

REVISION NOTES

1. GENERAL TERMS

Straight
Thrust

SON
TULGI

2. PARTS OF THE BODY

Fingertips

SONKUT

3. STANCES

Fixed stance

GOJONG SOGI

4. BASIC MOVEMENTS**1. DEFENSIVE**

Wedging block
Release move

HECHYO MAKGI
JAPPYOSOL TAE

2. OFFENSIVE

Straight spear fingertip
Thrust
Turning kick

SON SONKUT TULGI
DOLLYO CHAGI

5. PATTERN (TUL)

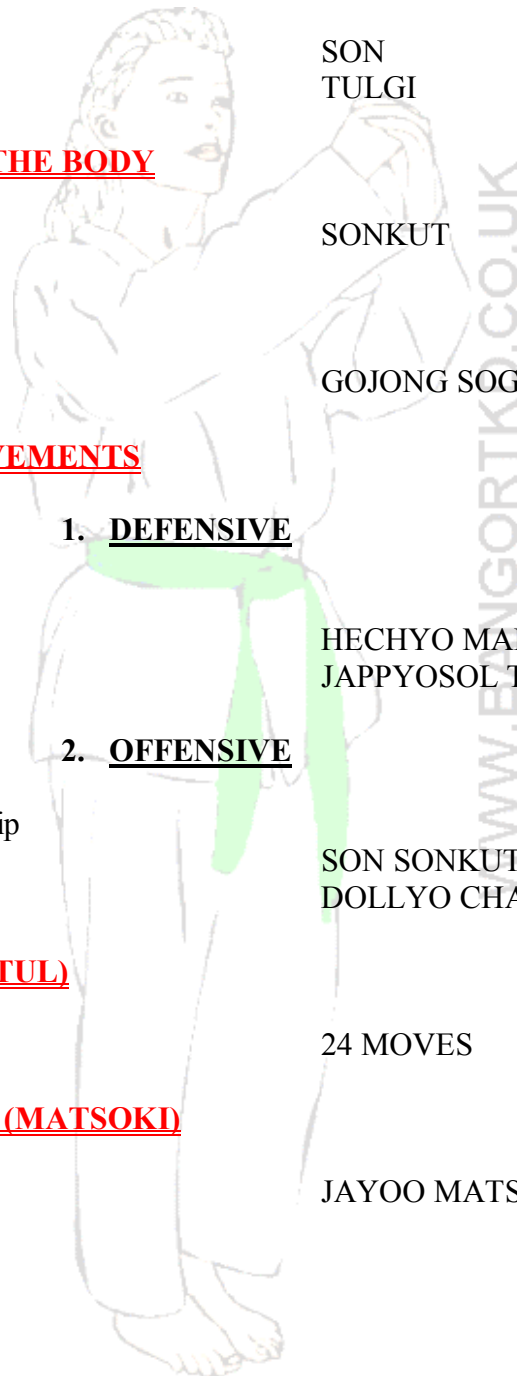
DO SAN

24 MOVES

6. SPARRING (MATSOKI)

Free sparring

JAYOO MATSOKI

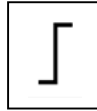


REVISION NOTES

PATTERN DO-SAN

NUMBER OF MOVEMENTS 24

DIAGRAM



STEP MOVE		STANCE	TECHNIQUE
			START IN NIRANI CHUNBI SOGI
1	To Left	L Gunnun	Nopunde Bakat Palmok Makgi
2	-	L Gunnun	Kaunde Bandae Jirugi
3	Dwiyo Torro	R Gunnun	Nopunde Bakat Palmok Makgi
4	-	R Gunnun	Kaunde Bandae Jirugi
5	L 90	R Niunja	Kaunde Sonkal Daebi Makgi
6	Fwd	R Gunnun	Kaunde Son Sonkut Tulgi
7	360 Turn	L Gunnun	Release & Nopunde Dung Joomuk Taerigi
8	Fwd	R Gunnun	Nopunde Dung Joomuk Taerigi
9	270 Turn	L Gunnun	Nopunde Bakat Palmok Makgi
10	-	L Gunnun	Kaunde Bandae Jirugi
11	Dwiyo Torro	R Gunnun	Nopunde Bakat Palmok Makgi
12	-	R Gunnun	Kaunde Bandae Jirugi
13	L Foot 90	L Gunnun	Nopunde Hechyo Makgi
14	Fwd	-	Kaunde Ap Chabusigi
15	Land In	R Gunnun	Kaunde Baro Jirugi
16	-	R Gunnun	Kaunde Bandae Jirugi
17	R Foot 60	R Gunnun	Nopunde Hechyo Makgi
18	Fwd	-	Kaunde Ap Chabusigi
19	Land In	L Gunnun	Kaunde Baro Jirugi
20	-	L Gunnun	Kaunde Bandae Jirugi
21	L Foot 30	L Gunnun	Chookyo Makgi
22	Fwd	R Gunnun	Chookyo Makgi
23	270 Turn	Annun	Kaunde Sonkal Taerigi (Wen)
24	180 Turn	Annun	Kaunde Sonkal Taerigi (Orun)