White Belt: Chon-Ji

Parallel ready position
Number of Movements: Nineteen (19)
Kiap Points: Seventeen (17) and nineteen (19)
Meaning: Heaven and Earth.

Shape:

1. Turn 90 degrees to the left, left front stance, down block (left hand)
2. Step forward, right front stance mid-section punch (right hand)
3. Turn 180 degrees into a front stance, down block (right hand)
4. Step forward, left front stance mid-section punch (left hand)
5. Turn 90 degrees to the left, left front stance, down block (left hand)
6. Step forward, right front stance mid-section punch (right hand)
7. Turn 180 degrees into a front stance, down block (right hand)
8. Step forward, left front stance mid-section punch (left hand)
9. Turn 90 degrees left into right back stance inner forearm (left hand)
10. Step forward, right front stance, mid-section punch (right hand)
11. Turn 180 degrees into a left back stance, inner forearm block (right hand)
12. Step forward, left front stance, mid-section punch (left hand)
13. Turn 90 degrees into a right back stance, inner forearm block (left hand)
14. Step forward, right front stance, mid-section punch (right hand)
15. Turn 180 degrees into a left back stance, inner forearm block (right hand)
16. Step forward, left front stance, left mid-section punch (left hand)
17. Step forward, right front stance, right mid-section punch (right hand, KIAP)
18. Step back into a right front stance, mid-section punch (left hand)
19. Step back into a right front stance, mid-section punch (right hand, KIAP)

Basic Kicking Techniques:
Round kick, Crescent kick and front kick

Self-Defense / One Step techniques for adults:
Hair gab, Twin shoulder grab, (adults one steps 1-4)

Board breaking:
Axe kick or hammer fist
Yellow Belt: Dan Gun

Parallel ready position
Number of Movements: Twenty-one (21)
Kiap Points: Eight (8) and Twenty-one (21)
Meaning: Dan Gun was the legendary founder of Korea in the year 2333 B.C.; October 3rd is the national Korean holiday celebrating Dan Gun.

Shape:

1. Turn 90 degrees to the left, into a right back stance, twin knife hand block.
2. Step forward, right front stance face punch (right hand).
3. Turn 180 degrees to the right, into a left back stance, twin knife hand block.
4. Step forward, left front stance face punch (left hand).
5. Turn 90 degrees to the left, into a left front stance, down block (left hand).
6. Step forward, right front stance face punch (right hand).
7. Step forward, left front stance face punch (left hand).
8. **Step forward, right front stance face punch (right hand, KIAP).**
9. Turn 270 degrees to the right, into a right back stance, twin forearm block.
10. Step forward right front stance face punch (right hand).
11. Turn 180 degrees to the right, into a left back stance, twin forearm block.
12. Step forward, left front stance face punch (left hand).
13/14. Turn 90 degrees to the left, down block, rising block combination (left hand).
15. Step forward, right front stance rising block (right hand).
16. Step forward, left front stance rising block (left hand).
17. Step forward, right front stance rising block (right hand).
18. Turn 270 degrees to the right, right back stance knife hand chop (left hand).
19. Step forward, right front stance face punch (right hand).
20. Turn 180 degrees to the right into a left back stance, knife hand chop (right hand).
21. **Step forward, left front stance face punch (left hand, KIAP).**

Basic Kicking Techniques in addition to previous belts:
   Jump front kick, Axe kick

Self-Defense / One Step techniques for adults in addition to previous belts:
   Wrist grabs, twin shoulders from the front (adults one steps 1-4)

Board breaking:
   Knife hand chop, round kick or axe kick
Orange Belt: Do San

Parallel ready position
Number of Movements: Twenty-four (24)
Kiap Points: Six (6) and Twenty-four (21)
Meaning: Do San is the pseudonym used by Chang Ho Ahn (1878-1938) who was a renowned educator and advocate of the Korean independence movement.

