

TONG-IL

Movements: 56

Ready Position: Parallel Stance With An Overlapped Back Hand

Denotes the resolution of unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

New Moves

Walking Stance Twin Fist Middle Punch
Gunnun So Sang Joomuk Kaunde Jirugi

Rear Foot Stance Forearm Middle Inward Block
Dwitbal So Palmok Kaunde Anuro Makgi

Walking Stance Palm Low Inward Block
Gunnun So Sonbadak Najunde Anuro Makgi

L Stance Twin Palm Horizontal Block
Niunja So Sang Sonbadak Soopyong Makgi

Outward Vertical Kick
Bakuro Sewo Chagi

Walking Stance Reverse Knife-Hand High Obverse Side Block
Gunnun So Sonkal Dung Nopunde Baro Yop Makgi

Walking Stance Reverse Knife-Hand Middle Reverse Side Block
Gunnun So Sonkal Dung Kaunde Bandae Yop Makgi

Downward Kick
Naeryo Chagi

L Stance Back Fist Downward Strike
Niunja So Dung Joomuk Naeryo Taerigi

Inward Vertical Kick
Anuro Sewo Chagi

Rear Foot Stance Bo Wrist Upward Block
Dwitbal So Sonmokdung Ollyo Makgi

Walking Stance Angle Fingertip High Thrust
Gunnun So Homi Sonkut Nopunde Tulgi

L Stance Reverse Knife-Hand Low Guarding Block
Niunja So Sonkal Dung Najunde Daebi Makgi

Sitting Stance Outer Forearm Sliding W-Shape Block
Annun So Bakat Palmok Mikulmyo San Makgi

Walking Stance Under Fist Front Strike
Gunnun So Mit Joomuk Ap Taerigi

Walking Stance Knife-Hand Circular Block
Gunnun So Sonkal Dollimyo Makgi

Close Stance Twin Side Back Elbow Thrust
Moa So Sang Yop Dwi Palkup Tulgi

Walking Stance Palm Middle Pushing Block
Gunnun So Sonbadak Kaunde Miro Makgi

Sitting Stance Side Punch
Annun So Yop Jirugi