



## Kihap's In Patterns from 9<sup>th</sup> Kup to the 1<sup>st</sup> Degree Patterns

The performance of Patterns now includes a 'Kihap' at key points. The listing below explains which moves now include 'Kihaps'. If you have any queries regarding this speak to your Instructor.

**Chon-Ji: Movement #17** – 2<sup>nd</sup> Forwards Front Punch

**Dan-Gun: Movement #8** - High Punch before Twin Forearm Block and **Movement #17** - Last Rising Block

**Do-San: Movement #6** - Straight Fingertip Thrust and **Movement #22** – Last Rising Block

**Won-Hyo: Movement #12** – Straight Fingertip Thrust

**Yul-Gok: Movement #24, Movement #27** - Both Front Elbow Strikes and **Movement #36** Jumping Back-fist

**Joong-Gun: Movement #12** – Twin Upset Punch

**Toi-Gye: Movement #29** – Jumping X-Fist Pressing Block

**Hwa-Rang: Movement #14** - Last Walking Stance Middle Section Punch before spin Knife-hand Guarding Block and **Movement #25** Right Side Elbow Thrust

**Choong-Moo: Movement #9** - on the execution of the Knife Hand Guarding Block when landing from Flying Side Kick and **Movement # 19** - on the landing Knife Hand Guarding Block from the jump spin technique

**Kwang-Gae: Movement #23** and **Movement #27** - both Sitting Stance Back-fist Strikes

**Po-Eun: Movement #12** and **Movement #30** – on both Horizontal Punches

**Ge-baek: Movement #19** – Knife Hand Guarding Block before first Nine Shaped Block and also **Movement #28** - X-Stance Double Forearm Block

**If you have any queries regarding this please speak to your Instructor.**