

TAEKWONDO UNITED



YELLOW BELT FORM

DAN-GUN 21 MOVEMENTS

Is named after the holy Dan-Gun, the legendary founder of Korea, in the year 2333 BC

Ready Stance .

- | | |
|----------------------------------|--------------------|
| 1. Left Double Knife hand Block | Left Back Stance |
| 2. Right Punch High | Right Front Stance |
| 3. Right Double Knife hand Block | Right Back Stance |
| 4. Left Punch High | Left Front Stance |
| 5. Left Low Block | Left Front Stance |
| 6. Right Punch High | Right Front Stance |
| 7. Left Punch High | Left Front Stance |
| 8. Right Punch High (Yell) | Right Front Stance |
| 9. Left Square Block | Left Back Stance |
| 10. Right Punch High | Right Front Stance |
| 11. Right Square Block | Right Back Stance |
| 12. Left Punch High | Left Front Stance |
| 13. Left Low Block | Left Front Stance |
| 14. Left High Block | Left Front Stance |
| 15. Right High Block | Right Front Stance |
| 16. Left High Block | Left Front Stance |
| 17. Right High Block (Yell) | Right Front Stance |
| 18. Left Knife hand Strike High | Left Back Stance |
| 19. Right Punch High | Right Front Stance |
| 20. Right Knife hand Strike High | Right Back Stance |
| 21. Left Punch High | Left Front Stance |

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ORANGE BELT PATTERN

DO-SAN 24 MOVEMENTS

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

Ready Stance

- | | | |
|-----|---------------------------------------|--------------------|
| 1. | Left Outer Forearm Block | Left Front Stance |
| 2. | Right Reverse Punch Middle | Left Front Stance |
| 3. | Right Outer Forearm Block | Right Front Stance |
| 4. | Left Reverse Punch Middle | Right Front Stance |
| 5. | Left Double Knife hand Block | Left Back Stance |
| 6. | Right Spear hand Middle (Yell) | Right Front Stance |
| 7. | Left Back fist | Left Front Stance |
| 8. | Right Back fist | Right Front Stance |
| 9. | Left Outer Forearm Block | Left Front Stance |
| 10. | Right Reverse Punch Middle | Left Front Stance |
| 11. | Right Outer Forearm Block | Right Front Stance |
| 12. | Left Reverse Punch Middle | Right Front Stance |
| 13. | Twin Outer Forearm Block | Left Front Stance |
| 14. | Right Front Kick | Right Front Stance |
| 15. | Right Punch Middle | Right Front Stance |
| 16. | Left Reverse Punch Middle | Right Front Stance |
| 17. | Twin Outer Forearm Block | Right Front Stance |
| 18. | Left Front Kick | Left Front Stance |
| 19. | Left Punch Middle | Left Front Stance |
| 20. | Right Reverse Punch Middle | Left Front Stance |
| 21. | Left High Block | Left Front Stance |
| 22. | Right High Block | Right Front Stance |
| 23. | Left Knife hand Strike Middle | Sitting Stance |
| 24. | Right Knife hand Strike Middle (Yell) | Sitting Stance |

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GREEN & SR. GREEN BELT PATTERN

WON-HYO 27 MOVEMENTS

Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Ready Stance

- | | |
|--|--------------------|
| 1. Left Square Block | Left Back Stance |
| 2. Right Reverse Outside Knife hand Strike High | Left Back Stance |
| 3. Left Punch Middle | Left Fixed Stance |
| 4. Right Square Block | Right Back Stance |
| 5. Left Reverse Outside Knife hand Strike High | Right Back Stance |
| 6. Right Punch Middle | Right Fixed Stance |
| 7. Left Double Fist Block | Closed Stance |
| 8. Left Side Kick | |
| 9. Left Double Knife hand Block | Left Back Stance |
| 10. Right Double Knife hand Block | Right Back Stance |
| 11. Left Double Knife hand Block | Left Back Stance |
| 12. Right Spear hand Middle (Yell) | Right Front Stance |
| 13. Left Square Block | Left Back Stance |
| 14. Right Reverse Outside Knife hand Strike High | Left Back Stance |
| 15. Left Punch Middle | Left Fixed Stance |
| 16. Right Square Block | Right Back Stance |
| 17. Left Reverse Outside Knife hand Strike High | Right Back Stance |
| 18. Right Punch Middle | Right Fixed Stance |
| 19. Right Reverse Inner Forearm Block | Left Front Stance |
| 20. Right Front Kick | |
| 21. Left Reverse Punch Middle | Right Front Stance |
| 22. Left Reverse Inner Forearm Block | Right Front Stance |
| 23. Left Front Kick | |
| 24. Right Reverse Punch Middle | Left Front Stance |
| 25. Right Side Kick (Yell) | |
| 26. Left Double Fist Block | Left Back Stance |
| 27. Right Double Fist Block | Right Back Stance |

