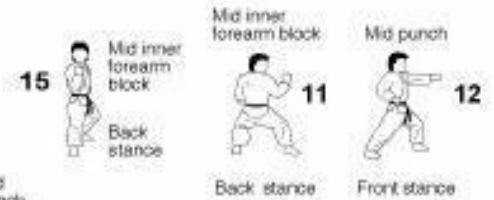
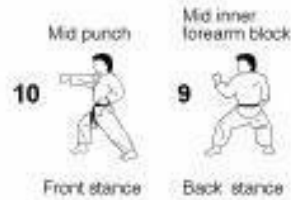
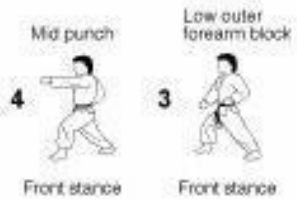


# 천지



# CHON-JI

Means "Heaven and Earth."  
(19 movements)

# 단군

4 High punch Front stance

3 Mid knife-hand guarding block Back stance

2 High punch Front stance

1 Mid knife-hand guarding block Back stance

5 Low outer forearm block Front stance

6 High punch Front stance

7 High punch Front stance

10 High punch Front stance

9 Twin outer forearm block Back stance

8 High punch Front stance

21 High punch Front stance

20 Outward knife-hand strike Back stance

18 Outward knife-hand strike Back stance

19 High punch Front stance

17 Rising block Front stance

16 Rising block Front stance

15 Rising block Front stance

14 Rising block Front stances

13 Low outer forearm block Front stances

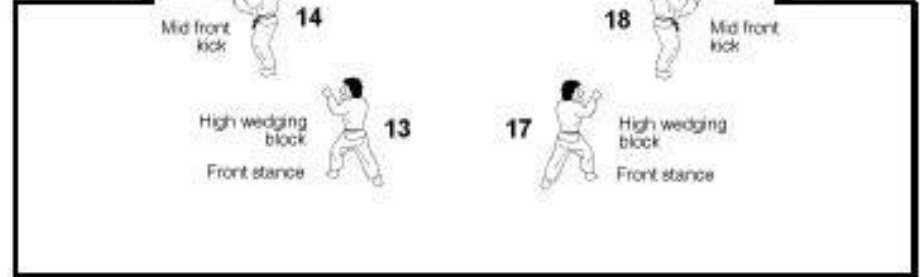
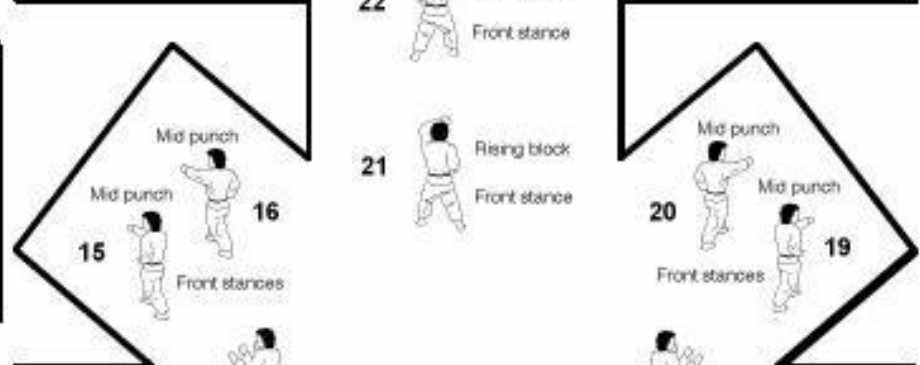
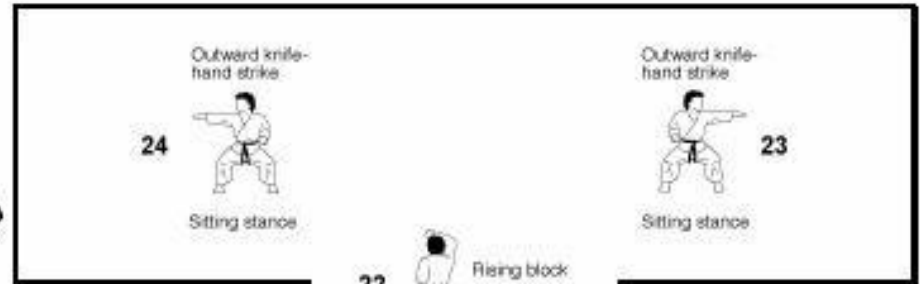
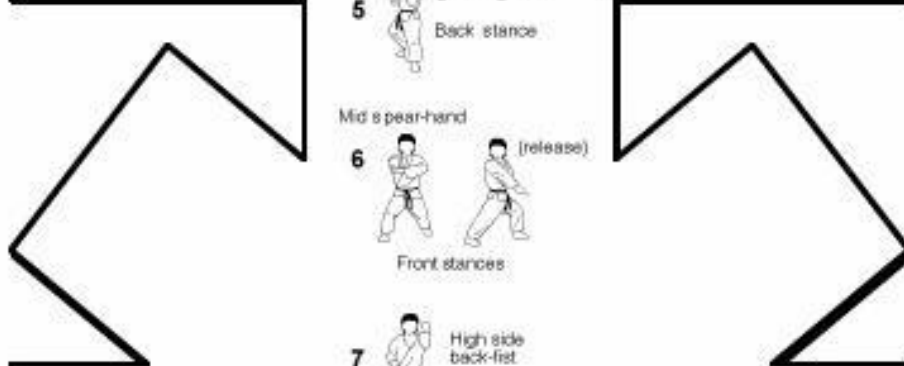
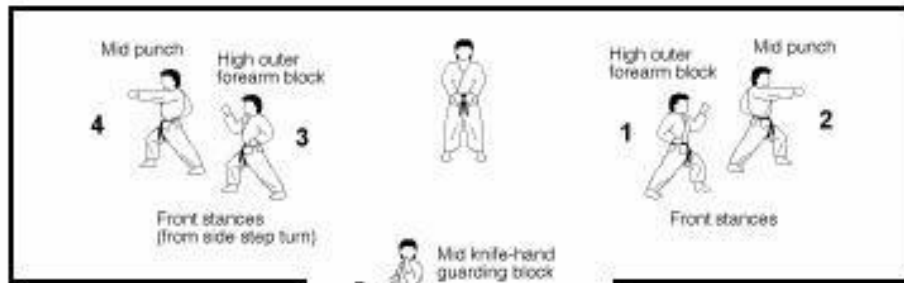
11 Twin outer forearm block Back stance

