

**Blue Belt 4th Kup Syllabus**

**Traditional Line Work**

“L” stance, reverse knife hand block,  
followed by front leg front snap kick.

*Niunja sogi, sonkal dung makgi,  
ap chabusigi.*

Rear foot stance, upward palm block.

*Dwit bal sogi, ollyo sonbadak makgi.*

“L” stance, knife hand guarding block, followed by,  
slipping to walking stance, reverse upward elbow.

*Niunja sogi, sonkal diebi makgi,  
gunnun sogi, ollyo palkup tirigi.*

Walking stance, twin vertical punch, followed by,  
walking stance, twin upset punch (to kidneys),  
followed by, walking stance, rising “X” block.

*Gunnun sogi, sang sewo jurugi,  
gunnun sogi, sang dwijibun jurugi  
gunnun sogi, chookyo kyocha makgi.*

“L” stance, reverse back fist strike, followed by,  
release move, slip to walking stance, reverse punch.

*Niunja sogi, dung dumok tirigi,  
japyosol tae, gunnun sogi, bandae  
jurugi.*

Walking stance, double forearm block, followed by,  
“L” stance, reverse side punch, followed by,  
side piercing kick (landing double forearm block)

*gunnun sogi, doo palmok makgi,  
niunja sogi, bandae jurugi,  
yop cha jurugi (yop chagi).*

Low walking stance, pressing block.

*Gunnun sogi, noollo makgi.*

Fixed stance, “U” shaped block.

*Gojong sogi, digutja makgi.*

**Pattern / Form**

*Tul / Hyung / Pomse*

Joong Gun (32 movements) must be performed.

**Foot Work**

*Done in fighting stance (with a boxing guard).*

*Matsoki sogi*

Left fighting stance, 90 avoidance, exchange stance, followed by 90 avoidance,  
exchange stance. Repeat the exercise from Right fighting stance.

Left fighting stance, 90 avoidance, forward step, followed by 90 avoidance, forward  
step. Repeat the exercise from Right fighting stance.

Left fighting stance, side step, reverse step, followed by side step reverse step. Repeat  
the exercise from Right fighting stance.

Left fighting stance, side step, reverse step, followed by side step, 360 reverse spinning step. Repeat the exercise from Right fighting stance.

Left fighting stance, 360 reverse spinning step, followed by forward step, followed by 360 reverse step. Repeat the exercise from Right fighting stance.

### Line Work in Fighting Stance

*All techniques to be performed in a fighting stance with a boxing guard maintained at all times.*

90 avoid obverse ridge hand strike, exchange stance  
reverse punch, followed by 90 avoid obverse  
ridge strike hand, exchange stance reverse punch.      *Sonkal dung tirigi,  
bandae jurugi,  
Sonkal dung tirigi, bandae jurugi.*

90 avoid obverse jab, step forward turning kick,  
90 avoid obverse jab, step forward turning kick.      *Baro jurugi, dollyo chagi,  
baro jurugi, dollyo chagi.*

Side step front ridge hand, 180 reverse hooking kick  
side step front ridge hand, 360 reverse hooking kick.      *Sonkal dung tirigi, bandae golcho chagi,  
sonkal dung tirigi, bandae dollyo gorro  
chagi.*

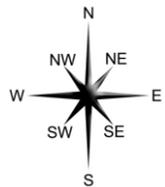
Side step jumping reverse side kick, followed by  
side step jumping reverse side kick.      *Twigie bandae yop chagi,  
twigie bandae yop chagi.*

360 reverse turning hooking kick, rear leg turning  
kick, followed by 360 reverse turning hooking kick.      *Bandae dollyo gorro chagi, dollyo chagi  
bandae dollyo gorro chagi.*

Side step, reverse ridge hand strike, rear turning kick,  
reverse turning hooking kick, jumping side kick.      *Bandae sonkal dung tirigi, dollyo chagi,  
bandae dollyo gorro chagi, twigie yop  
chagi.*

### One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

All attacks to be performed from left walking stance low section  
outer forearm block, stepping forward into right walking stance  
middle section obverse punch. For directional reference please use  
compass points. Attacks are from the North, defences are as shown  
below starting from parallel ready stance.



