

# TAEKWONDO UNITED



## 1ST DEGREE PROBATIONARY BLACK BELT

### GWANG-GAE

42 MOVEMENTS

Gwang-Gae is named after the famous Gwan-Gae-To Wang, the 19<sup>th</sup> king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (+ over -) represents the expansion and recovery of lost territory.

Ready Stance

1. Twin Knife hand Strikes (Yell)
2. Ready Stance B
3. Right Reverse Upset Punch Middle (Medium)
4. Left Reverse Upset Punch Middle (Medium)
5. Right Hooking Block
6. Left Double Knife hand Block Low
7. Left Hooking Block
8. Right Double Knife hand Block Low
9. Left Double Knife hand Block
10. Right Double Knife hand Block
11. Right Reverse Palm Heel Upset Strike High (Medium)
12. Left Reverse Palm Heel Upset Strike High (Medium)
13. Right Knife hand Strike Low (To Left Palm)
14. Left Side Kick Low
15. Left Side Kick High
16. Right Reverse Outside Knife hand Strike High
17. Left Hammer fist
18. Right Side Kick Low
19. Right Side Kick High
20. Left Reverse Outside Knife hand Strike High
21. Right Hammer fist
22. Right Reverse Press Block Low (Medium)
23. Left Reverse Press Block Low (Medium)
24. Right Outside Crescent Kick
25. Right Back fist (Yell)
26. Right Double Inner Forearm Block
27. Right Inner Forearm block/Left Reverse Low Block
28. Right Horizontal Spear hand High (Medium)
29. Left Outside Crescent Kick
30. Left Back fist (Yell)
31. Left Double Inner Forearm Block
32. Left Inner Forearm Block/Right Reverse Low Block
33. Left Horizontal Spear hand High (Medium)
34. Twin Punch High
35. Twin Upset Punch Middle
36. Right Front Kick
37. Right Double Knife hand Block
38. Left Punch High
39. Twin Upset Punch Middle
40. Left Front Kick
41. Left Double Knife hand Block
42. Right Punch High

Right One Leg Stance

Left Front Stance  
Right Front Stance  
Right Front Stance  
Left Back Stance  
Left Front Stance  
Right Back Stance  
Left Cat Stance  
Right Cat Stance  
Left Front Stance  
Right Front Stance  
Closed Stance

Left Back Stance  
Closed Stance

Right Back Stance  
Closed Stance  
Left Front Stance  
Right Front Stance

Sitting Stance  
Right Front Stance  
Right Front Stance  
Right Extended Front Stance

Sitting Stance  
Left Front Stance  
Left Front Stance  
Left Extended Front Stance  
Right Front Stance  
Left Front Stance

Right Back Stance  
Left Front Stance  
Right Front Stance

Left Back Stance  
Right Front Stance

# TAEKWONDO UNITED



## 1ST DEGREE DECIDED BLACK BELT PATTERN

### PO-EUN 36 MOVEMENTS

Po-Eun is the pseudonym of the loyal subject Chong Moong-Chu (1400 A.D.). He was a famous poet whose poem "I Would Not Serve a Second Master Though I Might Be Crucified A Hundred Times" is known by every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to his king and country towards the end of the Koryo Dynasty.

#### Ready Stance

1. Left Double Fist Block
2. Left Double Upward Punch High
3. Right Side Kick Low
4. Right Knifehand Strike Middle
5. Left Horizontal Punch
6. Right Inner Forearm Block/Left Low Block
7. Left Inner Forearm Block/Right Low Block
8. Twin Inner Forearm Block
9. Right Backward Elbow Strike
10. Right Punch Middle
11. Left Backward Elbow Strike
12. Right Double Horizontal Punch
13. Right Wrist Slap Low
14. Right C-Block (Yell)
15. Twin Elbow Strike (Medium - end fast)
16. Left Low Block/Right Back Fist
17. Left Hammer Fist Low (To Right Palm)
18. Left Circular Double Ridgehand Block Low
19. Right Double Fist Block
20. Right Double Upward Punch High
21. Left Side Kick Low
22. Left Knifehand Strike Middle
23. Right Horizontal Punch
24. Left Inner Forearm Block/Right Low Block
25. Right Inner Forearm Block/Left Low Block
26. Twin Inner Forearm Block
27. Left Backward Elbow Strike
28. Left Punch Middle
29. Right Backward Elbow Strike
30. Left Double Horizontal Punch
31. Left Wrist Slap Low
32. Left C-Block (Yell)
33. Twin Elbow Strike (Medium - end fast)
34. Right Low Block/Left Backfist
35. Right Hammer Fist Low (To Left Palm)
36. Right Circular Double Ridgehand Block Low

Left Back Stance  
Left One Leg Stance

Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Left X-Stance  
Right Back Stance  
Closed Stance  
Sitting Stance  
Right X-Stance  
Left Back Stance  
Right Back Stance  
Right One Leg Stance

Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Sitting Stance  
Right X-Stance  
Left Back Stance  
Closed Stance  
Sitting Stance  
Left X-Stance  
Right Back Stance

# TAEKWONDO UNITED



## 1<sup>ST</sup> DEGREE SENIOR BLACK BELT PATTERN

### GE-BAEK 44 MOVEMENTS

Ge-Baek is named after Ge-Baek, a great General in the Baek Je Dynasty (660 A.D.). The Diagram (I) represents his severe strict military discipline.

