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ABOUT TAEKWON-DO

Taekwon-Do traces its roots back more than two thousand years. In fact, the characteristic high kicks one sees in Taekwon-Do today were originally developed to defend against foreign invaders attacking on horseback. The various schools (systems) of Korean Martial Arts, known as the Kwans, were passed down from master to student through the generations. In 1955, Master Choi, Hong Hi, together with some of the existing Martial Arts masters, consolidated the Kwans into a single, uniform Martial Art and named it Taekwon-Do. Hence, Master Choi is known as the father of modern day Taekwon-Do. The interpretation and teaching of Taekwon-Do encompass a wide variety of offensive and defensive techniques. Its practice includes the use of all parts of the hand and arm as well as all parts of the foot and leg.

During training, special careful attention is paid to ensure the gradual and equal development of every part of body. Literally, Taekwon-Do means "The Way or Path of the Foot and Hand".



TAE: This syllable stands for all foot techniques to include blocks, jumps, strikes and thrusts. Every possible usage of the leg is included in "TAE".

KWON: Is the Korean word for fist. It represents all blows, strikes, or thrusts with the hand. The offensive absorption or blocks with the hand and arm are also "KWON".

DO: The "Way or Path" is a somewhat sparing translation. The Way or Path is the same as that mentioned in the fundamental Philosophy of other Asian Martial Arts forms. "DO" is the most integral part of all. It is an intrinsic spiritual awareness and perceptiveness that should be integrated into ones' way of life. "Do" represents all the things which lead to maturing, to success and to learning experiences also outside of the dojang.

THE KOREAN ART OF SELF-DEFENSE

TAE RYON (Free Sparring)

The techniques learned in the Hyongs (forms) are utilized. One learns to use his opponent's timing when free sparring. Free sparring develops self-control, speed, and an indomitable spirit in the student. In Taekwon-Do, one does not free spar until he has mastered the basic blocking techniques and has learned some degree of focus and control. Postponing this part of the student's training reduces the chance of injuries.

Since there is no contact made in Tae-Ryon, the students are expected to stop their attack just short of hitting their opponent. This controlled free fighting develops focus and sportsmanship. Friendship and mutual respect is evident in the schools of Taekwon-Do since the students view their peers as friends trying to help each other improve rather than viewing each other as adversaries who are just interested in themselves.

KYEK PA (Power & Breaking Tests)

Since there is no contact in Hyongs or Tae-Ryon, power tests show the student and the observer the power in the techniques of Taekwon-Do. Breaking tests develop power and focus. Conditioning of the hands and feet is essential in this part of Taekwon-Do. The most important aspect of Kyek-Pa is the

confidence the student acquires in his or her techniques. If the execution of the technique is not perfect, the student becomes painfully aware that execution is not what it should be and needs to improve.

HOSINSUL (Self-Defense)

The self-defense facet of Taekwon-Do deals with ways to disarm an opponent and ways of breaking out of holds. Throwing and grabbing techniques are also taught during this part of Taekwon-Do. Self-defense techniques may be used when one does not wish to harm or disable an opponent but to merely get away from or to subdue the opponent.

One-step and two-step sparring are primary ways of practicing self- defense techniques. That is; one's partner attacks with one or two (possibly prearranged) techniques and the defender blocks the attack and counters with a technique of his or her own.

TUITION & FEES

A list of current fees can be obtained at our school or on our website: www.tkdcenter.com

REGISTRATION FEES

Each new member must complete a registration form and submit a registration fee prior to participation.

MONTHLY TUITION RATES

There is a separate tuition rate for each program at the Traditional Taekwon-Do Center. We are committed to remaining the most affordable institution for a quality Martial Arts education. A maximum family rate is in effect. This makes it possible for many families to participate together at a reasonable monthly cost.

All tuition payments should be made at the first session attended each month unless otherwise arranged with Master Luciano. Payment may be in cash, in a check made payable to "Taekwon-Do Center", or made through PayPal via the website.

Members are required to maintain good attendance each month. Students who interrupt their training for more than two months will be required to re-register before training may continue.

Please Note: A student may wish to attend classes in a program outside of their age group (refer to "Taekwon-Do Center Programs" for age requirements). For this to occur, permission must be granted by Master Luciano. In these cases, the student's tuition rate will correspond to the program attended regardless of age.

RANK EXAMINATION FEES

An examination fee is required at each rank promotion opportunity. There are two rank levels at each belt color. Therefore, a rank promotion may or may not include a new belt. All students begin their training at Kup.10 (Grade) White Belt. Kup levels are counted down through Kup.1 prior to Black Belt Examination. Examination fees must be submitted with a completed rank examination application prior to the examination date.

TAEKWON-DO CENTER PROGRAMS

The current schedule for all programs is listed on our website: www.tkdcenter.com

CHILDREN

This program is designed for students from ages five (5) through seven (7) years. Class duration is approximately 60 minutes. It has been our experience that longer and more frequent classes are not necessary for this age group to insure a proper foundation in the Martial Arts. Children work on the skills needed to advance to the Junior Program. There is a focus on discipline, concentration, increasing attention span, physical balance, and a wide range of basic kicking, blocking and striking techniques. Rank eligibility in this program: Kup.10 White Belt – Kup.9 White Belt.

JUNIORS

This program is designed for students from ages eight (8) through twelve (12) years. Class duration is approximately 60 minutes. This is a serious Martial Arts program. Skills learned here are similar to those in the adult program taught with an approach that is appropriate for this age group. Rank eligibility in this program: Kup.10 White Belt – Kup.3 Blue Belt.

ADULTS

This program is designed for students thirteen (13) years and older. There is also a class on Saturday mornings at 11:00AM. Class duration is approximately 60 minutes. This is an intense program that focuses on the art of Taekwon-Do, body shaping, cardio-vascular health, self-defense, fighting techniques, flexibility, defensive strategies and speed training. Adults work at their own pace according to their age and physical ability. Everyone progresses and improves. Positive results become evident quickly. Rank eligibility in this program: Kup.10 White Belt - Black Belt Dan levels.

FITNESS PROGRAM

This program was designed for men and women interested in weight control and body shaping. In this program, we use the fitness portion of Taekwon-Do training to sharpen the body and the mind. As a result, participants will benefit by learning self-defense skills while improving their physical and mental health.

GENERAL REQUIREMENTS

Checks returned by the bank will be charged a \$20 service fee.

Tuition payments should be made on the first class attended in the month.

Visiting Students should contact the school prior to their visit for more information.

Traditional white uniforms are required (available for sale at our school).

Consult our website for updates on events and for school closures during holidays.

MANAGING BEHAVIOR (School Rules)

Mutual respect and discipline are key elements in our environment. All students are expected to observe the following rules at all times:

RESPECT EACH OTHER: The discipline of Taekwon-Do is built on respect. Students must respect each other and have good friendship throughout the practice of this Martial Art. Students must especially display absolute respect for Master Luciano. Basically, this respect is shown by bowing when entering and leaving his presence and by addressing him as either Master, Mr., or Sir.

BEHAVIOR IN THE SCHOOL: Everyone is expected to abide by the following rules:

A. ALL STUDENTS WILL:

Bow to Master Luciano when entering or leaving the training area whether he is looking in your direction or not. Red belts and lower must show respect to black belts.

Bow to the flags when entering or leaving the training area.

Respect all higher belts regardless of age.

B. WHEN CLASS IS CALLED TO ATTENTION:

When instructed to do so, students must **RUN** to line up according to rank.

Students must execute all commands instantly and with enthusiasm.

DON'T BE LATE ! ARRIVING TO CLASS ON TIME IS A SIGN OF RESPECT. Students desiring to enter class late must wait at the edge of the training area until the instructor motions to enter. Student then bows in reply before joining the class.

Students wishing to leave before the end of a session must inform the instructor prior to the beginning of the class.

C. STUDENTS ARE NOT ALLOWED:

To move or look in any direction except forward while standing at attention during class.

To talk loudly or cause any kind of disruption while class is being conducted.

To bring food onto the training area.

To chew gum in class.

To fool around during class breaks.

To wear shoes on the training floor.

To wear jewelry on the training floor.

NOTE: Higher ranks are especially cautioned to adhere to these rules and to make sure that lower ranks observe them.