#### (Numbers 26 through to 30)

26. Right leg back (S) fast motion left fighting stance, followed by right inward  
crescent kick block to opponents inner forearm, followed by middle left  
jumping reverse side kick.

27. Right leg (S) fast motion right fighting stance, followed by fast right inward crescent kick block to opponents inner forearm, followed by high section right inward jumping spinning turning kick.
28. Side step (SW) fast motion right outward crescent kick block to outer forearm, followed by left inward axe kick, followed by high section left jump spinning inward axe kick.
29. Left leg (W) right walking stance, left pressing block, followed by right ridge hand strike to the bridge of the opponents nose, followed by left jumping side kick.
30. Left leg (S) fast motion right fighting stance, followed by fast left inward crescent kick block to opponents outer forearm, followed by right high section jumping reverse turning hooking kick.

### **Destruction/Power Testing (Focused at breakable boards)**

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

### **The following techniques are to be attempted at this level:**

Execute a front elbow strike at solar plexus height.     *Ap palkup tirigi.*

Execute a side piercing kick at solar plexus height     *Yop cha jurugi (yop chagi).*

### **Free Sparring (and possibly Grappling)**

*Jayoo Matsoki*



## **Grappling**

### **The Art of Ground Self Defence**

“Grappling”, can best be described as the art of being able to defend yourself at very close contact with an opponent, from a wide range of angles and positions either kneeling, sitting or lying on the ground. This practise is very useful as a backup to our Tae Kwon-Do techniques of striking, kicking and punching and can be used should a self defence situation end up on the ground. However, you should not seek to take your self defence to the ground as this will leave you very vulnerable to attack should a third party be involved. In self defence, ground fighting should only happen by accident, i.e. you find yourself put in that situation, and then have to deal with it, grappling practise will better prepare you to cope in this environment.

As it is always better to have knowledge of all forms of self defence, we recommend and teach grappling from as early grade as possible and will expect students to be able to show a degree of efficiency at grappling for grading purposes from blue belt upwards should they be asked at a grading.

Some of the skills involved with grappling are locking the opponents arms and legs, the use of pressure and sensitive points around the body and very carefully applied choking techniques to obtain a submission. Under no circumstances do we allow striking, punching, biting, scratching or kicking movements for obvious safety reasons due to the close proximity and positions on the ground of the students. The skill in grappling is not only confined to being able to pin, hold and get your opponent to submit, but also to have the ability to be able to get out of vulnerable positions, situations and applied locks, chokes and holds. Great patience, thought and clarity of mind, tactical planning, speed of execution, stamina are key requirements for grappling although strength and weight give obvious advantages.

As with all Evolution activities, we believe that although we should be able to use all our Martial Arts techniques to full efficiency if required for self defence, we should all also be able to train together in the knowledge that all techniques will be safely controlled to prevent injury. Because the object of a grappling match is to get your opponent to “submit” (by a physical “tap” with the hands or feet, or verbal acknowledgement) it is imperative that all movements are done in a thoughtful and very controlled manner as without this strict code of control, students could easily be injured. Injury can also be prevented if students can put aside their pride and submit from a firm and sure submission hold before injury can occur, there is still much to be learned from early submission and it keeps our bodies healthy to try again.

**Blue Belt Students Should Know**

*All of the Theory from Their previous Grading,*

*Plus the Following “Extra” Terminology and Information:-*

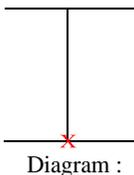
<b>Body Part, Attacking Tools</b>		<b>Kicks</b>	
Elbow	<i>Palkup.</i>	Jumping reverse	<i>Twigi bandae</i>
<b>Hand Attacks</b>		side kick	<i>yop chagi.</i>
Upward elbow strike	<i>Ollyo palkup tirigi.</i>	Reverse hooking kick	<i>Bandae golcha Chagi.</i>
Twin vertical punch	<i>Sang sewo jurugi.</i>	Reverse turning	<i>Bandae dollyo</i>
Twin upset punch	<i>Sang dwijibun jurugi.</i>	hooking kick	<i>gorro chagi.</i>
<b>Stances</b>		<b>Blocks</b>	
Rear foot stance	<i>Dwit bal sogi.</i>	Reverse knife	<i>Sonkal dung</i>
Fixed stance	<i>Gojong sogi.</i>	hand Block	<i>makgi.</i>
Low walking stance	<i>Nachuo sogi.</i>	Upward palm block	<i>Ollyo sonbadak makgi.</i>
		Rising “X” block	<i>Chookyo kyocha makgi.</i>
		Pressing block	<i>Noollo makgi.</i>
		“U” shaped block	<i>Digutja makgi.</i>

