

Ul-Ji

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.
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.
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.

