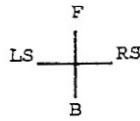


3RD DEGREE BLACK BELT



SAM - IL HYUNG

TECHNIQUE

STANCE

Closed ready position C

- | | |
|---|------------------------|
| 1. Left double outer forearm block (kihap) | Right back (to front) |
| 2. Right double inner forearm block | Right front |
| 3. Right reverse reinforced outer knifehand block | Left front |
| 4. Right twist kick | |
| 5. Right middle punch | Right front |
| 6. Ridgehand W block (right foot moves to face LS) | Middle |
| 7. Right reverse low upset spearhand strike (left foot moves) | Left front (to back) |
| 8. Left low block - right high outer forearm block (right foot moves) | Right back |
| 9. Ridgehand W block (right foot moves counterclockwise) | Middle (to RS) |
| 10. Right low double outer forearm block (right foot moves) | Left back (to back) |
| 11. Twin middle palm block 45° to right | Left front (to back) |
| 12. Left reverse middle punch | Right front (to back) |
| 13. Left low double outer forearm block (left foot moves) | Right back (to front) |
| 14. Left middle double ridgehand block (double step, move right foot 1st) | Right back (to LS) |
| 15. Left C-block | |
| 16. Right foot inward sweep - right C block | Left back (to LS) |
| 17. Jump counterclockwise 360° - right double knifehand block | Left back (to LS) |
| 18. Right side kick to LS - step feet together | |
| 19. Right reverse horizontal elbow strike to left palm (kihap- lt foot moves) | Left front (to RS) |
| 20. Left reinforced vertical back elbow strike toward B-LS (rt foot moves) | Middle |
| 21. Right middle X block (pivot right foot 45° to stance) | Right front (to RS) |
| 22. Left W block (left foot moves) | Middle (to back) |
| 23. Left side kick to RS - step feet together | |
| 24. Right low double outer forearm block (right foot moves) | Left back (to LS) |
| 25. Left upset palm block | Right rear (to LS) |
| 26. Twin downward palmheel block | Left rear (to LS) |
| 27. Twin upset punch (left foot moves) | Left front (to back) |
| 28. Right low block | Left back (to back) |
| 29. Left reverse middle punch w/ right fist atop left tricep | |
| 30. Right reverse upset outer forearm block (lt foot moves) | Left front (to front) |
| 31. Left middle punch | |
| 32. #1 front kick with left foot then double step left then right to... | |
| 33. Twin high punch | Right front (to front) |
- Move right foot back to ready position