

SHIP SU

This form has 25 moves including the starting and the finishing positions. It should take about 30 seconds.

Figure SS 1 and Diagram SS 1 show the starting position. The forearms are parallel to the floor. The thumb of the left hand presses against the right thumb. The left fingers curl around the right fist but do not touch it. The first movement is made by the left foot, which is drawn back into a right front stance position (Diagram SS 1-2). The left arm is raised and the right arm is dropped (Figure SS 1-2a). With the wrists bent back to put the hands parallel to the floor, or even bent a little more if possible (Figure SS 2 detail a and SS 2 detail b), the arms reverse positions (Figure SS 1-2b) until they are fully extended, as in Figure SS 2. The arms, stomach, neck, and back are held in full dynamic tension and the breath is exhaled slowly and audibly through the mouth as this move is completed. The exhalation stops when the arms are in position. This dynamic tension is good for the muscles.

Next the left foot is brought forward so the body is pointing 45 degrees to the left of its original position (Diagram SS 2-3). The arms are reversed from SS 2 slowly, with exhalation the same as for the move to position SS 2 (Figures SS 2-3a, 2-3b, and SS 3). The next move is done by the left hand. The right hand is held in position in tension while the left goes from tension to complete relaxation as it flops to the right while the head turns to the right (Figure SS 4 and Diagram SS 4).

For the next move there are three movements, each of which is distinct. But the turning of the body is done while the arm movements are executed. The right hand drops behind the body (Figure SS 4-5). As the body turns to a position 135 degrees to the right (Diagram SS 4-5), the

right hand is brought up sharply in an upper thrust (Figure SS 5). The right hand is again dropped behind the body (Figure SS 5-6a), as the body turns 90 degrees to the left (Diagram SS 5-6), and the right hand is brought up into an upper thrust in the original direction of motion (Figures SS 5-6b, SS 6, and SS 6 side). The same move as from SS 5 to SS 6 is repeated with the left hand as the body turns 180 degrees to the right in the original direction of motion (Figure SS 7 and Diagram SS 6-7). The same movement is repeated again with the right hand as the body turns 180 degrees to the left (Figure SS 8 and Diagram SS 7-8).

Then, moving sideways back toward the point of origin, the right foot is crossed over the left (Diagram SS 8-9) and the wrists are crossed above the head (Figures SS 9 and SS 9 front). Then the left foot is moved around in back of the right one to a horse stance (Diagram SS 9-10) facing left while the arms are brought down in concave arcs in front of the body to extend 45 degrees to the side (Figures SS 10 and SS 10 front). The Tae Kwon Doist then hops to his left back toward the point of origin (Diagram SS 10-11), with the arms circling and crossing in front of the chest (Figures SS 10-11) and coming to the position shown in Figures SS 11 and SS 11 front.

The next three moves are turns of 180 degrees to the right, to the left, and to the right again (Diagrams SS 11-12, SS 12-13, and SS 13-14), with the arms moved as shown in Figures SS 11-12a, SS 11-12b (note that the feet do not come to rest as they apparently do in this photograph), SS 12, SS 12 front, and similarly up to Figure SS 14. The Tae Kwon Doist is now facing 90 degrees to the right of his original position in a horse stance. He brings his right foot in half the distance to his left (Diagram SS 14-15) and drops his arms as shown in Figures SS 14-15a, SS 14-15b, SS

15, and SS 15 front. Still facing in the same direction, he makes a sweep with his right foot coming down in a right front stance (Diagram 15-16 and Figure 15-16), as he turns 90 degrees to the right making a double arm thrust to the front (Figures SS 16 and SS 16 side). He returns back to the point of origin, first sweeping with the left foot and then with the right foot again as shown in the series of figures and diagrams 17 and 18.

He then turns 270 degrees to the left on his right foot (Diagram SS 18-19), making a lower finger thrust with his right hand (Figure SS 18-19). He then withdraws his right hand while bringing his left fist down along his right forearm and across his right hand as if to chop off something held in his right hand, ending with the right hand extended up and the left downward as shown in Figure SS 19. He then moves his right foot back (Diagram SS 19-20), turns 90 degrees to the right and executes the same movement to his right as shown in Figures SS 19-20 and SS 20.

