



West Coast Taekwondo

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4th Degree Senior Black Belt Pattern TONG-IL (67 movements)

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

	Ready Stance F	
1	Twin Punch High (Yell)	Left Front Stance
2	Twin Knifehand Strike High	Left Front Stance
3	Right Inner Forearm Block	Right Back Stance
4	Left Reverse Punch High	Right Front Stance
5	Right Punch High	Right Back Stance
6	Left Reverse Punch High	Right Back Stance
7	Left #2 Round Kick	
8	Left Low Block / Right Reverse Backfist High	Left Back Stance
9	Left Backhand High	Left Back Stance
10	Right Inside Crescent Kick (to left palm)	
11	Right Low Block / Left Reverse Backfist High	Right Back Stance
12	Right Backhand High	Right Back Stance
13	Left Inside Crescent Kick (to right palm)	
14	Twin Elbow Strike	Left Back Stance
15	Right Ridgehand Block High	Right Front Stance
16	Left Reverse Ridgehand Block High	Right Front Stance
17	Right Punch High	Right Front Stance
18	Left Reverse Punch High	Right Front Stance
19	Left #2 Twist Kick	
20	Left Backfist High	Left Back Stance
21	Right #2 Twist Kick	
22	Right Backfist High	Right Back Stance
23	Left Outside Knifehand Strike High	Left Cat Stance
24	Right Outside Knifehand Strike High	Right Cat Stance
25	Left Double Press Block (Medium)	Left Front Stance
26	Right Double Press Block (Medium)	Right Front Stance
27	Right Knifehand Strike Low (to left palm)	Closed Stance
28	Right Spin Heel Kick	
29	Left Knifehand High Block	Left Front Stance
30	Right Reverse Punch High	Left Front Stance
31	Left Reverse Reinforced Upset Punch High	Right Back Stance
32	Right Reverse Horizontal Punch	Left Front Stance
33	Left Spin Heel Kick	
34	Right Knifehand High Block	Right Front Stance
35	Left Reverse Punch High	Right Front Stance
36	Right Reverse Reinforced Upset Punch High	Left Back Stance

37	Left Reverse Horizontal Punch	Right Front Stance
38	Right Circular Double Ridgehand Block Low	Right Back Stance
39	Left Circular Double Ridgehand Block Low	Left Back Stance
40	Left Knifehand Block / Right Reverse Low Block	Left Front Stance
41	Twin Punch High	Right Front Stance
42	Right Hammerfist High (to left palm)	Left One Leg Stance
43	Right Spin Side Kick	
44	Twin Inner Forearm Block	Sitting Stance
45	Right #3 Jump Hook Kick (Yell)	
46	Twin Inner Forearm Block	Sitting Stance
47	Right #2 Round Kick	
48	Right 9 Block	Sitting Stance
49	Left 9 Block	Sitting Stance
50	Right Knifehand Block / Left Reverse Low Block	Right Front Stance
51	Twin Punch High	Left Front Stance
52	Left Hammerfist High (to right palm)	Right One Leg Stance
53	Left Spin Side Kick	
54	Twin Inner Forearm Block	Sitting Stance
55	Left #3 Jump Hook Kick (Yell)	
56	Twin Inner Forearm Block	Sitting Stance
57	Left X Block Low	Left X-Stance
58	Left Outside Block	Left Front Stance
59	Right Outside Block	Right Front Stance
60	Left Reverse Palm Heel Strike High (Medium)	Right Front Stance
61	Left Low Block / Right Reverse Knifehand Block	Left Front Stance
62	Right Reverse Palm Heel Strike High (Medium)	Left Front Stance
63	Right Low Block / Left Reverse Knifehand Block	Right Front Stance
64	Right High Block	Right Front Stance
65	Left Reverse Punch High	Right Front Stance
66	Left High Block	Left Front Stance
67	Right Reverse Punch High	Left Front Stance