



# Sutton Schools of Tae Kwon-Do Student Handbook

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*2<sup>nd</sup> to 3<sup>rd</sup> Dan Manual*

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## 1.0 Introduction

Congratulations on achieving 2<sup>nd</sup> Dan status in the world of tae kwon-do – this demonstrates true commitment and perseverance.

There is a minimum interval of **3 years** between attaining 2<sup>nd</sup> Dan status and preparing for a 3<sup>rd</sup> Dan grading. The 3<sup>rd</sup> Dan grading demonstrates a more sophisticated technical skill-set and a student must be able to evidence significant progress across all areas of the discipline.

This manual details the syllabus for the 3<sup>rd</sup> Dan grading and offers guidance on how to prepare for the grading.

## 1.1 Grading Eligibility Criteria for 2<sup>nd</sup> Dan Students

2<sup>nd</sup> Dan students are required to meet the following criteria to become eligible for a 3<sup>rd</sup> Dan grading:

- Three years of continuous training with no substantial breaks since the 2nd Dan grading
- A minimum of 2 hours of training per week
- Attendance at a minimum of three black belt training sessions per year
- Produce a letter to the grading examiner detailing valid reasons for promotion
- Active participation in supporting club events – charity demonstrations, tournaments, training camps, coaching, supporting gradings etc
- A clear progression across all of the technical disciplines within the art of tae kwon-do
- Visibly uphold and reinforce the values laid down in the 5 tenets
- Complete the official 3<sup>rd</sup> Dan grading administration – incl one recent passport photo

## 1.2 Preparation for the 3<sup>rd</sup> Dan Grading

The destiny of a student aiming to become a third Dan lies primarily in their own discipline and training methods.

Sutton Schools of Tae Kwon-Do will support all black belt grades through offering clear support and guidance as well as regular black-belt only training sessions.

During the grading students will be required to:

- Demonstrate the 3 new technical patterns – Ko-Dang, Choong-Jang & Eui-Am
- Evidence a significant improvement in sparring skills and tactics
- Work effectively with others during the grading in sparring situations – demonstrating control and a respect for others
- Demonstrate good fitness levels during the physical test
- Demonstrate and describe the purpose of the chosen destruction techniques
- Have a sound grasp of the additional Korean terminology outlined in this manual coupled with the terminology outlined in the Colour Belt Manual
- Meet the standards set by an external grading examiner, whom is required to be a minimum of 2 Dan grades above the student themselves



## 2.0 Grading Syllabus

### 2.1 Line Work

<b>Forward:</b>	Double side kick, spinning back kick, lead ridge hand
<b>Backward:</b>	1st 4 moves of Ko-Dang
<b>Forward:</b>	Front leg hook/side kick combination, axe kick using rear leg, reverse punch
<b>Backward:</b>	Double knifehand strike in an L-stance
<b>Forward:</b>	Golcha chagi, crosscut, guarding block (from Ko-Dang)
<b>Backward:</b>	Wedging/circular/downward double palm block, reverse punch
<b>Forward :</b>	Rear leg front/turning kick combination, axe kick same leg, reverse punch
<b>Backward:</b>	Double pressing palm block, high inward block, backfist strike
<b>Forward:</b>	Jumping reverse turning kick, knifehand strike and reverse backfist
<b>Backward:</b>	Reverse punch, double pushing palm block, low section reverse knife hand (Eui Am)
<b>Forward:</b>	Front kick, reverse arc hand strike
<b>Backward:</b>	Low knifehand block, reverse palm strike
<b>Forward:</b>	Twist kick, X pressing/knifehand rising block, guard forward (from Eui Am)
<b>Backward:</b>	Downward elbow, downward outer forearm block (from Ko-Dang)
<b>Forward:</b>	Jumping side kick with step through
<b>Backward:</b>	Jumping back kick, twin knife hand strike (from Choong-Jang)

### 2.2 Patterns

<b>Pattern 1:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Pattern 2:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Pattern 3:</b>	Student's choice from any colour belt pattern learnt to date
<b>Pattern 4:</b>	Examiner's choice from any 1 <sup>st</sup> Dan pattern learnt to date
<b>Pattern 5:</b>	Student's choice from any 1 <sup>st</sup> Dan pattern learnt to date
<b>Pattern 6:</b>	2 <sup>nd</sup> Dan black belt pattern 1 – Ko-Dang
<b>Pattern 7:</b>	2 <sup>nd</sup> Dan black belt pattern 2 – Choong-Jang
<b>Pattern 8:</b>	2 <sup>nd</sup> Dan black belt pattern 3 – Eui-Am

### 2.3 3-Step Sparring / 2-Step Sparring

Examiner's choice.

Students should have a full knowledge of all ten 3-step sparring routines and eight 2-step sparring routines.

