

**White/Yellow Belt 9th Kup Syllabus**

**Traditional Line Work**

Riding stance, mid section double punching.	<i>Annun sogi, kaunde duo jirugi.</i>
Riding stance, mid section front snap kick, followed by reverse punch.	<i>Annun sogi, kaunde ap chabusigi, bandae jirugi.</i>
Riding stance, mid section side kick, followed by reverse punch.	<i>Annun sogi, kaunde yop chagi, bandae jirugi.</i>
Riding stance, mid section turning kick, followed by reverse punch.	<i>Annun sogi, kaunde dollio chagi, bandae jirugi.</i>
“L Stance”, mid section inner forearm block.	<i>Niunja Soggi, kaunde an palmok makgi.</i>
Walking stance, mid section obverse punch followed by mid section reverse punch.	<i>Gunnun sogi, kaunde barro jirugi, kaunde bandae jirugi.</i>
Walking stance, low section outer forearm block. followed by mid section reverse punch.	<i>Gunnun sogi, najunde bakat palmok makgi kaunde bandae jirugi.</i>
Walking stance, mid section inner forearm block. followed by mid section reverse punch.	<i>Gunnun sogi, kaunde an palmok makgi, kaunde bandae jirugi.</i>
Walking stance, low section outer forearm block, followed by, mid section inner forearm block, both with the obverse hand, followed by reverse punch.	<i>Gunnun sogi, najunde bakat palmok makgi, kaunde an palmok makgi, kaunde bandae jirugi.</i>

**Pattern / Form**

*Tul / Hyung / Pomse*

Chon Ji (Heaven & Earth 19 movements) must be performed.

**Foot Work**

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

Left fighting stance, Skip forward twice then step forward, then skip back twice and step back (maintaining stance and guard each time). Repeat the exercise from Right fighting stance.

Left fighting stance, slip step left leg back, followed by fast “forward” stepping “side” double step, ending up left leg forward (maintaining stance and guard each time) Repeat the exercise from Right fighting stance.

Left fighting stance, turning with a right leg reverse step (clockwise) into a right fighting stance (maintaining stance and guard each time). 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.*

High section obverse ridge hand strike. *Nopunde baro sunkal dung tirigi*

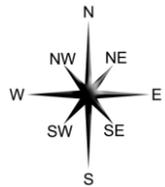
High section obverse back fist strike. *Nopundae baro dung dumok tirigi*

Slip step, front leg axe kick *Nopundae naeryo chagi*

Rear leg front snap kick, followed by rear leg turning kick, followed by rear leg side piercing kick (side kick). *Ap chabusigi, Dollyo chagi, Yop chajirugi (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 1 to 5)

1. Right leg (NE) sitting stance, left outer forearm block and simultaneously right middle fore fist punch to solar plexus.
2. Left leg (NW) sitting stance, left palm heel pushing block, pivot feet and change into a (NW) walking stance whilst executing a right ridge hand strike to solar plexus.
3. Right leg sliding away to (SE) left fighting stance, followed quickly with right front snap kick to the groin and replacing the right foot back into a (SE) fighting stance.

4. Left leg (W) sitting stance, quickly dodging the opponents punch, maintaining a fighting guard and execute a right leg ball of foot turning kick to solar plexus, landing in right fighting stance.
5. Right leg (E) right walking stance, quickly dodging the opponents punch and immediately execute a left leg side piercing kick to solar plexus.

### **Why Do We Practice One Step Sparring - Ilbo Matsoki**

We practice one step to start to build up a wide range of techniques which can be used effectively against a fore fist punch attack thus allowing you to add to your basic self defence knowledge as you progress through your grades. One step allows a student to practice correct distancing from an opponent, how to block and counter correctly, forearm conditioning, and the correct positioning of stances, blocks and counter attacks in relation to an opponent.



