



Types of Motion

Normal Motion

This is the most common execution of a technique utilizing the principles or training secrets of Taekwon-Do. Techniques are executed one at a time, by count, culminating with a single breath at the end of each movement. Example: All movements in SAJU-JIRUGI, SAJU-MAKGI and CHON-JI utilize this motion.

In Summary: 1 technique, 1 sine wave, 1 breath

Continuous Motion

This type is introduced to the beginner in the pattern DAN-GUN. In movement numbers 13-14, students execute a left low block with the outer forearm followed by a left rising block with the outer forearm in a continuous motion - meaning two techniques are executed with a single count in one **CONTINUOUS BREATH** (which lasts from the beginning of the first movement until the end of the second movement) with a sine wave for each movement.

In Summary: 2 techniques, 2 complete sine waves, 1 continuous breath

Fast Motion

This motion consists of two movements executed by a single count. This differs from Continuous motion because there are **TWO SEPARATE BREATHS** and an **INCOMPLETE 2nd SINE WAVE**. This means that there is no downward movement between the 1st and 2nd techniques. This motion, apparent in movement numbers 15-16 and 19-20 of DO-SAN and 2-3 and 5-6 of YUL-GOK, are all middle section punches.

In Summary: 2 techniques, 2 sine waves (but not complete), 2 breaths

Slow Motion

Slow motion techniques require an incredible amount of equilibrium, breath control, timing and execution. Students are introduced to this motion at the rank of blue belt. The pressing blocks and turning punch in JOONG-GUN are executed in slow motion. The simultaneous culmination of the hands, feet, breath and focus is the key to performing this motion correctly. Timing and balance are critical. In more advanced patterns, kicking techniques are required in slow motion thus adding to the difficulty of the movement and pattern.

In Summary: 1 technique, 1 sine wave, 1 breath (all performed in slow motion)

Connecting Motion

Performed in YUL-GOK, GE-BAEK and other advanced patterns, this motion differs from the others because it involves the execution of two movements with only **ONE BREATH and ONE SINE WAVE!** The movements are linked or **CONNECTED** to one another. Hence, only one breath, which is emphasized at the end of the second movement and 1 sine wave, is utilized for each count.

In Summary: 2 techniques, 1 sine wave, 1 breath (at end of 2nd technique)

Natural MOVEMENT

Although, technically not considered a "motion", this type of movement describes techniques that are neither fast nor slow. Execution of the type does not require snap or an abrupt finish. The execution of the movement can be compared to the motion of picking up a pen or raising your arm. The 1st and 4th techniques and hooking blocks in YUL-GOK and KWANG-GAE are examples of this type of motion. In addition, the first movements in **Connecting Motion** are performed in a Natural movement (i.e. scooping block + mid section punch in GE-BAEK).