



Reference Tables for Pattern – rev 5
MARCH 2017

Umpire Reference Tables - Pattern rev 5 2017



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1 PURPOSE

These tables have been collated to provide an easy reference for techniques that have specific criteria or performance criteria that is similar in movement. The list of course is not exhaustive and any omissions is purely coincidental.

Please note: Only the techniques found in the patterns Chon-Ji to Moon-Moo have been identified.

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2 QUICK REFERENCE TABLES FOR PATTERN

2.1 SELECTED STANCES

STANCE	WON HYO	JOONG GUN	HWA RANG	CHOONG MOO	SAM IL	YOO SIN
FIXED STANCE <i>(GOJUNG SOGI)</i>	MIDDLE PUNCH (3, 6, 15, 18)	U-SHAPE BLOCK (31, 32)	MIDDLE PUNCH WITH SLIDE (6)	U-SHAPE BLOCK (18)	U-SHAPE BLOCK (15, 16)	U-SHAPE PUNCH (49, 50)
	CHOI YONG	UL JI				
	MIDDLE PUNCH WITH SLIDE (46)	X-KNIFEHAND CHECKING BLOCK (28)	MIDDLE KNIFEHAND BLOCK WITH MIDDLE PUSHING BLOCK (32)			
STANCE	JOONG GUN	KWANG GAE		GAE BAEK	CHOONG JANG	
LOW STANCE <i>(NACHUO SOGI)</i>	PALM PRESSING BLOCK (27, 29)	PALM PRESSING BLOCK (21, 22)	HIGH FLAT FINGERTIP THRUST (26, 30)	HIGH FLAT FINGERTIP THRUST (14, 15)	HIGH FLAT FINGERTIP THRUST (11)	

Note:

Flat Fingertip Thrust is performed in Walking Stance in Patterns: *TOI GYE* (24, 27); *CHOONG MOO* (4); *CHOI YONG* (30, 31). It is also performed in L-Stance *CHOONG JANG* (26) and Sitting Stance in *MOON MOO* (4, 13).

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2.2 SELECTED STEPS – SLIPPING

Performed slipping with the front foot. Slipping is not a “motion” like stamping, sliding, shifting etc, but it does have a specific method of transition from one stance to another. It is this aspect of correct application of sinewave, foot movement and final stance position that is the focus for the umpire.

KUP GRADE PATTERNS

PATTERN	NUMBER	SLIPPING FROM AND PERFORMING TO TECHNIQUES
WON HYO	3, 6, 15, 18	L-STANCE INWARD KNIFEHAND STRIKE TO FIXED STANCE MIDDLE PUNCH
JOONG GUN	8, 10	L-STANCE KNIFEHAND GUARDING BLOCK TO WALKING STANCE UPPER ELBOW STRIKE
	15, 18	<i>L-STANCE HIGH BACKFIST SIDE STRIKE RELEASING TO WALKING STANCE* (PERFORMED AS A RELEASING MOVEMENT)</i>
	27, 29	L-STANCE FOREARM GUARDING BLOCK TO LOW STANCE PALM PRESSING BLOCK
TOI GYE	2, 5	L-STANCE MIDDLE INNER FOREARM BLOCK TO WALKING STANCE LOW UPSET FINGERTIP THRUST
	20	L-STANCE DOUBLE FOREARM PUSHING BLOCK TO WALKING STANCE EXTENDING HANDS TO GRAB HEAD
	32, 34	L-STANCE LOW KNIFEHAND GUARDING BLOCK TO WALKING STANCE INNER FOREARM CIRCULAR BLOCK
HWA RANG	24	L-STANCE MIDDLE PUNCH TO WALKING STANCE X-FIST PRESSING BLOCK
CHOONG MOO	11	L-STANCE LOW OUTER FOREARM BLOCK TO WALKING STANCE EXTENDING HANDS TO GRAB HEAD

DEGREE PATTERNS

PATTERN	NUMBER	SLIPPING FROM AND PERFORMING TO TECHNIQUES
KWANG GAE	26, 30	WALKING STANCE LOW REVERSE BLOCK TO LOW STANCE HIGH FLAT FINGERTIP THRUST
EUI AM	30, 35	REAR FOOT STANCE ALTERNATING PALM DOWNWARD BLOCK TO L-STANCE MIDDLE PUNCH
CHOONG JANG	34, 36	L-STANCE KNIFEHAND STRIKE (STAMPING) TO WALKING STANCE BACKFIST SIDEFRONT STRIKE
	38, 40	L-STANCE LOW REVERSE KNIFEHAND BLOCK TO WALKING STANCE NINE SHAPE BLOCK
JUCHE	28, 30	REAR FOOT STRAIGHT ELBOW DOWNWARD THRUST TO WALKING STANCE HIGH ARC HAND CRESCENT STRIKE
SAM IL	15	L-STANCE HIGH REVERSE KNIFEHAND GUARDING BLOCK TO FIXED STANCE U-SHAPE BLOCK
YON GAE	6, 17	L-STANCE X-FIST CHECKING BLOCK TO WALKING STANCE HIGH FLAT FINGERTIP OUTWARD CROSSCUT

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SLIPPING WITH THE REAR FOOT

PATTERN	NUMBER	SLIPPING FROM AND PERFORMING TO TECHNIQUES
EUI AM	42, 44	L-STANCE LOW KNIFEHAND BLOCK TO WALKING STANCE MIDDLE PUNCH
YON GAE	46	L-STANCE KNIFEHAND GUARDING BLOCK TO WALKING STANCE LOW INWARD REVERSE KNIFEHAND BLOCK
	48	L-STANCE (SLIDING) SIDE ELBOW THRUST TO WALKING STANCE LOW INWARD REVERSE KNIFEHAND BLOCK

Not written as Slipping

YONG GAE	2, 13	L-STANCE LOW KNIFEHAND GUARDING BLOCK (CIRCULAR MOTION) TO WALKING STANCE HIGH LONG FIST PUNCH (SLOW MOTION)
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2.3 SELECTED BLOCKS

