



# West Coast Taekwondo

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## 2nd Degree Senior Black Belt Pattern UL-JI (42 movements)

Is named after General Ul-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. Ul-Ji using hit-and-run guerilla tactics, was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represent the author's age when he designed the pattern.

- |  |                                     |
|--|-------------------------------------|
| Ready Stance F   |                                     |
| 1 Twin Hammerfist Strike High (Yell)                               | Right Front Stance                  |
| 2 Left X Block Low   | Left Front Stance                   |
| 3 Left Knifehand X Block High                                      | Left Front Stance                   |
| 4 Right Reverse Outside Knifehand Strike / Left Ridgehand Block    | Left Front Stance                   |
| 5 Left Backhand High   | Sitting Stance                      |
| 6 Right Inside Crescent Kick (to left palm)                        |                                     |
| 7 Right Horizontal Elbow Strike (to left palm)                     | Sitting Stance                      |
| 8 Right Horizontal Punch   | Sitting Stance                      |
| 9 Left Low Block / Right Backfist High                             | Sitting Stance                      |
| 10 Twin Fists on Hips (Medium)                                     | Closed Stance                       |
| 11 Right #1 Side Kick  |                                     |
| 12 Twin Elbow Strike   | Left X-Stance (left leg in front)   |
| 13 Right Double Horizontal Punch                                   | Sitting Stance                      |
| 14 Right Outside Knifehand Strike High / Left Knifehand High Block | Parallel Stance                     |
| 15 Left Double Knifehand Block                                     | Left Back Stance                    |
| 16 Right Jump Spin Side Kick                                       |                                     |
| 17 Right Double Inner Forearm Block                                | Right Front Stance                  |
| 18 Ready Stance B (Medium)   | Closed Stance                       |
| 19 Right Hammerfist (To Left palm)                                 | Right X-Stance (right leg in front) |
|  | Right Front Stance                  |
| 20 Left Reverse High Block   |                                     |
| 21 Left #2 Front Kick  |                                     |
| 22 Right Reverse Punch High  | Left Front Stance                   |
| 23 Right Spearhand Middle  | Right Front Stance                  |
| 24 Left Spin Crescent Kick   |                                     |
| 25 Left Backfist High (Yell)                                       | Sitting Stance                      |
| 26 Right Twin Low Block (sides of body)                            | Right Front Stance                  |
| 27 Right Jump #3 Front Kick  |                                     |
| 28 Right Knifehand X Block Middle                                  | Right Back Stance                   |
| 29 Left X Block Low / Twin Inner Forearm Block                     | Left Back Stance                    |
| 30 Left #1 Front Kick  |                                     |
| 31 Twin High Punch   | Left Front Stance                   |
| 32 Right Knifehand Block / Left Reverse Palm Heel Strike High      | Right Back Stance                   |
| 33 Left Punch High   | Left Back Stance                    |
| 34 Left Double Fist Block (Slide)                                  | Left Back Stance                    |
| 35 Right #2 Round Kick   |                                     |
| 36 Left Spin Side Kick   |                                     |
| 37 Left Double Fist Block  | Left Back Stance                    |

38 Right Palm Heel Upset Strike High  
39 Left Reverse Inner Forearm Block  
40 Right Reverse Inner Forearm Block  
41 Left Punch High  
42 Right Punch High (Yell)

Right Back Stance  
Right Front Stance  
Left Front Stance  
Sitting Stance  
Sitting Stance