

GLOBAL TRADITIONAL



**IK-JAE GONG-PA
GSHIM FORMS**



WINTER CAMP

NOV 12TH - 14TH, 2021

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GSHIM 1

#	Move	Side	Stance	Direction	Section
1	Punch	R	Left Front	North	H
2	Punch	L	Left Front	North	H
3	Punch	R	Left Front	North	H
4	Back leg front kick	R	Right Front	North	M/H
5	Knifehand strike	R	Right Front	North	H
6	Punch //Kihap//	L	Left Front	North	H
7	Low block	R	Right Front	North	L
8	Low block	L	Left Front	North	L
	Reset		Parallel	North	
9	Horizontal elbow strike	R	Middle	East	H
10	Step together Side kick	R		East	M/H
11	Knifehand strike //Kihap//	R	Middle	East	H
12	Horizontal elbow strike	L	Middle	West	H
13	Step together Side kick	L		West	M/H
14	Knifehand strike //Kihap//	L	Middle	West	H

GSHIM 2

#	Move	Side	Stance	Direction	Section
1	Double Knifehand block	L	Right Back	North	H
2	Punch	R	Left Front	North	H
3	Punch	L	Left Front	North	H
4	Punch	R	Left Front	North	H
5	Inner forearm block	R	Left Back	East	H
6	Punch	L	Right Front	East	H
7	Punch	R	Right Front	East	H
8	Punch	L	Right Front	East	H
9	High block	L	Left Front	West	H
10	Punch	R	Left Front	West	H
11	Punch	L	Left Front	West	H
12	Punch //Kihap//	R	Left Front	West	H
13	Double Knifehand block	R	Left Back	North-East	H
14	Punch	L	Right Front	North-East	H
15	Back leg round kick	L		North-East	M/H
16	Punch	R	Left Front	North-East	H
17	Punch	L	Left Front	North-East	H
18	Double Knifehand block //Kihap//	L	Right Back	North-West	H
19	Punch	R	Left Front	North-West	H
20	Round kick	R		North-West	M/H
21	Punch	L	Right Front	North-West	H
22	Punch	R	Right Front	North-West	H
23	Double Knifehand block	R	Left Back	North	H
24	Punch //Kihap//	L	Right Front	North	H

GSHIM 3

#	Move	Side	Stance	Direction	Section
1	Palm X block	R	Left Front	North	L
2	Elbow strike	R	Left Front	North	L
3	Palm X block	R	Left Front	North	L
4	Knee strike	R		North	M
5	Jump front kick	R		North	M/H
6	Punch	L	Right Front	North	H
7	Punch	R	Right Front	North	H
8	Punch	L	Right Front	North	H
9	Step reverse side kick	R		North	M/H
10	Punch	L	Right Front	North	H
11	Punch	R	Right Front	North	H
12	Punch	L	Right Front	North	H
13	Horizontal elbow strike	L	Middle	South	H
14	Front elbow strike //Kihap//	R	Front Left	South	H
15	Palm X block	L	Right Front	South	L
16	Elbow strike	L	Right Front	South	L
17	Palm X block	L	Right Front	South	L
18	Knee strike	L		South	M
19	Jump front kick	L		South	M/H
20	Punch	R	Left Front	South	H
21	Punch	L	Left Front	South	H
22	Punch	R	Left Front	South	H
23	Step reverse side kick	L		South	M/H
24	Punch	R	Left Front	South	H
25	Punch	L	Left Front	South	H
26	Punch	R	Left Front	South	H
27	Horizontal elbow strike	R	Middle	North	H
28	Front elbow strike //Kihap//	L	Front Right	North	H

