

# UNIVERSAL TAEKWON-DO FEDERATION

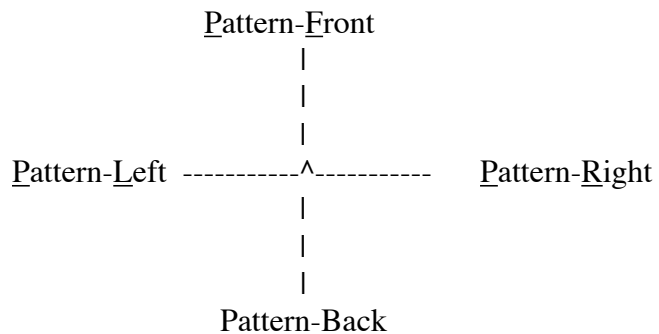
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## CHON-JI HYUNG, Yellow-stripe, 19 steps short version without transitions (3-24-20)

### Parallel Ready Stance

#### Note:

All kicks, punches and blocks are presumed to be middle section unless otherwise stated, for all Pattern Instructions.



1. Left walking-stance with left (outer forearm) low-block (facing) >Pattern-Left
2. right w-stance with right (middle) punch >P-L
3. right w-stance with right low block >P-R
4. left w-stance with left punch >P-R
5. left w-stance with left low block >P-F
6. right w-stance with right punch >P-F
7. right w-stance with right low-block >P-B
8. left w-stance with left punch >P-B
9. right L-stance with left (inner forearm) side block >P-R
10. right w-stance with right punch >P-R
11. left L-stance with left side block >P-L
12. left w-stance with left punch >P-L
13. right L-stance with left side block >P-B
14. right w-stance with right punch >P-B
15. left L-stance with right side block >P-F
16. left w-stance with left punch >P-F
17. right w-stance with right punch >P-F
18. step rearward into left w-stance with left punch >P-F
19. step rearward into right w-stance with right punch >P-F.

Pull left forward into the beginning Parallel Ready stance >P-F