BLOCK	YUL GOK	KWANG GAE	JUCHE	YOO SIN	CHOI YONG	YON GAE
PALM HOOKING BLOCK <i>(SONBADAK GOLCHO MAKGI)</i>	MIDDLE (15, 16, 18, 19)	HIGH (4, 6)	MIDDLE (2, 14)	MIDDLE (4, 6) HIGH (16, 18)	MIDDLE (32, 39)	MIDDLE (10, 21)
BLOCK	YUL GOK	JOONG GUN	TOI GYE	CHOONG MOO	KWANG GAE	GE BAEK
DOUBLE FOREARM BLOCK <i>(DOO PALMOK MAKGI)</i>	HIGH (37, 38)	HIGH (20, 23)	HIGH (30)	HIGH (23)	MIDDLE (24, 28)	HIGH (28)
SAM IL	YOO SIN	UL JI				
	HIGH (2)	HIGH (34, 36)	MIDDLE (18)			
BLOCK	JOONG GUN	KWANG GAE	MOON MOO			
PALM PRESSING BLOCK <i>(SONBADAK NOOLLO MAKGI)</i>	LOW STANCE (27, 29)	LOW STANCE (21, 22)	WALKING STANCE (7, 8, 16, 17)			

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2.4 SPECIFIC HAND POSITIONS FOR SIDE KICKS (H-DENOTES A HIGH TECHNIQUE)

KICKING HAND POSITION	WON-HYO	YUL-GOK	JOONG-GUN	HWA-RANG	CHOONG MOO	KWANG-GAE
HIGH PUNCH	8, 26	23, 26	22 ,25		7, 25, 26	
PULLING HANDS				12		
SPECIALIST POSITION						14 LOW KNIFEHAND FRONT BLOCK, 18 SIDE FIST DOWNWARD STRIKE
KICKING KAND POSITION	GE-BAEK	EUI-AM	CHOONG JANG	JUCHE	SAM IL	YOO SIN
HIGH PUNCH						
PULLING HANDS	16	11, 24	23	H7, H19 PLACE HANDS IN FRONT OF CHEST		
SPECIALIST POSITION				5, 17 OUTER FOREARM PARALLEL BLOCK		
KNIFEHAND GUARDING BLOCK					18	
FOREARM GUARDING BLOCK					23	56, 59
KICKING KAND POSITION	CHOI YONG	YON-GAE	UL-JI	MOON-MOO		
HIGH PUNCH				H2, H3, H11, H12		
PULLING HANDS	14, 19	H28 & H35 PULL HANDS IN FRONT OF CHEST				
KNIFEHAND GUARDING BLOCK						
FOREARM GUARDING BLOCK	35, 42					
SPECIALIST POSITION			12, TWIN SIDE ELBOW THRUST			

ADDITIONAL HAND POSITIONS FOR KICKS IN MOON MOO

MOVEMENTS 5, 14	MOVEMENT 20, 23	MOVEMENT 31, 40	MOVEMENT 32, 41	MOVEMENT 43, 46	MOVEMENT 49, 52	MOVEMENT 50, 53
HIGH REVERSE HOOKING KICK; HANDS IN A NATURAL POSITION IN NEAR CHEST	HIGH BACK PIERCING KICK IN SLOW MOTION; HANDS IN NATURAL POSITION IN NEAR CHEST	MIDDLE SIDE PUSHING KICK; MAKE A HIGH PUNCH	HIGH REVERSE TURNING KICK; HANDS IN NATURAL POSITION NEAR CHEST	HIGH TWISTING KICK WITH HANDS IN RELAXED POSITION IN FRONT	SWEEPING KICK (49) WITH HANDS IN BACKFIST FRONT STRIKE. (52) HANDS IN FOREARM GUARDING BLOCK	SIDE CHECKING & MIDDLE THRUST KICK WITH HANDS IN FOREARM GUARDING BLOCK

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2.5 FRONT SNAP, UPWARD AND OVERHEAD KICKS

TECHNIQUE	DO-SAN	WON HYO	YUL GOK	JOONG GUN	TOI GYE	CHOONG MOO
LOW FRONT SNAP KICK		20, 23	8, 12			
MIDDLE FRONT SNAP KICK	13 & 17				9	
LOW SIDE-FRONT SNAP KICK				2 & 5	23, 26	
UPWARD KICK WITH KNEE					21	12
KWANG GAE	GE BAEK	CHOONG JANG	SAM IL	YOO SIN	CHOI YONG	
LOW FRONT SNAP KICK			9, 27	32	23, 28	
MIDDLE FRONT SNAP KICK	33, 37		43, 45			24, 27
LOW SIDE-FRONT SNAP KICK		13				
LOW FRONT SNAP KICK WITH KNEE			19			
YON-GAE	UL-JI	MOON-MOO				
LOW FRONT SNAP KICK						
MIDDLE FRONT SNAP KICK		22				
MIDDLE SIDE FRONT SNAP KICK		30	26, 35			
FLYING HIGH KICK		27				

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2.6 FAST MOTION TECHNIQUES

PATTERN	NUMBER	TECHNIQUE
DO-SAN	15-16, 19-20	WALKING STANCE MIDDLE OBVERSE & REVERSE PUNCHES
YUL-GOK	2-3, 5-6	SITTING STANCE PUNCHES
	9-10,13-14	WALKING STANCE MIDDLE OBVERSE & REVERSE PUNCHES
JOONG-GUN	15-16,18-19	L-STANCE TO WALKING STANCE RELEASE & WALKING STANCE HIGH REVERSE PUNCH
HWA-RANG	18-19	HIGH TURNING KICKS
CHOONG-MOO	14-15	HIGH TURNING KICK/MIDDLE BACK KICK
GE-BAEK	3-4	WALKING STANCE MIDDLE OBVERSE & REVERSE PUNCHES
	22-23	MIDDLE TURNING KICK/FLYING SIDE
CHOONG-JANG	46-47	WALKING STANCE MIDDLE REVERSE & OBVERSE PUNCHES
YOO-SIN	2-3	SITTING STANCE ANGLE PUNCHES
	34-35, 36-37	WALKING STANCE HIGH DOUBLE FOREARM & LOW BLOCK
CHOI-YONG	21-22	WALKING STANCE PALM PRESSING BLOCKS
UL-JI	11	THE STEP INTO X-STANCE MAINTAINING THE PREVIOUS POSITION OF TWIN SIDE ELBOW THRUST