GSHIM 4

#	Move	Side	Stance	Direction	Section
1	Twin palm heel strike		Right Back	North	M
2	Punch	R	Left Front	North	H
3	Back fist	R	Left Diagonal Front	North	H
4	Side kick	R		North	M/H
5	Punch	L	Right Front	North	H
6	Knifehand strike	L	Right Diagonal Front	North	H
7	Round kick	L		North	M/H
8	Punch //Kihap//	R	Left Front	North	H
9	Twin palm heel strike		Left Back	East	M
10	Punch	L	Right Front	East	H
11	Back fist	L	Right Diagonal Front	East	H
12	Back fist	L	Right Diagonal Front	East	H
13	Round kick	L		East	M/H
14	Side kick	L		East	M/H
15	Punch	R	Left Front	East	H
16	Knifehand strike	R	Left Diagonal Front	East	H
17	Knifehand strike	R	Left Diagonal Front	East	H
18	Hook kick	R		East	M/H
19	Round kick	R		East	M/H
20	Punch //Kihap//	L	Right Front	East	H
21	Twin palm heel strike		Right Back	West	M
22	Punch	R	Left Front	West	H
23	Back fist	R	Left Diagonal Front	West	H
24	Back fist	R	Left Diagonal Front	West	H
25	Hook kick	R		West	M/H
26	Round kick	R		West	M/H
27	Side kick	R		West	M/H
28	Punch	L	Right Front	West	H
29	Knifehand strike	L	Right Diagonal Front	West	H
30	Knifehand strike	L	Right Diagonal Front	West	H
31	Round kick	L		West	M/H
32	Hook kick	L		West	M/H
33	Round kick	L		West	M/H
34	Punch //Kihap//	R	Left Front	West	H

GSHIM 5

#	Move	Side	Stance	Direction	Section
1	Knifehand outer forearm block	L	Right Back	North West	H
2	Punch	R	Left Front	North West	H
3	Back leg front kick	R		North West	M/H
4	Punch	L	Left Front	North West	H
5	Punch	R	Left Front	North West	H
6	Knifehand outer forearm block	R	Left Back	North East	H
7	Punch	L	Right Front	North East	H
8	Back leg front kick	L		North East	M/H
9	Punch	R	Right Front	North East	H
10	Punch	L	Right Front	North East	H
11	Twin outer forearm block		Left Front	North	H
12	Knifehand strike	R	Right Front	East	H
13	Knifehand/palmheel Combo	R/L	Right Front	East	H
14	Punch	L	Right Front	East	H
15	Twin outer forearm block		Left Front	North	H
16	Knifehand strike	L	Left Front	West	H
17	Knifehand/palmheel Combo	L/R	Left Front	West	H
18	Punch	R	Left Front	West	H
19	Twin outer forearm block		Right Front	North	H
20	Step spin hook kick	R		North	M/H
21	360 Knifehand strike	R	Right Front	North	H
22	Knifehand/palmheel Combo	R/L	Right Front	North	H
23	Punch //Kihap//	L	Right Front	North	H
24	Back leg front kick	L		North	M/H
25	Twin outer forearm block		Right Front	North	H
26	Twin outer forearm block		Left Front	South	H
27	Step spin hook kick	L		South	M/H
28	360 Knifehand strike	L	Left Front	South	H
29	Knifehand/palmheel Combo	L/R	Left Front	South	H
30	Punch	R	Left Front	South	H
31	Back leg front kick	R		South	M/H
32	Twin outer forearm block		Left Front	South	H
33	Punch //Kihap//	L	Right Front	North	H

GSHIM 6

#	Move	Side	Stance	Direction	Section
1	Inward Forearm block	R	Left Back	North	H
2	Low block	R	Right Front	North	L
3	Punch	L	Right Front	North	H
4	Knifehand upward elbow	R	Left Front	North	H
5	Tension Knifehand low block	R	Left Front	North	M/H
6	Back leg outer crescent kick	R		North	M/H
7	Punch	L	Middle	North	H
8	Punch	R	Middle	North	H
9	Punch	L	Middle	North	H
10	Punch	R	Left Front	West	M
11	Punch	R	Left Front	West	H
12	Back leg front kick	R		West	M/H
13	Punch	L	Left Front	West	H
14	Punch	R	Left Front	West	H
15	Side kick	R		East	M/H
16	Knifehand strike //Kihap//	R	Right Front	East	H
17	Punch	R	Left Front	North	M
18	Punch //Kihap//	R	Left Front	North	H
19	Back leg front kick	R		North	M/H
20	Punch	L	Left Front	North	H
21	Punch	R	Left Front	North	H
22	Side kick	R		South	M/H
23	Knifehand strike	R	Right Front	South	H
24	Back leg front kick	L		South	M/H
25	Upset Knifehand strike //Kihap//	R	Left Front	South	H
26	Back leg round kick	R		South	M/H
27	Front leg hook kick	R		South	M/H
28	Knifehand strike	R	Right Front	South	H
29	Step spin hook kick	R		South	M/H
30	Tension Knifehand forearm block	L	Right Back	South	H
31	Upset Knifehand strike	R	Right Front	South	H

