

1ST DAN LINEWORK

(F) LOW KHGB LS, - W.S CIRCULAR BLOCK

(B) DOUBLE FOREARM BLOCK, LOW REV BLOCK

(F) DOUBLE TURNING KICK, REV PUNCH W.S

(B) SOOPYONG JURGI

(F) LOW, MIDDLE SIDEKICK, L.S INWARD KH STRIKE

(B) U SHAPED GRASP – PO EUN

(F) JUMPING TURNING KICK, LAND W.S PRESSING BLOCK NORMAL SPEED

(B) X KNIFEHAND BLOCK, L.S SINGLE UPSET PUNCH (OPP HAND ON SHOULDER)

(F) TWISTING KICK, DOUBLE PUNCH W.S

(B) No 9 SHAPED BLOCK W.S

(F) TURNING KICK, JUMPING SIDEKICK, TWIN VERTICAL PUNCH, L.S FAGB

(B) RISING BLOCK, LOW BLOCK, DOUBLE ARC HAND BLOCK

(F) F.L HOOK, TURNING KICK COMBO, REAR LEG AXE, REV RUNCH

(B) JUMPING BACK KICK x4, W.S WEDGING BLOCK (INNER FOREARM)