



Student Manual

Welcome to Master Pattillo Martial Arts

I would like to take this time to welcome you to Master Pattillo Martial Arts. What awaits you is a martial arts experience of the highest quality. With practice, patience, and effort, you will be able to reach new levels of mastery of your mind, body, and spirit.

Since 2001, Master Pattillo Martial Arts has helped hundreds of men, women, and children experience the incredible benefits of traditional martial arts. Our trained and certified instructors will teach you in the traditional martial arts style that has roots from Korea, Japan, and Okinawa.

It is my firm belief that our members are family. We support each other in reaching our goals, we strive to help children develop into positive role models and leaders, we work to help each other push through challenges and grow in a way that is both effective and fun.

Welcome to our martial arts family.

– *Master Matthew Pattillo*
6th Degree Black Belt
Owner and Head Instructor

Our History

Master Pattillo Martial Arts is owned and operated by Master Instructor Matthew Pattillo.

Inspired by *The Karate Kid* and martial arts child-actor, Ernie Reyes, Jr., Master Pattillo began his martial arts training under Grandmaster Charles Minter (Charles Minter Karate) in late 1986.

Master Pattillo was promoted to Black Belt on May 1, 1992, to Master rank (4th Degree Black Belt) on March 4, 2006, and 6th Degree Black Belt on April 22, 2018.

In September 2001, Master Pattillo began running satellite locations for Charles Minter Karate through Gwinnett County Parks and Recreation. Soon, Master Pattillo was teaching hundreds of students in over two dozen classes a week at several locations.

In September 2005, Master Pattillo started his own Parks and Recreation program at the Barrow County Leisure Services Center (BCLS) in Winder. Originally called, "Southern Ji Do Kwan Karate" (a tribute to the style we do, *Ji Do Kwan* and the name of Grandmaster Minter's school when Master Pattillo started: Southern Tae Kwon Do Karate).

For ten years, Master Pattillo taught classes at BCLS and other locations throughout Barrow, Athens, Banks, Hall, and Gwinnett Counties. Finally, in September 2015, our full-time location on West Athens Street was opened.

Our style of martial arts is an old style of Tae Kwon Do that derives from Okinawan Karate. We still practice the older Okinawan *kata* and have lineage to three of the great Okinawan Karate practitioners of the 19th-20th centuries: Gichin Funakoshi, Kenwa Mabuni, and Kanken Toyama. These three Karate masters traced their roots to the major Okinawan fighting styles of Shuri-te, Naha-te, Tomari-te, Goju-ryu, as well as Chinese *chuan-fa*.

“The place for learning the Way”

Many martial arts schools refer to their studio as a “Dojo” or “Dojang”. The words *Dojo* (Japanese) or *Dojang* (Korean) simply mean “place for learning the Way”. At Master Pattillo Martial Arts, we simply refer to our “place for learning the Way” as a school or studio. Students are expected to treat the studio and the equipment with respect.

Before entering or leaving the matted area, we always perform a bow and say, “Patience”. Bowing is used for many reasons. Between two people, it is a greeting much like shaking hands; when entering or leaving the training area, it is to help us step into the right *mindset*. We leave behind the worries of our day and prepare to make ourselves into better versions of our own Self.

Our custom is to leave shoes off the mat and wear shoes outdoors or to the bathroom. This is to keep the mats as clean and sanitary as possible.

Before class begins, we encourage students to warm up, stretch, or practice their techniques safely. Please refrain from sparring (practice fighting) or playing “tag” before class unless an instructor has organized such activities.

Parent & Student Etiquette & Rules

Your school is no ordinary Martial Arts School! It is a place where one goes to gain knowledge and understanding of a new way of life. The atmosphere of Master Pattillo Martial Arts School is one of respect, mental alertness and dynamic energy that soon becomes a cherished place of learning. In order to accomplish this, there are certain rules and customs which everyone is expected to follow.

Anytime you have questions regarding your Martial Arts training please ask one of our professional instructors.

1. All martial artists are to behave like ladies and gentlemen both inside and outside the school. Please keep your voices low during classes and always have a friendly, upbeat, positive attitude.
2. To keep the children focused on the instructors we ask that you please do not speak to children during classes, this will disrupt the class.
3. Please do not bring in any food, drinks, or gum into the karate school.
4. Students must wear a complete Master Pattillo Martial Arts uniform to class (pants, top, belt). Students missing any part of their uniform may not wear their belt in class that day and must stand at the end of the line. Master Pattillo Martial Arts T-Shirts may be worn with uniform pants during the summer except during belt testing/belt promotions.
5. Your children are invited to practice at the school anytime as long as they show proper respect towards the school.
6. All Master Pattillo Martial Arts instructors are trained professionals; please trust us to guide students throughout the learning process. Please do not attempt to teach or coach your child in the martial arts. This will only lead to confusion for the student. What we teach takes time and patience. Never attempt to rush their training.
7. Always encourage and tell your children they are doing a good job when you notice they are doing their best. Refrain from negative talk. This will only make them feel worse. Instead of saying "You did a bad job today. If you do this again I am going to take you out of karate". Encourage them to do better and say, "I noticed you did a great job yesterday and if you keep doing that good I know you are going to make Black Belt." If you are concerned about your child's participation level please set up a meeting with the instructor.

