

2ND DEGREE BLACK BELT-RECOMMENDED

KO DANG HYUNG

<u>TECHNIQUE</u>	<u>STANCE</u>
Closed ready position C	
1. Left palm heel block	Middle
2. Right middle punch	
3. Double outer forearm block	Right back
4. Left inner forearm - right low block	
5. Right palm heel block	Middle
6. Left middle punch	
7. Double outer forearm block	Left back
8. Right inner form - left low block	
9. Twin low block	One leg (left)
10. Right side kick (to the rear)	
11. Left outer knifehand block	Right back
12. Twin low block	One leg (right)
13. Left side kick (to the rear)	
14. Right outer knifehand block	Left back
15. Left downward elbow strike	Right back
16. Right downward elbow strike	Left back
17. Tension double palm pressing block (chamber lt. down)	Left front
18. Tension double palm pressing block (chamber rt. down)	Right front
19. Left low block	Right back
20. Right low block	Left back
21. Left upset palm block	Right rear
22. Right upset palm block	Left rear
23. Left front kick	
24. Twin upset knifehand strike (high)	Left front
25. Left knifehand high block	Left front
26. Left knifehand low block	Right back
27. Right reverse downward punch (kihap)	Left front
28. Left double outer forearm block	Right back
29. (Vertical jump) Left double knifehand block	Right back
30. Right high backfist (kihap)	X-stance (right)
31. Left outer forearm block	Left front
32. Right outer forearm block	Right front (from 2 step turn)
33. Right reverse upset knuckle punch (kihap)	Right rear