

Lukas Grygiel



# TAEKWON-DO

## THE ART OF PATTERNS VOL. 1

*with Mr. Janoslaw Suska VI Dan*



*L. Doulay*



*M. Pensia*



*L. Grygiel*

*Lukas Grygiel*



# ***TAEKWON-DO***

## ***THE ART OF PATTERNS***

***VOL. 1***

***Kwang-Gae – Choi-Yong***

*To all Taekwon-do Practitioners*

INDEX

1. INTRODUCTION .....	3
2. CHAMPIONS PRESENTATION .....	4
3. SINEWAVE STUDY .....	6
4. KWANG-GAE .....	9
5. PO-EUN .....	23
6. GE-BAEK .....	37
7. EUI-AM .....	53
8. CHOONG-JANG .....	69
9. JUCHE .....	87
11. SAM-IL .....	105
12. YOO-SIN .....	119
13. CHOI-YONG .....	141
14. ABOUT BLACK BELT PROJECT .....	156
15. MIGHTYFIST .....	157

## INTRODUCTION

*Almost half of my life I've been practicing Taekwon-do. It is my passion and a great part of my business and personal life. It is an amazing martial art, which helps not only to gain self-defense skills, but also shapes our attitude towards the world and other people. It teaches respect, endurance and rewards us for overcoming our weaknesses. We carry over Taekwon-do's rules from training halls to our private lives, becoming more determined and self-confident thanks to it. That is why it's a great pleasure to cooperate with people who share this passion with me.*

*After creating the series of Black Belt multimedia programs that help people around the world in practicing this martial art, I've decided to publish this book. It is meant to be an additional help in situations where using application is not possible. I also wanted to honor the people who have been competing in patterns with success for the last couple of years.*

*I want to thank everyone who participated in this book: Mr. Jaroslaw Suska, Mr. Lylian Doulay and Mr. Massimo Persia. Without hesitation they have joined the project and did their best to make it invaluable help for the people of Taekwon-do. I want to also thank Mr. Jonathan Morris from Mightyfist company for providing their exceptional doboks to use during photo sessions for this book.*

*As always I want to express my sincere gratitude to Masters Tadeusz Loboda and Jerzy Jedut for their continued support of my project.*

*None of these would be possible without You, Taekwon-do practitioners, my Clients, my Friends – Thank you!*

## ABOUT AUTHOR



### Lukasz GRYGIEL III DAN

Born in 1981 in Czestochowa. He was Polish academic champion in years 2001 – 2003 (patterns and special techniques). Master of Computer Science, currently specializing in software development, web design. Taekwon-do practitioner for over 15 years. Participant of seminars with GM Bos, GM Lan, GM Marano, GM Trajtenberg, Master Jerzy Jedut and others.

Since 2012 he has been developing Black Belt Project, creating software, books and mobile applications that help people around the world enhance their Taekwon-do skills. Constantly working on new projects with the best Taekwon-do practitioners and instructors such as: Master Tadeusz Loboda VIII DAN (AETF President), Master Jerzy Jedut VIII DAN (AETF General Secretary), Mr. Jaroslaw Suska (multiple world champion) and many others. His personal belief that: "Essence of life is growth" helps him provide exceptional value to his customers.

Privately loves travelling, photography, snowboard, self-development and sport in general.





## Mr. Jaroslaw SUSKA VI DAN

Born on 18.10.1972 in Poland and called 'the best pattern performer ever' by a great many authorities, as well as his fans; **6-time World Champion and 20-time European Champion**, is a real legend, a very unique person, and an amazing competitor who delights Taekwon-Do practitioners all over the world with his perfectionism.

His skills can be admired in a series of educational programs from the Black Belt series – available at [www.tkd-blackbelt.com](http://www.tkd-blackbelt.com)

His amazing performances, either during the tournaments or at the seminars and camps, always gather round many competitors, coaches, Masters, supporters and spectators alike.

We watch this iconic member of the Polish National Team of many years with admiration, respect, and simply enjoy watching him perform patterns or any other taekwon-do technique, and we simply cannot take our eyes off him. This champion is an inspiration and an excellent role model to follow for a plethora of taekwon-do enthusiasts.

Those who have had a chance to train at Mr. Suska's session know pretty well that he is really tough, demanding, professional, and very serious from the first minute to the very end of the training session.




---

Jaroslaw Suska VI DAN





## Mr. Lylian DOULAY VI DAN

Born 22 June 1976 near Paris, France. He began his Taekwon-do career on September 1993. He is International Instructor 6th degree and ITF France president. He was European Champion 2014 and World Cup champion 2012-2014. He has been working in the Navy for 18 years. Participant of ten International Instructors Courses and two International Umpire Courses. Winner of many international championships, truly devoted to improving his Taekwon-do skills.

