

ONE STEP SPARRING

X: attack
Y: defence

For all one step sparring techniques the attacker will start by stepping back with the right leg into fighting stance and gihap (indicating they are ready). The defender will then step back with the right leg into fighting stance and gihap (indicating they are ready). The attacker (X) will then execute the appropriate attack and the defender (Y) will execute the appropriate defence. The defender (Y) will gihap at the end of the final move.

Belt Level	#	Description
White to Yellow Stripe 1	1	X: Step forward with the right foot (walking stance) middle punch. Y: Step back with the left leg (walking stance) inner forearm middle block and then moving the left leg forward on a diagonal line form a sitting stance and middle punch to the floating ribs.
Yellow Stripe 1 to Yellow Stripe 2	2	X: Step forward with the right foot (walking stance) high punch. Y: Step back with the right foot (walking stance) high rising block and then reverse middle punch to the solar plexus.
Yellow Stripe 2 to Yellow	3	X: Step forward with the right foot (walking stance) middle punch. Y: Slide on a diagonal line to the left into sitting stance palm block (left palm) and then double punch to the floating ribs, high punch.
Yellow to Green Stripe 1	4	X: Step forward with the right foot (walking stance) middle punch. Y: Step forward with the right foot (wide walking stance) knife hand strike (palm up) while blocking punch with knife hand block, grab opponents wrist and slide right foot to left foot pivoting to face left while executing a knife hand strike (palm down) to neck (pulling arm) then middle side kick with the right foot.
Green Stripe 1 to Green Stripe 2	5	X: Step forward with the right foot (walking stance) middle punch. Y: Step forward with the right foot (walking stance) high punch while blocking punch with outer forearm middle block then bring right foot to left foot turning to face left and side back fist to temple.
Green Stripe 2 to Green	6	X: Step forward with the right foot (walking stance) middle punch. Y: Double side kick with the right foot, land in walking stance and spear fingertip thrust (with cover).
Green to Blue Stripe 1	7	X: Step forward with the right foot (walking stance) middle punch. Y: Slide back into rear foot stance (left foot in front) reverse knife hand block (palm up) with left hand then step/move forward with left foot (walking stance) high reverse elbow strike then middle punch.

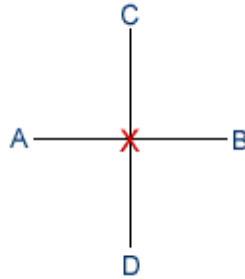
Belt Level	#	Description
Blue Stripe 1 to Blue Stripe 2	8	X: Step forward with the right foot (walking stance) middle punch. Y: Front snap kick with left foot while slapping punch down with left hand, then roundhouse kick with right foot landing in walking stance, then middle punch and reverse ridge hand strike (palm faces down) to opponents neck.
Blue Stripe 2 to Blue	9	X: Step forward with the right foot (walking stance) high punch. Y: Step back with the right foot (L-stance) high knife hand X-block and then grabbing opponents arm, pull forward and down while snapping right knee to stomach/solar plexus.
Blue to Red Stripe 1	10	X: Step forward with the right foot (walking stance) middle punch. Y: Slide back into rear foot stance (left foot in front) upward palm block and then step/move forward with the left foot (walking stance) and reverse high vertical punch.
Red Stripe 1 to Red Stripe 2	11	X: Step forward with the right foot (walking stance) middle punch. Y: Slide back into rear foot stance (left foot in front) double forearm block and then spinning back kick with the right foot, land in sitting stance, knife hand strike to neck with right hand.
Red Stripe 2 to Red	12	X: Step forward with the right foot (walking stance) middle punch. Y: Step forward with the right foot (sitting stance) palm strike to opponents nose (right hand) while blocking punch with an outer forearm middle block (left hand) then turning counter clockwise (moving the left foot) execute a spinning back elbow strike (with cover).
Red to Black Stripe 1	13	X: Step forward with the right foot (walking stance) high punch. Y: Outward crescent kick with left foot land with left foot forward (walking stance) and reverse high palm strike then upset punch to solar plexus.
Black Stripe 1 to Black Stripe 2	14	X: Step forward with the right foot (walking stance) middle punch. Y: Step forward and 360° back kick with left foot, bring left foot down to right foot (facing back) then jump turning front kick with right foot, land in walking stance and double middle punch.
Black Stripe 2 to Black	15	X: Step forward with the right foot (walking stance) high punch. Y: Dodge to the right into knee bending guarding block, then high side piercing kick with left foot, bring left foot down to right foot then jumping 180 side kick with the right foot, land in walking stance and double punch.



