

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp	High	Middle	Low	Ki-Ap
Chon-Ji 19	Left								Front Punches Inner Forearm Block	Outer Forearm Block	17 (middle punch)
Dan-Gun 21	Left			13 & 14 (Low Block, Rising Block)				Front Punches Rising block	KHGB Knife-hand strike	Outer Forearm Block	8 (high punch) 17 (rising block)
Do-San 24	Right	15 & 16 (Obverse punch, reverse punch) 19 & 20 (Obverse punch, reverse punch)						Outer Forearm Side Block Back Fist Side Strike Outer Forearm Wedging Block Rising block	Reverse Punch Straight Fingertip Thrust Front Snap Kick Knifehand Side Strike		6 (straight fingertip) 22 (rising block)
Won-Hyo 28	Right							Knifehand Inward Strike	Punch (Fixed Stance) KHGB Forearm Circular Block Forearm GB Side Piercing Kick Reverse Punch	Front Snap Kick	12 (straight fingertip)
Yul-Gok 38	Left	2 & 3 (Front punches) 5 & 6 (Front punches) 9 & 10, 13 & 14 (Obverse punch, reverse punch)				16 & 17 (Hooking block/ Punch) 19 & 20 (Hooking block/ Punch)		Backfist side Strike Double Forearm Block	Inner Forearm Block Double punch Palm hooking block Front elbow Strike	Front Snap Kick	24 (front elbow) 27 (front elbow) 36 (Jump into X- stance)

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Joong-Gun 32	Left	15 & 16 (Release/ high punch) 18 & 19 (Release/ high punch)	27 (Palm pressing block) 29 (Palm pressing block) 30 (Angle punch)					Twin Vertical Punch Back fist side strike Upper elbow strike X-fist rising block	Reverse knifehand outward block Palm upward block Side piercing kick Twin upset punch Reverse punch (L-stance) Palm pressing block	Side front snap kick	12 (Twin upset punch)
Toi-Gye 37	Right		3 (Side backfist) 6 (Side backfist) 12 (Twin side elbow)	7 & 8 (X-fist/ twin vertical punch)			13, 14, 15, 16, 17, 18 (W shape Blocks) Stamp	Back fist side back strike Twin Vertical punch W shape block Flat fingertip thrust	Inner forearm block X-fist pressing block Upward knee kick Front snap kick	Upset fingertip thrust Double forearm pushing block KHGB	29 (Jump into X-stance)
Hwa-Rang 29	Right	18 & 19 (High turning kicks)					6 (side punch) 25 (side elbow) Slide	Turning Kicks	Palm pushing block Upward punch Knifehand downward strike L-stance obverse punch Side elbow Front Punch Side piercing kick KHGB	Outer forearm block X-fist pressing block	14 (Front punch) 25 (Elbow thrust)

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Choong-Moo 30	Left	14 & 15 (High turning kick/ middle back piercing kick)						KH front strike Reverse KH front strike Back fist side strike Flat fingertip thrust Grab Turning kick (right foot) Double forearm block	KHGB Side piercing kick Back piercing kick Knee upward kick FGB Turning kick (left foot) Forearm front block Straight fingertip thrust X KH checking block Twin palm upward block	L-stance outer forearm block	9 (Flying side kick, KHGB) 19 (360 spin, KHGB)
Kwang-Gae 39	Left		2 & 3 (upset punch) 10 & 11 (upward palm block) 21 & 22 (palm pressing block) 26 & 30 (Flat fingertip thrust)		13 & 14 (pressing kick/ side kick) 17 & 18 (pressing Kick/ side kick)		23(SS backfist) 27(SS backfist) 31 (Twin vertical punch) 32 (Twin upset punch) 36 (Twin upset punch) Stamp 5 & 7 low KHGB Slide	KHGB Reverse punch Palm hooking block Inward knifehand strike	Upset punch Palm upward block Downward side fist Front snap kick KHGB	KHGB KH front block Outward pressing kick Forearm reverse block	23 (SS backfist) 27 (SS backfist)