2.7 CONTINUOUS MOTION TECHNIQUES

PATTERN	NUMBER	TECHNIQUE
DAN-GUN	13-14	WALKING STANCE LOW BLOCK & RISING BLOCK
TOI-GYE	7-8	WALKING STANCE X-FIST PRESSING BLOCK & TWIN VERTICAL PUNCH
PO-EUN	6-12, 24-30	SITTING STANCE SIDE FRONT BLOCK/FOREFIST PRESSING BLOCK; MIDDLE WEDGING BLOCK; BACK ELBOW THRUST; MIDDLE PUNCH; BACK ELBOW THRUST AND HORIZONTAL PUNCH SEQUENCE
GE-BAEK	5-6	WALKING STANCE FOREARM RISING BLOCK/LOW FOREARM BLOCK
	37-38	SITTING STANCE LOW REV KNIFEHAND & KNIFEHAND GUARDING BLOCKS
EUI-AM	5-6, 18-19	WALKING STANCE X-FIST DOWNWARD/KNIFEHAND RISING BLOCK
SAM-IL	30-31	MIDDLE FRONT BLOCK/HIGH PUNCH
YOO-SIN	16-17-18-19	SITTING STANCE PALM-HOOKING BLOCK & MIDDLE PUNCH SEQUENCE
	20-21, 25-26	WALKING STANCE X-FIST PRESSING BLOCK & X-KNIFEHAND RISING BLOCK
UL-JI	2-3	WALKING STANCE X-FIST PRESSING BLOCK/ X-KNIFEHAND RISING BLOCK

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2.8 STAMPING MOTION

PATTERN	NUMBER	STAMPING TECHNIQUE
TOI-GYE	13-18	SITTING STANCE OUTER FOREARM W-SHAPE BLOCK
KWANG-GAE	23, 27	SITTING STANCE BACKFIST HIGH SIDE STRIKE
	31	WALKING STANCE TWIN VERTICAL FIST HIGH PUNCH
	32	WALKING STANCE TWIN UPSET PUNCH
GE BAEK	39, 40	SITTING STANCE OUTER FOREARM W-SHAPE BLOCK
EUI-AM	10, 23	SITTING STANCE MIDDLE KNIFEHAND SIDE STRIKE
CHOONG JANG	29, 31	L-STANCE BACK HAND DOWNWARD STRIKE
	33, 35	L-STANCE KNIFEHAND OUTWARD MIDDLE STRIKE
JUCHE	8, 20	SITTING STANCE HIGH OUTWARD CROSSCUT
	41	L-STANCE BACKFIST HORIZONTAL STRIKE
SAM-IL	22	SITTING STANCE OUTER FOREARM W-SHAPE BLOCK
	27	WALKING STANCE TWIN UPSET PUNCH
	33	WALKING STANCE TWIN VERTICAL FIST HIGH PUNCH
YOO-SIN	41, 42	WALKING STANCE TWIN UPSET PUNCH
	51	SITTING STANCE BACKFIST HIGH FRONT STRIKE
CHOI YONG	38, 45	L-STANCE KNIFEHAND OUTWARD MIDDLE STRIKE
YON GAE	39, 42	L-STANCE KNIFEHAND OUTWARD HIGH STRIKE
MOON MOO	27, 36	SITTING STANCE SIDE FIST OUTWARD MIDDLE STRIKE

2.9 CONNECTING MOTION

PATTERN	NUMBER	TECHNIQUE
YUL-GOK	16-17, 19-20	WALKING STANCE MIDDLE PALM HOOKING BLOCK & MIDDLE PUNCH
GE-BAEK	9-10, 29-30	SITTING STANCE PALM SCOOING BLOCK& MIDDLE PUNCH
YOO-SIN	10-11, 14-15	SITTING STANCE PALM SCOOING BLOCK& MIDDLE PUNCH
MOON-MOO	28-29, 37-38	SITTING STANCE PALM SCOOING BLOCK& MIDDLE PUNCH

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2.10 READY POSITIONS

READY POSITION	ASSOCIATED PATTERN
PARALLEL READY STANCE	CHON-JI, DAN-GUN, DO-SAN, YUL-GOK, CHOONG-MOO, GE-BAEK, MOON-MOO
CLOSE READY STANCE A	WON-HYO, CHOONG-JANG
CLOSE READY STANCE B	JOONG-GUN, TOI-GYE
CLOSE READY STANCE C	HWA-RANG, SAM-IL, CHOI-YONG
CLOSE READY STANCE D	EUI-AM
PARALLEL STANCE WITH A HEAVEN HAND	KWANG-GAE, PO-EUN
PARALLEL STANCE WITH A TWIN SIDE ELBOW	JUCHE
WARRIOR STANCE A	YONG-GAE
WARRIOR STANCE B	YOO-SIN
PARALLEL STANCE WITH AN X-BACKHAND	UL-JI

2.11 STARTING THE PATTERN WITH THE CORRECT FUNDAMENTAL MOVEMENT AND DIRECTION

KUP GRADE PATTERNS

PATTERN NAME	1 ST FUNDAMENTAL TECHNIQUE	STANCE	DIRECTION OF START	STEPPING FOOT
CHON JI	LOW OUTER FOREARM BLOCK	LEFT WALKING STANCE	LEFT	LEFT
DAN GUN	MIDDLE KNIFEHAND GUARDING BLOCK	RIGHT L-STANCE	LEFT	LEFT
DO SAN	HIGH OUTER FOREARM SIDE BLOCK	LEFT WALKING STANCE	LEFT	LEFT
WON HYO	TWIN FOREARM BLOCK	RIGHT L-STANCE	LEFT	LEFT
YUL GOK	EXTEND LEFT FIST TO SHOULDER LINE	SITTING STANCE	LEFT	LEFT
JOONG GUN	MIDDLE REVERSE KNIFEHAND SIDE BLOCK	RIGHT L-STANCE	LEFT	LEFT
TOI GYE	MIDDLE INNER FOREARM SIDE BLOCK	RIGHT L-STANCE	LEFT	LEFT
HWA RANG	MIDDLE PALM PUSHING BLOCK	SITTING STANCE	LEFT	LEFT
CHOONG MOO	TWIN KNIFEHAND BLOCK	RIGHT L-STANCE	LEFT	LEFT

