

CENTENNIAL

The 9 points to be observed while performing patterns according to General Choi Hong Hi

1. Accuracy. A pattern must begin and end on the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should accelerate and decelerate, according to the instructions.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among the left and right hands and feet.