GSHIM 6

Continuation

#	Move	Side	Stance	Direction	Section
32	Inward Forearm block	L	Right Back	South	H
33	Low block	L	Left Front	South	L
34	Punch	R	Left Front	South	H
35	Knifehand upward elbow	L	Right Front	South	H
36	Tension Knifehand low block	L	Right Front	South	H
37	Back leg outer crescent kick	L		South	M/H
38	Punch	R	Middle	South	H
39	Punch	L	Middle	South	H
40	Punch	R	Middle	South	H
41	Punch	L	Right Front	West	M
42	Punch	L	Right Front	West	H
43	Back leg front kick	L		West	M/H
44	Punch	R	Right Front	West	H
45	Punch	L	Right Front	West	H
46	Side kick	L		East	M/H
47	Knifehand strike //Kihap//	L	Left Front	East	H
48	Punch	L	Right Front	South	M
49	Punch	L	Right Front	South	H
50	Back leg front kick	L		South	M/H
51	Punch	R	Right Front	South	H
52	Punch	L	Right Front	South	H
53	Side kick	L		North	M/H
54	Knifehand strike	L	Left Front	North	H
55	Back leg front kick	R		North	M/H
56	Upset Knifehand strike //Kihap//	L	Right Front	North	H
57	Round kick	L		North	M/H
58	Front leg hook kick	L		North	M/H
59	Knifehand strike	L	Left Front	North	H
60	Step spin hook kick	L		North	M/H
61	Tension Knifehand forearm block	R	Left Back	North	H
62	Upset Knifehand strike	L	Left Front	North	H

GAWOORI GONGYEOK

1ST DEGREE BLACK BELT

#	Move	Side	Stance	Direction	Section
1	Knifehand outer forearm block	L	Right Back	North	H
2	Punch	R	Left Front	North	H
3	Back elbow strike	R	X	North	M
4	Upper elbow strike with target	R	Left Front	North	M
5	Horizontal elbow strike with target	R	Left Front	North	H
6	Knifehand strike	R	Left Front	North	H
7	Back leg front kick	R		North	M/H
8	Back leg round kick	L		North-East	M/H
9	Elbow strike //Kihap//	R	Middle	West	H
10	Elbow strike	R	Middle	West	H
11	Elbow strike	L	Middle	East	H
12	Forearm strike	L	X	East	L
13	Backfist	L	X	East	H
14	Front leg side kick	L		East	M/H
15	Elbow strike	R	Middle	East	H
16	Knifehand low block	R	Middle	East	L
17	Front leg side kick	R		East	M/H
18	Elbow strike	L	Middle	East	H
19	Knifehand low block	L	Middle	East	L
20	Front leg hook kick	L		East	M/H
21	Punch	L	Right Front	East	H
22	Back leg front kick	L		East	M/H
23	Continuous side kick	L		North	M/H
24	Horizontal elbow	L	Middle	North	H
25	Horizontal elbow //Kihap//	R	Middle	South	H
26	Knifehand outer forearm block	R	Left Back	South	H
27	Punch	L	Right Front	South	H
28	Back elbow strike	L	X	South	M
29	Upper elbow strike with target	L	Right Front	South	M
30	Horizontal elbow strike with target	L	Right Front	South	H
31	Knifehand strike	L	Right Front	South	H
32	Back leg front kick	L		South	M/H
33	Back leg round kick	R		South-East	M/H
34	Elbow strike //Kihap//	L	Middle	West	H