Shape:

1/2. Turn 90 degrees to the left, left front stance, left outer forearm block, right hand reverse punch.
3/4. Turn 180 degrees into right front stance, right outer forearm block, left reverse punch.
5. Turn 90 degrees into a right back stance, two-hand knife block.
6. **Step forward into a right front stance, spear hand thrust (KIAP).**
7. Drop right hand; turn 180 degrees into left front stance, back fist strike.
8. Step forward into a right front stance, right back fist strike.
9/10. Turn 270 degrees into a left front stance, left outer forearm block, right reverse punch.
11/12. Turn 180 degrees into a right front stance, right outer forearm block, left reverse punch.
13. Turn 45 degrees into a left front stance, choke block.
14-16. Right front kick, into a right front stance, right punch, left reverse punch.
17. Turn 90 degrees left into a right front stance, choke block.
18-20. Left front kick, into a left front stance, left punch, right reverse punch.
21. Turn 45 degrees into a left front stance, left rising block.
22. Step forward into a right front stance, left rising block.
23. Turn 270 degrees into a sitting stance left knife hand chop.
24. **Slide to the left into a sitting stance, right knife hand chop (KIAP).**

**Basic Kicking Techniques in addition to previous belts:**
- Intro to side kick, spinning round kick & fast kick

**Self-Defense / One Step techniques for adults in addition to previous belts:**
- Multiple techniques (adults one steps 1-4)

**Board breaking:**
- Reverse punch, Step round kick or step axe kick
Green Belt: Won Hyo

Ready stance "A"
Number of Movements: Twenty-Eight (28)
Kiap Points: Twelve (12) and Twenty-six (26)
Meaning: Won Hyo was the most renowned Buddhist monk of the Silla dynasty (617-686 AD).

Shape:

1. Turn 90 degrees to the left, into a right back stance, twin forearm block.
2. Right inside knife hand chop.
3. Back stance, lead hand punch (left hand).
4. Turn 180 degrees into a left back stance, twin forearm block.
5. Left inside knife hand chop.
6. Back stance, lead hand punch (right hand).
7. Turn 90 degrees into a right bent stance, guarding block.
8. Left side kick.
9. Land into a right back stance, two hand knife hand block.
10. Step forward, left back stance, two hand knife hand block.
11. Step forward into a right back stance, two hand knife hand block.
12. **Step forward into a right front stance, spear hand thrust (KIAP).**
13. Turn 270 degrees into a right back stance, twin forearm block.
14. Right inside knife hand chop.
15. Back stance, lead hand punch (left hand).
16. Turn 180 degrees into a left back stance, twin forearm block.
17. Left inside knife hand chop.
18. Back stance, lead hand punch (right hand).
19. Turn 90 degrees into a left front stance, right circular block.
20. Right front kick.
21. Land into a right front stance, left hand punch.
22. Left circular block.
23. Left front kick.
24. Land into a right front stance, right hand punch.
25. Left bent stance, guarding block.
26. **Right side kick (KIAP).**
27. Turn 270 degrees into a right back stance, guarding block.
28. Turn 180 degrees into a left back stance, guarding block.

Basic Kicking Techniques in addition to previous belts: (sparring with gear)
   Side kick, and kicking combos including round kick spin round kick

Self-Defense / One Step techniques for adults in addition to previous belts:
   Multiple techniques (adults one steps 1-8)

Board breaking:
   Side kick, Spin round kick or reverse punch
High Green Belt: TaeGeuk 4

Parallel Ready Stance
Number of Movements: Twenty (20) combination movements
Kiap Points: Last technique #20
Meaning: Applies as “Sar Jang” Taegeuk 4 Thunder – which comes from the sky and absorbed by the earth.

