

UNIVERSAL TAEKWON-DO FEDERATION

(utfkd.com)

WON-HYO HYUNG, Green Belt, 28 steps Short version without transitions (4-09–20c)

Close ready stance A (with clasped right fist held just below eye level)

Points:

Front snap kicks are low (to belt)

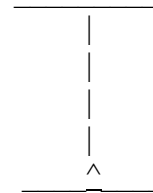
4 fixed stances

4 high inward strikes

Pattern-Front

Pattern-Left

Pattern-Right



Pattern-Back

1. Right L-stance twin forearm block >P-L
2. right knifehand **high** inward strike >P-L while pulling left sidefist in front of right shoulder
3. shift into left fixed-stance with left punch (from left hip) >P-L
4. left L-stance with twin forearm block >P-R
5. left knifehand **high** inward strike >P-R while pulling right sidefist in front of left shoulder
6. shift into right fixed-stance with right punch (from right hip) >P-R
7. snap into right bending ready stance >P-F
8. left middle side kick with left punch >P-F
9. right L-stance with swordarm guarding block >P-F
10. left L-stance with swordarm guarding block >P-F
11. right L-stance with swordarm guarding block >P-F
12. right w-stance with left palm downward clearing for right straight finger tip thrust >P-F
13. right L-stance twin forearm block >P-R
14. right knifehand **high** inward strike >P-R while pulling left sidefist in front of right shoulder
15. shift into left f-stance with left punch (from left hip) >P-R
16. left L-stance twin forearm block >P-L
17. left knifehand **high** inward strike >P-L while pulling right sidefist in front of left shoulder
18. shift into right f-stance with right punch (from right hip) >P-L
19. left w-stance with right inner forearm circular block >P-B with chest left >P-R
20. keep previous arm positions, right **low** front snap kick >P-B and into
21. right w-stance with left punch >P-B as you land
22. left inner forearm circular block >P-B with chest turned right >P-L
23. keep previous arm positions, left **low** front snap kick >P-B and into
24. left w-stance with right punch >P-B as you land
25. snap into left bending ready stance >P-B
26. right side kick with right punch >P-B
27. right L-stance with guarding block >P-L
28. left L-stance with guarding block >P-R.
Pull right foot back into starting Close ready stance A >P-F.