

A TAEKWONDO BASICS PATTERN

| | STANCE | ACTION - ENGLISH | ACTION - KOREAN |
|----|---------------|--|--------------------------------|
| 1 | Naranhi Seogi | Ready position | Kibon Junbi |
| 2 | Juchum Seogi | Left poom. Left mid-section punch | Wen Mooting Jireugi |
| 3 | Juchum Seogi | Triple mid-section punch | 3 x Momtong-Jireugi |
| 4 | Juchum Seogi | Triple high-section punch | 3 x Olgul-Jireugi |
| 5 | Naranhi Seogi | Ready position | Kibon Junbi |
| 6 | Ap Kubi | Right foot moves back, low block | Ara Makki |
| 7 | Ap Kubi | Three low blocks | 3 x Ara-Makki |
| 8 | Ap Kubi | Three mid-section punches | 3 x Momtong-Jireugi |
| 9 | Ap Seogi | Three Front Kicks | 3 x Ap-Chagi |
| 9 | Dwit Kubi | Three Outside Mid-section Blocks | 3 x Bakkat-Momtong Makki |
| 10 | Ap Kubi | Right foot back, low block | Ara Makki |
| 10 | Ap Kubi | Three Inside Mid-section blocks | 3 x Momtong-Makki |
| 11 | Ap Kubi | Three high-section punches | 3 x Olgul-Jireugi |
| 12 | Ap Seogi | Three Side Kicks | 3 x Yop-Chagi |
| 13 | Dwit Kubi | Three Double Knife Hand Blocks | 3 x Dul-Sonal Makki |
| 14 | Ap Kubi | Right foot back, low block | Ara Makki |
| 15 | Ap Kubi | Three High-section blocks | 3 x Olgul Makki |
| 15 | Ap Kubi | Three Back Fist punches | 3 x Deungmok Apchigi |
| 16 | Ap Seogi | Three Roundhouse Kicks | 3 x Dollyo-Chagi |
| 17 | Dwit Kubi | Three Single Outside Knife Hand Blocks | 3 x Hansonnal Bakkatmakki |
| 18 | Ap Kubi | Right foot back, low block | Ara Makki |
| 19 | Ap Kubi | Three Swallow blocks | 3 x Jebipoom Mokchigi |
| 20 | Ap Kubi | Three Sword Strike with Elbow Guard | 3 x Pyonsonkkeut Sweetzireugi |
| 20 | Ap Seogi | Three Back Kicks | 3 x Dwkit Chagi |
| 21 | Beom Seogi | Three Inside Blocks and Double Punch | 3 x Mooting Makki, Dul-Jireugi |
| 22 | Naranhi Seogi | Ready position | Kibon Junbi |