

RED BELT LINEWORK

2ND KUP

1st 3 moves from Won-Hyo

Hooking block, hooking block, punch

Knife hand guarding block upward elbow strike

Low x-block - twin punch

Circular block front kick reverse punch

Walking stance twin upset punch

L stance low section upset fingertip

Low stance pressing block

Side kick reverse side kick

Turning kick reverse turning kick

Step up axe kick double punch forearm guarding block