

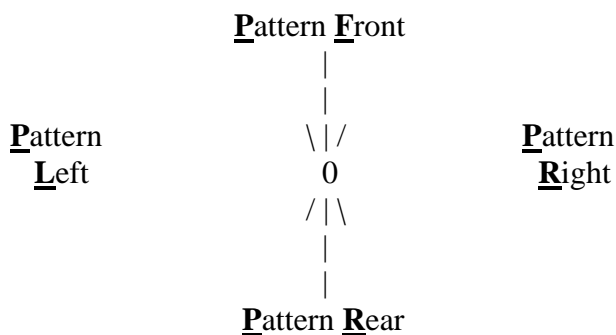
UNIVERSAL TAEKWON-DO FEDERATION

(www.utftkd.com)

GAE-BAEK HYUNG (4-09-18)

43 Steps, for Dan II-a

Begin: **Parallel Ready Stance**



1. Center-extend your right foot **rearwards into a right L-stance** with a frontward center-extended **X-swordarm checking block** toward PF.
2. Maintaining low stance and arm position of Move #1, center-pull and -spiral a **right foot low front twist kick** (towards the inner left thigh of opponent in front of you).
3. Begin lowering your right foot > PF with the intention of forming a right walking stance and center-extend a **right fist middle front punch** followed immediately . . .
4. . . . by a **left fist middle front punch** as the **right walking stance** is fully formed.
5. Begin moving your right foot rearwards for the purpose of forming a left walking stance > PF while you center-extend a **left forearm rising block** and immediately . . .
6. . . . center-pull and -spiral a **left outer forearm low front outward block** as the **left walking stance** is fully formed.
7. Slowly center-extend a **double arc-hand high block** > PF/R while looking through the block.
8. (Note: the ITF Move #8 is omitted by the UTF.) Turn your face 1/4 rightward and move the left foot out > PR/F to center-spiral into a **sitting stance** > PR/Rr while center-spiraling an accelerating but medium speed **left palm middle front scooping block** and immediately . . .

9. . . . reverse the center-spiral into a **right** fist middle front **punch**.
 10. Maintaining the sitting stance, center-spiral a **left backfist front strike** to the bridge of the opponent's nose while center-pulling your right backfist horizontally under your left elbow.
 11. Center-pull your right foot rearward on the Pattern's Front/Rear line to even with your left foot and then center-pull your left foot rightward and forward onto the line to form a **right L-stance** > PRr with a center-pulled **swordarm** middle front **guarding block**.
 12. Maintain the guarding block and center-pull a **left** foot low front **snap kick**.
 13. Lower the left foot forward with the intention of forming a left low stance while center-extending a **left flat fingertip high thrust** followed immediately . . .
 14. . . . by a center-extended **right flat fingertip high thrust** as the **left low stance** is formed.
 15. Center-spiral and -extenda **right** foot middle forward **side** piercing **kick** > PRr while pulling both fists in the opposite direction toward your left shoulder.
- (The following steps 16, 17 and 18 are to be performed as a group with each technique quickly, but distinctly, snapping into the next technique.)
16. Lower the right foot > PRr while spiraling 1/2 turn leftward into a **right L-stance** with center-pulled forearm middle **guarding block** > PF, then . . .
 17. . . . center-extend the right foot forward while spiraling 1/2 turn leftward to form a **right L-stance** with center-pulled forearm middle **guarding block** > PRr, then . . .
 18. . . . pivot on the right foot and spiral 1/2 turn leftward to form a **right L-stance** with center-pulled swordarm middle **guarding block** > PF.
 19. Snap your face and left foot 1/4 turn rightward while simultaneously center-pulling into a **sitting stance** with a **right 9-shape block** > PR.
 20. Slowly center-pull > PF to your left foot and center-spiral 1/2 turn leftward around it while accelerating into a **left walking stance** ending with full speed **left swordarm low block** > PRr.
 21. Center-pull a **right** foot middle front **roundhouse kick** > PRr and lower the ball-of-foot forward to immediately . . .
 22. . . . center-pull with it into a **right** foot **flying** forward **side** piercing **kick** > PRr.
 23. Land in a **right walking stance** with center-extended **twin-fist high vertical punch** > PRr.
 24. Center-extend a slow **double arc-hand high block** > PR/Rr while looking through the arc-hand.
 25. Center-pull and -spiral a "surprise" **left** fist front **upset punch** > PRr.
 26. Center-pull your right foot leftwards to in front of your left foot and spiral on it a 1/2 turn leftwards while shifting your left foot outwards into a **left walking stance** > PF as you

center-spiral a **right front elbow strike** into the left palm of your horizontally-held left forearm.

27. Jump forward and center-spiral into a **right double forearm high block** as you land both feet simultaneously in a **right X-stance** > PF (torso facing your left).
28. Extend your left foot outward > PL/Rr to center-spiral into a **sitting stance** > PL/F while center-spiraling an accelerating but medium speed **right palm scooping block** and immediately
29. . . . reverse the center-spiral into a **left fist middle front punch**.
30. Maintaining the sitting stance, center-spiral a **right back fist front strike** to the bridge of the opponent's nose while center-pulling your left backfist horizontally under your right elbow.
31. Pivoting on your right ball-of-foot, spiral leftward into a **left walking stance** toward > PRr while center-pulling a left palm downward block to clear the opponent's attack for your center-pulled **right reverse knife-hand high front strike** (back of your open left hand finishes horizontally under your right elbow).
32. Center-open your left foot outward half a shoulder-width and center-pull a **right foot middle front roundhouse kick** toward > PRr.
33. Lower the right foot to just in front of the left foot and center-spiral on it leftward into a **left walking stance** > PF with a center-extended **twin fist high front vertical punch**.
34. Center-pull rearward into a **right L-stance** with a simultaneous center-pulled **right middle knuckle fist upset punch** > PF with your left fist pulled toward your right bicep.
35. Center-pull and -spiral on your left foot 1/4 turn leftward into a **sitting stance** > PL with a center-pulled **left 9-shape block**.
36. While maintaining the sitting stance, turn your face a 1/4 turn to the left and center-pull from 45 degrees above right a **reverse swordarm guarding block** diagonally across your front to your left thigh **low** and immediately
37. . . . turn your face 1/2 turn rightward and center-pull from 45 degrees above left an **obverse swordarm guarding block** diagonally across your front to your right thigh **low**.
38. Pivoting on your right foot, center-spiral a 1/2 turn rightward into a **sitting stance** > PR with **stamping motion** and a center-spiraled **outer forearm W-shape block** > PF.
39. Turn the face 1/2 turn to the right and, pivoting on your right foot, center-spiral a 1/2 turn rightward into a **sitting stance** > PL with **stamping motion** and a center-spiraled **outer forearm W-shape block** > PRr.
40. Pivoting on your left foot, center-spiral 1/4 turn leftward into a **right walking stance** > PRr with a center-extended **right forearm rising block**.
41. Reverse the center-spiral into a **left fist middle front punch**.

42. Center-pull your right foot leftwards to in line with your left foot and center-spiral on your right foot 1/2 turn leftward into a **left walking stance** > PF with center-extended **left forearm rising block**.
43. Reverse the center-spiral into a **right fist middle front punch**.

End: Center-pull onto your left foot to form the beginning parallel ready stance.

04-09-18

PYI/BFH/JL