# The Jun Tong Taekwon-Do Federation

### (Class #3)

#### “Stationary/Stepping Techniques”

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The Jun Tong Taekwon-Do Federation

Pattern Combination Drills
(Examples)

**Beginners**

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<tr>
<td>Chon-Ji</td>
<td>1. Walking stance/low section block – stepping mid section obverse punch  2. L-Stance/mid section side block – stepping mid section obverse punch</td>
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<td>Do-san</td>
<td>1. Walking stance/mid section outer forearm block/mid section reverse punch  2. L-stance/mid section dbl knife hand block – stepping front snap kick/spear hand  3. Walking stance/mid section wedging block – stepping front snap kick/obverse punch/reverse punch</td>
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**Intermediate**

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**Advanced**

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**Hwa-rang**
1 Sitting stance/mid section pushing block – mid section punch – mid section punch
2 L-stance/twin forearm block – upset punch/side punch – vertical stance/downward knife hand
3 Walking stance/mid section punch – pull back foot to front foot/side kick – mid section knife hand
4 L-stance/midsection dbl knife hand block–turning kick/ turning kick - midsection dbl knife hand block
5 L-stance/midsection punch – walking stance/low section X-fist block
6 Closed ready stance/open 9-shape block – L-stance/mid section dbl knife hand block

**Choong-moo**
1 L-stance/twin forearm block – Walking stance/high section knife hand block/high section knife hand
2 L-stance/low section block – extend hands to grab head/upward knee - L-stance/low section block
3 Walking stance/high section reverse knife hand supported – turning kick – spinning back side kick
4 L-stance/mid guarding block forearms – turning kick – U-shape block – jump/dbl knife hand block
5 L-stance/guarding block forearms – walking stance/upset spear hand– back fist/low block – spear hand
6 Sitting stance/mid section front outer forearm block/back fist – side kick – side kick – X-knife hand

**1st Dan Black Belt**

**Kwang-gae**
1 Walking stance/upset punch – (repeat) – hooking block – L-stance/low section dbl knife hand block
2 L-stance/mid guarding block forearms–pressing kick/side kick–inward knife hand–downward side fist
3 Sitting stance/back fist – walking stance dbl forearm block/low block – walking stance/flat spear hand
4 L-stance/dbl knife hand block–walking stance/punch-walking stance/twin upset punch–front snap kick

**Po-eun**
1 L-stance/mid guarding block forearms – lift both fists – pressing kick – sitting stance/knife hand
2 Sitting stance/turn punch-inner/low block- inner wedging block/elbow-punch-elbow-horizontal punch
3 X-stance/low front outer forearm block – L-stance U-shape grasp – closed stance dbl side elbows
4 Sitting stance/back fist/low block-X-stance/low front outer forearm block – low dbl reverse knife hand

**Ge-baek**
1 L-stance/X-knife hand block/twisting kick – walking stance/punch - punch
2 Walking stance/dbl arc hand block–bend ready stance A–sitting stance/scoop block–punch/back fist
3 L-stance/mid section guarding block forearms–mid section guarding block forearms–L-stance/mid section dbl knife hand block/9-shape block
4 Walking stance/low knife hand block – turning kick – flying side piercing kick
5 Sitting stance/9-shape block – low section rev knife hand block/ low section rev knife hand block

**2nd Dan Black Belt**

**Eui-am**
1 Rear leg twist kick – low x-fist block – high reverse rising block with a knife hand
2 Wedging block with knife hands – circle block with rev. knife hand – twin palm downward block –
   (sliding forward) reverse punch – (sliding backward) low inward block with rev. knife hand
3 Rev turning kick – L-stance knife hand strike – rear leg turning side kick
4 Low x-fist block – high reverse rising block with knife hand – jump back fist in x-stance

**Choong-jang**
1 Walking stance/rev double spear finger – walking stance/front strike with obverse back fist
2 Low x-fist block – low front snap kick with the rear knee pulling hands in opposite direction
3 L-stance knife hand strike – walking stance front elbow strike
4 Low section rev. double knife hand block – closed 9-shape block
5 Rear leg front snap kick – obverse spear hand with the flat finger tip – drop to the floor round kick –
   obverse punch

**Ko-dang**
1 Sitting stance/pushing block (45 degree angle) with the lead hand palm – mid section punch (pulling
   the rear foot) – mid section guarding block/open 9-shape block
2 Bending ready stance – back side kick – L-stance/knife hand block
3 Walking stance/outer forearm block (pulling the front foot) – L-stance/mid knuckle punch
4 L-stance/downward elbow strike – step pressing block – (pull the front foot to continue)
3rd Dan Black Belt

