

# UL - JI HYUNG

Pronounced ( Yool Gi )

Ul Ji is named after the great General Ul Ji Mum Dok in the Koguryo Dynasty in the 7<sup>th</sup> Century A.D. The diagram (ㄱ) represents his surname.

The Pattern made by this form:



# of Movements – 42

# of Kihaps – 3

#1 Twin Side Hammerfist

#25 Left Backfist

#42 Right High Punch

No fear of the dark and greater respect for the light.

A Black Belt stands tall among the forest and shelters the weak for posterity and prosperity.



# 3<sup>rd</sup> DEGREE BLACK BELT-SENIOR

## UL - JI HYUNG

### TECHNIQUE

### STANCE

Parallel stance with flat knifehands X over chest  
(left hand on outside)

- |  |                              |
|--|------------------------------|
| 1. Twin side hammerfist (kilhap)   | Right front (left step back) |
| 2. Twin low X - block  | Left front                   |
| 3. Twin high knifehand X - block   |                              |
| 4. Right reverse upset knifehand strike with left palm<br>on inside of right forearm |                              |
| 5. Left backhand strike with left outer stomp kick                                   | Middle                       |
| 6. Right inner crescent kick to left palm  |                              |
| 7. Right horizontal elbow strike to left palm  | Middle                       |
| 8. Right horizontal punch  |                              |
| 9. Left low block - right backfist (temple area)                                     |                              |
| 10. Both fists on hips (slow)  | Closed (left foot moves)     |
| 11. Right side kick  |                              |
| 12. Twin horizontal elbow strikes  | X - stance (right)           |
| 13. Right double horizontal punch  | Middle                       |
| 14. Right reverse upset knifehand strike - left knifehand<br>high block              | Parallel                     |
| 15. Left double knifehand block  | Right back                   |
| 16. Right jump reverse side kick   |                              |
| 17. Right double inner forearm block   | Right front (left step back) |
| 18. Closed ready stance B  | Closed                       |
| 19. Right upset backfist to left palm  | X - stance (right)           |
| 20. Left reverse high block  | Right front (left step back) |
| 21. Left front kick  |                              |
| 22. Right reverse high punch   | Left front                   |
| 23. Right vertical spearhand strike  | Right front                  |
| 24. Left outer stomp kick  |                              |
| 25. Left high backfist (kihap)   | Middle                       |
| 26. Twin low block   | Right front                  |
| 27. Right jump front kick  |                              |
| 28. Twin middle knifehand X - block  | Left back                    |
| 29. Twin low X - block - twin inner forearm block                                    | Right back                   |
| 30. Left front kick  |                              |
| 31. Twin high punch  | Left front                   |
| 32. Right outer knifehand block with left palm heel block                            | Left back                    |
| 33. Left high punch  | Right back                   |
| 34. Left double outer forearm block  | Right back (2 step back)     |
| 35. Right turning round kick   |                              |



# 3<sup>rd</sup> DEGREE BLACK BELT-SENIOR

## UL - JI HYUNG

### TECHNIQUE

36. Left reverse side kick
37. Left double outer forearm block
38. Right upset palm heel block
39. Turn left 180° - left reverse inner forearm block
40. Right reverse inner forearm block
41. Left high punch
42. Right high punch (kihap)  
Move left foot back to ready position

### STANCE

Right back  
Left back (step back)  
Right front  
Left front  
Middle (move left foot)