**Joong Gun (32 movements)**

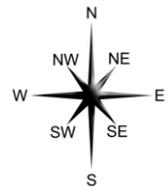
Pattern / Form

*Tul / Hyung / Pomse*

JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).



**Joong Gun**



**Ready Position - CLOSED READY STANCE B**

1. Move the left foot to (W) forming a right L-stance to (W) while executing a left middle section reverse knife hand block to (W).

2. Execute a left low section front snap kick to (W), keeping the position of the hands as they were in 1.
3. Lower the left foot to (W) and then move the right foot forward to (W) forming a left rear foot stance to (W) while executing a right upward palm block to (E).
4. Balance and pivot on the left foot moving the right foot and turning to (E) forming a left L-stance to (E), at the same time executing a right middle section reverse knife hand block to (E).
5. Execute a right low section front snap kick to (E), keeping the position of the hands as they were in 4.
6. Lower the right foot to (E) and then move the left foot forward to (E) forming a right rear foot stance to (E) while executing a left upward palm block to (E).
7. Balance and pivot on the right foot moving the left foot to (N) forming a right L-stance to (N) while executing a middle section knife hand guarding block to (N).
8. Balance and pivot on the right foot and slip the left foot forward into a left walking stance to (N) while executing a right reverse upwards elbow strike to (N).
9. Move the right foot forward to (N) forming a left L-stance to (N) while executing a middle section knife hand guarding block to (N).
10. Balance and pivot on the left foot and slip the right foot forward into a right walking stance to (N) while executing a right reverse upwards elbow strike to (N).
11. Move the left foot forward to (N) forming a left walking stance to (N) while executing a high section twin vertical punch to (N).
12. Move the right foot forward to (N) forming a right walking stance to (N) while executing middle section (kidney height) twin upset punch to (N).
13. Perform an about about turn with the feet anti-clockwise to form a left walking stance to (S) while executing a rising X block to (S).

14. Balance and pivot on the right foot moving the left foot to E forming a right L-stance to (E) while executing a high section backfist strike to (E).
15. Pull the left arm away from (E) performing a release move, at the same time balancing and pivoting on the right foot and slip the left foot forward to (E) forming a left walking stance to (E).
16. Execute a high section right reverse punch to (E) while maintaining a left walking stance to (E). (Perform 15 and 16 in a continuous fast motion.)
17. Bring the left foot up to the right foot, turn and face (W) and move the right foot forward to (W) forming a left L-stance to (W) while executing a high section backfist strike to (W).
18. Pull the left arm away from (W) performing a release move, at the same time balancing and pivoting on the left foot and slip the right foot forward to (W) forming a right walking stance to (W).
19. Execute a high section left reverse punch to (W) while maintaining a right walking stance to (W). (Perform 18 and 19 in a continuous fast motion.)
20. Balance and pivot on the left foot and bring the right foot up to the left foot. then balance and pivot on the right and move the left foot forward to (S) forming a left walking stance to (S) while executing a high section double forearm block to (S).
21. Balance and pivot on the right foot and pull the left foot back into L-stance to (S) while executing a left reverse side punch to (S).
22. Shift balance and pivot on the left leg and execute a right middle section side piercing kick to (S).
23. Lower the right foot to (S) forming a right walking stance to (S) while executing a high section double forearm block to (S).
24. Balance and pivot on the left foot and pull the right foot back into L-stance to (S) while executing a right reverse side punch to (S).
25. Shift balance and pivot on the right leg and execute a left middle section side piercing kick to (S).
26. Lower the left foot to (S) forming a right L-stance to (S) while executing a middle section forearm guarding block to (S).