GAWOORI GONGYEOK

1ST DEGREE BLACK BELT

Continuation

#	Move	Side	Stance	Direction	Section
35	Elbow strike	L	Middle	West	H
36	Elbow strike	R	Middle	East	H
37	Circular forearm strike	R	X	East	L
38	Backfist	R	X	East	H
39	Front leg side kick	R		East	M/H
40	Elbow strike	L	Middle	East	H
41	Knifehand low block	L	Middle	East	L
42	Front leg side kick	L		East	M/H
43	Elbow strike	R	Middle	East	H
44	Knifehand low block	R	Middle	East	L
45	Front leg hook kick	R		East	M/H
46	Punch	R	Front Left	East	H
47	Back leg front kick	R		East	M/H
48	Continuous side kick	R		South	M/H
49	Horizontal elbow	R	Middle	South	H
50	Horizontal elbow //Kihap//	L	Middle	North	H
51	Punch	R	Left Front	North	H
52	Inner forearm low strike	R	Left Front	North	L
53	Inner forearm high strike	R	Left Front	North	H
54	Back leg round kick	R		North	M/H
55	Punch	L	Right front	North	H
56	Inner forearm low strike	L	Right Front	North	L
57	Inner forearm high strike	L	Right Front	North	H
58	Back leg round kick	L		North	M/H
59	Reverse side kick	R		North	M/H
60	Punch	R	Left Front	South	L
61	Punch	L	Left Front	South	M
62	Punch	R	Left Front	South	H
63	Spin hook kick	R		South	M/H
64	Step spin hook kick	L		South	M/H
65	360 Double Knifehand block		Right Back	North	H
66	Punch	R	Left Front	North	H

KARA USHIM

2ND DEGREE BLACK BELT

#	Move	Side	Stance	Direction	Section
1	Low block palm heel support	L/R	Right Back	North	H/L
2	Push Strike	L/R	Right Back	North	M
3	Punch	R	Left Front	North	H
4	Low block palm heel support	R/L	Left Back	North	H/L
5	Push Strike	R/L	Left Back	North	M
6	Punch	L	Right Front	North	H
7	Horizontal elbow strike	R	Left Front	North	H
8	Horizontal elbow strike	L	Right Front	North	H
9	High block	L	Left Front	North	H
10	Punch	R	Left Front	North	H
11	Punch	L	Left Front	North	H
12	Punch	R	Left Front	North	H
13	High block	R	Right Front	South	H
14	Punch	L	Right Front	South	H
15	Punch	R	Right Front	South	H
16	Punch //Kihap//	L	Right Front	South	H
17	Back leg round kick	L		South	M/H
18	Reverse back kick	R		South	M/H
19	Twin palm heel strike		Left Back	South	M
20	Punch	L	Right Front	South	H
21	Punch	R	Left Front	North	H
22	Back leg round kick	R		North	M/H
23	Reverse back kick	L		North	M/H
24	Twin palm heel strike		Right Back	North	M
25	Punch	R	Left Front	North	H
26	Low block	R	Middle	East	L
27	Twin palm heel strike		Left Front	East	M
28	Punch	R		East	H
29	Back leg outer crescent kick	R		East	M/H
30	Back leg Inner crescent kick	R		East	M/H
31	Butterfly inner crescent kick	R		East	H
32	Punch //Kihap//	L	Right Front	West	H
33	Back leg outer crescent kick	L		West	M/H
34	Back leg Inner crescent kick	L		West	M/H
35	Butterfly inner crescent kick	L		West	H

KARA USHIM

2ND DEGREE BLACK BELT

Continuation

#	Move	Side	Stance	Direction	Section
36	Punch	R	Left Front	East	H
37	Low block	R	Middle	North	L
38	Back fist	L	Right Front	North	H
39	Palm single finger strike	L	Right Front	North	H
40	Low block	L	Middle	North	L
41	Back fist	R	Left Front	North	H
42	Palm single finger strike	R	Left Front	North	H
43	Punch	R	Middle	North	M
44	Punch	L	Middle	North	M
45	Punch	R	Middle	North	M
46	Twin palm heel strike		Middle	North	M
47	Sprawl				
48	Knee strike	R		North	M
49	Knee strike	L		North	M
50	Front leg round kick //Kihap//	L		North	M/H
51	Spin hook kick	R		North	M/H
52	Punch	L	Middle	South	M
53	Punch	R	Middle	South	M
54	Punch	L	Middle	South	M
55	Twin palm heel strike		Middle	South	M
56	Sprawl			South	
57	Knee strike	L		South	M
58	Knee strike	R		South	M
59	Front leg round kick	R		South	M/H
60	Spin hook kick	L		South	M/H
61	180° Twin back fist //Kihap//		Right Front	South	H
62	Punch	L	Right Front	South	H
63	Punch	R	Right Front	South	H
64	Punch	L	Right Front	South	H
65	Twin horizontal elbow strike		X	South	H
66	180° Punch	R	Middle	North	H
67	Punch	L	Middle	North	H
68	Punch	R	Middle	North	H