### **What are, and Why Do We Perform Patterns or Forms - Tul / Hung / Pomse**

Patterns are sets of Tae Kwon-Do movements, both attacking and defensive, put together to form a sequence of movements against one or more imaginary opponents. Patterns can be practiced in any area with enough room without the need for equipment or a partner. Because patterns are “set” movements the form a “constant” standard or “barometer” for comparing the standard of a student against others. Patterns improve the performance of each technique, and help to improve flexibility of movement, master body shifting, breath control, balance, muscle development and acquire techniques which can’t be practiced in any other way.

### **The Colour Yellow Signifies :**

The earth, from which foundations are laid and from where the seeds of Tae kwon-Do are sewn to take root and begin to take root. This is a very important stage for a student, as good basic techniques will mean solid foundations and deep roots on which a Tae Kwon-Do career can be built and developed.

**Chon Ji (19 Movements)**

**Pattern / Form**

*Tul / Hyung / Pomse*

“Chon Ji” literally translated means “Heaven and Earth”, it, in the Orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the Heaven, and the other the Earth.

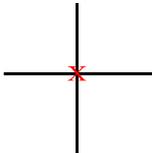
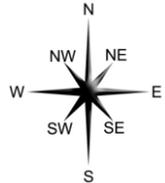


Diagram :

**Chon Ji**



**Ready Position - PARALLEL READY STANCE**

1. Move the left foot to (W) forming a left walking stance toward (W) while executing a low section left outer forearm block to (W).
2. Move the right foot to (W) forming a right walking stance toward (W) while executing a middle right forefist punch to (W).
3. Move the right foot to (E), turning clockwise to form a right walking stance toward (E) while executing a low section right outer forearm block to (E).
4. Move the left foot to (E) forming a left walking stance toward (E) while executing a middle left forefist punch to (E).
5. Move the left foot to (N) forming a left walking stance toward (N) while executing a low section left outer forearm block to (N).
6. Move the right foot to (N) forming a right walking stance toward (N) while executing a middle right forefist punch to (N) .
7. Move the right foot to (S) turning clockwise to form a right walking stance toward (S) while executing a low section right outer forearm block to (S) .
8. Move the left foot to (S) forming a left walking stance toward (S) while executing a middle left forefist punch to (S).
9. Move the left foot to (E) forming a right L-stance toward (E) while executing a middle section left inner forearm block to (E).

10. Move the right foot to (E) forming a right walking stance toward (E) while executing a middle right forefist punch to (E).
11. Move the right foot to (W) turning clockwise to form a left L-stance toward (W) while executing a middle section right inner forearm block to (W).
12. Move the left foot to (W) forming a left walking stance toward (W) while executing a middle left forefist punch to (W).
13. Move the left foot to (S) forming a right L-stance toward (S) while executing a middle section left inner forearm block to (S) .
14. Move the right foot to (S) forming a right walking stance toward (S) while executing a middle section right forefist punch to (S).
15. Move the right foot to (N) turning clockwise to form a left L-stance toward (N) while executing a middle section right inner forearm block to (N).
16. Move the left foot to (N) forming a left walking stance toward (N) while executing a middle section eft forefist punch to (N).
17. Move the right foot to (N) forming a right walking stance toward (N) while executing a middle section right forefist punch to (N).
18. Move the right foot to (S) forming a left walking stance toward (N) while executing a middle section left forefist punch to (N).
19. Move the left foot to (S) forming a right walking stance toward (N) while executing a middle section right forefist punch to (N).

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



**Yellow Belt 8th Kup Syllabus**

**Traditional Line Work**

Riding stance, mid section palm pushing block, followed by reverse punch.

*Annun sogi, kaunde Sonbadak Mirro Makgi. bandae jurugi.*

Riding stance, mid section reverse side kick, followed by reverse punch (to the front).

*Annun sogi, kaunde bandae yop chagi. ap bandae jurugi.*

Walking stance rising block.

*Gunnun sogi, chookyo makgi.*

Walking stance low section outer forearm block, followed by rising block

*Gunnun sogi, nujunde bakat palmok makgi. chookyo makgi.*

“L Stance”, twin forearm block.