27. Balance and pivot on the right foot and slip the left foot forward in slow motion into a low left walking stance to (S) while executing a slow motion pressing block with the right hand to (S).
28. Move the right foot forward to (S) forming a left L-stance to (S) while executing a middle section forearm guarding block to (S).
29. Balance and pivot on the left foot and slip the right foot forward in slow motion into a low right walking stance to (S) while executing a slow motion pressing block with the left hand to (S).
30. Balance and pivot on the right foot and bring the left foot slowly up to the right foot, turning to face (E) in a closed stance to (E) while executing a slow right posture movement turning punch facing (E).
31. Balance and pivot on the left foot and move the right foot forward to (E) forming a right fixed stance to (E) while executing a U-shape pole block to (E).
32. Balance and pivot on the left foot and bring the right foot up to the left foot, face (W) and shift balance from left foot to right foot, then move the left foot forward to (W) forming a left fixed stance to (W), while executing a U-shaped pole block to (W).

**END: Bring the left foot back to a ready position.**



*Francis Miller*



*Francis Miller and Chris Smith*

## **Blue/Red Belt 3rd Kup Syllabus**

### **Traditional Line Work**

Walking stance, downward “X” block, followed by walking stance, reverse upset fingertip strike. *Gunnun sogi, naeryo kyocha makgi, gunnun sogi, dwyjibun sonkut tirigi.*

Sitting stance, front rising kick, “W” shaped block. *Annum sogi, ap chaolligi, san makgi.*

“L” stance, low section double forearm block. *Niunja sogi, najunde doo palmok makgi.*

Walking stance, double palm grasp, rear leg, front knee strike, followed by straight finger tip strike. *Gunnun sogi, doo sonbadak japki, ap morup tirigi, opun sonkut tulgi.*  
Jump to “X” stance, downward “X” block, followed by walking stance, double forearm block. *Kyocha sogi, naeryo kyocha makgi, gunnun sogi, doo palmok makgi.*

“L” stance, “X” knife hand checking block, step forward walking stance, double upward palm block. *Niunga sogi, kyocha sonkal moncha makgi, gunnun sogi, doo ollyo sonbadak makgi.*

### **Pattern / Form**

*Tul / Hyung / Pomse*

Toi Gye (37 movements) must be performed.

### **Foot Work**

*Done in fighting stance (with a boxing guard).* *Matsoki sogi*

Left fighting stance, skipping 90 avoidance followed by skipping 90 avoidance. Repeat the exercise from Right fighting stance.

Left fighting stance, skipping 90 avoidance, followed by changing stance. Repeat four times in a clockwise and change circuit. Repeat the exercise from Right fighting stance in an anti-clockwise circuit.

Left fighting stance, skipping 90 avoidance, forward step, followed by skipping 90 avoidance, forward step. Repeat the exercise from Right fighting stance.

Left fighting stance, skipping 90 avoidance followed by 360 reverse step, skipping 90 avoidance followed by 360 reverse step. Repeat the exercise from Right fighting stance.

Left fighting stance, 90 avoidance, skipping 90 avoidance, followed by 90 avoidance, skipping 90 avoidance. Repeat the exercise from Right fighting stance.

### Line Work in Fighting Stance

*All techniques to be performed in a fighting stance with a boxing guard maintained at all times.*

Skipping 90 avoidance, front leg side kick, followed by obverse back fist, skipping 90 avoid front leg side kick, obverse back fist strike.

*Yop chagi,  
dung dumok tirigi,  
yop chagi, dunjg dumok tirigi.*

Skipping 90 avoid, on the spot, jump turning kick, skipping 90 avoid, on the spot jump turning kick.

*Twiggi dollyo chagi,  
twiggi dollyo chagi.*

Skipping 90 avoidance, front leg axe kick, step forward rear leg turning kick skipping 90 avoidance, front leg axe kick, rear leg turning kick.