#### Ready Stance

1. Left Knifehand X Block Middle (Yell)
2. Right Twist Kick
3. Right Punch Middle
4. Left Reverse Punch Middle
5. Left High Block
6. Left Low Block (One Arm Only)
7. Twin Horizontal Pressing Arc Hand Middle (Medium)
8. Left Double Fist Block
9. Left Palm Heel Upset Strike High
10. Right Punch Middle
11. Left Backfist (Right Fist Under Left Elbow)
12. Left Double Knifehand Block
13. Left Front Kick
14. Left Horizontal Spearhand High
15. Right Reverse Horizontal Spearhand High
16. Right Side Kick
17. Left Double Fist Block
18. Left Double Fist Block
19. Left Double Knifehand Block
20. Right 9 Block
21. Left Knifehand Low Block
22. Right Round Kick
23. Right Jump Skip Side Kick (Yell)
24. Twin Punch High
25. Twin Horizontal Pressing Arc Hand Middle (Medium)
26. Left Reverse Upset Punch Middle
27. Right Reverse Horizontal Elbow Strike (To Left Palm)
28. Right Double Inner Forearm Block
29. Right palm Heel Upset Strike High
30. Left Punch Middle
31. Right Backfist (Left Fist Under Right Elbow)
32. Right Reverse Ridgehand Strike High
33. Right Round Kick
34. Twin Punch High
35. Right Reverse Upset Punch High (Yell)
36. Left 9 Block
37. Left Circular Double Ridgehand Block Low
38. Right Circular Double Knifehand Block Low
39. Left Leg Stretch/Twin Inner Forearm Block
40. Left Leg Stretch/Twin Inner Forearm Block
41. Right High Block
42. Left Reverse Punch Middle
43. Left High Block
44. Right Reverse Punch Middle

#### Left Back Stance

- Right Front Stance
- Right Front Stance
- Left Front Stance
- Left Front Stance
- Left Front Stance
- Right One Leg Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Left Back Stance

#### Left Front Stance Left Front Stance

- Left Back Stance
- Left Back Stance
- Left Back Stance
- Sitting Stance
- Left Front Stance

- Right Front Stance
- Right Front Stance
- Right Front Stance
- Left Front Stance
- Right X Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Left Front Stance

- Left Front Stance
- Left Back Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Right Front Stance
- Right Front Stance
- Left Front Stance
- Left Front Stance

# TAEKWONDO UNITED



## 2<sup>ND</sup> DEGREE BLACK BELT PATTERN

### CHOONG-JANG 54 MOVEMENTS

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14<sup>th</sup> Century. This pattern ends with a left hand attack to symbolize the tragedy of his death at age 27 in prison before he was able to reach full maturity.

#### Ready Stance

- |   |                       |
|---|-----------------------|
| 1. Right Inner Forearm Block/Left Low Block           | Sitting Stance        |
| 2. Left Inner Forearm Block/Right Low Block           | Sitting Stance        |
| 3. Left Horizontal Punch (Medium)                     | Closed Stance         |
| 4. Right Reverse Two Finger Strike High               | Left Front Stance     |
| 5. Left Reverse Two Finger Strike High                | Right Front Stance    |
| 6. Right Backfist (Left Fist Under Right Elbow)       | Right Front Stance    |
| 7. Left High Block                                    | Left Front Stance     |
| 8. Right Punch High                                   | Right Front Stance    |
| 9. Left Double Fist Block                             | Left Back Stance      |
| 10. Right Front Kick                                  |                       |
| 11. Right Horizontal Spearhand High                   | Right Front Stance    |
| 12. Right Drop Round Kick                             |                       |
| 13. Right Punch High (Yell)                           | Right Kneeling Stance |
| 14. Left Reverse Backward Elbow Strike                | Right Back Stance     |
| 15. Right Double Fist Block                           | Right Back Stance     |
| 16. Left Palm Heel Upset Strike High                  | Left Back Stance      |
| 17. Right Knifehand Strike High                       | Right Back Stance     |
| 18. Left X Block Low                                  | Left Front Stance     |
| 19. Right Knee Strike (Yell)                          |                       |
| 20. Left Double Knifehand Block                       | Left Back Stance      |
| 21. Right Reverse Backward Elbow Strike               | Left Back Stance      |
| 22. Right Double Knifehand Block                      | Right Back Stance     |
| 23. Right Side Kick                                   |                       |
| 24. Twin Press Block Low                              | Left Cat Stance       |
| 25. Right Outside Block (Left Fist under Right Elbow) | Right Front Stance    |
| 26. Right Backfist                                    | Right Front Stance    |
| 27. Left Horizontal Spearhand High                    | Left Back Stance      |
| 28. Right Hand Grab                                   | Left Back Stance      |
| 29. Right Front Kick                                  |                       |
| 30. Left Horizontal Punch (Medium)                    | Left Front Stance     |
| 31. Left Leg Stretch/Left Backhand                    | Left Back Stance      |
| 32. Right Reverse Horizontal Punch (To Left Palm)     | Left Back Stance      |
| 33. Right Leg Stretch/Right Backhand                  | Right Back Stance     |
| 34. Left Reverse Horizontal Punch (To Right Palm)     | Right Back Stance     |

# TAEKWONDO UNITED



## Choong-Jang continued

35. Left Leg Stretch/Left Knifehand Strike High
36. Right Reverse Vertical Elbow Strike (To Left Palm)
37. Right Leg Stretch/Right Knifehand Strike High
38. Left Reverse Vertical Elbow Strike (To Right Palm)
39. Left Circular Double Ridgehand Block Low
40. Right Reverse 9 Block
41. Right Circular Double Ridgehand Block Low
42. Left Reverse 9 Block
43. Twin Knifehand Strike High (Yell)
44. Right Reverse Arc Hand Grab High
45. Right Front Kick
46. Left Reverse Arc Hand Grab High
47. Left Front Kick
48. Right Reverse Punch High
49. Left Punch High
50. Twin Inverted Punch High (Medium)
51. Left Knifehand Low Block
52. Right Reverse Palm Heel Strike High
53. Right Knifehand Low Block
54. Left Reverse Palm Heel Strike High

