

Sil Hyun

1st Degree Decided Black Belt
Parallel Ready Stance

| Stepping | | Technique | Stance | Target |
|-----------------|--|---|---------------------------|---------------|
| 1 | Retreat right foot, dragging the left foot | Left downward motion horizontal outer forearm block | (L) Rear L | Middle |
| 2 | Retreat left foot, dragging the right foot | Right upward motion horizontal inner forearm block | (R) Rear L | Middle |
| 3 | Shift the right foot | (L) Reverse open palm push | (R) Front | Middle |
| 4 | | Left twisting kick | | Low |
| 5 | Land kick | Double outward motion inner forearm blocks (“W” blocks) | Middle - Facing (R) side | High |
| 6 | | Right 180° Spin Heel kick | | Middle |
| 7 | Land kick | Left Punch | Middle - Facing (L) side | Middle |
| 8 | | Left arm horizontal block with the underfist - Right front backfist | Middle – Facing (L) side | Middle |
| 9 | Step forward with the left foot | (L) Front Spearhand strike | (L) Back L - facing front | High |
| 10 | | Skipping left front kick | | Low |
| 11 | Land kick | (R) Reverse punch | (L) Front | High |
| 12 | | (L) front punch Perform 11 & 12 in continuous motion – double punching | (L) Front | High |
| 13 | Retreat left foot | Right downward elbow | (R) Rear | Low |

| | Stepping | Technique | Stance | Target |
|----|---|---|-----------------------------|---------------|
| 14 | Step with the right foot – turning to face rear | Left knifehand low block | (L) Front | Low |
| 15 | | Right turning round kick to rear target | | Middle |
| 16 | Land kick – facing front | Double inner forearm blocks | (L) Front | Middle |
| 17 | Retreat left foot, dragging the right foot | Right downward motion horizontal outer forearm block | (R) Rear L | Middle |
| 18 | Retreat right foot, dragging the left foot | Left upward motion horizontal inner forearm block | (L) Rear L | Middle |
| 19 | Shift the left foot | (R) Reverse open palm push | (L) Front | Middle |
| 20 | | Right twisting kick | | Low |
| 21 | Land kick | Double outward motion inner forearm blocks (“W” blocks) | Middle - Facing (L) side | High |
| 22 | | Left 180° Spin Heel kick | | Middle |
| 23 | Land kick | Right Punch | Middle - Facing (R) side | Middle |
| 24 | | Right arm horizontal block with the underfist - Left front backfist | Middle - Facing (R) side | Middle |
| 25 | Step forward with the right foot | (R) Front Spearhand strike | (R) Back L facing front | High |
| 26 | | Skipping right front kick | | Low |
| 27 | Land kick | (L) Reverse punch | (R) Front | High |
| 28 | | (R) front punch Perform 27 & 28 in continuous motion – double punching | (R) Front | High |

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| 29 | Retreat right foot | Left downward elbow | (L) Rear | Low |
| 30 | Step with the left foot – face rear | Right knifehand low block | (R) Front | Low |
| 31 | | Left turning round kick to rear target | | Middle |
| 32 | Land kick – facing front | Double knifehand blocks | (R) Back L | Middle |
| 33 | | Left front kick to front | | Middle |
| 34 | | Left sidekick to left side (33 & 34 are continuous moves) | | Middle |
| 35 | Land kick | Left arc hand throat grasp | (L) Front | High |
| 36 | | Right longfist strike | (L) Front | High |
| 37 | Turn to rear (Clockwise) – left foot steps over then right foot retreats | Left uppercut | (L) Back L | High |
| 38 | Shift the left foot | Right Hook punch | (L) Front | High |
| 39 | Jump forward | Right Front backfist – assisted | (R) Reverse rear stance | High |
| 40 | Step out with the right foot & turn counterclockwise to face forward | Double knifehand blocks | (L) Back L | Middle |
| 41 | | Right front kick to front | | Middle |
| 42 | | Right sidekick to right side (41 & 42 are continuous moves) | | Middle |
| 43 | Land kick | Right arc hand throat grasp | (R) Front | High |

| | Stepping | Technique | Stance | Target |
|----|--|---|-----------------------------|------------------|
| 44 | | Left longfist strike | (R) Front | High |
| 45 | Turn to rear (Counterclockwise) – right foot steps over then left foot retreats | Right uppercut | (R) Back L | High |
| 46 | Shift the right foot | Left Hook punch | (R) Front | High |
| 47 | Jump forward | Left Front backfist – assisted | (L) Reverse rear stance | High- to rear |
| 48 | Retreat the right foot | (L) Reverse punch to rear (KIHAP) | (L) Front | Middle |
| 49 | Retreat the right foot – turning clockwise 180° | Left inward motion horizontal forearm strike | (L) Back L | Middle |
| 50 | Shift the left foot | Right upward forearm strike | (L) Front | Middle |
| 51 | Step right foot forward | With fists on hips – Perform the next 4 moves continuously Left hookkick to the left side | Parallel – Facing front | Low |
| 52 | | Left hookkick to the left side | | High |
| 53 | Return left foot to the parallel position | Right hookkick to the right side | | Low |
| 54 | | Right hookkick to the right side | | High |
| 55 | Step forward with the right foot | Right punch over the left shoulder while simultaneously striking with the left rear elbow | Middle – facing (L) side | High/ Middle |

| | Stepping | Technique | Stance | Target |
|------------------------------|----------------------------------|--|-----------------------------|---------------|
| 56 | | Right rear backfist/Left low block | Middle – facing (L) side | High/Low |
| 57 | | Left 360° Spin Heel Crescent Kick | | Front |
| 58 | | Right 420° Spin Heel Crescent Kick – perform 57 & 58 in continuous motion | | Rear |
| 59 | Land kick | (R) Left punch | (R) Front | Middle |
| 60 | Twist stance toward rear foot | (L) Open Palm push (KIHAP) | (L) Front | Middle |
| 60 moves, Right Foot Returns | | | | |

Sil Hyun: (60 moves) means literally “realization”. Realization refers to the attainment of one’s goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. The process perpetuates itself as previous results offer new challenges and new responsibilities. This positive growth cycle benefits not only oneself but also the immediate world around you. The process of “constant and never ending improvement” is the ultimate purpose of Choong Sil Kwan.

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