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Po-Eun 36	Left	6 through 12 (Pressing block to Horizontal punch) 24 through 30 (Pressing block to horizontal punch)	15 (Twin Elbow horizontal thrust) 33 (Twin Elbow horizontal thrust)						FGB KH side strike Angle punch Inner forearm side front block Inner forearm wedging block Back elbow thrust Middle punch Horizontal punch	Pressing kick Forefist pressing block Outer forearm front block Reverse KHGB	12 (Horizontal punch) 30 (Horizontal punch)
Ge-Baek 44	Right	3 & 4 (Front punches) 22 & 23 (Middle turning kick/ flying side piercing kick) 37 & 38 (Low reverse KHGB/ low KHGB)		5 & 6 (Rising block/ low block)		9 & 10 (Scooping block/ middle punch) 29 & 30 (Scooping Block/ middle Punch)	39 & 40 (W-shape block) Stamp	Double arc-hand block Back fist front strike Double forearm block Flat fingertip thrust Twin vertical punch Reverse KH front strike	Scooping block X KH checking block Front punch Side piercing kick (16) FGB Turning kick (22) Upset punch Right front elbow strike Turning kick (33) Upset punch	Twisting Kick KHGB Reverse KHGB Side front snap kick KH block	19 (KHGB) 28 (Jump Into X-stance)

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Eui-Am 45	Right		13 (Turning punch) 26 (Turning punch)	5 & 6 (X-fist downward block/ KH rising block) 18 & 19 (X-fist downward block/ KH rising block)			10 (SS middle KH strike) 23 (SS middle KH strike) Stamp	Outer forearm reverse side block (2, 15) KH reverse rising block (6, 19) Back fist side strike (7, 20) Reverse TK (37 & 39) Crescent punch (12, 25)	Reverse TK (9, 22) Side piercing kick-Pull hands back (11, 24) X-fist downward block (5, 18) Turning punch (13, 26) KH wedging block (27, 32) Reverse KH circular block (28, 33) FGB Alternate palm block (29, 34)	Inward KH block (1, 14) KH outward block (41, 43) Reverse KH inward block (31, 36) Twisting kick (4, 17)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Choong-Jang 52	Left	46 & 47 (Middle punches)	3 (Angle punch) 28 (Right back elbow)				9 (Forearm Guarding Block) 21 (Right side elbow) Slide 29 (Left backhand) 31 (Right backhand) 33 (KH strike) 35 (KH strike) Stamp	Side front block (1, 2) Double finger thrust(4, 5) Backfist front strike (6) Flat fingertip Thrust (11) TK on ground (12) Punch on ground (13) Outer forearm front block, side backfist(25) Flat fingertip thrust (26) Side front strike (34, 36) Arc-hand strike (42, 44) Crescent punch (48) Open fist punch (50, 52)	Angle punch (3) Side elbow thrust (14) FGB (15) Scooping block (16) KH outward strike (17) X-fist pressing block (18) Right side elbow thrust (21) Side piercing kick pulling hands (23) Back hand strike (29, 31) Outward KH strike (33, 35) Front snap kick (43, 45)	Front snap kick hold guard (10) Front snap knee kick (19) Twin palm pressing block (24) Front snap kick palm on left backhand (27) Reverse KHGB (37, 39) KH block (49, 51)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Ko-Dang (Was Juche) 45	Right		5, 17 (Middle side piercing kick, high reverse hook kick) 26 (Heaven hand) 40 (Middle back piercing kick)		5, 17 (Middle side piercing kick, high reverse hook kick) 7, 19 (Middle hook kick, high side piercing kick pulling both fists in front of chest) 43 (Front punch, upset punch flying)		8, 20 (Sitting stance, high outward cross-cut) 41 (L-stance backfist