

GLOBAL TRADITIONAL



IK-JAE GONG-PA GSHIM FORMS



IK-JAE GONG-PA GSHIM TAEKWONDO

익재공파 지심 태권도

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COLOR BELT GSHIM POOMSE

유급자 지심 품세



IK-JAE GONG-PA / GSHIM TAEKWONDO / COLOR BELT *GSHIM 1*

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IK-JAE GONG-PA / GSHIM TAEKWONDO / COLOR BELT *GSHIM 2*

#	MOVE	SIDE	STANCE	DIRECTION	SECTION
1	Double Khifehand 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 // <i>Kihap</i>	R	Left Front	West	H
13	Double Knife 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 Knife Block // <i>Kihap</i> //	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 Knife Block	R	Left Back	North	H
24	Punch	L	Right Front	North	H

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IK-JAE GONG-PA / GSHIM TAEKWONDO / COLOR BELT *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 // <i>Kihap</i> //	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 // <i>Kihap</i> //	L	Front Right	North	H



IK-JAE GONG-PA / GSHIM TAEKWONDO / COLOR BELT *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 // <i>Kihap</i> //	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 // <i>Kihap</i> //	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

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IK-JAE GONG-PA / GSHIM TAEKWONDO / COLOR BELT *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	R	Left Front	North West	H
5	Punch	L	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 // <i>Kihap</i> //		Left Front	North	H
12	Knifehand Strike	L	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	R	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 // <i>Kihap</i> //	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

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#	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 // <i>Kihap</i> //	R	Right Front	East	H
17	Punch	R	Left Front	North	M
18	Punch	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 // <i>Kihap</i> //	R	Left Front	South	H
26	Back Leg Front 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

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#	MOVE	SIDE	STANCE	DIRECTION	SECTION
30	Tension Knifehand Forearm Block	L	Right Back	South	H
31	Upset Knifehand Strike	R	Right Front	South	H
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	R		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 // <i>Kihap</i> //	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 // <i>Kihap</i> //	L	Right Front	North	H
57	Round Kick	L		North	M/H
58	Front Leg Hook Kick	L		North	M/H

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1ST DEGREE GAWDOORI GONG YEOK

가우리 공력

Ancient Koguryo Dynasty – Strong Power and Stance Foundation



#	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	Repeat 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

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#	MOVE	SIDE	STANCE	DIRECTION	SECTION
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
35	Elbow Strike	L	Middle	West	H
36	Elbow Strike	R	Middle	East	H
37	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 Side Kick	R		East	M/H
46	Punch	R	Front Left	East	H
47	Back Leg Front Kick	R		East	M/H
48	Repeat 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



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2ND DEGREE KARA USHIM

가라 유심

Ancient Kara Dynasty – Positive Belief in Thought and Action



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
1	Low Block Palm Heel Support	L/R	Right Back	North	H/L
2	Punch 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	Punch 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 Crecent Kick	R		East	M/H

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#	MOVE	SIDE	STANCE	DIRECTION	SECTION
30	Back Leg Inner Crescent Kick	R		East	M/H
31	Butterfly Inner Crescent Kick	L		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	R		West	H
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	Punch	R	Middle	North	M
41	Punch	L	Middle	North	M
42	Punch	R	Middle	North	M
43	Twin Palm Heel Strike		Middle	North	M
44	Sprawl				
45	Knee Strike	R		North	M
46	Knee Strike	L		North	M
47	Front Leg Round Kick // Kihap //	L		North	M/H
48	Spin Hook Kick	R		North	M/H
49	Punch	L	Middle	South	M
50	Punch	R	Middle	South	M
51	Punch	L	Middle	South	M
52	Twin Palm Heel Strike		Middle	South	M
53	Sprawl			South	
54	Knee Strike	L		South	M
55	Knee Strike	R		South	M
56	Front Leg Round Kick	R		South	M/H
57	Spin Hook Kick	L		South	M/H
58	180° Twin Back Fist // Kihap //		Right Front	South	H



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3RD DEGREE SOO-BYUK JOONG DO