Sam-Il
1. Execute a high side block, to the rev. side, with a knife hand block using other hand to support - rear leg mid section twist kick – obverse punch
2. Sitting stance/wedging block with rev knife hands – (slide front foot) low thrust with rev upset fingertip – (pulling front foot) – front back fist and a low block simultaneously
3. L-stance/high section guarding block with rev knife hand – U-shape block (slip lead foot) – rear leg sweeping kick
4. Execute a inward outer forearm block – obverse punch – front leg front snap kick – twin punch

Yoo-sin
1. Step to a 45 degree angle walking stance/ outer forearm block – circle block – scoop block – punch
2. Sitting stance/closed 9-shape block – closed 9-shape block
3. Sitting stance/Back hand – outside crescent kick – back hand
5. Front strike with the back fist – outer forearm block – Inner forearm block

Choi-vong
1. Walking stance/rising block knife hand – walking stance/circle block – walking stance/obverse punch
2. Low guarding block with the knife hand – rear leg turning kick – rev turning kick – side kick - elbow
4. Jumping forward back fist – rev turning kick – knife hand

4th Dan Black Belt

Yon-gae
1. Low guarding block with rev knife hand (circular motion)–(slipping back foot) flat fore-knuckle strike
2. Cross cut – downward elbow – X-Stance/back fist
4. Mid guarding block – (spin backwards) – waist block
5. Low section inward block with the rev knife hand – double elbow

Ul-ji
1. Low X-fist block – rising block with X-knife hand – outer knife hand strike
2. L-Stance/low x-fist block – jump front snap kick – mid section X-knife hand block
3. X-stance/Back fist–(slipping rear foot) rev side rising block with knife hand–rear leg front snap kick-rev punch
4. Jump back side kick – walking stance/double forearm block
5. Pushing block with double palm – Step forward – Obverse punch from fixed stance

Moon-moo
1. Slow side kick–same leg fast side kick–fore knuckle strike–rev turning kick–X-stance/knife hand
2. Downward palm block – Front leg front snap kick – Hammer fist rear – Scoop block – Punch – Low block with knife hand
4. Walking stance/rising arc hand block – high section rev punch

5th Dan Black Belt

So-san
1. Low section double punch – wrist escape – high section rev punch
3. L-Stance mid section guarding block – slip the front foot – rev vertical punch
4. L-stance upset punch with a middle knuckle (step forward sliding motion) – execute a front strike with the rear hand back fist slipping the rear foot to a walking stance
5. Walking stance rear hand outer forearm block outside to inside – shifting forward obverse punch
6. Double arc hand block – execute an inward strike with the rear hand outer knife hand (with support)

Se-jong
1. Walking stance/Low block – walking stance/twin forearm
2. Rear leg turning side kick – high block – step forward – Knife hand
4. Jump forward – double forearm block – slow punch – front strike with back fist
5. L-stance/double knife hand block – walking stance/ rev punch
6th Dan Black Belt

Tong-il

1. Rear foot stance/ inward block from lead hand – low inward block with the rear hand slipping the rear leg to a walking stance – step forward – L-Stance – obverse punch – rev punch
3. Rear foot stance/waist block –walking stance/pressing block
5. L-Stance/low section guarding block with rev knife hands – shifting front foot – walking stance/open 9-shape block with knife hands – step forward – walking stance/twin punch
6. One leg stance/strike the front palm to the back forearm–mid section back piercing kick (pulling hands in opposite direction) – sitting stance/W-shape block
7. L-Stance/downward back fist - rear leg rev crescent kick
Free-Sparring Combination Drills
(Examples)

Yellow Belt
Sparring Drills -

1  L-stance/guarding block/forearms – back leg front snap kick – front leg turning kick
2  L-stance/guarding block/forearms – back fist high section – rev punch mid section – turning kick high section

Green Belt
Sparring Drills -

1  L-stance/guarding block/forearms – back fist – rear leg front snap kick – turning kick (same)
2  L-stance/guarding block/forearms – rear leg turning kick – spin back side kick

Blue Belt
Sparring Drills -

1  L-stance/guarding block/forearms – rear leg turning kick – (same) – step behind side kick
2  L-stance/guarding block/forearms – step behind hooking kick – (two) – turning kick