*Niunja Soggi, sang palmok makgi.*

“L Stance”, mid section knife hand strike.

*Niunja Soggi, kaunde sonkal tirigi.*

“L Stance”, middle inner forearm block with a reverse back step.

*Bandae niunja soggi, kaundae an palmok makgi*

**Pattern / Form**

*Tul / Hyung / Pomse*

Dan-Gun ( 21 movements) must be performed.

**Foot Work**

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

*Matsoki sogi*

Left fighting stance, Skip forward twice then take a reverse step forward, then skip back twice and then take forward spin step (anti-clockwise) back (maintaining stance and guard each time). Repeat the exercise from Right fighting stance.

Left fighting stance, slip step left leg back, followed by fast “forward” stepping “side” double step, ending up left leg forward and then take a reverse (clockwise) step. (maintaining stance and guard each time). Repeat the exercise from Right fighting stance.

Left fighting stance, side step twice to the West (maintaining stance and guard each time), change stance with a reverse step (clockwise) to Right fighting stance, side step twice to the East (maintaining stance and guard each time), change stance with a reverse step (anti-clockwise) back to Left fighting stance. Repeat the exercise from Right fighting stance, this time moving to East and back to West.

### Line Work in Fighting Stance

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

Reverse side kick *Bandae yop cha jurugi (bandae yop chagi)*

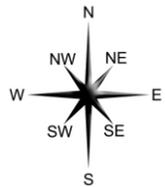
High section obverse ridge hand strike followed by rear leg tuning kick. *Nopundae baro sunkal dung tirigi dollyo chagi.*

Step behind cross step, front leg side kick followed by high section obverse back fist strike. *Yop cha jurugi (yop chagi) nopundae baro dung dumok tirigi.*  
Shuffle step, front leg axe kick followed by reverse snap punch. *Nopundae naeryo chagi bandae jurugi.*

Rear leg turning kick, stepping forward followed by spinning back fist strike (from the same stance). *Dollyo chagi dung dumok tirigi.*

### 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 6 Through to 10)

6. Right leg (NE) sitting stance, left knife hand block and simultaneously right high fore fist punch to jaw followed by right wrist and shoulder grasp pulling on to a low turning kick to right inside thigh.
7. Left leg (NW) sitting stance, left palm heel pushing block, pivot feet and change into a (NW) Walking stance whilst executing a right ridge hand strike to temple, grab with both hands behind opponent and onto a horizontal right knee strike.

8. Right leg sliding back to (S) right “L” stance, twin forearm block, followed with right front snap kick to the floating right ribs land the kick into left walking stance (N) and grasping both shoulders to pull The opponent downwards onto a vertical knee strike to the solar plexus.
  
9. Left leg (W) left “L” stance, knife hand guarding block, and quickly execute a right leg ball of foot turning kick to solar plexus, landing in right foot and following up with left forward step cross Stepping through into left fighting stance (E).
  
10. Right leg (E) right walking stance, quickly dodging the opponents punch and immediately execute a left leg side piercing kick to solar plexus, land kick into right “L”stance (NW) and execute a left inward knife hand strike to opponents the neck, then change stance with left foot forward into walking stance (NW) executing a right horizontal front elbow strike to opponents temple.

**Yellow 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 <span style="float: right;"><i>Moorup</i></span>                      Elbow <span style="float: right;"><i>Palkup</i></span></p> <p><b>Hand Attacks</b></p> <p>Knife Hand Strike <span style="float: right;"><i>Sonkal Tirigi</i></span></p> <p><b>General Terms</b></p> <p>Inwards <span style="float: right;"><i>Anaero</i></span>                      Outwards <span style="float: right;"><i>Bakaero</i></span>                      Grasp <span style="float: right;"><i>Japki</i></span>                      Back <span style="float: right;"><i>Dwit</i></span></p>	<p><b>Body Parts</b></p> <p>Head <span style="float: right;"><i>Mori</i></span></p> <p><b>Body Part, Blocking Tools</b></p> <p>Knife Hand <span style="float: right;"><i>Sonkal</i></span></p> <p><b>Kicks</b></p> <p>Reverse Side Piercing Kick <span style="float: right;"><i>Bandae Yo</i></span>  <span style="float: right;"><i>Cha Jurugi</i></span>                      (Reverse Side Kick) <span style="float: right;"><i>(Bandae</i></span>  <span style="float: right;"><i>Yop Chagi)</i></span></p> <p><b>Blocks</b></p> <p>Twin Forearm Block <span style="float: right;"><i>Sang</i></span>  <span style="float: right;"><i>Palmok Makgi</i></span>                      Knife Hand Guarding Block <span style="float: right;"><i>Sonkal Daebi</i></span>  <span style="float: right;"><i>Makgi</i></span></p>
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## Dan Gun (21 Movements)