The next two moves are into a left and then right front stances (Diagrams SS 20-21 and SS 21-22), accompanied by left and then right rising blocks (Figures SS 21 and SS 22). He then turns 180 degrees to the left on his right foot (Diagram SS 22-23) into a left front stance and makes a left rising block (Figure SS 23), followed quickly by a step into a right front stance (Diagram SS 23-24) and a right rising block (Figure SS 24). A loud "Utz" accompanies the last rising block. Then he returns to the original position by turning 180 degrees to the left on his right foot (Diagram SS 24-25 and Figure SS 25).

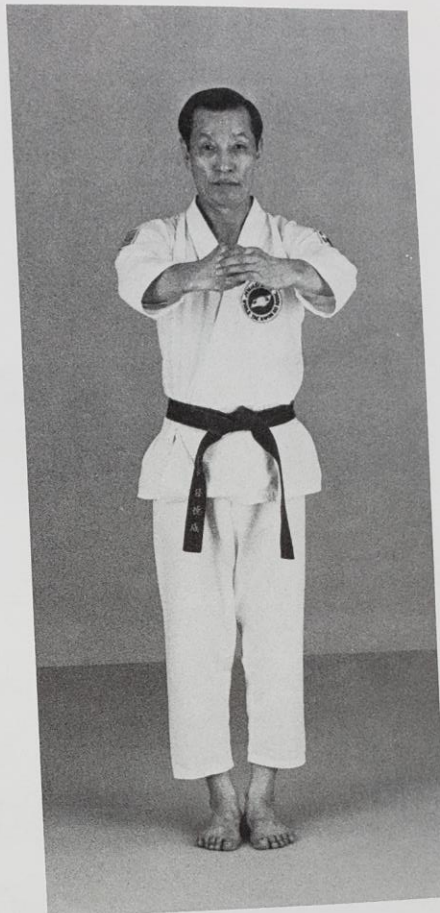


Fig. SS 1



Diag. SS 1



Fig. SS 1-2a

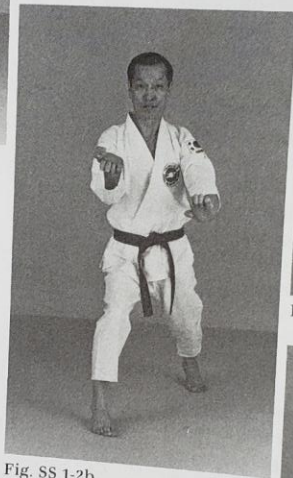
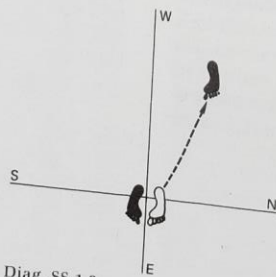


Fig. SS 1-2b



Diag. SS 1-2
(5 seconds)



Fig. SS 2 detail a

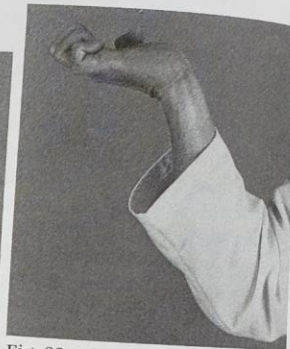


Fig. SS 2 detail b

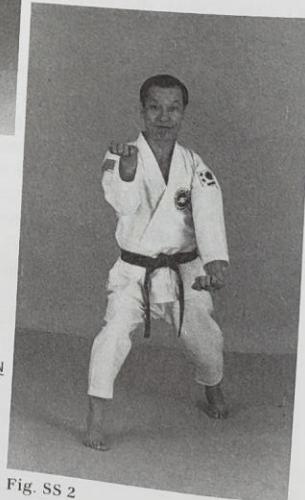


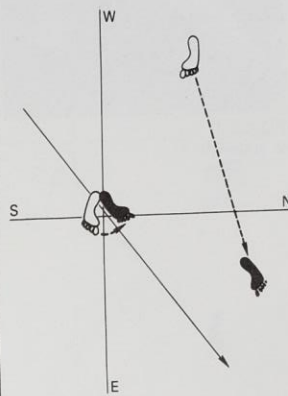
Fig. SS 2



Fig. SS 2-3a



Fig. SS 2-3b



Diag. SS 2-3
(5 seconds)