Red Belt
Sparring Drills -

1  L-stance/guarding block/forearms – rear leg front snap kick – jump double front snap kick
2  L-stance/guarding block/forearms – Hurricane kick
The Jun Tong Taekwon-Do Federation

(Class #3)

“1-Step - Examples”

One Step Sparring:

- The attacker starts from a parallel ready stance, the attacker steps back and executes a low section block with the outer forearm and uses a ki-up to signify a readiness to attack.
- The defender starts from a parallel ready stance and uses a ki-up to signal the attacker to start the attack.
- The attacker steps into a right walking stance and executes a high section punch with the right fist.
- The attacker steps into a left walking stance and executes a high section punch with the left fist.
- The defender executes a 1-Step to defend against the attack and uses a ki-up on the last counter-attack.

White Belt – 9th Grade

The attacker steps into a right walking stance and executes a high section punch with the right fist.

1. Step forward into a left walking stance and execute a high block with the left outer forearm. Execute a palm strike to the philtrum with the right palm, then execute a mid section punch with the right fist.
2. Step back into a right L-stance and execute a left knife hand block, grab the attackers arm and twist, at the same time execute a mid section left front snap kick. Lower the left foot into a left walking stance and execute a right back fist to the right side of the head.
3. Step forward with the right foot into a straddle stance and execute a left knife hand block to the wrist, at the same time execute a right knife hand attack to the neck. Execute a right horizontal elbow to the left side of the head and then execute a right horizontal back elbow to the right side of the head.

Yellow Belt – 8th Grade

The attacker steps into a right walking stance and executes a high section punch with the right fist.

1. Step forward into a left walking stance and execute a high block with the left outer forearm. Execute a palm strike to the philtrum with the right palm, then execute a mid section punch with the right fist.
2. Step back into a right L-stance and execute a left knife hand block, grab the attackers arm and twist, at the same time execute a mid section left front snap kick. Lower the left foot into a left walking stance and execute a right back fist to the right side of the head.
3. Step forward with the right foot into a straddle stance and execute a left knife hand block to the wrist, at the same time execute a right knife hand attack to the neck. Execute a right horizontal elbow to the left side of the head and then execute a right horizontal back elbow to the right side of the head.
**Yellow Belt – 7th Grade**

The attacker steps into a left walking stance and executes a high section punch with the left fist.

1. Step forward into a right walking stance and execute a high block with the right outer forearm. Execute a palm strike to the philtrum with the left palm, then execute a mid section punch with the left fist.
2. Step back into a left L-stance and execute a right knife hand block, grab the attackers arm and twist, at the same time execute a mid section right front snap kick. Lower the right foot into a right walking stance and execute a left back fist to the left side of the head.
3. Step forward with the left foot into a straddle stance and execute a right knife hand block to the wrist, at the same time execute a left knife hand attack to the neck. Execute a left horizontal elbow to the right side of the head and then execute a left horizontal back elbow to the left side of the head.

**Green Belt – 6th Grade**

The attacker steps into a right walking stance and executes a high section punch with the right fist.

4. Step forward with the left foot into a straddle stance and then execute a right outer forearm block. Step into a left walking stance, at the same time execute a mid section right horizontal elbow and then step back into a right L-stance and execute a high section right turning kick.
5. Step forward into a left walking stance and execute a clockwise downward knife hand block with the left hand, at the same time execute a high section right reverse knife hand to the left side of the head.
6. Step forward with the right foot into a straddle stance and then execute a right outer forearm block. Execute a mid section right reverse back elbow and then execute a right back fist to the philtrum.

**Green Belt – 5th Grade**

The attacker steps into a left walking stance and executes a high section punch with the left fist.

4. Step forward with the right foot into a straddle stance and then execute a right outer forearm block. Step into a right walking stance, at the same time execute a mid section left horizontal elbow and then step back into a left L-stance and execute a high section left turning kick.
5. Step forward into a right walking stance and execute a clockwise downward knife hand block with the right hand at the same time execute a high section left reverse knife hand to the right side of the head.
6. Step forward with the left foot into a straddle stance and then execute a left outer forearm block. Execute a mid section left reverse back elbow and then execute a left back fist to the philtrum.

**Blue Belt – 4th Grade**

The attacker steps into a right walking stance and executes a high section punch with the right fist.