### Pattern / Form

*Tul / Hyung / Pomse*

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

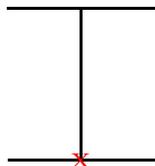
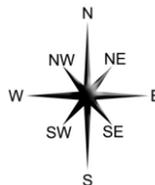


Diagram :

### Dan-Gun



### Ready Position - PARALLEL READY STANCE

1. Move the left foot to (W) forming a right L-stance toward (W), whilst executing a middle knife-hand guarding block to (W).
2. Move the right foot to (W) forming a right walking stance toward (W) while executing a high section right forefist punch to (W).
3. Move the right foot to (E) turning clockwise to form a left L-stance toward (E), whilst executing a middle knife-hand guarding block to (E).
4. Move the left foot to (E) forming a left walking stance toward (E) while executing a high section left forefist punch to (E).
5. Move the left foot to (N) forming a left walking stance toward (N) while executing a low section outer forearm block to (N).
6. Move the right foot to (N) forming a right walking stance toward (N) while executing a high section right forefist punch to (N).
7. Move the left foot to (N) forming a left walking stance toward (N) while executing a high section left forefist punch to (N).
8. Move the right foot to (N) forming a right walking stance toward (N) while executing a high section right forefist punch to (N).
9. Move the left foot to (E), turning anti clockwise to form a right L-stance toward (E) while executing a twin forearm block to (E).

10. Move the right foot to (E) forming a right walking stance toward (E) while executing a high section right forefist punch to (E).
11. Move the right foot to (W) turning clockwise to form a left L-stance toward (W) while executing a twin forearm block to (W).
12. Move the left foot to (W) forming a left walking stance toward (W) while executing a high section left forefist punch to (W).
13. Move the left foot to (S) forming a left walking stance toward (S) while executing a left low section outer forearm block to (S).
14. Maintaining the left walking stance toward (S), execute a rising block with the left forearm,. (Perform moves 13 and 14 in a continuous motion).
15. Move the right foot to (S) forming a right walking stance toward (S), at the same time executing a right forearm rising block to (S).
16. Move the left foot to (S) forming a left walking stance toward (S), at the same time executing a left forearm rising block to (S).
17. Move the right foot to (S) forming a right walking stance toward (S), at the same time executing a right forearm rising block to (S).
18. Move the left foot to (W) turning anti clockwise to form a right L-stance toward (W) while executing a middle outward left knife-hand strike to (W).
19. Move the right foot to (W) forming a right walking stance toward (W) while executing a high section right forefist punch to (W).
20. Move the right foot to (E) turning clockwise to form a left L-stance toward (E) while executing a middle outward right knife-hand strike to (E).
21. Move the left foot to (E) forming a left walking stance toward (E) while executing a high section left forefist punch to (E).