8. Making your children practice at home repeatedly will burn them out. The instructors will help students practice in class and will let them know when they need additional practice at home.
9. For your child's safety, please do not have your child participate in any martial arts event/show without the permission of their instructor.
10. Report cards are collected each period. When students bring in their report cards, their instructor will determine if they are eligible to receive the official Academic Achievement patch to wear on their uniform.

Special Note to Parents:

We strongly encourage you to stay and watch your children's class. Parents who are actively involved in their child's martial arts education are twice as likely to have their children reach their goals, versus those who do not. If it is not possible for you to stay and watch, please arrange transportation for your child to be picked up after class. We will not be responsible for any children left unattended. If you have any questions, please feel free to ask one of the instructors.

Student Traditions

There are many traditions in the martial arts that have been passed down for hundreds of years. All students are required to follow and abide by these traditions in order to keep the integrity of the martial arts in our School.

1. All students greet the instructors (and all black belts) by performing a bow of courtesy.
2. All students speak to black belts by saying “Yes, Sir/Ma’am” or “No, Sir/Ma’am” or “Excuse me, Sir/Ma’am.” Do not answer a black belt by saying “Ya, nah, or huh?” Always stand in a ready position while speaking to black belts and look in their eyes.
3. All students remove shoes and perform a courtesy bow when entering and leaving the mat.
4. All students take pride in the School by keeping personal items in a Master Pattillo Martial Arts equipment bag in the designated area. Students are to keep the school clean by putting away all equipment and picking up any trash in the school.
5. Students do not talk to other students, friends, or parents during class. If you need to speak or have questions, raise your hand and wait for an instructor to call on you.
6. All Master Pattillo Martial Arts students have a high level of self-respect and show this by keeping their uniforms clean, free of any rips, and have all patches sewn on in their proper places. Students are expected to look sharp and have good hygiene for all classes.
7. Students are not permitted to provoke violence or fighting. This is the sign of a poor martial artist and will not be permitted or tolerated in our school.
8. No horseplay, running, or yelling will be permitted at any time.

10 Black Belt Success Tips

1. Always have a respectful attitude;
2. Keep a clean uniform with all required patches;
3. Always practice with maximum effort;
4. Always pay attention and do not disturb or talk to other students in class;
5. Always bring your karate equipment to class;
6. Work together to keep the studio clean;
7. Always be on time and have good attendance;
8. Study hard and have good grades and citizenship;
9. Always listen to and respect your parents and loved ones;
10. Always believe and think "I Can" and challenge yourself to be the best you can be, have a great attitude, have FUN!

Frequently Asked Questions

Sparring

The instructors will let you know when your child is ready to spar. Sparring is a light-contact or no-contact game where you try to score punches or kicks on an opponent. It helps students develop speed, reflexes, timing, distance-management, and confidence.

The main target areas are the stomach, ribs, chest, and side of the helmet. There is no spine, leg, front of the face, or groin contact in sparring.

All students must have official Master Pattillo Martial Arts sparring safety equipment purchased at our location to participate in light-contact sparring. Due to insurance regulations and quality control, other safety equipment will not be allowed in our school. No exceptions will be made. Safety is our primary concern and sparring with the correct, officially licensed gear is mandatory. During sparring any students showing unsportsman-like conduct will lose sparring privileges and may be expelled from our studio.

Private Lessons

Private lessons are high intensity one-on-one training sessions that teach the requirements for belts when students are unable to attend their specialty class, or to assist a student in preparing for a tournament or upcoming belt test. Private lessons are 30 minutes in length and should be scheduled at least 48 hours in advance. The investment for the private lesson is \$50, or you may purchase a block of 4 sessions for \$180.

Belt Testing

All students progress at different rates. The belt requirements sheet in your student manual will show you what is required to test from white belt to black belt. Testing is generally scheduled every ten to fourteen weeks and our instructors will advise you when your child is ready to test.

Please remember these important steps when registering for belt testing:

First: PRACTICE. The martial arts are a skilled based activity, students cannot “cram” for a belt test, they need to develop skill over time.

Second: train hard in classes and qualify with your attendance card. Register for the test on our app. Students testing must have their full uniform and sparring gear (if applicable) and all martial art requirements perfected to the best of their ability. Students testing are required to be at the school 15 minutes early with all materials ready.

Special Events

Throughout the year, we schedule special events such as Pizza Parties, Parents Night Out, and Buddy Nights. These are fun events for students that create a bond between them. Students develop lasting memories and lifelong friendships.

