

UNIVERSAL TAEKWON-DO FEDERATION

(utfkd.com)

WON-HYO HYUNG, Green Belt, 28 steps

(02-25-21)

Fuller Instructions with internal and transitions

Close Ready Stance A (with clasped right fist held just below eye level, forearms hanging open)

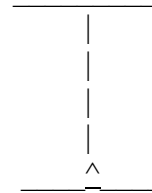
Features:

high knifehand inward strike
fixed stance (50/50 L-stance)
bending ready stance
 side piercing kick
 inner forearm circular block
low front snap kick (to belt)
 reverse punch

Pattern-Left

Pattern-Front

Pattern-Right



Pattern-Back

1. Turn your head to the left and pull your center **down** onto your right foot as you slightly center-twist your right hip back while center-pulling your elbows downward with palms inward and forearms crossing in front of your chest and then sharply un-twist your hips to both extend (not step) your left leg out into a **right L-stance** (70/30) toward Pattern-Left and to center-drive your crossed forearms up-, out- and forward into a sharp **twin forearm block** toward Pattern-Left with forearms untwisting outward and
2. keeping your right shoulder, hip and knee over your right foot, twist your hips to fully face Pattern-Left so that the left hip center-pulls your left forearm inward (as if grabbing and pulling your opponent to you with the left sidefist ending in front your right shoulder), as simultaneously your right hip center-snaps your right forearm forward into a **right knifehand high inward strike** toward your opponent's neck
3. keep your right shoulder, hip and knee over your right foot and your right forearm vertically in front of you as protection, now turn your hips slightly leftward while rotating your right palm outward (as guard) and pulling your left elbow behind your back until your left fist is on your left hip and then sharply un-twist your hips to extend (not step) your left leg forward into a **left fixed-stance** (50/50) toward Pattern-Left with a center-driven and twisted **left fist middle punch** from your left hip while pulling your right fist to your right hip as counterforce for that punch,
4. turn your head fully to the right, while center-pulling your left foot back to your right foot slightly twist your hips leftward and then, keeping your left shoulder, hip and knee over your left foot, sharply un-twist those hips to both extend (not step) your right leg into a **left L-stance** (70/30) toward Pattern-Right and to center-drive your crossed forearms up- out- and

forward into a sharp **twin forearm block** toward Pattern-Right with forearms untwisting outward and

5. keeping your left shoulder, hip and knee over your left foot, twist your hips to fully face Pattern-Right so that the right hip center-pulls your right forearm inward (as if grabbing and pulling your opponent to you with the right sidefist ending in front of your left shoulder), as simultaneously your left hip forward center-snaps your left forearm forward into a **left knifehand high inward strike** toward your opponent's neck
6. keep your left shoulder, hip and knee over your left foot and your left forearm vertically in front of you as protection, now turn your hips slightly rightward while rotating your left palm outward (as guard) and pulling your right elbow behind your back with your right fist on your hip and then sharply un-twist your hips to extend (not step) your right leg forward into a **right fixed-stance (50/50)** toward Pattern-Right with a center-driven and twisted **right fist middle punch** from your right hip while pulling your left fist to your left hip as counterforce for that punch,
7. turn your head left and staying low pull your right foot back to your left foot and, pivoting low on your right ball-of foot, center-snap into a **right bending ready stance** toward Pattern-Front with hips and left knee facing Pattern-Front/Right and your tensed left foot held directly in front of your right knee to protect vital spots,
8. with your hips still at that 45 degree angle briefly twist your right hip a bit more forward while pulling your left elbow back to your left hip as your right forearm replaces it as guard in front of you and then forcefully un-twist those hips to spiral the left leg into a sharp **left side middle piercing kick** simultaneously with a twisting **left punch** parallel above that leg toward Pattern-Front while pulling your right fist to your right hip as counterforce,
9. **drop** on your right leg into a **right L-stance** while center-spiraling a **swordarm guarding block** toward Pattern Front,
10. center-pull forward with your left ball-of-foot and center-twist sharply into a **left L-stance swordarm guarding block** toward Pattern-Front with your arm movements providing minimum exposure of targets,
11. center-pull forward with your right ball-of-foot and center-twist sharply into a **right L-stance swordarm guarding block** toward Pattern-Front, as above with minimum target exposure,
12. begin center-pulling forward with your left ball-of-foot while leaving your left swordarm vertically in front as a guard with the palm now facing you while pulling your right knife hand back to your right hip and, as your right leg begins being dragged forward, snap your **left palm downward** to clear any front attack and, just as your left forearm gets down to waist level, center-drive your **right straight finger tip middle thrust** horizontally forward grazing over it towards Pattern-Front as your right leg forms a **right walking stance**,