Left Back Stance  
Left Front Stance  
Right Back Stance  
Right Front Stance  
Left Back Stance  
Left Front Stance  
Right Back Stance  
Right Front Stance  
Left Front Stance  
Left Front Stance

Right Front Stance

Left Front Stance  
Left Front Stance  
Closed Stance  
Left Front Stance  
Left Front Stance  
Right Front Stance  
Right Front Stance

# TAEKWONDO UNITED



## 2<sup>ND</sup> DEGREE DECIDED BLACK BELT PATTERN

### YOO-SIN 69 MOVEMENTS

Named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The ready stance signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

#### Ready Stance

- |  |                    |
|--|--------------------|
| 1. Twin Elbow Strike (Yell)              | Sitting Stance     |
| 2. Left Over the Shoulder Punch          | Sitting Stance     |
| 3. Right Over the Shoulder Punch         | Sitting Stance     |
| 4. Right Hooking Block (Medium)          | Sitting Stance     |
| 5. Left Punch Middle                     | Sitting Stance     |
| 6. Left Hooking Block (Medium)           | Sitting Stance     |
| 7. Right Punch Middle                    | Sitting Stance     |
| 8. Left Outer Forearm Block              | Left Front Stance  |
| 9. Right Reverse Inner Forearm Block     | Left Front Stance  |
| 10. Left Palm Heel Upset Strike High     | Sitting Stance     |
| 11. Right Punch Middle                   | Sitting Stance     |
| 12. Right Outer Forearm Block            | Right Front Stance |
| 13. Left Reverse Inner Forearm Block     | Right Front Stance |
| 14. Right Palm Heel Upset Strike High    | Sitting Stance     |
| 15. Left Punch Middle                    | Sitting Stance     |
| 16. Right Reverse Hooking Block (Medium) | Left Front Stance  |
| 17. Left Punch Middle                    | Sitting Stance     |
| 18. Left Reverse Hooking Block (Medium)  | Right Front Stance |
| 19. Right Punch Middle                   | Sitting Stance     |
| 20. Left X Block Low                     | Left Front Stance  |
| 21. Left Knifehand X Block High          | Left Front Stance  |
| 22. Wrist Release                        | Left Front Stance  |
| 23. Right Reverse Punch Middle           | Left Front Stance  |
| 24. Right Front Kick                     |                    |
| 25. Left Reverse Punch Middle            | Right Front Stance |
| 26. Right X Block Low                    | Right Front Stance |
| 27. Right Knifehand X Block High         | Right Front Stance |
| 28. Wrist Release                        | Right Front Stance |
| 29. Left Reverse Punch Middle            | Right Front Stance |
| 30. Left Front Kick                      |                    |
| 31. Right Reverse Punch Middle           | Left Front Stance  |
| 32. Right Double Knifehand Block         | Right Back Stance  |
| 33. Left Double Knifehand Block          | Left Back Stance   |

# TAEKWONDO UNITED



## Yoo-Sin continued

- |   |                    |
|---|--------------------|
| 34. Right Double Knifehand Block                      | Right Back Stance  |
| 35. Left Double Knifehand Block                       | Left Back Stance   |
| 36. Right Double Inner Forearm Block                  | Right Front Stance |
| 37. Right Inner Forearm Block/Left Reverse Low Block  | Right Front Stance |
| 38. Left Double Inner Forearm Block                   | Left Front Stance  |
| 39. Left Inner Forearm Block/Right Reverse Low Block  | Left Front Stance  |
| 40. Right Punch Middle (Yell)                         | Right Front Stance |
| 41. Left Ridgehand Block High                         | Left Back Stance   |
| 42. Ready Stance C (Medium)                           | Closed Stance      |
| 43. Twin Upset Punch Middle                           | Right Front Stance |
| 44. Twin Upset Punch Middle                           | Left Front Stance  |
| 45. Right Inner Forearm Block                         | Right Back Stance  |
| 46. Left Reverse Horizontal Punch                     | Right Back Stance  |
| 47. Right Horizontal Punch (Medium)                   | Closed Stance      |
| 48. Left Inner Forearm Block                          | Left Back Stance   |
| 49. Right Reverse Horizontal Punch                    | Left Back Stance   |
| 50. Left Horizontal Punch (Medium)                    | Closed Stance      |
| 51. Left C-Punch                                      | Left Back Stance   |
| 52. Right C-Punch                                     | Right Back Stance  |
| 53. Right Leg Stretch                                 |                    |
| 54. Right Outside Block (Left Fist Under Right Elbow) | Sitting Stance     |
| 55. Right Inner Leg Block/Right Outer Forearm Block   | Sitting Stance     |
| 56. Left Inner Leg Block/Right Outside Block          | Sitting Stance     |
| 57. Right Backhand                                    | Sitting Stance     |
| 58. Left Inside Crescent Kick/Side Kick               |                    |
| 59. Left Backhand                                     | Sitting Stance     |
| 60. Right Inside Crescent Kick/Side Kick              |                    |
| 61. Right 9 Block                                     | Sitting Stance     |
| 62. Left 9 Block                                      | Sitting Stance     |
| 63. Right 9 Block                                     | Sitting Stance     |
| 64. Left 9 Block                                      | Sitting Stance     |
| 65. Right Hammer Fist (Yell)                          | Closed Stance      |
| 66. Twin Punch High                                   | Left Front Stance  |
| 67. Twin Punch High                                   | Left Front Stance  |
| 68. Left Double Knifehand Block                       | Left Back Stance   |
| 69. Right Double Knifehand Block                      | Right Back Stance  |

# TAEKWONDO UNITED



## 2ND DEGREE SENIOR BLACK BELT PATTERN

### UL-JI 42 MOVEMENTS

Ul-Ji is named after General Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly 1 million soldiers. Ul-Ji, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represents the author's age when he designed the pattern.