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BLACKBELT PATTERNS FIRST MOVEMENT

PATTERN NAME	1 ST FUNDAMENTAL TECHNIQUE	STANCE	DIRECTION OF START	STEPPING FOOT
1 ST DEGREE				
KWANG GAE	CLOSE READY STANCE B	MOA SOGI	NOT APPLICABLE	NOT APPLICABLE
PO EUN	MIDDLE FOREARM GUARDING BLOCK	RIGHT L-STANCE	LEFT	LEFT
GAE BAEK	MIDDLE X-KNIFEHAND CHECKING BLOCK	RIGHT L-STANCE	TO REAR	RIGHT
2 ND DEGREE				
EUI AM	LOW KNIFEHAND INWARD REVERSE BLOCK	LEFT WALKING STANCE	TO REAR	RIGHT
CHOONG JANG	RIGHT INNER FOREARM SIDE FRONT BLOCK	SITTING STANCE	RIGHT	RIGHT
JUCHE	INNER FOREARM PARALLEL BLOCK	SITTING STANCE	LEFT	LEFT
3 RD DEGREE				
SAM IL	MIDDLE FOREARM GUARDING BLOCK	RIGHT L-STANCE	FORWARD	LEFT IN SLIDING MOTION
YOO SIN	RAISE BOTH ELBOWS TO SIDE	SITTING STANCE	LEFT	LEFT
CHOI YONG	MIDDLE FOREARM GUARDING BLOCK	RIGHT REAR FOOT STANCE	FORWARD	LEFT
4 TH DEGREE				
YON GAE	LOW REVERSE KNIFEHAND GUARDING BLOCK	RIGHT L-STANCE	TO REAR	RIGHT IN A SLIDING MOTION
UL JI	TWIN SIDE FIST HORIZONTAL STRIKE	RIGHT WALKING STANCE	TO REAR	LEFT
MOON MOO	RIGHT BENDING READY STANCE A	RIGHT BENDING READY STANCE A	LEFT	NOT APPLICABLE

CORRECT START DIRECTION SUMMARY TABLE

DESIGNATED DIRECTION	KUP GRADE	1 ST DEGREE	2 ND DEGREE	3 RD DEGREE	4 TH DEGREE
STEP TO THE LEFT, OR LEFT FOOT BACK OR LEFT FOOT FORWARD	CHON-JI; DAN-GUN; DO-SAN; WON-HYO; YUL-GOK; JOONG-GUN; TOI-GYE; HWA-RANG; CHOONG-MOO	PO-EUN	JUCHE	SAM-IL; YOO-SIN; CHOI-YONG	UL-JI; MOON-MOO
STEP TO THE RIGHT, OR RIGHT FOOT BACK, OR RIGHT FOOT FORWARD		GE-BAEK	EUI-AM; CHOONG-JANG		YON-GAE;
EXCEPTION	KWANG GAE (HAS TWO READY POSITIONS IN SUCCESSION, NARANI DO HANULSON FOLLOWED BY MOVEMENT 1; MOA SOGI B)				

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2.12 RETURNING TO THE STARTING SPOT WITH THE CORRECT FOOT

KUP GRADE PATTERNS

PATTERN NAME	FINAL TECHNIQUE	STANCE	FOOT RETURNING TO STARTING SPOT
CHON JI	MIDDLE OBVERSE FOREFIST PUNCH	RIGHT WALKING STANCE	LEFT
DAN GUN	HIGH OBVERSE FOREFIST PUNCH	LEFT WALKING STANCE	LEFT
DO SAN	MIDDLE KNIFEHAND STRIKE WITH RIGHT HAND	SITTING STANCE	RIGHT
WON HYO	MIDDLE FOREARM GUARDING BLOCK	LEFT L-STANCE	RIGHT
YUL GOK	HIGH DOUBLE FOREARM BLOCK	LEFT WALKING STANCE	LEFT
JOONG GUN	U-SHAPE BLOCK	LEFT FIXED STANCE	LEFT
TOI GYE	MIDDLE FOREFIST PUNCH WITH RIGHT HAND	SITTING STANCE	RIGHT
HWA RANG	MIDDLE KNIFEHAND GUARDING BLOCK	LEFT L-STANCE	RIGHT
CHOONG MOO	MIDDLE REVERSE FOREFIST PUNCH	RIGHT WALKING STANCE	LEFT

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BLACKBELT PATTERNS

PATTERN NAME	FINAL TECHNIQUE	STANCE	FOOT RETURNING TO STARTING SPOT
<i>1ST DEGREE</i>			
KWANG GAE	HIGH OBVERSE FOREFIST PUNCH	RIGHT WALKING STANCE	LEFT
PO EUN	LOW REVERSE KNIFEHAND GUARDING BLOCK	SITTING STANCE	LEFT
GAE BAEK	MIDDLE REVERSE FOREFIST PUNCH	LEFT WALKING STANCE	RIGHT
<i>2ND DEGREE</i>			
EUI AM	HIGH OBVERSE FOREFIST PUNCH	RIGHT WALKING STANCE	RIGHT
CHOONG JANG	HIGH REVERSE OPEN FIST PUNCH	RIGHT WALKING STANCE	LEFT
JUCHE	MIDDLE REVERSE FOREFIST PUNCH	LEFT WALKING STANCE	RIGHT
<i>3RD DEGREE</i>			
SAM IL	HIGH TWIN FIST VERTICAL PUNCH	RIGHT WALKING STANCE	LEFT
YOO SIN	MIDDLE KNIFEHAND GUARDING BLOCK	LEFT L-STANCE	RIGHT
CHOI YONG	MIDDLE OBVERSE FOREFIST PUNCH	RIGHT FIXED STANCE	RIGHT
<i>4TH DEGREE</i>			
YON GAE	SIDE ELBOW THRUST	RIGHT L-STANCE	RIGHT
UL JI	RIGHT FOREFIST PUNCH	SITTING STANCE	LEFT
MOON MOO	HIGH OBVERSE FOREFIST PUNCH	RIGHT WALKING STANCE	RIGHT