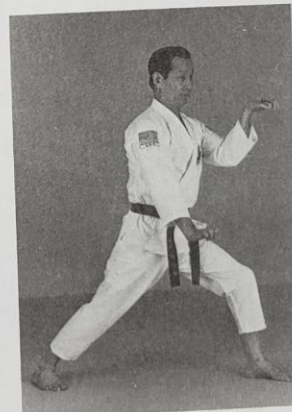


Fig. SS 3

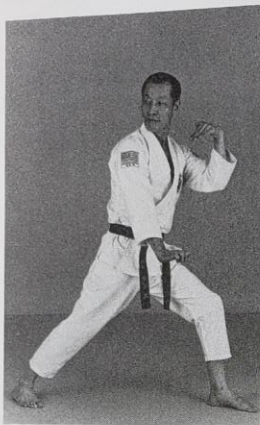
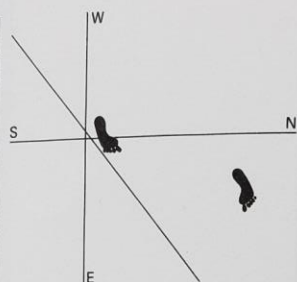


Fig. SS 4
(1 second)



Diag. SS 4
(1 second)

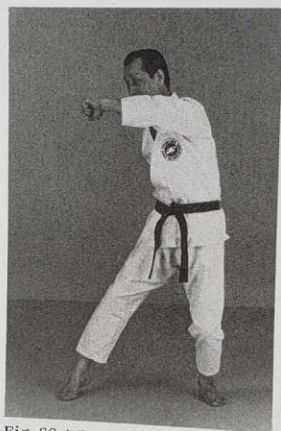
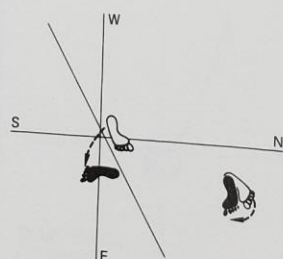


Fig. SS 4-5



Diag. SS 4-5



Fig. SS 5

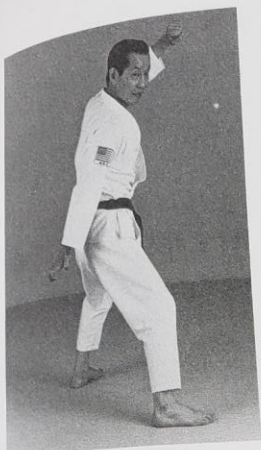


Fig. SS 5-6a

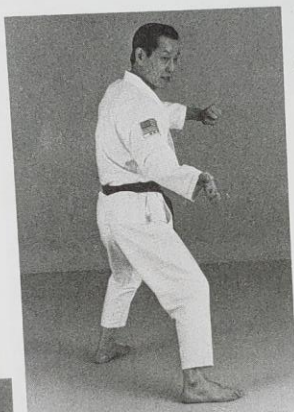
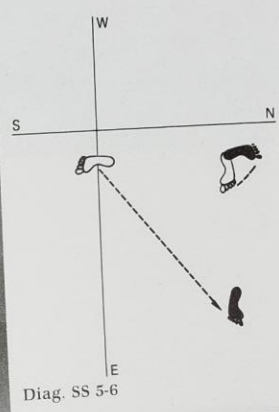


Fig. SS 5-6b



Diag. SS 5-6

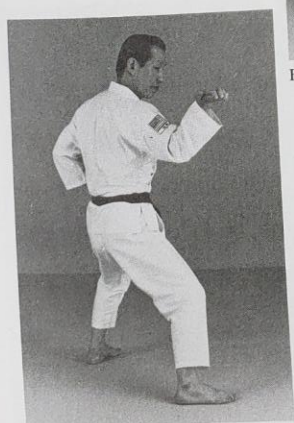


Fig. SS 6 (side)