SOOBYUK JOONGDO

3RD DEGREE BLACK BELT

#	Move	Side	Stance	Direction	Section
1	High low block guard		Sparring	North	H/L
2	Horizontal back elbow	R	Middle	North West	H
3	Punch	L	Middle	North West	H
4	Backfist	R	Front Left	North	H
5	Twist foot block	R		North	M
6	Continuous side kick	R		North	M/H
7	Backfist	R	Middle	North	H
8	Scooping inner forearm block	R	X	North	H
9	Punch	L	Middle	North	H
10	Punch	R	X	North	H
11	Elbow	R	Middle	North	H
12	Punch //Kihap//	L	Right Front	North	H
13	High low block guard		Sparring	North	H/L
14	Horizontal back elbow	L	Middle	North East	H
15	Punch	R	Middle	North East	H
16	Backfist	L	Front Right	North	H
17	Twist foot block	L		North	M
18	Continuous side kick	L		North	M/H
19	Backfist	L	Middle	North	H
20	Scooping inner forearm block	L	X	North	H
21	Punch	R	Middle	North	H
22	Punch	L	X	North	H
23	Elbow	L	Middle	North	H
24	Punch //Kihap//	L	X	North	H

SOOBYUK JOONGDO

3RD DEGREE BLACK BELT

Continuation

#	Move	Side	Stance	Direction	Section
25	180° Outer crescent kick	R		North West	M/H
26	Back leg round kick	R		North West	M/H
27	360° Round kick/Jump	R		North West	M/H
28	Punch	L	Right Front	North West	H
29	180° Outer crescent kick	L		North East	M/H
30	Back leg round kick	L		North East	M/H
31	360° Round kick/Jump	L		North East	M/H
32	Punch	R	Left Front	North East	H
33	Fade back jump round kick	R		North	M/H
34	Fade back jump round kick	L		North	M/H
35	Jump reverse side kick //Kihap//	R		North	M/H
36	Punch	R	Left Front	South	H
37	Preparation guard block		Left Front	South	H/M
38	Safety roll double Knifehand block		Left Back	South	H
39	Front foot front kick	R		South	M/H
40	Instep twist kick	R		South	M/H
41	Back fist	R	Middle	South	H
42	Double Knifehand block		Back Right	North	H
43	Front foot front kick	L		North	M/H
44	Instep twist kick	L		North	M/H
45	Back fist	L	Middle	North	M/H
46	Step up side kick	L		North	M/H
47	Spin hook kick	R		North	M/H
48	Back leg round kick	R		North	M/H
49	Front leg jump side kick //Kihap//	R		North	M/H
50	Double Knifehand block		Left Back	North	H
51	Punch	L	Right Front	North	H

BALKPA DAEHAE

4th DEGREE BLACK BELT

#	Move	Side	Stance	Direction	Section
1	Twin palm heel strike		Right Back	North	H
2	Punch	R	Left Front	North	H
3	Horizontal elbow strike	R	Middle	South	H
4	180 outer crescent kick	R		North	M/H
5	Sweep kick //Kihap//	R		North	L
6	Scissor Sweep			North	L
7	Double Knifehand block		Right Back	North	H
8	Back leg front kick	R		North	M/H
9	Back leg round kick	L		North	M/H
10	Punch	R	Left Front	North	H
11	High low guard		Right Fighting	North West	
12	Punch	R	Left Front	North West	H
13	Back leg round kick	R		North West	M/H
14	Punch	R	Left Front	North West	H
15	High low guard		Left Fighting	North East	
16	Punch	L	Right Front	North East	
17	Back leg round kick	L		North East	M/H
18	Punch	L		North East	H
19	Superman punch/side kick //Kihap//	R		North South	H
20	Knee strike	R		North	L/M
21	Knee strike	L		North	L/M
22	Back leg round kick	R		North	M/H
23	Horizontal elbow	R	Middle	North	M
24	180 Horizontal elbow strike	L	Middle	North	M