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

**Yellow/Green Belt 7th Kup Syllabus**

**Traditional Line Work**

- Sitting stance, knife hand strike  
(Foot to foot, sideways forward, as pattern Do San). *Annun sogi, sonkal tirigi.*
- Walking stance, high section outer forearm block,  
followed by mid section reverse punch. *Gunnun sogi, nopundae bakat palmok  
makgi, bandae jurugi.*
- Walking stance, obverse vertical spear finger thrust.  
(with simultaneous downward palm block) *Son sonkut tulgi.  
(naeryo sonbadak makgi)*
- Walking stance, back fist strike *Gunnun sogi, dung dumok tirigi.*
- Walking stance, front snap kick, followed by  
double punch (obverse / reverse as kick lands). *Gunnun sogi, ap chabusigi, doo jurugi.  
(Barro jurugi / bandae jurugi).*
- Walking stance, wedging block. *Gunnun sogi, hechyo makgi.*

**Pattern / Form**

*Tul / Hyung / Pomse*

Do San ( 24 movements) must be performed.

**Foot Work**

- Done in fighting stance (with a boxing guard).* *Matsoki sogi*
- Left fighting stance, forward cross over step. *Repeat the exercise from Right fighting stance.*
- Left fighting stance, back cross over step. *Repeat the exercise from Right fighting stance.*
- Left fighting stance, forward cross over step, followed by back cross over step. Repeat the exercise from Right fighting stance.
- Left fighting stance, slip step forward cross over step, followed by back cross over step, followed by a reverse step. Repeat the exercise from Right fighting stance.
- Left fighting stance, forward step, reverse step, forward step, (done fast speed, as a spinning movement) Repeat the exercise from Right fighting stance.

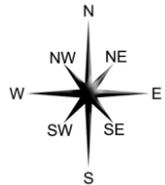
## Line Work in Fighting Stance

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

Jumping front snap kick.	<i>Twiggi ap chabusigi.</i>
Step behind cross over step, hooking kick.	<i>Gulcha chagi.</i>
Rear leg turning kick, followed by, reverse side kick.	<i>Dollyo chagi</i> <i>bandae yop cha jurugi (bandae yop chagi).</i>
Back cross step side kick, followed by forward cross over step turning kick.	<i>Yop cha jurugi (yop chagi),</i> <i>dollyo chagi.</i>
Slip step, high section obverse ridge hand strike followed by forward cross step turning kick followed by reverse punch.	<i>Nopunde baro sunkal dung tirigi,</i> <i>dollyo chagi,</i> <i>bandae jurugi.</i>
Step forward inward ridge hand strike, followed by reverse step spinning back fist strike, followed by a step over overhead cross punch.	<i>Anaero sonkal dung tirigi,</i> <i>dung dumok tirigi,</i> <i>bandae jurugi.</i>

## 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 11 through to 15)

11. Right Leg (S), left walking stance, wedging block, right front snap kick landing (N) right walking stance with double middle section punch to solar plexus.
12. Left leg (S), right walking stance, left downward palm block & right vertical spear finger thrust to solar plexus, pivot right foot, back spinning step (N) into left walking stance, left back fist strike followed by right snap punch into left fighting stance.

13. Left leg (SW) right walking stance, right outer forearm block, left reverse punch followed by right wrist grab and left shoulder restraint leaning opponent forward, reverse motion pulling backwards and left forward foot sweep with instep.
14. Right leg (S) left walking stance, left rising block, slide (N) right back stance whilst executing left wrist grab lifting opponents arm & right side elbow strike into armpit, step right leg (W) into riding stance, holding opponents arm high, right scissor turning kick to solar plexus.
15. Left leg (SE) left back/L stance, right palm pushing block to opponents forearm, left reverse side kick.

**Yellow/Green 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>Fingertips <span style="float: right;"><i>Sonkat.</i></span></p> <p><b>General Terms</b></p> <p>Jumping <span style="float: right;"><i>Twigg.</i></span></p> <p>Straight <span style="float: right;"><i>Son.</i></span></p> <p>Thrust <span style="float: right;"><i>Tulgi.</i></span></p> <p>Release move <span style="float: right;"><i>Japysol ta</i></span></p>	<p><b>Kicks</b></p> <p>Jumping front snap kick <span style="float: right;"><i>Twigi ap chabusigi.</i></span></p> <p><b>Blocks</b></p> <p>Wedging block <span style="float: right;"><i>Hetchyo makgi.</i></span></p> <p><b>Hand Attacks</b></p> <p>Straight fingertip strike <span style="float: right;"><i>Son sonkat tulgi.</i></span></p> <p>Spinning back fist strike <span style="float: right;"><i>Dera hoo dung dumok tirigi.</i></span></p>
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**The Colour Green Signifies :**

