

## 2ND DEGREE BLACK BELT SENIOR (cont.)

### YOO SHIN HYUNG

<u>TECHNIQUE</u>	<u>STANCE</u>
33. Left double knifehand block	Right back (step back)
34. Right double inner forearm block	Right front
35. Right inner forearm- left low block	
36. Left double inner forearm block	Left front
37. Left inner forearm-right low block	
38. Right middle punch (kihap)	Right front
39. Left ridgehand block	Right back
40. Tension move to closed ready position C	
41. Twin upset punches	Right front (45°)
42. Twin upset punches	Left front (45°)
43. Right inner forearm block	Left back
44. Left reverse 90° horizontal punch across chest	
45. Right reverse tension 90° horizontal punch across chest	Closed (lt. foot moves)
46. Left inner forearm block	Right back
47. Right reverse 90° horizontal punch across chest	
48. Left reverse tension 90° horizontal punch across chest	Closed (rt. foot moves)
49. Left side U-shaped punch	Right back
50. Right side U-shaped punch	Left back
51. Right upset outer forearm block	Middle
52. Right outer forearm block	Rt. foot lifts to avoid sweep
53. Right upset outer forearm block	Lt. foot lifts to avoid sweep
54. Right backhand strike	Left back
55. Left inner crescent kick into right palm	
56. Left sidekick (55. & 56. in combination)	
57. Left backhand strike	Right back
58. Right inner crescent kick into right palm	
59. Right side kick (58. & 59. in combination)	
60. Right 9-block	Middle
61. Left 9-block	
62. Right 9-block	Middle
63. Left 9-block	
64. Right side overhead hammerfist (kihap)	Closed (lt. foot moves)
65. Twin high punch	Right front
66. Twin high punch	Right front
67. Left double knifehand block	Right back (45°)
68. Right double knifehand block	Left back (45°)
Move right foot back to ready position	