



PRIMARY TAEKWON-DO

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



Parallel ready stance



L-stance
Knife-hand
guarding block



Right walking stance
High punch



L-stance
Knife-hand guarding
block



Left walking stance
High punch



Left walking stance
low block



Right walking
stance
High punch



Left walking stance
High punch



Right walking stance
High punch



Right L-stance
twin forearm block



Right walking stance
High punch



Left L-stance
twin forearm block



Left walking stance
High punch



Left walking stance
low block



Left walking stance
rising block



Right walking stance
rising block



Left walking stance
rising block



Right walking stance
rising block



Right L-stance
middle outward
knife-hand strike



Right walking
stance
High punch



Left L-stance
middle outward
knife-hand strike



Left walking stance
High punch

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