We have also found that students who are most active in our school excel the most in our program. We encourage your child to participate in these events when they are able.

Ji Do Kwan: “The Way of Wisdom”

One of the most common questions asked is “what style do you do?”

The short answer is “Karate” because our style largely focuses on strikes (kicking and punching) and has roots in the birthplace of Karate: Okinawa.

A more complete answer, however, gives us a much more interesting story.

Prior to 1945, Korea was occupied by Japan. Wealthy Korean families would send their children to Japanese Universities. It is there that those young men learned the Karate that had been brought to the mainland from Okinawa.

Sang Sup Chun was one such University student who brought back the Karate he learned to Korea. He was a student of Gichin Funakoshi, one of the key individuals in bringing Okinawan Karate to Japan. Chun taught the art he learned at the Yun Moo Kwan in Josun, Korea.

Chun brought in Dr. Kwai Byeong Yoon to help teach Karate at the Yun Moo Kwan. Dr. Yoon was a high ranking black belt under Kanken Toyama, a contemporary of Funakoshi. Both Toyama and Funakoshi were students of Anko Itosu.

When the Korean war broke out, Sang Sup Chun went missing. After the war’s end, without Chun, the Yun Moo Kwan was dissolved and the Ji Do Kwan formed by his students. Dr. Yoon became the first head instructor of the Ji Do Kwan.

Later, as political pressure was placed on the Korean Karate schools to distance themselves from Japan and its culture, a number of Korean Karate masters developed the art of Tae Kwon Do. And, while the Ji Do Kwan eventually became a part of this process, Dr. Yoon did not agree.

Dr. Yoon was eventually replaced as head instructor of Ji Do Kwan. He continued to teach his art as “Ji Do Kwan Kong Soo Do” (Kong Soo Do is the Korean translation of the word Karate). One of his most favored students, Soo Jin Kim, immigrated to America in the mid-1960s. He worked closely with American servicemen on training them in martial arts. While considered a pioneer in Tae Kwon Do, Grandmaster Kim is known for proudly displaying his “Ji Do Kwan Kong Soo Do” 10th Dan Black Belt certificate from Dr. Yoon.

We differ from most Ji Do Kwan schools because we still maintain the old forms (kata) of Okinawan Karate and many of its principles. We do, however, incorporate a number of more modern kicking techniques found in Korean Tae Kwon Do.

The Way of Mastery

- Attitude
- Confidence
- Cooperation
- Courage
- Courtesy
- Focus
- Humility
- Integrity
- Patience
- Perseverance
- Respect
- Self-Control

Five Tenets of the Martial Arts

1. Think first of courtesy and respect.
2. Foster the spirit of effort and immediate positive actions.
3. Strive for a better personality.
4. Keep the way of sincerity.
5. Use knowledge and physical vigor for the purpose of right.

Your Attitude Rules Your Life

Your attitude is how you think, act, or feel towards a person or thing.

You shape your life by your attitude. This is a universal law which states that one translates into physical reality the thoughts and attitudes one holds in one's mind, no matter what they are.

If you have a good attitude, you will get good results. If you have a bad attitude, you will get bad results. Taking the attitude that you cannot do something will result in you not doing it. With an attitude of failure you're defeated before you start. On the other hand, where there are individuals doing an outstanding job, you'll find individuals with the right attitude. These people take the attitude that they can accomplish what they set out to accomplish. Every successful coach knows his team must have a winning attitude in order to win.

William James, the great Harvard psychologist said, "The greatest discovery of my generation is that human beings can alter their lives by changing their mental Attitude."

Walter Dill Scott of Northwestern University said, "Success or failure in any undertaking is caused more by mental attitude than by mental capacity."

Uniform

Patches - The American flag patch may be worn on the right shoulder so that the stars are near the wearer's back. This is customary for non-service members. Students who are service members may wear the patch on either shoulder.

Academic Achievement Stars - These stars are earned and worn on the lapel of the uniform. Students may earn these stars through good grades on their report cards. Consideration is given for the student's grade level, teacher comments, and whether they are in a school system, special education, homeschooled, or in preschool/Pre-K.

Washing - Most uniforms should be washed on cold with like-colors and dried on low.

Belt - Belts do not often need to be washed. Traditionally, they were not washed because they were made of 100% cotton. Many superstitions have arisen over the years about washing the belt; but the tradition of not washing a belt was largely practical: so it would not shrink. Today, most belts are made of a poly-cotton blend, so washing is generally safe. Just like the uniform, they should be washed cold but hang-dried. We typically do not recommend washing except on rare occasion. This is because of the various stripes that students earn could come off in the wash. Care and respect should be given to the belt as it represents the wearer's martial arts journey and skill-level. For this reason, it should not be left on the floor or laying about. It is best to take the belt off after practice and store it safely until it is needed for the next class.