TAEKWON-DO TERMS (Korean)

NUMBERS USED IN COUNTING

One....Hahna
Two....Dool
Three....Seht
Four....Neht
Five....Dahsut
Six....YuhSut
Seven....EelKohp
Eight....Yu-Dul
Nine....Ah-Hohp
Ten...Yul

GENERAL KOREAN TERMINOLOGY

Sabum-Nim....Master Instructor
Kyosah-Nim....Instructor
JeJah....Student
Dojang....Taekwon-Do Gymnasium
Do Bok....Taekwon-Do Uniform
Cha Ryut....Attention
Kyung Ye....Bow
Choon Bee....Ready
Shey Jahk....Start
Go Mahn....Stop
Dolra....About Face
Tae Ryon....Sparring (Fighting)
Kyek Pa....Power Test
Kwan Su....Spear Finger
Pal Kup....Elbow
Makki....Block
Chirugi....Punch
Sudo....Knife Hand
Yok Sudo....Reverse Knife Hand
Rikwon....Back Fist
Chon Kwon....Fore Fist
Hosinsul....Self-Defense
Hyong....Form
Sogi....Stance
Ahre....Low
Momtong....Middle
Eolgul....High
Chongul Sogi....Forward Stance
Hugul Sogi....Back Stance

Kima Sogi....Horse-Riding Stance

Ap Chagi....Front Kick

Yop Chagi....Side Kick

Tollyo Chagi....Turning Kick (Roundhouse)

Pandae Tollyo Chagi....Reverse Turning Kick (Back-Roundhouse)

Twimyo Chagi....Flying Kick

Pituro Chagi....Twisting Kick

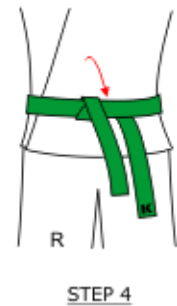
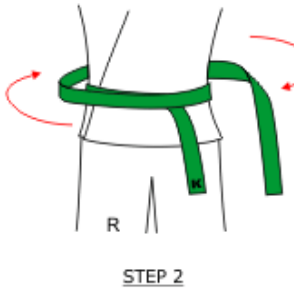
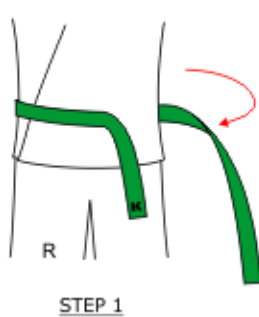
TAEKWON-DO UNIFORM

Patch Placement:

- LOGO - Front left side (over heart) with "TAEKWON-DO" on top
- KOREAN FLAG – Left sleeve under seam with red on top
- AMERICAN FLAG – Right sleeve under seam
- 25 YEAR PATCH – Right sleeve under American Flag

KOREAN LETTERING – Left lapel (2nd Degree Black Belt or Higher)

BLACK TRIM – Black Belt uniforms only



HOW TO TIE THE BELT



KUP PROMOTION REQUIREMENTS AT A GLANCE

Current Rank	Exam For New Level	Hyong	New Hyong Techniques	Combination Techniques and Skill Training Drills	Minimum Time at Current Rank (Age Requirement Must Be Satisfied)	Participating Program and Minimum Age Requirement Prior to Examination
Kup.10 - White Belt	Kup.9 - White Belt	Chon-Ji (1)	Low Block, Middle Block, Lunge Punch, Front Stance, Back Stance	Warm-up Exercises	3 Months 24 Sessions	Children & Junior & Adult Age 6+
Kup.9 - White Belt	Kup.8 - Yellow Belt	Tan-Gun (2)	Knife-hand Guarding Block, Twin Outer-forearm Block, Knife-hand Strike	Hand / Kick Combination	4 Months 32 Sessions	Junior & Adult Age 7+
Kup.8 - Yellow Belt	Kup.7 - Yellow Belt	To-San (3)	Reverse Punch, Spear-hand Strike, Wrist Escape #1, Back-fist Strike, Twin Outer-forearm Wedge Block, Front Kick, High Block, Horse Stance	1-7 Fighting Techniques A	5 Months 40 Sessions	Junior & Adult Age 8+
Kup.7 - Yellow Belt	Kup.6 - Green Belt	Won-Hyo (4)	Wrist Escape #2, Side Kick, Sumo Stance	1-7 Fighting Techniques B	6 Months 48 Sessions	Junior & Adult Age 9+
Kup.6 - Green Belt	Kup.5 - Green Belt	Yul-Kok (5)	Outside Knife-hand Block, Front Elbow Strike, Twin Outer-forearm Knife-hand Block, X-Stance, Supported Middle Block	1-7 Fighting Techniques C, One-Step Sparring Group A	6 Months 48 Sessions	Junior & Adult Age 10+
Kup.5 - Green Belt	Kup.4 - Blue Belt	Chung-Gun (6)	Ridge-hand Block, Upward Palm Strike, Rising Elbow Strike, Twin Vertical Punch, Twin Upset Punch, X-Block, Wrist Escape #3, Twin Palm Technique, Horizontal Punch, U-Shaped Block, Back Leaning Stance	1-7 Fighting Techniques D, 0-180-360-540 Degree Knife-hand Techniques	6 Months 48 Sessions	Junior & Adult Age 11+
Kup.4 - Blue Belt	Kup.3 - Blue Belt	T'oi-Gye (7)	Twin Outer-Forearm High/Low Block, W-Shaped Block, Knee Strike	1-5 Fighting Techniques, One-Step Sparring Group B	8 Months 64 Sessions	Junior & Adult Age 12+
Kup.3 - Blue Belt	Kup.2 - Red Belt	Hwa-Rang (8) Chung-Mu (9)	Horizontal Palm Block, Roundhouse Kick, Flying Side Kick, Ridge-hand Strike, Spinning Back Kick, Twin Upward Palm Block	1-3 Knife-Defense, 1-3 Breaking, 0-180-360-540 Degree Back Roundhouse Kick Techniques	10 Months 80 Sessions	Adult Age 13+
Kup.2 - Red Belt	Kup.1 - Red Belt	Kwang-Gae (10) Po-Eun (11)	Hammer-fist Strike, Rear Elbow Strike, Reverse U-Shaped Block, Twin Horizontal Elbow Strike	1-5 Defense A, 1-5 Defense B w/Breaking	10 Months 80 Sessions	Adult Age 14+

DAN PROMOTION REQUIREMENTS AT A GLANCE

Current Rank	Exam For New Level	Hyong	New Hyong Techniques	Combination Techniques and Skill Training Drills	Minimum Time at Current Rank (Age Requirement Must Be Satisfied)	Participating Program and Minimum Age Requirement Prior to Examination
Kup.1 – Red Belt	Dan.1 - Black Belt	Ge-Baek (12) Yu-Sin (13)	Twisting Kick, Double Open-palm Block, Downward Back-fist Strike, Jumping Roundhouse Kick, Knuckle Punch, 9-Shaped Block, Double Upward Forearm Block, Outward Knee Block, U-Shaped Punch, Inside Crescent Kick	1-7 Fighting Techniques D with Kicks (See "DAN Testing Requirements")	12 Months 96 Sessions	Adult Age 15+
Dan.1 - Black Belt	Dan.2 - Black Belt	Chung-Jang (14) UL-Ji (15)	Spear Finger Strike, U-Shaped Open Hand Strike, Twin Knuckle Strike, Jump Front Kick, Push Block	See "DAN Testing Requirements"	3 - 4 Years After Dan.1 Examination	Adult
Dan.2 - Black Belt	Dan.3 - Black Belt	Sam-IL (16) Ko-Dang (17)	Wrist Lock, Double Downward Punch Block, Ridge-hand Guarding Block	See "DAN Testing Requirements"	4 - 5 Years After Dan.2 Examination + Teaching Experience	Adult
Dan.3 - Black Belt	Dan.4 - Black Belt	Choi-Yong (18) Se-Jong (19)	Front Jab, Spin Back Roundhouse-Side Kick	See "DAN Testing Requirements"	5 - 6 Years After Dan.3 Examination + Regular Teaching Responsibilities	Adult

DAN TESTING DETAILS

	DAN.1	DAN.2	DAN.3	DAN.4
HYONGS	#1 - #13	#1 - #15	#1 - #17	#1 - #19
SPARRING	1-Step, Free	1-Step, 2-Step, Free	1-Step, 2-Step, 3-Step, Free	1-Step, 2-Step, 3-Step, Free
SELF-DEFENSE	1-3 Knife Defense, Hosinsul A, 1-7 Fighting Techniques A-B-C-D	1-3 Knife Defense, Hosinsul A & B, 1-5 Fighting Techniques, 1-7 Fighting Techniques A-B-C-D	1-3 Knife Defense, Free Knife (overhead, lunge, slash), Hosinsul A & B, 1-5 Fighting Techniques, 1-7 Fighting Techniques A-B-C-D-D/kicks	1-3 Knife Defense, Free Knife (overhead, lunge, slash), Hosinsul A & B, 1-5 Fighting Techniques, 1-7 Fighting Techniques A-B-C-D-D/kicks, Hyong Applications
POWER TEST	Free Sparring, 1-4 Board Breaking Techniques, 1-3 Knife Defense	Free Sparring, Hyong #15 (spin back-kick), 1-7 F.T.(A or B), 1-4 Board Breaking Techniques, 1-3 Knife Defense	Free Sparring, Hyong #15 (spin back-kick), Hyong #17 (down punch blindfolded), 1-7 F.T.(A & B), Hosinsul B, 1-4 Board Breaking Techniques, 1-3 Knife Defense	Free Sparring, Hyong #15 (spin back-kick), Hyong #17 (down punch blindfolded), Hyong #19 (reverse punch blindfolded), 1-7 F.T.(A & B), Hosinsul B, 1-4 Board Breaking Techniques, 1-3 Knife Defense + Variations
Essay (Submit 1-week prior to exam date)	n/a	Taekwon-Do history (brief)	Non-contact vs. contact training (brief)	Instructor Challenges (detailed analysis)

Please Note: Promotions at black belt levels are not guaranteed. Time spent practicing must have a positive impact on one's life. One must demonstrate the attributes worthy of such a rank by showing fellowship, patience, perseverance, dedication, humility, integrity, and self-control. Black belt students are a model for others and must therefore live up to the expectations of the school and Taekwon-Do. A student may work a lifetime to achieve the level of Master. Rushing through DAN levels is neither appropriate nor true to our purpose.

To My Black Belt Instructors and all Senior Members,

In our school, there is flexibility in teaching style as instructors and senior members assist others. While my methods are preferred and should be considered, there is clearly more than one approach to the same goal. However, there is one guiding principle that everyone must follow... to create and maintain the highest quality programs available to the public. As senior members, your influence on this success is critical.

