



# HED TKD

## TAE KWON-DO SCHOOLS

### Tong-IL – This pattern is practiced by 4<sup>th</sup> Dan students (and above)

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.

Pattern: **Tong-IL**

No. of Movements: 56

Starting Position: Parallel stance with an overlapped back hand– (Facing towards D)

1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder
5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand
8. Execute an inward vertical kick to the left palm with the right reverse footsword
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand
10. Execute an inward vertical kick to the right palm with the left reverse footsword
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion
12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion
14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15
17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist



# HED TKD

## TAE KWON-DO SCHOOLS

20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot
21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion
22. move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist
23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist
24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm
25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion
26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand
27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand
28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D
29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder
30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip
31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C
33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder
34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip
35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot
37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot
38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist
39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm
40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm
42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm



# HED TKD

## TAE KWON-DO SCHOOLS

43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm
44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm
45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm
46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction
47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist
48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist
49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist
50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C
51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD
52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm
53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD
54. Move the right foot to C forming a right walking stance, at the same time executing a rising block with the right forearm
55. Move the right foot on the line CD forming a left walking stance towards D, at the same time executing a rising block with the left forearm
56. Execute a middle punch with the right fist.

**END:** Bring the left foot back to a ready stance.