

UNIVERSAL TAEKWON-DO FEDERATION

(www.utfkd.com)

SE-JONG HYUNG (9-07-05)

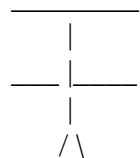
Expanded “How” instructions with highlights

Ready stance:

Close stance with left fingers covering across the forward facing knuckles of the right fist held vertically just in front of the belt knot.

Pattern
Left

Pattern Front



Pattern
Right

Pattern Rear

1. Drop on the right leg while turning the face 1/4 turn **counter-clockwise** and step out to the left with the left foot to spiral turn into a **left walking stance** toward Pattern Left while powering a **left outer forearm low front outward block**.
2. Turn the face **1/2 turn clockwise** while staying low and bringing the left foot back to the right foot and, in a continuing motion, move the right foot out to the right to form a **left L-stance** toward Pattern Right in a spiral turn while powering a **twin forearm middle block**.
3. Turning counter-clockwise, power a **right** foot middle **side piercing kick** to Pattern Front while forming a forearm guarding block.
4. Lower the right foot forward and then turn **1/4 turn counter-clockwise** stepping into a **left walking stance** toward Pattern Left while powering a **left forearm rising block**.
5. Turn the face **1/2 turn clockwise** while staying low and bringing the left foot to the right foot and, in a continuing motion, move the right foot to Pattern Right to form a sitting stance toward Pattern Front while powering a **right knifehand** middle **side strike** (face towards the target).
6. Turning the face 1/4 turn **left**, bring the right foot to the left foot and stand up into a **close ready stance** (left hand covering outward facing right fist in front of belt) toward Pattern Front.
7. **Slowly lower** the stance deeply, twisting the hips clockwise and **pulling the hands rearward** to the side of the right hip, while keeping the eyes fastened on the front target, then explosively **jump forward** with a **left backfist forward strike**, bringing the right finger belly to the left sidefist, and land **both feet simultaneously into a left X-stance**
8. Turn the face **1/4 turn to the right** and extend the right foot in that direction to form a **right walking stance** toward Pattern Right while powering a **right fist high front punch**.

9. Pivoting low on the left foot, turn **1/2 turn clockwise** to form a **right fixed stance** toward Pattern Left while powering a **forearm middle guarding block** and immediately . . .
10. . . .shift the right foot forward and out to form a **right walking stance** toward Pattern Left while powering a **right straight fingertip middle front thrust** and pulling the left fist back to the side of the left hip.
11. Staying low and turning the face **1/2 turn counter-clockwise**, pull the right foot back to the left foot and, in a continuing motion, extend the left foot out to form a **left walking stance** toward Pattern Right in a spiral turn while powering a **left backfist high front outward strike**.
12. Turn **1/4 turn to the right** and shift the left foot into a **sitting stance** toward Pattern Rear and spiral turn into it while powering a **left palm scooping block** to in front of the solar plexus.
13. Power a **left foot middle turning kick** toward Pattern Rear while forming a **forearm middle guarding block**.
14. Lower the left foot to Pattern Rear in a jumping motion while powering a **left double forearm high forward block** and **landing both feet simultaneously in a left X-stance**.
15. **Slowly** move the right foot out sideways to form a **sitting stance** toward Pattern Rear and slowly **extend the right fist forward** horizontally.
16. While maintaining the previous sitting stance, power a **left backfist forward strike**, bringing the right forearm horizontally under the left elbow.
17. Bring the right foot to the side of the left foot, and then move the left foot out diagonally towards Pattern Right/Rear to form a **sitting stance** toward Pattern Left/Rear while powering a **twin palm low front pressing block**.
18. Slip the left foot towards Pattern Rear to form a **left walking stance** while powering a slow **double arc-hand middle forward block** towards Pattern Rear.
19. Pull the left reverse footsword back to the left side of the right knee joint to form a **right one-leg stance** toward Pattern Rear while simultaneously powering a **right outer forearm high front outward block** and a **left outer forearm low front outward block**.
20. Slowly lower the left foot rearwards toward Pattern Front to form a **right walking stance** while powering a **right palm pressing block** (with a left palm upward block).
21. Pull the left instep to the rear of the right knee to form a **right one-leg stance** toward Pattern Rear while powering a **right back forearm vertical forward strike** into the left palm (striking near the wrist).
22. **Turning clockwise**, lower the left foot towards Pattern Rear to form a **right fixed stance** toward Pattern Front while turning the face to the rear and powering a **left back elbow middle rearwards thrust**.

23. Turning the face **3/4 turn clockwise**, pull in the right foot and move it to the right to form a **left L-stance** toward Pattern Right while powering a **knifehand high guarding block**.
24. Turning the face **1/2 turn counter-clockwise** and staying low, bring the right foot to the left foot and, in a continuing motion, move the left out to the left to form a **right L-stance** toward Pattern Left while powering a **right fist middle forward punch**.

End: Turn the face towards Pattern Front and pull the left foot to the right foot and stand back up into the close ready stance towards Pattern Front that began the pattern.

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