

UNIVERSAL TAEKWON-DO FEDERATION

(utfkd.com)

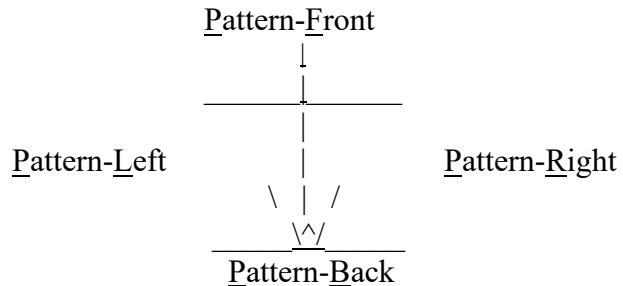
YUL-GOK HYUNG, Blue-stripe, 38 steps Short Version without transitions (02-08-21)

Parallel ready stance

Features:

All single arm blocks are high
along with 4 high hooking blocks

Front snap kicks are low
2 straight fingertip thrusts
2 twin-swordarm blocks



1. Slowly step left foot >P-L into s-stance with left fist middle power extension >P-F
2. right middle punch and quickly
3. left middle punch
4. Slowly step right foot >P-R into s-stance with right fist middle power extension >P-F
5. left middle punch and quickly
6. right middle punch
7. right w-stance >P-F/R with right inner forearm **high** front outward block
8. keeping arm positions, left **low** front snap kick >P-F/R then
9. left middle punch in mid-air and
10. right middle punch as step into left w-stance >P-F/R
11. left w-stance >P-F/L with left inner forearm **high** front outward block
12. keeping arm positions, right **low** front snap kick >P-FL then
13. right middle punch in mid-air and
14. left middle punch as step into right w-stance >P-F/L
15. right w-stance with right palm **high** hooking block >P-F
16. left palm **high** hooking block >P-F and immediately
17. right middle punch >P-F
18. left w-stance with left palm **high** hooking block >P-F
19. right palm **high** hooking block >P-F and immediately
20. left middle punch >P-F
21. right w-stance with right middle punch >P-F
22. snap into right bending ready stance >P-F
23. left side kick with left middle punch >P-F and
24. right front elbow strike as step into left w-stance
25. snap into left bending ready stance >P-B
26. right side kick with right middle punch >P-B and
27. left front elbow strike as step into right w-stance
28. right L-stance with **twin-swordarm** block >P-R
29. stepping forward with left palm front downward clearing block followed immediately behind with right straight fingertip thrust while stepping into right w-stance >P-R
30. left L-stance with **twin-swordarm** block >P-L

31. stepping forward with right palm front downward clearing block followed immediately behind with left straight fingertip thrust while stepping into left w-stance >P-L
32. left w-stance left outer forearm **high** front block >P-B
33. right middle punch
34. right w-stance right outer forearm **high** front block >P-B
35. left middle punch
36. jump into left X-stance left backfist **high** side strike >P-B front block
37. right w-stance with double forearm **high** block >P-R
38. left w-stance with double forearm **high** block >P-L.

Pull left foot back into the beginning Parallel ready-stance >P-F.

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