Funakoshi's Precepts

1. Karate begins and ends with courtesy.
2. There is no first attack in Karate.
3. Karate is an aid to justice.
4. First control yourself before attempting to control others.
5. Spirit first, technique second.
6. Always be ready to release your mind.
7. Accidents arise from negligence.
8. Do not think that Karate training is only in the dojo.
9. It will take your entire life to learn Karate; there is no limit.
10. Put your everyday living into Karate and you will find "Myo" (subtle secrets).
11. Karate is like boiling water. If you do not heat it constantly, it will cool.
12. Do not think that you have to win, think rather that you do not have to lose.
13. Victory depends on your ability to distinguish vulnerable points from invulnerable ones.
14. The battle is according to how you move guarded and unguarded (move according to your opponent).
15. Think of your hands and feet as swords.
16. When you leave home, think that you have numerous opponents waiting for you. It is your behaviour that invites trouble from them.
17. Beginners must master low stance and posture, natural body positions are for the advanced.
18. Practicing a kata is one thing, engaging in a real fight is another.
19. Do not forget to correctly apply: strength and weakness of power, stretching and contraction of the body and slowness and speed of techniques.
20. Always think and devise ways to live the precepts every day.

Terminology

Korean Terms Used in Class

- Charyot - Attention
- Kyung-ye - Bow
- Choon-bi - Ready
- Bah-ro - Stop
- Shi-jak - Begin
- Ki-hap - Yell

Other Korean Terms

- Ahp Chagi - Front Kick
- Yahp Chagi - Side Kick
- Dwee Chagi - Back Kick
- Dulryo Chagi - Roundhouse Kick
- Sah Goo Sae - Horse Stance
- Chun jin - Walking Punch
- Sah dang - High Block
- Ha dang - Down Block
- Kwon Ye Sae - Knife edge block
- Chinaegi - Inside Block
- Chinoki - Outside Block
- Kwon Soo - Spear Hand
- Yuk Soo Do - Ridge Hand
- Jang Kwon - Palm Strike
- Kap Kwon - Back Fist
- Soo Do - Chop
- Ssang soo yahp chung dahn - Side Horse Stance Double Fist Block
- Yahp chung dahn - Side horse stance Single Fist Block

The Journey to Black Belt

When we think of a Black Belt in any kind of martial arts, we imagine someone who is exceptionally skilled, focused, and disciplined. We martial artists know that Black Belts should have “Black Belt Attitude.”

To have a “Black Belt Attitude” means one always strives to do their best. When they fail at something, they work to improve so they succeed next time. They also strive to help others.

The Journey to Black Belt is a challenge. To help students see their progress, we have several markers on the path. This comes in the form of different colored belts. Each color belt symbolizes the amount of time, experience, and skills the student has acquired.

In 2016, we switched our curriculum from a traditional-linear curriculum to a cyclical curriculum. What this means is that all beginners learn the same beginner techniques together. This greatly reduces the number of “moving parts” while increasing the amount of time each student gets to spend on each technique, drill, and self-defense skill.

Instead of teaching four different sets of requirements in one class, for example, everyone learns the same thing together. Though orange belts are learning the same material as yellow belts, the orange belts have still learned more techniques because they have completed more curriculum cycles.

Students learn the same material from white to black belt but more efficiently and thoroughly.

The requirements are divided by “Beginner”, “Intermediate”, and “Advanced” techniques. They are further divided into four cycles (each cycle lasting approximately 3 months). Advanced belts (Red and Brown) go through the Advanced curriculum twice before reaching Black Belt. ***This means that it takes approximately four years to reach Black Belt.***

There are four major factors in determining if a student is ready for their next belt:

- Attendance
- Attitude

- Knowledge
- Skill

Attendance

Attendance is the number one way to ensure students learn the material required for belt advancement. Even a naturally athletic student will fall behind if they miss too many classes because they will miss out key details and experience.

To help students track their attendance progress, we utilize an attendance card system. Students will find a card with their name on it in a box near the school's entrance. Please pull this card from the box and give it to an instructor before class. ***Please do not mark this card yourself.***

Students will be able to see how many classes they have attended based on the number of boxes that have been filled. A completely filled out card, however, does not guarantee promotion to the next belt color. We have to consider the other three factors below.

Attitude

Students should enter class ready to learn. This means students should be able to listen, follow directions, and try their best. We strongly discourage phrases like, "I can't". Instead, we encourage students to show us what they *can* do and then strive for improvement.

Knowledge

Through attendance and a positive mental attitude, knowledge comes almost automatically. Students are expected to know the class material and are judged ready for their next belt at an age-appropriate and belt-appropriate level.

In other words, as students get older and as they reach higher belt levels, expectations increase.

Skill

Another way we ensure students are learning the required material is with a progress check at the end of each month.

Students are tested in class each month to check their progress. If a student is on track, they receive a stripe on the end of their belt. Beginner students must receive at least 3 stripes before they advance to the next belt. Intermediate students receive at least 3 stripes and Advanced belts (red and brown) must earn at least 6 stripes.

