



# HED TKD

## TAE KWON-DO SCHOOLS

### UI-Ji – This pattern is practiced by 4<sup>th</sup> Dan students (and above)

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

Pattern: **UI-Ji**

No. of Movements: 42

Starting Position: Parallel stance with an X-back hand – (Facing towards D)

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



# HED TKD

## TAE KWON-DO SCHOOLS

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 I-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.