

Techniques per Pattern: Korean & English (Unofficial List)

(An * by a term means this is the first pattern or classic 4-direction exercise where it appears.)

Chon-Ji (19): means literally "Heaven the Hearth". 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 beginning student. The pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
Najunde Makgi	Low Section Block
*An Palmok makgi	Inner Forearm Block
Kaunde Jirugi	Middle Section Punch
*Muluswimyu	Backwards

NOTE: * denotes a stance, technique or term that didn't appear in an earlier pattern or exercise such as 4 Direction Punch.

Dan-Gun (21): Named after the holy Dan-Gun, the Legendary founder of Korea in the year 2333 BC.

Niun Sogi	L-Stance
Gunnun Sogi	Walking Stance
*Songkal Daebi Makgi	Knifehand Guarding Block
*Sang Palmok Makgi	Twin Forearm Block
*Chookyo Makgi	Rising Block
Najunde makgi	Low Section Block
*Nopunde Jirugi	High Section Punch
Songkal Taerigi	Knifehand strike

Do-San (24): Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938), who devoted his entire life to the furthering the education of Korea and its independent movement.

*Annun Sogi	Sitting Stance
Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
*Bakkat Palmok Makgi	Outer Forearm Block
Chookyo Makgi	Rising Block
*Hechyo Makgi	Wedging Block
Songkal Daebi Makgi	Knifehand Guarding Block
*Bandaе Jirugi	Reverse Punch
Kaunde Jirugi	Middle Section Punch
*Dung Joomuk Taerigi	Backfist Strike
*Sun Sonkut Tulgi	Straight Fingertip Thrust
Songkal Taerigi	Knifehand Strike
*Ap Cha Busigi	Front Kick (Snap)

Won-Hyo(28): was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

*Gojung Sogi	Fixed Stance
*Guburyo Sogi	Bending Stance
Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
*Dollimyo Makgi	Circular Block
*Palmok Daebi Makgi	Forearm Guarding Block
Sang Palmok Makgi	Twin Forearm Block
Songkal Daebi Makgi	Knifehand Guarding Block
Bandaе Jirugi	Reverse Punch
Kaunde Jirugi	Middle Section Punch
Sun Sonkut Tulgi	Straight Fingertip Thrust
*Songkal Anuro Taerigi	Knifehand Inward Strike
Ap Cha Busigi	Front Snap Kick
*Yop Cha Jirugi	Side Kick

Yul-Gok(38): is the pseudonym of a great Philosopher and scholar
(Page 2) Yi I (1536-1584 A.D.) nicknamed the "Confucius of
Korea". The 38 movements refer to his birthplace
on 38 degree latitude and the pattern diagram represents
scholar.

Annun Sogi	Sitting Stance
Guburyo Sogi	Ready to kick stance
Gunnun Sogi	Walking Stance
*Kyocha Sogi	X-Stance
An Palmok makgi	Inner Forearm Block
Bakkat Palmok Makgi	Outer Forearm Block
*Doo Palmok Makgi	Double Forearm Block
*Golcho Makgi	Hooking Block
*Sang Songkal Makgi	Twin Knifehand Block
Bandae Jirugi	Reverse Punch
Kaunde Jirugi	Middle Section Punch
*Bandae Palkup Taerigi	Reverse Elbow Strike
Dun Joomuk Taerigi	Back fist strike
Sun Sonkut Tulgi	Straight Fingertip Thrust
*Najunde ap cha busigi	Low front snap kick
Yop Cha jirugi	Side Kick (side kick punch)

Joong-Gun(32): is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this "pattern" to represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

Gunnun Sogi	Walking Stance
*Dwitbal Sogi	Back Foot Stance
Gojung Sogi	Fixed Stance
Moa Sogi	Closed Stance
*Nachuo Sogi	Low Stance
Niun Sogi	L-Stance
Doo Palmok Makgi	Double Forearm Block
*Kyocha Joomuk Chookyo Makgi	X-Fist Rising Block
*Mongdunggi Makgi	U-Shape Block
Palmok Daebi Makgi	Forearm Guarding Block
*Sonbadak Ollyo Makgi	Palm Upward Block
*Sonbadak Noollo Makgi	Palm Pressing Block
Songkal Daebi Makgi	Knifehand Guarding Block
Songkal Dung Makgi	Reverse Knifehand Block
Kaunde Jirugi	Middle Section Punch
*(Sang Joomuk) Dwijibun Jirugi	(Twin Fist) Upset Punch
*(Sang Joomuk) Sewo Jirugi	(Twin Fist) Vertical Punch
*Nopunde Bandae Jirugi	High Reverse Punch
*Nopunde Dung joomuk yop taerigi.	High Back Fist side Strike
*Wi Palkup Taerigi	Upper Elbow Strike
Ap Cha Busigi	Front Snap Kick
Yop Cha Jirugi	Side Kick