Contrary to common belief, a school's ability to teach is not the primary reason it succeeds. Rather, its overall atmosphere through the number of committed members plays the primary role in both maintaining membership and in the recruitment process. As men and women, we often find ourselves in a position to judge validity and integrity. It is by this action that we distinguish the positive from the negative (or in our case, the good schools from the bad). We naturally embrace that which is positive and likely dismiss information that we deem invalid and avoid connecting with anything that lacks integrity. Inside our school, these same decisions are quickly made by new students and our guests. It is therefore important that you create a positive environment. In addition to demonstrating respect, discipline, and good technique, we must maintain an environment void of negative emotions, attitudes and actions. This one truth becomes our instrument of continued success.

Measuring our success should not be periodic, but rather as part of an ongoing process. We should measure our success daily as will our visitors, guests and members. These are the critics who judge our validity and integrity. Therefore, doing the right thing consistently is both important and necessary.

Promoting validity and integrity in our school: I cannot do this alone... I need your help and support.

My experience tells me that there are three essential ingredients required to obtain a consistent positive judgment from potential members and visitors. These qualities: (1) the demonstration of good technique; (2) the demonstration of proper attitude; and (3) the demonstration of hard work must be displayed by participating students consistently to create an environment that is both serious and inviting.

Members at any age require a consistent role model that will help foster these qualities. Members who are lacking these qualities will learn by the examples we set for them... while members already possessing these qualities will expect no less from us. In both scenarios, it is important for us to be sensitive to this matter. If not, we run the risk of losing serious members, damaging the reputation of our school, and forfeiting our opportunity to share the Taekwon-Do experience.

The tenets that we teach contain the ideology that is need to succeed. The reputation of the Master is only one key to a school's success. Remember, a school is only as good as its members... and its members are a reflection of their Master. As such, senior members who have been taught by the Master should reflect the Master at all times.

In conclusion, maintaining a good reputation will require your commitment and hard work. Members must be motivated to become long-term practitioners with the proper technique, attitude and work

ethic, and guests must be encouraged to become members. The Master earns and maintains the respect of his students and their families by demonstrating these qualities in his students.

Tenets of Taekwon-Do:

Courtesy... Integrity... Self-Control... Perseverance... Indomitable Spirit

As to proper attitude, please remember to...

... Be strong without flaunting superiority

... Be confident without being condescending

... Be gentle without presenting weakness

... Be forceful without being overpowering

... Be strict without showing anger

With Sincerity and Respect,

Master Luciano

HYONGS

(FS) – FRONT STANCE; (BS) – BACK STANCE; (HS) – HORSE STANCE; (SS) – SUMO STANCE; (BLS) – BACK LEANING STANCE; (XS) – X-STANCE; (CS) – CLOSED STANCE; (DS) – DIAGONAL STANCE; (PS) – PARALLEL STANCE; (OLS) – ONE LEG STANCE

1) Chon-Ji	19	Heaven and Earth.
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1. Left low block (FS)
2. Right middle punch (FS)
3. Right low block (FS)
4. Left middle punch (FS)
5. Left low block (FS)
6. Right middle punch (FS)
7. Right low block (FS)
8. Left middle punch (FS)
9. Left middle block (BS)
10. Right middle punch (FS)
11. Right middle block (BS)
12. Left middle punch (FS)
13. Left middle block (BS)
14. Right middle punch (FS)
15. Right middle block (BS)
16. Left middle punch (FS)
17. Right middle punch (FS)
18. Left middle punch (FS)
19. Right middle punch (FS)

2) Tan-Gun	21	Legendary founder of Korea in the year 2333 B.C.
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1. Left knifehand guarding block (BS)
2. Right high punch (FS)
3. Right knifehand guarding block (BS)
4. Left high punch (FS)
5. Left low block (FS)
6. Right high punch (FS)
7. Left high punch (FS)
8. Right high punch (FS)

9. Left twin outer forearm block (BS)
10. Right high punch (FS)
11. Right twin outer forearm block (BS)
12. Left high punch (FS)
13. Left low block (FS)
14. Left rising block (FS)
15. Right rising block (FS)
16. Left rising block (FS)
17. Right rising block (FS)
18. Left knifehand strike (BS)
19. Right high punch (FS)
20. Right knifehand strike (BS)
21. Left high punch (FS)

3) Do-San	24	Pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea.
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1. Left middle outer forearm block (FS)
2. Right middle reverse punch (FS)
3. Right middle outer forearm block (FS)
4. Left middle reverse punch (FS)
5. Left knifehand guarding block (BS)
6. Right middle spear (FS)
7. Twist escape / left side backfist strike (FS)
8. Right side backfist strike (FS)
9. Left middle outer forearm block (FS)
10. Right middle reverse punch (FS)
11. Right middle outer forearm block (FS)
12. Left middle reverse punch (FS)
13. Left wedge block (FS)
14. Right front snap kick
15. Right middle punch (FS)
16. Left middle reverse punch (FS)
17. Right wedge block (FS)
18. Left front snap kick
19. Left middle punch (FS)
20. Right middle reverse punch (FS)
21. Left rising block (FS)

- 22. Right rising block (FS)
- 23. Left knifehand strike (HS)
- 24. Right knifehand strike (HS)

4) Won-Hyo	28	A noted monk who spread Buddhism in Korea during the Silla Dynasty (686 A.D.).
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- 1. Left twin outer forearm block (BS)
- 2. Right knifehand strike with left wrist escape (BS)
- 3. Left middle punch (SS)
- 4. Right twin outer forearm block (BS)
- 5. Left knifehand strike with right wrist escape (BS)
- 6. Right middle punch (SS)
- 7. Left guarding block (CS) side kick position (OLS)
- 8. Left side kick
- 9. Left knifehand guarding block (BS)
- 10. Right knifehand guarding block (BS)
- 11. Left knifehand guarding block (BS)
- 12. Right middle spear (FS)
- 13. Left twin outer forearm block (BS)
- 14. Right knifehand strike with left wrist escape (BS)
- 15. Left middle punch (SS)
- 16. Right twin outer forearm block (BS)
- 17. Left knifehand strike with right wrist escape (BS)
- 18. Right middle punch (SS)
- 19. Right circular middle block (FS)
- 20. Right front snap kick
- 21. Left middle reverse punch (FS)
- 22. Left circular middle block (FS)
- 23. Left front snap kick
- 24. Right middle reverse punch (FS)
- 25. Right guarding block (OLS)
- 26. Right side kick
- 27. Left guarding block (BS)
- 28. Right guarding block (BS)

5) Yul-Guk	38	Pen name of Yi I, Philosopher and scholar who was nicknamed Confucious of Korea.
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1. Left slow middle punch (HS)
2. Right middle punch (HS)
3. Left middle punch (HS)
4. Right slow middle punch (HS)
5. Left middle punch (HS)
6. Right middle punch (HS)
7. Right middle block (FS)
8. Left front snap kick
9. Left middle punch (FS)
10. Right middle reverse punch (FS)
11. Left middle block (FS)
12. Right front snap kick
13. Right middle punch (FS)
14. Left middle reverse punch (FS)
15. Right knifehand hooking block (FS)
16. Left knifehand hooking block (FS)
17. Right middle punch (FS)
18. Left knifehand hooking block (FS)
19. Right knifehand hooking block (FS)
20. Left middle punch (FS)
21. Right middle punch (FS)
22. Left guarding block (OLS)
23. Left side kick
24. Right front reverse elbow strike (FS)
25. Right guarding block (OLS)
26. Right side kick
27. Left front reverse elbow strike (FS)
28. Left twin outer forearm knifehand block (BS)
29. Right middle spear (FS)
30. Right twin outer forearm knifehand block (BS)
31. Left middle spear (FS)
32. Left middle outer forearm block (FS)
33. Right middle reverse punch (FS)
34. Right middle outer forearm block (FS)
35. Left middle reverse punch (FS)
36. Left side backfist strike (XS)

- 37. Right middle pushing block (FS)
- 38. Left middle pushing block (FS)

Chung-Gun	32	A Korean patriot who assassinated the first Japanese Governor-General of Korea.
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- 1. Left ridgehand middle block (BS)
- 2. Left front snap kick
- 3. Right upward palm strike (BLS)
- 4. Right ridgehand middle block (BS)
- 5. Right front snap kick
- 6. Left upward palm strike (BLS)
- 7. Left knifehand guarding block (BS)
- 8. Right upward reverse elbow strike (FS)
- 9. Right knifehand guarding block (BS)
- 10. Left upward reverse elbow strike (FS)
- 11. Twin vertical punch (FS)
- 12. Twin midsection punch (FS)
- 13. High X-fist block (FS)
- 14. Left side backfist strike (BS)
- 15. Left wrist escape (BS)
- 16. Right high reverse punch (FS)
- 17. Right side backfist strike (BS)
- 18. Right wrist escape (BS)
- 19. Left high reverse punch (FS)
- 20. Left middle pushing block (FS)
- 21. Left punch (BS)
- 22. Right side kick
- 23. Right middle pushing block (FS)
- 24. Right punch (BS)
- 25. Left side kick
- 26. Left guarding block (BS)
- 27. Right palm pressing block (FS)
- 28. Right guarding block (BS)
- 29. Left palm pressing block (FS)
- 30. Right horizontal punch (CS)
- 31. Right U-shaped block (BS)
- 32. Left U-shaped block (BS)

