the bottom hand so that the elbow is resting on the hip. The high blocking hand comes out in the same motion as a punch; it does not arc up and over. It should travel in a straight line from the chamber to its ending position at just above eye level. The blocking hand should be higher than the elbow.

Toi-Gae

As you bring your feet together from the front stance low flat fingertip strike, keep your chest facing the last opponent. After you have completed the step, turn your body to face forward as you complete the high forearm block low block. This will provide coverage for both blocks and additional power for the forearm block.

The first front kick is middle, the next two are low.

The crossing block should start with both fists in the chambers.

There should not be any extra steps. This tends to happen during the first crescent kick. This technique should start from the closed stance with no extra step into the kick.

When performing the W-blocks, be sure to stomp into a horse stance. Your stomping motion should be straight down, not to the side. Be sure to chamber the inner edge crescent kick *all the way to the standing knee* before stomping. *Lift the kicking knee high and stomp straight down.*

Keep your chest pointed at your blocking target so that you get the full range of motion on the W-block. Simply pivoting your arms will not be an effective block. *When executing the W-block, imagine that you have a broom stick threaded in front of both arms and behind your neck, this will help to prevent you from moving your arms down or forward between blocks. The power should come from moving your torso from a position where your chest was pointed at the opponent [perpendicular to the horse stance] to a position where your chest is now parallel to the horse stance.*

Don't cross your fingers on the head smash. Grab at the neck level. The object is not to slap your hands on your knee, it is to perform an effective head smash. It is likely that your hands will still hit your knee as you complete this technique. Just be sure that you are actually doing a technique and not just slapping your knee to make a loud sound.

When you perform the combination low block/back fist just before you jump over the stick, be sure that the low block is on the inside. *Move your elbow back toward the target, this allows you to get full coverage with the low block. If you do not move your elbow back, your arm will get in the way, shortening the low block and making it ineffective.*

The jump into the crossing stance does not require the jumper to take off or land with both feet at the same time. The goal is to clear the object you are jumping over by getting your knees up, and to complete the sequence with your hands/arms in control. They do not have to be set in their respective chambers, but they MUST be under control and, ideally, guarding the body.

Your arm should be a full 90° away from the front leg of your front stance when you are performing the sweeping blocks. This is different from Won-Hyo where your block is at a 45° angle.

The front stances at the end of the hyung when you perform the sweeping blocks are not extended. They are a standard front stance or walking stance.

At the end of the hyung when you step out of the back stance into the front stance your front foot should move back only as far as your back foot pivots (less than one foot length). If you move your foot back farther, the front stance that you pivot into for the next sweeping block will be too narrow.

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Hwa-Rang

Pull your opponent toward you as you do the reverse punch, rather than turning your punching shoulder toward your opponent.

There should be NO Hesitation on the pull out at the beginning of the hyung UNTIL you are at the top of the downward knife hand strike. Then it is very slight.

Step as the hand rises for the downward knife hand strike **AFTER** the punch pull out.

The foot and hip should be at the same height before and after performing the High round houses.

The low block should remain in position as you shift from the front stance to the back stance to begin the reverse middle punches. This is the same theory carried through the hyungs from Chon-Ji and up.

DON'T drop your knee in back stances during reverse punches.

Start the fist at solar plexus height so that the elbow strike goes straight back to its target, rather than swinging up to the target.

Shift your weight back almost completely to the right foot before you turn to do the middle block outward low block. Keep your head stable. This will prevent you from falling off balance as you complete the turn.

Choong-Moo

Side kick chamber: Keep your foot as close to you as possible and between you and your target.

There is no set-up step before the jumping side kick.

There is no set-up step before the roundhouse, after the roundhouse, or after the back kick. *Be sure to point your knee at, not past the target, on roundhouse kicks.*

Be sure that your back kick chambers with the *knee pointed forward and your heel pointed at the ground* before and after the kick. *As you execute the kick, the kicking knee should be pointed at the ground as it passes by the standing knee. At the extension of the kick, the kicking knee should still be pointed at the ground, not to the side as in a sidekick or roundhouse. The heel should be pointed up, not to the side. As you chamber the back kick, the kicking knee should be pointed at the ground as it passes the standing knee.*

There is no set-up step before the 360° - start in a fixed stance.

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Be sure that you keep your eyes on the opponent as you do the double forearm block, then middle block inward, then back fist. After the completion of the back fist, then you look at the next opponent.

There is no set-up step before the two side kicks at the end of the hyung.