



CANADIAN ELITE TAEKWON-DO

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TULS KI-HAPS FROM CHON-JI TO GAE-BAEK

CHON-JI TUL

Movement # 17: Right walking stance while executing a middle obverse punch
(Second punch going forward at the end of Tul)

DAN-GUN TUL

Movement # 8: Right walking stance while executing a high obverse punch
(Third punch going forward)

Movement # 17: Right walking stance executing an obverse rising block
(Third rising block going forward)

DO-SAN TUL

Movement # 6: Right walking stance while executing a middle obverse straight fingertip thrust

Movement # 22: Right walking stance while executing an obverse rising block
(Second obverse rising block)

WON-HYO TUL

Movement# 12: Right walking stance while executing a middle obverse straight fingertip thrust

YUL-GUK TUL

Movement # 24: Left walking stance while striking the left palm with the right front elbow
(First elbow strike after side piercing kick)

Movement# 27: Right walking stance while striking the right palm with the left front elbow
(Second elbow strike after side piercing kick)

Movement# 36: Jump forming a left X-stance while executing a high side strike with the left back fist

JOONG-GUN TUL

Movement# 12: Right walking stance while executing a twin upset punch

TOI-GYE TUL

Movement# 29: Jump forming a right X-stance while executing an X pressing block

HWA-RANG TUL

Movement# 14: Right walking stance while executing a middle obverse punch



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(Second obverse punch after completing the side piercing kick)

Movement# 25: Form a sliding right L stance while executing a obverse elbow thrust

CHOONG-MOO TUL

Movement# 9: Execute a flying side piercing kick with the right foot then land forming a left L stance
While executing a middle knife-hand guarding block
(Ki-hap on the execution of the knife hand guarding block)

Movement# 19: Jump and spin around counter-clockwise landing on the same spot in a left L stance
While executing a middle knife-hand guarding block
(Ki-hap on the landing performing the knife hand guarding block)

KWANG-GAE TUL

Movement# 23: Move right foot in a stamping motion to form a sitting stance while executing a high
Side right back fist

Movement# 27: Move left foot in a stamping motion to form a sitting stance while executing a high
Side left back fist

PO-EUN TUL

Movement# 12: Execute a right horizontal punch (to the right) maintaining a sitting stance

Movement# 30: Execute a left horizontal punch (to the left) maintaining a sitting stance

GAE-BAEK TUL

Movement# 19: Turning counter-clockwise to form a right L stance while executing a middle knife-hand
Guarding block
(After side piercing kick third L stance while executing a middle knife hand guarding
Block)

Movement# 28: Jump forming a right X- stance while executing a high right double forearm block