7) Toi-Gye	37	Pen name of Yi Hwang, a noted scholar and an authority on Neo-Confucianism.
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1. Left middle block (BS)
2. Right low spear (FS)
3. Right high/left low outer forearm blocks (CS)
4. Right middle block (BS)
5. Left low spear (FS)
6. Left high/right low outer forearm blocks (CS)
7. Low X-fist block (FS)
8. Twin vertical punch (FS)
9. Right front snap kick
10. Right middle punch (FS)
11. Left middle reverse punch (FS)
12. Both fists to hips (CS)
13. Right W-shaped block (HS)
14. Left W-shaped block (HS)
15. Left W-shaped block (HS)
16. Right W-shaped block (HS)
17. Left W-shaped block (HS)
18. Left W-shaped block (HS)
19. Left low pushing block (BS)
20. Two handed head grab (FS)
21. Right knee strike (CS)
22. Left knifehand guarding block (BS)
23. Left front snap kick
24. Left high spear (FS)
25. Right knifehand guarding block (BS)
26. Right front snap kick
27. Right high spear (FS)
28. Left low block/right rear backfist strike (BS)
29. Jump to Low X-block (XS)
30. Right middle pushing block (FS)
31. Left low knifehand guarding block (BS)
32. Right circular middle block (FS)
33. Right low knifehand guarding block (BS)
34. Left circular middle block (FS)

- 35. Right circular middle block (FS)
- 36. Left circular middle block (FS)
- 37. Right middle punch (HS)

8) Hwa-Rang	29	The youth group which originated in the Silla Dynasty and became a main force in the unification of the three Kingdoms of Korea.
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- 1. Left middle palm block (HS)
- 2. Right middle punch (HS)
- 3. Left middle punch (HS)
- 4. Right twin outer forearm block (BS)
- 5. Left inverted outer forearm block (BS)
- 6. Right middle punch (BS)
- 7. Right downward knifehand strike (BLS)
- 8. Left middle punch (FS)
- 9. Left low block (FS)
- 10. Right middle punch (FS)
- 11. Slide left foot to right foot
- 12. Right side kick / right knifehand strike (BS)
- 13. Left middle punch (FS)
- 14. Right middle punch (FS)
- 15. Left knifehand guarding block (BS)
- 16. Right middle spear (FS)
- 17. Left knifehand guarding block (BS)
- 18. Right roundhouse kick
- 19. Left roundhouse kick / left knifehand guarding block (BS)
- 20. Left low block (FS)
- 21. Right middle reverse punch (BS)
- 22. Left middle reverse punch (BS)
- 23. Right middle reverse punch (BS)
- 24. Low X-fist block (FS)
- 25. Rear right elbow strike (BS)
- 26. Right high inner / left low outer forearm block (CS)
- 27. Left high inner / right low outer forearm block (CS)
- 28. Left knifehand guarding block (BS)
- 29. Right knifehand guarding block (BS)

9) Chung-Mu	30	The given name of Admiral Yi Sun-Sin, who invented the first armored battleship in 1592 A.D.
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1. Twin outer forearm knifehand block (BS)
2. Left rising knifehand block/horizontal strike (FS)
3. Right knifehand guarding block (BS)
4. Left high spear (FS)
5. Left knifehand guarding block (BS)
6. Right guarding block (OLS)
7. Right side kick
8. Left knifehand guarding block (BS)
9. Right flying side kick / right knifehand guarding block (BS)
10. Left low block (BS)
11. Two handed head grab (FS)
12. Right knee strike (CS)
13. Right reverse ridgehand strike (FS)
14. Right roundhouse kick (CS)
15. Left back kick
16. Right guarding block (BS)
17. Left roundhouse kick
18. Right U-shaped block (BS)
19. Jumping right knifehand guarding block (BS)
20. Right low spear (FS)
21. Left low block / right rear backfist strike (BS)
22. Right middle spear (FS)
23. Left middle pushing block (FS)
24. Right inside forearm block / right side backfist strike (HS)
25. Right side kick
26. Left side kick
27. Middle X-knifehand block (BS)
28. Twin upward palm block (FS)
29. Right rising block (FS)
30. Left middle reverse punch (FS)

10) Kwang-Gae	39	The 19th King of the Korguryo Dynasty. He recovered all the lost territories including the greater part of Manchuria. The foot diagram represents the expansion and recovery of the lost territory.
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1. Form close ready stance “B”
2. Right reverse upset punch (FS)
3. Left reverse upset punch (FS)
4. Right hooking knifehand block (FS)
5. Left low knifehand guarding block (BS)
6. Left hooking knifehand block (FS)
7. Right low knifehand guarding block (BS)
8. Left knifehand guarding block (BLS)
9. Right knifehand guarding block (BLS)
10. Right upward palm block (FS)
11. Left upward palm block (FS)
12. Right knifehand to left palm (CS)
13. Left pressing kick
14. Left side kick
15. Right knifehand strike / left wrist escape (BS)
16. Left downward hammerfist strike (CS)
17. Right pressing kick
18. Right side kick
19. Left knifehand strike / right wrist escape (BS)
20. Right downward hammerfist strike (CS)
21. Right palm pressing block (FS)
22. Left palm pressing block (FS)
23. Right side backfist strike / right stomp (HS)
24. Right pushing block (FS)
25. Left reverse low block (FS)
26. Right high spear (FS)
27. Left side backfist strike / left stomp (HS)
28. Left pushing block (FS)
29. Right reverse low block (FS)
30. Left high spear (FS)
31. Twin vertical punch (FS)
32. Twin upset punch (FS)
33. Right front snap kick
34. Right knifehand guarding block (BS)

35. Left high punch (FS)
36. Twin upset punch (FS)
37. Left front snap kick
38. Left knifehand guarding block (BS)
39. Right high punch (FS)

11) Po-Eun	36	The fictitious name of Chong Mong-Chu, a famous poet and pioneer in the field of physics. The foot diagram represents his loyalty to his King and country.
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1. Left guarding block (BS)
2. Lift fists (OLS)
3. Right pressing kick
4. Right knifehand strike (HS)
5. Left turning punch (HS)
6. Left low outer forearm block / right high inner forearm block (HS)
7. Right low outer forearm block / left high inner forearm block (HS)
8. Wedge block (HS)
9. Right rear elbow thrust (HS)
10. Right punch (HS)
11. Left rear elbow thrust (HS)
12. Twin horizontal punch (HS)
13. Right low inner forearm pressing block (XS)
14. U-shape grasp (BS)
15. Twin elbow extension (CS)
16. Right rear backfist strike/ left low outer forearm block (HS)
17. Left low inner forearm pressing block (XS)
18. Left low ridgehand guarding block (HS)
19. Right guarding block (BS)
20. Lift fists (OLS)
21. Left pressing kick
22. Left knifehand strike (HS)
23. Right turning punch (HS)
24. Right low outer forearm block / left high inner forearm block (HS)
25. Left low outer forearm block / right high inner forearm block (HS)
26. Wedge block (HS)
27. Left rear elbow thrust (HS)
28. Left punch (HS)

- 29. Right rear elbow thrust (HS)
- 30. Twin horizontal punch (HS)
- 31. Left low inner forearm pressing block (XS)
- 32. U-shape grasp (BS)
- 33. Twin elbow extension (CS)
- 34. Left rear backfist strike / right low outer forearm block (HS)
- 35. Right low inner forearm pressing block (XS)
- 36. Right low ridgehand guarding block (HS)

12) Ge-Baek	44	A great general in the Paekche Dynasty (600 A.D.). The foot diagram represents his severe and strict military discipline.
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- 1. Middle knifehand X-block (BS)
- 2. Right middle twisting kick
- 3. Right middle punch (FS)
- 4. Left middle reverse punch (FS)
- 5. Left rising block (FS)
- 6. Left low block (FS)
- 7. Right high double arc-hand block (FS)
- 8. Raise left leg / right side cup & saucer (OLS)
- 9. Left upward palm block (HS)
- 10. Right middle punch (HS)
- 11. Left front backfist strike (HS)
- 12. Left knifehand guarding block (BS)
- 13. Left low front kick
- 14. Left high spear strike (FS)
- 15. Right high reverse spear strike (FS)
- 16. Right middle side kick
- 17. Left guarding block (BS)
- 18. Left guarding block (BS)
- 19. Left knifehand guarding block (BS)
- 20. Right 9-shape block (HS)
- 21. Left low knifehand block (FS)
- 22. Right middle roundhouse kick
- 23. Right flying side kick
- 24. Twin vertical punch (FS)
- 25. Left high double arc-hand block (FS)

26. Left upset punch (FS)
27. Right front elbow strike (FS)
28. Right double forearm block (XS)
29. Right upward palm block (HS)
30. Left middle punch (HS)
31. Right front backfist strike (HS)
32. Right reverse ridgehand strike (OLS)
33. Right jumping roundhouse kick
34. Twin vertical punch (FS)
35. Right middle knuckle upset punch (BS)
36. Left 9-shape block (HS)
37. Left low ridgehand guarding block (HS)
38. Right low knifehand guarding block (HS)
39. Left W-shape block (HS)
40. Left W-shape block (HS)
41. Right rising block (FS)
42. Left middle reverse punch (FS)
43. Left rising block (FS)
44. Right middle reverse punch (FS)

13) Yoo-Sin	68	The hyung named after General Kim Yoo Sin, commanding general during the Silla Dynasty, who unified the three Kingdoms of Korea in 668 A.D. The 68 movements refer to the last two numbers of the year Korea was united.
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1. Extended elbows upwards to side (HS)
2. Right elbow and left punch to rear (HS)
3. Left elbow and right punch to rear (HS)
4. Right knifehand hooking block (PS)
5. Left middle punch (HS)
6. Left knifehand hooking block (PS)
7. Right middle punch (HS)
8. Left outside forearm block (FS)
9. Right middle block (FS)
10. Left upward palm block (HS)
11. Right middle punch (HS)
12. Right outside forearm block (FS)