#### Ready Stance

- |   |                    |
|---|--------------------|
| 1. Twin Hammer Fist Strike High (Yell)                            | Right Front Stance |
| 2. Left X Block Low   | Left Front Stance  |
| 3. Left Knifehand X Block High                                    | Left Front Stance  |
| 4. Right Reverse Outside Knifehand Strike/Left Ridgehand Block    | Left Front Stance  |
| 5. Left Backhand High   | Sitting Stance     |
| 6. Right Inside Crescent Kick (To Left Palm)                      | Sitting Stance     |
| 7. Right Horizontal Elbow Strike                                  | Sitting Stance     |
| 8. Right Horizontal Punch   | Sitting Stance     |
| 9. Left Low Block/Right Backfist                                  | Closed Stance      |
| 10. Twin Fists on Hips (Medium)                                   |                    |
| 11. Right Side Kick   | Left X Stance      |
| 12. Twin Elbow Strike   | Sitting Stance     |
| 13. Left Double Horizontal Punch                                  | Parallel Stance    |
| 14. Right Outside Knifehand Strike High/Left Knifehand High Block | Left Back Stance   |
| 15. Left Double Knifehand Block                                   |                    |
| 16. Right Jump Spin Side Kick                                     | Right Front Stance |
| 17. Right Double Inner Forearm Block                              | Closed Stance      |
| 18. Ready Stance B (Medium)                                       | Right X Stance     |
| 19. Right Hammerfist (To Left Palm)                               | Right Front Stance |
| 20. Left Reverse High Block                                       |                    |
| 21. Left Front Kick   | Left Front Stance  |
| 22. Right Reverse Punch High                                      | Right Front Stance |
| 23. Right Spearhand Middle  |                    |
| 24. Left SpinCrescent Kick  | Sitting Stance     |
| 25. Left Backfist (Yell)  | Right Front Stance |
| 26. Twin Low Block (sides of body)                                |                    |
| 27. Right Jump Front Kick   | Right Back Stance  |
| 28. Right Knifehand X Block Middle                                | Left Back Stance   |
| 29. Left X Block Low/Twin Inner Forearm Block                     |                    |
| 30. Left Front Kick   | Left Front Stance  |
| 31. Twin Punch High   | Right Back Stance  |
| 32. Right Knifehand Block/Left Reverse Palm Heel Strike           |                    |



# TAEKWONDO UNITED



## Ul-Ji continued

33. Left Punch High
34. Left Double Fist Block (Slide)
35. Right Round Kick
36. Left Spin Side Kick
37. Left Double Fist Block
38. Right Palm Heel Upset Strike High
39. Left Reverse Inner Forearm Block
40. Right Reverse Inner Forearm Block
41. Left Punch High
42. Right Punch High (Yell)

Left Back Stance  
Left Back Stance

Left Back Stance  
Right Back Stance  
Right Front Stance  
Left Front Stance  
Sitting Stance  
Sitting Stance

# TAEKWONDO UNITED



## 3<sup>RD</sup> DEGREE BLACK BELT

### YON-GAE 51 Movements

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon.

#### Ready Stance

- |     |   |                    |
|-----|---|--------------------|
| 1.  | Left Double Ridgehand Block (Low)                   | Left Back Stance   |
| 2.  | Right Reverse Punch High                            | Left Front Stance  |
| 3.  | Right Double Fist Block                             | Right Back Stance  |
| 4.  | Jump Spin Right Knifehand Strike (Clockwise)        | Right Back Stance  |
| 5.  | X-Block (High)                                      | Right Back Stance  |
| 6.  | Right Spearhand Strike                              | Right Front Stance |
| 7.  | Right Downward Elbow                                | Right Cat Stance   |
| 8.  | Jump Left Backfist                                  | Left X-Stance      |
| 9.  | Right Reverse Knifehand Low Block                   | Left Front Stance  |
| 10. | Left Hooking Block                                  | Parallel Stance    |
| 11. | Right Punch High                                    | Parallel Stance    |
| 12. | Right Double Ridgehand Block (Low)                  | Right Back Stance  |
| 13. | Left Reverse Punch (High)                           | Right Front Stance |
| 14. | Left Double Fist Block                              | Left Back Stance   |
| 15. | Jump Spin Left Knifehand Strike (Counter Clockwise) | Left Back Stance   |
| 16. | X-Block (High)                                      | Left Back Stance   |
| 17. | Left Spearhand Strike                               | Left Front Stance  |
| 18. | Left Downward Elbow Strike                          | Left Cat Stance    |
| 19. | Jump Right Backfist                                 | Right X-Stance     |
| 20. | Left Reverse Knifehand Low Block                    | Right Front Stance |
| 21. | Right Hooking Block                                 | Parallel Stance    |
| 22. | Left Punch High                                     | Parallel Stance    |
| 23. | Twin Ridgehand Block                                | Sitting Stance     |
| 24. | Twin Elbow Strike                                   | Left X-Stance      |
| 25. | Twin Inner Forearm Block                            | Sitting Stance     |
| 26. | Right Reverse Inward Upset Punch                    | Left X-Stance      |
| 27. | Right Spin Hook Kick                                |                    |
| 28. | Left #2 Side Kick                                   | Left X-Stance      |
| 29. | Jump Left Backfist                                  | Sitting Stance     |
| 30. | Twin Ridgehand Block                                | Right X-Stance     |
| 31. | Twin Elbow Strike                                   | Sitting Stance     |
| 32. | Twin Inner Forearm Block                            | Right X-Stance     |
| 33. | Left Reverse Inward Upset Punch                     |                    |
| 34. | Left Spin Hook Kick                                 |                    |
| 35. | Right #2 Side Kick                                  | Right X-Stance     |
| 36. | Jump Right Backfist                                 | Right Back Stance  |
| 37. | Right Double Fist Block                             | Right Cat Stance   |
| 38. | Right Low Block                                     |                    |