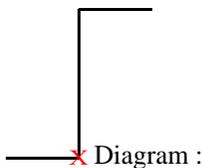
Growth, like the shoots from seeds as they start to sprout. When a shoot starts to grow it needs a good start to be able to grow strait and tall, just like when a students Tae Kwon-Do skills start to develop, you must train hard and listen carefully in order to learn techniques accurately and start developing your skills fully.

## Do San (24 Movements)

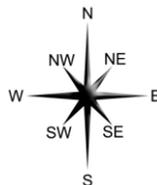
Pattern / Form

*Tul / Hyung / Pomse*

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.



### Do San



### Ready Position - PARALLEL READY STANCE

1. Move the left foot to (W), forming a left walking stance toward (W) while executing a high section left outer forearm block to (W).
2. Execute a middle section right forefist punch to (W) while maintaining a left walking stance toward (W) (Moves 1 & 2 should be performed in a continuous motion).
3. Perform an about face to form a right walking stance toward (E) while executing a high section right outer forearm block to (E).
4. Execute a middle section left forefist punch to (E) while maintaining a right walking stance toward (E). (Moves 3 & 4 should be performed in a continuous motion).
5. Move the left foot to (N), forming a right L-stance toward (N) while executing a middle section knife-hand guarding block to (N).
6. Move the right foot to (N) forming a right walking stance toward (N) while executing a middle section right vertical spear finger thrust to (N).
7. Execute release move with right hand, pivoting on right foot, moving left foot anti clockwise turning body through 360° to form a left walking stance toward (N) while executing a high section left backfist strike to (N).
8. Move the right foot to (N) forming a right walking stance toward (N) while executing a high section right backfist strike to (N).

9. Move the left foot to (E), turning anti clockwise to form a left walking stance toward (E) while executing a high section left outer forearm block to (E).
10. Execute a middle section right forefist punch to (E) while maintaining a left walking stance toward (E) (Moves 9 & 10 should be performed in a continuous motion).
11. Perform an about face to form a right walking stance toward (W) while executing a high section right outer forearm block to (W).
12. Execute a middle section left forefist punch to (W) while maintaining a right walking stance toward (W). (Moves 11 & 12 should be performed in a continuous motion).
13. Pull left foot forward to right foot before moving the left foot (SE) forming a left walking stance toward (SE), whilst executing a high section wedging block to (SE).
14. Leaving arms in wedging block execute a middle right front snap kick to (SE).
15. Lower the right foot to (SE) landing in a right walking stance toward (SE) while executing a middle section right forefist punch to (SE).
16. Maintaining stance execute a middle section left forefist punch to (SE). (Perform 15 and 16 in a fast continuous motion).
17. Pull right foot back to left foot before moving the right foot to (SW) forming a right walking stance toward (SW) while executing a high section wedging block to (SW).
18. Leaving arms in wedging block execute a middle left front snap kick to (SW).
19. Lower the left foot to (SW) landing in a left walking stance toward (SW) while executing a middle section left forefist punch to (SW).
20. Maintaining stance execute a middle section right forefist punch to (SW). (Perform 19 and 20 in a fast continuous motion).
21. Move the left foot to (S) forming a left walking stance toward (S), whilst executing a left forearm rising block to (S).

22. Move the right foot to (S) forming a right walking stance toward (S) whilst executing a right forearm rising block to (S).
23. Move the left foot to (W), turning anti clockwise to form a riding stance toward (N) looking (W) while executing a middle section outward knife-hand strike to (W).
24. Pull the left foot to the right foot and then move the right foot to (E) forming a riding stance toward (N) looking (E) while executing a middle section outward knife-hand strike to (E).

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



*Opening demonstration in Yeovil*

### Credits

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