Shape:

1. Turn 90 degrees to your left, right back stance twin knife hand block
2. Step forward into a right front stance, right spear hand
3. Turn 180 degrees to the right into a left back stance twin knife hand block
4. Step forward into a left back stance, left spear hand
5. Turn 90 degrees to the left, left front stance swallow tail strike
6. Right front kick
6a. Land into a right front stance, left body punch
7. Left side kick
8. Right side kick
9. Land into a left back stance, twin knife hand block
10. Turn 270 into a right back stance, left outer forearm block
11. Right front kick
11a. Return to right back stance, right hammer block
12. Turn 180 into a left back stance, right outer forearm block
13. Left front kick
14. Return to a left back stance, left hammer block
15. Turn 90 into a left front stance, swallow tail strike
16. Right front kick
16a. Land into a right front stance, right back fist strike
17. Turn 90 into a walking stance, left hammer block, right punch
18. Turn 180 degrees into walking stance, right hammer block, left punch
19. Turn 90 into left front stance, left hammer block, right body punch, left body punch
20. Step into right front stance, right hammer block, left body punch, right body punch (KIAP)
Blue Belt: Yul-Gok

Parallel Ready Stance
Number of Movements: Thirty-Eight (38)
Kiap Points: Twenty-One (21) and Thirty-six (36)
Meaning: Yul-Gok was the pen name of Master Yi, a great scholar of the Yi Dynasty.

Shape:

1. Step out with your left leg into a sitting stance, slow resisting punch (left hand).
2. Right punch.
3. Left punch.
4. Slide to the right into a sitting stance, slow resisting punch (right hand).
5. Left punch.
6. Right punch.
7. Turn 45 degrees into a right front stance, inner forearm block (right hand).
8. Left front kick.
9. Land into a left front stance, left punch.
10. Right punch.
11. Turn 90 degrees into a left front stance, inner forearm block (left hand).
12. Right front kick.
13. Land into a right front stance, right punch.
14. Left punch.
15. Turn 45 degrees into a right front stance, right hooking block.
16. Left hooking block.
17. Right punch.
18. Step into a left front stance, left hooking block.
19. Right hooking block.
20. Left punch.
21. Step into a right front stance, right punch (KIAP).
22. Right bent stance, guarding block.
23. Left side kick.
24. Land into a left front stance, horizontal elbow.
25. Turn 180 degrees into a left bent stance, guarding block.
26. Right side kick.
27. Land into a right front stance, horizontal elbow.
28. Turn 90 degrees to the left into a right back stance, open twin forearm block.
29. Step into a right front stance, spear hand thrust.
30. Turn 180 degrees into a left back stance, open twin forearm block.
31. Step into a left front stance, spear hand thrust.
32. Turn 90 degrees into a left front stance outer forearm block.
33. Right reverse punch.
34. Step into a right front stance outer forearm block.
35. Left reverse punch.
36. Skip into an X-stance, left back fist strike (KIAP).
37. Turn 270 degrees to the right into a right front stance, push block.
38. Turn 180 degrees to the left into a left front stance, push block.
High Blue Belt: Taegeuk 5

Parallel ready stance
Number of Movements: Twenty (20)
Kiap Points: Twenty-B (20b)
Meaning: Applies the concept of “seon” meaning “wind” being gentle and strong.

Shape:

1. Turn 90 degrees to the left into a left front stance, down block
2. Bring your left foot back into a parallel stance, downward hammer fist.
3. Turn 180 degrees to the right into a right front stance, down block.
4. Bring your right foot back into a parallel stance, downward hammer fist.
5. Step forward into a left front stance, left hammer block.
5b. Right hammer block (same stance).
6. Right front kick (land in a right front stance).
6b. Right back fist strike to the face (same stance).
6c. Left hammer block (same stance).
7. Left front kick (land into a left front stance).
7b. Left back fist strike to the face (same stance).
7c. Right hammer block (same stance).
8. Step forward into a right front stance, back fist strike to the face
9. Turn 270 degrees to the right into a right back stance, left single knife hand block.
10. Step forward into a right front stance, right lead elbow.
11. Turn 180 degrees to the right into a left back stance, right single knife hand block.
12. Step forward into a left front stance, left lead elbow.
13. Turn 90 degrees to the left into a left front stance, left down block.
13b. Right hammer fist (same stance).
14. Right front kick (land into a right front stance).
14b. Right down block (same stance).
14c. Left hammer block (same stance).
15. Turn 90 degrees to the left into a left front stance, left rising block.
16. Right side kick, right back fist strike (simultaneously).
16b. Land in a right front stance, horizontal elbow.
17. Turn 180 degrees to the right into a right front stance, right rising block.
18. Left side kick, left back fist strike (simultaneously).
18b. Land in a left front stance, horizontal elbow.
19. Turn 90 degrees to the left into a left front stance, left down block.
19b. Right hammer block (same stance).
20. Right front kick.
20b. Jump into a right X stance, right back fist strike to the face (KIAP).
Purple Belt: Joong-Gun

