

# 20 | TONG-IL HYONG

## 56 Bewegungen



Tong-Il steht für den Wunsch der Wiedervereinigung Koreas.  
Am Ende des zweiten Weltkriegs wurde Korea 1945 in Nord und Süd geteilt.  
Das Laufmuster repräsentiert die Einheit der koreanischen Bevölkerung (ein Volk).

#	stepping	action	stance	korean term
<b>Chariot!</b>	closed Attention Stance	Hands to the sides		Moa Sogi
<b>Junbi!</b>	Parallel Stance	with both hands crossed in front of abdomen		Narani Junbi Sogi
<b>1</b>	right leg backwards to left walking stance	twin fist front punch	<b>chongul</b>	chongul chungdan ssang-kwon chirugi
<b>2</b>	maintain	twin knifehand horizontal strike	<b>chongul</b>	chongul ssang sudo supyong taerigi
<b>3</b>	right foot forwards to left L-Stance	middle block to with the right inner forearm	<b>hugul</b>	hugul chungdan anpalmok yop makki
<b>4</b>	right foot slips to right walking stance	middle block to with the left inner forearm	<b>chongul</b>	chongul chungdan anpalmok yop makki
<b>5</b>	right foot forwards to left L-Stance	middle reverse forefist punch (right fist)	<b>hugul</b>	hugul chungdan pandae chirugi
<b>6</b>	maintain	middle forefist punch (left fist)	<b>hugul</b>	hugul chungdan paro chirugi
<b>7</b>	left foot forwards to right L-stance	low outer forearm front (left) & high outer forearm block back (right)	<b>hugul</b>	hugul hadan palmok pandae yop makki hugul sangdan pakkatpalmok paro yop makki
<b>8</b>		high inward vertical kick to left palm with right leg		sangdan anuro sewo chagi
<b>9</b>	kicking foot lowers to left L-stance	low outer forearm front (right) & high outer forearm block back (left)	<b>hugul</b>	hugul hadan palmok pandae yop makki hugul sangdan pakkatpalmok paro yop makki
<b>10</b>		high inward vertical kick to right palm with left leg		sangdan anuro sewo chagi
<b>11</b>	kicking foot lowers to right L-stance	Twin Palm horizontal block	<b>hugul</b>	hugul ssang son-badak supyong makki
<b>12</b>	right foot forwards to right walking stance	<b>high</b> reverse knifehand side block with right hand	<b>chongul</b>	chongul sangdan yoksudo paro makki
<b>13</b>	maintain	<b>middle</b> reverse knifehand side block with left hand	<b>chongul</b>	chongul chungdan yoksudo pandae makki
<b>14</b>	maintain	middle forefist punch (right fist)	<b>chongul</b>	chongul chungdan paro chirugi
<b>15</b>	maintain	middle reverse forefist punch (left fist)	<b>chongul</b>	chongul chungdan pandae chirugi
<b>16</b>		middle front kick with left foot		chungdan ap cha-pusigi
<b>17</b>	pivot 180° ccw, lower left kicking foot to right L-Stance (stamp!)	Back-Fist downward strike (left fist)	<b>hugul</b>	hugul rikwon naeryo taerigi