12 High punch Front stance

# DAN-GUN

The legendary founder of Korea  
in the year 2333 B.C.  
(21 movements)

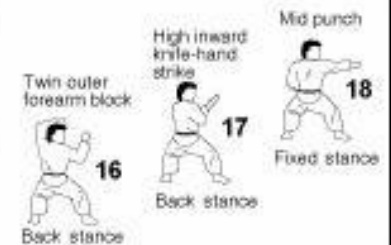
# 도선



## DO-SAN

The pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea.  
(24 movements)

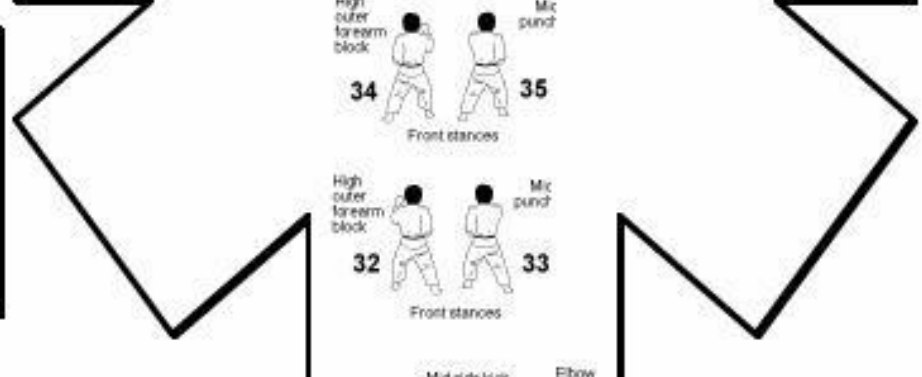
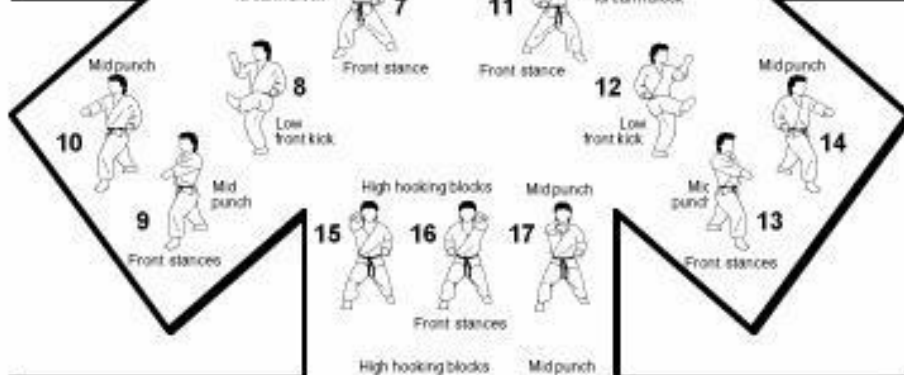
# 원효