Sparks TaeKwon-Do

Pattern: SAJU JIRUGI
Belt level: White Belt

SAJU JIRUGI - FOUR DIRECTIONAL PUNCH



SAJU JIRUGI

Movements - $7 \times 2 = 14$

Ready Posture - PARALLEL READY STANCE

RIGHT SIDE

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

END Bring the right foot back to a ready posture.

LEFT SIDE

1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
2. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right forearm.
3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.
5. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.
6. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right forearm.
7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.

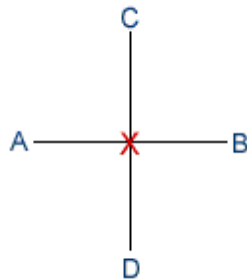
END Bring the left foot back to ready posture.



Sparks TaeKwon-Do

Pattern: SAJU MAKGI
Belt Level: Yellow Stripe

SAJU MAKGI - FOUR DIRECTIONAL BLOCK



SAJU MAKGI

Movements - $8 \times 2 = 16$

Ready Posture - PARALLEL READY STANCE

RIGHT SIDE

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

END Bring the right foot back to a ready posture.

LEFT SIDE

1. Move the left foot to C, forming a right walking stance toward D while executing a low block to D with the right knife hand.
2. Move the left foot to D, forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.
3. Move the left foot to B, forming a right walking stance toward A while executing a low block to A with the right knife-hand.
4. Move the left foot to A, forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.
5. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right knife-hand.
6. Move the left foot to C, forming a left walking stance toward C, at the same time executing a middle side block to C with the left inner forearm.
7. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right knife-hand.
8. Move the left foot to B, forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.

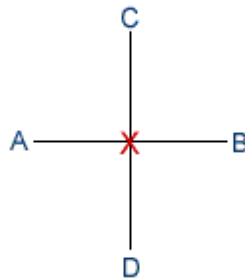
END Bring the left foot back to ready posture.



Sparks TaeKwon-Do

Pattern: CHON-JI Belt Level: Double Yellow Stripe

CHON- JI means literally "the Heaven the Earth". It is, 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 consists of two similar parts; one to represent the Heaven and the other the Earth.



CHON-JI

Movements - 19

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.

8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.

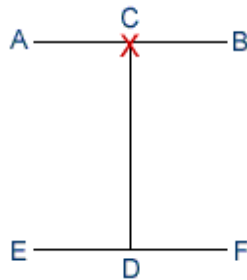
END Bring the left foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: DAN-GUN Belt Level: Yellow Belt

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



DAN-GUN

Movements - 21

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.

9. Move the left foot to E, turning counter 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 punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

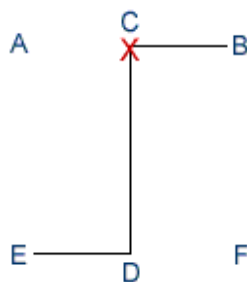
END Bring the left foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: DO-SAN Belt Level: Green Stripe

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

Movements - 24

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.

9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
25. END: Bring the right foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: JEE SANG

Belt Level: Double Green Stripe

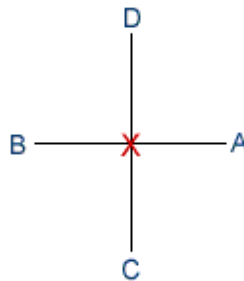
“JEE” means earth- representing the foundation of the world.

“SANG” means above the earth- representing the spirit of the GTF.

The 24 movements signify the 24 hours of every day that we learn, connect with each other, gain insight, knowledge and wisdom.