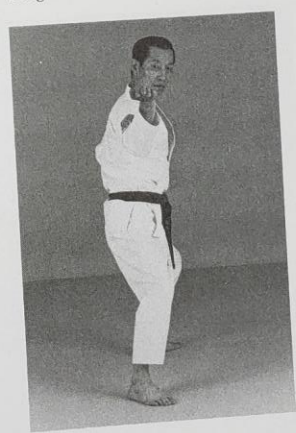


Fig. SS 6

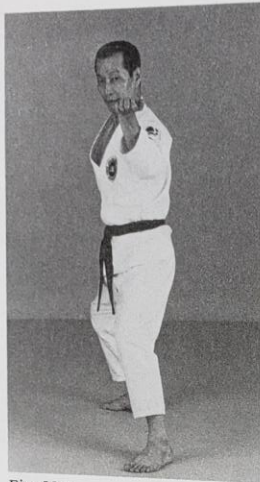
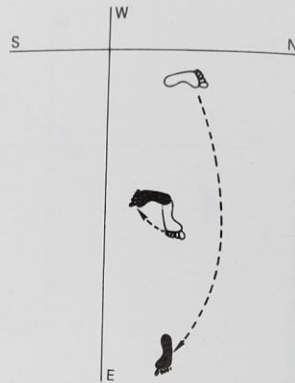


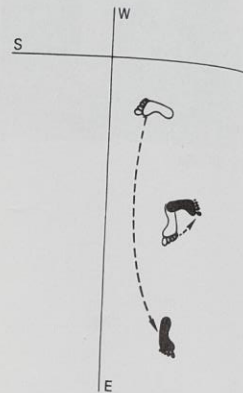
Fig. SS 7



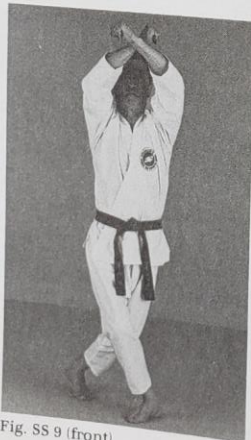
Diag. SS 6-7



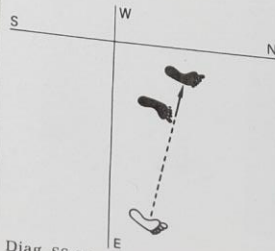
Fig. SS 8
(1/4 second)



Diag. SS 7-8



32 Fig. SS 9 (front)



Diag. SS 8-9

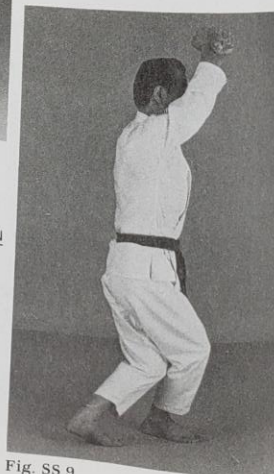
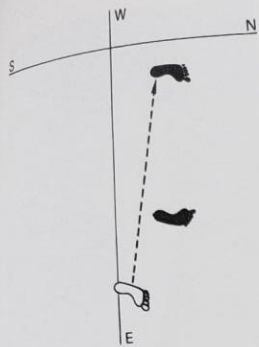


Fig. SS 9



Diag. SS 9-10

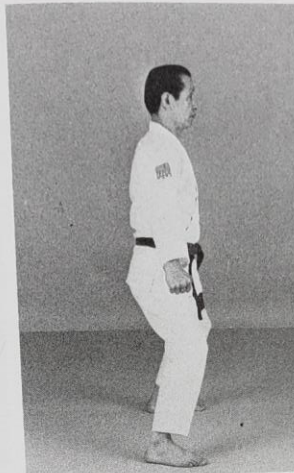


Fig. SS 10

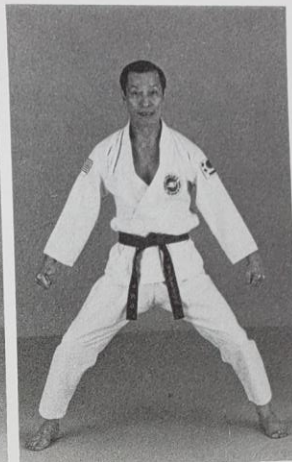
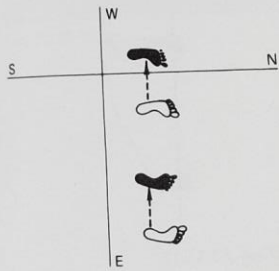


