

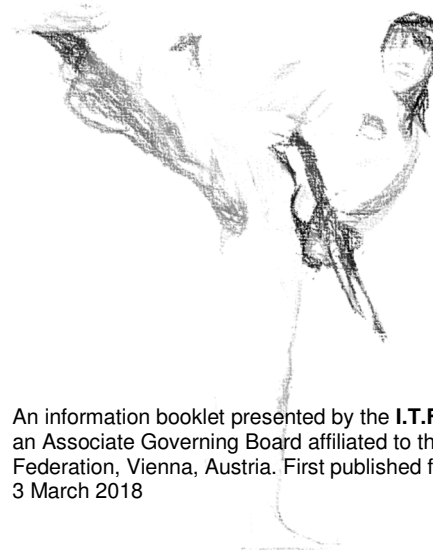
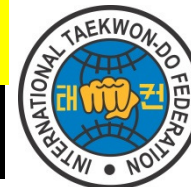
Meaning of Patterns (10th to 1st Gup)

Level	Pattern	Steps	Diagram	Starting Stance	Meaning
10 th Gup	-	-	-	-	-
9 th Gup	Chon-Ji 천지 / 天地	19	+	Parallel	Means literally “the Heaven the Earth”. Creation of the world or beginning of human history. There are 2 similar parts; one represents the Heaven and the other the Earth.
8 th Gup	Dan-Gun 단군 / 檀君	21	I	Parallel	Named after the holy Dan-Gun, the legendary founder of Korea in 2,333 B.C.
7 th Gup	Do-San 도산 / 島山	24	J	Parallel	Pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
6 th Gup	Won-Hyo 원효 / 元曉	28	I	Closed A	Noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.
5 th Gup	Yul-Gok 율곡 / 栗谷	38	+	Parallel	Pseudonym of a great philosopher and scholar Yi I (1536 – 1584) nicknamed the “Confucius of Korea”. 38 movements represent his birthplace at 38° latitude and the diagram represents “scholar”.
4 th Gup	Joong-Gun 중근 / 重根	32	I	Closed B	Named after the patriot Ahn 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. 32 movements represent Mr. Ahn’s age when he was executed in the Lui-Shang prison in 1910.
3 rd Gup	Toi-Gye 퇴계 / 退溪	37	+	Closed B	Pen name of noted scholar Yi Hwang (16 th century) and authority on neo-Confucianism. 37 movements represent his birthplace at 37° latitude and the diagram represents “scholar”.
2 nd Gup	Hwa-Rang 화랑 / 花郎	29	I	Closed C	Named after the Hwa-Rang youth group which originated in the Silla dynasty in the early 7 th century. 29 movements refer to the 29 th Infantry Division, where Taekwon-Do developed into maturity.
1 st Gup	Choong-Moo 충무 / 忠武	30	I	Parallel	Name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends of a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to his king.

It is only 9.00 a.m. in the morning when you first achieve your black belt.

Re-Introducing

ITF TAEKWON-DO



An information booklet presented by the **I.T.F. Singapore Alliance Ltd.**, an Associate Governing Board affiliated to the International Taekwon-Do Federation, Vienna, Austria. First published for the Patterns Symposium, 3 March 2018

Patterns, or *Tul* (투), literally translated as “frame”),

are a combination of different fundamental movements, which represent attack or defence techniques, set to a fixed and logical sequence. It allows the student to learn to deal with techniques in a controlled sequence based on fixed assumptions in order to develop sparring techniques, improve flexibility of movements, master weight shifting, train muscles and breath control, develop fluid and smooth motions and obtain a sense of rhythm.