The 4 directions in this pattern represent our inner compass...with it we will never lose our way.

When we connect the “JEE” and the “SANG” we connect the heaven and earth to create an invisible strength that lives on.



JEE SANG

Movements -24

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a left walking stance while executing a low left knife-hand block.
2. Move the right foot to B, forming a right walking stance while executing a middle right inner forearm side block.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low right knife-hand block.
4. Move the left foot to A, forming a left walking stance while executing a middle left inner forearm side block.
5. Move the left foot to D, turning counter clockwise, forming a left walking stance while executing a low left knife-hand block.
6. Move the right foot to D, forming a right walking stance while executing a middle right inner forearm side block.
7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low right knife-hand block.

8. Move the left foot to C, forming a right walking stance while executing a middle left inner forearm side block.
9. Move the left foot to A, forming a left walking stance while executing a low left outer forearm block.
10. Move the right foot to A, forming a left L-stance while executing a middle outward right knife-hand block.
11. Move the right foot to B turning clockwise to form a right walking stance towards B while executing a low right outer forearm block.
12. Move the left foot to B, forming a right L-stance while executing a middle outward block with the left knife-hand.
13. Move the left foot to C, forming a left walking stance while executing a low left outer forearm block.
14. Move the right foot to C, forming a left L-stance while executing a middle outward right knife-hand block.
15. Move the right foot to D, turning clockwise to form a right walking stance towards D while executing a low right outer forearm block.
16. Move the left foot to D, forming a right L-stance while executing a middle outward left knife-hand block.
17. Execute a front high rising kick to D with the right foot.
18. Lower the right foot to D, forming a right walking stance while executing a high right inner forearm side block.
19. Execute a left middle side piercing kick to D.
20. Lower the left foot to D, forming a left walking stance while executing a high punch with the right fore fist.
21. Execute a left middle front snap kick to D.
22. Lower the left foot to C, forming a right walking stance while executing a high right outer forearm block.
23. Execute a middle right side piercing kick to D.
24. Lower the right foot to C, forming a left walking stance while executing a middle reverse punch.

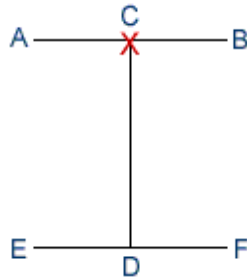
END Bring the left foot back to ready stance.



Sparks TaeKwon-Do

Pattern: WON-HYO Belt Level: Green Belt

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.



WON-HYO

Movements - 28

Ready Posture - CLOSED READY STANCE A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
25. Turn the face toward C forming a left bending ready stance A toward C.

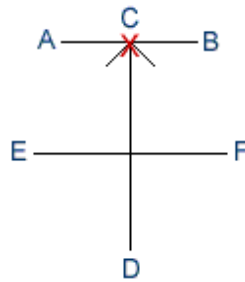
26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
 28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.
- END Bring the right foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: YUL-GOK Belt Level: Blue Stripe

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38th latitude and the diagram represents "scholar".



YUL-GOK

Movements - 38

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.

9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance A toward C.

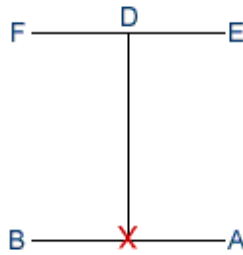
26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
 28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
 29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
 30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
 31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
 32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
 33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
 34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
 35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
 36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
 37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
 38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.
- END Bring the left foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: DHAN GOON Belt Level: Double Blue Stripe

DHAN-GOON named after the founder of Korea. The 23 movements in this pattern represent the first two digits of the year 2333 B.C. when, according to legend, Korea was born. This is Grand Master Park's progressive interpretation of the traditional TaeKwon-Do pattern of the same name.



