

WMATM Section E: Notes for Walking Drills, Stances and Techniques

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Updates/Questions noted in **RED**. Advanced practice & variation opportunities noted in **Green**. More complex techniques (as seen during testing) noted in **Purple**.

These notes are intended to supplement, rather than replace, class instruction serving as reminders, prompts, and insight into details for optimal performance of these techniques. The sequence and names of techniques follows the Willow Martial Arts 2019 “Adult Promotion Program” and “Junior Promotion Program” sheets. Please review the “Other Techniques” section at the end of these notes for further explanations and clarifications. This is a ‘work in progress’; your suggestions, comments, and corrections are eagerly solicited by the editor, Donald Richardson (donrossrich@gmail.com).

General Guidelines

1. Walking drills should be performed and judged with the same criteria as *poomsae* (forms)-from MOST to least important:
 - Excellent technique: Assume you are fighting your twin (same size and height). The specific technique is performed as we teach it in class, each ‘part’ of the technique is clearly shown, proper stance, proper chamber position, proper end point of kick/strike/block, a slight pause between each part, and consistently performed (particularly same height) on both sides and throughout the walking drill with good balance and posture. All kicks should be *at least* waist high. **As Master Ken reminds us, remember the target for your strikes and blocks.**
 - Full power: Power comes from a fast, relaxed movement and the final tightening, turnover, and concentration of power at the point of impact; a balance between relaxation and tension. A tight, tense body not only impairs power but increases fatigue.
 - Focus: Concentrating on your imaginary opponent’s eyes. Actions are ‘on target’. The tester should be able to visualize your opponent through your moves. You are undistracted by other noise or movement in the testing room.
 - Rhythm: As with music, there is a steady cadence, tempo, timing to your moves.
 - Grace: I (Don Richardson) tend to think of ‘grace’ as effortless. A balance and flow of movement: think of a gazelle, ballet dancer, or gymnast moving effortlessly with power, balance, and speed.
 - Beauty: “Appeal”, flow, and confidence of presentation.
2. “Right is always right”: Unless otherwise stated, the right foot moves first into a stance, the right side goes down first when tying your belt, etc. This is our *dojang* (school’s) convention; **other schools may prefer the left-it is up to the school master.**
3. The direction of the action is from your original starting position: front, back, left, and right.
4. Although you have to pace yourself during testing, you are still expected to show full power and consistent technique throughout the entire walking drill (same at the end of the walk as at the beginning, same height on the right side as on the left). Overall, it is better to SLOW DOWN to optimize the technique than try to rush to finish. **Similarly, a ‘fast’ technique is not more powerful unless done with good technique; remember: the quality of the technique is judged higher than power. In my experience taking time to properly execute a technique is LESS fatiguing.**
5. Grand Master Weseman prefers all open handed strikes/blocks (such as inside sudo) begin with a closed fist at the chamber position. This requires more focus **and mastery of the technique**. As you are learning the technique at a lower belt level, you may chamber with an open hand.
6. Below green belt Grand Master Weseman advises you to focus on properly learning the technique: break the technique down into parts (move into the stance and then execute the hand technique), proper

chambering, proper execution of the technique, and smooth flow between movements. **Remember: the excellence of the technique is the most important judging criteria.**

7. Above green belt you want to smoothly move into the stance, 'lock in' the hip (ask a black belt about this), and execute the technique as a continuous motion. As you execute a hand technique, the other hand needs to recoil into 'chamber' position. **Both of these actions significantly increase your power.**

8. For optimum balance, the moving foot keeps in contact with the ground and *silently* "slides" to the new position touching with the ball of the foot or at least the big toe. **Be aware: during testing and with fatigue we all tend to shorten and narrow our stance, which compromises our technique and prolongs the walking drill. Practice so that a good stance becomes automatic.**

9. When executing a double hand technique, such as a "scissors block", the blocking hand stays to the inside (closest to the body) of the striking hand.

10. "All blocks are strikes." Every block can be used as a separate strike and/or striking a 'pressure point' while blocking. **Thus, every block should be executed with power.**

11. Per Grand Master Weseman, even if you are physically unable to perform a technique, you are still expected to know how to teach it: describe the technique in detail, how to problem solve the technique, and how to judge it in competition.

12. The planted foot may turn in place but should not move from its plant location. Remember, we turn on the 'ball' of the foot for optimum balance.

13. Your feet will be stressed during testing. You may find wrapping the ball of your foot with plastic, bandage tape and/or rubbing talcum powder on the bottom of your feet (talc is an excellent friction reducer) will lessen the risk of blisters. However, slippery talc on the floor is a hazard; therefore, you are responsible for removing any talcum powder on the floor with a damp rag.

14. Practicing walking drills is a great aerobic, strength, balance, and flexibility exercise.

15. After the turn around you should repeat the hand technique (not the foot technique). With combo techniques, if the hand technique is first then repeat the hand technique after the turn around.

16. After your turn around at you starting place, hold the position until commanded to "*shio*" (relax in place without talking) or "*joon bi*".

17. If you are performing a "reverse" technique, perform the hand technique before stepping forward for the walking drill. For "regular" hand techniques you step first and then perform the technique. In a combo technique, such as jebbi-poom, the striking hand determines whether the technique is regular or reverse.

18. We want you to learn the technique (or form or timing drill) correctly the first time. When you are first learning a technique, practice slowly and constantly recheck you stance, body position, and hand position to create the 'muscle memory' necessary for performing the technique automatically.

19. We practice in bare feet because we compete that way, we can more accurately see foot position, and foot movement is easier/smoother than in shoes or socks. However, students with foot problems should discuss foot coverings with Grand Master Weseman.

20. Kicks usually have 4 parts (ax and front thrust kick have only 2-3 parts): chamber, kick, re-coil, and re-set. We chamber in the same position for each type of kick to avoid signaling our opponent which kick is coming: pull the kicking knee straight up in front of the body with the thigh at least parallel to the floor and the lower leg/foot held vertically in front of your body (your foot and ankle should be in front of you with the foot 'flat' as if you were walking up a stairs). Perform the kick straight towards the target (shortest distance

is a straight line). Recoil position is the same as chamber position (to repeat the kick if necessary). Then reset the kicking foot by assuming a good stance. The best-performed techniques distinctly show each part of the kick, performed crisply, with a slight pause as the kick strikes.

21. Turning and spinning techniques should be done quickly with good balance. This is best accomplished by staying in 'chamber' position while turning and then executing the kick straight to the target.

22. Techniques require both speed and power. Speed comes from relaxed muscles; power comes from tight muscles. Begin your techniques with your muscles relaxed for optimum speed and end the technique by tightening the muscle into the final position (the final turn over of the punch, for example).

23. You will be stronger and more flexible with one side (usually your dominant side). Your weaker side will need more training to match your strong side, therefore, train twice as much with your weak side.

24. For maximum strength, arm blocks always strike with the side of the arm (the two forearm bones 'stacked' against the strike point).

25. Higher belts: consider variations of the 'classic' techniques: beginning in a right front stance rather than left, begin in a different stance, can the combo techniques be done in a different order or sequence, using reverse rather than regular technique, etc.

26. *Bunkai*, an analysis of how a technique is used: Think about the target of your technique. Where are you aiming on your opponent? What does the technique do? Can the technique be used differently?

27. Advanced belts teach these techniques on two levels: 1) teaching the lower belts with the basic, "traditional" technique and 2) teaching the advanced belts both the 'whys' and 'variations' of the technique.

28. "Defensive" arm position = same as hand placement in a fighting stance.

29. Techniques should literally 'snap' as the *dobok* moves rapidly.

30. "Knife Hand" = "Sudo". "Ridge Hand" = "Reverse Sudo". You will see both terminologies used in "Modern Taekwondo" and other references.

31. Although the outside, middle sudo is executed with a bend to the elbow (taegeuk 'O' and 'Chil', for example), the low double (as in Palgwae 'O') or high sudo (as in palgwae 'Sa', 'Chil', and 'Pal') is executed with a straight elbow. Reviewed with Master Weseman 6 Dec 2017.

32. "Combo" techniques: "Think about sparring. A combo technique is any set of movements done in continuous succession that would prevent the opponent from countering in between the movements." per Grand Master Weseman. Some drills are specifically labeled as "combo" but many other combined walking drill techniques also fit this definition.

33. Practice with feed back: either have a fellow student observe and critique, video your practice, and/or watch your practice in a mirror or large window. Consider beginning your practice with just the foot movements, particularly when learning a new technique.

34. Directions and Commands given by the leader during a test or in class:

- "Switch or Change Feet": This is only done during training to position your stance for using the opposite foot. At the command, you jump slightly with both feet off the ground and come down in the opposite stance (for example a left front stance jumps into a right front stance). *Kiyap* with the stance change.
- "Move on my command (or 'bark')": Move forward to the next technique only when the instructor 'barks' (*kiyap*) and then stay in that position until the next 'bark'.

- “At your own pace.”: Perform the walking drill at your own pace; you do not have to keep up with others.
- “*Shio*”: This is a short break. Relax in place without talking.
- “Line of attack”: The line straight between you and your opponent.
- “Regular”: on the same side as the foot in front. **Determined by the striking hand in double hand techniques (see spear hand and jebbi-poom).**
- “Reverse”: on the same side as the foot in back. **Determined by the striking hand in double hand techniques (see spear hand and jebbi-poom).**
- “Right (stance)”: in a front stance right or left stance is determined by which foot is in *front*. For a back stance, right or left is determined by which foot is in *back*.

35. Testing Protocol for Walking Drills:

- Each drill will normally begin from *joonbi*.
- The instructor will call you into a stance (front, back, horse, etc.).
- **Always *kiyap* when moving into a new stance (except *joonbi*).**
- Listen carefully to what walking drill the instructor directs you to perform. If not able to hear the instruction clearly (as can happen in a noisy testing room), raise your hand and ask the instructor to repeat the instruction.
- Perform the walking drill, turn around properly at the designated place, and return to your original starting location, turn around and hold the position until given the command of *joonbi* or *shio*.