Belt Colors

Ages 7 through Adult

Belt Color	Gup/Kyu	Class
White	12	Beginner
Yellow	11	
Orange	10	
Senior Orange	9	
Green	8	Intermediate
Purple	7	
Blue	6	
Senior Blue	5	
Red	4	Advanced
Brown	3	
Brown with Black Stripe	2	
Sr. Brown	1	
Black	1 - 3	Novice Black Belt
Black or Black/Red	4 - 7	Master
Black or Red or White	8 - 10	Grandmaster

Ages 4-6 (Little Dragons)

Belt Color	Gup/Kyu	Class
White	12	Beginner
White w/black stripe		
Yellow	11	
Yellow w/black stripe		
Orange	10	
Orange w/black stripe		
Senior Orange	9	
Green	8	Intermediate
Green w/black stripe		
Purple	7	
Purple w/black stripe		
Blue	6	
Blue w/black stripe		
Senior Blue	5	

Black Belt Requirements

All techniques White Belt to Brown Belt 1st gup including strikes, kicks, blocks, kata, and self-defense sequences

Kata (Forms)

Eight Kinds of Kicks

Four Corners

Taikyoku 1 - 3

Pinan 1 - 5

Self-Defense 1 - 24

1. Wrist grab escape #1 (thumb)	9. Break fall	17. Head lock defense #2 (pulling)
2. Wrist grab escape #2 (circle)	10. Side Break fall	18. Rear Bear hug defense (break the grip)
3. Front choke defense (rocket ship)	11. Forward Roll	19. Bridge and roll
4. Front choke defense (twist-twist)	12. Push defense	20. Sprawl
5. Front choke defense (head circle)	13. Stand up to base	21. Haymaker defense
6. Head lock defense #1 (under)	14. Front bear hug defense	22. Punch defense to clinch #1
7. Double wrist grab escape	15. Collar grab defense	23. Punch defense to clinch #2
8. Shoulder grab defense	16. High Tackle defense	24. Rear bear hug lift defense

Beginner Karate Moves

Kicks	Movements	Blocks/Strikes	Stances
Front Kick	Standing	Punch	Front Stance/Walking Stance
Side Kick	Skip	Outside Block	Back Stance
Roundhouse Kick	Sliding	Inside Block	Cat Stance
Back Kick	Jump	Spear Hand	Side Horse Stance
Hook Kick	Hop	Chop	Horse Stance
Back Fist			
Reverse Punch			
Lunge Punch			
Front Arm Chop			

Eight Kinds of Kicks

Eight Kinds of Kicks (Sah Bon Chok Pop in Korean) is considered a fundamental exercise.

THE FORM

Eight Kinds of Kicks begins with the feet together, arms at 45 degree angles from the side of the body (each hand approximately half an arm's length from body).

1. Front kick with right leg to front.
2. Front kick with left leg to front.
3. Bring both fists to the left hip, front kick to the right side with right leg.
4. Bring both fists to the right hip, front kick to the left side with left leg.
5. Bring both fists to the left hip, side kick to right side with right leg.
6. Bring both fists to the right hip, side kick to left side with left leg.
7. Bring both fists in front of mouth, back kick with right leg.
8. Back kick with left leg and ki-hap.
9. Barro.

Four Corners Offense-Defense

MEANING OF FORM

Four Corners Offense-Defense (Sah Myon Chok Bon Pop in Korean) is considered a fundamental exercise.

THE FORM

All forms begin from the ready stance following a bow.

1. Ready stance.
2. Step back with the right foot into a left front stance. Outside block with left arm. Ki-hap.
3. Power over with left arm, right arm middle punch, left arm middle punch. Right leg front kick (pulling kick back to original stance), right arm middle punch.
4. Picking up right leg, 1/2 turn to the right (clockwise) into a right front stance while performing a right outside block.
5. Power over with right arm, left arm middle punch, right arm middle punch. Left leg front kick (pulling kick back to original stance), left arm middle punch.
6. 1/4 turn to the left (counterclockwise) into a left front stance. Left arm outside block.
7. Power over with left arm, right arm middle punch, left arm middle punch. Right leg front kick (pulling kick back to original stance), right arm middle punch.
8. Picking up right leg, 1/2 turn to the right (clockwise) into a right front stance while performing a right outside block.
9. Power over with right arm, left arm middle punch, right arm middle punch. Left leg front kick (pulling kick back to original stance), left arm middle punch.
10. 1/4 turn to the left (counterclockwise) into a left front stance. Left arm outside block.
11. Power over with left arm, right arm middle punch, left arm middle punch. Right leg front kick (pulling kick back to original stance), right arm middle punch.
12. Picking up right leg, 1/2 turn to the right (clockwise) into a right front stance while performing a right outside block.
13. Power over with right arm, left arm middle punch, right arm middle punch. Left leg front kick (pulling kick back to original stance), left arm middle punch.
14. 1/4 turn to the left (counterclockwise) into a left front stance. Left arm outside block.

