

HYUNG-SIL (Left foot returns, 50 moves)**GROUP PATTERN # 3
PARALLEL READY STANCE**

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
1	L	DOUBLE KNIFE HAND BLOCK	R	BACK	M
2	R	REVERSE OUTER FOREARM BLOCK	L	FRONT	M
3	L	FRONT PUNCH		SAME	M
4	R	STEPPING HOOK KICK			H
5	R	REAR ELBOW STRIKE	R	BACK	M
6	L	REVERSE FOREARM STRIKE	R	FRONT	M
7	L	TURNING SIDE KICK			M
8	R	DOUBLE KNIFE HAND BLOCK	L	BACK	L
9	L	INWARD WEDGE BLOCK	L	FRONT	H
10	R	TWIN PUNCH	R	FRONT	H
11	R	REVERSE SCOOPING BLOCK	L	FRONT	M
12	L	PUNCH		MIDDLE	M
13	R	PUNCH		MIDDLE	M
14	L	INWARD BLOCK	R	BACK	H
15	R	SPIN DOUBLE KNIFEHAND BLOCK	L	BACK	M
16	L	REVERSE OUTER FOREARM BLOCK	R	FRONT	M
17	R	FRONT PUNCH		SAME	M
18	L	STEPPING HOOK KICK			H
19	L	REAR ELBOW STRIKE	L	BACK	M
20	R	REVERSE FOREARM STRIKE	L	FRONT	M
21	R	TURNING SIDE KICK			M
22	L	DOUBLE KNIFE HAND BLOCK	R	BACK	L
23	R	INWARD WEDGE BLOCK	R	FRONT	H
24	L	TWIN PUNCH	L	FRONT	H
25	L	REVERSE SCOOPING BLOCK	R	FRONT	M
26	R	PUNCH		MIDDLE	M
27	L	PUNCH		SAME	M
28	R	INWARD BLOCK	L	BACK	H
29	R	FORWARD LEG FRONT KICK			M
30	L	PALM HEEL STRIKE	R	BACK	H
31	R	REVERSE PALM HEEL STRIKE	L	FRONT	H
32	R	U SHAPE PUNCH	L	BACK	L/H
33	L	DOUBLE OUTER FOREARM BLOCK	L	FRONT	H
34	R	REVERSE LOW BLOCK		SAME	L
35	L	FRONT PUNCH		SAME	M
36	L	SPIN DOUBLE GUARDING BLOCK	R	BACK	M

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HYUNG-SIL (Continued)

	SIDE	TECHNIQUE	SIDE	STANCE	TARGET
	37	L FORWARD LEG FRONT KICK			H
	38	R PALM HEEL STRIKE	L	BACK	H
	39	L REVERSE PALM HEEL STRIKE	R	FRONT	H
	40	L U SHAPE PUNCH	RL	BACK	L/H
	41	R DOUBLE OUTER FOREARM BLOCK	R	FRONT	M
	42	L REVERSE LOW BLOCK		SAME	L
	43	R FRONT PUNCH		SAME	M
	44	R REAR SIDE KICK			M
	45	R KNIFE HAND STRIKE		MIDDLE	H
	46	L REAR SIDE KICK			M
	47	L KNIFE HAND STRIKE		MIDDLE	L
	48	L KNIFE HAND STRIKE		SAME	H
	49	R FORWARD RIDGE HAND STRIKE	L	BACK	H
KI-HAP	50	L REVERSE HAMMER FIST STRIKE	R	FRONT	H

FORM MEANING: Hyung-Sil means Actualization. Actualization is to actually take first step and enter 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.