**Chon Ji** 19 movements
Chon Ji means “the Heaven and Earth”. It is interpreted as the creation of the world or the beginning of human history; therefore it is the initial form performed by beginners. It consists of two similar parts. The first eight movements represent the Heaven, the next eight movements the Earth, and the last three the Harmony of the Universe.

**Dan Gun** 21 movements
Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

**Do San** 24 movements
Do San is the pseudonym of the patriot Ahn Chong Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

**Won Hyo** 28 movements
Won Hyo was the noted monk of the Silla Dynasty who secularized Buddhism by making the Buddhist doctrine understandable to the people. He died in the year 686.

**Yul Gok** 38 movements
Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea.” The 38 movements refer to his birthplace on the 38th latitude and the diagram (+/-) represents a scholar.

**Joong Gun** 32 movements
Joong Gun is named after the patriot Ahn Joong Gun who executed Hiro Bumi Ito, the first Japanese governor-general of Korea, who played the leading role in the Korea-Japan Annexation in 1910 when he entered his strategic territory in Manchuria. The 32 movements represent Mr. Ahn's age when he was killed by the Japanese in 1910.

**Toi Gye** 37 movements
Toi Gye is the pseudonym of the noted scholar Yi Hwang, an authority of neo-Confucianism in the 16th century. The 37 movements refer to his birthplace on the 37th latitude and the diagram (+/-) represents a scholar.

**Hwa Rang** 29 movements
Hwa Rang was a youth cadet group of the Silla Dynasty that was the driving force for the unification of Three Kingdoms in the 7th century. The 29 movements refer to the 29th Infantry Division of Korea (known as Tiger Division), where Tae Kwon Do developed into maturity and effectiveness during the Vietnam War.

**Choong Moo** 30 movements
Choong Moo was the name given to the great Admiral Yi Soon Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship in 1592 (Ko Book Sun), which was the precursor of the modern submarine. The reason why this form ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained loyalty to the king.

**Kwang Gae** 39 movements
Kwang Gae is named after the famous Kwang Gae Toh Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The 39 movements refer to the first two figures of 391, the year he came to the throne. The diagram represents the expansion and recovery of lost territory.