DHAN GOON

Movements -23

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B, forming a right L-stance while executing an outward middle left inner forearm block.
2. Move the right foot to B forming a right walking stance while executing a middle punch with the right fore fist.
3. Move the right foot to A, turning clockwise, forming a left L-stance while executing an outward middle right inner forearm block.
4. Move the left foot to A forming a left walking stance while executing a middle punch with the left fore fist.
5. Move the left foot to D, turning counter clockwise, forming a left walking stance while executing a low left outer forearm block.
6. Execute a middle front snap kick to D with the right foot.
7. Lower the right foot to D and execute a middle front snap kick to D with the left foot.
8. Lower the left foot to D and execute a middle side piercing kick to D with the right foot.
9. Lower the right foot to D, forming a left L-stance while executing a middle outward right knife-hand strike.

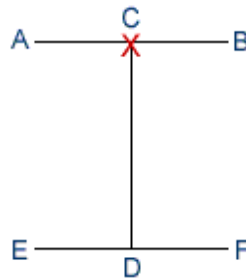
10. Move the left foot to E, pivoting counter clockwise, forming a right L-stance while executing a middle knife-hand guarding block.
 11. Move the right foot to E, forming a right walking stance while executing a middle punch with the right fore fist.
 12. Move the right foot to F, turning counter clockwise, forming a left L-stance while executing a middle guarding block with the knife hand.
 13. Move the left foot to F, forming a left walking stance while executing a middle punch with the left fore fist.
 14. Move the left foot to C, pivoting counter clockwise, forming a left walking stance while executing a high left inner forearm block.
 15. Executing a high punch to C with the right fore fist, maintaining the left walking stance.
 16. Move the right foot to C, forming a left L-stance while executing a twin forearm block.
 17. Execute a high hook kick to C, with the right foot. Lower the right foot to C, forming a right walking stance while executing a high punch with the left fore fist.
 18. Move the left foot, forming a right bending ready stance A toward C.
 19. Execute a middle left leg side piercing kick towards C.
 20. Lower the left foot on line CD and then move the right foot to A, turning clockwise to form a left L-stance while executing a middle forearm guarding block.
 21. Execute a high turning kick to AD with the left foot and then lower the left foot to A, forming a left walking stance while executing a high punch to A with the right fore fist.
 22. Move the left foot to B, turning counter clockwise to form a right L-stance towards B while executing a middle forearm guarding block.
 23. Execute a high turning kick to BD with the right foot and then lower the right foot to B, forming a right walking stance while executing a high punch to A with the left fore fist.
- END Bring the right foot back to ready stance.



Sparks TaeKwon-Do

Pattern: JOONG-GUN Belt Level: Blue Belt

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).ng the right foot back to a ready posture.



JOONG-GUN

Movements - 32

Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.

9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.

25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

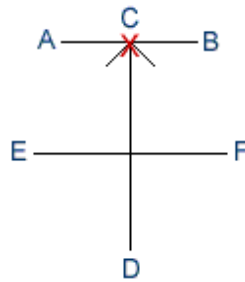
END Bring the left foot back to a ready posture.



Sparks TaeKwon-Do

Pattern: TOI-GYE Belt Level: Red Stripe

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 37th latitude, the diagram represents "scholar".



TOI-GYE

Movements - 37

Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.

8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

END Bring the right foot back to a ready posture.

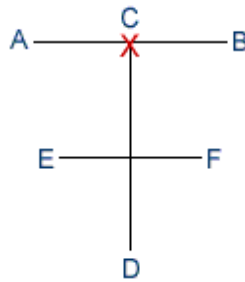


Sparks TaeKwon-Do

Pattern: HWA-RANG

Belt Level: Red Belt

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.



HWA-RANG

Movements - 29

Ready Posture - CLOSED READY STANCE C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.

10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.

25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
 26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
 27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
 28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
 29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END Bring the right foot back to a ready posture.

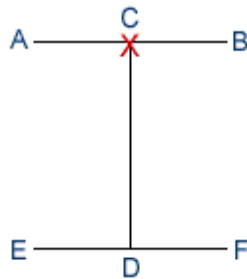


Sparks TaeKwon-Do

Pattern: CHOONG-MOO

Belt Level: Black Stripe

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



CHOONG-MOO

Movements - 30

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.

25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

END Bring the left foot back to a ready posture.



