**FORMS**

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| **Name** | **Moves** | **Meaning** |
| 1) **Chon-Ji** | 19 | Means literally "Heaven and Earth". White belt form. |
| 2) **Dan-Gun**  | 21 | Named after Dan-Gun, legendary founder of Korea, who founded legendary Korea in the year 2333 B.C. White belt form. |
| 3) **Do-San** | 24 | Named after Do-San Ahn Ch'ang-Ho, the Korean patriot who dedicated his life to the education of Korea and it's independence movement. Yellow belt form. |
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| 4) **Won-Hyo** | 28 | Named for the Korean monk who brought Buddhism to the Silla Dynasty of Korea in the year 686 A.D. Yellow belt form. |
| 5) **Yul-Gok** | 38 | Named for the Korean Confuscious, Yi-I. Green belt form. |
| 6) **Joong-Gun** | 32 | Named for the Korean patriot An Joong-Gun who assassinated the first Japanese governor-general of Korea, Hirobumi Ito. Green belt form. |
| 7) **Toi-Gye** | 37 | Penname for the neo-confuscian scholar, Yi-Hwang. Blue belt form. |
| 8) **Hwa-Rang** | 29 | Named for the Hwa-Rang youth group, whose motto was to be the driving force behind the unification of the three Kingdoms of Korea (Silla, Baek-Je and the Koguryo). Red belt form. |
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| 9) **Choong-Moo** | 30 | Named for the Korean Admiral, Yi Sun-Sin, after whom Korea's first armored battleship was named. 1st Dan form. |
| 10) **Kwang-Gae** | 39 | Named after Gwang-Gae-T'o-Wang, nineteenth King of the Koguryo Dynasty who regained all lost territories in battle, including the upper part of greater Manchuria. 2nd Dan form. |
| 11) **Po-Eun** | 36 | Pseudonym for the famous Korean poet, Chong Mong-Chu, who's poem is known to all Koreans. The gist of which is - "I would rather be crucified a hundred times, than to serve a second master".2nd Dan form. |
| 12) **Ge-Baek** | 44 | Named for the Korean general Ge-Baek of the Baek-Je Dynasty, who was known for his severe and strict military rule. 3rd Dan form. |
| 13) **Eui-Am** | 45 | Named after Son-Byong-Hi, leader of the Korean independence movement on March 1, 1919. 4th Dan form. |
| 14) **Choon Jang** | 52 | Named after Kim Duk Ryung, general of the Yi dynasty in the 14th century ad. 4th Dan form. |
| 15) **Ko Dang** | 39 | Named after Cho Man Shik who dedicated his life to the Korean Independence Movement. 5th Dan form. |
| 16) **Sam-Il** | 33 | Sam-Il denotes the historical date of the Independence Movement of Korea. The 33 movements represent the 33 patriots who planned the movement. 5th Dan form. |
| 17) **Yoo-Sin** | 68 | The hyung named after General Kim Yoo Sin, commanding general during the Silla Dynasty, who unified the three Kingdoms of Korea in 668 A.D. The 68 movements refer to the last two numbers of the year Korea was united. 6th Dan form. |
| 18) **Choi-Yong**19) **Se-Jong**  | 4624 | General Choi-Yong, the Premier and Commander-in-Chief of the Armed Forces of the Koryo Dynasty, during the 14th Century. 6th Dan form.He is the greatest Korean King, inventing the Korean alphabet. 24 moves refer to the 24 letters of the Korean alphabet. 6th Dan form. |
| 20) **Ul-Ji** 42 General Ul-JiMoon Dok successfully defended Korea against a Tang invasion in 612 AD. 7 dan form. |
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