Toi-Gye(37): is the penname of the noted scholar Yi Hwang (16th A.D.), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, and the pattern diagram represents scholar.

Annun Sogi	Sitting Stance
Gunnun Sogi	Walking Stance
Kyocha Sogi	X-Stance
Moa Sogi	Closed Stance
Niun Sogi	L-Stance
An Palmok Makgi	Inner Forearm Block
Bakkat Palmok Makgi	Outer Forearm Block
Dollimyo Makgi	Circular Makgi
Doo Palmok Makgi	Double Forearm Block
*Doo Palmok Miro Makgi	Double Forearm Pushing Block
*Kyocha Joomuk Noollo Makgi	X-fist Pressing Block
Najunde Makgi	Low Section Block
Najunde Songkal Daebi Makgi	Low Section Guarding Block
*San Makgi	W-Shape Block
Songkal Daebi Makgi	Knifehand Guarding Block
Dung Joomuk Taerigi	Back Fist Strike
*Dwijibun Sonkut tulgi	Upset Fingertip Thrust
Kaunde Jirugi	Middle Section Punch
*Mori Chapki	Head Grab
*Moorup Taerigi	Knee Strike
*Opun Sonkut Tulgi	Flat Fingertip Thrust
*Sang Joomuk Sewo Jirugi	Twin Fist Vertical Fist
(*Sang Palkup Taerigi)	(Twin Elbow Strike)
Ap Cha Busigi	Front Snap Kick
Najunde Ap Cha Busigi	Low Section Front Kick

Hwa-Rang(29): is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago (around 620 A.D.). This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Annun Sogi	Sitting Stance
Gojung Sogi	Fixed Stance
Gunnun Sogi	Walking Stance
Moa Sogi	Closed Stance
Niun Sogi	L-Stance
*Soo Jik Sogi	Vertical Stance
An Palmok Makgi	Inner Forearm Block
Kyocha Joomuk Noollo Makgi	X-fist Pressing Block
Najunde Makgi	Low Section Block
Sang Palmok Makgi	Twin Forearm Block
*Sonbadak Miro Makgi	Palm Pushing Block
Songkal Daebi Makgi	Knifehand Guarding Block
Bandae Jirugi	Reverse Punch
Kaunde Jirugi	Middle Section Punch
*Ollyo Jirugi	Upward Punch
Naeryo Songkal Taerigi	Downward Knifehand Strike
Sun Sonkut Tulgi	Straight Fingertip Thrust
Songkal Taerigi	Knifehand Strike
*Nopunde Dollyo Chagi	High Section Round Kick
Yop Cha Jirugi	Side Kick
*Palkup Yop Taerigi	Elbow Side Strike

Choong-Moo(30):
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was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. In 1592 he was reputed to have invented the first armored battleship, the Kobukson, which was the precursor of the present-day submarine. The reason why this pattern ends with a left hand attach is to symbolize his regrettable death before being able to demonstrate his potential.

Annun Sogi	Sitting Stance
Gojung Sogi	Fixed Stance
Guburyo Sogi	Ready to Kick Stance
Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
*Bakkat Palmok Ap Makgi	Outer Forearm Front Block
Chookyoo Makgi	Rising Block
Doo Palmok Makgi	Double Forearm Checking Block
*Kyocha Songkal Momchau Makgi	X-Knifehand Block
Mongdungi Makgi	U-Shaped Block
Najunde Makgi	Low Section Block
Palmok Daebi Makgi	Forearm Guarding Block
Sonbadak Ollyo Makgi	Upward Palm Block
Sang Songkal Makgi	Twin Knifehand Block
Songkal Daebi Makgi	Knifehand Guarding Block
Bandae Jirugi	Reverse Punch
*Dung Joomuk Yop Taerigi	Back Side-Fist Strike
Moorup Taerigi	Knee Strike
Nopunde Dung Joomuk Taerigi	High Sect. Back Fist Strike
Mori Chapki	Head Grab
Dwijibun Sonkut Tulgi	Upset Fingertip Thrust
Opun Sonkut Tulgi	Flat Fingertip Thrust
Sun Sonkut Tulgi	Straight Fingertip Thrust
Songkal Anuro Taerigi	Knifehand Inner Strike
Songkal Dung Taerigi	Reverse Knifehand Strike
Dollyo Chagi	Turning Kick
*Dwit Chagi	Back Kick
Nopunde Dollyo Chagi	High Turning Kick
*Twimyo Yop Cha Jirugi	Jumping Side Kick
Yop Cha Jirugi	Side Kick