36. The advanced student should recognize:

- We teach techniques as Grand Master Weseman instructs, but we recognize different schools or masters may teach the technique differently.
- Although the basic moves are the same, a technique may be performed with more ‘grace and beauty’ in a form compared with the technique used during sparring or self defense. The techniques are more distinct, precise, and crisp in presentation whereas sparring may have faster flow and more compact techniques.
- Each individual will have different strengths and limitations, thus techniques may vary in execution.
- What is the target for you strike or block?
- As you rise in rank, the walking drill portion of your test becomes longer and more aerobically demanding. A wise student is aerobically fit (practicing walking drills helps fitness) and paces their performance during the test.
- The advanced student needs to know the ‘basic’ technique we teach to beginners but recognize there are many variations, which may appear on your test. Grand Master Weseman is open to any technique interpretation/variation which meets the named directions.
- Master Terry Creamer recommended using “touches’ during a form, which may also apply to a walking drill: after a block, ‘touch’ the attacker’s arm to control it before executing a strike. Think of this *bunkai*: as we alternate hand techniques during a walking drill, “touch” as you finish the technique (leaving the hand out as a block), step and execute the next technique, and recoil the ‘touching’ hand to add power.
- Consider the *bunkai* (application) of the techniques.
- Even if you are unable to perform the technique, you should know how to teach and problem solve the technique.
- Be aware of how your hands (in particular) and your body work together to add power and balance to movements. For example, the hand recoil adds speed and power to the striking hand, **as does the hip ‘lock’.**
- Show confidence, “indomitable spirit”, during your presentation: stand erect and tall, shoulders back, eyes focused on the imaginary opponent, calm but determined, and relaxed but ready.
- At higher levels basic strength, **endurance**, and flexibility are required to perform optimal techniques. **Cross training, stretching, and foam rolling help your performance.**
- During virtual competitions, recognize which techniques are more ‘visible’ to the judges: “large’ techniques such as kicks, techniques going to the sides, and techniques performed closer to the camera. **Perform as close to the camera as possible to enhance the judges view: mark a starting point on the floor and practice your presentation to assure full view during competition/testing. Slow**

internet speeds create a jerkiness while viewing, which degrades your appearance; find the best internet connection possible.

- The best ways to improve your performance: observation and critique by an upper belt, video your practice and self critique, and/or compete in a tournament.
- Just as with breaking, your stance is the 'base' for your power, balance, and technique. All well done techniques begin with a solid and accurate stance. Focus as much on your stance and transition between stances as you do on your foot and hand techniques.

37. All these principles equally apply to timing drills, poomse, and weapons forms...in fact in ALL you do in martial arts.

Walking Drill Techniques

1. Bow In:

- On the command of "line up", each colored belt should quickly move into line by order of belt rank with the highest belt rank on the left. Be courteous to your classmates and allow plenty of room for each student. Assume the *joon bi* position, remain quiet, and focus on the instructor. Black belts are lined up in front of the class facing the students with the highest rank on the left. Out of courtesy to others, students late to class should line up at the far, right end of the line.
- The highest colored belt calls the bow in for the entire class. [In the kids and beginning classes, the whole line says the bow in.]
- "Joonbi" ("ready stance"): Feet shoulder/hip width apart. Body is relaxed but erect (head up, shoulders back, and back straight). Eyes straight-ahead or looking at the instructor. You are not talking but focused on and listening to the instructor. Both hands in a good fist in front of your body either with palms "in" (facing your body) or palms facing midline. Some will start with the fists at the belly button and bring them down; others move the fist directly to final position. Stand still, be quiet, and be attentive to the instructor.
- "Chariot" ("attention"): Bring the right foot in to touch the left foot (our *dojang's* convention is to move the right foot). The feet may be parallel or with the feet in a "V" with the feet out at 45°. Simultaneously, directly and quietly bring the open hands to the side of the thighs (do not slap the thighs).
- "Keung Ye" ("bow"): Keeping the hands in the same position on the thighs, simultaneously bend at the waist about 15° and at the neck about 45°. You should be looking at your opponent's feet (Kukkiwon Taekwondo Textbook, 2006, page 773). Pause briefly then return to *chariot*.

2. Tie Belt:

- Basic Technique: This is your white belt technique, which begins with the middle of the belt on your belly button. Our *dojang's* convention is the knot's "belly button" is to the right side of the knot (other schools may reverse the knot). By the blue belt level you should be able to tie the belt on another student while standing in front of them. This often results in the belt crossing in the back and not laying smoothly.
- Better Basic Technique: The belt end going back on the left side of the body goes down first and then the belt end going back on the right side goes on top. As the belt end comes forward on the right side, you tuck it beneath the other belt. The belt end coming forward on the left side stays on the outside. Then tie the belt as in the basic technique.
- Wrap Technique: With your left hand grab the belt about 18 inches from the end. Point the short end of the belt to the left and put your left hand where your belt buckle is. With our right hand wrap the belt twice around the body and hold in place with the left hand. Rotate the belt until the loose ends are of equal length and then tie the knot.

3. Horse Stance (horse back riding stance):

- Basic Technique: Move the right foot (our *dojang's* convention) farther to the right (wider than your shoulders), feet point forward, bend your knees slightly (as if riding a horse), face forward with a straight back, and move both fists to your waist, palm up. [Modern Taekwondo, page 30]

- Walking Drill: The “side horse stance” or “side stance” is used for walking drills (the side squat punch, for example) and in poomse. When walking with this technique, we typically begin in a front stance (see below), step forward with the right (back) foot while turning 90° to the left, and move into a horse stance facing to the left with hands in a fighting/defensive position facing forward (line of movement). You ‘walk’ with this stance by moving the left (back) foot forward, as you turn 180° to your right, coming into a horse stance facing to the right. Then the right foot moves forward as you turn 180° to the left and continue to alternate.
- Turn Around: Feet stay fixed. Move the hands to the new forward direction.
- Notes:
 - *Your knees remain bent, thus your head stays at the same height.
 - *As you move, your head, and eyes remain looking forward.
 - *Your hands remain in front, thus will move side to side as you change position.
 - *This technique helps build a strong ‘core’ and thigh muscles.

4. **Make Fist**: Curl your fingers tightly to your palm then bring your thumb tightly over your knuckles. During testing, please make a fist with both hands and hold them shoulder high, palms out to properly demonstrate the finger position. This is typically done while in a horse stance. If asked to show where a punch hits, use your index finger to point to the first knuckles (the one closest to your wrist) of you index and middle finger.

5. **Punch From a Horse Stance**:

- Target: Depends on the specific hand technique (see below).
- Basic Technique: In a horse stance the fists begin (chambered) at both sides of your waist, palms up. Unless stated otherwise, you perform an alternating middle punch (target: the name label on your dobok-the ‘solar plexus’ just below the breast bone). Punch to the target with good technique: punch goes in a straight line to the target, palm up, turning the strike over at the end to deliver the power through your first two knuckles. As you recoil the first hand, strike with the other hand. For optimum speed and power, punch only with the arms, NOT with your body or shoulder.
- Variations: This is typically performed with a middle punch or oxjaw, but could be used for any strike: sudo, ridge hand, high punch, etc. Typically we alternate sides but could be just one side executing the technique.
- Notes:
 - *As with all hand techniques: 1) assure you have a good stance for a solid foundation, 2) the body should be relaxed but erect (particularly the neck and shoulders), 3) keep the muscles relaxed as you move, and 4) tighten the muscles as your strike to turn over the hand and transmit power.
 - *Concentrate on keeping your shoulders still; you may find it helpful to practice with your back on the wall or a door jamb to help keep your shoulders stable.

6. **Back Stance**: [Modern Taekwondo, page 28]. Named according to which foot is in **back**: right or left back stance.

- Basic Technique: Unless stated otherwise, our *dojang*’s convention is to begin by moving the right foot. The right foot moves directly in back of the left foot about one and a half foot lengths forming a “T”. The front foot points forward; the back foot toes point to the right (90°). Both knees are bent. 70% of the weight on the back leg (the front leg would be easy to lift). Back is straight. Hands are in a defensive/fighting position.
- Walking Drill: Begin from a right back stance. The back (right) foot *slides* forward past the front (left) foot (ball of the foot or at least the big toe maintaining contact with the ground), right foot turns forward, and stops one and a half foot lengths in front of the left as the left foot turns on the ‘ball’ of the foot 90° outward (to the left). Pause briefly, then begin the same movement with the left foot moving forward.
- Turn Around: The feet remain in place. Turn your body 180° in the direction the back foot points while rotating (on the ball of the foot) each foot 90° into a back stance going the opposite direction. Move your hands to the new position in front.
- Notes:

*The knees stay bent as you move, thus, your head will stay at the same height.

*When first learning this technique, move slowly and re-check your foot position after each move.

- Variations:

- *Practice walking both forward and backward (this is used during partner walking drills).

- *Practice moving into both a right and left back stance from *joonbi*..

7. **Backfist:**

- Target: The side of the head/jaw or top of the head in point sparring.

- Basic Technique: Typically executed from a back stance or fighting stance as a strike to the side of the opponent's head/jaw nearest you while in a 'closed' sparring stance. You strike with the back of the fist. Hands are up in a defensive position in front of your face. Only the FRONT hand is used for this technique. Fist moves straight (does NOT swing in a circle) towards the target with palm facing you and elbow pointing down (not to the side). Strike ends with a slight bend in the elbow and the hand turning over so the back of the fist contacts the target and then quickly recoils. During the beginning class test you will stand in one place and repeat the hand movement.

- Walking Drill: This technique is used in several walking drills (see below) and poomse. This *could* be done as a walking drill from a back stance.

- Notes:

- *Grand Master Weseman reminds us not to strike *across* the face for risk of penalty in point sparring.

- *Assure the hand is 'turned over' when striking the top of the head (only the back of the hand should make contact).

- *Can NOT be done as a reverse technique.

- Variations: Could be performed from a cat, "X", or tiger stance.

8. **Oxjaw (Palm Heel):**

- Target: The target may be "high" (nose with the fingers pointing in a 12 o'clock position or side of the face/jaw with the fingers pointing in a 2 o'clock position), "middle" (to the ribs with the fingers pointing in a 3 o'clock position), or "low" (to the groin with the fingers pointing in the 6 o'clock position).

- Basic technique: You are striking an opponent with the lower part of your palm (the palm heel). Thumb should be held tightly at the SIDE of your palm while your fingers either curl down or are tightly held straight. As with a punch, begin with the fist at your waist, palm up. Move your hand directly towards the target while assuming a tight, open palm and tilting the hand back at the wrist so the palm 'heel' will strike the target first. Turn over your hand, as you are about to strike to add power. At the basic level, you will be tested in a horse stance.

- Walking Drill: Listen carefully to the instructions. The options are many. Typically we will begin with alternating hands, regular technique, using a high oxjaw (to nose or side of head). But may progress to more complex options, for example: a) high, middle, and low regular technique WITHOUT stepping between the punches or b) high, middle, and low regular technique WITH stepping between each punch; these are two very different drills.

