

UNIVERSAL TAEKWON-DO FEDERATION

(utftkd.com)

DO-SAN HYUNG, Green stripe, 24 steps short version without transitions, (3-13-21)

Parallel ready-stance

Features:

All forearm outward blocks are high

Backfist outward strikes are high

Wedging blocks are high

Front snap kicks are middle

Straight fingertip thrusts after clearing

Pattern-Front

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Pattern-Left

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Pattern-Right

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Pattern-Back

1. Left w-stance left outer forearm **high** front outward block >P-L then
2. right reverse middle punch >P-L
3. right w-stance right outer forearm **high** front outward block >P-R then
4. left reverse middle punch >P-R
5. right L-stance **swordarm** guarding block >P-F
6. right w-stance left palm downward clearing block for right straight fingertip thrust >P-F
7. leftward pivot breakaway into left w-stance with left backfist **high** front outward strike >P-F
8. right w-stance with right backfist **high** front outward strike >P-F
9. left w-stance with left outer forearm **high** front outward block >P-R then
10. right reverse middle punch >P-R
11. right w-stance with right outer forearm **high** front outward block >P-L then
12. left reverse middle punch >P-L
13. left w-stance with forearm **high** wedging block >P-B/R
14. right front middle snap kick >P-B/R and
15. right middle punch >P-B/R and
16. left middle punch when landing into right w-stance >P-B/R
17. right w-stance with forearm **high** wedging block >P-B/L
18. left front middle snap kick >P-B/L and
19. left middle punch >P-B/L and
20. right middle punch when landing into left w-stance >P-B/L
21. left w-stance with left forearm rising block >P-B
22. right w-stance with right forearm rising block >P-B
23. s-stance >P-F with left knifehand strike >P-L
24. s-stance >P-F with right knifehand strike >P-R.

Pull right foot back to beginning Parallel ready-stance >P-F.

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