#	stepping	action	stance	korean term
18	middle front kick with right foot			chungdan ap cha-pusigi
19	pivot 180° cw, lower right kicking foot to right L-Stance (stamp!)	Back-Fist downward strike (right fist)	<b>hugul</b>	hugul rikwon naeryo taerigi
20	slide in right walking stance	high reverse forefist punch (left fist)	<b>chongul</b>	chongul sangdan pandae chirugi
21	maintain	high forefist punch (right fist)	<b>chongul</b>	chongul sangdan paro chirugi
22	left foot forwards to right rear foot stance	Bow wrist upward block (left)	<b>twitbal</b>	twitbal sonmokdung ollyo makki
23	right foot forwards to left L-Stance	Bow wrist upward block (right)	<b>twitbal</b>	twitbal sonmokdung ollyo makki
24	pivot 180° anti-clockwise to left walking stance	Palm Pressing block (left hand, slow)	<b>chongul</b>	chongul changkwon nullo makki
25	right foot forwards to right walking stance	Palm Pressing block (right hand, slow)	<b>chongul</b>	chongul changkwon nullo makki
26	left foot to right foot in Closed Stance	knifehand low front block in circular motion	<b>moa</b>	moa hadan sudo ap makki
27	pivot 180° anti-clockwise to left walking stance	knifehand rising block (left)	<b>chongul</b>	chongul sudo chukyo makki
28	maintain	high reverse forefist punch (right fist)	<b>chongul</b>	chongul sangdan pandae chirugi
29	right foot forwards (sliding) to left L-Stance	upset punch with left fist, right fist in front of left shoulder	<b>hugul</b>	hugul paro twijibo chirugi
30	right foot backwards to left walking stance	circular high fist with right hand	<b>chongul</b>	chongul sangdan pandae chirugi
31	pivot on rear (right) foot 180° clockwise to right walking stance	knifehand rising block (right)	<b>chongul</b>	chongul sudo chukyo makki
32	maintain	high reverse forefist punch (left fist)	<b>chongul</b>	chongul sangdan pandae chirugi
33	left foot forwards (sliding) to right L-Stance	upset punch with right fist, left fist in front of right shoulder	<b>hugul</b>	hugul paro twijibo chirugi
34	left foot backwards to right walking stance	circular high fist with left hand	<b>chongul</b>	chongul sangdan pandae chirugi
35	slip right foot to left L-stance	low reverse knifehand guarding block in circular motion	<b>hugul</b>	hugul hadan yoksudo taebi makki
36	pivot 180° clockwise to a right L-Stance	low reverse knifehand guarding block in circular motion	<b>hugul</b>	hugul hadan yoksudo taebi makki
37	slip left foot to Left Walking Stance	low outer forearm block (left)/ middle knifehand outward block (right)	<b>chongul</b>	chongul hadan palmok pandae makki chongul chungdan sudo baro yop makki
38	right foot forwards (stamping) to right Walking Stance	high twin vertical punch	<b>chongul</b>	chongul sangdan ssang-kwon sewo chirugi
39	right foot back to left one-leg stance	Back-Forearm strike into left palm	<b>oebal</b>	oebal dungpalmok ap taerigi
40		middle back piercing kick (right)		chungdan twit cha-jirugi
41	right foot lowers to sitting stance	outer forearm W block (inside)	<b>kima</b>	kima pakkatpalmok san makki
42	slide to right-hand side, maintaining sitting stance	outer forearm W block (inside)	<b>kima</b>	kima pakkatpalmok san makki

#	stepping	action	stance	korean term
43	pivot 180° anti-clockwise (right foot stamping) to sitting stance	outer forearm W block (inside)	<b>kima</b>	kima pakkatpalmok san makki
44	slide to left-hand side, maintaining sitting stance	outer forearm W block (inside)	<b>kima</b>	kima pakkatpalmok san makki
45	left foot back to right one-leg stance	Back-Forearm strike into right palm	<b>oebal</b>	oebal dungpalmok ap taerigi
46		middle back piercing kick (left)		sangdan twit cha-jirugi
47	placing the kicking foot down in a jumping motion to left X-stance	X-Fist pressing block	<b>kyocha</b>	kyocha kyochajumok nullo makki
48	right foot backwards to left walking stance	high circular palm strike with left hand	<b>chongul</b>	chongul sangdan kom-son paro ap taerigi
49	right foot forwards to right walking stance	high circular palm strike with right hand	<b>chongul</b>	chongul sangdan kom-son paro ap taerigi
50	maintain	Middle Palm Pushing Block (left hand)	<b>chongul</b>	chongul chungdan changkwon pandae miro makki
51	pivot 135° anti-clockwise to angled left walking stance	Knifehand Circular Block (right hand)	<b>chongul</b>	chongul sudo tollimyo makki
52	left foot forwards to right walking stance	Middle Palm Pushing Block (right hand)	<b>chongul</b>	chongul chungdan changkwon pandae miro makki
53	pivot 135° clockwise to angled right walking stance	Knifehand Circular Block (left hand)	<b>chongul</b>	chongul sudo tollimyo makki
54	right foot forwards to right walking stance	high rising forearm block (right)	<b>chongul</b>	chongul palmok chukyo makki
55	pivot on rear (left) foot 180° ccw to left walking stance	high rising forearm block (left)	<b>chongul</b>	chongul palmok chukyo makki
56	maintain	middle reverse forefist punch (right fist)	<b>chongul</b>	chongul chungdan pandae chirugi
👉	<i>bring left foot back to</i>			
<b>Baro!</b>	Parallel Stance	with both hands crossed in front of abdomen		Narani Junbi Sogi
<b>Chariot!</b>	closed Attention Stance	Hands to the sides		Moa Sogi