

UNIVERSAL TAEKWON-DO FEDERATION

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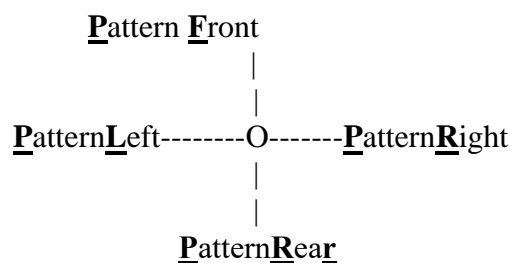
CHOI-YONG HYUNG (4-09-18)

46 movements, for Dan III-b

Ready stance:

Close Ready Stance C

Close ready stance with open flat hands crossed left over right below Ki Center.



1. Center-contract into a **right rear-foot stance** with front middle **guarding block** > PF.
2. Without drawing back your fist before or after, center-extend a **left middle-knuckle fist punch** to opponent's head.
3. Center-contract rightward into a **left rear-foot stance** with front middle **guarding block** > PRr.
4. Without drawing back your fist before or after, center-extend a **right middle-knuckle fist punch** to opponent's head.
5. Pull your right foot back to the left foot as you look over your left shoulder and center-spiral and -extend leftward into a **left walking stance** with **left swordarm front rising block** > PF and . . .
6. . . . continue that center-spiral into a **right inner forearm front circular block** > PF with the chest ending facing > PL to reduce body exposure to front opponent and . . .
7. . . . reverse-center-spiral into a **left fist middle front punch**.
8. Center-pull your left foot rightward to your centerline and center-spiral 1/2 turn rightward on your left foot and -extend into a **right walking stance** with **right swordarm front rising block** > PRr and . . .
9. . . . continue that center-spiral into a **left inner forearm front circular block** > PRr with the chest ending facing > PL to reduce body exposure to front opponent and . . .
10. . . . reverse-center-spiral into a **right fist middle front punch**.

11. Center-pull your right foot leftward to your centerline and center-spiral leftward on your right foot into a **right L-stance** with center-pulled **swordarm low front guarding block** > PF.
12. Center-spiral a **right** foot middle front **roundhouse kick** and then lower the foot to the side front of your left foot and continue the center-spiral into . . .
13. . . . a **left** foot high reverse **hooking kick** > PF that immediately center-pulls-and-flows into . . .
14. . . . a **left** foot middle side **piercing kick** > PF.
15. Lower your left foot forward to form a **left walking stance** with a center-spiraled **right elbow front middle strike** into the palm of your horizontally-held left arm.
16. Center-pull your left foot rightward to your centerline and center-spiral rightward on your left foot to form a **left L-stance** with center-pulled **swordarm low front guarding block** > PRr.
17. Center-spiral a **left** foot middle front **roundhouse kick** and then lower the foot to the side front of your right foot and continue the center-spiral into . . .
18. . . . a **right** foot high reverse **hooking kick** > PRr that immediately center-pulls-and-flows into . . .
19. . . . a **right** foot **middle front side-piercing kick** > PRr.
20. Lower your right foot forward to form a **right walking stance** with a center-spiraled **left elbow front middle strike** into the palm of your horizontally-held right forearm.
21. Center-pull-and-extend forward into a **left walking stance** with simultaneous center-pulled **right palm pressing/left palm upward blocks** and immediately . . .
22. . . . center-pull-and-extend forward into a **right walking stance** with simultaneous center-pulled **left palm pressing/right palm upward blocks**.
23. Center-pull your right foot back to under your body while spiraling a 1/2 turn leftwards and center-extend into a **left walking stance** > PF with center-opening **twin vertical swordarm outward high blocks** to an opponent on each side.
24. Maintaining the vertical position of the swordarms, center-pull into a **right** foot middle **front snap kick**.
25. Lower your right foot rearward into a **right L-stance** > PF with center-spiraled **forearm middle guarding block**.
26. Center-pull-and-extend forward on left ball-of-foot into a **right walking stance** with center-opening **twin vertical swordarm outward high blocks** to an opponent on each side.

27. Maintaining the vertical position of the swordarms, center-pull into a **left** foot middle **front snap kick** > PF.
28. Lower your left foot > PF and then spiral rightward into a **left L-stance** > PRr with center-spiraled **forearm** middle **guarding block**.
29. Extend the left ball-of-foot forward and center-pull forward with it and extend the right ball-of-foot forward and with it center-pull-and-push away while turning 1/2 turn rightwards to turn into a backwards slide > PRr ending in a **left L-stance** with center-spiraled **forearm** middle **guarding block** > PF.
30. Center-pull-and-extend forward into a **left walking stance** with center-spiraled **left flat-fingertip high thrust** > PF.
31. Center-pull your left foot inward to your centerline and the right foot outward while spiraling 1/2 turn rightward into a **right walking stance** with **right flat-fingertip high thrust** > PRr.
32. Pivoting on the left ball-of-foot, center-pull and -spiral the body rearward and rightward 1/4 turn into a **parallel stance** > PL with **right palm middle front hooking block** and continue . . .
33. . . . that center-spiral into a **left** fist middle front **punch** with **right fist to hip**.
34. Immediately center-spiral and -contract rightward into a **left bending ready stance A** > PR.
35. While maintaining the forearm guarding position, center-spiral a **right** foot **middle side** piercing **kick** > PR.
36. Lower your right foot > PR in a jumping motion to land both feet simultaneously in a **right X-stance** with center-spiraled **right backfist high outward side strike** > PR with the left finger-belly following to the side of the right fist for defensive posture.
37. Pivoting on the left ball-of-foot, center-spiral a **right foot high reverse hooking kick** > PL and . . .
38. . . . flow that center-spiral into a stamping **left L-stance** with **right knife-hand middle outward strike** > PL.
39. Pivoting on the right ball-of-foot, center-pull and -spiral the body rearward and leftward 1/4 turn into a **parallel stance** > PR with a **left palm middle front hooking block** and continue. . .
40. . . . that center-spiral into a **right** fist middle front **punch** with **left fist to hip**.
41. Immediately center-spiral and -contract leftward into a **right bending ready stance A** > PL.

42. While maintaining the forearm guarding position, center-spiral a **left foot middle side** piercing **kick** > PL.
43. Lower your left foot > PL in a jumping motion to land both feet simultaneously in a **left X-stance** with a center-spiraled **left backfist high outward side strike** > PL with the right finger belly brought to the side of the left fist for defensive posture.
44. Pivoting on the right ball-of-foot foot, center-spiral a **left foot high reverse hooking kick** > PR and . . .
45. . . . flow that center-spiral into a **stamping right L-stance** with **left knife-hand middle outward strike** > PR.
46. With the left ball-of-foot, center-pull-and-push away while spiraling 1/2 turn leftwards with enough force to slide the body > PR to end in a **right fixed stance** with center-spiraled **right** fist middle **punch** and **left fist to hip**.

End: Look leftward and **center-contract to the left foot** to form the beginning close ready stance C > PF.

PYI/BFH