CORRECT FOOT RETURN SUMMARY TABLE

DESIGNATED FOOT	KUP GRADE	1 st DEGREE	2 nd DEGREE	3 rd DEGREE	4 th DEGREE
LEFT FOOT RETURN	CHON-JI; DAN-GUN; YUL-GOK; JOONG-GUN; CHOONG-MOO;	KWANG-GAE PO-EUN	CHOONG-JANG	SAM-IL	UL-JI
RIGHT FOOT RETURN	DO-SAN; WON-HYO; TOI-GYE; HWA-RANG	GE-BAEK	EUI-AM; JUCHE	YOO-SIN; CHOI-YONG	YON-GAE, MOON-MOO

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2.13 STEPPING AND TURNING

Stepping, Turning and the various permutations of stepping and turning play a pivotal role in diagram accuracy and when critical observations are required for making a professional judgement between athletes with a high technical level many times it will be the small deviations that will decide a winner. Single stepping actions and those of pivot turning do not create too much concern as the following technique originates from the “anchored” foot and does not impact the diagram detail in terms of distance and position gained or lost.

- i. Double Stepping without turning
- ii. Turning (Spot) with front foot and rear foot
 - (ii is usually described as “move the R/L foot on the line CD / AB / EF forming an “XYZ” stance and execute
- iii. Single Step slide turning
- iv. Forward Double /Triple and backward Double Step with Turning and or Sliding
- v. Foot placements after kicks, changing direction or in sequence of a following kick

These instances do create technical issues for the competitor and umpire alike in terms of performance accuracy and judgement criteria. The following tables have been created to review key stepping instances that occur through the various patterns that can create discrepancies in performance and allow the umpire to make informed decisions on this detailed subject that can be all the difference between many top competitors

DOUBLE STEPPING FORWARD OR BACKWARD

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
CHOONG MOO	9	ONE STEP, THEN FLYING SIDE PIERCING KICK
KWANG GAE	4, 6	ONE STEP, THEN EXECUTE WALKING STANCE HIGH PALM HOOKING BLOCK
JUCHE	33, 35	ONE STEP TO <u>REAR</u> FOLLOWED BY SLIDE INTO L-STANCE OUTER FOREARM DOWNWARD BLOCK
UL JI	34	ONE STEP TO <u>REAR</u> THEN FORM L-STANCE, THEN JUMP AND FORM L-STANCE FOREARM GUARDING BLOCK
MOON MOO	43, 46	ONE STEP, THEN EXECUTE HIGH TWISTING KICK

BACKWARD DOUBLE STEP WITH TURN

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
CHOI YONG	23	ONE STEP TO <u>REAR</u> THEN TURN AND MAKE WALKING STANCE KNIFEHAND W-SHAPE BLOCK
MOON MOO	55	ONE STEP TO <u>REAR</u> THEN TURN AND MAKE WALKING STANCE MIDDLE FOREFIST REVERSE PUNCH

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BACKWARD DOUBLE STEP WITH SLIDE

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
JUCHE	33	ONE STEP TO <u>REAR</u> FROM WALKING STANCE THEN SLIDE TO FORM L-STANCE DOWNWARD BLOCK

SINGLE STEP SLIDE TURNING

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
HWA RANG	24, 25	WALKING STANCE X-FIST PRESSING BLOCK, MOVE THE RIGHT FOOT TO C IN A SLIDING MOTION AND EXECUTE L-STANCE SIDE ELBOW THRUST
JUCHE	38, 39	LEFT DIAGONAL STANCE TWIN PALM RISING BLOCK, MOVE THE RIGHT FOOT TO D IN A SLIDING MOTION AND EXECUTE REAR FOOT STANCE SIDE ELBOW THRUST

TRIPLE STEPPING / WITH SLIDE TURN*

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
JUCHE	37	TWO FORWARD STEPS THEN FLYING TWIN DIRECTION KICK, LANDING IN DIAGONAL STANCE TWIN PALM RISING BLOCK
CHOI YONG*	29	TWO FORWARD STEPS WITH A SLIDE TURN TO FORM L-STANCE MIDDLE FOREARM GUARDING BLOCK

SPOT TURNING

PATTERN	MOVEMENT	ASSOCIATED STEPPING AND TECHNIQUE
DO SAN	3, 11	WALKING STANCE HIGH OUTER FOREARM SIDE BLOCK
JOONG GUN	13	WALKING STANCE X-FIST RISING BLOCK
HWA RANG	17	L-STANCE KNIFEHAND GUARDING BLOCK
CHOONG MOO	29	WALKING STANCE FOREARM RISING BLOCK
GE BAEK	27 43	WALKING STANCE FRONT ELBOW STRIKE WALKING STANCE OUTER FOREARM RISING BLOCK
CHOONG JANG	51	WALKING STANCE KNIFEHAND LOW BLOCK
SAM IL	6 13	SITTING STANCE REVERSE KNIFEHAND WEDGING BLOCK L-STANCE LOW DOUBLE PUNCH
YOO SIN	39	L-STANCE HIGH REVERSE KNIFEHAND SIDE BLOCK (<i>STEPPING WITH REAR FOOT</i>)
CHOI YONG	8 11, 16 31	WALKING STANCE KNIFEHAND RISING BLOCK L-STANCE LOW KNIFEHAND GUARDING BLOCK WALKING STANCE HIGH FLAT FINGERTIP THRUST

Reference Tables - rev 5 2017

2.14 SHIFTING, SLIDING AND PULLING

SHIFTING: Is moving the stance the distance of 5 cms. The shifting movement must be done instantly after the preceding movement.