Fig. SS 10 (front)



Diag. SS 10-11



Fig. SS 10-11 (front)



Fig. SS 11

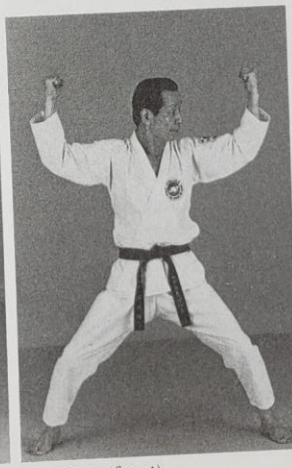


Fig. SS 11 (front)

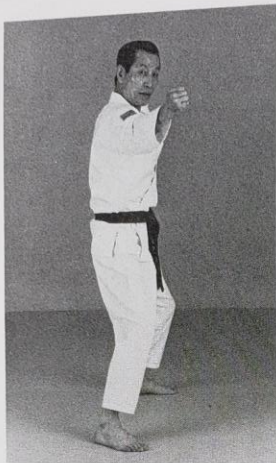
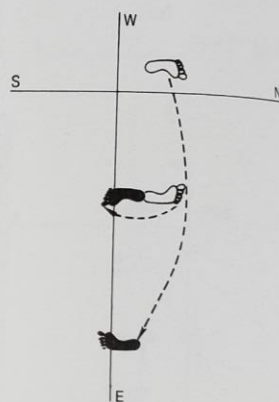


Fig. SS 11-12a



Fig. SS 11-12b



Diag. SS 11-12



34 Fig. SS 12 (front)



Fig. SS 12

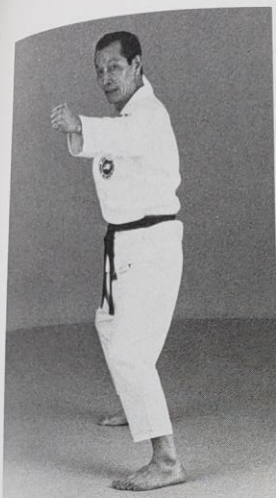


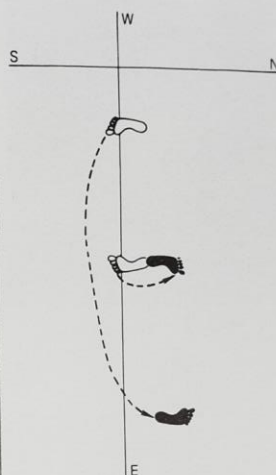
Fig. SS 12-13a



Fig. SS 12-13b



Fig. SS 13 (front)



Diag. SS 12-13

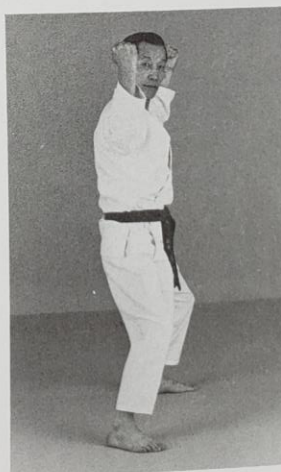


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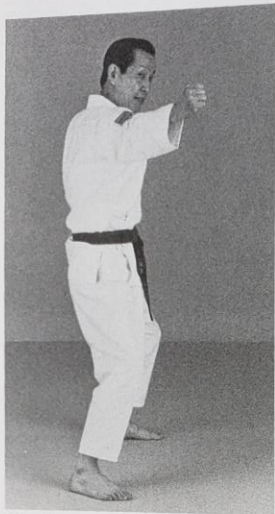
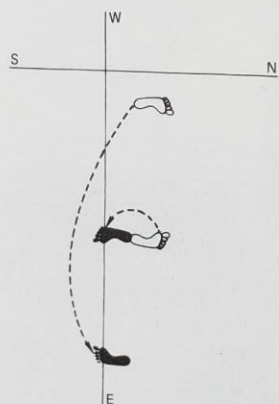