13. Left middle block (FS)
14. Right upward palm block (HS)
15. Left middle punch (HS)
16. Right knifehand hooking block (FS)
17. Left middle punch (HS)
18. Left knifehand hooking block (FS)
19. Right middle punch (HS)
20. Low X- fist block (FS)
21. High knifehand X-block (FS)
22. Right middle punch (FS)
23. Right front snap kick
24. Left middle reverse punch (FS)
25. Low X-fist block (FS)
26. High knifehand X-block (FS)
27. Left middle punch (FS)
28. Left front snap kick
29. Right middle reverse punch (FS)
30. Right knifehand guarding block (BS)
31. Left knifehand guarding block (BS)
32. Right knifehand guarding block (BS)
33. Left knifehand guarding block (BS)
34. Right double forearm block (FS)
35. Left downward block (FS)
36. Left double forearm block (FS)
37. Right downward block (FS)
38. Right middle punch (FS)
39. Left middle outside ridgehand block (BS)
40. Closed ready stance
41. Twin upset punch with right stomp (FS)
42. Twin upset punch with left stomp (FS)
43. Right middle block (BS)
44. Left middle reverse punch (BS)
45. Right fist horizontal position (CS)
46. Left middle block (BS)
47. Right middle reverse punch (BS)
48. Left fist horizontal position (CS)
49. Left side U-punch (BS)
50. Right side U-punch (BS)
51. Right front backfist strike (HS)
52. Right outer forearm block to right (HS)

53. Right outer forearm block to left (HS)
54. Right side backhand strike (HS)
55. Left crescent kick
56. Left side kick
57. Left side backhand strike (HS)
58. Right crescent kick
59. Right side kick
60. Right 9-shape block (HS)
61. Left 9-shape block (HS)
62. Right 9-shape block (HS)
63. Left 9-shape block (HS)
64. Right downward hammerfist strike (CS) (L-POSITION)
65. Twin vertical punch (FS)
66. Twin vertical punch (FS)
67. Left knifehand guarding block (BS)
68. Right knifehand guarding block (BS)

14) Chung-Jang	52	The fictitious name of general Kim Duk Ryang, who lived during the Yi Dynasty 15th Century.
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1. Left low outer forearm block / right inner forearm block (HS)
2. Right low outer forearm block / left inner forearm block (HS)
3. Left fist horizontal position (CS)
4. Right 2 finger spear (FS)
5. Left 2 finger spear (FS)
6. Right front backfist strike (FS)
7. Left rising block (FS)
8. Right middle punch (FS)
9. Left guarding block (BS)
10. Right front snap kick
11. Right high spear strike (FS)
12. Right roundhouse kick (from floor)
13. Right punch (from floor)
14. Left elbow strike (BS)
15. Right guarding block (BS)
16. Left upward palm block (BS)
17. Right knifehand strike (BS)
18. Low X-fist block (FS)

19. Right knee strike with leg grab
20. Left knife guarding block (BS)
21. Right rear elbow strike (BS)
22. Right knifehand guarding block (BS)
23. Right side kick
24. Twin pressing palm block (BLS)
25. Right inside forearm block / right side backfist strike (FS)
26. High left spear strike (BS)
27. Right cover w/right front kick under palm
28. Both fists to right hip (cup and saucer) (FS)
29. Left side backhand with stomp (BS)
30. Right reverse punch to left palm (BS)
31. Right side backhand with stomp (BS)
32. Left reverse punch to right palm
33. Left knifehand strike (BS)
34. Right upward elbow strike (FS)
35. Right knifehand strike (BS)
36. Left upward elbow strike (FS)
37. Left low ridgehand guarding block (BS)
38. Right 9-shape block (FS)
39. Right low ridgehand guarding block (BS)
40. Left 9-shape block (FS)
41. Dual knifehand strike to both sides (FS)
42. Right high arc-hand strike (FS)
43. Right high front kick
44. Left high arc-hand strike (FS)
45. Left high front kick
46. Right middle reverse punch
47. Left middle punch
48. Both fists to forehead (CS)
49. Left low knifehand strike (FS)
50. Right middle palm strike (FS)
51. Right low knifehand strike (FS)
52. Left middle palm strike (FS)

15) Ul-Ji	42	Ul-Ji Mun Duk, the general who defended Korea against a Chinese invasion force of nearly one million soldiers in 612 A.D. The foot diagram represents his surname.
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1. Dual hammerfist strikes (both sides) (FS)
2. Low X-fist block (FS)
3. Rising X-knifehand block (FS)
4. Right knifehand strike (cover right elbow) (FS)
5. Left side backhand strike (HS)
6. Right inside crescent kick
7. Right front elbow strike (HS)
8. Pull fists to left hip (cup and saucer) (HS)
9. Right side backfist strike / left low block (HS)
10. Both fists to hips (CS)
11. Left foot x over right with fists on hips (XS)
12. Right side kick with fists on hips
13. Horizontal elbow strikes (XS)
14. Twin horizontal punch (HS)
15. Right knifehand strike w/ left hand at forehead
16. Left twin outer forearm knifehand block (BS)
17. Right flying spinning back kick
18. Right double forearm block (FS)
19. Ready stance "B" (CS)
20. Right backfist strike w/ left hand support (XS)
21. Left rising knifehand block (FS)
22. Left front kick
23. Right middle reverse punch (FS)
24. Right middle spear strike (FS)
25. Left side backfist strike (FS)
26. Low outer wedge block (FS)
27. Right jump front kick
28. High X-knifehand block (BS)
29. Low X-fist pressing block (BS)
30. Wedge block / left front snap kick
31. Twin high vertical punch (FS)
32. Right knifehand block w/ left palm block (BS)
33. Left middle punch (FS)
34. Sliding guarding blocks (XS – BS)
35. Right roundhouse kick

- 36. Left back kick
- 37. Left guarding block (BS)
- 38. Right upward palm block (BS)
- 39. Left circular middle block (FS)
- 40. Right circular middle block (FS)
- 41. Left middle punch (HS)
- 42. Right middle punch (HS)

16) Sam-Il	33	Sam-Il denotes the historical date of the Independence Movement of Korea. The 33 movements represent the 33 patriots who planned the movement.
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- 1. Left guarding block (BS)
- 2. Right double middle block (FS)
- 3. Right knifehand hook w/ left hand on wrist (FS)
- 4. Right front snap kick
- 5. Right middle punch (FS)
- 6. Inner forearm wedge block (HS)
- 7. Right low spear strike (FS)
- 8. Right outer forearm block / left low block (BS)
- 9. Inner forearm wedge block (HS)
- 10. Right low double punch (BS)
- 11. Right arc-hand block (FS)
- 12. Left reverse punch (FS)
- 13. Left low double punch (BS)
- 14. High ridgehand guarding block (BS)
- 15. U-shaped block (BS)
- 16. Right sweep kick / U-shaped block (BS)
- 17. Right knifehand guarding block (BS)
- 18. Right side kick
- 19. Right front elbow strike (FS)
- 20. Left rear elbow strike (DS)
- 21. Low X-fist pressing block (FS)
- 22. Left W-shaped block (HS)
- 23. Left side kick
- 24. Right low knifehand guarding block (BS)
- 25. Left upward palm block (BLS)
- 26. Twin palm pressing block (BLS)
- 27. Twin upset punch (FS)

28. Right low block (BS)
29. Left reverse punch w/ right fist to shoulder (BS)
30. Right inside forearm block (FS)
31. Left high punch (FS)
32. Left front snap kick
33. High twin vertical punch (FS)

17) Ko-Dang	39	The fictitious name of the patriot Cho Man Sik, who dedicated his life to the Korean Independence Movement and the education of his people. The 39 movements signify his terms of imprisonment and birthplace on the 39th parallel.
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1. Left pushing palm block (HS)
2. Right middle punch (HS)
3. Left guarding block (BS)
4. Left middle block / right low block (BS)
5. Right pushing palm block (HS)
6. Left middle punch (HS)
7. Right guarding block (BS)
8. Right middle block / left low block (BS)
9. Low outer wedge block with raised knee
10. Right back kick
11. Left knifehand block (BS)
12. Low outer wedge block with raised knee
13. Left back kick
14. Right knifehand block (BS)
15. Left downward elbow strike (BS)
16. Right downward elbow strike (BS)
17. Right twin palm pressing block (FS)
18. Left twin palm pressing block (FS)
19. Left downward horizontal block (BS)
20. Right downward horizontal block (BS)
21. Left upward palm block (BLS)
22. Right upward palm block (BLS)
23. Left front snap kick
24. Twin inward knifehand strike (FS)
25. Left rising knifehand block (FS)

26. Left low knifehand guarding block (BS)
27. Right downward punch (FS)
28. Left knifehand guarding block (BS)
29. Jump left knifehand guarding block (BS)
30. Right side backfist strike (XS)
31. Left outside forearm block (FS)
32. Right outside forearm block (FS)
33. Right upset knuckle punch (BS)
34. Right twisting kick
35. Right knifehand strike (BS)
36. Left twisting kick
37. Left knifehand strike (BS)
38. Right knifehand guarding block (BS)
39. Left knifehand guarding block (BS)

18) Choi-Yong	46	General Choi-Yong, the Premier and Commander-in-Chief of the Armed Forces of the Koryo Dynasty, during the 14th Century.
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1. Left guarding block (BLS)
2. Left high knuckle punch (BLS)
3. Right guarding block (BLS)
4. Right high knuckle punch (BLS)
5. Left rising knifehand block (FS)
6. Right middle block (FS)
7. Left middle punch (FS)
8. Right rising knifehand block (FS)
9. Left middle block (FS)
10. Right middle punch (FS)
11. Left low knifehand guarding block (BS)
12. Right roundhouse kick
13. Left spinning back-roundhouse kick
14. Left side kick
15. Right front elbow strike (FS)
16. Right low knifehand guarding block (BS)
17. Left roundhouse kick
18. Right spinning back-roundhouse kick
19. Right side kick

