

UNIVERSAL TAEKWON-DO FEDERATION

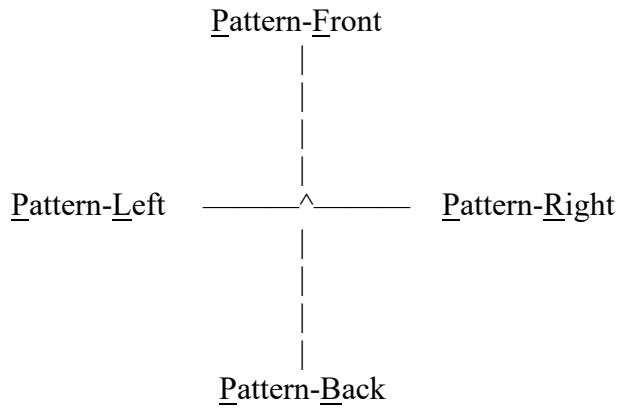
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MOON-MOO HYUNG, Dan IV, 61 steps Short Review Version without transitions (5-10–20)

Parallel Ready Stance

Reminders:

Four high reverse turning hook kicks
One-leg stances
Two high back piercing kicks
Four sliding into stances
Two stamps into s-stances
Two pushing side kicks
Two high twisting kicks
Two rearward stance shifts
Downward punches
One mid-air reverse turning kick
Arc-hand rising block



1. Slowly into right bending ready stance >P-L
2. slow left side kick with **high** punch >P-L
3. . . repeat at full speed
4. s-stance with right flat fingertip thrust >P-F
5. slow right **high** reverse turning hook kick >P-L and . .
6. jump the right foot >P-L into right x-stance >P-B with right knifehand strike >P-L
7. step left foot >P-R into left w-stance with right palm pressing block >P-R
8. right w-stance with left palm pressing block >P-R
9. pull slowly into right **one-leg stance** >P-F with simultaneous left knifehand **high** outward side block >P-L with right knifehand **low** outward side block >P-R [sources vary]
10. slowly lower left foot down to right foot and then left bending ready stance >P-R
11. slow right side kick with **high** punch >P-R and
12. . . repeat at full speed
13. s-stance with left flat fingertip thrust >P-R
14. slow left **high** reverse turning hook kick >P-R and . .
15. jump the left foot >P-R into left x-stance >P-B with left knifehand strike >P-R
16. step right foot >P-L into right w-stance with left palm pressing block >P-L
17. left w-stance with right palm pressing block >P-L
18. pull slowly into a left **one-leg-stance** >P-F with simultaneous right knifehand **high** outward side block >P-R and left knifehand **low** outward side block >P-L
19. drop slightly in one-leg-stance while snapping head rightward >P-B simultaneously with side low-blocks >P-L and >P-R

20. from one-leg-stance slowly extend a right **high** back piercing kick >P-B
21. lower right foot rearward into left w-stance >P-F with right punch
22. quickly pull rearward into a bent right one-leg-stance >P-F while snapping head leftward >P-B simultaneously with side low-blocks >P-R and >P-L
23. from one-leg-stance slowly extend a left **high** back piercing kick >P-B
24. lower left foot rearward into right w-stance >P-F with left punch
25. pull right foot and extend it rearward to **slide** both feet into right rear-foot-stance >P-F with left palm downward block
26. left front snap kick >P-F
27. **stamp** right foot rearward into s-stance >P-R with right sidefist outward strike >P-B
28. **slide** s-stance >P-B with left palm scooping block >P-R and . .
29. . . right punch >P-R
30. left knifehand **low** outward block >P-F
31. quick step left foot just past right foot and then right **side pushing kick** >P-B
32. lower right foot >P-B and then left **high** reverse turning kick >P-B
33. lower left foot into left w-stance >P-B with left knifehand **high** outward front block
34. pull left foot rearward and **slide** both feet into left rear-foot-stance >P-B with right palm downward block
35. right front snap kick >P-B
36. **stamp** left foot rearward into s-stance >P-R with left sidefist outward strike >P-F
37. **slide** s-stance >P-F with right palm scooping block >P-R and . .
38. . . left punch >P-R
39. right knifehand **low** outward block >P-B
40. quick step right foot just past left foot and then left **side pushing kick** >P-F
41. lower left foot >P-F and then right **high** reverse turning kick >P-F
42. lower right foot into right w-stance >P-F with right knifehand **high** outward front block
43. step left foot forward and then right **high** overhead twisting kick >P-F/R
44. lower right foot rearward into left w-stance >P-F with right **high** backfist >P-B with left fist extended >P-F
45. **shift** rearward into a left w-stance by right backfist front strike >P-F with left fist pulling to under right elbow
46. maintain arm position, step right foot >P-F and then left **high** overhead twisting kick >P-L [
47. lower left foot rearward into right w-stance >P-F with left **high** backfist >P-B with right fist extended >P-F
48. **shift** rearward into a right w-stance by left backfist front strike >P-F with right fist pulling to under left elbow
49. maintain arm position and left foot sweep kick >P-F and lower foot into right L-stance guarding block >P-F
50. maintain guarding block, left checking kick and left middle **thrusting** kick >P-F
51. lower left foot into right L-stance >P-F with left knifehand outward front strike
52. with previous arm position right foot sweep >P-F and lower foot into left L-stance guarding block >P-F
53. maintain guarding block, right checking kick and right middle **thrusting** kick >P-F
54. lower right foot into left L-stance >P-F with right knifehand outward front strike

55. pull right foot rearward past left foot and pivot leftward on it into a left w-stance >P-B with right punch
56. jump >P-B into a right x-stance with left **downward punch** >P-B and right fist to in front of left shoulder
57. jump >P-F into a left x-stance with right **downward punch** >P-F and left fist to in front of right shoulder
58. jump rightward into right mid-air reverse turning side kick >P-F and
59. land in left L-stance **swordarm** guarding block >P-F
60. pull right foot rearward past left foot then left foot rearward into right w-stance >P-F with left **arc-hand front rising block**
61. maintaining right w-stance, right **high** front punch.

Pull right foot rearward into starting Parallel Ready Stance

PYI/BFH