15. Power over with left arm, right arm middle punch, left arm middle punch. Right leg front kick (pulling kick back to original stance), right arm middle punch.
16. Picking up right leg, 1/2 turn to the right (clockwise) into a right front stance while performing a right outside block.
17. Power over with right arm, left arm middle punch, right arm middle punch. Left leg front kick (pulling kick back to original stance), left arm middle punch.
18. 1/4 turn to the left (counterclockwise) into a left front stance. Left arm outside block. Ki-hap.
19. Barro.

Tagook (Taikyoku) 1

MEANING OF FORM

The Tagook forms (Taikyoku in Japanese and Tai Chi in Chinese) represent the first cause. Symbolic of the beginnings of the Universe, the Tagook forms are the root of all the forms that follow.

THE FORM

All forms begin from the ready stance following a bow.

1. Ready Stance.
2. 1/4 turn to the left, into left front stance, down block over left.
3. Step into right front stance, power up left, right middle punch.
4. 1/2 turn to the right (clockwise), into right front stance, down block over right.
5. Step into left front stance, power up right, left middle punch.
6. 1/4 turn to the left into left front stance, down block over left.
7. Step into right front stance, power up left, right middle punch.
8. Step with left leg into front stance, left middle punch.
9. Step with right leg into front stance, right middle punch. Ki-hap.
10. 3/4 turn to the left (counterclockwise), into left front stance, down block over left.
11. Step into right front stance, power up left, right middle punch.
12. 1/2 turn to the right (clockwise), into right front stance, down block over right.
13. Step into left front stance, power up right, left middle punch.
14. 1/4 turn to the left into left front stance, down block over left.
15. Step into right front stance, power up left, right middle punch.
16. Step with left leg into front stance, left middle punch.
17. Step with right leg into front stance, right middle punch. Ki-hap.
18. 3/4 turn to the left (counterclockwise), into left front stance, down block over left.
19. Step into right front stance, power up left, right middle punch.
20. 1/2 turn to the right (clockwise), into right front stance, down block over right.
21. Step into left front stance, power up right, left middle punch.
22. Barro.

Tagook (Taikyoku) 2

THE FORM

All forms begin from the ready stance following a bow.

1. Ready Stance.
2. 1/4 turn to the left, into left front stance, down block over left.
3. Step into right front stance, power up left, right middle punch.
4. 1/2 turn to the right (clockwise), into right front stance, down block over right.
5. Step into left front stance, power up right, left middle punch.
6. 1/4 turn to the left into left front stance, down block over left.
7. Step into right front stance, power up left, right high punch.
8. Step with left leg into front stance, left high punch.
9. Step with right leg into front stance, right high punch. Ki-hap.
10. 3/4 turn to the left (counterclockwise), into left front stance, down block over left.
11. Step into right front stance, power up left, right middle punch.
12. 1/2 turn to the right (clockwise), into right front stance, down block over right.
13. Step into left front stance, power up right, left middle punch.
14. 1/4 turn to the left into left front stance, down block over left.
15. Step into right front stance, power up left, right high punch.
16. Step with left leg into front stance, left high punch.
17. Step with right leg into front stance, right high punch. Ki-hap.
18. 3/4 turn to the left (counterclockwise), into left front stance, down block over left.
19. Step into right front stance, power up left, right middle punch.
20. 1/2 turn to the right (clockwise), into right front stance, down block over right.
21. Step into left front stance, power up right, left middle punch.
22. Barro.

Tagook (Taikyoku) 3

THE FORM

All forms begin from the ready stance following a bow.

1. Ready Stance.
2. 1/4 turn to the left, into a left cat stance, outside block over left.
3. Step into right front stance, power over left, right middle punch.
4. 1/2 turn to the right (clockwise), into a right cat stance, outside block over right.
5. Step into left front stance, power over right, left middle punch.
6. 1/4 turn to the left into a left cat stance, outside block over left.
7. Right front kick, land in right front stance, power over left, right middle punch.
8. Left front kick, land in left front stance, left middle punch, right reverse punch.
9. Right front kick, land in right front stance, left reverse punch, right middle punch.
Ki-hap.
10. 3/4 turn to the left (counterclockwise), into a left cat stance, outside block over left.
11. Step into right front stance, power over left, right middle punch.
12. 1/2 turn to the right, into a right cat stance, outside block over right.
13. Step into left front stance, power over right, left middle punch.
14. 1/4 turn to the left into a left cat stance, outside block over left.
15. Right front kick, land in right front stance, power over left, right middle punch.
16. Left front kick, land in left front stance, left middle punch, right reverse punch.
17. Right front kick, land in right front stance, left reverse punch, right middle punch.
Ki-hap.
18. 3/4 turn to the left (counterclockwise), into a left cat stance, outside block over left.
19. Step into right front stance, power over left, right middle punch.
20. 1/2 turn to the right, into a right cat stance, outside block over right.
21. Step into left front stance, power over right, left middle punch.
22. Barro.