Saju Jirugi:	4 Direction Punch
Gunnun Sogi	Walking Stance
Najunde Makgi	Low Section Block
Kaunde Jirugi	Middle Section Punch
Saju Songkal Taerigi:	4 Direction Knifehand Strike
Niun Sogi	L-Stance
Songkal Taerigi	Knifehand Strike
Saju Apcha Busigi:	4 Direction Front Snap Kick
Niun Sogi	L-Stance
Apcha Busigi or	Front Kick
Ap Chagi	Front Kick
Saju Yopcha Jirugi:	4 Direction Side Kick:
Niun Sogi	L-Stance
Yopcha Jirugi or	Side Kick
Yop Chagi	Side Kick
Saju Dollyo Chagi:	4 Direction Round Kick
Niun Sogi	L-Stance
Dollyo Chagi	Round Kick (or Turning Kick)

+++++ END of Color Belt Pattern Terms +++++

Kwang-Gae (39): is named after the famous Kwang-Gae-Toh-Wang, the
 Page 5 19th King of the Koguryo Dynasty who gained back
 all the lost territories including the greater
 part of Manchuria. The diagram for this pattern
 represents the expansion and recovery of lost
 territory. The 39 movements refer to his becoming
 king in the year 391 AD.

Moa Sogi (Hanul son)	Closed Stance (Heavenly Hand)
Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
Dwitbal Sogi	Backfoot Stance
Nachuo Sogi	Low Stance
Annun Sogi	Sitting Stance
Golcho Makgi	Hooking Block
Songkal Daebi Makgi	Knifehand Guarding Block
Sonbadak Ollyo Makgi	Palm upward block
Sonbadak noollo Makgi	Palm Pressing Block
Doo Palmok Makgi	Double forearm block
Najunde Makgi	Low section block
Bandae Dwijibun Jirugi	Reverse Upset Punch
Sang Joomuk Sewo Jirugi	Twin Fist Vertical Punch
Sang Joomuk Dwijibun Jirugi	Twin Fist Upset Punch
Nopunde Jirugi	High Section Punch
Songkal anuro taerigi	Knifehand side fist strike
Naeryo yop joomuk taerigi	Downward side fist strike
Dung joomuk yop taerigi	Back fist side strike
Opun sonkut tulgi	Flat Fingertip thrust
Noollo Chagi	Pressing Kick
Yop Chagi	Side Kick
Ap Cha Busigi(Ap Chagi)	Front Snap Kick

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Po-Eun(36) is the pseudonym of a loyal subject Chong Mong-Chu (1337-1392 A.D.) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The pattern diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Moa Sogi	Closed Stance
Niun Sogi	L-Stance
Waebal Sogi	One Leg Stance
Annun Sogi	Sitting Stance
Kyocho Sogi	X-Stance
Najunde Songkal Dung Daebi Makgi	L.S. Rev. Knifehand Guard. Block
Palmok Daebi Makgi	Forearm Guarding Block
An Palmok Makgi	Inner Forearm Block
Najunde Makgi	Low Section Block
*An palmok hechyo makgi	Inner forearm Wedging Block
Bakkat Palmok Najunde Ap Makgi	Outer Forearm L.S. Front Block
*Jau Palkup Taerigi	Twin Elbow Strike
*Soopyong Jirugi	Horizontal Punch
Dollyo Jirugi	Round Punch
Dung Joomuk Taerigi	Back Fist Strike
Songkal Taerigi	Knifehand Strike
Ollyo Jirugi	Upward Punch
Dwit Palkup Taerigi	Back Elbow Strike
Kaunde Jirugi	Low Section Punch
*Mongdung Chapki	U-Shaped Grab
Noollo Chagi	Pressing Kick

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Ge-Baek(44) is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The pattern diagram represents his severe and strict military discipline.