SLIDING: Is moving the stance the distance of one (1) shoulder width.

PULLING: The table below highlights which techniques are defined as pulling movements with no sine wave attached.

BODY MOTION	KWANG-GAE	EUI-AM	YON-GAE		MOON-MOO	
SHIFTING	WALKING STANCE LOW BLOCK (25, 29)	L-STANCE LOW INWARD REV KNIFEHAND BLOCK (31, 36)	L-STANCE X-FIST CHECKING BLOCK (5, 16)	L-STANCE MIDDLE GUARDING BLOCK (40)	WALKING STANCE BACKFIST FRONT STRIKE (45, 48)	

BODY MOTION	HWA RANG		KWANG GAE	CHOONG JANG		JUCHE
SLIDING	FIXED STANCE MIDDLE PUNCH (6)	L-STANCE SIDE ELBOW THRUST (25)	L-STANCE LOW KNIFEHAND GUARDING BLOCK (5, 7)	<i>L-STANCE MIDDLE GUARDING BLOCK AFTER COUNTER CLOCKWISE STEP (9)</i>	L-STANCE SIDE ELBOW THRUST (21)	REAR FOOT STANCE STRAIGHT ELBOW DOWNWARD THRUST (27, 29)
	JUCHE		SAM-IL	YOO SIN	CHOI YONG	
	L-STANCE OUTER FOREARM DOWNWARD BLOCK (33, 35)	REAR FOOT STANCE SIDE ELBOW THRUST (39)	L-STANCE MIDDLE FOREARM GUARDING BLOCK (1)	SITTING STANCE ANGLE PUNCH (2, 3)	TRIPLE STEP WITH SLIDE FORMING MIDDLE FOREARM GUARDING BLOCK (29)	FIXED STANCE MIDDLE PUNCH (46)
	YONG GAE		UL JI	MOON MOO		
	L-STANCE LOW REVERSE GUARDING BLOCK (1, 12)	L-STANCE MIDDLE GUARDING BLOCK (3, 14)	L-STANCE SIDE ELBOW THRUST (47, 49)	L-STANCE MIDDLE PUNCH (33)	REAR FOOT STANCE PALM DOWNWARD BLOCK (25, 34)	SITTING STANCE PALM SCOOPING BLOCK (28, 37)

BODY MOTION	HWA RANG	CHOONG MOO	KWANG GAE	JUCHE	SAM IL	YOO SIN
PULLING	VERTICAL STANCE DOWNWARD STRIKE (7)	L-STANCE LOW BLOCK & SIDE-BACK STRIKE (21)	CLOSE STANCE SIDE FIST DOWNWARD STRIKE (16, 20)	CLOSE STANCE INWARD CROSSCUT (42)	L-STANCE LOW FOREARM BLOCK & OUTWARD FOREARM BLOCK (8)	VERTICAL STANCE SIDE FIST DOWNWARD STRIKE (64)

Reference Tables - rev 5 2017

2.15 FOOT PLACING AFTER KICKS

There are several instances whereby the position after the kick is not to a following stance but rather a stepping movement to prepare for the following stance. The tables below highlight samples of such instances whereby inconsistencies can occur.

SPECIFIC FOOT PLACEMENT AFTER A KICK THAT REQUIRES A SHOULDER (NATURAL) WIDTH STEP, OR LOWERING TO A SHOULDER LINE POSITION, EITHER BETWEEN KICKS OR AFTER A TECHNIQUE		
PATTERN	MOVEMENT	DESCRIPTION
JOONG GUN	2-3 5-6*	EXECUTE A LOW SIDE FRONT SNAP KICK TO B WITH THE LEFT FOOT, KEEPING THE POSITION OF THE HANDS AS THEY WERE IN 1. LOWER THE LEFT FOOT TO B AND THEN MOVE THE RIGHT FOOT TO B FORMING A LEFT REAR FOOT STANCE TOWARD B WHILE EXECUTING AN UPWARD BLOCK WITH A RIGHT PALM. (*) SEQUENCED REVERSED.
HWA RANG	18-19	EXECUTE A HIGH TURNING KICK TO DF WITH THE RIGHT FOOT AND THEN LOWER IT TO F. EXECUTE A HIGH TURNING KICK TO CF WITH THE LEFT FOOT AND THEN LOWER IT TO F FORMING A RIGHT L-STANCE TOWARD F WHILE EXECUTING A MIDDLE GUARDING BLOCK TO F WITH A KNIFE-HAND. PERFORM 18 AND 19 IN A FAST MOTION.
CHOONG MOO	25-26-27	EXECUTE A MIDDLE SIDE PIERCING KICK TO A WITH THE RIGHT FOOT TURNING COUNTER CLOCKWISE AND THEN LOWER IT TO A. EXECUTE A MIDDLE SIDE PIERCING KICK TO A WITH THE LEFT FOOT TURNING CLOCKWISE. LOWER THE LEFT FOOT TO A AND THEN EXECUTE A CHECKING BLOCK TO B WITH AN X-KNIFE-HAND WHILE FORMING A LEFT L-STANCE TOWARD B PIVOTING WITH THE LEFT FOOT
GAE BAEK	22-23	EXECUTE A MIDDLE TURNING KICK TO BC WITH THE RIGHT FOOT AND THEN LOWER IT TO C. EXECUTE A FLYING SIDE PIERCING KICK TO C WITH THE RIGHT FOOT. PERFORM 22 AND 23 IN A FAST MOTION.
YON GAE	27-28 33-34*	EXECUTE A HIGH REVERSE HOOKING KICK TO B WITH THE RIGHT FOOT. LOWER THE RIGHT FOOT TO B AND THEN EXECUTE A HIGH SIDE PIERCING KICK TO B WITH THE LEFT FOOT PULLING BOTH HANDS IN FRONT OF THE CHEST WHILE TURNING CLOCKWISE. (*) SEQUENCED REVERSED.
UL JI	12-13	EXECUTE A MIDDLE SIDE PIERCING KICK TO A WITH THE RIGHT FOOT KEEPING THE POSITION OF THE HANDS AS THEY WERE IN 11. LOWER THE RIGHT FOOT TO A, AND THEN CROSS THE LEFT FOOT OVER THE RIGHT FOOT, FORMING A RIGHT X-STANCE TOWARD D WHILE EXECUTING A HORIZONTAL THRUST WITH A TWIN ELBOW.