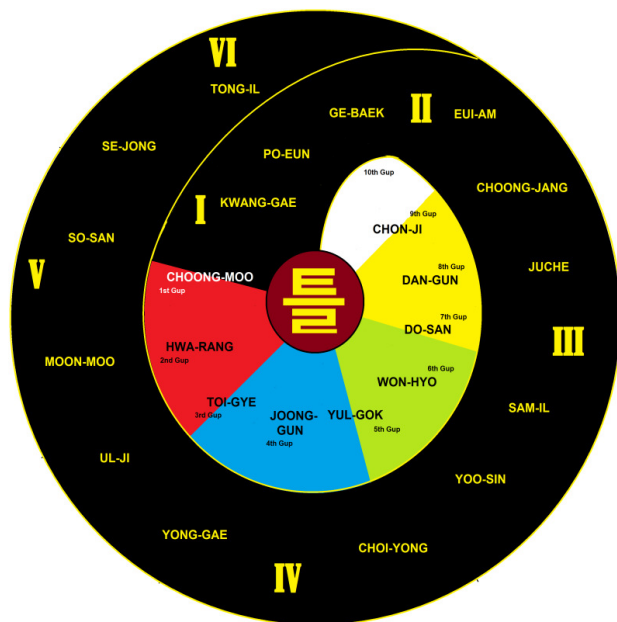
It enables the student to acquire efficiency and accuracy in attack and defence techniques which would otherwise not be obtained from fundamental exercises or sparring alone. If Taekwon-Do is likened to a sentence, patterns are like the words in a sentence whereas fundamental movements are the alphabets.

Accordingly, patterns form the basis of other movements used in sparring, power breaking, and are well known for their characteristic beauty.

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Illustrations by Chen Weiling

Sources include the ITF Tournament Rules 2017 at <http://www.itf-tkd.org/>; 15 Volume Encyclopaedia of Taekwon-Do



The 24 patterns represent 24 hours, one day, or all my life.
- General Choi Hong

I.T.F. SINGAPORE ALLIANCE LTD.

PATTERNS SCORING FORM

RING NO:

JURY PRESIDENT:

CRITERIA	MAXIMUM POINTS	RED		BLUE	
		No.		No.	
		DESIGNATED	OPTIONAL	DESIGNATED	OPTIONAL
PRECISION	10				
POWER	6				
BALANCE	6				
BREATH CONTROL	6				
RHYTHM	6				
SUB-TOTAL					
TOTAL (DESIGNATED + OPTIONAL)					
UMPIRE: _____ CHAIR NO. _____					
DEGREE: _____ SIGNATURE. _____					



Blocks

Low Block (Najunde Makgi)

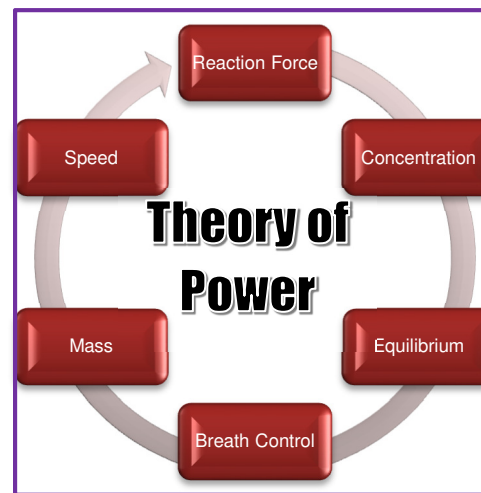
- Intercepts opponent's attacking foot or hand directed against lower abdomen or under the belt.
- Blocking tool must make impact with the attacker's foot at the same level as the target area.
- May be performed with outerforearm, knife-hand, reverse knife-hand, double forearm, palm and side sole

Inward Block (Anuro Makgi)

- Blocking tool reaches the target from an outward to inward trajectory to the chest line.
- May be executed from all stances.
- Blocking tool is a side fist.
- Should not be and inner forearm or back hand.

Outward Block (Bakuro Makgi)

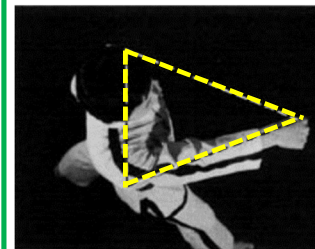
- Reaches the target from an inward to outward trajectory
- Can be performed with any stance.
- Should not be performed with the palm.



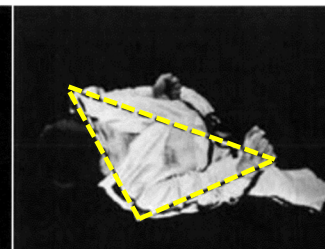
Moving forwards and backwards

- Body must always be half facing when stepping backward and forward.
- Stepping is executed in an outward curved line.
- Knee of the stationary leg springs slightly up towards the end of the stepping motion

