



Kihaps in Patterns up to and Including 1st Degree Patterns

Now that Heart of England ITF Taekwon-do is a member of the ITF, 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 – 2nd Forwards Front Punch
- Dan-Gun:** Movement #8 - High Punch before Twin Forearm Block and #17 - Last Rising Block
- Do-San:** Movement #6 - Straight Fingertip Thrust and #22 - Last Rising Block
- Won-Hyo:** Movement #12 – Straight Fingertip Thrust
- Yul-Gok:** Movement #24, #27 - Both Front Elbow Strikes and #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 #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 #19 - on the landing Knife Hand Guarding Block from the jump spin technique
- Kwang-Gae:** Movement #23 and #27 - both Sitting Stance Back-fist Strikes
- Po-Eun:** Movement #12 and #30 – on both Horizontal Punches
- Ge-baek:** Movement #19 – Knife Hand Guarding Block before first Nine Shaped Block and #28 - X-Stance Double Forearm Block