Fig. SS 13-14



Diag. SS 13-14

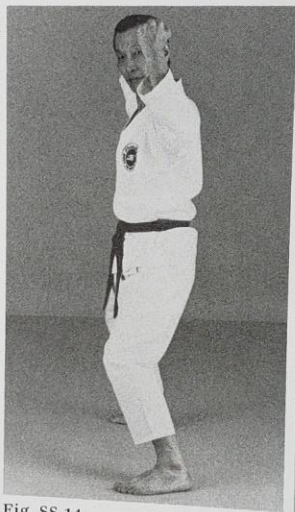


Fig. SS 14

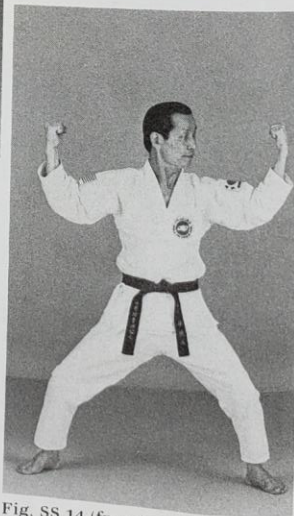


Fig. SS 14 (front)

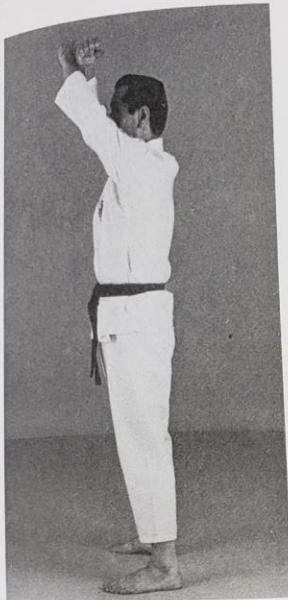


Fig. SS 14-15a

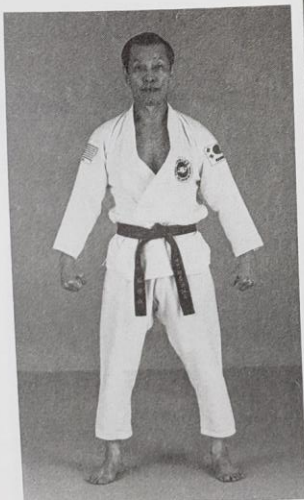
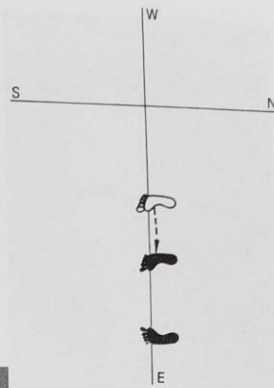


Fig. SS 15 (front)



Fig. SS 14-15b



Diag. SS 14-15



Fig. SS 15

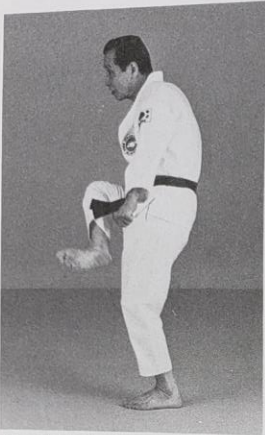
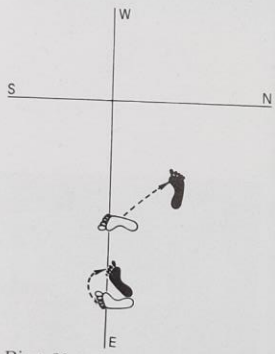


Fig. SS 15-16



Diag. SS 15-16

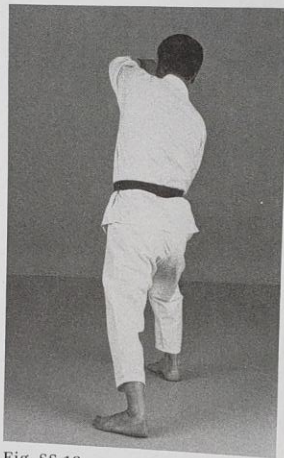


Fig. SS 16



Fig. SS 16 (side)