7. Execute a right mid section side kick to the right side of the attacker and then step into a left L-stance while executing a right knife hand to the lower back and a right knife hand to the back of the neck.
8. Step forward at a 45° angle with the left foot into a straddle stance and execute a palm block with the left palm and then execute a right mid section punch, a left mid section punch, a right high section punch and then execute a high section turning kick with the right foot.
9. Step back into a right L-stance and execute a mid section double knife hand block and then shift forward into a left walking stance, at the same time the left hand grabs the attacker’s right wrist and execute a high section right upward elbow. The right hand grabs the right shoulder and executes a right mid section knee.
Blue Belt – 3rd Grade

The attacker steps into a left walking stance and executes a high section punch with the left fist.

7. Execute a left mid section side kick to the left side of the attacker and then step into a right L-stance while executing a left knife hand to the lower back and a left knife hand to the back of the neck.
8. Step forward at a 45° angle with the right foot into a straddle stance and execute a palm block with the right palm and then execute a left mid section punch, a right mid section punch, a left high section punch and then execute a high section turning kick with the left foot.
9. Step back into a left L-stance and execute a mid section double knife hand block and then shift forward into a right walking stance, at the same time the right hand grabs the attacker’s left wrist and execute a high section left upward elbow. The left hand grabs the left shoulder and executes a left mid section knee.

Red Black Belt – 2nd Grade

The attacker steps into a right walking stance and executes a high section punch with the right fist.

10. Step back into a right L-stance, at the same time execute a high section left knife hand block and then step the right foot behind the attacker’s right foot and grab the attacker’s right shoulder with the right hand. Step forward into a left walking stance, taking the attacker down and execute a right punch to the head.
11. Step back into a left L-stance, at the same time execute a right knife hand block, grab the right wrist and execute a left arc hand under the attacker’s right armpit, bending the attacker over while stepping in front of the attacker with the left foot into a straddle stance (hip-to-hip). Execute a right knife hand attack to the back of the neck.
12. Execute a high section right crescent kick block and a mid section right side kick. Execute a mid section left jump spinning back side kick.

Red Black Belt – 1st Grade

The attacker steps into a left walking stance and executes a high section punch with the left fist.

10. Step back into a left L-stance, at the same time execute a high section right knife hand block and then step the left foot behind the attacker’s left foot and grab the attacker’s left shoulder with the left hand. Step forward into a right walking stance, taking the attacker down and execute a left punch to the head.
11. Step back into a right L-stance, at the same time execute a left knife hand block, grab the left wrist and execute a right arc hand under the attacker’s left armpit, bending the attacker over while stepping in front of the attacker with the right foot into a straddle stance (hip-to-hip). Execute a left knife hand attack to the back of the neck.
12. Execute a high section left crescent kick block and a mid section left side kick. Execute a mid section right jump spinning back side kick.

Recommended Black Belt

The attacker steps into a right walking stance and executes a high section punch with the right fist.

13. Jump to the outside at a 45° angle into a right L-stance executing a mid section guarding block and then execute a mid section right front snap kick. Step into a straddle stance, at the same time execute a mid section right punch, a mid section left punch and a high section right punch.
14. Step back into a right L-stance with a high section X-knife hand block (right over left), turning the hands clockwise to trap attack, twist the arm clockwise while pulling the arm downward. Execute a low section right front snap kick to the face.
15. Execute a mid section right side kick to the right side of the attacker and then step into a left L-stance while executing a right knife hand to the lower back and a left knife hand to the solar plexus. Step the right foot back into a right L-stance, at the same time move the attacker’s punch to the side with the left arm and execute a high section right turning kick.

**Recommended Black Belt**

The attacker steps into a left walking stance and executes a high section punch with the left fist.

13. Step back into a right L-stance, at the same time execute a left knife hand block, grab the left wrist and execute a right arc hand under the attacker’s left armpit, bending the attacker over while stepping in front of the attacker with the right foot into a straddle stance (hip-to-hip). Execute a left knife hand attack to the back of the neck.

14. Step back into a left L-stance with a high section X-knife hand block (left over right), turning the hands counter-clockwise to trap attack, twist the arm counter-clockwise while pulling the arm downward. Execute a low section left front snap kick to the face.

15. Execute a mid section left side kick to the left side of the attacker and then step into a right L-stance while executing a left knife hand to the lower back and a right knife hand to the solar plexus. Step the left foot back into a left L-stance, at the same time move the attacker’s punch to the side with the right arm and execute a high section left turning kick.