Ready position “B”
Number of Movements: Thirty-two (32)
Kiap Points: Twelve (12) and thirty-two (32)
Meaning: Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito (the first Japanese governor-general of Korea). The thirty-two (32) movements represents Mr. An’s age when he was executed in Lui-Shung prison (1910).

Shape:

1. Turn 90 degrees to the left, right back stance, ridge hand block (left hand)
2. Left front kick
3. Step forward into a left cat stance scooping block (right hand)
4. Turn 180 degrees into a left back stance, ridge hand block (right hand)
5. Right front kick
6. Step forward into a right cat stance scooping block (left hand)
7. Turn 90 degrees into a right back stance, twin knife hand block
8. Left front stance vertical elbow (right elbow)
9. Step forward into a left back stance, twin knife hand block
10. Right front stance vertical elbow (left elbow)
11. Step forward into a left front stance twin face punch
12. **Step into a right front stance twin upset punch (KiAP)**
13. Turn 180 degrees into a left front stance high section X-block
14. Turn 90 degrees to your left, right back stance, left back fist strike
15. Left front stance, pull left hand down
16. Left front stance, right reverse punch
17. Turn 180 degrees into a left back stance, right back fist strike
18. Right front stance, pull right hand down
19. Right front stance, left reverse punch
20. Turn 90 degrees to your left, left front stance push block
21. Measure with your right hand, fixed stance, left mid-section punch
22. Right side kick
23. Right front stance, push block
24. Measure with your left hand, fixed stance, right mid-section punch
25. Left side kick
26. Right back stance, guarding block
27. Step out into a left front stance, pressing block
28. Step forward into a left back stance, guarding block
29. Step out into a right front stance, pressing block
30. Turn 90 degrees into a closed stance, right hook punch
31. Step forward into a left back stance, stick block
32. **Turn 180 degrees to your left into a right back stance, stick block (KiAP)**
High Purple Belt: Taegeuk 6

Parallel ready stance
Number of Movements: Twenty-three (23)
Kiap Points: Twenty-three (23)
Meaning: The dramatic expression of Tae-Geuk 6 is defined by the concept of "gam" (water).

Shape:

1. Turn 90 to the left into a left front stance, left down block.
2. Right front kick.
2b. Drop right foot back into a right back stance, left outer forearm block.
3. Turn 180 degrees to the right into a right front stance, right down block.
4. Left front kick.
4b. Drop right foot back into a left back stance, right outer forearm block.
5. Turn 90 degrees to left (right foot to left) left front stance, right knife hand circular block.
6. Right round kick.
7. Turn 90 degrees to the left into a left front stance, outer forearm block.
7b. Right reverse punch (same stance).
8. Right front kick (land into a right front stance).
8b. Left reverse punch (same stance).
9. Turn 180 degrees to the right into a right front stance, right outer forearm block.
9b. Left reverse punch (same stance).
10. Left front kick (land into a left front stance).
10b. Right reverse punch (same stance).
11. Pivot 90 degrees to the left counterclockwise into a parallel stance, two hand down block (resisting).
12. Step forward into a right front stance, left knife hand circular block.
13. Left round kick.
14. Turn 270 degrees to the right into a right front stance, right down block.
15. Left front kick.
15b. Drop your left foot back into a left back stance, right outer forearm block.
16. Turn 180 degrees to the left into a left front stance, left down block.
17. Right front kick.
17b. Drop your right foot back into a right back stance, left outer forearm block.
18. Right foot to left, turn counterclockwise into a right back stance, twin knife hand block.
19. Step back into a left back stance, twin knife hand block.
20. Step back into a left front stance, left palm block.
21. Right reverse punch (same stance).
22. Step back into a right front stance, right palm block.