- Notes:

- *Grand Master Weseman prefers this technique to a punch during self defense: less likely to injure your hand, as the forearm bones (the radius and ulna) provide much more solid support than the weaker wrist bones.

- *Recoil the opposite hand when alternating punches.

- *If the instructor does not request a specific oxjaw strike, you are free to choose your favorite.

- Variations: May be either a regular or reverse technique. May be single, double or triple technique of any combo (for example regular high, middle, and low combo). The options are many.

9. **Low Block:**

- Target: Used to block a groin kick/strike.

- Basic Technique: Fist is chambered at the opposite shoulder, typically with the palm facing towards your ear. Straighten the elbow bringing the fist directly down about 6 inches in front of the body,

stopping at the inside of the thigh, and turning the hand over (to palm in) at the end of the strike to add power. At the basic level, the technique is performed 'regular' without walking.

- Walking Drill: Typically done from a front stance.
- Notes: Practice recoiling with the non-striking arm for better power.
- Variation: May be either a regular or reverse technique. May occur as a side block as in palgwae 4. May be used from other stances: back, side horse stance, fighting ...

10. **Outside Middle Block:**

- Target: For blocking the 'middle' (chest) of your body.
- Basic: Fist begins at the opposite side at belt level. The upper arm stays in position as the fist is rotated outward to end in front of the shoulder, palm facing in. Arm should be extended with a slight bend at the elbow.
- Walking: Typically done from a front stance.
- Notes:
 - *As a block, you strike with the side of the forearm (no end of move turn over for power); however, as all blocks are strikes, this may be considered a strike with the thumb side of the fist with the fist turning 90° outward at the end of the strike.
 - *You only need to deflect strikes away from striking your body; therefore, your blocking arm should stop at the edge of your body (directly in front of your shoulder).
- Variation: Could be "outside high block" with the blocking hand coming head high. See "palm out" below.

11. **High Block:**

- Target: This technique is used to block a downward strike to the head and
- Basic: A high block is only done as a "regular" technique (on the front leg side) for greater stability. Fist begins at your belly button, palm toward you, with the elbow down and forearm vertical (this is faster and stronger than just raising the arm). Move the fist straight up past the face then quickly turn the arm horizontal with the palm out above and in front of the head tightening the muscles to make a solid block. Turning the wrist upward will help tighten the arm muscles.
- Walking: Typically done from a front stance.
- Notes:
 - *Assure the arm is well above your head and 'pushing' outward to resist the strike.
 - *Keep your head up and eyes on your opponent.
- Variation: **Could be performed in a back stance or fighting stance.**

12. **Front Snap Kick:**

- Target: The center of the opponent's body struck with the ball of the foot.
- Basic: Four parts: [See "General Instructions" #20 above.] During the kick, the thigh remains in position and the knee is straightened. Strike with the "ball" of the foot (base of the toes on the bottom of your foot). The ankle is bent forward (for longest reach) with the toes pulled back (to avoid injury and allow the 'ball' of the foot to hit). Beginning testing has you stand in place and repetitively kick with the back leg. How to get the correct foot and ankle position: with your foot flat on the ground, raise your heel as high as you can while the ball of your foot remains on the ground- this is the proper foot/ankle position for the kick.
- Walking: Typically begins from a front stance. Bring the hands up to fighting position. The back foot kicks to the center of opponent at least waist high. The kicking foot then steps forward into a good front stance.
- Notes:
 - Kicks should be the same height and location on both sides.
 - Keep your back straight. You will not kick higher by bending over.
 - Keep your balance during recoil. You may need to kick again.
 - Carefully replace your kicking foot into a good front stance.
 - Grand Master Weseman recommends avoiding this kick during sparring as you risk injuring your toes.

- Variation: The kick may also be done from a back stance or fighting stance. Kick may be either from the front (quicker) or back (more powerful) leg.

13. **Regular Punch:** “Regular” = the hand technique is on the same side as your front leg.

- Target: The label of your opponent’s *dobok* struck with the knuckles of your first two fingers (when practicing, consider your ‘opponent’ is your twin). Both hands should hit the same target in the centerline of the body.
- Basic: All punches begin at your waist with the fist palm up. The hand moves forward in a straight line to the target (the shortest distance to the target is a straight line), with relaxed muscles for speed. As you strike, the hand turns over, palm down, and tightens for power. As you withdraw the first hand, the other hand executes its strike. At the beginner level you will be asked to close your eyes while in a front stance and hold out a regular punch. At the basic level, you may be asked to demonstrate the punch from a horse stance alternating hands as you punch. (As there is NO “front” leg in a horse stance, both hands can be used for a “regular” punch.)
- Walking: Typically begins in a front stance. When practicing the walking drill, Grand Master Weseman often does regular punch down and a reverse punch back: do the turn around with regular punch after the turn and then do a reverse punch before moving to start the next drill.
- Turn Around:
- Notes: The ‘reverse’ punch is a much stronger technique.
- Variation:
 - This is typically done as a “middle” punch (to the uniform label, the solar plexus) but may be done as “high” punch (to the face).
 - Could be done from a fighting, side, or back stance.

14. **Side Kick:**

- Target: Effective for the entire body: knees, groin, abdomen, ribs, neck, and head.
- Basic: The beginning student will be asked to turn sideways and perform repeat sidekicks in place towards the examiner. Begin in *joonbi*. There are four parts. Chamber the kicking foot as for all kicks in front of you. Execute the side kick by extending the leg straight to the side and striking the opponent with the side of your foot (typically the side of the heel by pulling your toes back toward you) with the foot parallel to the floor (toes will point directly forward). Your striking side hip should point towards your opponent or be slightly forward. Your plant foot (left) turns so the toes point away from your opponent adding distance and power to the kick. Recoil your foot back to chamber position. Reset the foot back to starting side stance position.
- Walking: This is a “pivot” sidekick (technique #23) when walking (to separate it from other side kicks listed below). Typically done from a front stance. Turn to your left 90° as you bring your back (right) foot up and chamber. Execute the kick. As you recoil the foot, pull you body back to face forward. The striking foot then steps forward into a good front stance. Then repeat with the left foot kick.
- Turn Around:
- Notes:
 - Fully recoil with good balance before stepping down into a front stance.
 - Assure your chambering foot and ankle are in FRONT of you: **generates a much stronger kick.**
 - “Turn your hip over” by turning your body forward so your hip is forward of your line of attack. This helps assure your foot strikes the target in the correct position.
- Variation:
 - This could be done from a back or fighting stance.
 - This can be done with either the front or back leg, as in sparring, and as a walking drill: consider for example, a back stance, front leg side kick walking drill.**

15. **Reverse Punch:** Performed on the BACK leg side exactly the same as a regular punch.

16. **Back Kick:**

- Target: The walking drill target is the opponent’s body ABOVE the waist. Although in a real self defense situation, kicking to the groin or knee would be effective, too. **[As a general rule in self defense, DON’T kick above the waist and offer your foot to be grabbed by your opponent.]**

- Basic: At the beginner level: typically done from a front stance facing away from the examiner. There are four parts. The FRONT foot rises into chamber position. You bend over at the waist (this adds distance and height to the kick) and kick straight towards the target (NOT a down and up kick as you bend). Your toes are pulled toward your shin pointing downward so that your heel will strike the target (NOT the flat of your foot, smaller strike point has more power). Keeping your shoulder facing forward (avoid raising or "opening" one shoulder), as you bend over turn your head to the striking side, to see the target out of the corner of your eye. Recoil the foot back to your front in chamber position while standing up. Reset into your front stance. If you are a beginner, you will bring your kicking foot back to the front position in the front stance. You will be instructed to "switch feet" to bring the other foot in front to demonstrate the technique with that foot.
- Walking: If you are doing this as a walking drill, you will reset the kicking foot as the back foot of the front stance, thus allowing you to walk backward with the technique towards the examiner (or retreating opponent). Advanced students rarely do this back kick technique as a walking drill.
- Turn Around: The 'basic' technique is standing in place thus there is no turn around. For the walking technique, the turn around is the same front stance turn around as in other techniques except you will be facing backwards to the line of motion.
- Notes:
 - This is a very powerful kick but requires good balance to do well. Practice by using a wall of chair to aid your balance at the beginning.
 - Pulling your kicking side shoulder downward may help prevent lifting the shoulder as your head turns.
 - When performed 'in place' you may begin with either the front or back foot (usually we recommend the front foot). However, when performed as a walking drill, you *must* begin with your front foot.
- Variation: You could walk beginning with a strike using your back leg and resetting the leg in front of you. This would have you moving forward, retreating from your opponent.

17. **Front Stance:**

- Target:
- Basic: Beginning in *joonbi*, your RIGHT foot moves back and to the side 1.5 to 2 floor tiles WIDE. Back foot toes may point straight or slight outward BUT your shoulders must remain facing forward. Weight is equal on both legs. Front knee is bent so you can't see your toes. Your back leg is straight and tight (so it won't buckle if someone steps down on your knee). Your left hand is in a good fist at your left belt while your right hand executes a low block. This should feel strong, balanced, and comfortable.
- Walking: Begins in a front stance. Your back foot slides in and up to your front foot and then slides out to assure the stance is wide enough (making a "V" to the side: start out, move in to the other foot, and then out again for a properly wide stance). Lock the back knee straight as you complete the move.
- Turn Around:
- Notes:
 - The typical problem is not stepping your foot wide enough and your stance becomes a back stance.
 - Keep your back straight and shoulders even. Only your body from the waist down moves.
 - When called into "front stance, move" you move into the stance and then execute a regular low block. This is the only stance with an automatic hand technique.
 - Moving the right foot is our *dojang's* convention.
 - The name of the front stance ("right" or "left") is defined by which foot is forward.
 - During testing, your front stance will usually be judged based on your starting position and movement during the walking drills rather than as a separate technique.
- Variation: When "front stance" is called in our school, assume it is a left front stance, but could be asked to perform a "right front stance".

18. **Roundhouse Kick:**

- Target: Target is your opponent's body or head striking with the top of your foot.

