



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

Won Hyo

PRIMARY TAEKWON-DO



Closed ready
Stance a



L-stance
Twin forearm block



High inward knife-hand strike



Left fixed stance
Middle punch



L-stance
Twin forearm block



High inward knife-hand strike



Left fixed stance
Middle punch



Bending ready stance a



Middle side piercing kick



L-stance
Knife-hand guarding block



L-stance
Knife-hand guarding block



L-stance
Knife-hand guarding block



Walking stance straight
finger tip thrust



L-stance
Twin forearm block



High inward knife-hand
strike



Left fixed stance
Middle punch



L-stance
Twin forearm block



High inward knife-hand strike



Left fixed stance
Middle punch



Walking stance
Circular block



Low front snap kick



Walking stance
Middle punch



Walking stance
Circular block



Low front snap kick



Walking stance
Middle punch



Bending ready stance A



Middle side piercing kick



L-stance
Middle guarding block



L-stance
Middle guarding block

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