

1ST KUP LINEWORK

- (F) LOW BLOCK, RISING BLOCK, REVERSE PUNCH**
- (B) KNIFE HAND GAURDING BLOCK / UPPER ELBOW STRIKE**
- (F) REAR LEG FRONT KICK TURNING COMBO DOUBLE PUNCH**
- (B) DOUBLE FOREARM BLOCK MIDDLE W.S, THEN LOW L.S**
- (F) SIDE KICK, BACK KICK, REVERSE PUNCH**
- (B) FIRST 3 MOVES WON HYU**
- (F) TURNING KICK, REVERSE TURNING KICK, LEAD RIDGEHAND, REV. PUNCH**
- (B) FIRST 2 MOVES TOI GYE**
- (F) F.L HOOK KICK SIDE KICK COMBO, R.L AXE KICK**
- (B) DOUBLE HOOKING BLOCK, PUNCH – TWIN KINIFEHAND BLOCK L.S**
- (F) KNIFE HAND G.B, F.L FRONT KICK, W.S FLAT FINGERTIP THRUST**
- (B) U-SHAPED BLOCK W.S**
- (F) JUMPING SIDE KICK FROM CHOONG MOO**
- (B) WEDGING BLOCK W.S, KNIFEHAND STRIKE L.S**
- (F) JUMPING FRONT KICK ON SPOT – x4, PRESSING BLOCK LOW STANCE**
- (B) X-FIST PRESSING BLOCK, X-FIST RISING BLOCK W.S**