Reference Tables - rev 5 2017

SPECIFIC POSITION FOOT STEPPING / CRITICAL DISTANCE DURING OR AFTER KICK

PATTERN	MOVEMENT	KICK SEQUENCE DESCRIPTION
WON HYO	27	AFTER THE SIDE PIERCING KICK, LOWER THE RIGHT FOOT ON LINE CD AND THEN MOVE THE LEFT FOOT TO B, TURNING COUNTER CLOCKWISE TO FORM A RIGHT L-STANCE TOWARD B, AT THE SAME TIME EXECUTING A MIDDLE GUARDING BLOCK TO B WITH THE FOREARM
CHOONG MOO	14-15	EXECUTE A HIGH TURNING KICK TO DF WITH THE RIGHT FOOT AND THEN LOWER IT TO THE LEFT FOOT
	17, 18	EXECUTE A MIDDLE TURNING KICK TO DE WITH THE LEFT FOOT. LOWER THE LEFT FOOT TO THE RIGHT FOOT AND THEN MOVE THE RIGHT FOOT TO C FORMING A RIGHT FIXED STANCE TOWARD C WHILE EXECUTING A U-SHAPE BLOCK TOWARD C.
GAE BAEK	33, 34	MOVE THE LEFT FOOT TO A ABOUT HALF A SHOULDER WIDTH WHILE EXECUTING A MIDDLE TURNING KICK TO C WITH THE RIGHT FOOT. LOWER THE RIGHT FOOT TO C, AND THEN TURN COUNTER-CLOCKWISE TO FORM A LEFT WALKING STANCE TOWARD D, PIVOTING WITH THE RIGHT FOOT WHILE EXECUTING A HIGH VERTICAL PUNCH TO D WITH A TWIN FIST.
JUCHE	34, 36	EXECUTE A DODGING REVERSE TURNING KICK TO D WITH THE RIGHT FOOT WHILE FLYING AWAY FROM D AND THEN LAND TO C TO FORM A LEFT L-STANCE TOWARD D AT THE SAME TIME EXECUTING A MIDDLE GUARDING BLOCK TO D WITH THE FOREARM
SAM IL	18, 19	EXECUTE A MIDDLE SIDE PIERCING KICK TO B WITH THE RIGHT FOOT WHILE FORMING A KNIFE-HAND GUARDING BLOCK. LOWER THE RIGHT FOOT TO THE LEFT FOOT AND THEN MOVE THE LEFT FOOT TO A FORMING A LEFT WALKING STANCE TOWARD A WHILE STRIKING THE LEFT PALM WITH THE RIGHT FRONT ELBOW
	23, 24	EXECUTE A MIDDLE SIDE PIERCING KICK TO A WITH THE LEFT FOOT WHILE FORMING A FOREARM GUARDING BLOCK. LOWER THE LEFT FOOT ON LINE AB AND THEN EXECUTE A LOW GUARDING BLOCK TO B WITH A KNIFE-HAND WHILE FORMING A LEFT L-STANCE TOWARD B, PIVOTING THE LEFT FOOT
CHOI YONG	12-13 17*-18*	EXECUTE A MIDDLE TURNING KICK TO AD WITH THE RIGHT FOOT AND THEN LOWER IT TO THE SIDE FRONT OF THE LEFT FOOT. EXECUTE A HIGH REVERSE HOOKING KICK TO D WITH THE LEFT FOOT. (*) SEQUENCE REVERSED.
YON GAE	44, 45	JUMP TO EXECUTE A MID-AIR KICK TO D WITH THE RIGHT FOOT WHILE SPINNING CLOCKWISE AND THEN LAND TO D TO FORM A LEFT L-STANCE TOWARD D WHILE EXECUTING A MIDDLE GUARDING BLOCK TO D WITH A KNIFE-HAND. JUMP TO EXECUTE A MID-AIR KICK TO D WITH THE LEFT FOOT WHILE SPINNING COUNTER CLOCKWISE AND THEN LAND TO D TO FORM A RIGHT L-STANCE TOWARD D WHILE EXECUTING A MIDDLE GUARDING BLOCK TO D WITH A KNIFE-HAND
UL JI	35-36	EXECUTE A MIDDLE TURNING KICK TO DF WITH THE RIGHT FOOT. LOWER THE RIGHT FOOT TO F AND THEN EXECUTE A MIDDLE BACK PIERCING KICK TO F WITH THE LEFT FOOT.
MOON MOO	26-27 35*-36*	EXECUTE A MIDDLE SIDE FRONT SNAP KICK TO D WITH THE LEFT FOOT KEEPING THE POSITION OF THE HANDS AS THEY WERE IN 25. LOWER THE LEFT FOOT TO D AND THEN MOVE THE RIGHT FOOT TO C IN A STAMPING MOTION TO FORM A SITTING STANCE TOWARD A WHILE EXECUTING A MIDDLE SIDE STRIKE TO C WITH THE RIGHT SIDE FIST. (*) SEQUENCE REVERSED.
	31-32 40-41	MOVE THE LEFT FOOT JUST BEYOND THE RIGHT FOOT IN A QUICK MOTION WHILE EXECUTING A MIDDLE SIDE PUSHING KICK TO C WITH THE RIGHT FOOT. LOWER THE RIGHT FOOT TO C AND THEN EXECUTE A HIGH REVERSE TURNING KICK TO C WITH THE LEFT FOOT. (*) SEQUENCE REVERSED.
	58	JUMP TO EXECUTE A MID-AIR KICK TO D WITH THE RIGHT FOOT WHILE SPINNING CLOCKWISE.