# WON-HYO

A noted monk who helped spread Buddhism throughout Korea, during the Silla Dynasty in the year 686 A.D.  
 (28 movements)

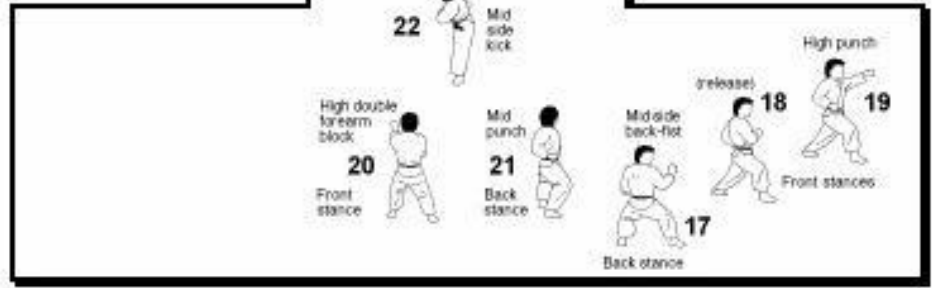
# 율곡



# YUL-GUK

The pen name of Yi I, a philosopher and scholar who was nick-named Confucius of Korea.  
(38 movements)

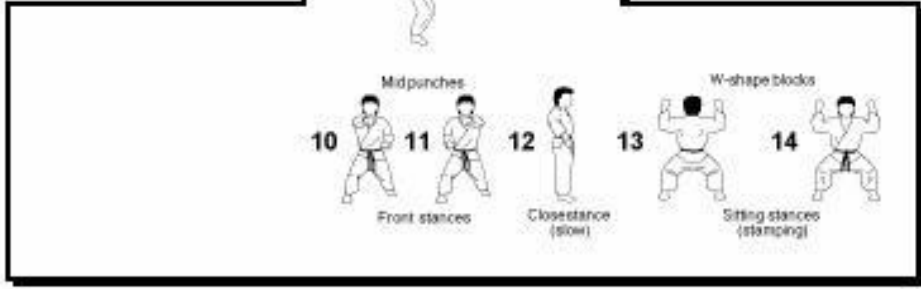
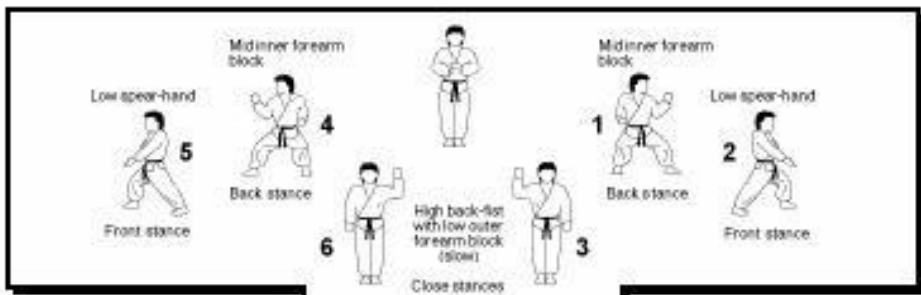
# 충군



# JOONG-GUN

A Korean patriot who assassinated the first Japanese Governor-General of Korea.  
(32 movements)