20. Left front elbow strike (FS)
21. Right twin palm pressing block (FS)
22. Left twin palm pressing block (FS)
23. Knifehand W-shaped block (FS)
24. Right front snap kick
25. Left guarding block (BS)
26. Knifehand W-shaped block (FS)
27. Left front snap kick
28. Guarding block (BS)
29. Turning guarding block (BS)
30. Left high spear strike (FS)
31. Right high spear strike (FS)
32. Left outside knifehand block (PS)
33. Right middle punch (PS)
34. Left side kick position / cup and saucer (OLS)
35. Left side kick
36. Left supported front backfist strike (XS)
37. Left back-roundhouse kick
38. Left knifehand strike (BS)
39. Right outside knifehand block (PS)
40. Left middle punch (PS)
41. Right side kick position / cup and saucer (OLS)
42. Right side kick
43. Right supported backfist strike (XS)
44. Right back-roundhouse kick
45. Right knifehand strike (BS)

19) Se-Jong	24	The greatest King of Korea. He invented the Korean alphabet in 1443 A.D. The foot diagram represents "King". The 24 movements refer to the 24 letters in the Korean alphabet.
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1. Left down block (FS)
2. Right twin outer forearm block (BS)
3. Right side kick
4. Left rising block (FS)
5. Right middle knifehand strike (HS)
6. Ready stance "B" (CS)

7. Left supported front backfist strike (XS)
8. Right high punch (FS)
9. Left guarding block (BS)
10. Right middle spear strike (FS)
11. Left side backfist strike (FS)
12. Left upward palm block (HS)
13. Left roundhouse kick
14. Left double forearm block (XS)
15. Right middle punch (HS)
16. Left front backfist strike (HS)
17. Twin palm pressing block (DS)
18. Right arc-hand block (FS)
19. Left low block / right outer forearm block (OLS)
20. Right palm pressing block (FS)
21. Right forearm strike to left palm (OLS)
22. Left rear elbow strike (BS)
23. Right knifehand guarding block (BS)
24. Right middle reverse punch (BS)

HOSINSUL

Hap Ki Do

Against Front Wrist Grab

Left Hand Attack to Right Wrist (Straight Grab)	1. Swing hand in and upward to center of chest, grab under opponent's hand with left hand, escape and apply downward pressure against opponent.
	2. Grab opponent's left wrist from bottom with right hand while trapping hand with left hand, pivot left and bring right elbow over top of opponent's arm, apply downward pressure.
Left Hand Attack to Left Wrist (Cross Body Grab)	3. Trap opponent's hand with right hand, rotate to bring left knifehand on top and press inward and then downward.
	4. Rotate hand counterclockwise, grab opponent's wrist, grab under opponent's elbow with right hand, rotate arm and press downward.

Against Front Shoulder Grab

Left Hand Attack to Right Shoulder (Straight Grab)	5. Trap opponent's hand with left hand, raise right arm while rotating counterclockwise, lower right elbow over opponent's arm while applying upward pressure with left hand.
Left Hand Attack to Left Shoulder (Cross Body Grab)	6. Trap opponent's hand with left hand, rotate counterclockwise and apply downward pressure on the elbow or shoulder.

Against Center Chest Grab (Thumb Up)

Left Hand Attack	7. Step forward with left between opponent's legs, place right hand behind opponent's lower back, press forward with left hand to the face and drop opponent backward to the ground.
	8. Grab your own clothing with both hands below the attack grab and pull tight, step in with left foot and rotate to the right under opponent's arm, step away.
	9. Grab opponent's hand with right hand (thumb to back of hand) and left hand under wrist, step across opponent with left foot, place left foot across opponent's left leg, THROW OPPONENT.
	10. Rotate opponent's hand with left hand and apply downward pressure while rotating counterclockwise, slide left foot back to extend opponent's arm, step forward with right foot and apply arm bar.

Against Inverted Chest Grab (Thumb Down)

Left Hand Attack	11. Trap opponent's hand with left hand and apply downward pressure, slide left foot back to extend opponent's arm, step forward with right foot and apply arm bar.
	12. Grab opponent's left wrist from bottom with right hand while trapping hand with left hand, pivot left and bring right elbow over top of opponent's arm, apply downward pressure.
	13. Trap opponent's hand with right hand under the arm, cover right hand with left hand and apply downward pressure, rotate to the right under opponent's arm 360* and apply pressure by leaning forward.
	14. Trap opponent's hand with left hand and apply downward pressure, grab under bent elbow, lift and step in front of opponent with right foot, tuck under opponent and execute SHOULDER THROW.
	15. Trap opponent's hand with right hand under the arm and apply downward pressure, drop straight down, turn to the left and press forward with right arm.

Against Behind the Neck Grab from the Front

Left Hand Attack	16. Step in with left foot pressing left hand on opponent's chest, rotate head under opponent's arm, move left hand to opponent's wrist and step toward opponent with right foot, execute arm bar.
	17. Back step with left foot, knifehand strike to head.
	18. Grab belt with right hand and neck with left hand, step between legs with left foot while pulling right hand and pushing left hand.
	19. Turn 360* right bringing head under opponent's arm, execute right knifehand strike to chest.

Against Rear Double Elbow Grab

Two Hand Attack	20. Lean and drop left arm while raising right arm, step back with left foot to opponent's right side, cross under opponent's right arm while trapping it with right hand and placing left knifehand on the upper right arm, step forward with left foot executing arm bar.
	21. Step to left with left foot while raising elbows, back step with right foot around opponent's left leg, strike chest with right elbow.
	22. Slide right with right foot, lower left shoulder while turning slightly left grabbing opponent's left wrist with right hand, bring opponent's arm to top of right shoulder, extend arms, execute SHOULDER THROW .
	23. Step to left with left foot, bend and grab opponent's left ankle, pull up while sitting.

Against Rear Shoulder Grab

Two Hand Attack	24. Dip right shoulder while rotating right, grab opponent's right hand with both hands, execute HAND THROW .
	25. Pivot to the left grabbing opponent's arm at the elbow with the left hand and wrist with the right hand, pivot right while moving right foot behind opponent, bring opponent's arm behind back with pressure on arm and wrist.
	26. Pivot to the left grabbing opponent's arm at the elbow with the left hand and wrist with the right hand, bring arm over head to right shoulder with opponent's palm facing up, execute SHOULDER THROW .
	27. Pivot right, grab opponents right hand with left hand, execute right hand wrist lock, uppercut with right fist, execute HAND THROW with both hands.

Against Rear Double Wrist Grab

Two Hand Attack	28. Squat and circular extension, grab left wrist, turn palm up and bring arm over head to right shoulder, extend and execute SHOULDER THROW .
	29. Lower right hand and grab opponent's right wrist from behind your back with left hand, turn 180* left and complete two handed grab on right hand, execute HAND THROW .
	30. Pivot right, strike down on opponent's left arm with right elbow, pivot to right 180* grabbing opponent's right wrist with right hand, step forward with left foot and execute arm bar.
	31. Back step right foot to opponent's left side, pivot right and grab right wrist with right hand at opponent's face level, step behind opponent with right foot and press back and down against opponent's face.

Against Rear Collar Grab

Left Hand Attack	32. Lower body turning right, step back with right foot, execute knifehand strike to head.
	33. Lower body turning left, step back with left foot, execute knifehand strike to ribs.
	34. Turn left 180*, pull down on opponent's elbow with right hand, execute left uppercut.
	35. Turn left 180*, hook left leg on opponent's leg, push opponent's face with left hand.

One Step Sparring

Group A

	Attack	Defense	Counter
1	Right High Lunge Punch	Step left; right knifehand block	Left reverse punch; left knee strike to hip
2	Right High Lunge Punch	Step left-rear; right middle block	Right front kick; left reverse punch; step left forward with right neck strike/grab
3	Right High Lunge Punch	Step left back; right inward forearm block	Rotate opponent arm downward; step left-forward with left knifehand strike; move deeper left-forward with right elbow strike
4	Right High Lunge Punch	Step right forward; left knifehand block	Right inward hammer fist (simultaneous with left block); left inward knifehand; grab head with both hands - left kick to rear leg; left kick to front leg
5	Right High Lunge Punch	Step left back; pressing middle block	Step left forward to horse stance; press downward with right palm on wrist and left palm on face; right hammer fist to chest
6	Right High Lunge Punch	Step left; underhand ridgehand guard	Right spear; 180 deg. left; trap front leg with hammer fist to face

Group B

	Attack	Defense	Counter
7	Right High Lunge Punch	Step left; right knifehand rising block	Left vertical reverse punch to ribs; trap attacker's arm with blocking arm over the top; step in left with left foot; left knifehand to upper arm/shoulder; press downward stepping back to the right in horse stance
8	Right High Lunge Punch	Step right; left high rising block in cat stance	Step in with left and place right arm under attacker's arm grabbing your left wrist; step right behind attacker to take down

9	Right High Lunge Punch	Step straight back with left foot; left knifehand outside block with simultaneous right vertical punch to face	Left middle reverse punch; step inside with left to horse stance; left knifehand strike to groin; left shoulder strike
10	Right High Lunge Punch	Step left; left straight palm block	Right reverse punch; right roundhouse kick
11	Right High Lunge Punch	Step left; right middle block	Right ax kick
12	Right High Lunge Punch	Step right; left knifehand block	Left stomp kick to inside front leg (take down); right roundhouse kick

