

Tang Soo Do Hyungs

"BS" is for back or fighting stance, "FS" for front stance, "HS" for Horse riding stance.

1. Kicho Hyung Il Bu

90° Left Low Block
Right Hand Center punch
180° Right Low Block
Left Hand Center punch

90° Left Low Block
3 Center Punch (FS)
Kiyap

270° Left Low Block
Right Hand Center punch
180° Right Low Block
Left Hand Center punch

90° Left Low Block
3 Center Punches (FS)
Kiyap

270° Left Low Block
Right Hand Center punch
180° Right Low Block
Left Hand Center punch

2. Kicho Hyung E Bu

90° Left Low Block
Right Hand High punch
180° Right Low Block
Left Hand High punch

90° Left Low Block
3 High BLocks (FS)
Kiyap

270° Left Low Block
Right Hand High punch
180° Right Low Block
Left Hand High punch

90° Left Low Block
3 High BLocks (FS)
Kiyap

270° Left Low Block
Right Hand High punch
180° Right Low Block
Left Hand High punch

3. Kicho Hyung Sam Bu

90° BS - Left I/O Block
Right Hand Center punch
180° BS - Right I/O
Block
Left Hand Center punch

90° Left Low Block
3 side punch side stance
(HS) & Kiyap on 3rd

BS - 270° Left I/O Block
Right Hand Center punch
180° Right I/O Block
Left Hand Center punch

90° Left Low Block
3 side punch side stance
(HS) & Kiyap on 3rd

270° Left I/O Block (BS)
Right Hand Center punch
180° Right I/O Block
Left Hand Center punch

4. Pyung Ahn Cho Dan

90° Left Low Block
Right Hand Center punch
180° Right Low Block
Right Wrist Breakaway
Right Block to Groin
Right Hammer Fist
Left Hand Center punch

90° Left Hand Low
Block/Soo Do Block
FS - 3 High Blocks
Kiyap

270° Left Low Block
Right Hand Center punch
180° Right Low Block
Left Hand Center punch

90° Left Low Block
FS - 3 Center Punches
Kiyap

270° Left Low Knifehand blk
45° Right Low Knifehand blk
135° Right Low Knifehand
blk
45° Left Low Knifehand blk

5. Pyung Ahn E Dan

BS-L I/O & R High Block
BS-Right Upper Cut
HS-Left Hand Center Punch

BS-R I/O & L High Block
BS-Left Upper Cut
HS-Right Hand Center Punch

Right Side Kick & Side
hammer fist, KiHap
BS-Left Middle Knife Hand

BS-Right Middle Knife hand
BS-Left Middle Knife Hand
FS- R. Piercing Hand (Lunging
Knife), KiHap

BS-270° Left Mdl Knifehand
blk
BS-45° Rt Mdl Knifehand blk
BS-135° Rt Mdl Knifehand blk
BS-45° Left Mdl Knifehand blk

FS- Right I/O Block
R Kick, L Punch, L. I/O Block,
L Kick, R Punch
FS- Right 2-Fisted Block

270° FS-L Low Blk, Soo do blk
45° FS-Right High Block

135° FS-R Low Blk, Soo do blk
45° FS-L High Block, KiHap

6. Pyung Ahn Sam Dan

BS- Left I/O Block
BS R-DBL Block, L-DBL Block

Turn R 180° BS- Right I/O Block
L-DBL Block, R-DBL Block

FS, Left 2-fisted block
FS, Right Lunging knife hand & KiHap

Wrist Twist onto back,
HS Turning L-Hammer fist
FS middle punch
Turning, Hands on Hips

Right O/I kick
Block w/shoulder,
HS Rt Hammer Fist & in

Left O/I kick
Block w/shoulder,
HS Left Hammer Fist & in

Right O/I kick
Block w/shoulder,
HS Right Hammer Fist

FS-Left Hand Center Punch
Inhale (RL up) Exhale – into Low Horse Stance

Turning counter clockwise and Punch over L shoulder. Jumping R & Punch over R shoulder & KiHap

7. Pyung Ahn Sa Dan

BS-L I/O & R High Block
BS-L High Block & R I/O
FS-2 Hand Low X Block
BS-2 Hand Middle Block

Left Side Kick, side punch
Right Elbow Strike

Right Ready Position
Right Side Kick
Left Elbow Strike

Right Open Hand H-Block while Left open low prepare; twist toward front and Left Open Hand H-Block while Right Side Hand Strike

Right Front Snap Kick
Right I/O Block, KiHap

Cross Open Hands
2 Hand Grab, R-Twist
Right Front Snap Kick
Right Middle Punch
Left Middle Punch

Cross Open Hands
2 Hand Grab, L-Twist
Left Front Snap Kick
Left Middle Punch
Right Middle Punch

BS Left 2 Fisted Block
BS Right 2 Fisted Block
BS Left 2 Fisted Block
2 Hand Grab
R Knee Strike, KiHap and turn toward front with Left High Knife Hand
Right High Knife Hand

8. Pyung Ahn O Dan

BS – L Yuk Jin (Left I/O Block, Right Rev Middle Punch)
AS - Double Right Block
BS – R Yuk Jin (Right I/O Block, Left Rev Middle Punch)
AS Double Left Block

2 Hand R Middle Block
2 Hand Low X Block -Fist
2 Hand High X Block
L-Middle Soo Do
R- Middle Punch, KiHap

Right Out/In Kick
Right Low Block
Left Open Middle Hand

Right O/I Kick To Hand
R-Elbow To Left Hand
CS, 2 Hand MDL Block
Straighten Right Arm
Leg Up, Jump Over Turn
CS-2 Hand X Low Block
KiHap

2 Fisted Middle Block
Right Low Spear Hand
Right Back Fist and
Left Low Block, Twist

Twist into Double Block Left
Low spear Hand
Left Back Fist and
Right Low Block

9. Bassai So

Bassai So Chun Bee
Cross St. 2 hand Block
LBS – L Soo Do & R High Block

AS - Right Low Block
LBS – L Soo Do & R High Block

CB, Load Both Hands
Knee strike w/ right foot, low side punch & KiHap
HS - Left slow Low Block
Right then left punch

Left low / Right back Block
Right low / Left back Block
Right Middle Knife Hand
Left Middle Knife Hand
Right Middle Knife Hand
Return Left Middle Knife
Right I/O Block
Hands High (triangle, slightly touching), grab, squeeze, Turning Side Kick w/ Back
BS 180° turn Double block
Double kidney strike
HS- right punch
Left back fist
FS – right Punch
Chun Bee Knife catch
HS – Grab & Strike
HS – Grab & Strike
HS – Grab & Strike
L. High Knife Hand Block toward corner back left corner
180 ° Right Knife Hand to front right corner, KiHap

