

ITF Taekwon-Do Patterns

	Tul	Starting position	Steps	Start leg	End leg
1	Chon-Ji	Narani Junbi Sogi	19	Left	Left
2	Dan-Gun	Narani Junbi Sogi	21	Left	Left
3	Do-San	Narani Junbi Sogi	24	Left	Right
4	Won-Hyo	Moa Junbi Sogi A	28	Left	Right
5	Yul-Gok	Narani Junbi Sogi	38	Left	Left
6	Joong-Gun	Moa Junbi Sogi B	32	Left	Left
7	Toi-Gye	Moa Junbi Sogi B	37	Left	Right
8	Wha-Rang	Moa Junbi Sogi C	29	Left	Right
9	Choong-Moo	Narani Junbi Sogi	30	Left	Left
10	Kwang-Gae	Narani So Hanulson	39	Left	Left
11	Po-Eun	Narani So Hanulson	36	Left	Left
12	Ge-Beak	Narani Junbi Sogi	44	Right	Right
13	Eui-Am	Moa Junbi Sogi D	45	Right	Right
14	Coong-Jang	Moa Junbi Sogi A	52	Right	Left
15	Juche	Sang Yop Palkup Narani Sogi	45	Left	Right
16	Sam-Il	Moa Junbi Sogi C	33	Left	Left
17	Yoo-Sin	Moosa Junbi Sogi B	68	Left	Right
18	Choi-Yong	Moa Junbi Sogi C	46	Left	Right
19	Yon-Gae	Moosa Junbi Sogi A	49	Right	Right
20	Ul-Ji	Kaunde Kyocha Sondung Narani Sogi	42	Left	Left
21	Moon-Moo	Narani Junbi Sogi	61	Left	Right
22	So-San	Moa Junbi Sogi A	72	Right	Right
23	Se-Jong	Moa Junbi Sogi B	24	Left	Left
24	Tong-Il	Pogaen Sondung Narani Sogi	56	Right	Right
Total number of steps in all patterns			970		