

Pattern:

Tong-Il



***Tong-Il** denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.*



6th Degree

Pattern: Tong-Il

Moves: 56

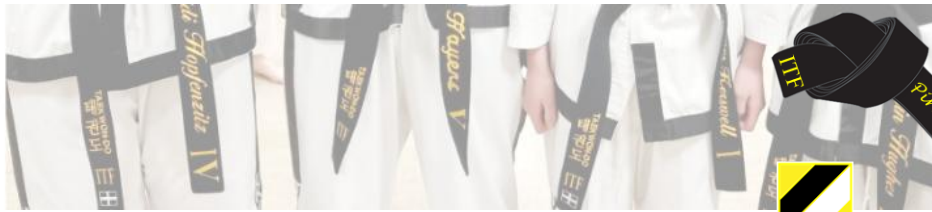
Ready Position:

Narani so pogaen sondung | Parallel stance overlapped back hand.

통일

Technique

Step	English	
1	Left walking stance twin fist middle punch. Perform in a slow motion.	Wen gunnun so sang joomuk kaunde jirugi. [Perform in a slow motion.]
2	Right walking stance twin knife-hand horizontal strike. Perform in a slow motion.	Orun gunnun so sang sonkal soopyong taerigi. [Perform in a slow motion.]
3	Right rear foot stance outer forearm middle inward reverse block.	Orun dwitbal so bakat palmok kaunde anuro bandae makgi.
4	Left walking stance palm low inward reverse block, bringing the left side fist in front of the right shoulder.	Wen gunnun so sonbadak najunde anuro bandae makgi. [bringing the left side fist in front of the right shoulder].
5	Left L-stance middle side punch.	Wen niunja so kaunde yop jirugi.
6	Left L-stance middle obverse punch.	Wen niunja so kaunde baro jirugi.
	Perform 5 and 6 in a fast motion.	
7	Stamping motion, right L-stance back hand high outward side strike.	[Stamping motion,] orun niunja so sondung nopunde bakuro side taerigi.
8	Right reverse footsword inward vertical kick, to the left palm.	Orun bakkal dung anuro sewo chagi, [to the left palm].
9	Stamping motion, left L-stance back hand high outward side strike.	[Stamping motion,] wen niunja so sondung nopunde bakuro side taerigi.
10	Left reverse footsword inward vertical kick, to the right palm.	Wen bakkal dung anuro sewo chagi, [to the right palm].
11	Right L-stance twin palm horizontal block. Perform in a slow motion.	Orun niunja so sang sonbadak soopyong makgi. [Perform in a slow motion.]
12	Right walking stance reverse knife-hand high side block. Perform in a slow motion.	Orun gunnun so sonkal dung nopunde yop makgi. [Perform in a slow motion.]
13	Right walking stance reverse knife-hand middle reverse side block. Perform in a slow motion.	Orun gunnun so sonkal dung kaunde bandae yop makgi. [Perform in a slow motion.]



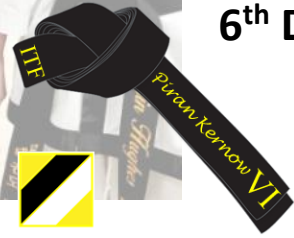
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14	Right walking stance middle punch.	Orun gunnun so kaunde jirugi.
15	Right walking stance middle reverse punch.	Orun gunnun so kaunde bandae jirugi.
	Perform 14 and 15 in a fast motion.	
16	Right downward kick, keeping the position of the hands as they were in 15.	Orun naeryo chagi, [keeping the position of the hands as they were in 15].
17	Stamping motion, left L-stance back fist reverse downward strike.	[Stamping motion,] wen niunja so dung joomuk bandae naeryo taerigi.
18	Left outward vertical kick, keeping the position of the hands as they were in 17.	Wen bakuro sewo chagi, [keeping the position of the hands as they were in 17].
19	Stamping motion, right L-stance back fist reverse downward strike.	[Stamping motion,] orun niunja so dung joomuk bandae naeryo taerigi.
20	Right walking stance high reverse punch.	Orun gunnun so nopunde bandae jirugi.
21	Right walking stance high punch.	Orun gunnun so nopunde jirugi.
	Perform 20 and 21 in a fast motion.	
22	Right rear foot stance bow wrist reverse upward block.	Orun dwitbal so sonmok dung bandae ollyo makgi.
23	Left rear foot stance bow wrist reverse upward block.	Wen dwitbal so sonmok dung bandae ollyo makgi.
24	Left walking stance palm obverse pressing block.	Wen gunnun so sonbadak baro noollo makgi.
25	Right walking stance palm obverse pressing block.	Orun gunnun so sonbadak baro noollo makgi.
26	Close stance, bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.	Moa sogi, [bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand].
27	Left walking stance knife-hand rising block.	Wen gunnun so sonkal chookyo makgi.
28	Left walking stance high reverse punch.	Wen gunnun so nopunde bandae jirugi.
29	Sliding motion, left L-stance obverse upset punch, bringing the right side fist in front of the left shoulder.	[Sliding motion,] wen niunja so baro dwijibo jirugi, [bringing the right side fist in front of the left shoulder].
30	Left walking stance angle fingertip high reverse thrust.	Wen gunnun so homi sonkut nopunde bandae tulgi.
31	Right walking stance knife-hand rising block.	Orun gunnun so sonkal chookyo makgi.
32	Right walking stance high reverse punch.	Orun gunnun so nopunde bandae jirugi.
33	Sliding motion, right L-stance obverse upset punch, bringing the left side fist in front of the right shoulder.	[Sliding motion,] orun niunja so baro dwijibo jirugi, [bringing the left side fist in front of the right shoulder].
34	Right walking stance angle fingertip high reverse thrust.	Orun gunnun so homi sonkut nopunde bandae tulgi.