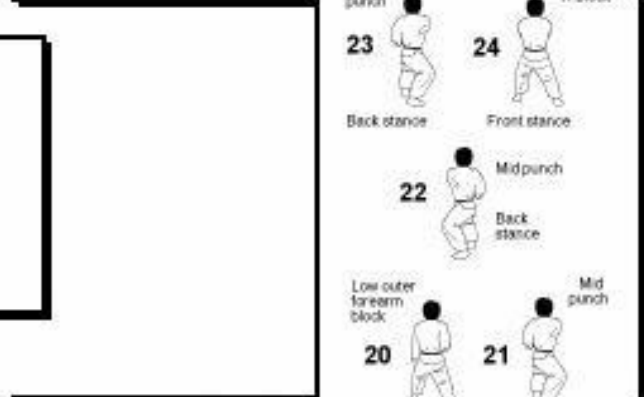
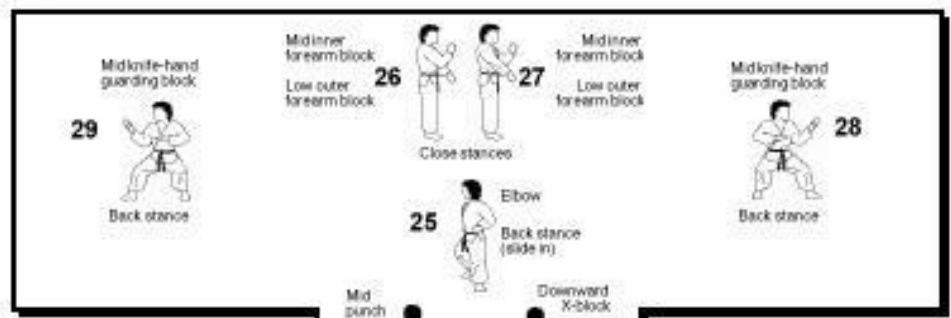
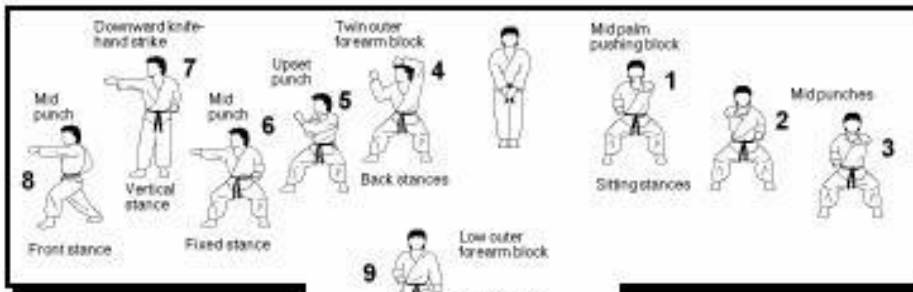
# 대계



# TOI-GYE

Pen name of Yi Hwang, a noted scholar and an authority on Neo-Confucianism.  
(37 movements)

# 화랑



## HWA-RANG

The youth group which originated in the Silla dynasty and became the main force in the unification of the three kingdoms of Korea.  
(29 movements)



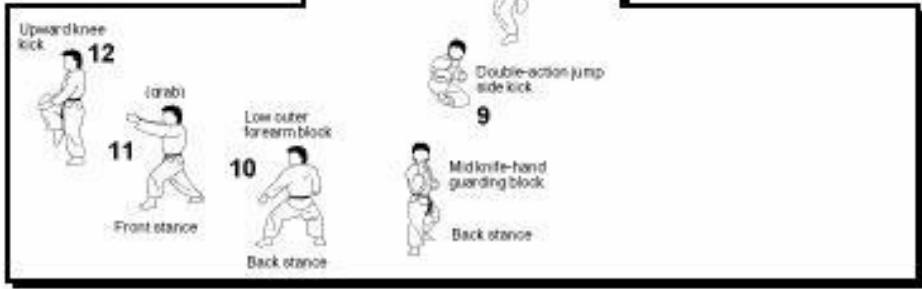
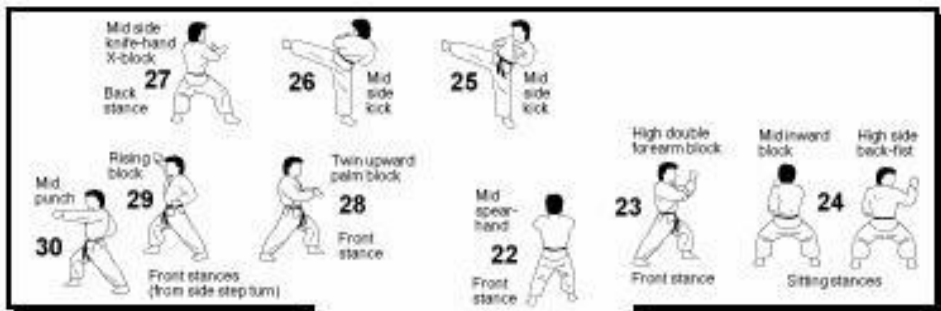
# 충무