# TAEKWONDO UNITED



## YON-GAE, Cont.

- 39. Left Knifehand Strike
- 40. Left Double Fist Block
- 41. Left Low Block
- 42. Right Knifehand Strike
- 43. Left Double Fist Block
- 44. Right Jump Spin Side Kick
- 45. Right Double Knifehand Block
- 46. Left Jump Spin Side Kick
- 47. Left Double Knifehand Block
- 48. Right Reverse Spearhand Strike (Low)
- 49. Left Elbow Strike
- 50. Left Reverse Spearhand Strike (Low)
- 51. Right Elbow Strike

- Left Back Stance
- Left Back Stance
- Left Cat Stance
- Right Back Stance
- Left Back Stance

Right Back Stance

- Left Back Stance
- Left Front Stance
- Right Back Stance
- Right Front Stance
- Left Back Stance

# TAEKWONDO UNITED



## 3<sup>RD</sup> DEGREE DECIDED BLACK BELT

### JUCHE 53 Movements

Juche is the Korean philosophy that man is the master of his own destiny.

#### Ready Stance

1. Twin Innerforearm Block
2. Right Hooking Block
3. Left Punch Middle
4. Twin Outer Forearm Block
5. Right Side Kick (Medium)
6. Left Double Fist Block
7. Right #2 Hook Kick
8. Right Jump Back Fist
9. Left Front Kick/Side Kick
10. Left Knifehand Strike
11. Right Reverse Elbow Strike
12. Left Knifehand Low Block
13. Right Double Knifehand Block
14. Jump Spin Left Knifehand Strike
15. Twin Inner Forearm Block
16. Left Hooking Block
17. Right Punch Middle
18. Twin Outer Forearm Block
19. Left Side Kick (Medium)
20. Right Double Fist Block
21. Left #2 Hook Kick
22. Left Jump Back Fist
23. Right Front Kick/Side Kick
24. Right Knifehand Strike
25. Left Reverse Elbow Strike
26. Right Knifehand Low Block
27. Left Double Knifehand Block
28. Jump Spin Right Knifehand Strike
29. Left #2 Leg Stretch
30. Left Double Fist Block
31. Twin High Arc Hand
32. Slide Back-Right Downward Elbow
33. Left Reverse Ridgehand
34. Slide Back-Left Downward Elbow
35. Right Reverse Ridgehand
36. Twin Outside Knifehand Strike High

- Sitting Stance
- Sitting Stance
- Sitting Stance
- Left One Leg Stance

Left Back Stance

Right X Stance

- Sitting Stance
- Left Front Stance
- Left X Stance
- Right Back Stance
- Left Back Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance
- Right One Leg Stance

Right Back Stance

Left X Stance

- Sitting Stance
- Right Front Stance
- Right X Stance
- Left Back Stance
- Right Back Stance

- Left Cat Stance
- Closed Stance
- Right Cat Stance
- Right Front Stance
- Left Cat Stance
- Left Front Stance
- Right Front Stance

# TAEKWONDO UNITED



## JUCHE, Cont.

- |     |  |                      |
|-----|--|----------------------|
| 37. | Right Reverse Downward Punch                   | Left Front Stance    |
| 38. | Double Step Back and Slide Left Low Block      | Left Back Stance     |
| 39. | Right Jump Spin Side Kick                      |                      |
| 40. | Right Double Fist Block                        | Right Back Stance    |
| 41. | Double Step Back and Slide Right Low Block     | Right Back Stance    |
| 42. | Left Jump Spin Side Kick                       |                      |
| 43. | Left Double Fist Block                         | Left Back Stance     |
| 44. | Double Step-Right Jump Side Kick               |                      |
| 45. | Twin Palm High Section Block                   | Sitting Stance       |
| 46. | Slide Back-Right Slide Elbow                   | Left Back Stance     |
| 47. | Twin Low Block (Sides of Body)                 | Right One Leg Stance |
| 48. | Left Spin Side Kick                            |                      |
| 49. | Left Back Fist                                 | Left Back Stance     |
| 50. | Right Ridgehand Strike                         | Parallel Stance      |
| 51. | Jump Forward-Right Punch and Right Upset Punch | Closed Stance        |
| 52. | Left Reverse Downward Knifehand Strike         | Right Front Stance   |
| 53. | Right Reverse Punch Middle                     | Left Front Stance    |

# TAEKWONDO UNITED



## 3<sup>RD</sup> DEGREE SENIOR BLACK BELT

### KO-DANG 55 Movements

Ko-Dang is the pseudonym of the patriot Cho Man Ik, who dedicated his life to the secession and education of his nation.