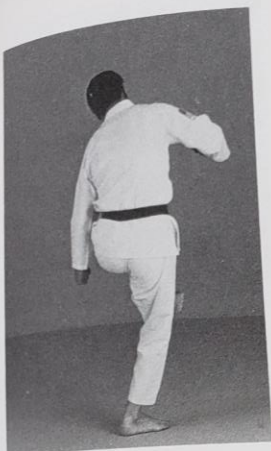


Fig. SS 16-17

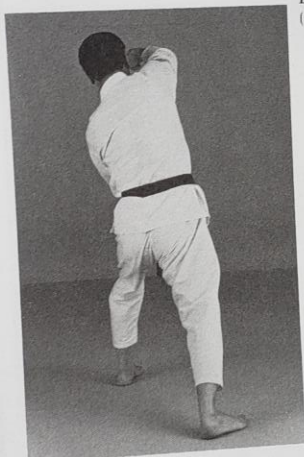
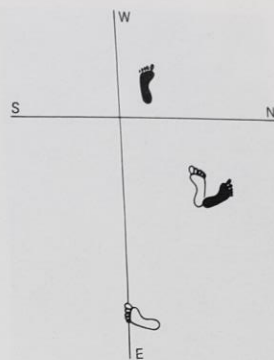


Fig. SS 17



Diag. SS 16-17
(1 second)



Fig. SS 17 (side)

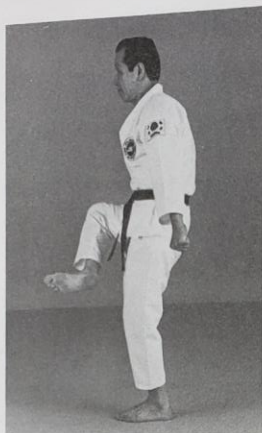


Fig. SS 17-18 (side)



Diag. SS 17-18
(1 second)

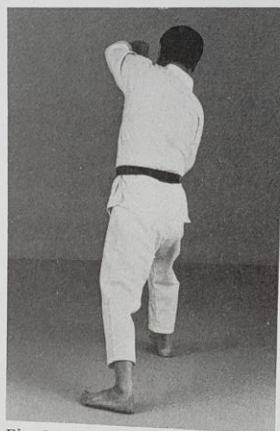


Fig. SS 18

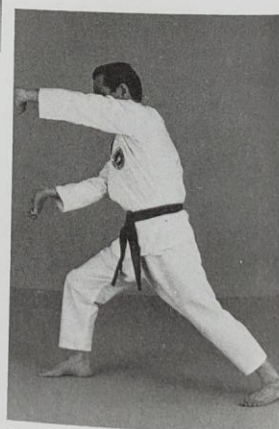


Fig. SS 18 (side)

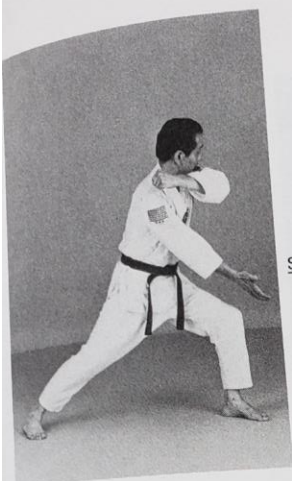
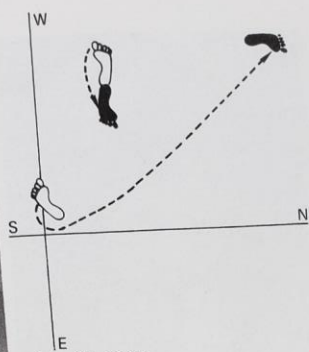