*Naeryo chagi,  
dollyo chagi,  
naeryo chagi, dollyo chagi.*

Skipping 90 avoidance, obverse ridge hand strike, followed by 360 reverse turning hooking kick, skipping 90 avoidance, obverse ridge hand strike, followed by 360 reverse turning hooking kick.

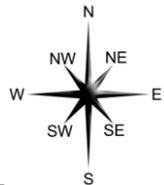
*Sonkal dung tirigi,  
Bandaedollyo gorro chagi,  
sonkal dung tirigi,  
bandaedollyo gorro chagi.*

90 avoidance, obverse punch, reverse punch, skipping 90 avoid, front leg turning kick, reverse punch, 90 avoid, obverse punch, reverse punch, skip avoid, front leg turning kick, reverse punch.

*Barro jurugi, bandae jurugi,  
dollyo chagi, bandae jurugi,  
barro jurugi, bandae jurugi,  
dollyo chagi, bandae jurugi.*

### One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

All attacks to be performed from left walking stance low section outer forearm block, stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.



**(Numbers 30 Through to 35)**

31. Right leg (S) left walking stance, right rising knife hand block into a right palm grasp. Keeping hold with a right grip and lift opponents arm high and turn the palm upward while also gripping with the left hand, both thumbs on the back of opponents wrist, turn to face (S) and move right foot (W) into a sitting stance to (S) and pull down with both hands gripping your opponent's wrist towards your chest with your opponent's elbow aimed at your left shoulder to effect an arm break at the elbow joint to your opponent, taking great care not to harm your partner's elbow. Keeping a left grip, turn to face (N) and tuck your right arm over and inside your opponents right arm while moving the left foot (N) into parallel stance (E) and continue to pin your opponents right arm around their back while also effect a left radial choke around your opponents throat, trying to interlock left and right grips.
  
32. Using a left inward palm block deflection, take a right reverse step to (W) into sitting stance to (S) and take a two hand grasp with the thumbs on top of the opponents fist facing away from your opponent. Taking a tight grip and locking your opponents fist, bend the wrist at 90 and whist turning quickly towards (N) moving the left foot and pivoting on the right foot while rotating your opponent's bent wrist clockwise towards (NW) locking the wrist into a take down. Keeping hold of the wrist lock, step the right foot onto your opponent's left shoulder, press down with the heel and roll your opponent over by applied pressure to the shoulder and a lifting motion of the opponent's right arm to roll your opponent onto their front with the right arm behind them. Placing the right foot to the ground after the shoulder roll, lock opponent's right arm around your right leg while keeping hold with the hands and locking the left leg on the outside of the arm, rotating clockwise to lock opponent's behind their back while kneeling on them for pressure with the right and left knees and pinning with the use of your arms.
  
33. In a fast motion, duck in a boxing guard from (E) to (W) under your opponent's oncoming punch moving the left foot into a right fighting stance facing (E), while executing a right low section ranging hook to the mid section solar plexus. Follow up quickly with a left reverse and downward cross punch to across the jaw following through with the punch down and over your opponent's right arm. Stepping closer with the left foot, make a left arm lock and spin the body, pivoting on the left Foot until you lock out your opponent's arm and can reach a right side elbow or knife hand strike to the base of the opponent's base of skull, taking care not to cause any damage to your partner's elbow or head areas.

34. Step left leg (W) into right walking stance to (E) and perform a right hooking block and grasp to the opponents right wrist, effect a left palm heal strike to the opponent's elbow while bracing or pulling with the right wrist grasp, taking care not to cause damage to your partner's elbow. Take the right arm over the opponent's right, and tuck the arm up into a reverse figure four arm lock, bracing with the left hand, drop to your left knee and pin your opponent face down to the floor, changing grips and / or kneeling on their right shoulder if necessary.
35. Maintain parallel stance (N), execute a right inward palm deflection to your opponent's inner forearm, followed by taking an under arm left hooking lock to grasp the opponent's right wrist, circle the arm anti-clockwise and pull down to your left side with the grasping hand and execute a right fore fist punch to the opponent's solar plexus. Grasp both of your opponent's shoulders and execute a fast right horizontal knee strike to the opponent's left side upper rib cage. Upon lowering the right leg to a 1½ shoulder width parallel stance to (N), and turn your opponent completely around to face away from you, pushing with your right arm and pulling with the left, leaving the right hand on your opponent's right shoulder with your right radial wrist bone (inner forearm) across your opponent's throat (just below the Adams apple on a man). Clasp your left palm upward to your right palm downward and pull your opponent in close to your chest to "scoop" the right radial bone upwards into the throat executing a choke while also taking your opponent to their knees by pushing your right instep forward and downwards into the back of your opponent's right knee.

