

ITF Pattern with Kiaps

Chon-Ji – Movement 17

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.

Dan-Gun – Movements 8 & 17

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.

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.

Do-San – Movements 6 & 22

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.

22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

Won-Hyo – Movement 12

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.

Yul-Gok – Movements 24, 27 & 36

24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.

27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.

36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.

Joong-Gun – Movement 12

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.

Toi-Gye – Movement 29

29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.

Hwa-Rang – Movements 14 & 25

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.

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.

Choong-Moo – Movements 9 & 19

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.

(On the execution of the knife hand guarding block)

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.

(On the landing performing the knife hand guarding block)

Kwang-Gae – Movements 23 & 27

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.

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.

Po-Eun – Movements 12 & 30

12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.

30. Execute a left horizontal punch to B while maintaining a sitting stance toward D.

Ge-Baek – Movements 19 & 28

19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.