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PURPLE & SR. PURPLE BELT PATTERN

YUL-GUK 36 MOVEMENTS

Is the pseudonym of a great philosopher and scholar, Yi I (1536-1584 A. D.) nicknamed the "Confucius of Korea". The diagram (±) represents scholar.

Ready Stance

- | | | |
|-----|--|--------------------|
| 1. | Left Punch Middle (Medium) | Sitting Stance |
| 2. | Right Punch Middle | Sitting Stance |
| 3. | Left Punch Middle | Sitting Stance |
| 4. | Right Punch Middle (Medium) | Sitting Stance |
| 5. | Left Punch Middle | Sitting Stance |
| 6. | Right Punch Middle | Sitting Stance |
| 7. | Right Inner Forearm Block | Right Front Stance |
| 8. | Left Front Kick | |
| 9. | Left Punch Middle | Left Front Stance |
| 10. | Right Reverse Punch Middle | Left Front Stance |
| 11. | Left Inner Forearm Block | Left Front Stance |
| 12. | Right Front Kick | |
| 13. | Right Punch Middle | Right Front Stance |
| 14. | Left Reverse Punch Middle | Right Front Stance |
| 15. | Right Hooking Block (Medium) | Right Front Stance |
| 16. | Left Reverse Hooking Block (Medium) | Right Front Stance |
| 17. | Right Punch Middle | Right Front Stance |
| 18. | Left Hooking Block (Medium) | Left Front Stance |
| 19. | Right Reverse Hooking Block (Medium) | Left Front Stance |
| 20. | Left Punch Middle | Left Front Stance |
| 21. | Right Punch Middle (Yell) | Right Front Stance |
| 22. | Left Side Kick | |
| 23. | Right Reverse Horizontal Elbow Strike (to left palm) | Left Front Stance |
| 24. | Right Side Kick | |
| 25. | Left Reverse Horizontal Elbow Strike (to right palm) | Right Front Stance |
| 26. | Left Knifehand Square Block | Left Back Stance |
| 27. | Right Spearhand Middle | Right Front Stance |
| 28. | Right Knifehand Square Block | Right Back Stance |
| 29. | Left Spearhand Middle | Left Front Stance |
| 30. | Left Outer Forearm Block | Left Front Stance |
| 31. | Right Reverse Punch Middle | Left Front Stance |
| 32. | Right Outer Forearm Block | Right Front Stance |
| 33. | Left Reverse Punch Middle | Right Front Stance |
| 34. | Left Backfist (Yell) | Left X-stance |
| 35. | Right Double Inner Forearm Block | Right Front Stance |
| 36. | Left Double Inner Forearm Block | Left Front Stance |

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BLUE BELT AND SENIOR BLUE BELT PATTERN

JOONG-GUN 32 MOVEMENTS

Is named after the patriot An Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed at Lui-Shin prison (1910).

Ready Stance

1. Left Ridge hand Block
2. Left Front Kick
3. Right Palm Heel Upset Strike
4. Right Ridge hand Block
5. Right Front Kick
6. Left Palm Heel Upset Strike
7. Left Double Knife hand Block
8. Right Reverse Upper Elbow High
9. Right Double Knife hand Block
10. Left Reverse Upper Elbow High
11. Twin Punch High
12. Twin Upset Punch Middle (Yell)
13. Left X-Block High
14. Left Back fist High
15. Left Pull Back
16. Right Reverse Punch High
17. Right Back fist High
18. Right Pull Back
19. Left Reverse Punch High
20. Left Double Inner Forearm Block
21. Left Punch High
22. Right Side Kick
23. Right Double Inner Forearm Block
24. Right Punch High
25. Left Side Kick
26. Left Double Fist Block
27. Left Double Press Block
28. Right Double Fist Block
29. Right Double Press Block
30. Right Horizontal Punch (Medium)
31. Right C-Block
32. Left C-Block (Yell)

Left Cat Stance

Right Back Stance
Right Cat Stance

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

Right Front Stance
Right Back Stance

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

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BROWN AND SENIOR BROWN PATTERN

HWA-RANG 31 MOVEMENTS

Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.

