

TKD Forms (Moves and Meanings)

- 4 Directional Pattern – 16 movements (8 each side)
- Chon Ji – 19 movements
“Heaven and Earth” East Asian metaphor symbolizing the creation of the universe and the beginnings of all things.
- Dan Gun – 21 movements
Representing the legend of the first Korean King, Tan Gun, who created the Korean Kingdom known as the “Great White Mountain” and the “City of God” at its summit.
- Do San – 24 movements
Honors the Korean patriot and educator Ch’and-Ho-Ahn’s short 24 year lifetime devoted to education and Korean independence.
- Won Hyo – 28 movements
In honor of the Korean Monk Won Hyo who was noted for his efforts to relieve poverty and spread Buddhism in Korea.
- Yul Gok – 38 movements
A pseudonym for the philosopher I Yi of called “the Confucius of Korea”. The 38 movements of this pattern symbolize his birthplace at the 38th degree latitude.
- Joong-Gun – 32 movements
Represents the age of Chung-Gun Ahn at the time of his death after he defeated the first Japanese Governor-General of Korea.
- Toi-Gye – 37 movements
Represents the scholar Hwang Yi who lived during the sixteenth century. The

linear pattern is based on the Chinese character for “scholar”.

- Hwarang – 29 movements

The Hwa Rang meaning “flower of youth” were ancient Korean warriors from the sixth century who were known for their high moral code of conduct.

- Chong-Moo – 30 movements

Ch’ung Mu is the nickname of Admiral Sun-Sin Yi an innovative military strategist and leader of the Korean Navy. This pattern ends with a left-hand attack to symbolize his unrealized potential, due to his death at an early age.

Reference (Taekwondo Complete ITF Patterns (Tedeschi, 2015))