### **Destruction/Power Testing (Focused at breakable boards)**

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

### **The following techniques are to be attempted at this level:**

Execute a front palm heal strike at solar plexus height, using the palm heal.

*Ap sonbadack tirigi,  
Sonbadak.*

Execute a turning kick at solar plexus height using the ball of the foot.

*Dollyo chagi,  
Ap kumchi.*

**Free Sparring (and possibly Grappling)**

*Jayoo Matsoki*

**Blue/Red Belt Students Should Know**

*All of the Theory from Their previous Gradings,*

*Plus The Following “Extra” Terminology and Information:-*

<p><b>Body Part, Attacking Tools</b></p> <p>Knee <i>Morup.</i></p> <p><b>Hand Attacks</b></p> <p>Upset fingertip strike <i>Dwijibun sonkal tirigi.</i></p> <p>Double palm grasp <i>Doo sonbadak makgi.</i></p> <p><b>Stances</b></p> <p>“X” stance <i>Kyocho sogi.</i></p> <p>Forging post <i>Dollyon joo.</i></p>	<p><b>Kicks</b></p> <p>Upward knee strike <i>Ap morup tirigi.</i></p> <p><b>Blocks</b></p> <p>Downward “X” block <i>Naeryo kyocha makgi.</i></p> <p>“W” shaped block <i>San makgi.</i></p> <p>Double upwards palm block <i>Doo ollyo sonbadak makgi.</i></p> <p>“X” knife hand checking block <i>Kyocho sonkal moncha makgi.</i></p>
--	--

**The Colour Red Signifies :**

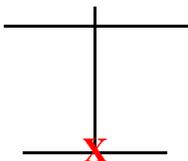
Danger, and is a caution not only to an opponent to keep their distance and to be aware, but also to the wearer to be cautious and mindful of their abilities. In many ways, whilst wearing Red, a student is at their peak, training very hard for what they think is their ultimate goal, to obtain Black Belt! A Red belt student is hungry and close to becoming a Black Belt, but however, they do not really know what becoming a Black will do or mean for them. They should be cautious and not expect anything other than a change of colour, and must be content to train hard and find out what Black means to them, when they get there.

**Toi Gye (37 movements)**

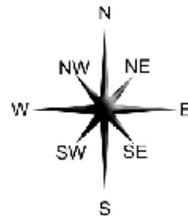
Pattern / Form

*Tul / Hyung / Pomse*

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents “scholar”.



**Toi Gye**



***Ready Position - CLOSED READY STANCE B***

1. Move the left foot to (W) forming a right L-stance to (W) while executing a middle section inner forearm block to (W).
2. Execute a right low section upset fingertip thrust to (W) while slipping the left foot to (W) and forming a left walking stance to (W) .
3. Bring the left foot up to the right foot to form a closed stance to (N) while executing a right high section backfist strike to (S), and taking the left arm down into a low section outer forearm block. Perform in slow motion.
4. Move the right foot to (E) forming a left L-stance to (E) while executing a middle section inner forearm block to (E).
5. Execute a left low section upset fingertip thrust to (E) while slipping the right foot to (E) and forming a right walking stance to (E).
6. Bring the right foot up to the left foot to form a closed stance to (N) while executing a left high section backfist strike to (S), and taking the right arm down into a low section outer forearm block. Perform in slow motion.
7. Move the left foot to (N) forming a left walking stance to (N) while executing an “X” pressing block to (N).
8. Execute a high section twin vertical punch to (N) while maintaining a left walking stance to (N). Perform moves 7 and 8 in a continuous motion.
9. Execute a right middle section front snap kick to (N) while keeping the position of the hands as they were in 8.
10. Lower the right foot to (N) forming a right walking stance to (N) while executing a right obverse middle section punch to (N).
11. Execute a left reverse middle section punch to (N) while maintaining a right walking stance to (N).
12. Bring the left foot forward to the right foot forming a closed stance to (W) while executing a twin side elbow thrust, placing the fists “thumbs upward” on the hips. Perform in slow motion.
13. Perform a right rising kick to (W) lowering the right foot to (W) forming a sitting stance to (S) while executing a right “W” shaped block to (W).

