

	Slow Motion	Fast Motion	Continuous Motion	Connecting Motion	Consecutive Kick
Chon-Ji	-	-	-	-	-
Dan-Gun	-	-	13 & 14 Low block, rising block	-	-
Do-San	-	15 & 16, 19 & 20 obverse-reverse punches	-	-	-
Won-Hyo	-	-	-	-	-
Yul-Gok	-	2 & 3, 5 & 6, 9 & 10, 13 & 14 obverse-reverse punches	-	16 & 17, 19 & 20 hooking block, punch	-
Joong-Gun	27 & 29 palm pressing blocks 30 angle punch	-	-	-	-
Toi-Gye	3 & 6 side-back backfst strike 12 twin elbow thrust	-	7 & 8 x-fist pressing block, twin vertical punch	-	-
Hwa-Rang	-	18 & 19 turning kicks	-	-	-
Choong-Moo	-	14 & 15 turning kick, back piercing kick	-	-	-
Kwang-Gye	2 & 3 upset punches 10 & 11 upward palm blocks 21 & 22 palm pressing blocks 26 & 30 finger tip thrusts	-	-	-	13 & 14, 17 & 18 pressing kick, side piercing kick
Po-Eun	-	-	6-12 & 24-30 punches, elbows and blocks (Note an exception: continuous movements with fast breath control	-	-
Gae-Baek	-	3 & 4 obverse-reverse punches 22 & 23 turning kick, flying side kick	5 & 6 rising block, low block 37 & 38 low guarding blocks	9 & 10, 29 & 30 scooping block, punch	