Facings



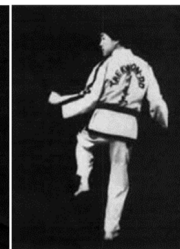
Full facing



Half facing

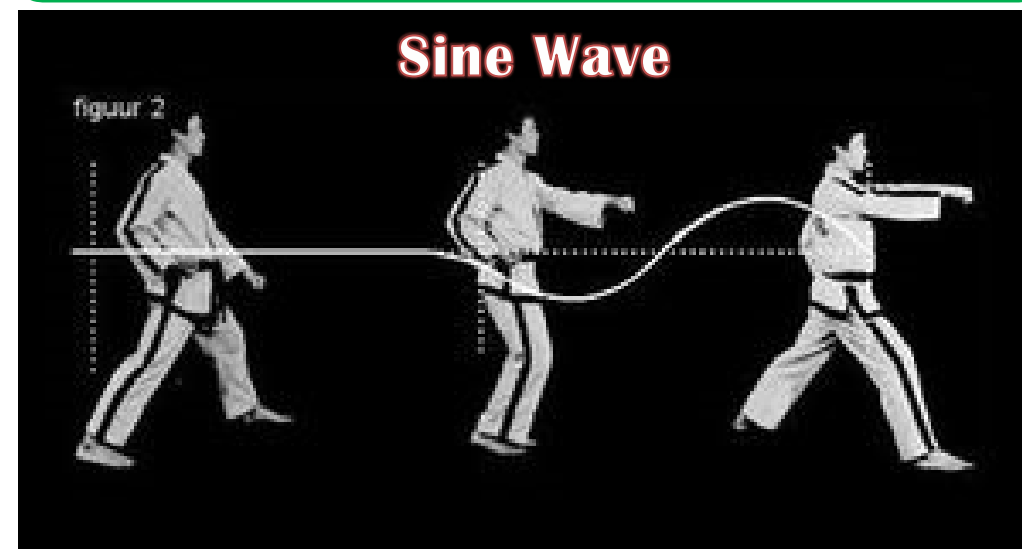


Side facing



Back facing

Sine Wave

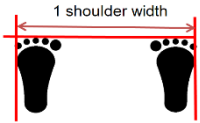


Basic Stances

Stance

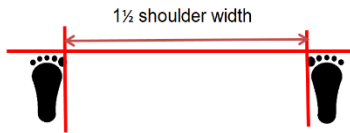
Description

Parallel Stance



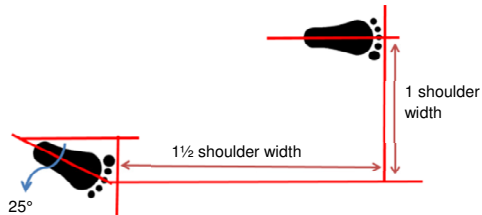
1. Spread the feet parallel to shoulder width.
2. Keep toes pointing towards the front.
3. It can be either full facing or side facing.

Sitting Stance



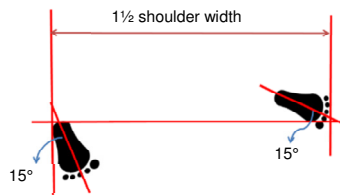
1. Move one leg to the side at a distance of approximately 1 1/2 a shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Extend the knees outward.
4. Push both the chest and abdomen out and pull the hip back tensing the abdomen.

Walking Stance



1. Bend the front knee until the knee cap forms a vertical line with the heel, extending the back leg fully.
2. Distribute body weight evenly on both feet.
3. Keep toes of the front foot pointing forward.
4. Keep toes of the back foot pointing 25 degrees outward.
5. Tense the muscles of the feet with the feeling of pulling them toward each other.

L-Stance



1. Move one foot to either front or rear to a distance of approximately 1 1/2 times the shoulder width from the footsword of the rear foot to the toes of the front foot.
2. Bend the rear leg until the knee cap forms a vertical line with the toes.
3. Keep hip aligned with the inner knee joint.
4. The ratio of the body weight is about 70% on the rear leg and 30% on the front leg.
5. When the right leg is bent it is called a right L-stance and vice versa. It is always half facing for both attack and defence.

Clenching a fist



1. Open the hand naturally.



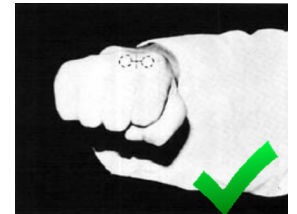
2. Roll the fingers tightly.



3. Press the fingers into the palm, starting with the little finger at the same time bending the thumb toward the inside.



4. Place the thumb on the forefinger and the middle finger pressing the forefinger with appropriate force.



Not

