



KINETIC TAE KWON-DO

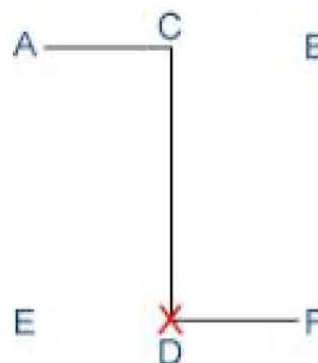
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UL-JI

UL- JI is named after general UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., UI-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND



- 1 Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
- 2 Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
- 3 Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D.

Perform 2 and 3 in a continuous motion.
- 4 Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
- 5 Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
- 6 Execute a middle crescent kick to the left palm with the right foot.
- 7 Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
- 8 Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
- 9 Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
- 10 Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.

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권
도



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- 11 Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion.
- 12 Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.
- 13 Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.
- 14 Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.
- 15 Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.
- 16 Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.
- 17 Jump to execute a mid-air kick to B with the right foot while spinning clockwise.
- 18 Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.
- 19 Bring the left foot to the right foot to form a closed ready stance B toward D.
- 20 Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.
- 21 Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.
- 22 Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.
- 23 Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist.
- 24 Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
- 25 Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.
- 26 Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.
- 27 Jump to execute a flying high kick to F with the right foot.
- 28 Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.
- 29 Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.



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- 30 Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.
 - 31 Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist.
 - 32 Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.
 - 33 Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.
 - 34 Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.
 - 35 Execute a middle turning kick to DF with the right foot.
 - 36 Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.
 - 37 Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.
 - 38 Move the left foot to E forming a left l-stance toward F while executing an upward block to F with the right palm.
 - 39 Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.
 - 40 Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.
 - 41 Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.
 - 42 Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
- END: Bring the left foot back to a ready posture.