

# TYPES OF MOTION

## **NORMAL MOTION (POTONGURO)**

The techniques are performed at normal speed with a pause long enough to show when one move has finished and the next is about to begin. There is one sine wave motion and one breath control for each technique.

## **CONTINUOUS MOTION (IOJIN TONGJAK)**

This is performed as usual with the exception that there is no pause between the end of one movement and the start of the next. You should have one breath control for each technique, but without a pause. Continuous motion always starts with a block. The main reason for using this kind of motion is to allow an instant response to the attack, by either blocking the next technique or issuing your own counter.

## **CONNECTING MOTION (YON GYOL TONGJAK)**

This is performed as usual with the following exceptions: There is no pause between techniques, there is only one breath control and one sine wave motion, it is usually impossible to determine where one technique ends and the next begins. Connecting motion is always with two movements using opposite arms. One reason for using this kind of motion is where one technique 'sets up' the opponent for an immediate attack.

## **FAST MOTION (BALLI)**

There is a split second pause between the end of one movement and the start of the next. The sine wave is performed as usual for the first movement but the second movement has less initial downward motion to save time. You should breath normally and have one breath for each technique.

## **SLOW MOTION (CHONCHONHI)**

This is performed with one sine wave and one breath control but is performed in slow motion. Unlike continuous, connecting and fast motion, this motion can be for one technique on its own. The reason for this type of motion is to develop balance, breath control and timing.