---

Lylian Doulay VI DAN



## Mr. Massimo PERSIA V DAN

For 26 years Massimo Persia has been doing TaeKwon-Do ITF, achieving the black belt 5 Dan degree. Since 2001 he is a member of Italian national team of which he is the captain. During these years, he has had the opportunity to travel everywhere taking part in all the most important competition in the world, among his prize record he won two European Championship in two different specialties, Pattern IV-VI Dan and Pre-Arrangement Sparring.

He won innumerable victories among which the gold medal in the World Cup in 2008, the silver in the World Championship in 2013, besides 11 silvers in the European Championship, a bronze in the World Championship, two bronzes in the World Cup, a silver and a bronze in the European Cup and, at last, 18 times Italian Champion.

A remarkable track record!

Today, Massimo is the President and founder of the MixedMartialArts.it Sports Association, where various martial disciplines and fighting sports are practiced, an association where TaeKwon-Do values and principles are fundamental: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

---

Massimo Persia V DAN

- but it didn't adequately describe the flowing, continuous nature by which he wanted certain other movements linked.

Continuous movements always involve defence – and the idea is to link them smoothly with a nice flow and rhythm. Fast techniques are normally attacks, nearly always punches and kicks (but not always (Yoo Sin 34 – 35).

## CONCLUSION

**Slow motion** – movement is performed slowly with slow breathing. This is used to emphasize an important movement and to check balance and control.

**Fast motion** – urgent and aggressive, normal breathing. Fast motion is nearly always attacks – mainly two punches. Short-cut your sinewave – spring straight from the first movement into the next.

**Continuous motion** – link the movements together with no pause between the end of one movement and the start of the next. Breath in once then out in a continuous flow of air but emphasizing each movement. Try to link the moments smoothly, with grace and beauty. (Continuous movements always start with a block).

**Connecting motion** – complete the two movements with one breath and one sinewave. Connecting motion is always with two movements using opposite arms.

There is also other terminology used in patterns like - “in a quick motion, a releasing motion, in a consecutive kick” etc. How is a quick motion different from a fast motion?

“Releasing motion” – the General is telling us it is a releasing technique

“Consecutive kick” – the General is telling us “do not put your foot on the ground after the first kick”

“Quick” – used for single movements so means “do it quickly”, as opposed to fast motion, which describes how two or more movements should be performed together.

## Sinewave Study

This is an analysis of how sinewave is performed in pattern movements in relation to fast, continuous and connecting motion. This is based on watching Gen. Choi and others perform the movement at various seminars over the years.

There seems to be 4 ways of moving from one movement on to the next, as listed below:

**Full sinewave** means once the first movement is complete, you then drop your weight down, up, then down again as you complete the next movement (down/up/down).

**2/3 sinewave** means completing the first movement, moving straight up then down to complete the next movement (up/down).

**1/3 sinewave** means you are already up at the completion of the first movement, so then drop down into the next (down).

## SINEWAVE STUDY

The follow is a study of the various speeds in patterns, such as fast and continuous motion, and how we do sinewave.

"In the beginning", there was only normal, fast and slow motion. Continuous came later, then finally connecting with the publishing of the second edition of the 15 volume Encyclopedia in 1983.

There is generally no problem with understanding slow and connecting motion... connecting being two movements in the one sinewave and one breath...like hooking block/punch in Yul-Gok, scooping block/punch in Ge-Baek.

But what is the difference between fast and continuous motion?

Is it the sine wave? Is it the breathing? Is it the overall speed or time it takes to complete the movements? Is it the interval of time between the two movements?

Let's look at these one by one:

### Sinewave:

With the continuous motion in Dun-Gun, General Choi gave very clear instructions to drop down after the low block, then rise up, then down on the rising block. In other words, full sine wave. Down-up-down. In Po-Eun however, every continuous movement is NOT done with full sinewave - the final "down" of the preceding movement becomes the first "down" of the next. So there is no clear rule there. There is also the fast motion in Ul-Ji which is just one movement - dropping into x-stance...so how can we make a clear rule to do with sinewave? Then there is fast motion with kicks also - like in Hwa-Rang and Choong-Moo...

The ITF Technical Committee also offered this definition of continuous motion and sinewave at the seminar in New Zealand, August 2004: Movements in continuous motion should be completed using full sine wave (down-up-down) unless there are more than 2 movements (eg Po-Eun 6-12, 24-30 and Yoo-Sin 16-19), in which case perform a 2/3 sinewave.

### Breathing:

Both fast and continuous movements call for individual breaths, although the General tended

to "merge" his breaths somewhat on continuous motion. The ITF Technical Committee further explained continuous motion breathing as inhaling only once, then breathing out on each technique as you execute it. (NZ seminar, August 2004). Connecting motion has only one breath.

