

What is a pattern?

A pattern is a set of fundamental movements both attack and defence, set in a logical sequence designed



Why do we perform patterns?

Patterns are practised to improve Taekwon-Do techniques, to develop sparring techniques, improve flex

Why do we learn the pattern meanings?

The name and number of moves and the diagrammatic symbol of each pattern symbolize either a histor

Why are there 24 patterns?

The reason for 24 patterns is to be able to know the kind of situation that will occur in the life of the performer.

The following points should be considered when performing patterns

1.

Patterns should begin and end on the same spot. This will indicate the performer's accuracy.

2.

Correct posture and facing must be maintained at all times.

3.

Muscles of the body should be tensed or relaxed at the proper critical moments in the pattern.

4.

The pattern should be performed in a rhythmic movement with the absence of stiffness.

5.

Each pattern should be accelerated or decelerated according to instructions.

6.

Each pattern should be perfected before moving on to the next.

7.

Students should know the purpose of each movement.

8.

Students should perform each movement with realism.

Below are all 24 patterns with full listings for all movements in both Taekwon-Do language and English, e

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