- Basic: There are 4 parts. We teach this technique by chambering the leg with the leg bent at the knee and held parallel to the floor (like a table top), knee pointing towards the target. For most adults the hip needs to be rotated forward to allow the foot and leg to position properly. Straighten the knee to strike the target (the lower leg moves parallel to the floor) with the top of the foot. Recoil into chamber position and reset foot into the stance. This can be done as either a front leg technique (raise the front leg into chamber position) or back leg technique (turning 180° on your front leg to bring the back leg into chamber and rotate back 180° to reset). The front leg is faster (for point sparring) but the back leg is more powerful (for Olympic sparring).
- Walking: This is a “pivot” roundhouse using the same stances as in the pivot side kick.
- Turn Around:
- Notes:
 - Foot needs to be fully extended (“ballerina toes”) to hit with the top of the foot.
 - The ankle should be at least as high as the knee throughout the kick.
- Variation:
 - Some masters recommend chambering as with the other kicks (leg directly in front of you) and then turning the hip and leg into position right before the kick.
 - For speed and power, Grand Master Kathy brings the back leg roundhouse up at a 45° angle as she turns into the kick.
 - As per Grand Master Weseman’s recommended video, some limber students will kick high, bring the leg downward at a 45° angle and step through the kick for speed and power.
 - Usually done from a front or fighting stance but could be done from a back stance.
 - For more power during self defense or breaking, the toes can be pulled back to strike with the ball of the foot.

19. **“All Above AS Walking Drills”:** The first adult promotion test (to white belt-yellow tip) and youth tests through JR20 (white belt/black stripe/yellow tip) are done as standing techniques without walking. Drills are usually performed in a front, back, or side (side horse) stance.

Technique for “walking” during walking drills:

- From *joon bi* move into the stance called by the instructor.
- If the hand technique is “reverse”, perform the hand technique before moving your stance forward, otherwise move your stance first and then perform the hand technique.
- Pause slightly before stepping forward into the next technique.
- Move forward by sliding (keeping the toes touching the floor, for stability we never lift the foot completely off the floor) forward and to the side of the front foot and then continue moving the foot forward to a proper stance.
- When told to “turn around”, perform the appropriate turn around (#24) 180°, continue the walking drill, when you reach your original starting point perform another turn around, and then stay in position until instructed to move. Remember to repeat any hand technique after the final turn around and hold the hand technique until told to move.
- Foot movement can be practiced without any hand techniques by keeping the fists in front of you in a defensive position.

Advanced option: Begin walking drills from a “right front stance”.

20. **Inside Middle Block:**

- Target: Blocks strikes to the chest area.
- Basic: Similar to the outside middle block but begins with the hand palm out in front of the shoulder at ear height. Fist moves straight out with relaxed muscles and then tightens the muscles as the hand turns over (palm toward you) with the arm slightly bent and in front of your shoulder.
- Walking:
- Turn Around:
- Notes: Master Ivester prefers the block to come across the midline, as if you were blocking a punch. Grand Master Weseman agrees with this concept thus OK to cross the mid-line. (Opinion by Don Richardson: When teaching beginning students, however, having the block come straight to the front of the shoulder significantly improves technique and lessens tendency to swing the fist in an arc.)

- Variation:
 - This may be either a regular or reverse technique.
 - This is typically performed from a front stance but works with a back stance (Taegeuk Chil) or side stance.
 - You could use this as an “inside high block” for punch to the face.

21. **Turning Back Kick:**

- Target: Same as a back kick.
- Basic: This is an advanced technique which replaces the standing back kick for walking drills.
- Walking: Typically begins in a front stance. 4 parts. The left foot slides directly across in front of and to the outside of the body. Quickly turn on your toes to the right 180° into a front stance (this is the same as a ‘front leg turn around’). Slightly pause (to stop your spin) and chamber your right kicking foot in front of you. Execute a back kick (as above) with your front (right) leg. As you recoil the kick, allow the recoil movement to pull your body to the right 180° as your right leg has now recoiled in front of you. Step forward to reset your front stance. Repeat the process with the right leg performing a ‘front leg turn around’.
- Turn Around:
- Notes:
 - Turn first and then kick. Trying to do both will impair speed, balance, and have you over rotate.
 - “Turning” closes a small distance with your opponent, while the “spinning” technique closes a greater distance.
 - You will be tempted to try to kick while you are spinning but this not only slows down your spin, it also makes your kick inaccurate. Best to perform a quick spin and then execute the kick.
- Variation: **May be done from a front, back, side, or fighting stance.**

22. **Fighting Stance:** This stance is your *joon bi* (ready stance) for sparring. It should feel comfortable and balanced for you. You are turned about 45° to either side of the ‘line of attack’ to present a smaller target to your opponent. Hands are up protecting your face and upper body. You are on your toes and moving, as you would be while sparring BUT you feet do not leave the ground. [Modern Taekwondo, page 30 “Kicking Stance”]

23. **Pivot Side Kick:** See #14 above.

24. **Turn Around (Back Leg Turn Around):**

- Use: To turn around or reverse direction at the end of a walking drill.
- Front Stance Technique: From a left front stance, move your back (right) leg directly to the left keeping it the same distance behind the left leg. Move the leg far enough to the left so you will have a good front stance when you turn around. Turn to the right on your toes 180° into a right front stance. Continue the walking drill. From a right front stance, reverse the technique.
- Technique For Other Stances: For a back, side, cat, or tiger stance your turn around by turning your feet in place 180° to face in the opposite direction. Move your hands to the new forward direction.
- Hand Techniques: When performing walking drills with hand techniques, repeat the hand technique after the turn around before continuing the drill. *However*, IF the hand technique is the second part of a combo drill (for example, a jump back fist) do Not perform the hand technique after the turn around.
- Ending The Walking Drill: After returning to your starting position, perform a turn around, execute a hand technique (if required), and hold that position until directed to move.
- Notes:
 - There are three different ‘turn arounds’: 1) the back leg turn in Kicho1 (“Kicho back leg turn”), 2) this “back leg turn around”, and 3) the “front leg turn around” we see in the “turning” kicks.
 - Practice the technique by putting your feet in a good front stance on two parallel lines (going to your right and left-for example, on a tile floor). Assure your back foot STAYS on that parallel line as it moves across.

25. **Inside Sudo:**

- Target: Head or neck.
- Basic: Same as #20 but the hand opens up into a sudo to turn over at the end and strike with the little finger side of the hand. The hand moves straight forward (NOT in an arc) and turns over at the end for power. Strike with the little finger side of the hand, wrist straight, elbow bent 20-30°, fingers tightly together, and thumb tightly tucked.
- Walking: Typically performed beginning in a front stance. At the higher level, after executing the strike, use the 'touch' as you step forward, and then recoil as the next hand strikes.
- Turn Around:
- Notes: Easier to teach by beginning with the sudo chambered in front of the shoulder, BUT Master Weseman prefers the 'higher' level technique by beginning with a fist in the chambered position.
- Variation: **Could be performed from most stances.**

26. **Step Side Kick:**

- Target: Same as a side kick (#14)
- Basic: Remember there are 4 parts to the side kick.
- Walking: Typically begins from a left front stance. Perform a pivot side kick with the right leg but step down into a side stance facing left. The back (left) leg steps forward crossing either in front of OR in back of the front (right) leg (whichever feels best to you), plant the left foot, the right leg executes a side kick, recoils, and resets into a side stance. Pause briefly and repeat.
- Turn Around:
- Notes:
 - Most martial artists will kick faster by moving the back foot behind the front foot (and it helps keep your hip forward for a better kick).
 - Assure you perform a good recoil before reset.
- Variation:

27. **Cat Stance:**

- Technique: Typically begin in *joonbi*. Move the right foot back into a back stance. Pull the front (left) foot backward to about half a foot length from your right foot. As you pull the left foot back, you lift your heel and slide on the ball of your foot, as if you are wearing high-heeled shoes. Your hands assume a defensive position. **As in a back stance, both knees are bent slightly.**
- Walking: The cat stance can be a walking drill either using the same leg forward or alternating legs. For the same leg: move the front leg forward (see note below), plant the foot, and pull the back leg up to the proper distance to reset the stance. For alternating legs: the back leg steps forward as the new back foot turns on the ball of the foot 90° outward, and is dragged forward into the cat stance.
- Turn Around: As this is a shortened back stance, you turn in place 180° (feet rotate on the balls of the foot without stepping and move your hands to the new forward direction) and assume a new cat stance.
- Notes:
 - This is a variation of a back stance, therefore, it is either "right" or "left" cat stance by which leg is in the back.
 - When moving forward, you may either step on the ball and pull the back foot up OR step forward onto your heel and then rotate your front foot forward onto the ball as you bring the back foot forward. The heel first technique will cover more distance with each step, which might be advantageous during testing...just saying.
 - Practice moving forward and backward with this technique.**

28. **Scoop Side Kick:**

- Target: Same as a side kick.
- Basic: This is an advanced technique using the basic side kick.
- Walking: Begins with a pivot side kick but reset into a side horse stance facing left. The back (left) foot 'hops' forward to replace the front foot as the front (right) foot chambers. Execute the kick, recoil, and reset into a side stance.
- Turn Around:

- Notes:
 - Assure you fully recoil before stepping to the side into a new side stance.
 - Maintain good balance particularly between the kick, recoil, and reset. Remember the recoil is to prepare for another kick.
- Variation:
 - Try this with a double side kick as in Koryo to practice proper recoil and balance.**

29. **Crescent Kick, Inside:** Kick begins by going towards the 'inside' of your body (towards the midline).

- Target: Opponent's head on the same side as your kicking leg.
- Basic: 4 parts. Chamber as with any kick. Strike by straighten the kicking leg while moving it upward just to the side of the opponent's body, turn the bottom of the foot towards the opponent, and move the foot across the midline to strike the head with the ball of the foot. Recoil. Reset. Hands are in fighting position (during practice, the opposite hand may be extended as a target).
- Walking: In class, the technique may be done either with a target hand BUT during testing keep your hands in fighting position.
- Turn Around:
- Notes:
 - (11/24/08) Master Weseman recommends when using the hand as a target to extend the target hand like a "spear hand" with the other hand at the waist.
 - Target goal is the head. Place your target hand as high as possible.
 - Keep the target hand steady and bring the foot UP to the hand
 - Kicking foot should move the minimal distance to the opponent's side to clear their body. Leg movement is up and down with minimal move to the outside of the body for maximum quickness and power. Avoid the big, circular, movie version of the kick.
 - Hip flexibility is critical. You will notice a difference in height and ability between your left and right sides. Remember during testing to keep the heights equal.
- Variation:
 - Can be front or back leg technique.
 - Front leg technique common is sparring with a hop forward.
- Two Person Drill: The target person holds their hand vertically in front of them. For safety the hand should rotate towards the midline (to prevent shoulder injury); thus, use the hand on the same side as the kicking leg. Goal is for the hand to be head high, but hold as high as possible. At lower belts have the hand several inches in front of the head but at the upper belts the hand should be touching your nose. As a two person walking drill, the partners begin by facing each other along the line of movement. The target person may be in a front, back, or fighting stance. After the kick, the kicking leg is placed down into a good stance while the target person moves backward the same distance and resets the hand target.