Reference Tables - rev 5 2017

2.16 ENGLISH – TAEKWON-DO TERMINOLOGY TRANSLATION

TITLE	ENGLISH	TERMINOLOGY
PLACEMENTS	HIGH MIDDLE LOW FRONT SIDE SIDE FRONT BACK SIDE BACK	NAPUNDE KAUNDE NAJUNDE AP YOP YOBAP DWIT YOPDWI
ELBOW	ELBOW	PALMOK
KNEE	KNEE	MOORUP
	OBVERSE REVERSE TWIN DOUBLE SINGLE	BARO BANDAE SANG DOO WAE
ATTACKING & DEFENSIVE ACTIONS WITH THE HAND AND ARM	PUNCH STRIKE THRUST CROSS CUT BLOCKING	JIRUGI TAERIGI TULGI GHUTGI MAKGI
ADJUSTMENTS & DISTANCE CONTROL	FOOT SHIFTING SLIDING STEPPING SPOT TURNING DOUBLE STEP TURNING TRIPLE STEP SLIDE TURNING BODY DROPPING DODGING JUMPING	JAJUN BAL MIKULGI OMGYO DIDIGI GUJARI DOLGI IBO OMGYO DIDIMYO DOLGI SAMBO OMGYO DIDIGI MIKULMYO DOLGI MOM NACHUGI PIHAMYO TWIGI
HAND PARTS	KNIFEHAND REVERSE KNIFEHAND BACK HAND PALM ARC HAND HEAVEN HAND	SONKAL SONKAL DUNG SON DUNG SONBADAK BANDALSON HANULSON
FOREARM	INNER FOREARM OUTER FOREARM	AN PALMOK BAKAT PALMOK

TITLE	ENGLISH	TERMINOLOGY
FIST, KNUCKLE & FINGERTIPS	FORE FIST BACK FIST SIDE FIST OPEN FIST X-FIST LONG FIST FORE KNUCKLE MIDDLE KNUCKLE FINGER FINGERTIP	AP JOOMUK DUNG JOOMUK YOP JOOMUK PYUNG JOOMUK KYOCHA JOOMUK GHIN JOOMUK INJI JOOMUK JOONJI JOOMUK SONGARAK SONKUT
ACTIONS	OUTWARD INWARD DOWNWARD UPWARD RISING TURNING CRESCENT WEDGING CIRCULAR SCOOPING STRAIGHT HORIZONTAL CONSECUTIVE UPSET RELEASE GUARDING W-SHAPE U-SHAPE PARALLEL CHECKING PUSHING WAIST PRESSING HOOKING	BAKURO ANNURO NAERYO OLLYO CHOOKYO DOLLYO BANDAL HECHYO DOLIMYO DURO SUN SOOPYONG YONSOK DWIJIBO JAP YOSUL DAEBI SAN DIGUTCHA NARANI MOMCHAU MIRO HORI NOOLLO GOLCHO

Reference Tables - rev 5 2017

ENGLISH – TAEKWON-DO TERMINOLOGY TRANSLATION (CONT)

TITLE	ENGLISH	TERMINOLOGY
KICKS	TWISTING KICK SIDE PUSHING KICK SIDE THRUSTING KICK OUTWARD PRESSING KICK SIDE PIERCING KICK FRONT SNAP KICK SIDE FRONT SNAP KICK TURNING KICK REVERSE TURNING KICK REVERSE TURNING HOOKING KICK PICK SHAPE KICK TWO DIRECTION KICK MID AIR KICK UPWARD KICK SWEEPING KICK CRESCENT KICK HOOKING KICK WAVING KICK SIDE CHECKING KICK FLYING KICK FLYING TURNING KICK FLYING REVERSE TURNING KICK FLYING OVERHEAD SIDE KICK FLYING 360 MID AIR KICK FLYING HIGH KICK FLYING HIGH FRONT SNAP KICK FLYING HIGH SIDE KICK	<i>BITURO CHAGI</i> <i>YOP CHA MILGI</i> <i>YOP CHA TULGI</i> <i>BAKURO NOOLLO CHAGI</i> <i>YOP CHA JIRUGI</i> <i>AP CHA BUSIGI</i> <i>YOBAP CHA BUSIGI</i> <i>DOLLYO CHAGI</i> <i>BANDAE DOLLYO CHAGI</i> <i>BANDAE DOLLYO GORO CHAGI</i> <i>GOK KAENG-I CHANGI</i> <i>SANG BANG CHAGI</i> <i>TWIO DOLMYO CHAGI</i> <i>OLLYO CHAGI</i> <i>SUROH CHAGI</i> <i>BANDAL CHAGI</i> <i>GOLCHO CHAGI</i> <i>DORO CHAGI</i> <i>YOP MOMCHUGI</i> <i>TWIMYO CHAGI</i> <i>TWIMYO DOLLYO CHAGI</i> <i>TWIMYO BANDAE DOLLYO CHAGI</i> <i>TWIO NOMO YOP CHAGI</i> <i>TWIO DOLMYO YOP CHA JIRUGI</i> <i>TWIMYO NOPI CHAGI</i> <i>TWIMYO NOPI APCHA BUSIGI</i> <i>TWIMYO NOPI YOP CHAGI</i>

TITLE	ENGLISH	TERMINOLOGY
STANCES	PARALLEL STANCE CLOSE STANCE WARRIOR STANCE SITTING STANCE DIAGONAL STANCE WALKING STANCE LOW STANCE L-STANCE FIXED STANCE VERTICAL STANCE REAR FOOT STANCE BENDING READY STANCE ONE LEG STANCE	<i>NARANI SOGI</i> <i>MOA SOGI</i> <i>MOOSA SOGI</i> <i>ANNUN SOGI</i> <i>SASUNG SOGI</i> <i>GUNNUN SOGI</i> <i>NACHUO SOGI</i> <i>NUINJA SOGI</i> <i>GOJUNG SOGI</i> <i>SOO JIK SOGI</i> <i>DWIT BAL SOGI</i> <i>GOBURYO SOGI</i> <i>WAE BAL SOGI</i>


