

UNIVERSAL TAEKWON-DO FEDERATION

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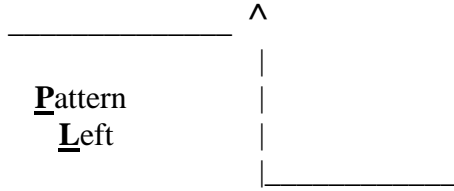
UL-JI HYUNG (02-01-19)

Dan III-a, 42 steps

Pattern Front

Ready position:
Parallel ready stance with arms folded in front of chest at 45 angle with fingerbellies of open hands held slightly above middle of upper arms.

Pattern Left



Pattern Right

Pattern Rear

1. Center-extend **left leg rearward** into a **right walking stance** with **twin sidelist horizontal side strikes**.
2. From left ball-of-foot, center-pull and -extend your center **rearward** into a **left walking stance** with **X-fist low front pressing block** which immediately
3. center-pulls and -extends into an **X-swordarm high front rising block** as your right leg establishes a **left walking stance**.
4. Keeping that stance, simultaneously center-pull a **right knifehand high inward front strike** to center-line and your left open-hand fingerbelly to the inside of your right elbow joint against the bicep.
5. Pivoting on your right foot, center-spiral 1/4 turn leftwards into a **sitting stance** > PL with a **left backhand** middle outward side **strike** > PRr.
6. Center-close a right leg **middle crescent kick** across your chest with inner foot into your waiting open left palm > PRr and quickly
7. center-spiral 1/2 turn leftward into a **sitting stance** > PR with a center-closing **right elbow strike** into the left palm of your horizontally-held forearm.
8. Center-pull a **left elbow rearward thrust** while pulling your right fist on top of the left fist.
9. Center-open a **right backfist** high side rearward **strike** and **left forearm low block**.

10. Center-spiral leftward 1/4 turn onto your right foot into a **close stance** > PF while bringing both fists to their respective hips.
11. Keeping your fists on your hips, suddenly look > PR while center-contracting into a low **right X-stance** > PF.
12. Still with fists on hips, center-spiral a **right** foot **middle side** piercing **kick** > PR.
13. Lower your right leg > PR and center-contract into a **right X-stance** > PF while center-opening **twin elbow horizontal thrusts**.
14. Center-extend your right leg into a **sitting stance** > PF with a center-snapped **right horizontal punch** > PR (eyes still to right).
15. Quickly turn head > PF while simultaneously straightening both legs and simultaneously center-closing a **right knifehand high inward front strike** > PF with your left forearm center-pulling horizontally upward so back of palm stops in front of forehead.
16. Center-contract and -spiral 1/4 turn left with a center-opening **twin swordarm block** down into a **right L-stance** > PL in a low position to prepare for an un-telegraphed,
17. center-spiraled **jump** 1/2 turn rightward into a **right** foot **reverse turning side** piercing **kick** > PL and
18. land in a **right walking stance** with a center-spiraled right **double forearm** middle front **block**.
19. Look right and on your right ball-of-foot center-spiral rightward into a **close ready stance B** > PF (with right fist clenched inside of the left hand at belt level).
20. Center-contract and -spiral leftward in place while drawing both hands low to the outside of your left thigh (left palm against right fist) then reverse-spiral into a forward jump into a **right X-stance** (both feet landing simultaneously) with a center-spiraled **right backfist high forward strike** with the left fingerbelly brought along on the outward side of the right fist for defensive guard.
21. Center-extend left leg **rearward** into a **right walking stance** (with rear knee bent and heel off the ground) while center-extending a **left forearm rising** front **block**.
22. Keeping the arm positions, center-pull forward with a **left** foot middle **front snap kick**.
23. Extend the left leg forward into a **left walking stance** while center-extending a **right high** front **punch**.
24. Center-pull and -spiral rightward onto left leg (to reduce torso exposure) while raising left swordarm vertically in front of you for protection, and then center-extend forward and un-spiral

into a **right walking stance** while center-pulling your left palm downward to horizontal in order to clear front target area for a center-extended **right straight fingertip** middle front **thrust** > PF.

25. Center-spiral on the right ball-of-foot 3/4 turn leftwards into a **sitting stance** > PR while center-pulling **left backfist** high side **strike** > PF and right fist to hip.

26. Center-spiral on the left ball-of-foot a 1/2 turn leftward into a **right walking stance** > PL while center-opening **twin forearm low blocks** simultaneously to the sides.

27. Jump upward with a **right** foot **flying high kick** > PF and

28. land in a **right fixed stance** while center-extending a middle **X-swordarm checking** forward **block**.

29. Center-extend your left leg forward into a **right L-stance** simultaneously with a center-extended **X-fist pressing block**.

30. Simultaneously center-pull a **left** foot middle front **snap kick** with twin inner forearm middle **outward blocks**.

31. Lower your left leg forward into a **left walking stance** while center-extending a **twin-fist high** front **vertical punch**.

32. Center-extend your right leg forward into a **right fixed stance** while simultaneously center-opening a **right knifehand high** outward front **block** with a center-extended **left palm** middle forward **pushing block**.

33. From right ball-of-foot center-pull and -extend the left leg forward to **slide** into a **right L-stance** while center-extending a **left** fist middle forward **punch**.

34. While maintaining a low horizontally-moving center: center-pull your left ball-of-foot to the middle of your right foot while your left arm center-pulls toward your torso and your right arm begins extending rearward, and continue the rearward motion by center-pushing your body away from your left ball-of-foot as both forearms finish extending behind you and your right foot reaches back to a Niun-sogi position and immediately center-pulls inward simultaneously with your forearms pulling forward into a **forearm** middle **guarding block** so the reaction force of both movements accelerates your torso into a **slide*** rearward in a **right L-stance**, still facing > PL. [* or **skim** just above the floor if the surface does not allow a slide]

35. Center-spiral a **right** foot middle front **roundhouse kick** > PL.

36. Lower your right leg forward and center-spiral a **left** foot middle **reverse turning** piercing **kick** forward > PL.

37. Lower your left leg forward into a **right L-stance** while center-pulling a forearm middle **guarding block** > PL.

38. Simultaneously center-spiral your left foot **rearward** into a **left L-stance** while center-pulling a **right palm middle upward block** > PL.

39. Center-spiral on your left ball-of-foot 1/2 turn rightwards to center-extend your right leg > PR to form a **right walking stance** diagonally > PF/R while center-spiraling a **left inner forearm circular block** > PF (feet will be in a straight left-to-right line).

40. Pivoting on both feet, center-spiral leftward into a **left walking stance** diagonally > PF/L while center-spiraling a **right inner forearm circular block** > PF.

41. Pivoting on both feet, center-spiral rightward into a **sitting stance** > PF and center-spiral a **left fist middle front punch**, and . . .

42. . . . center-spiral a **right fist middle front punch**.

End: Center-pull to the right foot to form the beginning parallel ready stance with arms folded in front of chest.

PYI/BFH