슈백 중도

Ancient Hand to Hand Combat – Always Have Balance



#	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	Back Fist	R	Left Front	North	H
5	Twist Foot Block	R		North	M
6	Repeat Side Kick	R		North	M/H
7	Back Fist	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	Back Fist	L	Front Right	North	H
17	Twist Foot Block	L		North	M
18	Repeat Side Kick	L		North	M/H
19	Back Fist	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
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 West	M/H



#	MOVE	SIDE	STANCE	DIRECTION	SECTION
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		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



4TH DEGREE BALKPA DAEHAE

백파 대해

Heart as Big as a Vast Ocean Wave, its Size and Power Engulfs All in its Way



IK-JAE GONG-PA / GSHIM TAEKWONDO / 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
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

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5TH DEGREE SAM-BURLL DO-CHUN

삼별 도전

Three Military Divisions of Special Forces – Challenge



#	TECHNIQUE	SIDE	STANCE		SECTION
1	Twin Inner Forearm Block	L	Middle		H
2	Double Inner High/Low Block	L & R	--		H/L
3	Double Inner High/Low Block	L & R	--		H/L
4	Supported Elbow Strike	L	Middle		H
5	Reverse Punch	R	Front		H
6	X - Block	R	Back		H
7	Reverse Punch	L	Front		H
8	Reverse Punch	R	Front		M
9	Upset Knifehand	R	Front		H
10	Elbow Strike	R	Middle		
11	Reverse Punch	L	Front		M
12	Twin Palm Heel	L/R	Front		M/H
13	Twin Palm Heel	L/R	Front		M/H
14	Pushing Palm Heel	L/R	Front		H
15	Reverse Punch	L	Front		H
16	Punch	R	Front		H
17	Reverse Punch (Kihap)	L	Front		H
18	Low Block	R	X		L
19	Side Kick	R	--		M/H
20	Elbow	L	Middle		H
21	Palm Heel Strike	R	Middle		M
22	Side Kick	L	--		M/H
23	Elbow	R	Middle		H
24	Ankle Grab	L/R	Front		--
25	Front Kick	R	--		M
26	Front Kick	L	--		M
27	Side Kick	R	--		L
28	Side Kick Kihap	R			L
29	Punch	L	Middle		L



#	TECHNIQUE	SIDE	STANCE		SECTION
30	Punch	R	Middle		L
31	Punch	L	Middle		L
32	Foot Block	R	--		L
33	Punch	R	Middle		L
34	Punch	L	Middle		L
35	Punch	R	Middle		L
36	Back Fist	R	One Knee		M
37	Back Fist	R	One Knee		M
38	Side Kick	R	One Knee		M/H
39	Side Kick	R	One Knee		M/H
40	Double Knifehand Block	R	One Knee		M
41	Break Fall	L/R	--		L
42	Up Kick	R	--		H
43	Double Knifehand Block // Kihap //	R	Back		H
44	Front Kick Step Together	R	--		M/H
45	Reverse Punch	L	Front		M
46	Vertical Block	R	Middle		H
47	Vertical Block	L	Middle		H
48	Takedown	L	--		--
49	Punch	L	Middle		L
50	Punch	R	Middle		L
51	Punch	L	Middle		L
52	Vertical Block	L	Middle		H
53	Vertical Block	R	Middle		H
54	Takedown		--		--
55	Punch	R	Middle		L
56	Punch	L	Middle		L
57	Punch	R	Middle		L
58	Twin Inner forearm Block	L/R	Middle		H



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6TH DEGREE MU-DUCK SUN-BEE

무덕 선비

Martial Art Life Skill – Well Rounded Person



#	TECHNIQUE	SIDE	STANCE		SECTION
1	Palm Heel Block	L	Back		M
2	Reverse Punch	R	Front		M
3	Twin Inner Forearm Block	B	Middle		H
4	Ridgehand Strike	R	Front		H
5	Headlock Position	R	Front		H
6	Side Kick	R			M/H
7	Reverse Punch	L	Front		M
8	Palm Heel Block	R	Back		M
9	Punch	L	Front		M
10	Twin Inner Forearm Block	B	Middle		H
11	Ridgehand Block	L	Front		H
12	Headlock Position	L	Front		H
13	Side Kick	L			M/H
14	Punch	R	Front		H
15	Low X Block	R (Leg Forward)	Front		L
16	Twin Inner forearm Block		Back		H
17	Twin Palm Heel		Back		M
18	Groin Strike (Kihap)	R	Front		L
19	Wrist Release	B	Front		M/H
20	Forearm Strike		Front		H
21	High Low Block	L (High) R (Low)	Front		H/L
22	Hook Kick	R			M/H
23	Round Kick	R			M/H
24	Side Kick	R			M/H
25	Reverse Punch	L	Front		H
26	Low X Block (Turn Around)	L	Front		L
27	Twin Inner Forearm Block	B	Back		H
28	Twin Palm Heel	B	Back		M
29	Groin Strike (Kihap)	L	Front		L