23. Left reverse punch (same stance KIAP).
Red Belt: Toi-Gye

Ready position “B”
Number of Movements: Thirty-seven (37)
Kiap Points: Twenty-one (21) and thirty-seven (37)
Meaning: Toi Gye was a great Confucian philosopher and scholar during the Lee Dynasty.

Shape:

1. Turn 90 degrees to the left, right back stance left inner forearm block
2. Step out into a left front stance, groin thrust
3. Turn 90 degrees to the right, down block back fist strike combination
4. Turn 90 degrees to the right, left back stance, right inner forearm block
5. Step out into a right front stance, groin thrust
6. Turn 90 degrees to the left, down block back fist strike combination
7. Step forward into a left front stance, low section X-block
8. Twin face punch
9. Right front kick
10. Right front stance, right punch
11. Right front stance, left reverse punch
12. Turn 90 degrees to the left, mountain block ready position
13. Turn 90 degrees to the right, sitting stance mountain block
14. Turn 180 degrees to the left, sitting stance mountain block
15. Turn 180 degrees to the right, sitting stance mountain block
16. Turn 180 degrees to the right, sitting stance mountain block
17. Turn 180 degrees to the right, sitting stance mountain block
18. Turn 180 degrees to the left, sitting stance mountain block
19. Turn 90 degrees into a right back stance, low section push block
20. Step out into a left front stance, head grab

21. Right knee smash (KIAP)
22. Turn 180 degrees into a right back stance, twin knife hand block
23. Left leg front kick
24. Left front stance, left face poke
25. Step forward into a left back stance, twin knife hand block
26. Right front kick
27. Right front stance, right face poke
28. Step backwards into a right back stance, down block back fist strike
29. Leap into an X-stance, low section x-block
30. Turn 90 degrees to the right, right front stance, push block
31. Turn 270 degrees to the right into a right back stance, low section twin knife hand block
32. Step out into a left front stance, right circular block
33. Turn 180 degrees to the right into a left back stance, low section twin knife hand block
34. Step out onto a right front stance, left circular block
35. Turn 90 degrees into a left front stance, right circular block
36. Turn 90 degrees into a right front stance, left circular block

37. Turn 90 degrees into a sitting stance, right hand mid-section punch (KIAP)
High Red Belt: Taegeuk 7

Parallel ready stance
Number of Movements: Twenty-Five (25)
Kiap Points: Twenty-five (25)
Meaning: Applies the concept of "gan" meaning "top stop" symbolized by the image of a mountain.

Shape:

1. Turn 90 degrees to the left, right cat stance, right palm block
2. Right front kick
2a. Right back stance, left hammer block
3. Turn 180 degrees to the right, left cat stance, left palm block
4. Left front kick
4a. Left back stance, right hammer block
5. Turn 90 degrees into a right back stance, low section twin knife hand block
6. Step forward into a left back stance, low section twin knife hand block
7. Turn 90 degrees into a right cat stance, right high section palm block
8. Right back fist strike
9. Turn 180 degrees to the right, cat stance left high section palm block
10. Left back fist strike
11. Turn 90 degrees to the left, closed stance, "A" position
12. Step forward into a left front stance, scissor block
13. Step forward into a right front stance, scissor block
14. Turn 270 degrees to the right, left front stance choke block
15. Right knee smash.
15a. X-stance, twin upset punch
16. Step back into a right front stance, low section X-block
17. Turn 180 degrees to the right, right front stance, choke block
18. Left knee smash.
18a. X-stance, twin upset punch
19. Step back into a left front stance, low section X-block
20. Turn 90 degrees to the left, parallel stance, left back fist strike
21. Right crescent kick, strike your left hand.
21b. Sitting stance, right horizontal elbow
22. Left foot to center into a parallel stance, right back fist strike
23. Left crescent kick, strike your right hand
23b. Sitting stance, left horizontal elbow
24. Change into a right back stance, single knife hand block
25. **Grab, step forward into a sitting stance, mid section punch (KIAP)**
Brown Belt: Hwa-Rang

Ready stance “C”
Number of Movements: Twenty-nine (29)
Kiap Points: Fourteen (14) and Twenty-five (25)
Meaning: Hwa-Rang was named after the Hwa-Rang youth group that trained to defend Korea. The youth were taught to be brave, to love their country, and to be cooperative.

