

UNIVERSAL TAEKWOND-DO FEDERATION
(utfkd.com)

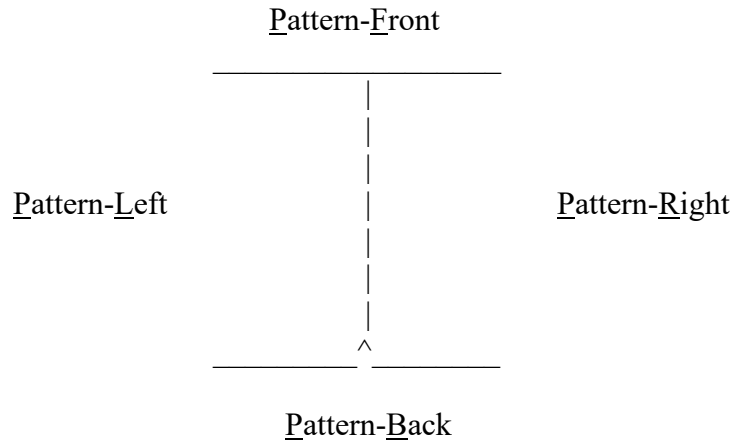
JOONG-GUN HYUNG, Blue Belt, 32 steps
short version without transitions, (3-17-21)

Close Ready-Stance B

Clasped fists in front of belt knot

Features:

Reverse knifehand side blocks
L-stance front leg low front kicks
Rearfoot-stance
Palm upward block
High upward elbow strike
Twin-fist **high** vertical punch
Twin-fist upset punch
X-fist **high** rising block
Backfist **high** side strikes
Low-stance
Twin-palm pressing/upward block
Forearm horizontal front guard
U-shape block



1. Right L-stance left reverse knife-hand middle side block >P-L
2. left foot **low** front snap kick >P-L
3. left rearfoot-stance right palm upward block >P-L
4. left L-stance right reverse knifehand middle side block >P-R
5. right foot **low** front snap kick >P-R
6. right rearfoot-stance left palm upward block >P-R
7. right L-stance swordarm guarding block >P-F
8. left walking-stance right high upward elbow strike >P-F
9. left L-stance middle swordarm guarding block >P-F
10. right walking-stance left high upward elbow strike >P-F
11. left walking-stance twin-fist **high** vertical punch >P-F
12. right walking-stance twin-fist upset punch >P-F
13. left walking-stance X-fist **high** rising block >P-B
14. right L-stance left backfist **high** side strike >P-R
15. left forearm escape twist inward and downward to above thigh and immediately into . .
16. left walking-stance right **high** reverse punch >P-R
17. left L-stance right backfist **high** side strike >P-L
18. right forearm escape twist inward and downward to above thigh and immediately into . .
19. right walking-stance left **high** reverse punch >P-L
20. left walking-stance left double-forearm **high** block >P-B

21. right L-stance left middle reverse punch >P-B
22. right middle side kick >P-B
23. right walking-stance right double-forearm **high** block >P-B
24. left L-stance middle reverse punch >P-B
25. left middle side kick >P-B
26. right L-stance middle forearm guarding block >P-B
27. left **low-stance** twin palms pressing/upward blocks >P-B
28. left L-stance middle forearm guarding block >P-B
29. right **low-stance** twin palms pressing/upward blocks >P-B
30. pull into close-stance with **slow** right outer forearm horizontal front guard >P-R
31. left **fixed-stance** U-shape block <P-R
32. right **fixed-stance** U-shape block >P-L

Pull left foot back into beginning Close Ready-Stance B

PYI/BFH