Note - The 2-step sparring routines must include a reverse side kick in at least 2 of the 4 freestyle routines. The routines should be performed with complex combinations.

### 2.4 1-Step Sparring

Each student should have a minimum of **eight** advanced pre-determined defence and attack movements prepared.

### 2.5 1-Step Self-Defence

Each student should have four pre-determined self-defence and attack movements prepared. The routines should be performed using combinations that demonstrate variety and a full understanding of the most appropriate defence movement(s) in response to an attack.



## 2.6 Free Sparring

Both adults and juniors will be requested to demonstrate technical semi-contact free-sparring with up to 3 partners. The grading examiner will require clear evidence of a continuing improvement in the skilful usage of techniques and tactics.

Note - Safety equipment will be required as this is a semi-contact section of the grading.

## 2.7 Pad Work/ Break Boards

- Jump side-kick on the spot (both legs)
- Jump turning kick on the spot (both legs)
- Double knife-hand strike (both hands)

Note - This exercise will be performed on an individual basis on the day of the grading.

## 2.8 Destruction

- Two advanced techniques (one hand and one foot ) chosen by the student
- Demonstration to be executed on both sides



## 3.0 2<sup>nd</sup> Dan Patterns

### 3.1 Background

Dan grade patterns are significantly more challenging than the colour belt patterns, both in terms of numbers of movements and complexity of skill set. There are three additional patterns to memorise and execute for the 2<sup>nd</sup> Dan grading – making a total of 15 technical patterns learnt to date.

The diagram, meaning and pattern description is outlined for each of the three 2<sup>nd</sup> Dan patterns in the next section of this manual.

It is worthwhile reminding students at this stage what is expected when executing a pattern at an advanced level:

1. Patterns should begin and end on the same spot. This will indicate the performers' accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

### 3.2 Why do we perform patterns?

We practise patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

These skills should be well-developed by 1<sup>st</sup> Dan and a student will be judged on all of the above-mentioned areas during a technical grading.

### 3.3 Why are there twenty four patterns?

The reason for twenty four patterns in tae kwon-do is because the founder, Major General Choi Hong Hi, compared the life of man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says:

*"Here I leave Tae Kwon-Do for mankind. As a trace of a man of the late 20th Century. The twenty four patterns represent twenty four hours, one day or all of my life."*



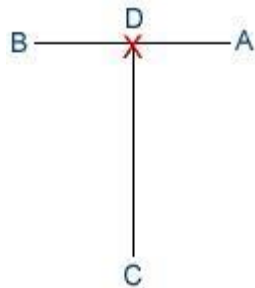
## 3.4 Ko-Dang

**Number of Movements:** 39

### Meaning of Ko-Dang:

Ko-Dang is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

**Diagram:**



**Starting Position:** Closed ready stance A

1. Move the right foot to AC to form a sitting stance, at the same time executing a middle pushing block with a left palm
2. Execute a middle punch with the right fist
3. Move the right foot on line CD, forming a right L stance while executing a middle guarding block with the forearm
4. Execute a low block with the right forearm and a middle side block with the left inner forearm
5. Move the left foot to BC forming a sitting stance at the same time executing a middle pushing block with a right palm
6. Execute a middle punch with the left fist
7. Move the left foot on line CD, forming a left L-stance while executing a middle guarding block with the forearm
8. Execute a low block with the left forearm and a middle side block with the right inner forearm
9. Turn the face toward C forming a left bending ready stance B
10. Execute a middle back piercing kick to C with the right foot
11. Lower the right foot to C, forming a right L-stance toward D while executing a middle block with a left knife-hand
12. Turn the face toward C forming a right bending ready stance B
13. Execute a middle back piercing kick to C with the left foot
14. Lower the left foot to C forming a left L-stance toward D, while executing a middle block with a right knife-hand
15. Move the right foot to C forming a right L-stance while executing a downward thrust with a left straight elbow
16. Move the left foot to C, forming a left L-stance while executing a downward thrust with a right straight elbow
17. Move the left foot to D to form a left walking stance while executing a pressing block with a right palm. Perform in a slow motion
18. Move the right foot to D, forming a right walking stance, at the same time changing the position of the hands. Perform in a slow motion
19. Move the right foot to C forming a right L-stance, while executing a downward block with the left outer forearm