#### Ready Stance

- |     |  |                    |
|-----|--|--------------------|
| 1.  | Left Palm Heel Block Middle (Medium)               | Sitting Stance     |
| 2.  | Right Punch Middle                                 | Sitting Stance     |
| 3.  | Right Hook Kick / Round Kick                       |                    |
| 4.  | Left Double Fist Block                             | Left Back Stance   |
| 5.  | Left Inner Forearm Block / Right Reverse Low Block | Left Back Stance   |
| 6.  | Right Palm Heel Block Middle (Medium)              | Sitting Stance     |
| 7.  | Left Punch Middle                                  | Sitting Stance     |
| 8.  | Left Hook Kick / Round Kick                        |                    |
| 9.  | Right Double Fist Block                            | Right Back Stance  |
| 10. | Right Inner Forearm Block / Left Reverse Low block | Right Back Stance  |
| 11. | Twin Inner Forearm Block                           | Right Back Stance  |
| 12. | Right Jump Spin Side Kick                          |                    |
| 13. | Left Double Knifehand Block                        | Left Back Stance   |
| 14. | Twin Inner Forearm Block                           | Left Back Stance   |
| 15. | Left Jump Spin Side Kick                           |                    |
| 16. | Right Double Knifehand Block                       | Right Back Stance  |
| 17. | Left Downward Elbow Strike                         | Left Cat Stance    |
| 18. | Right Downward Elbow Strike                        | Right Cat Stance   |
| 19. | Left Double Press Block                            | Left Front Stance  |
| 20. | Right Double Press Block                           | Right Front Stance |
| 21. | Left Low Block                                     | Left Back Stance   |
| 22. | Right Double Round Kick                            |                    |
| 23. | Left Jump Spin Crescent Kick                       |                    |
| 24. | Right Double Fist Block                            | Right Back Stance  |
| 25. | Right Low Block                                    | Right Back Stance  |
| 26. | Left Double Round Kick                             |                    |
| 27. | Right Jump Spin Crescent Kick                      |                    |
| 28. | Left Double Fist Block                             | Left Back Stance   |
| 29. | Right Palm Heel Upset Strike High                  | Right Cat Stance   |
| 30. | Left Palm Heel Upset Strike High                   | Left Cat Stance    |
| 31. | Right Front Kick                                   |                    |
| 32. | Twin Outside Knifehand Strike High                 | Right Front Stance |
| 33. | Left Knifehand High Block                          | Left Front Stance  |
| 34. | Left Knifehand Low Block                           | Left Back Stance   |
| 35. | Right Reverse Punch Middle                         | Left Front Stance  |
| 36. | Left Double Fist Block                             | Left Back Stance   |
| 37. | Left Jump Front Kick                               |                    |

# TAEKWONDO UNITED



## KO-DANG CONTINUED

- 38. Left Double Knifehand Block
- 39. Right Jump Backfist (Yell)
- 40. Left Outer Forearm Block
- 41. Right Reverse Punch Middle
- 42. Right Outer Forearm Block
- 43. Left Reverse Punch Middle
- 44. Right Reverse Upset Punch High (Yell)
- 45. Right Leg Sweep
- 46. Right Downward Knifehand Strike
- 47. Right Side Kick (Medium)
- 48. Left Double Fist Block
- 49. Left Reverse Upset Punch High (Yell)
- 50. Left Leg Sweep
- 51. Left Downward Knifehand Strike
- 52. Left Side Kick (Medium)
- 53. Right Double Fist Block
- 54. Right Double Knifehand Block
- 55. Left Double Knifehand Block

- Left Back Stance
- Right X-Stance
- Left Front Stance
- Left Front Stance
- Right Front Stance
- Right Front Stance
- Left Back Stance
  
- Right Back Stance
  
- Left Back Stance
- Right Back Stance
  
- Left Back Stance
  
- Right Back Stance
- Right Back Stance
- Left Back Stance

# TAEKWONDO UNITED



## 4<sup>TH</sup> DEGREE BLACK BELT

### CHOI-YONG 50 Movements

Choi-Yong is named after the General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14<sup>th</sup> century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.

#### Ready Stance

1. Left Double Fist Block
2. Left Vertical Punch High
3. Right Double Fist Block
4. Right Vertical Punch High
5. Left Knifehand High Block
6. Right Reverse Inner Forearm Block
7. Left Punch High
8. Right Knifehand High Block
9. Left Reverse Inner Forearm Block
10. Right Punch High
11. Left Double Knifehand Block Low
12. Right Round Kick
13. Left Spin Hook/Round Kick
14. Right Reverse Horizontal Elbow Strike (Yell)
15. Right Double Knifehand Block Low
16. Left Round Kick
17. Right Spin Hook Kick/Round Kick
18. Left Reverse Horizontal Elbow Strike (Yell)
19. Left Double Press Block (Medium)
20. Right Double Press Block (Medium)
21. Twin Outer Knifehand Block
22. Right Front Kick
23. Left Double Fist Block
24. Twin Outer Knifehand Block
25. Left Front Kick
26. Right Double Fist Block
27. Right Sliding Double Fist Block
28. Left Horizontal Spearhand High
29. Right Horizontal Spearhand High
30. Right Hooking Block (Medium)
31. Left Punch High
32. Right Double Fist Block
33. Right Side Kick
34. Right Hammerfist (to left palm) (Yell)
35. Right Double Fist Block

