

1ST DEGREE BLACK BELT-DECIDED

POEUN HYUNG

TECHNIQUE

Twin arc hands ready position

1. Left double outer forearm block
2. Double upset punch (left high)
3. Right side kick (knee section)
4. Right knifehand strike
5. Left reverse 90° horizontal punch across chest
6. Right inner forearm block - left low block
7. Left inner forearm block - right low block
8. Twin inner forearm block
9. Right back elbow strike (left palm on right fist)
10. Right punch (left palm atop right forearm)
11. Left back elbow strike (right palm on left fist)
12. Right side punch - left 90° horizontal punch across chest
13. Right circle upset outer forearm block to left palm (low)
14. Right C-block (kihap)
15. Tension twin elbow strike
16. Left low block - right backfist (temple area)
17. Left circular upset hammerfist to right palm (low)
18. Left circular low double ridgehand block
19. Right double outer forearm block
20. Double upset punch (high right)
21. Left side kick (knee section)
22. Left knifehand strike
23. Right 90° horizontal punch across chest
24. Left inner forearm - right low block
25. Right inner forearm - left low block
26. Twin inner forearm block
27. Left back elbow strike (right palm on left fist)
28. Left punch (right palm atop left forearm)
29. Right back elbow strike (left palm on right fist)
30. Left side punch - right 90° horizontal punch across chest
31. Left circle upset outer forearm block to right palm (low)
32. Left C-block
33. Tension twin elbow strikes
34. Right low block - left high backfist (temple area)
35. Right circular upset hammerfist to left palm (low)
36. Right circular low double ridgehand block

Move right foot back to ready position

STANCE

Parallel

Right back

One leg (left)

Middle

X-stance (left)

Left back

Closed (to right)

Middle (step left)

X-stance (left)

Right back

Left back

One leg (right)

Middle

X-stance (right)

Right back

Closed (to left)

Middle

X-stance (left)

Left back