horizontal strike) Stamp 27, 29 (Rear-foot stance, downward straight elbow) 39 (Right side elbow thrust) Slide	Reverse hook kick (5, 17) Side piercing kick (7) Outward cross-cut (8, 20) Elbow strike (9, 21) Crescent strike (28, 30) Twin KH inward strike (31) Flying two direction kick (37) Twin palm rising block (38) Inward cross-cut (42) Front downward KH strike(44)	Side piercing kick (5, 17) Hooking block (2, 14) Downward backfist strike (6, Hook kick (7) KHGB (11, 23) Straight elbow thrust (27, 29) Downward outer forearm block (33, 35) Back piercing kick (40) Backfist horizontal strike in L-stance (41) Reverse punch (45)	Front reverse KH block (10, 22)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Sam-II 33	Left			30 & 31 (Middle block, High punch)			1 (FGB) sliding 22 (W-shape block) 27 (Twin upset punch) 33 (Twin vertical punch) Stamp	Double forearm block (2) Side KH block (3) Outward outer forearm block (8) Double arc- hand block (11) Reverse KHGB (14) Obverse punch (31)	FGB sliding (1) Twisting kick (4) Reverse KH wedging block (6, 9) Reverse punch (12) KHGB (17) Side piercing kick KHGB (18) Side piercing kick FGB (23) Upward palm block (25) Twin upset punch (27) Front block (30)	Upset fingertip thrust (7) Forearm block (8) Double fist punch (10, 13) KHGB (24) Twin palm pressing block (26) Outer forearm block (28) Front snap kick (32)	N/A
Yoo-Sin 68	Right	2 & 3 (Angle punches) 16, 17, 18, 19 (Hooking block, middle punch, hooking block, middle punch) 34 & 35 -36 & 37 (Double forearm block, low block)	45, 48 (Angle punch)	20, 21 & 25, 26 (X-fist pressing block, X-KH rising block)	55, 56 (Middle crescent kick, middle side piercing kick) 58, 59 (Middle crescent kick, middle side piercing kick)	10 & 11 (Scooping block, middle punch) 14 & 15 (Scooping block, middle punch)	41 (Twin upset punch) 42 (Twin upset punch) 51 (Front backfist strike) Stamp	Outer forearm side block (8, 12) Hooking block (16, 18) Double forearm block (34, 36) Reverse KH block (39) Twin vertical punch (65, 66) KHGB (67, 68)	Hooking block (4, 6) Front punch (5, 7) KHGB (30, 31, 32, 33) Inner forearm block (43, 46) Angle punch (45, 48) Crescent kick (55, 58) Side piercing kick (56, 59)	Front snap kick keep hands as they were (23, 28) Reverse outer forearm block (35, 37)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/ Slide	High	Middle	Low	Ki-Ap
Choi-Yong 46	Right	21 & 22 (Palm pressing block, palm pressing block)			13, 14 (High reverse hook kick, middle side piercing kick) 18, 19 (High reverse hook kick, middle side piercing kick)		38 (Middle outward KH strike) 45 (Middle outward KH strike) Stamp 46 (Fixed stance, middle punch) Slide	Middle knuckle fist (2, 4) Reverse hook kick (13, 18) Flat fingertip thrust (30, 31) Side backfist strike (36, 43) Reverse hook kick (37, 44)	FGB (1, 3) TK (12, 17) Side piercing kick (14, 19) Front snap kick keep hands as they were (24, 27) Hooking block (32, 39) Side piercing kick FGB (35, 42) Outward KH strike (38, 45)	KHGB (11, 16)	N/A
Yon-Gae 49	Right		2 (High punch) 13 (High punch)				1, 12 (Low RKHGB L-stance) 3 (Middle FGB L-stance) Slide 39 (High outward KH strike) 42 (High outward KH strike) Stamp 47 (Left side elbow L-stance) 49 (Right side elbow L-stance) Slide	Reverse hooking kick (27, 34) Side piercing kick pulling both hands (28, 35)	Hooking block (10, 21)	Reverse KHGB circular motion (1,12)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