- Left Cat Stance
- Left Cat Stance
- Right Cat Stance
- Right Cat Stance
- Left Front Stance
- Left Front Stance
- Left Front Stance
- Right Front Stance
- Right Front Stance
- Right Front Stance
- Left Back Stance

- Left Front Stance
- Right Back Stance

- Right Front Stance
- Left Front Stance
- Right Front Stance
- Left Front Stance

- Left Back Stance
- Right Front Stance

- Right Back Stance
- Right Back Stance
- Left Front Stance
- Right Front Stance
- Parallel Stance
- Parallel Stance
- Left One Leg Stance

- Right X Stance
- Right Back Stance



# TAEKWONDO UNITED



## CHOI-YONG, Cont.

- |     |  |                      |
|-----|--|----------------------|
| 36. | Left Front Kick/Round Kick             |                      |
| 37. | Right Jump Spin Heel Kick              |                      |
| 38. | Left Double Fist Block                 | Left Back Stance     |
| 39. | Right Knifehand Strike High            | Right Back Stance    |
| 40. | Left Hooking Block (Medium)            | Parallel Stance      |
| 41. | Right Punch High                       | Parallel Stance      |
| 42. | Left Double Fist Block                 | Right One Leg Stance |
| 43. | Left Side Kick                         |                      |
| 44. | Left Hammerfist to (Right Palm) (Yell) | Left X Stance        |
| 45. | Left Double Fist Block                 | Left Back Stance     |
| 46. | Right Front Kick/Round Kick            |                      |
| 47. | Left Jump Spin Heel Kick               |                      |
| 48. | Right Double Fist Block                | Right Back Stance    |
| 49. | Left Knifehand Strike High             | Left Back Stance     |
| 50. | Right Punch High                       | Right Back Stance    |

# TAEKWONDO UNITED



## 4<sup>TH</sup> DEGREE SENIOR BLACK BELT

### TONG-IL 67 Movements

Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945.  
The diagram symbolizes the homogenous race.

#### Ready Stance

- |     |   |                    |
|-----|---|--------------------|
| 1.  | Twin Punch High (Yell)                    | Left Front Stance  |
| 2.  | Twin Knifehand Strike High                | Left Front Stance  |
| 3.  | Right Inner Forearm Block                 | Right Back Stance  |
| 4.  | Left Reverse Punch High                   | Right Front Stance |
| 5.  | Right Punch High                          | Right Back Stance  |
| 6.  | Left Reverse Punch High                   | Right Back Stance  |
| 7.  | Left Round Kick                           |                    |
| 8.  | Left Low Block/Right Reverse Backfist     | Left Back Stance   |
| 9.  | Left Backhand                             | Left Back Stance   |
| 10. | Right Inside Crescent Kick                |                    |
| 11. | Right Low Block/Left Reverse Backfist     | Right Back Stance  |
| 12. | Right Backhand                            | Right Back Stance  |
| 13. | Left Inside Crescent Kick                 |                    |
| 14. | Twin Elbow Strike                         | Left Back Stance   |
| 15. | Right Ridgehand Block High                | Right Front Stance |
| 16. | Left Reverse Ridgehand Block High         | Right Front Stance |
| 17. | Right Punch High                          | Right Front Stance |
| 18. | Left Reverse Punch High                   | Right Front Stance |
| 19. | Left Twist Kick                           |                    |
| 20. | Left Backfist                             | Left Back Stance   |
| 21. | Right Twist Kick                          |                    |
| 22. | Right Backfist                            | Right Back Stance  |
| 23. | Left Outside Knifehand Strike High        | Left Cat Stance    |
| 24. | Right Outside Knifehand Strike High       | Right Cat Stance   |
| 25. | Left Double Press Block (Medium)          | Left Front Stance  |
| 26. | Right Double Press Block (Medium)         | Right Front Stance |
| 27. | Right Knifehand Strike Low (To Left Palm) | Closed Stance      |
| 28. | Right Spin Heel Kick                      |                    |
| 29. | Left Knifehand High Block                 | Left Front Stance  |
| 30. | Right Reverse Punch High                  | Left Front Stance  |
| 31. | Left Reverse Reinforced Upset Punch High  | Right Back Stance  |
| 32. | Right Reverse Horizontal Punch            | Left Front Stance  |
| 33. | Left Spin Heel Kick                       |                    |
| 34. | Right Knifehand High Block                | Right Front Stance |
| 35. | Left Reverse Punch High                   | Right Front Stance |
| 36. | Right Reverse Reinforced Upset Punch High | Left Back Stance   |
| 37. | Left Reverse Horizontal Punch             | Right Front Stance |

