**Gibon-il** (pronounced gibbon-eel)
Normally called 'Basic Pattern Number one)

- Horse riding stance (kiap) – left leg steps out
- Low section block (left arm)
- Low section block (right arm)
- Mid section block (left arm)
- Mid section block (right arm)
- High section block (left arm)
- High section block (right arm)
- Mid section punch left arm followed by right
- High section punch left arm followed by right (kiap and hold position)
- On command return to joonbi – left leg comes back in towards right

Sah-ji Jireugi (pronounced sah-jee jeh-roo-gee)
Four direction punch

- Long stance right leg forward with mid section punch right arm
- Turn anticlockwise ¼ turn (left leg fixed) right leg moves behind, followed by left arm mid section block
- Right leg steps forward with right arm mid section punch.
- Turn anticlockwise ¼ turn (left leg fixed) right leg moves behind, followed by left arm mid section block
- Right leg steps forward with right arm mid section punch.
- Turn anticlockwise ¼ turn (left leg fixed) right leg moves behind, followed by left arm mid section block
- Right leg steps forward with right arm mid section punch (kiap).
- Then return to start position – right leg comes up to left
- Then Long stance left leg forward with mid section punch left arm
- Turn clockwise ¼ turn (right leg fixed) left leg moves behind, followed by right arm mid section block
- Left leg steps forward with left arm mid section punch.
- Turn clockwise ¼ turn (right leg fixed) left leg moves behind, followed by right arm mid section block
- Left leg steps forward with left arm mid section punch.
- Turn clockwise ¼ turn (right leg fixed) left leg moves behind, followed by right arm mid section block
- Left leg steps forward with left arm mid section punch (kiap) and hold position
- On command return to joonbi – left leg comes back to your right