Pinan 1

MEANING OF FORM

"Pinan" means "peace" and "tranquility." Created in the early 1900's by Yasutsune Itosu, these forms were designed to teach the basic movements and prepare the martial artist for more complex forms such as Bassai and Kong San Koon.

THE FORM

All forms begin from the ready stance following a bow.

1. Ready stance.
2. 1/4 turn to the left, into a left front stance, left arm down block. Bring left foot to a shoulder width stance; left hand circles up to perform a backfist to the head.
3. Step forward into a right front stance, right middle punch.
4. 1/2 turn to the right into a right front stance. Down block with the right arm. Bring right foot back into a shoulder width stance and bring the right hand up in a circular motion and perform a backfist to the head.
5. Step forward into a left front stance, left middle level punch.
6. 1/4 turn to the left, down block with left arm.
7. Step, right arm high block.
8. Step, left arm high block.
9. Step, right arm high block. Ki-hap.
10. 3/4 turn to the left into a left front stance, down block with left arm.
11. Step, right middle punch.
12. 1/2 turn to the right into right front stance, down block with right arm.
13. Step, middle punch.
14. 1/4 turn to the left into left front stance, down block with left arm.
15. Step, right high punch.
16. Step, left high punch.
17. Step, right high punch. Ki-hap.
18. 3/4 turn into a left side horse stance knife-edge down block.
19. Step to the corner into a right side horse stance knife-edge down block.
20. Turn to the right into a right side horse stance knife-edge down block.
21. Step to the corner into a left side horse stance knife-edge down block.
22. Barro.

Pinan 2

THE FORM

All forms begin from the ready stance following a bow.

1. Ready stance.
2. 1/4 turn to left, cat stance right high block, left outside block.
3. Hammer strike with the right hand.
4. Turn into a shoulder width stance, middle punch with the left.
5. 1/2 turn to the right, into a right cat stance perform a high-outside block (same as #2).
6. Hammer strike with left hand.
7. Turn into a shoulder width stance, middle punch with the right.
8. Step toward the right into a right front stance while performing an outside block to the right side of the body.
9. Bring the right foot back to a feet-together stance. Forearm block with left arm, right forearm block.
10. Right leg front kick to right while both hands punch simultaneously.
11. Hop 1-2 feet, turn to the front, land in a left cat stance knife-edge block.
12. Step forward, cat stance knife-edge block.
13. Step forward, cat stance knife-edge block.
14. Step forward into a right front stance, perform a left arm palm heel block across the body. Next, perform a right arm spear hand. Ki-hap.
15. 3/4 turn counterclockwise. Left cat stance knife-edge block.
16. Step to the corner, right cat stance knife-edge block.
17. Turn to the right, right cat stance knife-edge block.
18. Step to the corner, left cat stance knife-edge block.
19. Step to the rear, perform a left front stance and a right reverse outside block.
20. Front kick with the right leg, set foot down into a right front stance. Power over with the right hand, middle punch with the left.
21. Without changing stance, perform a left arm reverse outside block.
22. Left leg front kick, set foot down into a left front stance. Power over with left hand, punch with right hand.
23. Step forward and execute a double-fist outside block.
24. 3/4 turn to the left into a left front stance, left arm down block.
25. Step to the corner, right high block.
26. Turn clockwise to the right, right down block.

27. Step to the corner, left high block. Ki-hap.
28. Barro.

Pinan 3

THE FORM

1. Ready stance.
2. 1/4 turn to the left into a cat stance outside block.
3. Bring the right foot up into a feet-together stance. At the same time, power down with the right fist.
4. Perform a down block with the left arm and an outside block with the right arm. Now down block with the right arm and outside block with the left arm.
5. 1/2 turn to the right, cat stance outside block.
6. Bring the left foot up into a feet-together stance. Power down with left fist.
7. Perform a down block with the right arm and an outside block with the left arm. Now down block with the left and outside block with the right.
8. 1/4 to the front into a left front stance and perform a left double-fisted outside block.
9. Step forward, perform a left arm palm heel block across the body. Next, perform a right arm spear hand. Ki-hap.
10. Pivot to the left (turning into a left front stance). Bring the right arm behind the body near the lower back.
11. Spinning on the right foot, turn counterclockwise towards the front, landing in a left front stance.
12. Power up right, middle punch left.
13. Step forward and right middle punch.
14. Bring the left foot into a feet-together stance, turn counterclockwise to the rear. Bring both fists to the hips.
15. Breath in, rising on toes. Breath out, lowering heels back to the ground.
16. Perform a right leg knee break, land in a side horse stance. Execute a right elbow block by lowering the right shoulder slightly. Follow up with a right hand back fist (returning the hand to the hip).
17. Step forward, perform a left leg knee break, elbow block, back fist.
18. Step forward, perform a right leg knee break, elbow block, back fist (keep fist out).
19. Step forward into a left front stance, power down right, with a left middle punch.
20. Leap and turn counterclockwise. Land in a horse stance. Look and punch over the left shoulder.
21. Look over the right shoulder, skip to the right, landing in a horse stance, punch. Ki-hap.