# TAEKWONDO UNITED



## TONG-IL, Cont.

- |     |  |                      |
|-----|--|----------------------|
| 38. | Right Circular Double Ridgehand Block Low    | Right Back Stance    |
| 39. | Left Circular Double Ridgehand Block Low     | Left Back Stance     |
| 40. | Left Knifehand Block/Right Reverse Low Block | Left Front Stance    |
| 41. | Twin High Punch Right Front Stance           |                      |
| 42. | Right Hammerfist (To Left Palm)              | Left One Leg Stance  |
| 43. | Right Spin Side Kick                         |                      |
| 44. | Twin Inner Forearm Block                     | Sitting Stance       |
| 45. | Right Jump Hook Kick (Yell)                  |                      |
| 46. | Twin Inner Forearm Block                     | Sitting Stance       |
| 47. | Right Round Kick                             |                      |
| 48. | Right 9 Block                                | Sitting Stance       |
| 49. | Left 9 Block                                 | Sitting Stance       |
| 50. | Right Knifehand Block/Left Reverse Low Block | Right Front Stance   |
| 51. | Twin Punch High                              | Left Front Stance    |
| 52. | Left Hammerfist (To Right Palm)              | Right One Leg Stance |
| 53. | Left Spin Side Kick                          |                      |
| 54. | Twin Inner Forearm Block                     | Sitting Stance       |
| 55. | Left Jump Hook Kick (Yell)                   | Left X Stance        |
| 56. | Twin Inner Forearm Block                     | Left Front Stance    |
| 57. | Left X Block Low                             | Right Front Stance   |
| 58. | Left Outside Block                           | Right Front Stance   |
| 59. | Right Outside Block                          | Left Front Stance    |
| 60. | Left Reverse Palm Heel Strike High (Medium)  | Left Front Stance    |
| 61. | Left Low Block/Right Reverse Knifehand Block | Right Front Stance   |
| 62. | Right Reverse Palm Heel Strike High (Medium) | Right Front Stance   |
| 63. | Right Low Block/Left Reverse Knifehand Block | Right Front Stance   |
| 64. | Right High Block                             | Right Front Stance   |
| 65. | Left Reverse Punch High                      | Left Front Stance    |
| 66. | Left High Block                              | Left Front Stance    |
| 67. | Right Reverse Punch High                     | Left Front Stance    |

# TAEKWONDO UNITED



## 5<sup>TH</sup> DEGREE BLACK BELT

### MOON-MOO 69 Movements

Moon-moo honors the 30<sup>th</sup> King of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was build to guard his tomb.

#### Ready Stance

1. Left Double Fist Block
2. Left Side Kick (Medium)
3. Left Side Kick
4. Right Horizontal Spearhand High
5. Right Jump Spin Hook Kick
6. Left Double Fist Block
7. Right Knifehand Strike (Yell)
8. Left Double Press Block (Medium)
9. Right Double Press Block (Medium)
10. Right Knifehand Low Block/Left Reverse Knifehand Block
11. Right Double Fist Block
12. Right Side Kick (Medium)
13. Right Side Kick
14. Left Spearhand High
15. Left Jump Spin Hook Kick
16. Right Double Fist Block
17. Left Knifehand Strike (Yell)
18. Right Double Press Block (Medium)
19. Left Double Press Block (Medium)
20. Left Knifehand Low Block/Right Reverse Knifehand Block
21. Twin Low Block
22. Right Side Kick
23. Right Reverse Punch High
24. Twin Low Block
25. Left Sidekick
26. Left Reverse Punch High
27. Left Press Block Low
28. Left Front Kick
29. Right Crescent Kick
30. Right Hammerfist Middle (Yell)
31. Left Palm Heel Upset Strike High
32. Right Punch Middle
33. Left Knifehand Low Block
34. Right Jump Side Kick
35. Left Jump Spin Heel Kick

#### Right One Leg Stance

#### Sitting Stance

- Left Back Stance
- Right X Stance
- Left Front Stance
- Right Front Stance
- Right One Leg Stance
- Left One Leg Stance

#### Sitting Stance

- Right Back Stance
- Left X Stance
- Right Front Stance
- Left Front Stance
- Left One Leg Stance
- Left One Leg Stance

- Left Front Stance
- Right One Leg Stance

- Right Front Stance
- Left Cat Stance

- Sitting Stance
- Sitting Stance
- Sitting Stance
- Sitting Stance

# TAEKWONDO UNITED



## MOON-MOO, Cont.

36.	Right Double Fist Block	Right Back Stance
37.	Left Hooking Block (Medium)	Left Front Stance
38.	Right Press Block Low	Right Cat Stance
39.	Right Front Kick	
40.	Left Crescent Kick	
41.	Left Hammerfist Middle (Yell)	Sitting Stance
42.	Right Palm Heel Upset Strike High	Sitting Stance
43.	Left Punch Middle	Sitting Stance
44.	Right Knifehand Low Block	Sitting Stance
45.	Left Jump Side Kick	
46.	Right Jump Spin Heel Kick	
47.	Left Double Fist Block	Left Back Stance
48.	Right Hooking Block (Medium)	Right Front Stance
49.	Right Twist Kick	
50.	Left Low Block/Right Reverse Backfist	Left Back Stance
51.	Right Reverse Outside Block (left Fist Under Elbow)	Left Front Stance
52.	Left Twist Kick	
53.	Right Low Block/Left Reverse Backfist	Right Back Stance
54.	Left Reverse Outside Block (Right Fist Under Elbow)	Right Front Stance
55.	Left Leg Sweep	
56.	Left Double Knifehand Block	Left Back Stance
57.	Left Double Side Kick	
58.	Left Knifehand Strike High	Left Back Stance
59.	Right Leg Sweep	
60.	Right Double Knifehand Block	Right Back Stance
61.	Right Double Side Kick	
62.	Right Knifehand Strike High	Right Back Stance
63.	Right Reverse Punch High	Left Front Stance
64.	Left Jump Reverse Reinforced Upset Punch Low (Yell)	Right X Stance
65.	Right Jump Reverse Reinforced Upset Punch Low (Yell)	Left X Stance
66.	Right Jump Spin Side Kick	
67.	Right Double Knifehand Block	Right Back Stance
68.	Left Reverse Arc Hand Grab High	Right Front Stance
69.	Right Punch High	Right Front Stance