

Hyun Sil

Red Belt
Parallel Ready Stance

Stepping		Technique	Stance	Target
1	Retreat right foot	Left double knifehand blocks	(L) Back L	Middle
2	Step with the left foot to face the rear while pivoting clockwise on the right foot	(R) Reverse outward motion outer forearm block	(L)Front	Middle
3	Stationery	(L) Front Punch	(L) Front	Middle
4	Step left foot together with right foot	Right hookkick to front		Middle
5	Land kick facing rear	Right rear elbow strike to front	(L) Back L	Middle
6	Shift right foot - facing front	Left forearm strike into right palm	(R) Front	Middle
7	facing rear	Left turning sidekick to front		Middle
8	Land kick facing rear	Low double knifehand blocks	(R) Back L	Low
9	Shift left foot - facing front	Twin inner forearm blocks	(L) Front	Middle
10	Step forward – right foot	Twin vertical punches	(R) Front	High
11	Twisting to your left	Right circular reverse inner forearm block (scooping block)	(L) Front	Middle
12	Twist to center	Left punch @ 45° angle	Middle	Middle
13		Right punch @ 45° angle Perform 12 & 13 in continuous motion – double punching	Middle	Middle
14	Retreat the right foot	Left inward motion outer forearm block	(L) Back L	Middle

15	Pick up the left foot and turn clockwise 180° pivoting on the right foot	Right Double knifehand blocks	(R) Back L	Middle
16	Step with the right foot to face the rear while pivoting counter-clockwise on the left foot	(L) Reverse outward motion outer forearm block	(R) Front	Middle
17		(R) Front Punch	(R) Front	Middle
18	Step right foot together with left foot	Left hookkick to front		Middle
19	Land kick	Left rear elbow strike to front	(R) Back L facing rear	Middle
20	Shift left foot	Right forearm strike into left palm	(L) Front facing front	Middle
21		Right turning sidekick		Middle
22	Land kick	(L) Low double knifehand blocks	(L) Back L facing rear	Low
23	Shift right foot	Twin inner forearm blocks	(R)Front facing front	Middle
24	Step forward – left foot	Twin vertical punches	(L) Front	High
25	Twisting to your right	Left circular reverse inner forearm block (scooping block)	(R)Front	Middle
26	Twist to center	Right punch @ 45° angle	Middle	Middle
27		Left punch @ 45° angle Perform 26 & 27 in continuous motion – double punching	Middle	Middle

28	Retreat your left foot	Right inward motion outer forearm block	(R) Back L	Middle
29		Right Front Kick		Middle
30	Land kick	(L) Front Palm Heel Strike	(L) Back L	High
31	Shift left foot	(R) Reverse Palm Heel Strike	(L) Front	High
32	Step forward with the right foot	“C” shaped punch	(R) Middle L stance (fixed stance)	High/middle
33	Shift left foot – face rear	(L) Double inward motion inner forearm blocks	(L) Front	Middle
34		(R) Reverse low block from a half-load position	(L) Front	Low
35		(L) Front punch	(L) Front	Middle
36	Step with right foot while pivoting 180 counter clockwise on the left – turning to front	Double outer forearm blocks	(L) Back L	Middle
37		Left Front Kick		Middle
38	Land kick	(R) Front Palm Heel Strike	(R) Back L	High
39	Shift right foot	(L) Reverse Palm Heel Strike	(R) Front	High
40	Step forward with the left foot	“C” shaped punch	(L) Middle L (Fixed stance)	High/middle
41	Shift right foot – face rear	(R) Double inward motion inner forearm blocks	® Front	Middle

42		(L) Reverse low block from a half-load position	(R) Front	Low
43		(R) Front punch	(R) Front	Middle
44	Step forward with the left foot to a parallel stance–facing rear	Right reverse turn (spin) sidekick to front		Middle
45	Land kick	Right side knifehand strike	Middle – facing side	High
46	Step right foot back to parallel facing rear	Left reverse turn (spin) sidekick to front		Middle
47	Land kick	Left side knifehand stike to front	Middle	Low
48		Left side knifehand stike to front	Middle	High
49	Retreat the left foot	(R) Front ridgehand strike	(R) Back L	High
50	Shift right foot	(L) Reverse downward hammerfist strike	(R) Front	Middle
50 moves, Left Foot Returns				

Hyun Sil: (50 moves) means literally “actualization”. Actualization means to take the first step and enter into the process of the work and reward system. The development of a strong work ethic is the most important element in this philosophy. Even the most average of people can achieve excellence with a positive work habit.

Hyun Sil is the third pattern in the “Discipline” series. All four discipline patterns are performed on a straight line (I).