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35	Left L-stance reverse knife-hand low guarding block, in a circular motion.	Wen niunja so sonkal dung najunde daebi makgi, [in a circular motion].
36	Right L-stance reverse knife-hand low guarding block, in a circular motion.	Orun niunja so sonkal dung najunde daebi makgi, [in a circular motion].
37	Left walking stance knife-hand middle obverse outward block and forearm low reverse block.	Wen gunnun so sonkal kaunde baro bakuro makgi wa palmok najunde bandae makgi.
38	Stamping motion, right walking stance twin fist high vertical punch.	[Stamping motion,] orun gunnun so sang joomuk nopunde sewo jirugi.
39	Left one-leg stance back forearm reverse strike, striking the left palm, pulling the right reverse footsword to the left knee joint.	Wen waebal so dungpalmok bandae taerigi, [striking the left palm, pulling the right reverse footsword to the left knee joint].
40	Right middle back piercing kick, pulling both hands in the opposite direction.	Orun kaunde dwitcha jirugi, [pulling both hands in the opposite direction].
41	Sitting stance outer forearm W-shape block.	Annun so bakat palmok san makgi.
42	Sliding motion, sitting stance outer forearm W-shape block.	[Sliding motion,] annun so bakat palmok san makgi.
43	Stamping motion, sitting stance right outer forearm W-shape block.	[Stamping motion,] annun so orun bakat palmok san makgi.
44	Sliding motion, sitting stance outer forearm W-shape block.	[Sliding motion,] annun so bakat palmok san makgi.
45	Right one-leg stance back forearm reverse strike, striking the right palm, pulling the left reverse footsword to the right knee joint.	Orun waebal so dungpalmok bandae taerigi, [striking the right palm, pulling the left reverse footsword to the right knee joint].
46	Left high back piercing kick, pulling both hands in the opposite direction.	Wen nopunde dwitcha jirugi, [pulling both hands in the opposite direction].
47	Jump, left X-stance X-fist pressing block.	Twiggi, wen kyocha so kyocha joomuk noollo makgi.
48	Left walking stance under fist front strike.	Wen gunnun so mit joomuk ap taerigi.
49	Right walking stance under fist front strike.	Orun gunnun so mit joomuk ap taerigi.
50	Right walking stance palm middle reverse pushing block.	Orun gunnun so sonbadak kaunde bandae miro makgi.
51	Left walking stance knife-hand circular block.	Wen gunnun so sonkal dollimyo makgi.
52	Left walking stance palm middle reverse pushing block.	Wen gunnun so sonbadak kaunde bandae miro makgi.
53	Right walking stance knife-hand circular block.	Orun gunnun so sonkal dollimyo makgi.
54	Right high side piercing kick, forming a forearm guarding block, close stance twin side back elbow thrust.	Orun nopunde yopcha jirugi, [forming a forearm guarding block], moa so sang yopdwi palkup tulgi.



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55	Sitting stance left fist middle side punch.	Annun so wen joomuk kaunde yop jirugi.
56	Left walking stance middle reverse punch.	Wen gunnun so kaunde bandae jirugi.
End	Bring the right foot back to ready posture	