Ready Stance

- | | | |
|-----|---|--------------------|
| 1. | Left Palm Heel Strike Middle | Sitting Stance |
| 2. | Right Punch Middle | Sitting Stance |
| 3. | Left Punch Middle | Sitting Stance |
| 4. | Right Square Block | Right Back Stance |
| 5. | Left Reverse Upset Punch High | Right Back Stance |
| 6. | Right Punch Middle | Right Fixed Stance |
| 7. | Right Knife hand Strike Down - Single Arm | L Stance |
| 8. | Left Punch Middle | Left Front Stance |
| 9. | Left Low Block | Left Front Stance |
| 10. | Right Punch Middle | Right Front Stance |
| 11. | Left Hand Grab | Ready Stance |
| 12. | Right Side Kick | |
| 13. | Right Knife hand Strike Middle | Right Back Stance |
| 14. | Left Punch Middle | Left Front Stance |
| 15. | Right Punch Middle | Right Front Stance |
| 16. | Left Double Knife hand Block | Left Back Stance |
| 17. | Right Spear hand Middle | Right Front Stance |
| 18. | Left Double Knife hand Block | Left Back Stance |
| 19. | Right Round Kick | |
| 20. | Left Round Kick | |
| 21. | Left Double Knife hand Block | Left Back Stance |
| 22. | Left Low Block | Left Front Stance |
| 23. | Right Reverse Punch Middle | Left Fixed Stance |
| 24. | Left Reverse Punch Middle | Right Fixed Stance |
| 25. | Right Reverse Punch Middle | Left Fixed Stance |
| 26. | Left X-Block Low | Left Front Stance |
| 27. | Right Reverse Elbow Strike (Yell) | Left Back Stance |
| 28. | Right Inner Forearm Block/Left Low Block | Closed Stance |
| 29. | Left Inner Forearm Block/Right Low Block | Closed Stance |
| 30. | Left Double Knife hand Block | Left Back Stance |
| 31. | Right Double Knife hand Block | Right Back Stance |

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RED AND SENIOR RED PATTERN

CHOONG-MOO

31 MOVEMENTS

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson), which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

- | | |
|---|--------------------|
| Ready Stance | |
| 1. Left Knife hand Square Block | Left Back Stance |
| 2. Right Outside Knife hand Strike High/
Left Reverse High Block | Right Front Stance |
| 3. Right Double Knife hand Block | Right Back Stance |
| 4. Left Spear hand High | Left Front Stance |
| 5. Left Double Knife hand Block | Left Back Stance |
| 6. Right Side Kick | |
| 7. Left Double Knife hand Block | Left Back Stance |
| 8. Right Jump Side Kick (Yell) | |
| 9. Right Double Knife hand Block | Right Back Stance |
| 10. Left Low Block | Left Back Stance |
| 11. Twin Grab High | Left Front Stance |
| 12. Right Knee Strike | |
| 13. Right Reverse Ridge hand Strike High | Left Front Stance |
| 14. Right Round Kick | |
| 15. Left Spin Side Kick | |
| 16. Right Double Fist Block | Right Back Stance |
| 17. Left Round Kick | |
| 18. Right C-Block | Right Back Stance |
| 19. Jump 360/Right Double Knife Hand Block | Right Back Stance |
| 20. Right Reverse Spear hand Low | Left Front Stance |
| 21. Left Low Block/Right Reverse Back Fist | Left Back Stance |
| 22. Right Spear hand Middle | Right Front Stance |
| 23. Left Double Inner Forearm Block | Left Front Stance |
| 24. Right Supported Outside Block (Left Fist Under Elbow) | Sitting Stance |
| 25. Right Back fist | Sitting Stance |
| 26. Right Side Kick | |
| 27. Left Side Kick | |
| 28. Right Knife hand X-Block Middle | Right Back Stance |
| 29. Twin Palm Upset Strike High | Left Front Stance |
| 30. Right High Block | Right Front Stance |
| 31. Left Reverse Punch High (Yell) | Right Front Stance |