It should be noted (just to confuse things) that there appears to be a mistake in the Encyclopedia. It says in the Theory of Power section that each movement should have one breath except for "continuous motion". This I think is an error, as it states in the Training Secret section "except on connecting motion".

### Over-all speed or time taken:

Sometimes continuous movements take longer to complete than fast - sometimes the other way around. For example, the two fast motion punches in Do-San are over and done with quicker than the low/rising blocks in Dan-Gun. Yet in Po-Eun, the continuous motion techniques are completed at a fast rate.

### Interval between movements:

There is a popular view that the difference between normal, fast and continuous is the interval, or gap between the movements. The idea is that two movements performed at normal speed would have a natural count or gap between them, fast has this gap shortened, the continuous has no gap at all. This would fine except that this is not the way fast motion gets performed, either by seniors, Masters or General Choi himself. If you watch, there is no gap at all between the two punches in Do-san for example: as soon as the first is finished you spring straight up into the 2nd almost in a continuous-like motion.

General Choi said once:

*"Fast motion is performed with urgency, aggressive. Continuous motion is performed with grace and beauty - it must flow."*

So I think then, we have to try and understand what his thoughts were when he introduced the terminology. He had "fast motion" already

BELT IS A WHITE BELT



BLACK BELT

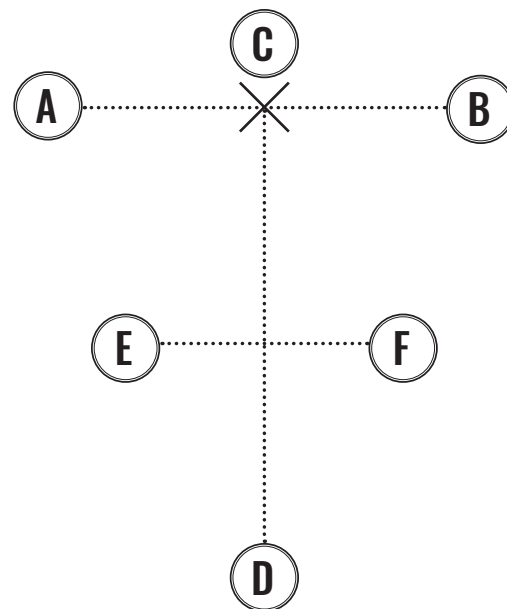
v.tkd-h



# Kwang-Gae



*Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the **expansion and recovery** of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.*

**Movements:** 39**Required for:** II DAN**Starting position:** Narani So Hanulson  
(Parallel Stance With Heaven Hand)**Diagram:****Additional Info:**

Slow motion: 2, 3, 10, 11, 21, 22, 26, 30

Natural motion: 4, 6

Stamping: 23, 27, 31, 32, 36

Shift: 25, 29

Slide: 5, 7

Low Walking Stance: 21, 22, 26, 30



KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories (previously lost to the dynasty during prior conflicts) including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory.

The 39 movements refer to the first two figures of 391 A. D, the year he came to the throne.

### The Life of Kwang-Gae

King Kwang-Gae-Toh-Wang (meaning "broad expander of territory") was born in 374 AD and ascended to the throne in 391, at the age of just seventeen, to become the 19th king of the Koguryo Dynasty. He ruled over Koguryo at the time in Korea's history known as The Three Kingdoms, so called because during this time the Korean peninsula was constantly being fought over by the three Koguryo, Silla and Paekche dynasties. He is sometimes referred to as Great King Yeongnak, after the era name selected by him.

He expanded Koguryo's territories far into the Korean peninsula by advancing southward at the expense of the Paekche dynasty to occupy the north of the Han River, and occupied Manchurian territory to the east of Liaohe. On his death in 413, at just 39 years of age, Koguryo ruled everything between the Sungari and Han Rivers. This gave it control over two thirds of what is now modern Korea as well as a large part of Manchuria. In addition, the chieftains of Silla submitted to the northern kingdom's authority in 399 to receive protection from Japanese raids. Only Paekche continued to resist Koguryo domination during this period, thereby preventing what would have been the first recognised unification of the Korean peninsula.

His philosophy of expansion was inherited by his son, King Jang Soo Wang, the 20th Koguryo ruler. Jang Soo strengthened the army, invaded nearby nations and further expanded the Koguryo Dynasty, making it into a great empire.

During his reign, King Kwang-Gae conquered 65 walled cities and some 1,400 villages, in addition to aiding Silla when it was attacked by the Japanese. In 392 he built nine Buddhist temples in Pyongyang. His accomplishments are recorded on a monument which was erected in 414 in southern Manchuria.