Niun Sogi	L-Stance
Gunnun Sogi	Walking Stance
Annun Sogi	Sitting Stance
Kyocha Sogi	X-Stance
Najunde Makgi	Low Section Block
Songkal Najunde (Yop) Makgi	Knifehand Low Section (Side) Block
Kyocha Songkal Chookyo Makgi	X-Stance Knifehand Rising Block
*Doo Bandalson Makgi	Double Archand Block
*Sonbadak Duro (Ollyo) Makgi	Palm scooping (upward) block
San Makgi	W-Shaped Block
Palmok Daebi Makgi	Forearm Guarding Block
*Gutja Makgi	9-shaped block
Doo Palmok Makgi	Double Forearm Block
Songkal Dung Najunde Daebi Makgi	Reverse Knifehand Low Sect. Guard. Blk
Songkal Najunde Daebi Makgi	Knifehand L.S. Guarding Block
Chookyo Makgi	Rising Block
Songkal Daebi Makgi	Knifehand Guarding Block
Kaunde Jirugi	Middle Section Punch
Bandae Jirugi	Reverse Punch
Sang Sewo Jirugi	Twin Vertical Punch
Bandae Dwijibun Jirugi	Reverse Upset Punch
*Songarak Joomuk Bandae Dwijubun jirugi	Middle Knuckle Fist Reverse Upset Punch
Dung Joomuk Ap taerigi	Back Fist Front Strike
Ap Palkup Taerigi	Front Elbow Strike
Songkal Dung Taerigi	Reverse Knifehand Strike
Opun Sonkut Tulgi	Flat Fingertip Thrust
Yop Cha Jirugi	Side Kick
*Bituro Chagi	Twisting Kick
Ap Cha Busigi	Front Snap Kick
Dollyo Chagi	Round Kick
(Twimyo) Yop Chagi	(Jumping) Side Kick

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Eui-Am(45) 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 pattern diagram represents his indomitable spirit.

Moa Sogi	Closed Stance
Gunnun Sogi	Walking Stance
Kyocha Sogi	X-Stance
Niun Sogi	L-Stance
Annun Sogi	Sitting Stance
Narani Sogi	Parallel Stance
Dwitbal Sogi	Back foot stance
Songkal Najunde bakuro Makgi	Knifehand L.S. outward Block
Songkal Najunde Anuro Bandae Makgi	KnifeH. LowS. inward Reverse Blk
Nopunde Bakkat Palmok Bandae Yop Makgi	H.S. Outer Forearm Reverse Side Block
Kyocha Joomuk Naeryo Makgi	X-Fist Downward Block
Songkal Bandae Chookyo Makgi	Knifehand Reverse Rising Block
Songkal Kaunde Hechyo Makgi	Knifehand M.S. Wedging Block
Songkal Dung Dollimyo Makgi	Reverse Knifehand Circular Block
Sonbadak Naeryo Makgi	Palm Downward Block
Songkal Najunde Anuro Makgi	Knifehand L.S. Inward Block
Palmok Kaunde Daebi Makgi	Forearm M.S. Guarding Block
Kaunde Dollyo Jirugi	M.S. Round Punch
Dung Joomuk Nopunde Yop Taerigi	Backfist H.S. Side Strike
Kaunde Jirugi	M.S. Punch
Songkal Kaunde Taerigi	Knifehand M.S. Strike
*Nopunde Bandae Bandal Jirugi	H.S. Reverse Crescent Punch
Kaunde Bandae jirugi	M.S. Reverse Punch
Kaunde yop Chagi	M.S. Side Kick
Bandae Dollyo Chagi	Reverse Round Kick
Bituro Chagi	Twisting Kick

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Ul-Ji(42) is named after general Ul-Ji Moon Dok who successfully defended Korea against Tang's invasion force of nearly 1M soldiers led by Yang Je in 612 A.D. Ul-Ji used hit and run guerilla tactics and was able to decimate a large percentage of Yang Je's soldiers. The diagram for this pattern is the author's surname and there are 42 steps to remember his age when he designed it.