Group C

	Attack	Defense	Counter
13	Right High Lunge Punch	Step in with left; Right back stance, Right lunge punch to armpit with left hand on top of wrist	Step in right; Grab wrist with both hands, step back left apply wrist lock, right downward elbow strike to head
14	Right High Lunge Punch	Step in with right; Left back stance, Left lunge punch to armpit with right hand on top of wrist	Step in left; Grab elbow with left hand and raise to horizontal position, turn 180 deg right with right foot, press shoulder down, strike, sweep leg forward with left foot, turn right with low side kick
15	Right High Lunge Punch	Step back with right; Right back stance, double downward palm block with right close to wrist and left close to elbow	Pull elbow with left hand while rotating wrist with right hand (S-position), press downward, front kick
16	Right High Lunge Punch	Step forward with left; Left front stance, right arc with right hand on top of fist and left hand at elbow	Twist counterclockwise and bend wrist down while holding arm verticle and grabbing upper arm with left hand, jump left back kick to chest
17	Right High Lunge Punch	Step forward with left; Left front stance, right arc with right hand on top of fist and left hand to face, rotate arm downward clockwise with right hand while rotating your body 360* counterclockwise bringing opponent's arm behind the back	Switch grip to left hand, grab under the chin with right hand while placing left foot behind opponent's left knee, take down, execute double punch

18	Right High Lunge Punch	Step forward with right; Left back stance, left arc with left hand on wrist and right hand to face	Start rotating arm downward counterclockwise, bring right hand to wrist and left hand under arm, step in with left foot moving under your opponent's arm to a right front stance while maintaining your right hand grip, hold with both hands sliding forward with right foot
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Group D

	Attack	Defense	Counter
1	Left arm against chest, repeated knife thrust to stomach	U-shaped grasp with inverted hand to upper arm	Overhand right punch to face, 9-shaped block while moving left, wrist grab with left hand, dislodge knife with right hand, wrist lock and throw
2	Right forehand slash to backhand slash	Lunge backward to avoid forehand slash, lunge forward to meet backhand slash with a double knifehand block	Secure weapon hand with right hand (palm up) while executing a strike to the face with left hand, bring left hand to join right, execute a counter clockwise wrist lock and throw
3	Right hand single knife thrust to stomach	Rotate body clockwise with left arm extended downward to deflect knife in front of your body	Secure attack hand with overhand right while striking face with left hand, stretch attack arm across chest while applying left arm to throat, release knife and drop attacker to the ground
4	Two-handed horizontal attack to left ear with baseball bat	Step in with right foot, execute two-handed block at hands and elbow	Wrap left arm over hands while striking face with right hand, left groin kick, slide backward grasping the bat
5	Overhead strike with blunt force object	Close distance with left foot extending both hands between arm and head	Execute right knee strikes grasping over weapon arm with your left arm, secure weapon and counter with hand and foot techniques
6	Thrust to body with end of blunt weapon	Advance forward to the left of attack using left foot grabbing the weapon with two hands (left at back of weapon and right at middle)	Rotate weapon clockwise over wrist to disarm opponent, execute right roundhouse kick

Hosinsul Combinations

1. Retreat with left foot, right knife-hand high inside block, grab wrist of opponent's striking arm with left hand, underhand right ridge-hand strike, right reverse-roundhouse kick, return right foot to its rear stance position.
2. Retreat with left foot, right knife-hand high inside block, grab wrist of opponent's striking arm with left hand, overhand right ridge-hand strike, right roundhouse kick, return right foot to its rear stance position.
3. Punch/Left knife-hand high outside block combination, slide right foot slightly forward with double knife-hand high outside blocks, position open left hand on right shoulder and open right hand overhead with palm facing the rear, circle hands simultaneous counter-clockwise with knife-hand leading edge, grab both wrists of your opponent and continue circular motion, right knife-hand strike, turn 180 degrees left, left knife-hand strike.
4. Left foot escape with left knife-hand strike, turn 180 degrees right with right knife-hand strike, right foot escape with right knife-hand strike, turn 180 degrees left with left knife-hand strike.
5. Punch/Left knife-hand high outside block combination with wrist grab, right reverse punch, from your point of view, position right leg to the left of opponent and right open hand extended (palm up) to the right of the opponent, sweep and strike (low reverse-roundhouse kick and high knife-hand strike) in opposite directions while circling to the left, take opponent down to the ground while maintaining left wrist grab, right knife-hand low rear block, right reverse punch.

KYEK-PA

Hosinsul Kyek-Pa Demonstration

1. Against right outside knife-hand strike – Retreat left foot with right high outside knife-hand block, use left hand to trap opponent's right hand on your right wrist, apply wrist lock by applying downward pressure while sliding the right foot slightly forward. Execute right knife-hand (board break).
2. Against right inside knife-hand strike – Retreat left foot with right high inside knife-hand block, use left hand to hold opponent's right hand, reach with your right hand under opponent's arm and grab hand (two hands now holding opponent's attack hand), pull straight down. Execute right overhead downward ridge-hand (board break).
3. Against double wrist grab - Right reverse punch (opponent grabs the wrist of your punching arm with both hands), place left hand on top of opponent's hands, rotate hands clockwise to loosen grip, pull to remove right hand while pushing with left hand. Execute right reverse-punch (board break).
4. Against grab to front shoulder - Trap on shoulder with rear hand and circle front arm over trapped arm forming a cross on your chest. Release trap and rotate 180 degrees. Execute knife-hand strike and back-roundhouse kick (board break).
5. Against backhand ridge-hand strike - Meet strike with front ridge-hand strike. Grab hand and pull directly downward. Follow up with a front ridge-hand strike and front roundhouse kick (board break).

Kyek-Pa Combinations

1 – 4 HAND

1. Left strike, switch to right side forward.
2. 180 degree turn left with left strike.
3. Touch inside right foot with right hand while turning 360 degrees counter-clockwise with left strike, switch to right side forward.
4. Touch inside left foot with left hand while turning 540 degrees counter-clockwise with left strike.

1 – 4 KICK

1. Left kick, switch to right side forward.
2. 180 degree turn left with left kick.
3. Touch inside right foot with right hand while turning 360 degrees counter-clockwise with left kick, switch to right side forward.
4. Touch inside left foot with left hand while turning 540 degrees counter-clockwise with left kick.

1 – 5 KICK

1. From left stance – Jump 180 degree turn to the right with right knife-hand strike, return jump 180 degree turn to the left with left knife-hand strike, right reverse punch, left lunge punch with right foot to left knee, jump left ax kick.
2. From left stance – Bring right foot forward, jump 360 degree turn to the left with left heel kick.
3. From left stance – Jump 180 degree turn to the right with right knife-hand strike, return jump 180 degree turn to the left with left knife-hand strike, right double front kick.
4. From right stance – Twin vertical punch, left high block right hammer fist combination, right knife-hand strike, backward 360 degree turn holding inside left foot with left hand/high right ridge-hand, right back roundhouse kick.
5. From left stance – Raise right foot and continuously turn right to right knife-hand then left ridge-hand then right crescent kick then left ridge-hand then right knife-hand then jump left roundhouse kick.

SKILLS TRAINING

Skills Training (A)

1. From left fighting stance – Left knife-hand strike, 180 degree turn to the right with right knife-hand strike, return to left fighting stance.
2. 180 degree turn to the right with right knife-hand strike, return with left knife-hand strike.
3. Raise left knee with left punch, 180 degree jump turn to the right with right knife-hand strike, raise right knee with right punch, 180 degree jump turn to the left with left knife-hand strike.
4. Raise right (rear) knee, 180 degree jump turn to the right with knife-hand strike, raise left (rear) knee, 180 degree jump turn to the left with left knife-hand strike.

5. 180 degree jump turn to the right with right knife-hand strike, 180 degree jump turn to the left with left knife-hand strike.
6. Begin 360 degree counter-clockwise turn with right punch, complete turn by switching feet with left knife-hand strike, front change to right fighting stance, Begin 360 degree clockwise turn with left punch, complete turn by switching feet with right knife-hand strike, front change to left fighting stance.
7. Left side kick, 180 degree jump turn to the right with right knife-hand strike, right side kick, 180 degree jump turn to the left with left knife-hand strike.

Skills Training (B)

1. From left fighting stance – Left kick, 180 degree turn to the right with right kick, return to left fighting stance.
2. 180 degree turn to the right with right kick, return with left kick.
3. Left front kick, 180 degree jump turn to the right with right kick, right front kick, 180 degree jump turn to the left with left kick.
4. With weight on front foot, 180 degree jump turn to the right with right kick, with weight on front foot, 180 degree jump to the left with left kick.
5. With both feet, 180 degree jump turn to the right with right kick, with both feet, 180 degree jump turn to the left with left kick.
6. Begin 360 degree counter-clockwise turn with right punch, complete turn by switching feet with left kick, front change to right fighting stance, Begin 360 degree clockwise turn with left punch, complete turn by switching feet with right kick, front change to left fighting stance.
7. Left side kick, 180 degree jump turn to the right with right kick, right side kick, 180 degree jump turn to the left with left kick.