Hanulson - Heaven Hands

This form begins with a movement called Heaven Hands. Legend has it that King Kwang Gae stood upon a hill and gazed through his hands towards heaven, asking the gods for a quick and successful battle. When the enemy armies came over the horizon the king thrust his hands apart to signal the start of the battle.

## Narani So Hanulson

*Parallel stance with a heaven hand toward D*

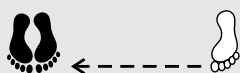
Pull both hands rapidly to the side, describing a straight line and then bring them slowly in front of the navel.



### 1. Moa Junbi Sogi B

*Closed ready Stance B*

Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.

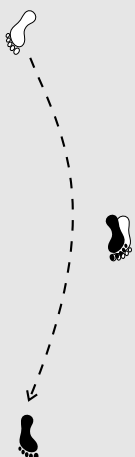


### 2. Gunnun So Dwijibo Jirugi

*Left Walking Stance Upset Punch*

Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist.

Perform 2 in slow motion.



### 3. Gunnun So Dwijibo Jirugi

*Right Walking Stance Upset Punch*

Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist.

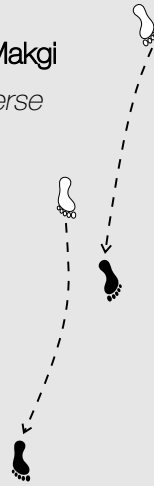
Perform in slow motion.

#### 4. Gunnun So Sonbadak Baro Golcho Makgi

*Right Walking Stance Palm High Obverse Hooking Block*

Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm.

Perform in a double stepping motion.



#### 5. Niunja So Sonkal Najunde Daebi Makgi

*Right L-Stance Knifehand Low Guarding Block*

Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.

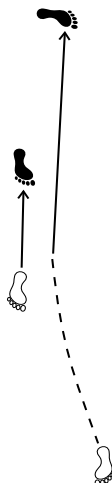


#### 6. Gunnun So Sonbadak Baro Golcho Makgi

*Left Walking Stance Palm High Obverse Hooking Block*

Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.

Perform in a double stepping motion.



#### 7. Niunja So Sonkal Najunde Daebi Makgi

*Left L-Stance Knifehand Low Guarding Block*

Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.





## 8. Dwitbal So Sonkal Nopunde Daebi Makgi

*Right Rear Foot Stance Knifehand High Guarding Block*

Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.



## 9. Dwitbal So Sonkal Nopunde Daebi Makgi

*Left Rear Foot Stance Knifehand High Guarding Block*

Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.



## 10. Gunnun So Sonbadak Olyo Makgi

*Left Walking Stance Right Palm Upward Block*

Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm.

Perform in a slow motion.



## 11. Gunnun So Sonbadak Olyo Makgi

*Right Walking Stance Left Palm Upward Block*

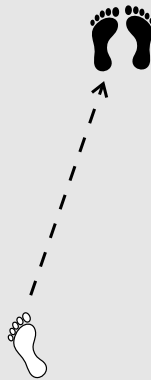
Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm.

Perform in a slow motion.

## 12. Moa So Sonkal Najunde Ap Makgi

*Closed Stance Right Knifehand Low Front Block*

Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.



## 13. Bakuro Noollo Chagi

*Left Pressing Kick*

Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.



## 14. Kaunde Yopcha Jirugi

*Left Middle Side Piercing Kick*

Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13.

Perform 13 and 14 in a consecutive kick.



## 15. Niunja So Sonkal Nopunde Anuro Taerigi

*Right L-Stance Right Knifehand High Inward Strike*

Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.



TAEKWON-DO LEGEND

JAROSLAW  
SUSKA

IN THE WORLDWIDE  
RECOGNIZED SOFTWARE

**INTRODUCING INNOVATIVE  
LEARNING METHOD**

- ALL TAEKWON-DO PATTERNS
  - THEORY, STANCES
  - TECHNIQUES
- AND MORE:
- ONLINE SEMINARS
  - PROGRAMS, BOOKS & MOBILE APPS



**WWW.TKD-BLACKBELT.COM**

*Recommended by  
Masters & Champions !*



**TO BE THE BEST  
TRAIN WITH THE BEST**



**Founded by ITF Taekwon-Do instructors,  
Mightyfist is committed to providing the  
best uniforms and equipment for Masters,  
Instructors, students and competitors.**

**Dedicated to excellence and quality,  
all our products are tested in the  
dojang and proven in competition.**

**MIGHTYFIST®**  
***THE BRAND OF CHAMPIONS!***

**WWW.DOBOKS.COM ● WWW.DOBOKS.EU**

## BIBLIOGRAPHY

1. The Encyclopedia of Taekwon-Do, Gen. Choi Hong Hi
2. Sinewave Study, Master Paul McPhail
3. Jarosław Suska - Taekwon-Do Icon, Katarzyna Rozwadowska
4. Wikipedia, Internet Resources