#	TECHNIQUE	SIDE	STANCE		SECTION
30	Wrist Release	B	Front		M/H
31	Forearm Strike	L(Striking)	Front (R)		H
32	High Low Block		Front		H/L
33	Hook Kick	L			M/H
34	Round Kick	L			M/H
35	Side Kick	L			M/H
36	Reverse Punch	R	Front		H
37	Cover (Elbow)	R	Front (Short)		H
38	Elbow (Turn)	R	Middle		H
39	Reverse Punch	L	Front		M
40	Cover (Elbow)	R	Short Front		H
41	Turn + Elbow	L	Middle		H
42	Reverse Punch	R	Front		H
43	Low Foot Block to Shin	R			L
44	Hook Kick (Kihap)	R			M/H
45	Reverse Punch	L	Front		H
46	Low Foot Block to Shin	L			L
47	Hook Kick	L			M/H
48	Reverse Punch	R	Front		H
49	Advancing Knee Strike	R			H
50	180° Turn Advancing Knee Strike	R			H
51	Spin Hook Kick	L			M/H
52	Advancing Knee Strike	L			H
53	180° Turn Advancing Knee Strike	L			H
54	Spin Hook Kick	R			M/H
55	Double Knifehand Block	R(Stance) L(Block)	Back		H
56	Low Inner Forearm Block	L			L
57	Low Inner Forearm Block	R			L
58	Double Knifehand Block	L(Stance) R(Block)	Back		H



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7TH DEGREE SAE-HAN JUK-MAE

세한 죽매

Timing and Patience



#	TECHNIQUE	SIDE	STANCE		SECTION
1	Twin Elbow	L/R	X		H
2	90° Degree Punch		Middle		M
3	Reverse Punch		Middle		M
4	Single Finger Block		Middle		M
5	Twin Elbow		X		H
6	90° Degree Punch		Middle		M
7	Reverse Punch		Middle		M
8	Single Finger Block		Middle		M
9	X Block		Back		H
10	High Block Palm Heel		Front		H
11	Elbow	L	Middle		H
12	Low/High Block Open Closed		X		H/L
13	High Upset Knifehand Block		Front		H
14	Palm Heel Pressing Block		Front		M
15	Knee Strike	R	--		M
16	Round Kick	R	--		M/H
17	Hook Kick	R	--		M/H
18	Reverse Punch	L	--		M
19	Step Spin Hook Kick	R			M/H
20	Reverse Punch	R	Front		M
21	Round Kick (Kihap)	R	--		M/H
22	Elbow		Middle		H
23	Elbow	L	Middle		H
24	Side Palm Heel Low Block		X		M
25	Knife Hand High Block Upset Knife	L/R	Front		H
26	Palm Block		Front		H
27	Knee Strike	L	--		M
28	Round Kick	L	--		M/H
29	Hook Kick	L	--		M/H



#	TECHNIQUE	SIDE	STANCE		SECTION
30	Reverse Punch	R	--		M
31	Step Spin Hook Kick	L	--		M/H
32	Back Fist	R	--		H
33	Reverse Punch	L	Front		H
34	Round Kick	L	--		M/H
35	Elbow	L	Middle		H
36	Punch	R	Front		H
37	Twin Palmheel Punch	R	Front		H
38	Twin Palmheel Punch	L	Middle		L
39	Twin Palm Pressing Block	L/R	Middle		L
40	Reverse Inner Forearm Block (Kihap)	L	Back		H
41	Reverse Punch	R	Front		H
42	Bow Strike	R	Rear		H
43	Elbow Strike	R	Middle		H
44	Knife Hand Strike	R	Middle		H
45	Reverse Punch	L	Front		H
46	Bow Strike	L	Rear		H
47	Elbow Strike	L	Middle		H
48	Knife Hand Strike	L	Middle		H
49	Reverse Punch	R	Front		H
50	Reverse Punch	L	Front		H
51	Low Double Knifehand Block	R	Back		L
52	Downward Twin Knifehand	R	Back		M
53	Double Knifehand Block (Kihap)	L	Back		M
54	Palm Strike	R	X		H
55	Palm Strike	L	X		H
56	Side Kick	R	--		H
57	Elbow Strike		Middle		H
58	Palm Strike	L	X		H