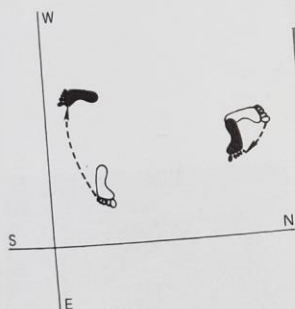
Fig. SS 18-19



Diag. SS 18-19
(1 second)



Fig. SS 19



Diag. SS 19-20

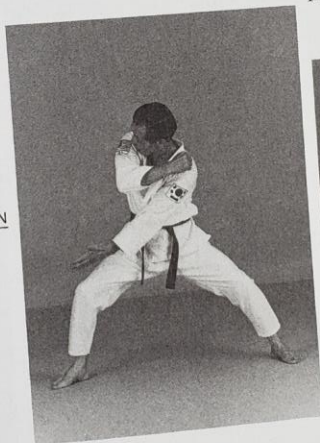
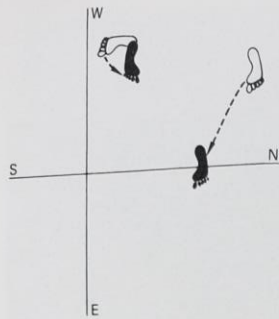


Fig. SS 19-20



Fig. SS 20



Diag. SS 20-21

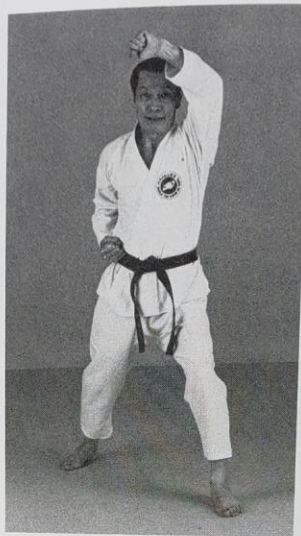
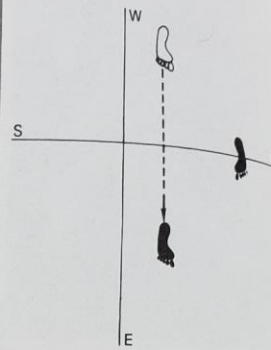


Fig. SS 21



Diag. SS 21-22

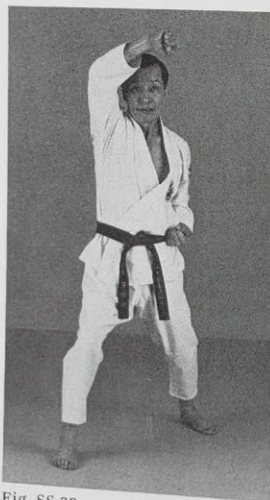
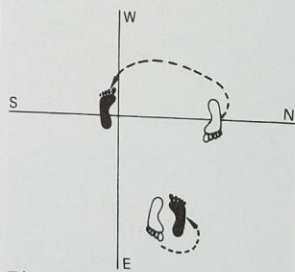


Fig. SS 22



Diag. SS 22-23

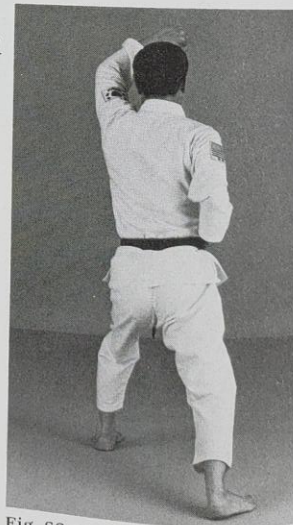


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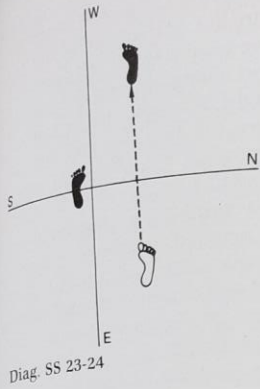


Fig. SS 24

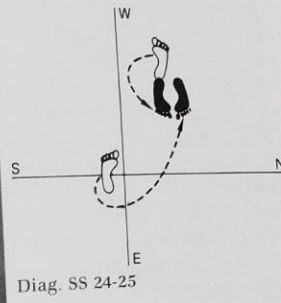


Fig. SS 25