BALKPA DAEHAE

4th DEGREE BLACK BELT

Continuation

#	Move	Side	Stance	Direction	Section
25	Front leg side kick	L		North	M/H
26	Punch	R	Left Front	North	H
27	Rising elbow – punch	L	Right Front	South	H
28	Knee strike	L		South	L/M
29	Knee strike	R		South	M/H
30	Back leg round kick	L		South	M/H
31	Horizontal elbow	L	Middle	South	M
32	180 Horizontal elbow strike	R	Middle	South	M
33	Front leg side kick //Kihap//	R		South	M/H
34	Punch	L	Right Front	South	H
35	180 Double Knifehand block		Right Back	North	H
36	Jump fake axe kick – side kick	R		North	M/H
37	Scissor sweeps	R		North	L
38	Side kick	R		North	M
39	Double Knifehand block		Left Back	North	H
40	Shuffle back hook kick //Kihap//	R		North	M/H
41	Shuffle back hook kick	L		South	M/H
42	Punch	R	Left Front	South	H
43	Rising elbow – punch	L	Left Front	North	H
44	Step jump spin hook kick	R		North	M/H
45	Punch	R	Left Front	North	H
46	Step jump spin hook kick	L		North	M/H
47	Punch	L	Right Front	North	H

YONGPOONG - SULALK

BLACK BELT GUM DO FORM

#	Move
1	Double hand Warrior ready stance
2	Butt strike
3	Draw sword from sheathe (cutting face)
4	Left foot forward, feet together heels up (left foot move)
5	Thrust, right foot forward left heel up
6	180° turn to center #7 cut, right foot forward
7	180° counterclockwise turn, #5 line high cut
8	Left foot turns, #5 line cut upward, #2 cut down, feet together heels up
9	Right foot slides back, turn left 90° #7 cut
10	90° right foot turns, #7 cut
11	Right foot steps back, left high position
12	Right close position
13	Low close position
14	Left foot forward
15	Right foot forward 45° angle block
16	Left foot forward, #2 downward cut
17	180° turn jump, #1 line cut downward
18	#6 single hand up
19	#1 double hand down cut
20	Reverse grip, right hand right foot back, #4 cut
21	Regular grip, 180° turn #8 thrust clockwise
22	Left back front stance, low block
23	Napdo
24	Left foot step forward to right ready position
25	Left foot side step, draw sword then right foot forward, single hand cut line #6
26	#2 downward cut double hand
27	Right foot to back stance, right closed high position, clockwise 360° turn, high thrust, right foot forward adjust left low block
28	Single hand butterfly block + jump cut #2 angle (540 total)

YONGPOONG - SULALK

BLACK BELT GUM DO FORM

Continuation

#	Move
29	Set up quad napdo, right side
30	Right foot forward, continuous motion #5 high cut
31	180° counterclockwise #5 high cut, left foot in front
32	#6 high cut, right foot forward
33	Left foot forward #3 cut
34	Right foot forward #4 cut
35	Double step, right foot forward #7 cut
36	Downward thrust
37	Vertical 360° flip napdo right foot forward, Warrior ready stance
38	Left step back Warrior ready stance, right foot back Warrior ready stance
39	Right foot forward, counterclockwise left turn 90°, #2 single hand cut
40	Right foot pivot, left foot forward, left hand pinch
41	Left foot forward #8 thrust, continuous motion cut down
42	Left knee down slice across + stop in front of right leg
43	#2 cut, quad napdo, position #2
44	Reverse grip napdo return
45	Stand up middle stance rotate sword out
46	Left foot crosses front of right vertical up handle continuous motion draw sword
47	Turn 90° left foot forward #8 thrust single hand
48	Pivot left foot, right foot to left #7 downward cut (heels up)
49	Continuous motion until napdo
50	Left foot step out then feet together
51	Double side steps, #2 cut right side single hand
52	Counterclockwise right foot forward, #7 cut
53	Left foot forward high position, then double handed push forward
54	Turn thrust 180° clockwise (right foot side step in front of the left, left steps back, #7 cut down)
55	Right foot forward 180° #7 cut, napdo

The logo is circular with a grey outer ring. Inside, a yellow octagonal border frames the central design. At the top is a circular emblem with a white background, featuring a central yin-yang symbol and eight white petals. Below this is a grey mountain range. The letters 'GTMA' are prominently displayed in a bold, yellow, stylized font across the middle. At the bottom, there is a red square seal containing white Korean text.

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