

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.

## TONG-IL

Movements - 56

Ready Posture - PARALLEL STANCE WITH AN OVERLAPPED BACK HAND



1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion.
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion.
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.
5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand.
8. Execute an inward vertical kick to the left palm with the right reverse footsword.
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand.
10. Execute an inward vertical kick to the right palm with the left reverse footsword.
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion.
12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion.
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion.
14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.
17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.
20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.
21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.
22. move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.
23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.
24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.
25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion.
26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.
27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.

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28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D.
29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder.
30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip.
31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C.
33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder.
34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip.
35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.
37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot.
38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.
39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm.
40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.
42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.
43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.
44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.
45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm.
46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction.
47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist.
48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.
49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.
50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.
51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD.
52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.
53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD.
54. Execute a high side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a closed stance toward D while executing a twin side back elbow thrust.
55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.
56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.

END: Bring the right foot back to a ready posture.