20. Move the right foot to D to form a left L-stance, while executing a downward block with the right outer forearm
21. Move the left foot to D, forming a right rear foot stance, at the same time executing an upward block with a left palm
22. Move the right foot to D to form a left rear foot stance, at the same time executing an upward block with a right palm
23. Move the right foot to C, forming a right rear foot stance, and then execute a middle front snap kick with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to D, forming a left walking stance while executing a high inward strike with both knife-hands
25. Execute a rising block with a left knife-hand
26. Execute a low guarding block with the knife-hand while forming a right L-stance, pulling the left foot
27. Execute a downward punch with the right fist while forming a left walking stance, slipping the left foot
28. Move the left foot to the side rear of the right foot and then slide to C, forming a right L-stance toward D while executing a middle guarding block with a knife-hand
29. Jump to land on the same spot, forming a right L-stance while executing a middle guarding block with a knife-hand
30. Jump to D to form a right X-stance, while executing a high side strike to D with a right back fist
31. Move the left foot to C, forming a left walking stance, at the same time executing a high side block with the left outer forearm
32. Move the left foot on line CD, forming a right walking stance toward D while executing a high side block with the right outer forearm
33. Move the left foot to D, forming a right L-stance, at the same time executing an upset punch with the right fist and bringing the left side fist in front of the right shoulder
34. Execute a middle hooking kick to A with the right foot
35. Lower the right foot to A, forming a left L-stance while executing a high cross cut with a right flat fingertip
36. Bring the right foot to the left foot, and then execute a middle hooking kick to B with the left foot
37. Lower the left foot to B, forming a right L-stance, at the same time executing a high cross cut with a left flat fingertip
38. Bring the left foot to the right foot, and then move the right foot to A forming a left L-stance, at the same time executing a high guarding block with a knife-hand
39. Bring the right foot to the left foot, and then move the left foot to B forming a right L-stance, at the same time executing a high guarding block with a knife-hand.

Perform 24 and 25 in a continuous motion.

**End:** Bring the left foot back to a ready stance





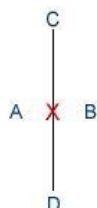
## 3.5 Eui-Am

**Number of Movements:** 45

### Meaning of Eui-Am:

EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation

### Diagram:



**Starting Position:** Closed ready stance D

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist
9. Execute a middle reverse turning kick to AC with the right foot
10. Lower 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 knife-hand
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist
13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm
16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C
17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16
18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist



19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion
20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist
22. Execute a middle reverse turning kick to AD with the left foot
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand
24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot
30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D
32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand
33. execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot
36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D
37. Execute a middle reverse turning kick to BD with the right foot
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm
39. Execute a middle reverse turning kick to AD with the left foot
40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm
41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand
42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot
43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand
44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot
45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D

**END:** Bring the right foot back to a ready posture

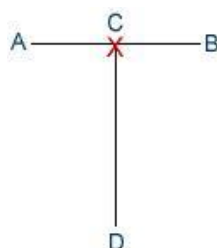
## 3.6 Choong-Jang

**Number of Movements:** 52

### Meaning of Choong-Jang:

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity

### Diagram:



**Starting Position:** Closed ready stance A

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand



18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C
26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion
30. Punch the left palm with the right fist while maintaining a right L-stance toward C
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand
32. Punch the right palm with the left fist while maintaining a left L-stance toward C
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44



46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist
47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion
48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist
49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand
50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B
51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand
52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A

**END:** Bring the left foot back to a ready posture



## 4.0 Theory

### 4.1 Background

Consideration should be given to the following when preparing for the 3<sup>rd</sup> Dan theory test:

- Colour belt memory test – the grading examiner may refer to any of the technical questions and answers outlined in the Colour Belt Manual, including pattern meanings.
- 1<sup>st</sup> Dan terminology test – as outlined in 1<sup>st</sup> to 2<sup>nd</sup> Dan manual.
- 2<sup>nd</sup> Dan terminology test- as outlined in 2<sup>nd</sup> to 3<sup>rd</sup> Dan manual.  
(You may wish to undertake more research on the internet to broaden your knowledge).
- A full appreciation of the **purpose** behind the blocks and attacks used, as well as the appropriate target areas.
- The role of the black belt within Sutton Schools of Tae Kwon-Do – for instance:
  - How can your knowledge be transferred to support the colour belt students?
  - How will your role as a 2<sup>nd</sup> Dan differ to that of a first Dan?
  - Do you want to own your own club and become an Instructor?
  - How would you actively seek to support the Instructor?
- Questions may also operate at a more philosophical level – for instance?
  - How has Major Choi Hong-Hi contributed to the development of tae kwon-do across the world?
  - Which of the 2nd Dan patterns has inspired you the most and why?
  - Which pattern to date has presented you with the most challenges and how have you approached the learning?
  - Do you support any of the philosophies outlined by the key characters referred to in the Dan grade or colour belt pattern meanings?



## 5.0 2nd Dan Terminology

The language detailed below refers to the key technical movements contained within the 2<sup>nd</sup> Dan pattern instructions. For ease of reference, the patterns to which the movements relate are noted in the right-hand column.

It is essential to refer to the colour belt and 1<sup>st</sup> Dan manuals for the core terminology which may also be referred to in the 2<sup>nd</sup> Dan examination. Please note, this booklet is a guide only and not an exhaustive list of Korean terminology. At this level it is therefore recommended that students supplement these guidelines with their own research.

