

Some UTF Principles and Fundamentals:

7 UTF TENETS (TEN)

English	Korean
Tenets	Jungshin
Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Nae
Self-Control	Guk Gi
Indomitable Spirit	Baekjul Boolgool
Community Service	Sa Hei Bong Sa
Love	Sa Rang

5 UTF PRINCIPLES OF FORCE (POF)

English	Korean
Principles of Force	Seng-gi Wi Wollli
Center (Related: Counter Force)	Joong-shim (Related: Bandong Ryuk)
Integrated Breathing	Oll-barun Shumshigi
Focus	Chochum
Control of Mass	Mom We Chojol
Acceleration	Ga-sok

8 UTF TRAINING PRINCIPLES (TRP)

English	Korean
Training Principles	Kyonsup Wonchik
Awareness	Inshik
Relaxation	Kinjang Wanhwa
Timing	Shigi
Realistic Application	Yeungyong
Repetition	Panbok
Integration (Adv)	Tonghap
Spontaneous Adaptability (Adv)	Chogung
Flow (Adv)	Hurum

10 UTF FUNDAMENTALS OF MOVEMENT AND ALIGNMENT (FMA)

Center	Use to Begin and Receive all force
Awareness	Train your awareness skills along with your body skills
Posture	Keep your upper body in a relaxed upright posture
Weight	Maintain your weight centered on the balls of your feet.
Knees	Relax your knees
Alignment	Place foot & shift weight to it to maintain foot/knee/hip alignment.
Stances	Use low stances for training
Spiral	Spiral your body turns around your center. Don't turn around 1 foot.
Hand	Relax & align from your center when performing hand techniques.
Protect	Protect and move within your vertical center-line.

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