

## 5TH GRADE DARK GREEN BELT

### YUL GOHK

<u>TECHNIQUE</u>	<u>STANCE</u>
Parallel ready position	
1. Left tension middle punch	Middle
2. Right middle punch	
3. Left middle punch	
4. Right tension middle punch	Middle
5. Left middle punch	
6. Right middle punch	
7. Right single inner forearm block	Right front
8. Left front kick	
9. Left middle punch	Left front
10. Right reverse middle punch	
11. Left single inner forearm block	Left front
12. Right front kick	
13. Right middle punch	Right front
14. Left reverse middle punch	
15. Right tension hooking block	Right front
16. Left tension reverse hooking block	
17. Right middle punch	
18. Left tension hooking block	Left front
19. Right tension reverse hooking block	
20. Left middle punch	
21. Right middle punch (kihap)	Right front
22. Left double outer forearm block	One leg
23. Left side kick	
24. Right reverse elbow strike	Left front
25. Right double outer forearm block	One leg
26. Right sidekick	
27. Left reverse elbow strike	Right front
28. Left knifehand square block	Right back
29. Right middle spearhand strike	Right front
30. Right knifehand square block	Left back
31. Left middle spearhand strike	Right front
32. Left single outer forearm block	Left front
33. Right reverse middle punch	
34. Right single outer forearm block	Right front