

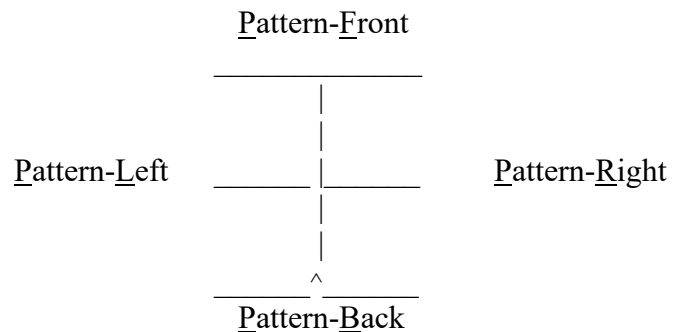
UNIVERSAL TAEKWON-DO FEDERATION

(www.utftkd.com)

SE-JONG HYUNG, short version (4-06-20)

Dan V, 24 steps

Close ready stance “B” (left hand around right fist in front of belt knot)



1. Left w-stance with left low-block >P-L
2. left L-stance with twin forearm block >P-R
3. right side piercing kick >P-F
4. left w-stance with left rising block >P-L
5. sitting stance >P-F with right knifehand side strike >P-R
6. close ready stance “B” >P-F
7. jump >P-F into left X-stance with left **high** backfist forward strike with right finger-belly against left sidefist
8. right w-stance with right **high** front punch >P-R
9. right f-stance with guarding block >P-L and
10. right w-stance with right straight fingertip front thrust >P-L with left palm clearing block
11. left w-stance >P-R with left backfist **high** front outward strike
12. s-stance > P-B with left palm scooping block
13. left turning kick >P-B, lower left foot while
14. jumping into left x-stance >P-B with left double forearm **high** block
15. slow move right foot rightward into s-stance >P-B while extending right fist forward
16. left backfist front strike with right forearm under left elbow
17. right foot to behind left foot and left foot into left diagonal-stance >P-B with twin palm front pressing block
18. slow pivot into left w-stance >P-L/B with double arc-hand forward block >P-B
19. right one-leg stance with right outer forearm **high** outward block and left low -block
20. slow rearward lowering into right w-stance with right palm pressing block >P-B
21. forward into right one-leg stance with left foot around back of right knee >P-B with right back forearm vertical forward strike into left palm
22. pivot rightwards into right f-stance >P-F with left back elbow rearwards thrust >P-B
23. pivot rightwards into left L-stance with swordarm **high** guarding block >P-R
24. step across into right L-stance with right forward punch >P-L.

Pull left foot back into starting Close Ready Stance “B” >P-F.

PYI