

UNIVERSAL TAEKWON-DO FEDERATION

(www.utftkd.com)

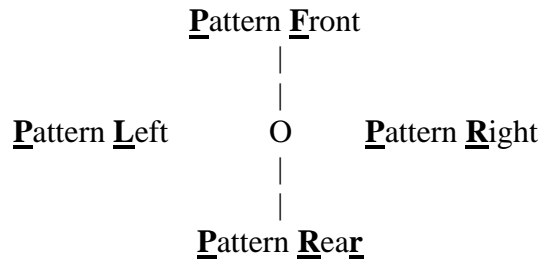
EUI-AM HYUNG

Expanded “how” instructions for Dan II-b

45 steps,

Ready stance:

close ready stance with
arms held out from sides
approximately two fist widths
away, elbows slightly bent.



1. Center-extend your right leg **rearward** to form a **left walking stance** > PF while center-closing a **right swordarm low front inward block** with simultaneous snap of your left side-fist to in front of your right shoulder as counterforce and guard.
2. Stay low and center-pull and -extend your left leg **rearward** into a **right walking stance** while center-opening a **left outer forearm high front outward block** and . . .
3. . . . then center-extend a **right** fist middle front **punch**.
4. Center-pull a **left** foot **low** front **twist kick** forward, and
5. lower your left foot **forward** into a **left walking stance** while center-extending a downward **X-forearm** block (with right in front of left) using the backs of your four forearm bones to block a front kick to the stomach, and immediately . . .
6. . . . center-pull and -separate into a **right swordarm rising block**.
7. Center-spiral leftwards onto your left leg while bringing both arms downward to your left side and unspiral into a jump **forward** with a **right backfist high forward strike** (bringing the left finger belly to the side of the right fist to create a guard) while **landing both feet simultaneously into a right X-stance**.
8. Snap the face **1/2 turn** leftwards and, pivoting on the right foot, center-extend a **left** fist middle forward **punch** > PRr while forming a **right L-stance**.
9. Center-spiral a **right foot middle reverse turning kick** rightward to a 45° target at PR/Rr.

10. Finish spiraling your hips to lower your right foot > PRr in a **stamping motion** to form a **sitting stance** > PR while center-spiraling a **right knife-hand middle side strike** > PRr.
11. Center-spiral a **left** foot middle side **piercing kick** > PRr while pulling both fists straight in the opposite direction at shoulder level.
12. Lower your left foot **forward** into a **left walking stance** while simultaneously center-pulling a **right fist high crescent punch** to in front of your eyes.
13. Slowly center-pull your right foot **forward** into a **parallel stance** while slowly center-pulling a **left fist middle turning punch** to in front of chest center.
14. Center-extend your left foot **rearward** to form a **right walking stance** > PRr while center-closing a **left swordarm low front inward block** with the simultaneous snap of your right side-fist to in front of your left shoulder as counterforce and guard.
15. Stay low and center-pull and-extend your right foot **rearward** into a **left walking stance** while center-opening a **right outer forearm high** front outward **block**, and . . .
16. . . . then center-extend a **left** fist middle front **punch**.
17. Center-pull a **right** foot **low** front **twist kick** forward, and
18. lower your right foot **forward** into a **right walking stance** while center-extending a **downward X-forearm block** (with the left in front of the right), using the backs of the four forearm bones to block a front kick to the stomach, and immediately . . .
19. . . . center-pull and -separate a **left swordarm rising block**.
20. Center-spiral rightwards onto your right leg while bringing both arms downward along your right side and unspiral into a jump forward with a **left backfist high forward strike** (bringing the right finger belly to the side of the left fist) while **landing both feet simultaneously into a left X-stance**.
21. Snap your face **1/2 turn clockwise** and, pivoting on your left foot, center-extend a **right** fist middle forward **punch** > PF while forming a **left L-stance**.
22. Center-spiral a **left foot middle reverse turning kick** leftward to a 45° target at > PR/F.
23. Finish spiraling your hips to lower your left leg > PF in a **stamping motion** to form a **sitting stance** > PR while center-spiraling a **left knife-hand middle side strike** > PF.
24. Center-spiral a **right** foot middle **side piercing kick** > PF while pulling both fists straight in the opposite direction at shoulder level.

25. Lower your right foot **forward** into a **right walking stance** > PF, while center-pulling a **left fist high crescent punch** to in front of your eyes.
26. Slowly center-pull your left foot **forward** into a **parallel stance** > PF while slowly center-pulling a **right fist middle turning punch** to in front of chest center.
27. Center-extend your right foot forward into a **right walking stance** > PF while center-opening a **swordarm** middle front **wedging block**.
28. Center-spiral a **left reverse knife-hand circular block** to clear a middle front attack.
29. Center-pull your **right foot back** into a **left rear-foot stance** while center-pulling an **alternate palm** (right hand in front) **downward block** > PF.
30. Center-extend your **right foot forward** into a **left L-stance** while center-extending a **left fist middle forward punch**.
31. Using enough force to shift your center backwards with both feet staying in L-stance, center-close a **right reverse knife-hand low front inward block** with the simultaneous snap of your left side-fist to in front of your right shoulder as counterforce and guard.
32. Center-extend your left foot forward into a **left walking stance** while simultaneously center-opening a **swordarm** middle front **wedging block**.
33. Center-spiral a **right reverse knife-hand circular block** to clear a middle front attack..
34. Center-pull your **left foot back** into a **right rear foot stance** while center-pulling an **alternate palm** (left hand in front) **downward block** > PF.
35. Center-extend your **left foot forward** into a **right L-stance** while center-extending a **right fist middle forward punch**.
36. Using enough force to shift your center backwards with both staying feet in L-stance, center-close a **left reverse knife-hand low front inward block** with the simultaneous snap of your right side-fist to in front of your left shoulder as counterforce and guard.
37. Center-spiral a **right foot high reverse turning kick** rightward to a 45° target > PF/L.
38. Finish spiraling your hips to lower your right leg into a **left rear foot stance** > PF while center-pulling a **forearm** middle **guarding block**.
39. Center-spiral a **left foot high reverse turning kick** leftwards to a 45° target > PF/R.
40. Finish spiraling your hips to lower your left leg into a **right rear foot stance** > PF while center-pulling a **forearm** middle **guarding block**.

41. Center-extend your **left foot rearwards** to just past the heel of the right foot and then move the **right foot rearwards** into a **right L-stance** while center-pulling a **left swordarm low front outward block**.
42. Center-extend your **right foot rearward** into a **left walking stance** > PF while center-extending a **right fist middle forward punch**.
43. Center-extend your **left foot rearward** into a **left L-stance** > PF while center-pulling a **right swordarm low front outward block**.
44. Center-extend your **left foot rearward** into a **right walking stance** > PF while center-extending a **left fist middle forward punch**.
45. Center-extend a **right fist high forward punch**.

END: Center-pull left foot forward to your right foot to return to the beginning **close ready stance**.

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