



FIRST STRIKE SYSTEM

Tae Kwon Do Curriculum

Black Belt Forms – 4th Dan/Master Ilyo



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Form – ILYO

Starting from Ready Stance...

1. With both feet together, cup left palm over right palm in front of face and step forward with left foot into Back Stance; execute double knife block with left hand



2. Move right foot into Front Stance; execute punch with right hand





3.

Slowly move the left foot 90° to the left into Back Stance; execute High Block with right arm and Low Block with left arm



4.

Pivot 90° to the left by moving left foot back into Back Stance; execute knife hand block with left arm



5.

Execute punch with left hand





6.

Move right foot one step forward and bring left foot behind right knee into Crane Stance; execute fingertip strike with right hand with yell



7. Simultaneously execute mountain block and left Side Kick





8. Land into Back Stance, left foot forward;
execute High X Block



9. Slowly move right foot into Front Stance;
execute punch with right hand



10. Slowly move the left foot 90° to the left into
Back Stance; execute High Block with right arm
and Low Block with left arm





11. Turn body 90° to the left by moving left foot into Back Stance; execute mid section double knife hand block



12. Execute punch with right hand





13.

Quickly move right foot one step forward and bring left foot behind right knee into Crane Stance; execute fingertip strike with right hand with yell



14. Simultaneously execute mountain block and left Side Kick





15. Land into Back Stance, left foot forward;
execute High X Block



16. Move right foot forward into Front Stance;
open both hands and twist and pull inward
to waist; execute punch with right hand



17. Move the left foot 90° to the left into Back Stance;
execute High Block with right arm and Low Block
with left arm





18.

Pivot left on right foot by moving left foot slowly into closed stance; bring both fists into chamber



19. Execute Front Kick with the right foot, immediately executing Jump Side Kick with the left foot; land into Back Stance, left foot forward; execute High X Block





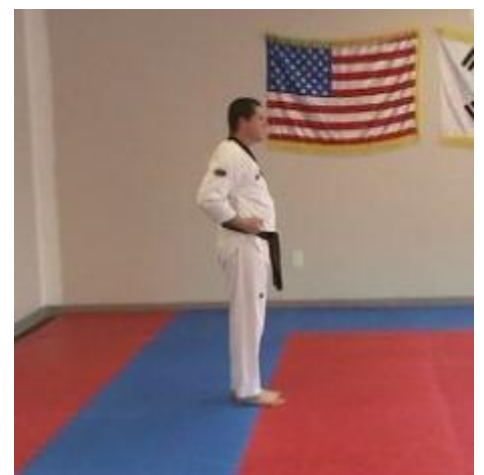
20. Move right foot forward into Front Stance; open both hands and pull to chamber; execute punch with right hand



21. Pivot 90° to the left into Back Stance, left foot forward; execute High Block with right arm and Low Block with left arm



22. Turn 90° to the left bringing right foot into a closed stance; bring both fists to chamber





23.

Execute Front Kick with the left foot, immediately executing Jump Side Kick with the right foot; land into Back Stance, right foot forward; execute High X Block



-- Bring right foot back into closed stance; cup left palm over right palm





About the Author-



Master Richard Gordon has over 30 years experience in martial arts. He began his training in NYC with a focus on combat, weapons and joint manipulation. After completing his service in the Marine Corps as a training Non-Commissioned Officer, he relocated to Raleigh, NC. At that time, he began training in Tae Kwon Do under Grand Master Jun Lee. He then went on to run a Tae Kwon Do program at the North Raleigh YMCA for two years. The program was such a success, Master Gordon began teaching Tae Kwon Do full time as the Owner of the West Raleigh Tae Kwon Do Academy. In addition,

Master Gordon is a fully certified NC PPSB Unarmed Security Instructor, handcuffing and OC Spray instructor. Presently, Master Gordon and his wife, Galit Gordon, run the successful Tae Kwon Do online certification program at www.firststrikeonline.org

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