



PRIMARY TAEKWON-DO

All pictures are taken from 'The Book of Patterns' and/or 'The Book of Moves' available from your instructor.

### Choong Moo

 Narani Chunbi Sogi	 L-stance Twin knife-hand block.	 Walking stance High front knife-hand strike	 L-stance Knife-hand guarding	 Walking stance High flat finger tip thrust
 L-stance Middle knife-hand guarding block	 Bending ready stance a	 Middle side piercing kick	 L-stance Middle knife-hand guarding block	 9a. Flying side piercing kick land in
 9b. L-stance middle knife- hand guarding block	 L-stance Low block	 Walking stance Front grasp	 Upward knee kick	 Walking stance High front reverse knife-hand strike
 High turning kick	 Middle back piercing kick	 L-stance Middle guarding block	 Middle turning kick	 Right fixed stance U-shape block
 Jump and spin L-stance middle knife-hand guarding block	 Walking stance Low upset fingertip thrust	 L-stance Side back back fist strike & low block	 Walking stance Straight finger tip thrust	 Walking stance High double forearm block
 Sitting stance Middle front block	 High back fist side strike	 Middle side piercing kick	 Middle side piercing kick	 L-stance X-knife-hand checking block
 Walking stance Twin palm upward block	 Walking stance Rising block	 Walking stance Middle punch		

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