

UNIVERSAL TAEKWON-DO FEDERATION

(utfikd.com)

CHOONG-MOO HYUNG

30 steps, for Kup 1

1. Right L-stance twin swordarm block >P-L
2. Right w-stance right knifehand **high** inward strike >P-L with left backhand to forehead
3. Left L-stance middle swordarm guarding block >P-R
4. Left L-stance left flat fingertip **high** thrust >P-R
5. Right L-stance swordarm guarding block >P-F
6. Left bending-ready stance >P-B
7. Right middle side kick >P-B
8. Right L-stance swordarm guarding block >P-F
9. right flying side kick into left L-stance swordarm guarding block >P-F
10. Right L-stance left outer forearm low block >P-R
11. Left w-stance head grab
12. Right knee upward strike
13. Left w-stance right **high** reverse knifehand inward strike, left backhand under right elbow >P-L
14. Right **high** roundhouse kick >P-L immediately followed by a
15. Left middle reverse side piercing kick P-L
16. Left L-stance middle forearm guarding block >P-R
17. Left middle roundhouse kick >P-FR
18. Left foot down next to right foot and move right foot forward into **fixed**-stance U-shape block >P-B
19. Vertical jump leftward into left L-stance with middle swordarm guarding block >P-B
20. Left w-stance with low right upset fingertip thrust >P-B
21. Right backfist rearward **high** strike with left front low-block while pulling left foot into right L-stance >P-B
22. Right w-stance with middle straight fingertip thrust >P-B
23. Left w-stance **high** double forearm block >P-L
24. Right foot into s-stance with right outer forearm inward front block >P-B and immediate right backfist **high** side strike >P-L
25. Right middle sidekick >P-R
26. Left middle sidekick >P-R
27. Left foot spiral rightward into L-stance with x-knifehand middle side checking block >P-L
28. Left w-stance with twin palm upward blocks >P-L
29. Rightward into right w-stance with right outer forearm rising block >P-R
30. Left middle punch >P-R.