

1ST DEGREE BLACK BELT-SENIOR

GAE BAEK HYUNG

<u>TECHNIQUE</u>	<u>STANCE</u>
Parallel ready position	
1. Middle knifehand X-block (kihap)	Right back (step back) rt ft
2. Right twist kick	
3. Right middle punch	Right front
4. Left reverse middle punch	
5. Left high block	Left front
6. Left low block	
7. Tension twin palm block (to right)	
8. Left double outer forearm block	One Leg (right)
9. Left upset palm block	Middle
10. Right middle punch	
11. Left upset backfist	
12. Left double knifehand block (step back rt ft)	Right back
13. Left front kick	
14. Left horizontal spearhand strike	Left front
15. Right reverse horizontal spearhand strike	
16. Right turning side kick	
17. Left double outer forearm block (turn left 180°)	Right back
18. Left double outer forearm block (turn left 180°)	Right back
19. Left double knifehand block (turn left 180°)	Right back
20. Right 9-block	Middle
21. Left knifehand low block (turn left 180°)	Left front
22. Right turning round kick	
23. Right hop side kick (kihap)	
24. Twin high punch	Right front
25. Tension twin palm block (to left)	
26. Left reverse upset punch	
27. Right reverse horizontal elbow strike (turn left 180°)	Left front
28. Right double inner forearm block (step up sang-soo)	X-Stance (right)
29. Right palm heel upset block	Middle
30. Left middle punch	
31. Right upset backfist	
32. Right reverse high ridgehand strike (turn left 90°)	Left front
33. Right turning round kick (turn left 180°)	
34. Twin high punch	Left front