13. turning your head leftward and pulling onto, and pivoting on, your right ball-of-foot, center-spiral sharply 3/4 turn leftward and use your hips snapping leftward to both extend (not step) your left leg out into a **right L-stance** (70/30) toward Pattern-Right and center-drive your crossed forearms up- out- and forward into a sharp **twin forearm block** toward Pattern-Right with forearms forcefully untwisting outward and
14. keeping your right shoulder, hip and knee over your right foot, sharply twist your right hip forward to snap your right forearm forward into a **right knifehand high inward strike** toward Pattern-Right while center-pulling your left forearm inward (as counterforce and guard) with its sidefist ending in front of your right shoulder,
15. keep your right shoulder, hip and knee over your right foot and your right forearm vertically in front of you as protection, now turn your hips slightly leftward while rotating your right palm outward (as guard) and pulling your left elbow behind your back until your left fist is on your left hip and then sharply un-twist your hips to extend (not step) the left leg forward into a **left fixed-stance** (50/50) toward Pattern-Right with a center-driven and twisted **left fist middle punch** from your left hip while pulling your right fist to your right hip as counterforce for that punch,
16. turn your head fully to the right and while center-pulling your left foot back to the right foot slightly twist your hips leftward and then, keeping your left shoulder, hip and knee over your left foot, sharply un-twist those hips to extend (not step) your right leg sharply into a **left L-stance** (70/30) toward Pattern-Left and to center-drive your crossed forearms up- out- and forward into a sharp **twin forearm block** toward Pattern-Left with forearms untwisting outward and
17. keeping your left shoulder, hip and knee over your left foot, sharply twist your left hip forward to snap your left forearm forward into a **left knifehand high inward strike** toward Pattern-Left while center-pulling your right forearm inward (as counter-force and guard) with its sidefist ending in front of your left shoulder,
18. keep your left shoulder, hip and knee over your left foot and your left forearm vertically in front of you as protection, now turn your hips slightly rightward while rotating your left palm outward (as guard) and pulling your right elbow behind your back until your right fist is on your right hip and then sharply un-twist your hips to extend (not step) your right leg forward into a **right fixed-stance** (50/50) toward Pattern-Left with a center-driven and twisted **right fist middle punch** from your right hip while pulling your left fist to your left hip as counterforce for that punch,
19. keep your arm positions, turn your head left and as you begin center-pulling your right foot to your left foot twist your hips slightly rightward to raise your left forearm as front guard, and as you begin to center-extend your left foot forward into a **left walking stance** toward Pattern-Back and then, as your hips accelerate strongly into un-twisting, your right hip pulls your extended right arm downward, around and up into a **right inner forearm circular block** while simultaneously your left hip pulls your left fist back to your left hip as counter-

force for the block, ending with your chest twisted left towards Pattern-Right and your right forearm held vertically in front protecting your center-line of targets,

20. staying low and keeping the previous arm positions, begin pulling forward with your left ball-of-foot while trailing your right hip and then center-pull the right leg forward and right hip-snap it into a **right low front snap kick** toward Pattern-Back and lower the leg
21. forward into a **right walking stance** with left hip-snapped **left middle reverse punch** toward Pattern-Back with your right fist counter-forcing to your right hip,
22. twist your hips slightly leftward so that your left hip center-extends your left arm out horizontally sideways (thumbside downward) while your right hip raises your right forearm into a front guard and then as your hips accelerate around strongly into un-twisting, your left hip pulls your left arm down and around into a **left inner forearm circular block** while simultaneously your right hip pulls your right arm around and back to your right hip as counter-force for the block, ending with your chest twisted right towards Pattern-Left and your left forearm held vertically in front protecting your center-line of targets,
23. staying low and keeping the previous arm positions, begin pulling forward with your right ball-of-foot while trailing your left hip and then center-pull the left leg forward and then left hip-snap it into a **left low front snap kick** toward Pattern-Back and lower the leg
24. into a **left walking stance** with right hip-snapped **right middle reverse punch** toward Pattern-Back with your left fist counter-forcing to your left hip,
25. pull forward low onto the left ball-of-foot and, pivoting low on it, center-snap into a **left bending ready stance** toward Pattern-Back with the hips and right knee facing toward Pattern-Back/Right and your tensed right foot held directly in front of your left knee to protect vital spots,
26. with your hips and right thigh at that 45 degree angle briefly twist your hips a bit more forward while pulling your right elbow back to your right hip and your left forearm in front of your chest and then forcefully un-twist those hips to spiral the right leg into a sharp **right middle side piercing kick** simultaneously with a snapped **right punch** parallel above that leg toward Pattern-Back while pulling your left fist back to your hip as counterforce,
27. lower your right foot down onto the Pattern centerline and pivot leftwards low 3/4 turn on it to hip-twist into a sharp **right L-stance guarding block** toward Pattern-Left,
28. look right and center-pull the left foot to the right foot while leaving your left hip slightly back and then sharply untwist the hips into a sharp **left L-stance guarding block** toward Pattern-Right.

Pull right foot back into the starting Close Ready Stance A toward Pattern-Front.

Won-Hyo (617-686 a.d.) was a noted monk who made Buddhism popular to the people of the Silla Dynasty.