22. Barro.

Pinan 4

THE FORM

All forms begin from the ready stance following a bow.

1. Ready stance.
2. 1/4 turn to the left, cat stance open hand high block with right arm, left hand knife-edge block (left hand moves in a wide circular motion).
3. 1/2 turn to the right, cat stance open hand high block with left hand and knife-edge block with right hand.
4. Step to the front into a left front stance while performing a double-fisted down block.
5. Step forward and perform a right arm double-fisted outside block.
6. Draw the left foot forward into a feet-together stance, forearm block with right arm, forearm block with left arm.
7. 1/4 turn to the left, simultaneously attack with a left front kick and a left hammer fist, land in a left front stance, and perform an elbow smash.
8. Bring the right foot back to a feet-together stance. Forearm block with left, forearm block with right.
9. 1/4 turn to the right, attack simultaneously with a right front kick and a right hammer fist, land in a right front stance and perform an elbow smash.
10. Pivot to the front into a left front stance. Execute a left open hand high block and a right spear block.
11. Perform a right leg front kick, without setting the kick down, hop forward and land in a right foot cross-legged stance and perform a right outside block to front. Ki-hap.
12. Turn counter-clockwise to the left corner and perform a cat stance double hammer fist (as to break a choke hold).
13. Right front kick, come down with the right forward in a front stance, power over with the left, double punch.
14. Turn clockwise to the right corner, perform a cat stance double hammer fist.
15. Left front kick, power over right, double punch.
16. Turn to the rear into a left front stance, left double-fisted outside block.
17. Step forward, right double-fisted outside block.
18. Step forward, left double-fisted outside block.
19. Bring both open hands, palms up, down to the hips.
20. Bring both hands up, grabbing the opponent's head.
21. Pull the head down while performing a right knee strike up to the face. Ki-hap.
22. Perform a small leap to the rear while turning counterclockwise to the front. Land in a left cat stance with a left knife-edge block.
23. Step forward into a cat stance knife-edge block.
24. Barro.

Pinan 5

THE FORM

All forms begin from the ready stance following a bow.

1. Ready stance.
2. 1/4 turn to the left, cat stance outside block. Then, without changing the stance, execute a right reverse punch.
3. Draw the left foot into a feet-together stance, perform with left forearm block, right forearm block.
4. 1/4 turn to the right, cat stance outside block. Then, without changing the stance, execute a left reverse punch.
5. Draw the right foot up into a feet-together position, right forearm block.
6. Step forward into a right front stance and execute a right arm double-fisted outside block.
7. Step forward, double-fisted down block.
8. Without altering the stance, perform a double-fisted high block.
9. Without altering the position, open hands and rotate clockwise (this motion is grabbing a hold of the opponent).
10. Power down with left arm, right arm reverse punch. Ki-hap.
11. Pivoting counterclockwise on the left foot, perform a right leg knee smash, land in a side horse stance double down block to the rear.
12. Turn counterclockwise to the front, power up right, middle punch left.
13. Open the left hand, crescent kick against the left palm.
14. Land in a side horse stance, elbow smash.
15. Draw the left foot up behind the right into a cross-legged stance and execute double-fisted outside block to the front.
16. Perform a right lunge punch to the front, at the same time shift the left leg into a left cat stance towards the back.
17. Immediately after this, turn the head to the left.
18. Leap to the rear, turning to the left in the air, land in a cross-legged stance and perform a double-fisted down block.
19. Perform a right leg knee smash toward the rear, land in a T-stance (the left foot at a right angle and the right foot with the toes pointing back) perform a down block with the left hand and an outside block with the right hand.
20. Pull left leg into a shoulder width stance.
21. Turn counterclockwise, perform a right leg knee smash, land in another T-stance and perform a left arm outside block and right arm down block. Ki-hap.
22. Barro.

Master Matthew Pattillo, 6th Degree Black Belt



Master Pattillo first began his martial arts training in 1986 at the age of 5. He has experience in Karate, Tae Kwon Do, and Jujitsu (both Japanese and Brazilian). Master Pattillo has been a Black Belt since 1992 and a Head Instructor since 2001.

Master Pattillo was an active competitor from 1987 to 2011 and participated in numerous State, Regional, and National level Tae Kwon Do and Karate tournaments throughout his career in the Martial Arts. He is a repeat State and National level Gold Medalist in the Amateur Athletic Union (AAU). He is the recipient of multiple Instructors Awards from Master Charles Minter including "Instructor of the Year".

Master Pattillo continues to learn and train primarily in Karate and Jiu-jitsu. "It is important to me that I continue to learn so that I can always improve what I give to my students".



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