UI-Ji 42	Left	11 (Turn into X stance)		2 & 3 (X-fist pressing block, X-KH rising block)			33 (Middle left punch in right L-stance) Slide	Front KH strike , left palm on right elbow joint (4) Front KH strike, bringing left backhand in front of face (15) Backfist side strike, left finger belly to right side fist (20) Right forefist punch (23) Side backfist strike (25) Twin vertical punch (31)	Crescent kick to palm (6) Side piercing kick, maintain twin side elbow (12) Double forearm block (18) Front snap kick maintain forearm rising block (22) Straight fingertip thrust (24) Side front snap kick, forearm wedging block (30) Outward KH block, left palm pushing block (32) Punch (33) FGB (34) Turning kick (35) Back piercing kick (36) FGB(37) Forefist Punch (41,42)		N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Moon-Moo 61	Right		<p>1 (Bending ready stance)</p> <p>2,11 (High side piercing kick)</p> <p>5,14 (High reverse hooking kick)</p> <p>9 (High side left KH block, low right KH side block)</p> <p>10 (Left bending ready stance A)</p> <p>18 (High right KH side block, low left KH side block)</p> <p>20,23 (High back piercing kick)</p>		<p>50 (Side checking kick, side thrusting kick)</p> <p>53 (Side checking kick, side thrusting kick)</p>	<p>28 &29 , 37&38 (Scooping block, middle punch in SS)</p>	<p>25 (Left palm downward block, rear foot stance)</p> <p>34 (Right palm downward block, rear foot stance)</p> <p>Slide</p> <p>27 (SS, right side fist strike)</p> <p>36 (SS, left side fist strike)</p> <p>Stamp</p>	<p>Left side piercing kick (2,3)</p> <p>Reverse hooking kick(5,14)</p> <p>Left KH side block (9)</p> <p>Right side piercing kick (11,12)</p> <p>Right KH side block(18)</p> <p>Back piercing kick(20,23)</p> <p>Reverse TK (32,41)</p> <p>KH side block (33,42)</p> <p>Twisting kick (43,46)</p> <p>Right punch (61)</p>	<p>Right flat fingertip (4)</p> <p>Right KH side strike (6)</p> <p>Left flat fingertip (13)</p> <p>Left KH side strike(15)</p> <p>Punch (21,24)</p> <p>Side front snap kick, keeping hands as 25 (26)</p> <p>Punch (29)</p> <p>Side pushing kick (31,40)</p> <p>Side front snap kick, keeping hands as 34 (35)</p> <p>Side thrusting kick (50,53)</p> <p>Outward KH strike (51,54)</p> <p>Punch (55)</p> <p>KHGB(59)</p>	<p>Side block right KH (9)</p> <p>Side block left KH (18)</p> <p>KH side block (30,39)</p> <p>Punch, opp. fist onto opposite shoulder (56,57)</p>	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
So-San 72	Right	5&6, 7&8 (Side KH block, middle punch) 39 & 40, 47 &48 (Left middle punch, right middle punch)		10&11, 14&15 (High side piercing kick, high turning kick) 52 & 53, 57 & 58 (Low KH block, middle outward forearm block, high punch) 71 & 72 (Middle KHGB, L-stance, high right forefist punch, WS)			1,3 (Middle FGB, rear foot stance) 23,25 (Upset punch with middle knuckle, L-stance) 60, 66 (Scooping block, L-stance) Slide	Side KH block (5,7) Side piercing kick (10,14) TK (11,15) Backfist, supported with fingerbelly (16) Forefist punch (19,22,37, 45) Front forearm block (30,32) Inward KH strike, opposite fist in front of shoulder (35,43) Side piercing kick, keeping hands as they were (63,69) Punch (72)	Single vertical punch (2,4) Forefist punch (6,8) KHGB (29) Punch (31,33) Double arc- hand block (34,42) Forefist punch (39,40,47,48, 54,58,59,61, 64,67,70) FGB (51,56) Outward