

GREEN BELT LINEWORK

6TH KUP

- 1st 3 moves from Won-Hyo
- L stance inward knife hand strike
- Bending ready stance- side kick land knife hand guarding block
 - L stance side punch
- Turning kick reverse turning kick
 - forearm guarding block
- Circular block walking stance
 - Side kick reverse side kick
- Walking stance wedging block