

UI-Ji

42 Movements

"UI-Ji is named after General UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly 1 million soldiers. UI-Ji,, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represents the author's age when he designed the pattern."

Ready Stance F

1. Twin Horizontal Hammer-fist Strike High - Right Front Stance
2. Left X Block Low - Left Front Stance
3. Left Knife-hand X Block High - Left Front Stance
4. Right Reverse Outside Knife-hand Strike/Left Ridge-hand Block - Left Front Stance
5. Left Backhand High - Sitting Stance
6. Right Inside Crescent Kick To Left Palm
7. Right Horizontal Elbow Strike - Sitting Stance
8. Right Horizontal Punch - Sitting Stance
9. Left Low Block/Right Back-fist - Sitting Stance
10. Twin Fists on Hips (Medium) - Closed Stance
11. Right Side Kick
12. Twin Elbow Strike - Left X Stance
13. Left Double Horizontal Punch - Sitting Stance
14. Right Outside Knife-hand Strike High/Left Knife-hand High Block - Parallel Stance
15. Left Double Knife-hand Block - Left Back Stance
16. Right Jump Spin Side Kick
17. Right Double Inner Forearm Block - Right Front Stance
18. Ready Stance B (Medium) - Closed Stance
19. Right Hammer-fist To Left Palm - Right X Stance
20. Left Reverse High Block - Right Front Stance
21. Left Front Kick
22. Right Reverse Punch High - Left Front Stance
23. Right Spear-hand Middle - Right Front Stance
24. Left Spinning Crescent Kick
25. Left Back-fist - Sitting Stance
26. Twin Low Block sides of body - Right Front Stance
27. Right Jump Front Kick
28. Right Knife-hand X Block Middle - Right Back Stance
29. Left X-Block Low/ Twin Inner Forearm Block - Left Back Stance
30. Left Front Kick
31. Twin Punch High - Left Front Stance
32. Right Knife-hand Block/Left Reverse Palm Heel Strike High - Right Back Stance
33. Left Punch High - Left Back Stance
34. Left Double Fist Block - Left Back Stance
35. Right Round Kick
36. Left Spin Side Kick
37. Left Double Fist Block - Left Back Stance
38. Right Palm Heel Upset Strike High - Right Back Stance
39. Left Reverse Inner Forearm Block - Right Front Stance
40. Right Reverse Inner Forearm Block - Left Front Stance
41. Left Punch High - Sitting Stance
42. Right Punch High - Sitting Stance