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### GRADING PLEDGE

*A pattern is a series of movements or technique. Practicing a Pattern allows the student to go through many movements in a series in order to develop sparring techniques, improve flexibility, balance, co ordination, build strength, improve breath control and develop fluid movements. It also allows a student to acquire certain special techniques, which cannot be obtained from either fundamental exercises or sparring. Though sparring indicates that a student is more or less advanced, patterns show the students true technical ability and level of achievement. The patterns should start and end at the same point to show accuracy! Students should concentrate on correct body positioning, relax during movement and tense at the correct moment.*

#### **4 Directional Punching**

This Hyung lays the foundation of future Hyung to come. This is the most basic Hyung providing the beginner with understanding and combining the fundamental movements at different orientated angles to develop the coordination and balance of the execution. The Hyung is divided into two parts of duplicated movements to ensure the equal balance of the body development. It consists of simple basic attack and defence situations. Although there is lack of variation of technique, the practitioner is given more opportunity to concentrate on precision skills in execution and good control of power and balance, together with correct breathing.

#### **Chon Ji (19 Movements)**

Chon Ji means "The Heaven The Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth. It is said that the Pattern was named after Lake Chon Ji, a beautiful lake in North Korea with water so clear that you literally see the Heaven meeting the Earth.

#### **Dan Gun (21 movements)**

This pattern was named after the holy Dan Gun, legendary founder of Korea in the year 2333 B.C. Unusually for a tul, all the punches in Dan Gun are high section, symbolising Dan Gun scaling a mountain.

#### **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.

#### **Won Hyo (28 Movements)**

Won Hyo was the name of a noted monk, who helped spread Bhuddism throughought Korea during the Silla dynasty, in the year 686 A.D.

#### **Yul-Guk (38 movements)**

Is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38<sup>o</sup> Latitude and the diagram represents " Scholar"

#### **Choong-Gun (32 movements)**

Is named after the patriot Ahn Chung-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. Ahn's age when he was executed at Lui-Shung prison (1910).

### **Toi-Gye (37 Movements)**

Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 370 Latitude, the diagram represents " Scholar "

### **Hwa Rang (29 movements)**

Is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

### **Choong Moo (30 movements)**

Was the name given to the great Admiral Yi Soon-Sin of the Lee 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 with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.