30. **Outside Middle Block Palm Out:**

- Target: Blocks the chest.
- Basic: Same as in #10 but the palm turns over to face outward (away from you) just as you strike.
- Walking: Same as in #10.
- Turn Around:
- Notes:
 - May be chambered at either the waist (as in palm in technique) or at the shoulder (as in a low block). Master Weseman personally prefers the shoulder chamber, which seems easier and more powerful. Typically we chamber at the waist in a back stance and at the shoulder in a front stance.
- Variation:
 - May be done as a high block/strike as in Taegeuk Yuk.

31. **Crescent Kick, Outside:** Kick begins by going towards the 'outside' of your body (away from the midline).

- Target: Opponent's head on the opposite side from your kicking foot.

- Basic: 4 parts. Typically done from a front or fighting stance. Hands in fighting position. Chamber as with any kick. Strike by straightening the knee while bringing it upwards, across the midline, and just beyond the *opposite* side of the opponent's body, turning the ankle so the bottom of your foot faces the opponent's head, pulling your foot back across the midline, and striking the opponent's head. Recoil. Reset.
- Walking: Usually performed as a back leg technique from a front stance (but using fighting stance is similar). The back, kicking leg is reset to the front of the stance to move forward.
- Turn Around: Same as for a front stance. The fighting stance turn around is similar to the front stance, just ending up in a fighting stance position.
- Notes:
 - May be performed as a 'two person' walking drill (see below).
 - Front leg technique is fast while the back leg technique is more powerful.
- Variation:
 - Perform an outside and then inside crescent without touching.
 - How would you perform a walking drill with a front leg kick?
 - Can be front or back leg technique. Front leg technique common in sparring with a hop forward.
 - Kicking foot should move the minimal distance to the opponent's side to clear their body. Leg movement is up and down with minimal move to the outside of the body for maximum quickness and power. Avoid the big, circular, movie version of the kick.
 - Hip flexibility is critical. You will notice a difference in height and ability between your left and right sides. Remember during testing to keep the heights equal.
- Two Person: Performed as in #29, inside crescent kick. However, to assure the safety of the joints, you will use the opposite hand from the kicking foot as the target.

32. Outside Sudo Palm Down:

- Target: Blocks the chest area.
- Basic: Chambers at the opposite shoulder (per Master Weseman, Oct 2017) **as in a low block**. Perform the block similar to the outside middle block but open the hand into a sudo and turn the hand over (as with a strike) at the end to palm down. Strike with the little finger side of the hand, wrist straight, elbow bent 20-30°, fingers tight together, and thumb tightly tucked.
- Walking: Typically done from a front stance **but is also used from a back or fighting stance**.
- Turn Around:
- Notes:
 - May be done either regular or reverse.
 - May be chambered at either the waist (as in palm in technique) or at the shoulder. Master Weseman prefers the shoulder chamber, which seems easier and more powerful.
 - Master Weseman prefers the 'higher' level technique by beginning with a fist in the chambered position.
- Variation:
 - May be done from any stance.
 - Can you perform an outside sudo palm up?

33. Cat Stance with Front Snap Kick:

- Target: Same as a front snap kick.
- Basic: The basic technique is with a front leg front snap kick.
- Walking: Begin in a cat stance (during testing, this would be a right cat stance). The left leg performs a front snap kick (as in #12). The kicking foot steps forward and move forward (as in #27). The same leg will kick going forward with the walking drill and the other foot will kick coming back to starting position.
- Turn Around:
- Notes:
 - As this front kick is with the hip rotated outward, hip flexibility is important. Warm up and stretch before this technique.
 - Assure you recoil fully before stepping forward.

- Variation:
-Back leg front snap kick: the legs will alternate kicking.

34. **Tiger Stance:** Same as a cat stance (#27) except the back foot is turned out at 45° rather than 90°. This is a shortened front stance technique easier on the hips. Turn around has two options: a) some will turn in place as with the cat stance or b) Master ken Zimmerman noted (2021-6-3), as a shortened front stance, you would perform a normal turn around into a front stance and then pull the back foot forward into a tiger stance.

35. **Spinning Back Kick:**

- Target: Same as a back kick.
- Basic: This is an advanced back kick technique.
- Walking: Typically begins from a left front stance with hands in fighting position. Your right foot steps forward and across the line of your left foot, turn 180° to your left (results in a left front stance facing towards the starting position), pause in this position, execute a back kick, as the foot recoils let it pull and turn you 180° to the left, and reset the left foot into a left front stance.
- Turn Around:
- Notes:
 - You will kick with the same foot and move at an angle across the floor. You will kick with the other foot coming back after the turn around.
 - If you get dizzy, stop in position and regain stability before restarting the technique.
 - Avoid trying to keep spinning as you turn, slightly pause to execute the kick to avoid over spinning into a spinning side kick.
 - The spinning back kick covers more distance to the opponent than the turning back kick. the size of the step determines the distance covered.
- Variation:

36. **Ax Kick:**

- Target: Top of head or middle of the upper chest. Kick should also move the opponent backward as your foot comes to the floor.
- Basic: A 2 or 3 part technique. Usually from a front or fighting stance. hands in fighting position. Back foot chambers as in any kick. Foot swings slightly to the outside to clear the body (as you are aiming to strike the top of the head, the opponent's body blocks your foot from moving straight up). Straighten the leg and pull it straight down to the top of the head or top of the mid chest. In sparring strike with the ball of the foot. In self defense strike with the heel (note: your striking distance will be slightly shorter when striking with the heel). Continue to pull the foot firmly down to the floor as you step forward into your stance (this pushes the opponent back).
- Walking: Typically done in a front stance but also done from a back or fighting stance. As the foot comes down in the midline, your **FRONT** foot will move back into the proper stance (per Grand Master Weseman, 12 Dec 2020).
- Notes:
 - Keep the planted foot stationary. Avoid tendency to slide the plant foot forward.
 - Keep your back straight (avoid bending at the waist).
 - You are moving the opponent backward so your foot can return to the ground. As in a thrust kick, you will need to move your body weight forward to push the opponent backwards while still maintaining good balance and control.
 - Kicking foot should move the minimal distance to the opponent's side to clear their body. Leg movement is up and down with minimal move to the outside of the body for maximum quickness and power. Avoid the big, circular, movie version of the kick.
 - This technique requires significant flexibility for the foot to move above head height. Assure you are warmed up and stretched before practicing this technique!

37. **Outside Sudo Palm Up:**

- Target: Protects the chest area.
- Basic: This is the same as an outside ridge hand, palm up; thus, the thumb must be tucked into the palm. Chambers like an outside middle block. The other hand chambers at the opposite shoulder

(per Master Weseman, Oct 2017). Perform the block similar to the outside middle block but open the hand into a sudo.

- Walking: Usually done from a front stance.
- Turn Around:
- Notes:
 - Can be done either regular or reverse.
- Variation:
 - May be done from any stance.

38. Hook Kick or Back Hook Kick, Pivot: “Back” refers to the foot pulling backward at the end of the kick, per Grand Master Weseman, 12 Dec 2020.

- Target: Chest or head. Striking with the ball of the foot during sparring and with the heel for self defense.
- Basic:
- Walking: Typically done from a front stance. Begins like a pivot side kick but the side kick ‘misses’ the opponent (the opponent steps backwards). You extend the toes and draw the foot back swiping the foot (or heel) across the front of the opponent as you recoil. Let the recoil pull you to face forward as in the pivot side kick. Step forward into a front stance and repeat with the left foot.
- Turn Around:
- Notes:
 - This is a technique used in point sparring to touch the opponent with the bottom of the foot. It can be made more powerful by striking with the heel.
 - From a back stance, just turn in place (don’t need to slide front foot across).
 - The bottom of the foot contacts the opponent during point sparring but use the heel to strike for Olympic sparring or self defense to generate more power.
- Variation:
 - As a timing drill, this can be performed as with the side kick using a pivot, step, or scoop technique.
- Two Person: Partners line up facing each other along the line of movement. Target person in a side, back, or fighting stance with hands in defensive position. Kicker (usually from a fighting stance) performs the technique across the target’s body and then steps forward into stance as the target person step backward the same distance. Repeat.

39. Double Punch:

- Target: Same as a punch.
- Basic:
- Walking: Typically begins from a front stance as a ‘regular’ technique. Step forward into a front stance. perform a right hand (regular) and then left hand (reverse) punch without a pause. Leave the left hand out as you step forward again and punch with the right-left sequence. The same hand ends in front each time so it alternates as a regular and reverse technique.
- Turn Around: At the turn around you have several options:
 - Turn around and continue the same technique (with the same hand starting each sequence going down and back), or
 - Turn around and do only one punch then step forward and start double punch with the other hand (now you start with a new hand going back)(this is Master Ken’s preference, 2021-6-3), or
 - Turn around and start with the other hand for a double punch (now you start with a new hand going back).
- Notes:
 - FULL power punches.
 - Assure your shoulders are facing forward.
 - This IS an aerobic workout!
 - Consider the hand remaining out with the step forward as a ‘touch’ move from Master Creamer.
 - The instructor will often call for a hand change at the turn around.

-So easy to tighten your shoulders and neck while doing this technique. Check that your body is relaxed.

- Variation:

- Can start either as a regular (most commonly) or reverse technique. Although, this is a 'trick' statement: using 'regular' technique you would step forward and punch with the right hand but using the 'reverse' technique you do NOT step forward but still begin the punch with the right hand.

- Four options: 1) "regular" where you begin the punches with the right hand, 2) "reverse" where you STILL begin the punch sequence with the right hand, 3) "regular, each step" where you begin with the 'regular' hand for each stance, and 4) "reverse, each step" where you begin with the 'reverse' hand for each stance.

40. **Hook Kick or Back Hook Kick, Turning:**

- Target: Same as the hook kick.

- Basic: This is an advanced walking technique.

- Walking: 4 parts. Hands in fighting position. Typically begins in a left front stance. The left foot slides to the right in a 'front foot turn around', as in the turning back kick (#21). Turn to the right 180°, which sets your left foot in proper position. Leaving your left foot facing backwards, turn another 90° (a total of 270°!) to the right and chamber the right leg (you are now facing to the left) this will keep your right hip and shoulder facing your opponent (yes, the shoulder WILL be 'open'), as is optimum. Perform a side kick 'that misses' (as if your opponent step back out of the way of your kick). Recoil your foot to strike opponent with the ball (point sparring) or heel (self defense) of the foot. Use the recoil to turn you 90° to the right (now facing forward). Reset the right foot into a right front stance. Repeat the sequence beginning with the right foot.

