

Flying and Jumping distances in Patterns

Updated November 2017 - ITF Technical Committee

Pattern	Mov.	Technique	Distance
Yul-Gok	36	X-stance backfist strike	1 x Low stance
Toi-Gye	29	X-stance X-fist pressing block	1 x walking stance
Choong-Moo	9	Flying side kick	1 x walking stance
	19	L-stance knifehand guarding block	On the spot
Ge-Baek	23	Flying side kick	1 x walking stance from back foot of the walking stance (shoulder width from front foot).
	28	X-stance double foerarm block	1 x walking stance
	33	Turning Kick	Half a shoulder width
Eui-AM	7 & 20	X-stance backfist strike	1 x walking stance
Juche	6 & 18	X-stance backfist downward strike	1 x walking stance
	12 & 24	Mid-air Strike	1 x L-stance
	34 & 36	Dodging reverse turning kick	1 x L-stance
	37	2-direction kick	1 x walking stance
	43	Flying consecutive punch	1 x L-stance
Sam-il	17	L-stance knifehand guarding block	On the spot
Choi-Yong	36 & 43	X-stance backfist strike	1 x walking stance
Yon-Gae	4 & 15	Flying Kifehand Strike	1 x L-stance
	8 & 19	X-stance backfist strike	1 x walking stance
	29 & 36	X-stance backfist downward strike	1 x walking stance
	44 & 45	Mid-air kicks	1 shoulder width from front foot
Ul-Ji	17	Mid-air kick	1 x waking stance (front foot stays in the same place)
	20	X-stance backfist strike	1 x walking stance
	27	Flying high kick	Land 1 x foot length back from front foot was in the walking stance
	34	Jump to L-stance guarding block	1 x L-stance
Moon-Moo	6 & 15	X-stance knife hand strike	1 x walking stance
	56 & 57	X-stance low punch	1 x walking stance
	58	Mid-air kick	1 shoulder width from front foot
So-san	12 & 16	X-stance backfist strike	1 x walking stance
	28	Flying front snap kick	1 x walking stance
	51 & 56	Jump to L-stance guarding block	1 x L-stance
Se-Jong	7	X-stance backfist strike	1 x walking stance
	14	X-stance double foerarm block	1 x walking stance
Tong-il	47	x-stance x-fist pressing bock	1 x walking stance