Mid knife-hand guarding block

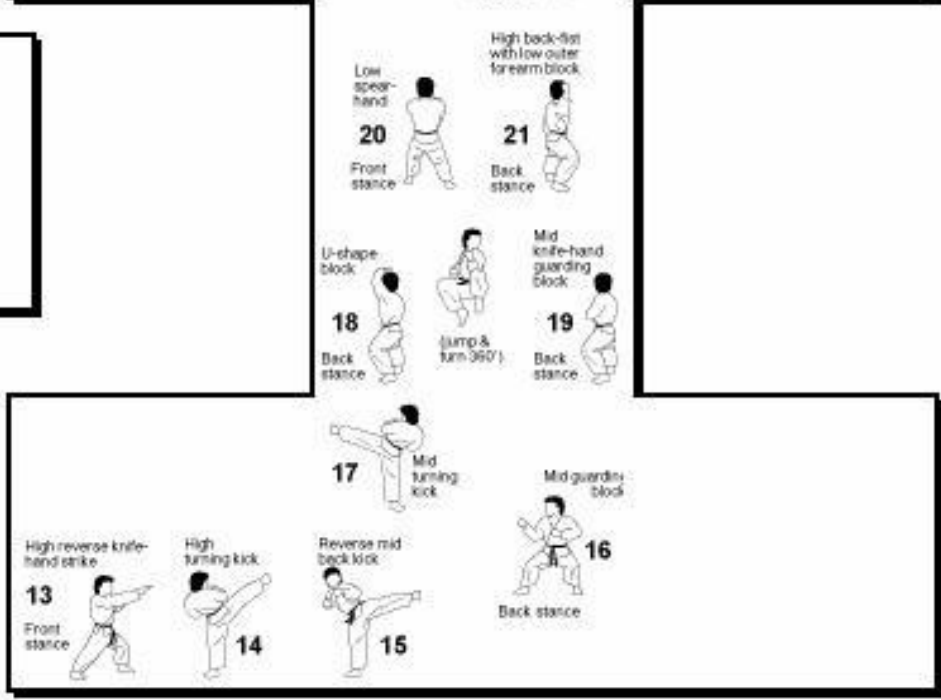


Back stance, Bending ready stance, Mid side kick, Back stance

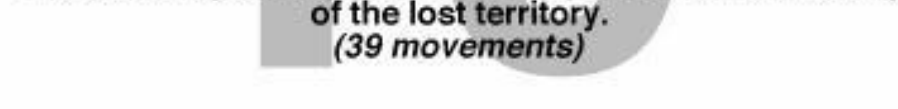
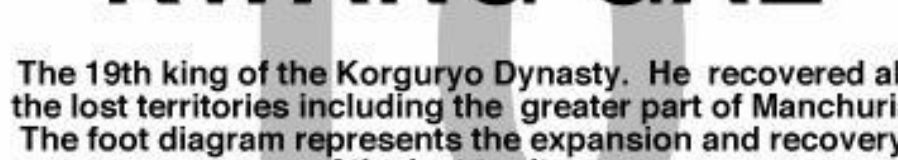


# CHOONG-MOO

The given name of Admiral Yi Sun-Sin,  
inventor of the first armored battleship  
in the year 1592 A.D.  
(30 movements)



# 광개



# KWANG-GAE

The 19th king of the Koryuro Dynasty. He recovered all the lost territories including the greater part of Manchuria. The foot diagram represents the expansion and recovery of the lost territory. (39 movements)