Shape:

1. Step to your left into a sitting stance, left palm strike
2. Right punch
3. Left punch
4. Turn 90 degrees to the right into a left back stance, twin forearm block
5. “C” shape punch
6. Shift into a left fixed stance, right mid-section punch
7. Bring your right foot back into a short “L” stance, downward knife hand chop
8. Step into a left front stance, left mid-section punch
9. Turn 90 degrees to the left, left front stance down block
10. Step forward into a right front stance, right mid-section punch
11. Grab your right fist with your left hand
12. Right step side kick, left back stance, right knife hand chop
13. Step forward into a left front stance, mid-section punch
14. **Step forward into a right front stance, mid section punch (KIAP)**
15. Turn 270 to your right into a right back stance, twin knife hand block
16. Step forward into a right front stance, spear hand strike
17. Turn 180 degrees to the left into a right back stance, twin knife hand block
18. Right round kick
19. Left round kick, land into a right back stance, twin knife hand block
20. Turn 90 degrees to the left into a left front stance, left down block
21. Step into a right back stance, right mid-section 45 punch
22. Step forward into a left back stance, left mid-section 45 punch
23. Step forward into a right back stance, right mid-section 45 punch
24. Step into a left front stance, low section X-block
25. **Turn 180 degrees sliding into a right back stance, twin elbow strike (KIAP)**
26. Turn 90 degrees into a closed stance, scissor block (right hand up)
27. Scissor block (left hand up)
28. Step forward into a right back stance, twin knife hand block
29. Turn 180 degrees to the right into a left back stance, twin knife hand block
High Brown Belt: Taegeuk 8

Parallel Ready Stance
Number of Movements: Twenty-four (24)
Kiap Points: Three (3)a and Twenty-one (21)a
Meaning: Applies to the concept of “Pal Jang” meaning Earth.

Shape:

1. Step forward into a right back stance, guarding block
2. Slide lead leg into left front stance, right mid-section punch
3. Right front kick
4. Left front kick while in air (KIAP)
   4. Land into a left front stance, left hammer block, right punch, left punch
5. Step forward into a right front stance, right mid-section punch
6. Turn 270 degrees into a right front stance (facing reverse), standing bo
7. Pivot into a left front stance, right upper cut – eight (8) second count
8. Stepping left foot in front of the right left front stance (facing reverse), standing bo
9. Pivot into a right front stance, left uppercut – eight (8) second count
10. Turn 270 degrees into a right back stance, twin knife hand block
11. Slide lead leg forward into left front stance, right reverse punch
12. Right front kick
13. Step back into a front stance – keep stepping back into left cat stance, right palm block
14. Turn 90 into a right cat stance, twin knife hand block
15. Left front kick, land into a left front stance, right mid-section punch
16. Step back into a right cat stance, left palm block
17. Turn 180 into a left cat stance, twin knife hand block
18. Right front kick, land into a right front stance, left mid-section punch
19. Step back into a left cat stance, right palm block
20. Turn 90 into a left back stance, low section guarding block
21. Left front kick
21a. Right front kick while in air (KIAP)
   22. Land into a right front stance, right hammer block, left punch, right punch
23. Turn 270 into a right back stance, single knife hand block
23a. Slide into a left front stance, right elbow, right back fist, left mid-section punch
24. Turn 180 into a left back stance, single knife hand block
24a. Slide into a right front stance, left elbow, left back fist, left mid-section punch
Former High Brown Belt: Choong-Moo

Please note that Choong-Moo is NOT part of our Taekwondo curriculum as of Fall 2009. Although members of our demonstration teams need to know this form for their performances.

Parallel Ready Stance
Number of Movements: Thirty (30)
Kiap Points: Nine (9) and Thirty(30)
Meaning: Choong Moo is actually Admiral Soong Shin Lee of the Lee Dynasty. Admiral Lee (Choong Moo) was a great hero in Korean history and almost single handedly protected the country.