Sparks TaeKwon-Do

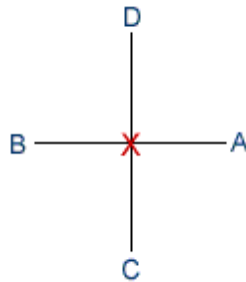
Pattern: JEE GOO

Belt Level: Double Black Stripe

The definition of the word Jee-Goo means "Global".

The ready stance is a parallel ready stance with forearms crossed. This stance symbolizes the crossing out of the years of strife in Taekwon-Do. The first movement represents breaking away from the past and reflects Grand Master Parks desire for world peace and harmony.

The 30 movements are divided into 24, 4, 2. The number 24 represents the hours in the day, so that the thought of world peace and harmony will be with us every second. The number 4 represents the four directions North, South, East and West for all people of all nations. The number 2 is demonstrated by playing the pattern twice in each direction to reaffirm our commitment to the idea of world peace and harmony.



JEE GOO

Movements -30

Ready Posture - PARALLEL STANCE WITH FOREARMS CROSSED

1. Move the left foot to B, forming a left walking stance while executing a low obverse outer forearm block.
2. Execute a high front snap kick to B with the right foot.
3. Lower the right foot to B, forming a right walking stance while executing a middle obverse front punch.
4. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low obverse outer forearm block.
5. Execute a high front snap kick to A with the left foot.
6. Lower the left foot to A forming a left walking stance while executing a middle obverse front punch.

7. Move the left foot to D, turning counter clockwise, forming a left walking stance while executing a circular block with the right inner forearm.
8. Execute a high side piercing kick to D with the right foot.
9. Lower the right foot to D, forming a left L-stance while executing a reverse middle inner forearm block.
10. Move the right foot to C, turning clockwise, forming a right walking stance while executing a circular block with the left inner forearm.
11. Execute a high side piercing kick to C with the left foot.
12. Lower the left foot to C, forming a right L-stance while executing a reverse middle inner forearm block.
13. Move the left foot to A, turning counter clockwise, forming a left walking stance while executing a high obverse forearm block.
14. Execute a high kick to AC with the right foot.
15. Lower the right foot to A, forming a right walking stance while executing a high double forearm block.
16. Move the right foot to B, turning clockwise, forming a right walking stance while executing a high obverse forearm block.
17. Execute a high turning kick to B with the left foot.
18. Lower the left foot to BC, forming a left walking stance while executing a high double forearm block.
19. Move the left foot to C, turning clockwise, forming a right L-stance while executing a twin forearm block.
20. Execute a high reverse hooking kick to C with the right foot. (turning clockwise)
21. Lower the right foot to C, forming a left L-stance while executing a middle outward knife-hand strike with the right hand.
22. Move the right foot to D, turning clockwise, forming a left L-stance while executing a twin forearm block.
23. Execute a high reverse hooking kick to D with the left foot. (turning counter clockwise)
24. Lower the left foot to D, forming a right L-stance while executing a middle outward knife-hand strike with the left hand.

25. Move the right foot to D, forming a right walking stance while executing an obverse high front punch.
26. Execute a high outward vertical checking kick and a high side piercing kick to D with the right foot. Perform in a consecutive motion.
27. Lower the right foot to C, forming a left walking stance towards D while executing a reverse middle front punch.
28. Execute a high inward vertical checking kick and then a high side piercing kick to D with the left foot. Perform in a consecutive motion.
29. Lower the left foot to C, forming a left L-stance towards D while executing a middle forearm guarding block.
30. Execute a middle obverse front punch to D.

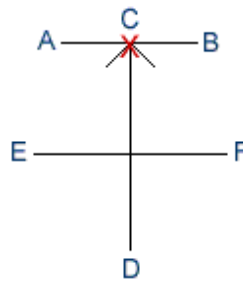
END Bring the right foot back to ready stance.



Sparks TaeKwon-Do

Pattern: KWANG-GAE Belt Level: Black Belt

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.



KWANG-GAE

Movements - 39

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.

7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.

22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

END Bring the left foot back to a ready posture.