inner forearm block (52,57) KHGB (65,71)	Double fist punch (17,20) Front snap kick, keeping hands as they were (38,46) KHGB (50,55) KH block (52,57)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Se-Jong 24	Left		15 (Extend right fist horizontally, SS) 20 (Right palm pressing block, WS)					Backfist side strike, fingerbelly to side fist, X-stance (7) Forefist punch, WS (8) FGB, fixed stance (9) Side backfist strike, WS (11) Double forearm block, X-stance (14) Outer forearm block, One-leg stance (19) KHGB, L-stance (23)	Side piercing kick (3) KH strike, SS (5) Straight fingertip thrust (10) Turning kick (13) Double arc-hand block, WS (18) Right forefist punch, right L-stance (24)	Forearm block, WS (1) Outer forearm block, One-leg stance (19)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
Tong-II 56	Right	5 & 6 (Middle right punch, left L-stance, middle left punch maintaining stance) 20 & 21 (High forefist punches, WS)	1 (Middle twin fist punch, WS) 2 (Twin KH horizontal strike, WS) 11 (Twin palm horizontal block, L-stance) 12 (High side reverse KH block, WS) 13 (Middle reverse KH side block, WS)				7, 9 (High outward back hand strike, L-stance) 17, 19 (Downward backfist strike, L-stance) 38 (High twin vertical punch, WS) 43 (W shape block, SS) Stamp 29, 33 (Upset punch opposite fist to shoulder, L-stance) 42, 44 (W shape block, SS) Slide	Outward back hand strike (7,9) Side reverse KH block (12) Forefist punch, WS (20,21) Forefist punch, WS (28,32) Angle fingertip thrust (30,34) Back piercing kick, pulling arms in opposite direction (46) Side piercing kick FAGB, lower to form closed stance, twin side elbow thrust (54)	Twin fist punch (1) Inward block with outer forearm (3) Forefist punch, L-stance (5,6) Side reverse KH block (13) Forefist punch, WS (14,15) KH block (37) Back piercing kick, pulling arms in opposite direction (40) Palm pushing block, WS (50,52) Side forefist punch, SS (55) Forefist reverse punch, WS (56)	Inward palm block, Opposite fist to shoulder (4) Reverse KHGB, L-stance (35) KHGB, L-stance (36) Forearm block (37)	N/A

Pattern	Leg back	Fast	Slow	Continuous	Consecutive	Connecting	Stamp/Slide	High	Middle	Low	Ki-Ap
		<p>Barun Dongjak</p> <p>Two sinewaves, but quicker as no downward motion in between.</p> <p>Two breaths, but the first technique is the reaction for the second.</p>	<p>Neurin Dongjak</p> <p>Slow motion technique when compared to normal, still perform with Sinewave.</p>	<p>Gaesok Dongjak</p> <p>Two moves performed in succession, without stopping or pausing. As one technique finishes the other begins.</p> <p>Two sinewaves and one continuous breath peaking with each technique/ sinewave.</p> <p>Faster than fast motion.</p>	<p>Yonsok Dongjak</p> <p>Two techniques performed one after the other using the same limb.</p>	<p>Ierjin Dongjak</p> <p>A pair of techniques where one is the preparatory technique for the other.</p> <p>One Sinewave, and one breath, inhale on first and exhale on second.</p>					
First examples		Do-San	Joong-Gun	Dan-Gun	Kwang-Gae	Yul-Gok	Toi-Gye Hwa-Rang				
		e.g. punches 15 & 16 in Do-San	e.g. palm pressing block 27 & 29 in Joong-Gun	e.g. low block, rising block 13 & 14 in Dan-Gun	e.g. Pressing kick, side piercing kick 13 & 14 in Kwang-Gae	e.g. palm hooking block, middle punch 16 & 17 in Yul-Gok	e.g. stamp W-shape block 13 in Toi-Gye e.g. slide middle punch 6 in Hwa-Rang				