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8TH DEGREE OSANG SHIN-UEI

오상 신의

Five Core Values of Life – Trusting Friendship



#	TECHNIQUE	SIDE	STANCE	DIRECTION	SECTION
1	Double Inner Forearm Block	L	Middle		H
2	(Trap) Knifehand Low Block	L	Middle		M
3	Reverse Punch	R	Front		M
4	Inner Forearm Block	R	Front		H
5	Hammer Fist	Lw/ R support	Middle		L
6	L Reverse Punch	L	Front		H
7	Elbow	Lw/ R support	Middle		H
8	Reverse Punch	R	Front		H
9	Front Kick #2	R			M/H
10	Back Elbow	R	Back		M
11	Cover (Elbow)	R	Back		H
12	Reverse Punch	L	Front		M
13	Front Kick #2	L			M/H
14	Side Kick	R			M/H
15	Reverse Punch	L	Front		M
16	Reverse Punch	R	Front		M
17	Reverse Punch	L	Front		M
18	Reverse Punch	R	Front		H
19	Repeat Reverse Punch	R	Front		H
20	Round Kick #2	R			M/H
21	Elbow Strike // Kihap //	L	Front		H
22	Trap then Side High Low Block	R (high) L (low)	Side Front		H/L
23	Side Kick	L			M/H
24	Reverse Punch	R	Front		M
25	Reverse Punch	L	Front		M
26	Repeat Reverse Punch	L	Front		M
27	Round Kick #2	L	--		M/H
28	Elbow	R	Front		H
29	Trap then Side High Low Block	L (high) R (low)	Side Front		H/L



#	TECHNIQUE	SIDE	STANCE		SECTION
30	Side Kick	R			M/H
31	Reverse Punch	L	Front		M
32	Reverse Punch	R	Front		M
33	Reverse Punch	L	Front		M
34	Reverse Punch	R	Front		M
35	High Low Block // Kihap //	R (high) L (low)	Sparring		H/L
36	Shuffle Twice Side Kick (back)	R			M/H
37	2 Hand Throw	B	Front		H
38	Twin Palm Heel	B	Front		H
39	Downward Spearhand	R	Front		L
40	Knife Hand Low	L	Back		L
41	Reverse Punch	R	Front		H
42	Headlock/Rotate/Release	L (low) R (high)	Back		H
43	High Low Block	R (low) L (high)	Sparring		H/L
44	Shuffle Twice Side Kick (back)	L			M/H
45	2 Hand Throw	B	Front		H
46	Twin Palm Heel	B	Front		H
47	Neck Strike	R	Front		H
48	Twin Palm Heel	B	Front		L
49	Reverse Punch Low // Kihap //	R	Front		L
50	Reverse Punch	R	Front		M



9TH DEGREE MUHAN USU

무한 유수

Infinity, Never Stop Training and Be Humble Like Water, it is the Source of All Life





GSHIM TAEKWONDO BLACK BELT WEAPONS



IK-JAE GONG-PA / GSHIM TAEKWONDO / GSHIM WEAPONS

YONGPUNG SULALKDO

용풍 설악도

YONGPUNG WOORAKBONG

용풍 우락봉

WOE SANG JEOL BONG

외쌍절곤

DAEDO DANDO

대도 단도

DANSSANGDANBONG

단쌍단봉

YANGNALGUM

양날검

JOONGWHOPONG

중후봉



***GSHIM TAEKWONDO
BLACK BELT WEAPONS
YONGPUNG SULALKDO***



IK-JAE GONG-PA / GSHIM TAEKWONDO

#	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)

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IK-JAE GONG-PA / GSHIM TAEKWONDO

#	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

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NOTES



NOTES





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