

Ul-Ji
Parallel Ready Stance
(Knife-Hands Crossed In Front of Chest, Left Over Right)

1. Step left foot rearward into a right walking stance (facing north) while executing (high, rearward) hammer fist strikes to the south (arms extended shoulder high, palms down).
2. Step right foot rearward into a left walking stance (facing north) while executing a (low) X-block.
3. Maintain left walking stance while executing a (middle) X-block with knife hands.
4. Maintain left walking stance while executing a (high, inward) reverse knife-hand strike to the north while bringing the left palm in a downward motion above the right elbow.
5. Step left foot rearward into a straddle stance (facing west) while executing a (high, outward) left backhand strike to the south.
- 6a. Execute a (right leg) inner crescent kick to the south (striking the left palm).
- 6b. Set down into a straddle stance (facing east) while executing a right #2 elbow strike while pulling left palm to right elbow (right fist palm down in crook of left elbow).
7. Maintain straddle stance while pulling both fists to your left hip (cup and saucer).
8. Maintain straddle stance while simultaneously executing a left (inward) low defense (with the inner forearm) and a (high, rearward) right back fist to the west.
9. Draw left foot to right foot while rising up on the toes (facing north) and raising both fists (palms facing forward) in a circular motion in front of forehead. Continue circular motion of hands until the index knuckles (palms facing rearward) reach the point of the hips at the same time that the feet set down into a close ready stance (facing north).
10. Maintain hand positions while stepping left foot into a left X-stance (facing north) as you look to the east.
- 11a. Maintain hand positions while executing a (high, right leg) side piercing kick to the east.
- 11b. Set down into a straddle stance (facing north) and step left foot into a left X-stance (facing north) while thrusting both elbows (outward) to the sides (fists palm down, hands start crossed in front of neck).
12. Step right foot into a straddle stance (facing north) while executing a horizontal punch to the east.
13. Draw left foot into a closed ready stance (facing north) while simultaneously executing a (high, inward) right knife-hand strike and a left palm block in front of the forehead (horizontal palm facing north).
14. Step left foot into a right L-stance (facing west) while executing a twin knife hand block.
- 15a. Jump forward while executing a (right leg) jump back side-piercing kick to the west.
- 15b. Set down stepping right foot into a right walking stance (facing west) while executing a (straight) double forearm block.
16. Draw left foot into a close ready stance B (facing north).
17. Jump to the north into a right X-stance (facing west) while executing a (high, forward) straight back-fist strike to the north (left finger-belly to right wrist).
18. Step left foot rearward into a right walking stance (facing north) while executing a reverse high rising block.

- 19a. Maintain hand positions while executing a (high, left leg) front snap kick to the north.
- 19b. Set down into a left walking stance (facing north) while executing a (high) reverse punch.
20. Step right foot into a right walking stance (facing north) while executing a (straight, guarded) spear-finger strike (left hand executes a downward palm block under right elbow, hands start palm forward in front of outer shoulders).
21. Spin counterclockwise on right foot and step left foot into a straddle stance (facing east) while executing a (high, outward) left back-fist strike to the north.
22. Spin clockwise on left foot and step right foot into a right walking stance (facing west) while snapping hands into kicking position.
- 23a. Jump forward while executing a (right leg) jump front-snap kick to the west.
- 23b. Set down into a left L-stance (facing west) while executing a double knife-hand block.
24. Step left foot into a right L-stance (facing west) while executing a (low) X-block.
- 25a. Simultaneously execute a (middle) wedging block (with inner forearms) and a (high, left leg) front snap kick to the west.
- 25b. Set down into a left walking stance (facing west) while executing a (high) vertical twin-fist punch.
26. Step right foot into a left L-stance (facing west) while simultaneously executing a straight single knife hand block and a reverse pushing block at the solar plexus (hands start like double knife hand block but with rear hand shoulder high).
27. Step left foot into a right L-stance (facing west) while executing a (middle) straight punch.
28. Step left foot behind right foot, then step right foot rearward into a right L-stance (facing west) and scoot rearward to the east (maintaining stance) while executing a guarding block.
- 29a. Execute a (high, right leg) turning kick to the west.
- 29b. Set down west of left foot and execute a (high, left leg) back side-piercing kick to the west.
- 29c. Set down into a right L-stance (facing west) while executing a guarding block.
30. Step left foot rearward into a left L-stance (facing west) while executing a (straight, inward) scooping-block (elbow at point of hip, palm extended west-southwest).
31. Spin clockwise on left foot and step right foot into a right walking stance (facing east) while executing a circle block to the northeast.
32. Pivot both feet into a left walking stance (facing north) while executing a circle block to the northeast.
33. Step left foot rearward into a straddle stance (facing north) while executing a (middle) left hand punch.
34. Maintain straddle stance while executing a (middle) right hand punch to the north.

Move Left Foot To Paro

Pattern Count: 34

(Techniques: 42)

Definition: **Ul-Chi:** Performance of this pattern exemplifies loyalty and willingness to defend the Traditional Martial arts, in particular as expressed in Se-Jong Tae Kwon Do.

(5th. Degree Pattern with Red Dot.)