



Instances of Fast, Continuous and Connecting motion in Patterns (1999 Edition of the ITF Condensed Encyclopedia)

Fast motion

Do-San	15-16, 19-20 (punches)
Yul-Gok	2-3, 5-6 (punches)
Yul-Gok	9-10, 13-14 (punches)
Joong-Gun	15-16, 18-19 (release/punch)
Hwa-Rang	18-19 (turning kick/turning kick/knifehand guarding block)
Choong-Moo	14-15 (turning kick/back kick)
Ge-Baek	3-4 (punches) 22-23 (turning kick/flying side kick)
Choong-Jang	46-47 (punches)
Yoo-Sin	2-3 (angle punches) 34-35, 36-37 (double forearm/low block)
Choi-Yong	21-22 (pressing blocks)
Ul-Ji	11 (x-stance drop)
So-San	5-6, 7-8 (knifehand block/punch) 39-40, 47-48 (punches)
Tong-Il	5-6 (punches) 14-15 (punches) 20-21 (punches)

Continuous motion

Dan-Gun	13-14 (low block/rising block)
Toi-Gye	7-8 (pressing block/vertical punch)
Po-Eun	6-12, 24-30 (blocks-punches)
Ge-Baek	5-6 (rising block, low block) 37-38 (low guarding blocks)
Eui-Am	5-6, 18-19 (down block/rising block)
Sam-Il	30-31 (inward block/punch)
Yoo-Sin	16, 17, 18, 19 (hooking block/punch) 20-21, 25-26 (pressing block/rising block)
Ul-Ji	2-3 (pressing block/rising block)
So-San	52-53, 57-58 (low block/punch) 71-72 (knifehand guarding block/punch)

Connecting motion

Yul-Gok	16-17, 19-20 (hooking block/punch)
Ge-Baek	9-10, 29-30 (scooping block/punch)
Yoo-Sin	10-11, 14-15 (scooping block/punch)
Moon-Moo	28-29, 37-38 (scooping block/punch)