- Turn Around:

- Notes:

- This is a technique used in point sparring to touch the opponent with the bottom of the foot. It can be made more powerful by striking with the heel.

- From a back stance, just turn in place (don't need to slide front foot across).

- The bottom of the foot contacts the opponent during point sparring but use the heel to strike for Olympic sparring or self defense to generate more power.

- The KEY is turning 270° into chamber position before kicking. Trying to kick and turn is slower and weaker.

- Variation:

- Practice from a back and fighting stance.

- Can be used as part of a timing drill.

41. **High Block/Reverse Punch:**

- Target: Blocks a high punch and counters with a middle chest punch.

- Basic: Typically done in a front stance as a 'combo' technique without pause between techniques. As the high block is first, by definition, it is a regular technique. Perform a high block and immediately a reverse middle punch while recoiling the blocking hand.

- Walking: Beginning in a left front stance, step forward with the right foot, perform a high block with the right hand followed immediately by a left hand reverse punch. As you step forward with the left foot, perform a high block with the left hand followed immediately with a reverse punch.

- Turn Around: Will end in a reverse punch.

- Notes:

- Variation:

- Could be done with a high punch

- Consider high block/regular punch.

- Consider reverse punch/high block.

42. **Hook Kick or Back Hook Kick, Spinning:** Done the same as a spinning back kick (#35) with the 270° rotation reviewed in "hook kick or back hook kick, turning" (#40).

43. **Regular, Double Punch:**

- Target: Same as a punch
- Basic: An advanced walking drill.
- Walking: Typically done from a left front stance. Step forward with the right foot in to a right front stance. Perform a right hand regular punch, slight pause, and then a left-right double punch. Leave the right hand out (the 'touch'). Step forward with the left foot into a left front stance and begin again with a left regular punch.
- Turn Around:
- Notes:
- Variation:
 - Could be done with only high punches or combo of high and middle punches.
 - Could be regular double punch/regular punch ("regular double punch" begins with a regular punch).
 - Could be reverse double punch/reverse punch.
 - Could be done as a reverse/double punch.

44. **Outside Crescent/Pivot Side Kick Combo:**

- Target: Same as the individual kicks.
- Basic: This is an advanced walking drill.
- Walking: Typically done from a left front stance. Hands in fighting position. Perform an outside crescent kick with the right foot. Immediately (without pause-this is a 'combo') reset into a right front stance and perform a side kick with your left leg. Reset into a left front stance. Now pause slightly and repeat the sequence.
- Turn Around:
- Notes:
 - Assure you properly chamber the side kick.
- Variation:
 - You can try doing both techniques with the same leg: **although this shows good balance and flexibility, it does not flow and execute as quickly.**

45. **Outside Middle Block/Reverse Punch Combo:**

- Target: Same as for the techniques.
- Basic: Typically done from a front stance. AS a combo, the hand techniques are done without a pause; thus, it must be a regular outside middle block: execute a regular, outside middle block with the, and follow with a reverse punch.
- Walking: Walking begins in a left front stance. Step forward into a right front stance and execute the combo (right hand outside middle block and then left hand reverse punch). Step forward into a left front stance. The left hand pulls back into chamber and repeat the combo.
- Turn Around: Do both hand techniques (it is a combo) after the turn around.
- Notes:
- Variation:
 - Reverse outside middle block/regular punch combo
 - As a 'combo' technique, both techniques should be done without a pause or step; however, if NOT a 'combo', then multiple variations are possible.

46. **Reverse (or Regular) Punch with Kick:**

- Target: Same as for the techniques.
- Bunkai: Punch is done first: it makes more sense to punch, knock the attacker back, and then follow with a kick.
- Basic:
- Walking: Typically begin in a left front stance. Perform either the reverse or regular middle punch. Bring your hands up to fighting position. Perform a front snap kick with the back leg, pause, and then repeat the sequence.
- Turn Around: After returning to your starting point, perform the turn run around and then the punch (without the kick) to end the drill.
- Notes:

-Using the standard walking drill above, this would be considered a 'combo' technique, as per Grand Master Weseman's definition above.

-Bring the hands up into fighting position between the punches.

- Variation:

- This could be performed beginning with almost any hand technique.

- This could be performed with almost any kick.

- As this is not specifically stated to be a 'combo' technique, there could be a step between the punch and kick.

- Could be front leg technique.

47. **Double Hop (Scoop) Side Kick:**

- Target: Same as a side kick.

- Basic: This is an advanced walking drill.

- Walking: Begins typically in a left front stance with the hands in fighting position. Begin by turning to your left 90° with a pivot sidekick then stay facing left and move into a side stance. From a side stance, perform two scoop sidekicks in the forward direction without pausing, pause briefly in a side stance, and repeat two scoop sidekicks.

- Turn Around:

- Notes:

- This is a 'combo' technique. NO pause between the two kicks.

- Variation:

- Master Ken Zimmerman's variation: after the pivot side kick, perform two "hops" (scoop movement with or without chambering for a kick on the first scoop) forward and then execute a side kick.

48. **Double Roundhouse Kick:**

- Target: As for the roundhouse kick.

- Basic: Same as the roundhouse walking drill (#18) except you perform two round house kicks (re-chambering between kicks **without** putting you foot down) before stepping down into a front stance. Usually these kick are to the same target. This is normally considered a 'combo' technique, executing both kicks quickly.

- Walking: As in #18.

- Turn Around:

- Notes:

- Kick should fully recoil before extending for the 2nd kick.

- Same height and technique on both sides

- Variation:

- Low/hi, hi/low kicks, or same height kicks.

- Could use the sparring variation of one foot setting up and the opposite foot then kicking

- Could be interpreted as right leg roundhouse, right front stance, and then left roundhouse without a pause. This gets you across the floor quicker.

49. **Triple Punch:**

- Target: Same as a punch.

- Basic: Typically we begin this as a regular technique from a left front stance by stepping forward and performing three middle punches without pausing. Step forward and repeat. The first punch will always be regular.

- Walking:

- Turn Around:

- Notes:

- Assure you fully recoil and perform with full power.

- There is NO pause between punches (in contrast to the regular/double punch).

- Variation:

- This could be done as a "reverse" technique by starting with a reverse punch.

- Could be done with high punches.

50. **Front Jump Kick:**

- Target: Head of opponent.
- Basic: From a standing position chamber one leg, the 'raised' leg. Jump up using the other 'supporting' leg. While in the air (both legs off the ground), the supporting leg performs a front snap kick. Land on both feet.
- Walking: Typically begins in a left front stance with the hands in fighting position. The back, right leg knee moves quickly into chamber as your left leg straightens—> both movements pulling your body off the ground. You are trying to achieve both height and movement forward with the jump. The left foot performs a front snap kick. Recoil. Rest both feet back on the ground in a left front stance.
- Turn Around: after the turn around you will be in a right front stance, using the other leg to kick coming back.
- Notes:
 - The beginning action is like doing a high skip.
 - During testing you may simply be asked to demonstrate several kicks in place rather than performing a walking drill.
 - Both in the forms (Taegeuk Pal) and walking drills the kick needs to move you *forward* as well as having a high kick. we often forget the forward movement in this technique.
- Variation:
 - Could be done with other kicks: roundhouse, crescent, or even side.

51. **Grab, Pull, Punch:**

- Target: Mid chest punch.
- Basic: This is an advanced walking drill.
- Walking: Typically done from a left front stance. Step forward with the right foot, thrust the right hand out to "grab" (open hand closes as if grabbing the *dobok*) the opponent, twist your hand palm up (as if tightening your grip on their *dobok*), pull the right hand back to pull the opponent to you, perform reverse punch with the left hand. As you step forward with the left foot, open the left hand, begin the grab sequence, and execute a reverse punch with the right hand. Repeat the sequence.
- Turn Around:
- Notes:
 - This is often confused with the side squat punch. Grab, pull, punch is done in a FRONT stance, while the side squat punch is done in a side stance.
 - Per Master Weseman (Nov '17) the punching hand does NOT need to re-chamber, as the grab is NOT a power move (re-chambering is used to add power to the punch).
 - As the grabbing hand pulls back, it will natural re-chamber.
 - Whether you step forward to grab and/or punch depends on how close the attacker is to you and whether the attacker responds to the grab by moving towards or away from you. Consider the options.
 - Master Ken (2021-8) typically begins by grabbing with the left hand (no step) and then stepping forward with the right foot with a regular punch.
 - Final turn around: What hand technique(s) to perform after the final turn around?
- Variation:
 - Initial grab: If the attacker is close, reach out with your left hand (no step) to grab the attacker. If the attacker is farther away, step forward with the right foot and grab with the right hand.
 - Counter punch: If the attacker is close, perform a reverse punch without stepping forward. If the attacker is backing away, step forward and perform a regular punch.

52. **Front Snap/Front Jump Kick Combo:** As in Taegeuk Pal.

- Target: Head.
- Basic: An advanced technique
- Walking: Beginning in a left front stance with hands in fighting position, perform a front snap kick with the right leg. Stop in the re-chamber position. Immediately jump up by pushing off with the left support leg and perform another front snap kick with the left leg. Come down into a left front stance.

- Turn Around: The same foot will be forward each time until the turn around.
- Notes:
- Variation:

53. **Ridge Hand:**

- Target: Head and neck.
- Basic: A 'reverse sudo' striking the thumb side of the hand. The thumb is tucked under the index finger. Begins from a fist at the waist, moves straight towards the target (side of the neck or head) with the palm up as the fist opens and assumes the open hand, and the hand turns over (palm down) to strike the target.
- Walking:
- Turn Around:
- Notes:
 - Can be either a regular or reverse technique.
 - Assure the path is straight (NOT curved).
 - Full power.
 - Remember this is a 'high' technique, to the head area.
- Variation:

54. **Front, Side, Back Kick Combo:**

- Target: Same as the kicks.
- Basic: This is an advanced combination technique.
- Walking: Typically begins in a front stance with the hands in fighting position. Execute a front snap kick with the right leg and reset forward into a right front stance. Execute a pivot side kick with the left leg, recoil the kick, turn 90° to the right (**you are now facing backwards to the line of movement**), and reset the left foot behind you in a right front stance (you are now facing backward). Chamber the right leg and perform a back kick, as you recoil the foot use the momentum to turn your body 180° to the right (facing forward again), and reset your right foot forward into a right front stance. Begin the kick sequence with the left leg.
- Turn Around:
- Notes:
 - As a 'combo' kick, there should be no pause between the three kicks. Briefly pause after the third kick before beginning the next three kick technique.
- Variation:
 - Left front stance, front snap kick, recoil into pivot side kick, step right foot into spinning back kick.

