

7TH GRADE ORANGE BELT

DO SAN

<u>TECHNIQUE</u>	<u>STANCE</u>
Parallel ready position	
1. Left single outer forearm block	Left front
2. Right reverse middle punch	
3. Right outer forearm block	Right front
4. Left reverse middle punch	
5. Left double knifehand block	Right back
6. Right middle spearhand strike (kihap)	Right front
7. Left backfist	Left front
8. Right backfist	Right front
9. Left single outer forearm block	Left front
10. Right reverse middle punch	
11. Right single outer forearm block	Right front
12. Left reverse middle punch	
13. Twin outer forearm block	Left front
14. Right front kick	
15. Right middle punch	Right front
16. Left reverse middle punch	
17. Twin outer forearm block	Right front
18. Left front kick	
19. Left middle punch	Left front
20. Right reverse middle punch	
21. Left high block	Left front
22. Right high block	Right front
23. Left knifehand strike	Middle
24. Right knifehand strike (kihap)	Middle

Move right foot back to ready position