Skills Training (C)

1. Right step forward with lunge punch, retreat right foot to left knee with left high ridge-hand and right knife-hand low blocks, swing left ridge-hand strike.
2. Touch left hand inside left foot with right high block, swing left ridge-hand strike.
3. (Backward 360 degree turn) touch right hand inside right foot, swing left ridge-hand strike.
4. Right reverse punch, right front kick, swing right ridge-hand strike.
5. Right high knife-hand block and left underhand knife-hand strike, swing right ridge-hand strike.
6. (Backward 360 degree turn) touch left hand inside left foot, jump to touch right hand inside right foot, swing right ridge-hand strike.
7. (Backward 360 degree turn) touch left hand inside left foot, jump to touch right hand inside right foot, right back-roundhouse kick, swing right ridge-hand strike.

Skills Training (D)

1. Hold inside right foot with left hand and right knife-hand strike, hold inside left foot with left hand and right high ridge-hand block, swing left ridge-hand strike.

2. Retreat left foot to right knee with right punch, swing right ridge-hand strike, advance left foot to right knee with right ridge-hand strike, jump to touch inside right foot with right hand and left high ridge-hand block, swing right ridge-hand strike.
3. Jumping right knife-hand strike/left reverse punch/right ridge-hand strike, retreat with right crescent kick, swing left ridge-hand strike.
4. (Forward 360 degree turn) touch right hand inside right foot, left roundhouse kick, swing left ridge-hand strike.
5. Right step forward with lunge punch, retreat right foot to left knee with left high ridge-hand and right knife-hand low blocks, swing left ridge-hand strike.
6. Right step forward with lunge punch, (Backward 360 degree turn) touch left hand inside left foot, swing right ridge-hand strike.
7. Left reverse punch, turn left to the rear and touch floor with right kick, left turn knife-hand strike, right reverse punch, right front kick, swing right ridge-hand strike.

Skills Training (D) with Kicking Alternatives

1. Hold inside right foot with left hand and right knife-hand strike, **jump back-roundhouse kick with left foot** with right high ridge-hand block, swing left ridge-hand strike.
2. Retreat left foot to right knee with right punch, swing right ridge-hand strike, advance left foot to right knee with right ridge-hand strike, **jump side kick with right foot** with left high ridge-hand block, swing right ridge-hand strike.
3. Jumping right knife-hand strike/left reverse punch/right ridge-hand strike, retreat with right crescent kick to **jump back-roundhouse kick with left foot**, swing left ridge-hand strike.
4. Right foot forward 360 degree turn (counter-clockwise) to **jump left roundhouse kick with left foot**, swing left ridge-hand strike.
5. Right step forward with lunge punch, retreat right foot to left knee with left high ridge-hand and right knife-hand low blocks, **jump roundhouse kick with left foot**, swing left ridge-hand strike.
6. Right leg forward with lunge punch to counter-clockwise **360 degree jump crescent kick with left foot** (retreat left foot to rear), swing right ridge-hand strike.
7. Left reverse punch, turn left to the rear and touch floor with right kick, left turn knife-hand strike, right reverse punch, advancing **right jump front thrust kick**, swing right ridge-hand strike.

Skills Training (E)

1. From left knife-hand starting position - Right reverse-punch, left punch with right foot behind left knee, right high punch with right foot in left hand, return with left ridge-hand strike.
2. 180 degree turn to the right, right ridge-hand strike, right foot behind left knee with left punch then left ridge-hand strike, right punch, right front kick, right ridge-hand strike.
3. Right rising knife-hand block, switch footing with left punch, left knife-hand strike, right punch, right front kick, right ridge-hand strike.
4. Four hand techniques in one jump (left knife-hand, right knife-hand, left ridge-hand, right ridge-hand).
5. Left blocking kick (arch), right back roundhouse kick, left roundhouse kick, right twisting kick.

Knife Defense Combinations

1. From left fighting stance – left knife-hand low block, right knife-hand high outside block, right kick. Repeat from right fighting stance.
2. From left fighting stance – jump changing foot positions, right knife-hand outside block, right kick. Repeat from right fighting stance.
3. From left fighting stance – left knife-hand high outside block, right knife-hand high outside block, left knife-hand low block, 180 degree right turn with right knife-hand guard, right kick. Repeat from right fighting stance.

THE CANE

The cane is an effective weapon that can be used to protect oneself in extreme situations. These include handling an attacker of superior size and strength, multiple attackers or an attacker utilizing a weapon. It is also an artful instrument that can be used to demonstrate control and discipline.

REMEMBER: Always be true to the martial arts code and rules of engagement as it pertains to the use of excessive force.

Eligibility

Red belt students and above. Adults requiring a cane.

Equipment Required

Cane

Session Frequency

Cane technique is part of Korean martial arts self-defense but not a requirement in our Taekwon-Do system. It is being taught to expand the knowledge of a select group of students. Special sessions will be set up on a non-regular basis.

Tuition

Cane technique will not be offered to the general public as an independent program nor will Taekwon-Do ranking be affected by this supplemental training. Therefore, there is no tuition requirement.

Expectations

Participating students will be expected to apply themselves as they do during their Taekwon-Do training. Only the techniques demonstrated in the sessions, and any variations discussed, will be practiced at the school. Every precaution will be taken by each student to avoid injuring themselves and others. Students who neglect their Taekwon-Do training will not be permitted to participate.

Ethics

The cane is a device designed to provide aid to those who require assistance while walking, stand or rising from a seated position. As such, society views these people with a special need to be privileged in ways that affords them certain rights. Whether considered handicapped or not, they are given a certain courteousness by others who respect their condition. Therefore, it is not ethical to present yourself as a person with a special need fraudulently. If you do not need the support of your cane to walk or stand, be careful how you present yourself while the cane is in your possession.

CURRICULUM

Exercise System

- Stretching – Lower Back, Hamstrings, Shoulders, Wrists, Arms, Upper Torso
- Strengthening
 - Isometrics: Shorten Cane, Lengthen Cane, Twist, Shorten & Twist, Lengthen & Twist, Biceps, Triceps, Foot Cane Pull.
 - Full Motion: Swinging, Twirling, Striking

Self-Defense System

- Deflecting (Parry)
- Thrusting (Poking)
- Striking
- Locking
- Takedowns
- Twirls
- Forms (Hyong Adaptation)

Parts of the Cane

- Tip
- Shaft
- Horn

PRACTICE SESSION

Warm-ups

Without Cane

Loosen up Joints & Muscles

Twisting Cane

Wrists

Elbows

Shoulders

Swinging Cane

Figure 8

Gripping Cane from Defensive Stance

12 Basic Shaft Strikes

Low – Reverse Low

Middle – Reverse Middle

High – Reverse High

Collar Bone Down Angle – Reverse Upward Angle to Ribs

Reverse Collar Bone Down Angle – Upward Angle to Ribs

Reverse Upward Strike – Downward Strike

2-handed sword strikes

Thrusting

Horizontal

Vertical (top / bottom)

Diagonal

Tip

Horn

Parry & Counter-Striking

Inside

Outside

BASIC DEFENSE

1. Downward Horizontal Block (*low upward strike*)
2. Upward Horizontal Block (*high downward strike*)
3. Downward Horizontal Strike (*high grab*)
4. Twist Release (*2-hand grab from front*)
5. Rear Thrust (*rear grab*)
6. Lateral Release (*lapel grab*)
7. Strike or Hook (*wrist grab – empty hand*)
8. Wrist Lock (*wrist grab – cane hand*)

9. Vertical Block (*punch*)
10. Outside Parry (*punch*)

BASIC OFFENSE

1. Tip thrust
2. Shaft thrust
3. Horn thrust
4. Shaft strike
5. Horn hook

APPLICATION SAMPLES

(Assumes you are holding your cane in the right hand. Reverse “right” and “left” for left handed cane application. Attacks are highlighted in bold type face and response is in italics.)

1. **Front headlock** (*right hand punch to groin – downward horizontal strike to thigh*)
2. **Double wrist grab – cane hand** (*upward groin strike – step on foot while applying a twisting thrust to right thigh – downward strike*)
3. **Side headlock** (*strike to shin – upward horizontal strike to groin – ankle hook sweep – finishing strike or thrust*)
4. **Right Punch** (*Left knifehand block – upward cane strike to the elbow while maintaining control of the wrist with the blocking hand – move cane shaft to the left side of the opponent’s neck (opposite side of the body from the extended arm) while bending the extended arm up 90 degrees – apply downward pressure at the wrist while maintaining steady pressure with the cane – drop opponent to the ground – downward strike to the ribs*)
5. **Left Punch** (*Outward parry – position cane shaft behind neck while striking the neck with the left hand (maintain the grip on the cane during the strike) – move cane hook and left elbow forward to apply choke – adjust footing – step back with left foot forcing opponent’s head down toward your chest – strike with left knee or front kick – pull left foot back and drop opponent to the ground – cane tip thrust to the head*)
6. **Double Shoulder Grab from Rear** (*Step forward with left foot – turn clockwise while raising right arm over opponent’s grip – lower arms and execute a Reverse Collar Bone Down Angle strike to neck/head – hook left knee and pull briskly to drop opponent – hook strike to head*)

HYONGS (chon-ji, tan-gun, to-san, won-hyo)

Taekwon-Do Technique

Cane Technique

Low block.....2-handed downward shaft thrust or strike/low fan block

Middle block.....2-handed side shaft thrust or strike/middle fan block
High block.....2-handed upward shaft thrust or strike/2-handed diagonal sword block
Knife-hand guarding block/outer forearm block.....1 or 2-handed parry
Twin outer forearm block (as in Tan-Gun Hyong open or closed hand).....2-handed diagonal shaft thrust
Twin outer forearm wedge block (as in Do-San Hyong).....outer forearm block & outside parry combo
Punches/spear strikes.....tip or hook thrust
Knife-hand strikes/back-fist strikes.....swinging strikes
Kicks.....kicks