55. **Inside Crescent/Back Kick Combo:**

- Target: Same as for the kicks.
- Basic:
- Walking: Beginning in a left front stance with hands in fighting position, perform an inside crescent kick with the right foot and step down into a spinning back kick.
- Turn Around:
- Notes: This is a combo technique; no pause between the two kicks. **As with the spinning back kick, stop the spin to perform the kick.**
- Variation:
 - This could be done with a turning back kick for a closer opponent; but, as a 'combo' technique, it must be executed without a pause.

56. **Spear Hand:**

- Target: This is a fingertip strike to the solar plexus or throat.
- Basic:
- Walking: Typically done from a left front stance. Grand Master Weseman traditionally does NOT begin with a step forward but begins with the left hand held vertically, palm facing in, and with a 90° bend in the elbow. The left forearm rotates inward 90° inward to block a strike (forearm is parallel to

the floor with palm down). Step forward with the right foot into right front stance, the right hand opens palm up as it moves over the top of the left arm to strike the target, and turning the hand palm inward (thumb up) at the end of the strike. The elbow stays behind the blocking hand. Without a step, the right arm bends so the right forearm is vertical as the left hand returns to your belt. Repeat the block and strike.

- Turn Around:
- Notes:
 - Traditionally this is a 'regular' technique with the first blocking move then step into a regular strike.
 - “Regular” or “reverse” is determined by the *striking* hand.
 - It may be performed as a 'reverse' technique after the left arm block by NOT stepping forward and executing a right spear hand strike from the reverse position.
 - Grand Master Weseman indicates this can be either a regular or reverse technique of the striking hand. Stronger technique when the strike is reverse.
 - All open handed strikes may begin with a closed fist at the waist to increase the degree of difficulty.
 - The initial block always is done 'regular'.
- Variation:

57. **Roundhouse/Back Kick Combo:**

- Target:
- Basic:
- Walking: Beginning in a left front stance with hands in fighting position, perform a pivot roundhouse with the right leg. The right leg immediately steps into a spinning back kick (this is a 'combo' technique).
- Turn Around:
- Notes:
- Variation:
 - After the pivot roundhouse, bring the roundhouse kicking foot down into a front stance and do a pivot back kick.
 - after the pivot roundhouse, bring the roundhouse kicking foot down into a front stance and do a spinning back kick.

58. **Jump Backfist:**

- Target: Same as a backfist (#7).
- Basic:
- Walking: From a front stance, “jump” forward with the right foot into an “X” or cross stance (this is a long step forward with the back foot sliding forward into the stance to minimize time the feet are off the ground), execute a back fist with the front hand, move the left foot back into a right front stance, and repeat the sequence on the left side.
- Turn Around: Because the stance move comes first, there is NO repeat of the hand technique after the turn around.
- Notes:
 - Assure the front hand executes a proper back fist (elbow down, straight strike to target, fist palm in, and turn over fist at the end).
 - The backfist goes out and back quickly
 - X stance should feel strong and balanced.
- Variation:

59. **Back Hook/Roundhouse Combo:**

- Target:
- Basic:

- Walking: Beginning in a left front stance with hands in a fighting position, perform a pivot back hook kick with the right leg, step the right foot into a right front stance, and immediately perform a pivot roundhouse with the left leg.
- Turn Around:
- Notes:
- Variation:
 - Begin with any of the back hook kicks and then perform the roundhouse.
 - Easiest is to do the pivot back hook and come down in a front stance.
 - Fastest is the spinning back hook kick.

60. Front/Side Kick (Alternating Leg) With Cat Stance Movement:

- Target:
- Basic:
- Walking: Begins in a cat stance with hands in fighting position. Typically (Per Grand Master Weseman) front leg executes a front snap kick, step forward into a back stance (may step down with the heel, toe, or flat foot), pull the back foot up to resume the cat stance, execute a back leg side kick, step forward into a back stance, slide back foot forward to resume the cat stance, repeat the front leg front snap kick, and continue.
- Turn Around:
- Notes:
 - This is the “classic” way to perform this technique but (per Master Weseman) any variation of alternating legs is OK.
 - Ken Zimmerman’s concept: “alternating legs” uses the back leg for kicks and “same leg” uses the front leg for kicks.
- Variation:
 - Master Ken Zimmerman noted (2021-6-3) the front snap kick may be easier/more effective from a tiger stance to lessen hip stress. However, during testing, do the technique as ordered.
 - Try walking drill using the front leg snap kick from both tiger stance and cat stance to determine which stance works better for you.
 - Master Ken introduced (2021-6-3) front leg roundhouse walking drill using a cat or tiger stance as a way to practice this kick, which is not usually done as a walking drill.

61. Front/Side Kick (Same Leg) With Cat Stance Movement: See #60.

62. Jump Backfist With Reverse Punch:

- Target:
- Basic:
- Walking: Beginning in a left front stance with hands in fighting position, perform a jump backfist (#58), step back into a front stance, pull the reverse hand back to your waist, and execute a reverse punch.
- Turn Around:
- Notes:
 - Master Ken Zimmerman notes the reverse punch will be across your body to reach the opponent (you will be to the left of your opponent if you are in closed sparring or front stances).
 - As such, your jump should also be to the opposite side from the backfist.
- Variation:

63. Side Squat Punch:

- Target: Middle punch.
- Basic:
- Walking: Done in a side, horse stance. Starting from a left front stance, pivot on the left foot into a side stance facing left and punch with the right hand to the side in a forward direction. Pivoting to the right on the right foot, turn 180° into a side stance facing right and punch forward with the left

hand. Turn around is the same as any side stance: after the final punch, turn the head to the back, re-chamber the fist at your waist, and do another punch in the backward direction and then pivot turn.

- Turn Around: See above.
- Notes:
 - The punch actually begins in back of your hip.
 - You stay in a side horse stance. The head should stay level throughout the walking drill.
- Variation:

64. **Jebbi-Poom:**

- Target: A combination of a high block and sudo (to the head or neck).
- Basic: A simultaneous combination of a high block (always regular technique) at the side of the head with a palm out and a sudo strike to the side of the opponent's neck/jaw/temple (always reverse technique with the elbow slightly bent). Performed usually in a front stance (usually left front stance in the forms). Begin with both arms extended to the back on the right side (always on the side of the body opposite to the front leg) with open hands (as you would for a double sudo), the right arm is extended directly backwards, thumb up, and at shoulder height with the left hand in front of the right shoulder with thumb up. Usually you will twist about 45° into the position so that the arms may begin pointing directly back from the body. As the body turns to the left to resume the front stance position, the right arm moves directly forward palm outward (just as in a sudo) and turns over at the end for power of the strike. Simultaneously the left arm rotates upward into a palm out, open handed, high block to the left side of the head.
- Walking: From a left front stance start by doing the jebbi-poom (the sudo is a reverse technique) then begin the walking drill. As you move the back right foot forward, the body turns about 45° to the left (opposite to the front foot as above) side as the hands move straight back on the left side to the mirror image of start position detailed above. With the right foot forward, you will be turning to the right to resume the front stance as the left hand moves forward to the sudo and the right hand twists into the high block at the right side of the head. Then continue by moving the left leg forward and repeating the technique for the left front stance.
- Turn Around:
- Notes:
 - This is always a *reverse* technique, as the strike is reverse.
 - Grand Master Weseman defines jebbi-poom as a reverse technique (because the strike is reverse, Nov '17).
 - Grand Master Weseman this strike/block, as with a double sudo, needs the power of chambering the hands behind you rather than the weaker technique of chambering in front of you.**
 - Thus, for forms the hands should come back as far as possible best presentation BUT, even when fighting, you will still need to chamber the hands in back for adequate power.**
- Variation:

65. **Inside Crescent/Side Kick Combo Without Touching (kicking foot does not touch the ground):**

- Target:
- Basic:
- Walking: From a left front stance, perform an inside crescent kick with the right foot, with the recoil turn 90° to the left, chamber the kicking foot (without touching the ground), execute a side kick, and reset by stepping forward into a right front stance. The other leg then executes the combo. Typically this is performed from a front stance.
- Turn Around:
- Notes:
- Variation:
 - This could be performed from a back stance.
 - Must be done with a pivot side kick when specified "without touching" but could be done with a step or scoop side kick if the foot can touch.**

66. **Jump Wheel Kick:**

- Target:
- Basic:
- Walking:
 - ❖ **Traditional Technique:** Beginning in a left front stance. Leaving your feet in the starting position, turn 180° to the right on your toes to face backwards. Continuing to spin in the same direction, lift up what is now the front right foot (what started as your back foot) and continue to spin on the down foot. As you return facing front, jump off the down left foot (like a front jump kick) and perform an inside crescent kick to the front with the left foot. Land in a left front stance. Repeat.
 - ❖ **Grand Master Wiczerza's Technique:** From a left front stance, step forward with your back right foot as if starting a spinning back kick. As you continue to spin on your front foot, lift up the back left foot and continue spinning. As you return facing front, jump off the down right foot (like a front jump kick) and perform an inside crescent kick to the front with the right foot. You may land in two ways: 1) come down into a right front stance and begin the next technique with your left foot OR 2) your right foot steps into another spin.
- Turn Around:
- Notes:
 - If you become dizzy, please stop until your balance returns.
 - As with the same side spinning techniques, you will move diagonally across the floor.
 - The 'traditional' technique works best for closer opponents while the 2nd technique works well for opponents farther away.
- Variation:

67. **Flying Side Kick:** From a side stance jump into the air and execute a 4-part side kick with the front leg while the back leg while the back foot comes under your body. Come down into a side stance. Comment: It may be easier to run and then jump up.