Gojung Sogi	Fixed Stance
Gunnun Sogi	Walking Stance
Annun Sogi	Sitting Stance
Moa Sogi	Closed Stance
Kyocho Sogi	X-Stance
Niun Sogi	L-Stance
Palmok Daebi Makgi	Forearm Guarding Block
Songkal Hechyo Makgi	Knifehand Wedging Block
An Palmok Hechyo Makgi	Inner Forearm Wedging Block
*Sang Yop Joomuk Soopyong Taerigi	Twin Side fist Horizontal Strike
Kyocho Joomuk Noollo Makgi	X-Fist Pressing Block
*Kyocho Songkal Momchau Makgi	X-Knifehand Checking Block
Dollimyo Makgi	Circular Block
Kyocho Songkal Chookyo Makgi	X-Knifehand Rising Block
Najunde Makgi	Low Section Block
Songkal Chookyo Makgi	Knifehand Rising Block
Bukuro Songkal Makgi	Outward Knifehand Strike
Sonbadak Miro Makgi	Palm Pushing Block
Sang Songkal Makgi	Twin Knifehand Block
Sonbadak Ollyo Makgi	Palm Upward Block
Doo Palmok Makgi	Double Forearm Block
Bandae Chookyo Makgi	Reverse Rising Block
Sun Sonkut Tulgi	Straight Fingertip Thrust
Dung Joomuk Nopunde Yop Taerigi	Backfist H.S. Side Strike
Songkal Anuro Taerigi	Knifehand Inward Strike
Ap Palkup Taerigi	Front Elbow Strike
Dung Joomuk Nopunde Ap Taerigi	Back fist High Section Front Strike
Dwi Palkup Taerigi	Back Elbow Strike
*Sondung Bakuro Taerigi	Back hand outward Strike
Dung Joomuk Dwi Taerigi	Backfist Back Strike
Sang Palkup Yop Taerigi	Twin Elbow Side Strike
Jau Palkup Taerigi	Twin Elbow Strike
Songkal H.S. Inward Taerigi	Knifehand H.S. Inward Strike
Sang Joomuk Sewo Jirugi	Twin Fist Vertical Punch
Nopunde Bandae Jirugi	H.S. Reverse Punch
Kaunde Jirugi	Middle Section Punch
Soopyong Jirugi	Horizontal Punch
Twimyo Bandae Dollyo Chagi	Jumping Reverse Round Kick
Twimyo Nopunde Ap Cha Busigi	Jumping H.S. Front Snap Kick
(Twimyo) Yop Chagi	(Jumping) Side Kick
Dwi Chagi	Back Kick
*Bandal Chagi	Crescent Kick
Najunde Ap Cha Busigi	Low Section Front Snap Kick
*Mukulgi (Kaunde Jirugi)	Sliding (M.S. Punch)

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Choi-Yong(46) is named after General Choi Yong. Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Lee Dynasty. (See Po-Eun for a similar history.)

Moa Sogi	Closed Stance
Dwitbal Sogi	Back foot Stance
Gunnun Sogi	Walking Stance
Niun Sogi	L-Stance
Narani Sogi	Parallel Stance
Guburyo Sogi	Bending Stance
Kyocha Sogi	X-Stance
Palmok Daebi Makgi	Forearm Guarding Block
Songkal Chookyo Makgi	Knifehand Rising Block
Dollimyo Makgi	Circular Block
Songkal Najunde Daebi Makgi	Knifehand L.S. Guard. Block
Sonbadak Noollo Makgi	Palm Pressing Block
Sonbadak Ollyo Makgi	Palm Upward Block
Songkal San Makgi	Knifehand W-Shaped Block
Golcho Makgi	Hooking Block
Songkal Taerigi	Knifehand Strike
Bandae Palkup Taerigi	Reverse Elbow Strike
Sagarak Joomuk Nopunde Jirugi	Knuckle Fist High Sect. Punch
Kaunde Jirugi	Middle Section Punch
Opun Sonkut Nopunde Tulgi	Flat Fingertip High Section Thrust
Dung Joomuk Nopunde Yop Taerigi	Backfist H.S. Side Strike
Yop Chagi	Side Kick
Kaunde Dollyo Chagi	M.S. Round Kick
Nopunde Golcho Chagi	H.S. Hooking Kick
Kaunde Yop Chagi	M.S. Side Kick
Ap Cha Busigi	Front Snap Kick
Golcho Chagi	Hooking Kick

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