14. Perform a left rising kick to (W) lowering the left foot to (W) forming a sitting stance to (N) while executing a left “W” shaped block to (W).
15. Turn clockwise balancing and pivoting on the right foot to (E) and perform a left rising kick to (E) lowering the left foot to (E) to form a sitting stance toward (S) while executing a left W-shape block to (E).
16. Perform a right rising kick to (E) lowering the right foot to (E) forming a sitting stance to (N) while executing a right “W” shaped block to (E).
17. Perform a left rising kick to (E) lowering the left foot to (E) forming a sitting stance to (S) while executing a left “W” shaped block to (E).
18. Turn clockwise balancing and pivoting on the right foot to (W) and perform a left rising kick to (W) lowering the left foot to (W) to form a sitting stance toward (N) while executing a left W-shape block to (W).
19. Bring the right foot up to the left foot and then move the left foot forward to (N) forming a right L-stance to (N) while executing a low section double forearm block to (N).
20. Extend both hands forward to (N) to make a double palm grasp to shoulder height while slipping the left leg forward to (N) to form a left walking stance to (N).
21. Execute an upward knee strike to (N) while pulling both hands downward.
22. Lower the right foot to the spot down next to the left foot, balance and pivot on the right foot while turning to face (S) forming a right L-stance to (S) and execute a middle section knife hand guarding block to (S).
23. Execute a left low section front snap kick to (S), keeping the position of the hands as they were in 22.
24. Lower the left foot to (S) forming a left walking stance to (S) while executing a left high section flat fingertip thrust to (S).
25. Move the right foot forward to (S) forming a left L-stance to (S) while executing a middle section knife hand guarding block to (S).
26. Execute a right low section front snap kick to (S), keeping the position of the hands as they were in 25.

27. Lower the right foot to (S) forming a right walking stance to (S) while executing a right high section flat fingertip thrust to (S).
28. Move the right foot backward to (N) forming a right L-stance to (S) while glancing behind to (N) executing a high front backfist strike to (N), and a low section outer forearm block to (S) facing back to (S).
29. Jump upwards as high as possible and moving forward one shoulder width to (S) landing in a right X-stance toward (E) while executing an “X” pressing block to (E).
30. Shift your weight onto the left foot, balance and pivot on the left foot and move the right foot forward to (S) forming a right walking stance to (S) while executing a high section double forearm block to (S).
31. Balance and pivot on the right foot moving the left foot to (W) forming a right L-stance to (W) while executing a low section knife hand guarding block to (W).
32. Slip the left foot forward to (W) forming a left walking stance while executing a right circular block to (NW).
33. Bring the left foot back to the right foot, balance and pivot on the left foot and move the right foot to (E) forming a left L-stance to (E), and executing a low section knife hand guarding block to (E).
34. Slip the right foot to (E) forming a right walking stance to (E) while executing a left circular block to (NE).
35. Pivoting on the balls of both feet, change your stance to form a left walking stance to (NW) while executing a right circular block to (N).
36. Pivoting on the balls of both feet, change your stance to form a right walking stance to (E) while executing a right circular block to (NE).
37. Balance and pivot on the left foot and move the right foot to form sitting stance to (N) while executing a right forefist punch to (N).

**END: Bring the right foot back to a ready position.**

**Credits**  
**Author:** *Simon Wachon.*      **Photography:** *Simon Wachon, Terry Helliker.*  
**Publisher:** *Evolution TKD*      **Project Editors:** *Simon Wachon, Terry Helliker.*  
**Designers:** *Simon Wachon, Terry Helliker.*