Other Techniques (From Forms, Walking Drills, Or Other Uses)

- **Scissors Block:**
 - Use: The 'single' scissors used in Palgwae O Jang and 'double' scissors used in Taegeuk Chil Jang.
 - Bunkai: Counter a "trophy" kick?
 - Single Technique: The technique is a combination of a low and middle block done in a front stance. The low block ends as a 'regular' technique; the middle block/strike is a 'reverse' technique. The low block moves to the inside (closer to the body) of the middle block/strike. Each technique should be a complete block/strike, properly chambered.
 - Double Technique: The 'double scissor' means a double move: first do the simultaneous low block/middle strike ending with a *reverse* low block and then reverse the techniques to end with a *regular* low block without moving the feet. As you step forward, repeat the double move, which requires you to reverse the previous technique sequence. Each technique should be a complete block/strike (properly chambered) with a slight pause between the double techniques.
 - Walking: **Both single and double scissors block could be done as a walking drill.**
- **Front Thrust Kick:**
 - Target: Mid body above the belt to stop forward movement of the opponent and thrust them backwards.
 - Basic: A 2 or 3 part technique. Usually from a front or fighting stance. Hands in fighting position. Back foot chambers as in any kick. The knee straightens as in a front kick and the foot rests on the opponent's abdomen above the belt. With your back straight, lean forward, and push forward to displace the opponent backward. Maintaining balance, bring the kicking foot down into your stance.
 - Walking: Usually done as part of a partner walking drill.
 - Notes:
 - Critical that your body weight is forward of your balance point to displace your opponent. You WILL be learning forward throughout the technique.

-Keep your back straight.

- **Cross or X Stance:** [Modern Taekwondo page 29]
- **Crane Stance:** [Modern Taekwondo, page 29]
- **Walking Stance:** [Modern Taekwondo, page 31]
- **“Switch Feet”:** This command may be given during training to change position of the front and back feet. On the command, the student jumps BOTH feet off the ground slightly and quickly resumes the same stance with the foot position reversed (a right front stance becomes a left front stance, a left foot forward fighting stance becomes a right foot forward fighting stance, etc.). As with any stance change, the student *kiyaps* with the move. Both feet move at the same time. This technique is often used in sparring to change an ‘open’ to ‘closed’ stance and vice versa.
- **“X” Block, High and Low:** [Modern Taekwondo, pages 32 and 33] Note the fists are vertical with the thumbs on top. Master Weseman indicated no preference for which hand was on top.
- **Palm Block:** [Modern Taekwondo, page 34] Used in Palgwae O and Taegeuk Chil. There are two ways to perform this technique:
 - As a downward sweep of the open hand as in the beginning of spear hand (#56)
 - As a horizontal push of the open hand from the waist horizontally across the line of attack.
- **Wedge Block:** [Modern Taekwondo, page 34] Used in Palgwae Pal and Koryo. Master Weseman emphasizes the quick turn out of the wrist as a strike and ending with the fists no wider than the shoulders.
 - “Inner” Wedge Block: this is the same as the double outside middle block. Designated by the palms ending facing “in” (towards the body). Arms are crossed over the abdomen (as in normal position for an outside middle block)-NOT at the “neck”. End with palms in front of shoulders with elbow slightly bent.
 - “Outer” Wedge Block: Arms crossed at wrist, palms in, at the neck. Hands push up, palms turn outward, and hands spread to end in front of the shoulders.
- **Sparring Stance:** “Open” = both people facing the same way. “Closed” = facing opposite direction.
- **Double Sudo:**
 - Target: Same as an outside sudo palm out.
 - Basic: Begin in a back stance with the hands in fighting position. Both hands circle down and back until the back arm points straight back and slightly up (thumb up) and the front hand is palm in and slightly in front of the back shoulder. As the hands move backwards, your body weight shifts slightly forward (about 50% weight on each leg instead of the usual 70% on the back leg). Simultaneously the front hand performs an outside sudo palm out (the hand turns over at the end for power the elbow is bent, and the wrist is straight) while the back moves towards your belly button, turns palm up with the wrist in the midline of your body. With the forward hand movement you move your weight towards your back foot, as is normal in a back stance.
 - Walking: Beginning in a right back stance, perform the first double sudo in place. Slide the right foot forward into a left back stance; your weight again shifts a little forward. As you move into the next stance, Ms. Brooke recommends keeping your hands in position and your body will turn them to the back. Re-chamber the hands as above. Perform the double sudo on the other side.
 - Turn Around: Turn in place. Your hands will be in chamber position.
 - Notes:
 - *Keep back straight and shoulder back!
 - *Both wrists straight. Front elbow down.
 - *See notes re: chambering hands for jebbi-poom.
 - Variation:

*We often perform this as a partner walking drill: both partners in a back stance, closed position, toe to toe, one partner advances while the other partner retreats. Blocks meet at mid forearm. There is no “turn around”, you simply change direction of movement.

***Could this technique be performed from other stances? Cat? Tiger? Fighting?**

- **Turning Side Kick:** Same as the turning back hook kick (#38) except the side kick hits the opponent and the foot does not extend and ‘swipe’ back; simply recoil into a front stance.
- **Spinning Side Kick:** Same as the spinning back hook kick (#42) except the side kick hits the opponent and the foot does not extend and ‘swipe’ back; simply recoil into a front stance.
- **“Trophy” Kick:** A side kick combined with a simultaneous side punch. Probably named after the stance so often shown on competition trophies.
 - **Target:** Foot target is the same as the side kick walking drill (#14). The hand target could be the face (opponent bent forward) or grabbing of the dobok/arm/shoulder, as the kick is usually followed by an elbow smash (to the face).
 - **Basic:** Kick performed as in #14. The hands are chambered in the mid body, as in a crane stance: foot in chamber position, the back hand chambered at the waist (palm up), and the front hand chambered over the back hand (palm down). As the foot kicks, the same side (front) hand punches straight out to the side as the back hand recoils to the waist. The turning over of the hip (moving it forward) and turning the back foot as you kick both aid in the force of the punch. In forms the kick is performed from both a back and front stance and typically ends in a front stance with an elbow smash.
 - **Walking:** Begin in a front stance and end in a front stance (as in Taegeuk O). This is a back foot side kick.
 - **Turn Around:** Same as for the front or back stance
 - **Notes:**
 - i. We usually think of the ‘punch’ as a strike but the action makes more sense as a grab.
 - ii. This technique demonstrates how the foot turn and hip roll assists in giving the kick and punch more power.
 - **Variations:**
 - iii. May begin in either a front (back foot kick as in Taegeuk O) or back stance (front foot kick as in Taebaek).
 - iv. May add an elbow smash at the end (always in a front stance).
 - v. With an elbow smash may either continue from the front stance or move the back foot forward into a back stance and continue.

***Could this technique be performed from other stances? Cat? Tiger? Fighting?**

- **Side or Side Horse Stance:** A horse stance where the line of attack is to your right or left. Your hands and eyes will be facing towards your opponent. Same as the “open stance” in Taegeuk Yook.
- **Two Person Walking Drill:** For kicks, blocks, and strikes, walking drills may be performed by TWO students practicing together, either practicing the same technique (double sudo, for example) or one student striking and the other acting as a target (crescent kick, for example). When practicing partner drills, “The most important person in the room is your partner!”
 - **Start Position:** Select a partner about your same height. The student partners face each other along the ‘line of movement’ (the line you will walk as you perform the technique), in the same stance, and separated by the distance required for the technique to strike the target (the instructors will demonstrate this). Ensure there is enough distance between you and the other pairs of students. Your eyes are always focused on your partner.
 - **Movement:** You perform the technique then BOTH partners move down the line of movement keeping the same distance separation. The partner in front will be facing backwards; the backward facing partner must ensure they take the proper step distance backward to maintain equal partner separation during the entire walk.

- Both Partners Performing the Technique: Both partners will move into the same stance as at the beginning (front stances continue as front stances, back stances as back stances). The front partner (facing backwards) will be moving the front foot backwards into the new stance (reversing the usual walking drill movement).
- Front Partner Acting As A Target: The front partner may be a target for strikes (kicks or punches) by using their hands, pad, or their body (upper belts). Hands are commonly used with crescent kicks; KEY RULE: hand should ALWAYS move toward you midline (rotating the hand outward may injure the shoulder). Always place the target as close to the real target as possible (hands for crescent kicks should be head height and just in front of your nose, hand punch pads should be held next to your body, etc.).
- Turn Around: Partners simply reverse the roles and move back towards the start position along the line of movement; there is no stance change at the turn around.
- **Koryo Side Kick:** This is a double side kick with full recoil between kicks.
 - Target: This is a low followed by a high side kick: typically knee then ribs or ribs then head.
 - Basic: Typically performed (in Koryo) from a back stance pivoting into a 'low' side kick, fully recoil the foot without touching the floor, and then performing a 'high' side kick. Same details apply as in the side kick walking drill (#14).
 - Walking: Will normally begin in a back stance and after the kicks step forward into another back stance. But, there are variations listed below.
 - Turn Around: Same as you would do for the stance.
 - Notes:
 - ii. From a practical point of view, Master Weseman recommends not kicking above the waist (your opponent can more easily grab your foot); BUT, from an aesthetic point of view, higher kicks look good in forms competition. However, Grand Master Weseman does NOT consider kicks above the head appropriate.
 - iii. Keep the kicks the same height on each side.
 - iv. This is a continuous, double kick.
 - v. In Koryo, the kick is followed by a front stance, but for walking drills there are several options (see below).
 - vi. Note where your hands are: they should be in mid body for protection.
 - vii. For safety, we only make contact with the trunk. NO contact with the legs or head.
 - Variations: There are several potential variations:
 - i. The side kick sequence could also be high then low, same height, or triple kicks of combinations.
 - ii. Stance variations: a) back stance to back stance, b) back stance steps down into a front stance then slide the back foot forward into a back stance (student will be kicking with the same foot with each repetition), c) front stance-double kick-front stance, d) alternating front and back stances, and ...

***Could this technique be performed from other stances? Cat? Tiger? Fighting?**

Walking Drills From Shawn Leonard:

- Roundhouse into a spinning back hook kick combo, come down into a front stance, and repeat. You will spin the same direction.
- Roundhouse into a jump wheel kick (roundhouse preferred altho may do a crescent kick).

Walking Drills From Master Ken Zimmerman:

- * "Taegeuk Chil Knee Break": Created 3 March 2022 as a warm up to breaking. Beginning in a front stance, repeat steps #18 and #19 with alternating legs with emphasis on the knee break (as if pulling an attacker's head to your knee).
- *

"Creative" and Challenging Walking Drills: Master Ken Zimmerman suggests (2021-6-3) the advanced student should consider creating 'new' walking drill combinations to a) practice combining techniques in new ways, b) practice combinations in higher level forms, and c) challenge yourself to discover the flow and rhythm of combination techniques.

We are eager to improve this information sheet. Please send your comments, suggestions, corrections, or questions to Don Richardson, donrossrich@gmail.com.

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