Shape:

1. Turn 90 degrees to the left into a right back stance, open hand twin forearm block
2. Step forward into a right front stance, swallow tail strike
3. Turn 180 degrees to the right into a left back stance, twin knife hand block
4. Step forward into a left front stance, left face poke
5. Turn 90 degrees to the left into a right back stance, twin knife hand block
6. Turn 180 degrees to the right into a bent stance, guarding block,
7. Right side kick
8. Turn 180 degrees to the left into a right back stance, twin knife hand block
9. **Right flying side kick (KIAP)**, land into a left back stance, twin knife hand block
10. Turn 270 degrees to the left into a right back stance, down block (left hand)
11. Step out into a left front stance, head grab
12. Right knee smash (KIAP)
13. Turn 180 degrees to the left into a left front stance, right ridge hand strike
14. Right round kick
15. Left back kick
16. Land into a left back stance, guarding block
17. Left round kick 45 degrees
18. Turn 90 into a left back stance, stick block
19. Jump and spin 360 degrees into a left back stance, twin knife hand block
20. Step forward into a left front stance, groin thrust (right hand)
21. Step into a right back stance, down block back fist strike
22. Step forward into a right front stance, spear hand strike
23. Turn 270 degrees into a left front stance, push block
24. Step forward into a sitting stance, hammer block, right back fist strike
25. Turn 90 degrees to the left, right side kick
26. Left side kick
27. Turn 180 degrees to the right into a left back stance, open handed X-block
28. Step forward into a left front stance, twin scooping block
29. Turn 180 degrees to the right into a right front stance, right rising block
30. **Left face punch (KIAP)**
Recommended Black Belt: Kwan-Gae

Triangle Ready Stance
Number of Movements: Thirty-nine (39)
Kiap Points: Twenty-three (23), Twenty-seven (27) and Thirty-nine (39)
Meaning: Kwan-Gae was the nineteenth (19) king of the Ko-Ku-Ryo Dynasty and a great conqueror.

Shape:

1. Closed stance, ready stance “B”
2. Step forward into a left front stance, right reverse resisting up-set punch
3. Step forward into a right front stance, left reverse resisting up-set punch
4. Turn 45 degrees into a right front stance, hooking block
5. Step back into a right back stance, low twin knife hand block
6. Turn 45 degrees into a left front stance, hooking block
7. Step back into a left back stance, low twin knife hand block
8. Step forward into a right cat stance, high twin knife hand block
9. Step forward into a left cat stance, high twin knife hand block
10. Step forward w/ left foot turn 180 degrees into a left front stance, right scooping block
11. Step forward into a right front stance, left scooping block
12. Step into a closed stance, circular knife edge
13. Closed stance, twin elbows, left low side kick
14. Left high side kick
15. Land into a right back stance, right inside knife hand chop
16. Left foot to center into a closed stance, left hammer fist
17. Closed stance, twin elbows, right low side kick
18. Right high side kick
19. Land into a left back stance, left inside knife hand chop
20. Right foot to center into a closed stance, right hammer fist
21. Step forward into a left front stance, pressing block
22. Step forward into a right front stance, pressing block
23. **Turn 180 degrees into a sitting stance, right back fist strike (KIAP)**
24. Step into a right front stance, push block
25. Slide back maintaining a right front stance, left down block
26. Right front stance, right face poke
27. **Turn 180 degrees into a sitting stance, left back fist strike (KIAP)**
28. Right foot steps out into a left front stance, push block
29. Slide back maintaining a left front stance, right down block
30. Left front stance, left face poke
31. Step forward into a right front stance, twin face punch (stomp)
32. Turn 90 degrees to the left into a left front stance, twin up-set punch (stomp)
33. Right front kick
34. Turn 180 degrees to the right into a left back stance, twin knife hand block
35. Step forward into a left front stance, left face punch
36. Step forward into a right front stance, twin up-set punch
37. Left front kick
38. Turn 180 degrees to the left into a right back stance, twin knife hand block
39. **Step forward into a right front stance, right face punch (KIAP)**