### 5.1 Kicks

English Translation	Korean Term	Pattern
Twisting kick	Bituro chagi	Eui-Am
Side piercing kick	Yop cha jirugi	Eui-Am, Ko-Dang
Stamping kick	Cha bapgi	Eui-Am
Hooking kick	Golcha chagi	Eui-Am
Front snap kick	Ap cha busigi	Choong-Jang

### 5.2 Punches

English Translation	Korean Term	Pattern
Angle punch	Giokja jirugi	Choong-Jang
Twin knuckle fist	Sang songarak joomuk	Choong-Jang
Crescent punch	Bandal jirugi	Eui-Am
Downward punch	Naeryo jirugi	Ko-Dang
Upset punch	Dwijibo jirugi	Ko-Dang

### 5.3 Blocks

English Translation	Korean Term	Pattern
9 shaped block	Gutcha makgi	Choong-Jang
Palm pushing block	Sonbadak miro makgi	Ko-Dang, Eui-Am
Pressing block	Noollo makgi	Ko-Dang
Knifehand rising block	Sonkal chookyo makgi	Eui-Am
Scooping block	Duro makgi	Choong-Jang, Eui-Am
Wedging block	Hechyo makgi	Eui-Am

### 5.4 Thrusts/ Strikes/ Grasps

English Translation	Korean Term	Pattern
Archand strike	Bandalson taerigi	Choong-Jang
Crosscut flat fingertip thrust	Opun sonkut tulgi	Ko-Dang
Downward thrusting straight elbow	Sun palkup	Ko-Dang
Double finger thrust	Doo songarak tulgi	Choong-Jang
Horizontal knifehand strike	Soopjong jirugi	Choong-Jang
Side elbow thrust	Yop palkup tulgi	Choong-Jang

### 5.5 Stances

English Translation	Korean Term	Pattern
Bending ready stance	Guburyo sogi	Ko-Dang
Closed stance	Moa sogi	Eui-Am
Rear foot stance	Dwit bal sogi	Ko-Dang



## 5.6 Body Parts & Target Areas

English Translation	Korean Term
Abdomen	Bokboo
Adam's apple	Gyol hoo
Arm	Pal
Bridge of the Nose	Migan
Chest	Gasum
Chest	Gasum
Collar Bone	Swe gol
Eye	Angoo
Floating ribs	Nuk gol
Forehead	Ima
Groin	Sataguni
Head	Mori
Heart	Shim jang
Jaw	Yop tok
Joint	Gwanjol
Kidney	Kongpat
Leg	Dari
Lips	Ipsul
Neck	Mok
Nose	Kotdung
Philtrum	Injoong
Shin	Jong kwaengi
Shoulder	Euhke
Skull	Dae sin moon
Solar plexus	Myong chi
Sternum	Hyung gol
Temple	Gwanja nori
Windpipe	Soom tong

## 5.7 Hand Parts

English Translation	Korean Term
Arc-hand	Bandalson
Back Fist	Dung Joomuk
Back Forearm	Dung Palmok
Back hand	Son dung
Back of forearm	Dung palmok
Base of knifehand	Sonkal batang
Double Fingertip	Doo Songarak
Double Side Elbow	Jau Palkup
Elbow	Palkup
Finger Belly (Eui-Am)	Songarak Badak
Fingertips	Sonkut
Flat Fingertip	Opun Sonkut
Fore fist	Ap Joomuk
Forearm	Palmok
Forefinger	Han Songarak
Heaven Hand	Hansul Sun
Inner Forearm	An Palmok
Knifehand	Sonkal





Knuckle Fist	Songarak Joomuk
Middle Knuckle Fist	Joonji Joomuk
Outer Forearm	Bakkat Palmok
Palm	Sombadak
Reverse Knifehand	Sonkal Dung
Side Fist	Yop Joomuk
Straight Fingertip	Sun Sonkut
Thumb	Umjii
Thumb Knuckle Fist	Umji Joomuk
Under fist	Mit joomuk
Upset Fingertip	Dwijibun Sonkut

## 5.8 Foot Parts

English Translation	Korean Term
Back Heel	Dwit chook
Back Sole	Dwit kumchi
Ball of the foot	Ap kumchi
Foot sword	Balkal
Instep	Baldung
Reverse footsword	Balkal dung
Side instep	Yop baldung
Side sole	Yop bal badak
Toes	Balkut

## 5.9 Miscellaneous

English Translation	Korean Term
Breaking	Kyukpa
Breathing	Ho hyoop
Focus	Chojum
Grabbing	Butjaba
Heaven hands	Hansul sun
Power	Himm
Sliding	Mikulgi
Stamping	Cha bapgi
Turn	Dolgi
Under	Mit